

SJB TIMES

Rainy Day Issue





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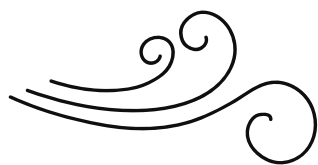
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Romanticize the Rain

Charlotte Abbass



Hi again! This is Charlotte, back with another edition of how to romanticize your life. Hope you enjoy!

We're getting into the rainy part of the year. This time of year usually starts during the fall and then goes into winter. It's the transition part of the year. Everything gets darker, colder and wet. This is much needed after a few months of sun and hot weather- a time to reset and relax. The rain is honestly the best kind of weather; the sound the rain makes, the way the world gets quieter. Life slows down and everything becomes peaceful. Except, what exactly are the most perfect things to do on a rainy day? What can you do to fully enjoy what a rainy day has to offer?



Read a good book

What better way is there to relax and enjoy the peacefulness of the world when it rains, than reading a book. Choose your favourite novel, graphic novel, comic, or any kind and be taken away to the universe in which your story takes place. Take advantage of the dark and quiet that rain brings to fully enjoy the experience.



Drink a hot beverage

Hot drinks always calm us. There is just something about the temperature and feeling they provide that really helps us reset. So, on a rainy day when you just want to reset, heat up some tea and make hot chocolate, or whatever hot drink you want. I promise it will help you feel calm and relaxed!

Binge Netflix

If you're at home, stuck inside because of the weather, and you have a lot of time on your hands, then just sit back and watch Netflix. It doesn't even need to be Netflix. Any streaming service or any other means used to watch television will work. Since you will have so much time on your hands, you'll get through as much as you want of your favourite shows and movies. Imagine all the movies and episodes you could get watch!

Cozy up and listen to the rain

The best thing to do on a cold and rainy day is to curl up on the couch, in a soft blanket. If you have a firepit, then that would also be a perfect place too. As you sit, you can close your eyes and enjoy the sound of the rain. The pitter patter on the roof and the aesthetic of the rain just makes all your troubles go away.



Baken ANYTHING

With so much time on your hands, you can utilize it to bake amazing desserts. If you don't feel up to baking everything from scratch, even though that is so fulfilling; you can go to the grocery store and get pre-made desserts. I would have to definitely recommend making *Pillsbury* cookies because they are the perfect treat this time of year. They always have little graphics on them for every holiday and season.

Take a much needed nap

Of course, I need to recommend a nap. Naps can help you reset and feel recharged. Rainy days are just quieter and therefore make naps feel so much more fulfilling. Rain makes the environment amazing and perfect for a nap. So don't forget to do this on the next rainy day.

Take time to paint

Get some paint out, some canvases or paper, and paint what you feel. Take the time to paint whatever is on your mind. Let the experience help you relax and reset. Painting can be a relaxing activity and truly fulfilling. Definitely take time on your rainy days to do this.



Rainy days make the environment perfect for a reset day. On the next rainy day, take the time to fully enjoy it and take advantage of every moment. After a busy week of school, a rainy day at home will help you feel ready to conquer the following days to come. Don't forget to always look forward to rainy days. They are always there to help you out.

Papa's Pizzeria: Entertainment or Propaganda

Janina Escudero

How many of you enjoyed the Papa's games; Papa's Pizzeria, for example? These games were a pinnacle of our childhoods, commemorated as one of the best and most memorable games from our youths. The Papa's Restaurant management game series exposed our underdeveloped minds to the wonderful world of customer service and food preparation, but little did we know, Papa had a dark side. Didn't think about that, huh? That's how Papa gets you.

When you think about having a job, getting paid is something that will very likely come to mind. As little kids, we didn't bat an eye over the fact that our characters were not paid, not a single cent. Nor did we realize that this unfair treatment towards fictional fast food workers would infect our subconscious and poison the way we now think since we are no longer those dumb, clueless little babies. Within the game, you are not paid any hourly wage at all. From the context that the game gives, your character is getting by solely through the generosity of the restaurant's patrons. The only money the character can make is through tips. We were exposed to this kind of wage treatment as children, to the characters that we were supposedly "in control of," changing the way teenagers now value what their work is worth. Suddenly, slaving away for 8 hours straight at your local McDonald's for 16.75 an hour goes from seeming completely unfair and unlivable to a heaven, swarming in money, in comparison to the hell of financial need that Papa's Pizzeria introduced you to.



