

# The STA Times

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“DIRIGE ME IN VERITATE TUA”

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## Throw Open the Windows

By Laura Cunningham

With glimpses of longer days and warmer temperatures, we're starting to shed our coats and relish in the joy that Spring is upon us! Having the promise of a vaccine to release us from the shackles of this pandemic brings the hope of more freedom and renewed enthusiasm for a return to how things used to be.

Despite our yearning for a brighter future, there is a lot that this past year has taught us about ourselves, our relationships with others, and our values. We have learned to find greater happiness in simple things, like spending every day in sweatpants or finding the perfect nature photo to take while out for a walk. We have noticed that actions really do matter more than words, and showing up and being there for the people you care about or your community can have a huge impact in people's lives. For many, the 'I'm too busy' bubble popped as we were forced to slow down, create space for ourselves, live more thoughtfully, and spend more time with those we love. For others, the pandemic provided the perfect opportunity to do things that have long been only a distant thought – take up a new hobby, learn new skills, and read the many books that have managed to pile up over the years!

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There has also been a very practical aspect to our newfound experience. We know what six feet apart actually looks like without having to measure, and have perfected the art of glaring at anyone who dares to cough in public (you really can convey so much emotion while wearing a mask). We've learned that essential workers really are heroes and, more than anything, we've realized the true value of a hug.

So, as Springtime arrives, put away your boots and throw open the windows! Take a long walk, enjoy the breeze, smell the cherry blossoms, and get ready for your third exam week! Yay! Breathe the fresh air and remember all that you've learned about yourself this year. Have a wonderful Spring!

## PRAYER FOR GRACE

*Dear God of Love,*

*Think of our friend and schoolmate Grace who is making every effort to recover from a recent accident. Comfort her and ease her suffering. We pray that You watch over and bless Grace with Your loving care, renew her strength, and help her to heal. Grant Grace peace, courage, and patience throughout her rehabilitation journey. Give her confidence that healing will come, and watch over her family and healthcare team as they work to support Grace in her recovery.*

*Amen*



# SPRING ISSUE

## Time Tourists

By Mackenzie Themens

It was the first thing I saw when I opened my phone that morning, the photos of the giant ships hovering all over our Earth. They looked like giants compared to us, towering over everything, just out of reach. There had been different accounts of these ships' appearances over time. They always seemed to show up during big world events: they were there at the beginning and end of World War 2, the moon landing, the explosion at Chernobyl, and many more. Only one thing was for sure, their presence meant something big was on its way.

Photos of the ships showed that they were crammed full with people who looked exactly like us. Kids that looked as young as five years old had their faces pressed up against the glass, their eyes searching the ground for something. The military had tried to make contact, but if they got too close, their plane was immediately shot down. The ships' weapons were far too advanced to fight against, so trying to attack was useless. All we got were vague messages from them telling us that they were supposed "time tourists," that had time travelled from the year 3045, "visiting," to watch an apparently historically significant oncoming event. What that event was they couldn't tell.

It was terrifying. People felt the need to tiptoe around, as if moving too much or talking too loudly would initiate some catastrophic event. Some people held out hope that the big incident we were waiting for would be positive, maybe there would be a big scientific discovery or a great new leader would emerge. But as more time went on without anything happening, the feeling of dread intensified. It became clear that what we were waiting for would not be something to celebrate. We thought eventually the ships would leave, but they seemed to be anchored in place, intent on watching whatever came our way.

The government, with a growing feeling of paranoia, became more controlling. First they shut down travel. Then a lockdown was placed, keeping everyone stuck inside. Order didn't last very long, and the longer those ships stuck around the more restless everyone got. It was only a matter of time before someone went crazy.

Turns out you don't need an act of terrorism or a nuclear power plant eruption to get a time-travel worthy disaster. The overwhelming thought of that kind of horrific event occurring was enough. The weaker and more confused the government got, the stronger the pushback of the public. It started with robberies, breaking curfew, and general civil disobedience, but soon escalated to something much worse. People couldn't sit around and wait forever. The lines between good and bad were blurred and the world descended into chaos. Soon it was every man for himself.

It seems so obvious now, that those ships arriving were the event we had been waiting for. By the time people started to wake up and realize that, it was too late to change. We were forced to become this sort of horrific entertainment for the tourist's enjoyment, destined for annihilation.





# SPRING ISSUE

## I Wish I Could Sing Like an Angel

By Isabel Altamirano

I wish I could sing like an angel  
Shimmering songs of pure sweet children's glee  
I wish I could see the dear heavens  
Whirling winds of joy with wings ready to flee

I wish I could be a perfect creation  
A sculpted statue of beauty and grace  
I wish I could smile and be happy for once  
But I hide it away, eccedentesiast masks in its place

I wish I could fly higher than the stars  
Stunning specks of moments in time, frozen  
I wish I could stay and rest there forever  
Just burning away in the blue, still broken

I wish I could bring back everything lost  
The people, the life, the happy still beaming  
I wish I could keep the tears buried inside  
And stop the pain in my heart, red and bleeding.



## Riddles

### Riddles

By Cara Bauermeister and Calleigh Hamilton

**What has a face, two hands, but no arms or legs?**

*A clock*

**What can fill a room, but take up no space?**

*Light*

**The more you take, the more you leave behind. What are they?**

*Footprints*

**A man looks at a painting in a museum and says, "Brothers and sisters I have none, but that man's father is my father's son." Who is in the painting?**

*His son*





# SPRING ISSUE

## Perspectives on Our Faith

By Laura Cunningham, with Special Guest Monsignor Gregory Smith

Despite this being a particularly busy time for priests, I am very grateful that Monsignor Greg Smith happily agreed to respond to the faith topic question for this issue. Monsignor Smith is pastor of Christ the Redeemer Parish in West Vancouver and the director of the Archdiocese of Vancouver's first program for permanent deacons. After getting a political science degree from UBC, he studied canon law at the Catholic University of America in Washington, DC, from which he graduated with a licentiate degree, and in Rome at the Pontifical Gregorian University, from which he received a doctorate. For more of Monsignor Smith's thoughtful words, check out his 'Homilies and Occasional Thoughts' blog at <http://gregorysmith.blogspot.com/>.



**Q. I have no idea what God's plan for me is. How do I go about figuring this out? Can I be happy in my life if I don't understand or follow God's plan for me?**

Life asks us many big questions. Whom should I marry? How will I be happy? What's my purpose?

All these questions—and many more—come under one even-bigger one. What is God's plan for me? But tackling that biggest of all questions demands we have some idea of what is meant by "God's plan."

Since we know that God is all-knowing, it's tempting to believe he's made all the decisions for our life. His plan is a detailed GPS we better follow, or else. Not so! Life would be weird if we were like people lost in the woods with only one way out.

My way of understanding God's will might make sense to high school students, because most of you have parents with some kind of plan for you. They'd like you to go to university, or to take up a trade. They hope you'll wait until 25— or 50! —before you get married. Whatever.

CONT'D



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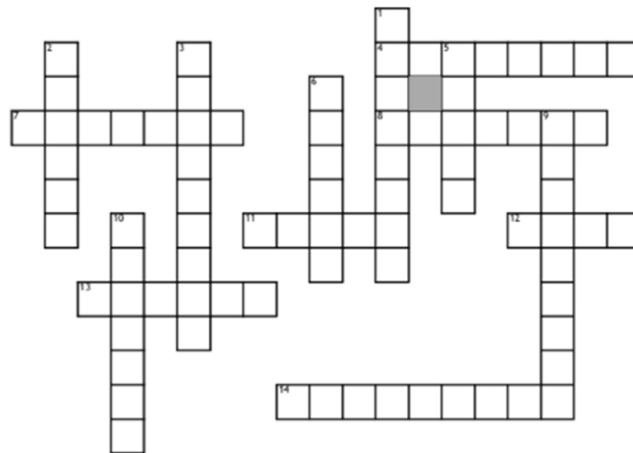
Your parents' plan, however, is general, based on what they know about you. It would be rare, and unhealthy, if their plan were precise in every detail. And whatever they hope for you is based on the central desire for your happiness and welfare.

So with God. He respects your freedom, even if He knows what is the very best for you.

How do I know God's plan? There are a number of ways, some of which come under the fancy heading of "discernment," a subject for another day. Very simply, three "Ps" can guide us. We pray, asking for the Lord's guidance. We plan, provisionally, using our intelligence and self-knowledge, with input from others. And then... we look for peace.

Peace is the usual way God tells us we're heading in the right direction. If you "hear" God calling you to the seminary or convent, and all you feel is great anxiety, think again!