A good place of employment also gives you the opportunity to advance in your career, something that motivates you to keep working. When we are looking at things through a game's perspective, these advancements can be categorized as different "levels." To give Papa's Pizzeria some props, they do have levels, starting at "Newbie," and ending at "Better than Papa." However, this increase in rank provides practically zero benefit for the character. No matter how hard you work, you can't get an increase of your zero dollars an-hour wage. There is no employee of the month because you are the only employee. As children, we enjoyed playing a game that gave literally nothing back and did absolutely nothing for its character but work it to the bone, for no pay, with no chance to improve its standing. It strengthens the idea that working without motivation is healthy and that it's alright, because at least you can survive off of the generosity of your customers. Speaking from experience, as a waitress at a very small, very inflation-stricken restaurant, sure tips are great and everyone should tip their waitresses, but I would love to be paid more than minimum wage for the amount of hours and effort put into my work.

Have you ever thought about what happened to the characters in the games you play? Who they were? If they have any pets they're leaving for hours at a time while they slave away at a pizzeria? If they have a wife and kids or even a husband and kids that live in poverty while their significant other brings home the tips he has begged from pizza consumers.

Have you ever thought about Roy? You've probably even forgotten his name, Roy, the game's only worker. Roy has fallen victim to the Papa Machine. His story starts with Papa's Pizzeria and ends with Papa's Pizzeria. He eats, sleeps, and breathes Papa.



There is pizza sauce running through his veins, and his brain is an empty tip jar. Papa's pizzeria strips you of your identity and exploits you for your labour at the hands of the Papa you once trusted. You were nothing before Papa and you will be nothing once more if you leave him.

You may think, "Oh this means nothing, it was just a stupid game we played as kids, mememeemem mememe." But I argue this, imagine; one moment you are a child with so much ahead of you, you find Papa's pizzeria at the ripe age of 7. 10 years later, suddenly you're a dirt poor, lonely young adult, with no promising future. You think it was just a game? I think not.



The game depicts an unhealthy, abusive relationship between Roy and his work at the pizzeria. As kids, we were all addicted to this game, as we strained our eyes for hours at a time, making pizza after pizza, climbing the ranks to no end, and hoping that Big Pauly will give us more than 2 dollars for his pizza. It showed us the dark sides of workaholicism and we ate it up. We thrived off this game and thought it was so cool to give your entire body to a pizza shop.

HALLOWEEN COSTUMES





Seasonal Saint Feast Days

Stephanie Choi

What is the first thing you come up with when you think of this time of year? It would be Halloween. October and November are associated with all kinds of spooky things and people dressed up in costumes. Originally, Halloween was closely related to All Saints' Day, which was founded by the church. Telling the history of Halloween, we need to go back to May 13, A.D. 609. Back then, Pope Boniface IV declared the Catholic feast of All Martyrs Day. This day was later moved to November 1st, including all saints as well. Roman Catholics and Anglicans celebrate this feast day in November, and Halloween (a.k.a. Hallowe'en or All Hallow's Eve) is the day before All Saints' Day (a.k.a. All Hallows' Day or Halloween). It is incredibly meaningful to take the time to see whose feast days are in October and November!

October 1.. St. Therese of Lisieux

She is the patron saint of Missionaries, France, Russia, and those suffering with HIV / AIDS or tuberculosis.

October 2.. Feast of the Guardian Angels

October 3.. St. Theodore Guerin

She is the patron saint of State of Indiana; Roman Catholic Diocese of Lafayette in Indiana; Indianapolis.

October 4.. St. Francis of Assisi

He is the patron saint Franciscan Order, poor people,^[2] ecology, animals, stowaways, and merchants.

October 5.. St. Faustina

She is the patron saint of Divine Mercy.



October 6.. St. Bruno

He is the patron saint of demonic possession.