God wills nothing for you but good. The road may be rough, but He would never lead you down a dead end.



# CROSSWORD

## Across

4. What may you need to carry in the month of April?
7. These start to shoot out of the ground in Spring
8. What happens in April to bring May flowers?
11. What color your lawn turns in Spring?
12. What finally starts to melt away in April?
13. What you call sitting on a blanket on the grass eating food
14. What flower is one of the first of Spring?

## Down

1. We have more of this in the sky in Spring.
2. Which flower do the Dutch grow with pride?
3. These enthusiasts spent more time outside in their backyard doing this?
5. What do the flowers do in the Spring?
6. What you decorate your lawn with?
9. What do you feel fall on your head in April?
10. After a shower, what is something colorful you might see in the sky?



# Spring Cleaning ISSUE

By Mackenzie Themens

It's that time of year again! The dreaded Spring cleaning time is right around the corner. I know that cleaning isn't exactly how most see themselves spending their weekend, but studies have shown that having a lot of clutter in a room can cause anxiety, has been linked to depression, and just generally amplifies bad energy. So, to make this time a little more bearable, here are some tips to help you get your things in order:



## Get out the garbage bags

Don't know where to start? First think about what you even want in your room. Do you really need that pile of ancient, musty clothes you could never bring yourself to throw away? Or that stack of random old science projects sitting in your closet? My guess is probably not. You don't want your room to feel crowded, so start by making a pile of things to donate or toss out.

## Throw on some music

Nothing is more motivating than great music. Try making a playlist (however long or short you want), and cleaning until you get to the end of it.

## Clean, clean, clean

Sadly Spring cleaning does actually require you to spend some time cleaning. Get out your vacuum, Windex, and duster to start tidying up. Wipe down your mirrors, clean up your floor, and tackle any other surfaces too. Don't forget your windows and walls need some TLC too.

## Reorganize

Once you are done the physical cleaning part, try redecorating! Move your furniture around, add some cool posters, buy a plant, or maybe even throw a new coat of paint on the wall. There are infinite possibilities, so don't limit yourself to the same old combination.

On a final note, don't wait a year to deep clean your room again. Although it may be hard to believe, dust and dirt should be cleaned more often than once a year. Try to create some sort of schedule to stick to, even if it is just once a month. Your mind will thank you, and it will also mean less work for next time around!





# 99 Problems But a Sweater Ain't One

By **Stephanie Kostamo**



I don't need to tell you to imagine it. Everyone is familiar with the feeling of coming to school in the freezing rain, only to have sweaters and coats confiscated upon entry, regardless of the state of school heating or the current health of the student. It's an unfortunate reality for everyone at STA, and a policy that past student councils have unsuccessfully tried to change. However, this year students hoped for changes in the strict sweater policy with the new addition of the school store, which sells STA sweaters and merch perfectly suited to Vancouver's cold and rainy winters. Along with every other student, I expected that the new sweaters could be worn in class, since they are now part of the uniform, right? Wrong.

Instead of allowing students to wear the new sweaters at all times, we experienced an intense crackdown in the uniform policy, with STA sweaters purchased from the school store being confiscated in classes, and wearing school store sweaters prohibited on all days except Friday.

Excuse me? A sweater bought with the hard earned money of a student, to support the school community and for the purpose of increasing school spirit can now only be worn one day a week? Something here sounds off, because unlike the common argument for the confiscation of non-uniform items, the sweaters from the school store are professional and greatly encourage school

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spirit, as well as being incredibly warm. Therefore, I along with the students of STA strongly believe that the school sweater policy must be reformed to allow the wearing of STA sweater merchandise all week due to the increase of student wellbeing, the sense of community, and environmental sustainability that occurs when wearing the store purchased sweaters.

Wearing the school store sweaters greatly enhances student wellbeing as it keeps students warm during the cold winter months. It would put real action behind the school's 'emphasis' on student health and wellbeing. What's something that every student complains about? Being cold. Once we've run out of talking about how hard our classes are, how hungry we are, or how we destroyed our sleep schedule, the most talked about subject is the cold. Allowing school store sweaters would solve this issue, and greatly improve student contentment. However, not only would student contentment greatly increase, but recent studies have concluded that student focus and productivity would increase while being warm. In a study conducted by the Cornell University Psychology Association, temperatures in an office were changed to see which created a more productive environment. When temperatures were fairly warm and constant, employees were on task 100% of the time, and made errors in work only 10% of the time, whereas in a colder environment, employees were on task only 85% of the time and 25% of work was filled with errors. If STA truly cares about the wellbeing and academic



achievements of their students, the sweater policy would be changed to allow the use of purchased sweaters.