October 7.. Feast of the Most Holy Rosary

October 8.. Bl. Ambrose of Sienna

October 9.. St. Denis & Companions

He is the patron saint of Paris; against frenzy, strife, headaches, and hydrophobia.

October 10.. Bl. Mary Angela

October 11.. St. John XXIII

She is the patron saint of Papal delegates, Patriarchy of Venice, and Second Vatican Council.

October 12.. Bl. Maria Teresa

October 13.. Bl. Alexandrina Mariada Costa

October 14.. St. Callistus I

He is the patron saint of cemetery workers and other popes names Calixtus.

October 15... St. Teresa of Avila

She is the patron saint of Spain, sick people, people in religious orders, chess, and people ridiculed for their piety.

Obachelors, physicians, and goldsmiths.

October 16...St. Margaret Mary

She is the patron saint of devotees of the Sacred Heart, and those suffering with polio and from the loss of parents.

October 17...St. Ignatius of Antioch

He is the patron saint of Church in eastern Mediterranean; Church in North Africa.

October 18...St. Luke

He is the patron saint of Artists, notaries, bachelors, physicians, and goldsmiths.

October 19...St. Laura of Cordoba

October 20...St. Paul of the Cross

He is the patron saint of Patron Saint of Hungary and Ovada, and Italy.

October 21...St. Gaspar of Bufalo

He is the patron saint of The Missionaries of the Precious Blood, and a society of apostolic life.



Your November 1... ALL SAINTS, Solemnity

November 2... ALL SOULS, Feast

November 3... Martin de Porres, Opt. Mem.

November 4... Charles Borromeo, Memorial

November 8... THIRTY-SECOND SUNDAY IN ORDINARY TIME, Sunday

November 9... Dedication of the Lateran Basilica, Feast

November 10... Leo the Great, Memorial

November 11... Martin of Tours; Veterans Day (USA), Memorial

November 12... Josaphat, Memorial

November 13... Frances Xavier Cabrini, Memorial

November 15... THIRTY-THIRD SUNDAY IN ORDINARY TIME, Sunday

November 16... Margaret of Scotland; Gertrude, Opt. Mem.

November 17... Elizabeth of Hungary, Memorial

November 18... Basilicas of Peter and Paul; Rose Philippine Duchesne (USA), Opt. Mem.

November 21... Presentation of Mary, Memorial

November 22... OUR LORD JESUS CHRIST, KING OF THE UNIVERSE, Solemnity

November 23... Clement I; Columban; Bl. Miguel Agustin Pro (USA); Thanksgiving Day (USA), Opt. Mem.

November 24... Andrew Dung-Lac and Companions, Memorial

November 25... Catherine of Alexandria, Opt. Mem.

November 29... FIRST SUNDAY OF ADVENT, Sunday

November 30... Andrew, Apostle, Feast

An Intergalactic Awakening



Sofia Skates



I sat in a crowded gym among students cheering and chanting from the stands as we supported our school's team during the anticipated basketball tournament. I felt my phone vibrate and I saw my mom was calling; little did I know that she was about to deliver the most exciting news I would receive in my seventeen years of life on this earth. I could hardly hear the words my mom spoke in the deafening gym; however, I could sense my mom's heightened elation through the phone. In a high-pitched voice, she said, "Sofia, you did it! You booked the lead role in a short film; I am so proud of you". I fled from the congested bleachers and found myself in the empty hallway trying to process this information. I could not believe I booked the lead role in the independent sci-fi short film, Lupe Q and the Galactic Corn Cake. All my hard work was paying off and I felt on top of the world.

I was going to play the role of a girl named Lupe. Lupe was a misfit, a disgruntled teen, and the lead singer and guitarist in her appalling hardcore punk rock band. Lupe, like me, was loyal, bossy, and Latina. In the plot of the movie, Lupe faces many obstacles and conflicts in her life which includes the responsibility of saving the world from an alien invasion while coming to terms with her Latin identity. It is not until she reconnects with her culture that she is able to face her obstacles and save the world.

I always felt "less" Nicaraguan or Latina than my mom, which results in a feeling of disconnection. Being born and raised in Canada afforded me a different lifestyle than my mom who was born in Nicaragua and immigrated to Canada when she was young. Our different upbringings have impacted the way we each identify as Latina. My feeling of disconnection stems from not being able to speak Spanish. When I visit my family in Nicaragua, I feel out of place as I try my hardest to fit in and break the communication barrier that comes between us. Guilt and shame arise when I cannot have a full conversation with my family without relying on a translator. There is so much I want to say to them, and I fear too much will be left unsaid. Ironically, my Nicaraguan family assure me in their best broken English how Nicaraguan I am despite not speaking Spanish. I realized the conflict I was facing was within me, and that my family members claim me and see me as one of them despite the language barrier.



Prior to filming, my mom and I had a meeting with the director of the film, Javier Badillo. During this meeting, I was able to dive deeper into Lupe's story and inquire about Lupe's apparent conflict with her identity. After our meeting with Javier, my mom unexpectedly asked if I ever felt a struggle or conflict with my Latin identity. Although I had always felt a conflict with my Latin identity, it was the first time I was confronted with this question.

My job as an actress is to bring a character to life, however looking back on the experience and the self-discovery I have faced, Lupe was the one that provoked an awakening in me. I related so deeply to Lupe and the conflicts she faced in her own life which helped me acknowledge the conflict in mine.

This has given me the opportunity to connect with my culture. This could not have been possible without Lupe. When she makes her way to the screen, my hope is that people will profoundly connect and see themselves in her as I did, as Lupe represents so many of us.

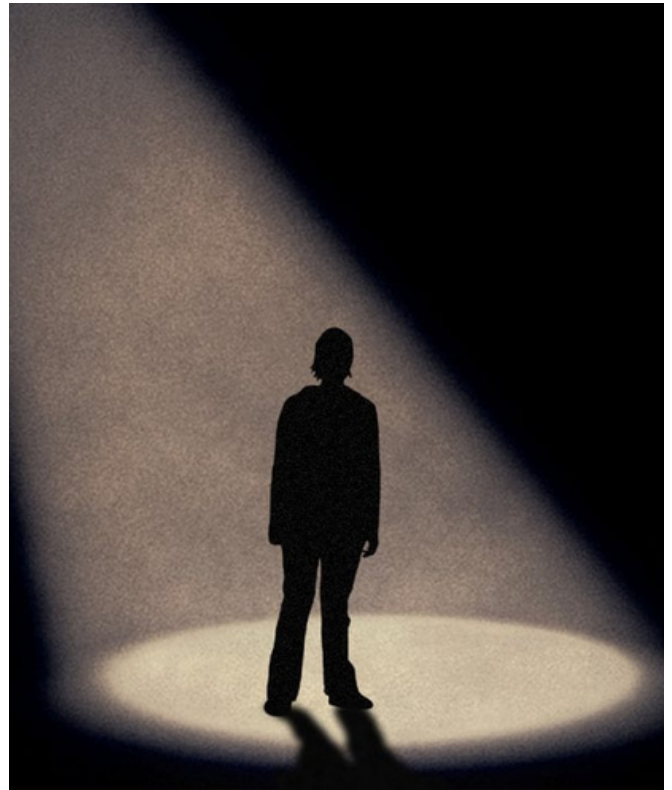


Why no one cares about you

Christel Mazzek

When I'm faced with the difficult task of public speaking, my stomach always churns with unease. My hand trembles from the fear of making mistakes and fear of embarrassment. I become a physical representation of my worst trait, and one I am fighting to overcome.

I become a representation of our natural fear of judgment. This inherent fear allows us to present ourselves in a positive light, yet, fixation on it is paralyzing. An obsession with how you are perceived destroys authenticity and often holds you back. Recall the last time you felt the burden of someone's judgment. Whether it was a bad hair day or presentation anxiety from a speech you presented, you're blatantly lying if you deny this universal experience. However, the truth is; no one cares about you, regardless of how strongly you feel judged.



Authenticity is often destroyed when we are the center of attention. Proof of this is found within the psychological phenomenon known as the "spotlight effect," as explained by cognitive therapist Dr. Emma D. Levine. She describes it as "the tendency to behave as if we are the focus of attention from an audience," in our daily lives, even when no audience is present. In your irrational perception, it may seem like everyone is scrutinizing your every move and praying for your downfall. While in reality, no one cares. Your perception comes from your access to your own perspective fully- no one else's. You are the main character of your own life- no one else's. At best, you are a sidekick in someone else's story, so how come you feel entitled to being the focus of their attention?

Although it's silly, this inclination can be traced back to our evolutionary past and our adaptive nature. In the past, our survival was dependent on our ability to create connections. Prehistoric people depended on their groups for resources and protection. This is proof that we have always been adaptive and social with a need for inclusion. Our desire often sparks inauthentic behavior. Have you noticed that it is immensely uncomfortable to say "no" in our society? Northern America prides itself on the kindness of its people, but when mixed with inauthenticity, the resulting actions become people-pleasing instead of genuine. According to Dr. Sharon Martin, "Our need to please is actually more of a need to belong." However, the reality is that belonging is not simply a byproduct of people-pleasing.



So, how do we ensure belonging while embracing our true selves? How do we overcome the fear of judgment? It begins with the realization that genuine authenticity is the sole path towards growth. Living in a constant state of fear not only prevents us from making mistakes one can learn from but hinders growth and success. The worst possible outcome of your life is a static existence- one in which you fail to accomplish your full potential because of fear. By exposing yourself to different scenarios, celebrating mistakes as a learning tool, and putting your authentic self out there, you will begin to overcome your fear of judgment. For this reason, I encourage you to embarrass yourself, laugh hard, and take up space. After all, things are only embarrassing if you're embarrassed. Lastly, I encourage you to remind yourself regularly that, in truth, no one cares about you.

The Declassified Guide to Surviving a Zombie Apocalypse



Melissa Castro

Hello there reader,

You're probably thinking, what, why, and who would even write this?

Let me answer those questions.

First of all, this is a guide to surviving a zombie apocalypse. Didn't you read the title?

Secondly, why did I write this? In the direction the world is heading, I wouldn't be surprised if a zombie apocalypse was to happen next.

And lastly a human wrote this. Who else, a zombie?

To start, dear reader, I must remind you to use this guide **ONLY** in case there is an actual zombie apocalypse.

Let's imagine you're sitting on your couch, watching TV, and suddenly your screen switches to a global broadcast: "Breaking news! Zombies are attacking humans!" What do you do? First of all, look at the situation.

If the virus is being contained well, you should be alright to stay at home. However, in case of the worst-case scenarios, you better keep reading.

Do you live in the city or a small town?

If you live in the city you are basically doomed. Most main roads will be blocked, and panic will spread quickly around the city! The government officials have already fled to their safety bunkers. You are simply stuck. For the city or larger towns, you must take into account their size. It's most likely that traveling up rooftops would be your safest option.

In case you are able to escape your city or town, you should wait until things settle before leaving your house. Make sure to grab essentials in a bag of some sort, and be strategic towards the type of clothes you bring. Try avoiding main roads. Once you have made it out of the city or town, you need to head towards the mountains. Try to find a farm or house; one that may become your new home. If you can't find a house, at least find a sustainable source of food and water.

If you have a gun, save those bullets for hunting. Or in other words, go full "cottage core." I know this sounds funky, but living in the woods off the land is better than scavenging for food in more densely populated areas with the risk of bumping into zombies.



For encounters with Zombies, it's clearly better to avoid them at all costs in the first place. In case you do come across one, it's important to know what to do.

If you have a gun, only use it in dire situations, because if you can find sustainable living conditions you will need it for hunting. Guns will also attract zombies because of their noise. The best places for aiming when attacking a zombie are the legs and the head. If you can hit one of those main areas, the zombie will fall, and you will be able to get away!



Some good weapons you might have on-hand are books, chairs and plates. In other words, anything that would give a living person a concussion. Bats are good hand weapons against zombies. You should be able to find them if your siblings, or you play baseball. If you have a hammer on hand and some nails, you can hammer some nails into the bat which will make it more lethal.

You can use a frying pan, Rapunzel style, or throw blankets and nets on the zombies to slow them down. But of course, be creative; have the mentality that anything can be a weapon.

And lastly, dear reader, don't be discouraged or sad about the end of the world. Try to have fun! This is probably the fifth "end of the world" you've survived, and I'm sure nothing crazy will happen next. Like there's no way Aliens would invade next.. .

Wait.. what's that in the sky? Oh shoot.

Meet the International Students

Meeting Stephanie Choi

Brigid Wright

Where are you from Stephanie?

I'm from Seoul, Korea.
I came to Canada on August 19th. I also used to live in Mission for 5 months.

What are your most fond memories back home?

Just memories of being with my family. I loved spending time with them like going to restaurants and watching movies.
What did you think of Canada when you came? Did anything surprise you?

The school in Canada is very different. There is a much more variety of activities and electives. It feels more free!
Also, I think the cafe shift for marketing class is cool! I feel more confident because I have work experience at school, unlike in Korea. The most experience we get in terms of learning about the workplace is on paper tests. We do not have the privilege of hands-on experience.



How is it making new friends here?

Most students are friendly to international students. There are people who say hi and seem happy to greet me. I think we could become friends!

What do you like most about SJB? And what are your favorite classes?

I like all the school clubs and activities such as Life and Justice, the Yearbook, SJB Times Newspaper, and Verso L'alto! I'm in all of these clubs. I also love the Open Studio Art Club during lunch on Fridays! For classes, I enjoy English especially the various activities such as debates and writing creative short stories. I also like science with its many labs, especially the ones related to the concepts of units. These classes, as well as marketing, are very precious as they are subjects I wanted to be educated in but never imagined the opportunity when I was in Korea.

Thank you Stephanie for your time! It was a pleasure meeting you!

A Recipe from Luke's Diner Blueberry Muffins

Krista Toombs



Directions

- Heat oven to 375 and line muffin tins.
- In a bowl, mix butter until creamy. Add sugar and beat until pale and fluffy.
- Add eggs one at a time, beating after each.
- Beat in vanilla, baking powder and salt.
- Fold in half of the flour then half of the milk into batter; repeat.
- Fold in blueberries.
- Spoon batter into muffin cups and sprinkle topping onto each muffin.
- Bake for 15 to 20 minutes, until a knife comes out clean.

Ingredients

For the Muffins

- ½ cup butter at room temp
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 cups all-purpose flour
- ½ cup milk
- 2 ½ cups blueberries

For the topping

- 1 tbsp granulated sugar
- ¼ teaspoon ground nutmeg

Enjoy!



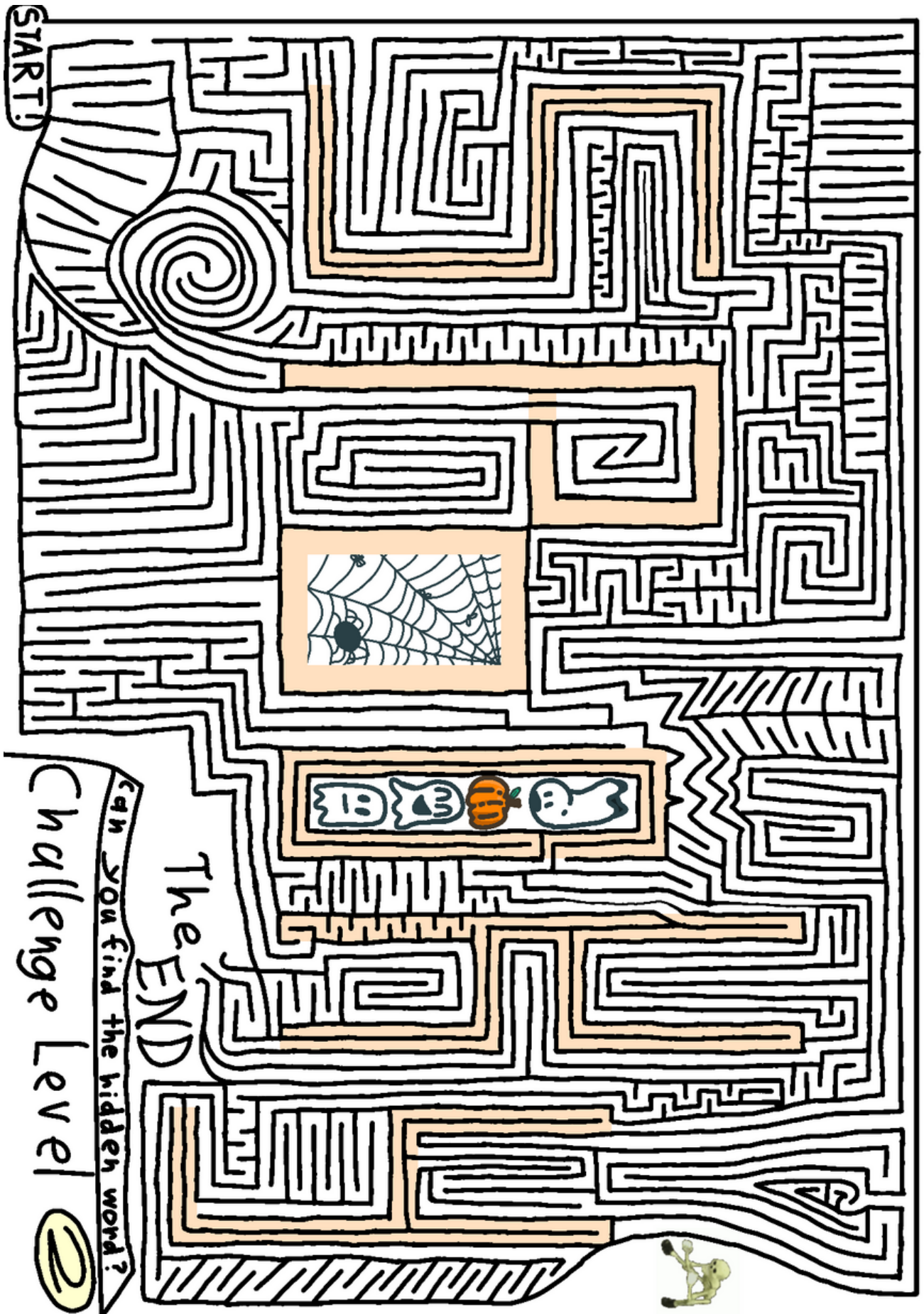
✧ SJB Artist Spotlight ✧



Eileen Choi



Brigid Wright

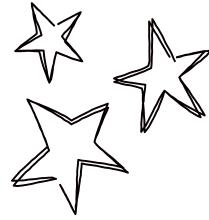


Can you find the hidden word?
Challenge Level 2

Designed and illustrated by Samuel Watt

Designs

Melissa



Our Team for 2023-2024!



Stephanie



Brigid



Christel



Melissa



Georgie



Lauren



Laurence



Janina



Samuel



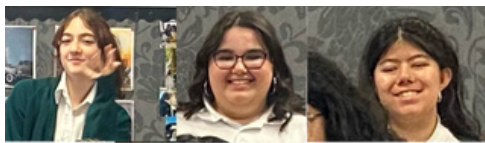
Ila-Rae



Eileen



Eunho



Patricia



Krista



Rosa



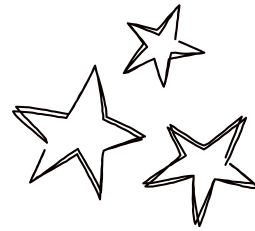
Anastasia



Maria



Dulce



Leona



Sandra



Charlotte

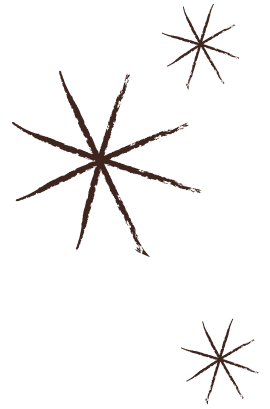
Thank you to Melissa Castro Rodriguez for creating caricatures of our team!

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Do you need advice? Do you have a problem that you need help solving? Do you have a school issue that needs to be addressed? Send it in to sjbtimes@gmail.com, and we'll be sure to answer them as best as we can in the next issue.

Do you want to show off your writing, art, or photography? Join the SJB Times! Email sjbtimes@gmail.com or talk to our editor or teacher sponsor. Anyone is welcome to join! We meet Wednesday's in room 206! !