Secondly, wearing school sweaters creates a sense of community among students while also allowing them to express themselves through their clothing. The school store provides students with varying colour and design options for sweaters. This allows students to choose something that suits the style of each individual, promoting self-expression and creativity. The STA logo, on every sweater, gives each student a sense of belonging and community that is not forced by the constant enforcement of wearing the traditional uniform sweaters. Furthermore, allowing full time use of school store sweaters would increase the sales at the store, providing STA



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with more funds that can go towards the production of merchandise or improving clubs and programs at the school. Allowing the full time wearing of STA sweatshirts benefits everyone, from the school spirit and sense of community to the individualism of each student, while benefiting school funds and departments.

Finally, wearing school purchased sweaters is more environmentally friendly, as it reduces the need for high temperature, constant heating. This would save the school money as well as reduce our carbon footprint. Something STA always preaches is being a responsible steward of the earth, which Mr. Campbell has demonstrated several times to us by sorting through the garbage cans at assemblies and encouraging donations through websites such as CHIMP. An easy way to become more environmentally friendly and help Canada reduce its current carbon footprint of over a million tonnes of carbon a year would be reducing the amount of energy we use through heat. To remedy the lack of in class heating, permitting students to wear purchased sweaters would allow us to stay warm and attentive in class without the environmental consequences and the crazy heating bill.

In conclusion, allowing students to wear purchased sweaters from the school store advocates for student wellbeing, increases our sense of community, and makes STA a more environmentally friendly place to learn. If STA truly wants to increase school spirit and academic achievement among students, allowing the use of STA



merchandise would eliminate so many problems that students face daily. If you're Mr. Campbell reading this, and you are still adamant about keeping the school sweater policy the same, allow the use of purchased sweaters full time for one month, and see for yourself how student contentment, school store funds, and productivity at STA increases. Want to help make this article a reality? Make sure that the administration and all your teachers read this article, and recommend it to Mr. Campbell if you can.

#### Sources:

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# Teacher Interview ~ Mr. Christopher

By Tristan Watts

## What is your favourite thing about working at STA?

Tristan Watts, absolute legend. I also love the sense of community here. The people here are nice and I wish that feeling of community carried over to Vancouver in general.

## If you love STA so much, why are you leaving at the end of the year?

I am moving because I feel that where I am moving to (Halifax), there is more of that sense of community I just talked about. On top of that it's a different way of life out there better suited for me, not to mention it is cheaper there. Also, my favourite Grad class is graduating, so it would be pretty sad to come back and not see them.

## With COVID restrictions there isn't as much to do, so what have you been doing in your spare time?

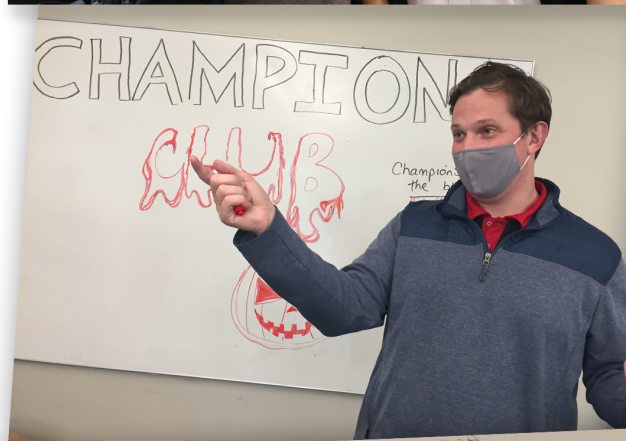
Every morning I like to read. My favourite thing to read is the Private Eye, a British publication. I also enjoy reading books on history.

## If you couldn't be a TA, what would you be?

I would love to get my teaching certificate and teach a social studies class, like history or civilizations. I would also like to be a police officer.

## If you could live in any other generation, which would it be and why?

I would like to be born in 1910, live through WW1, and be old enough to be able to serve in WW2 to storm the beaches on D-Day.



# Recipes ~ Easter Deviled Eggs

By Allyssa Eng

These tiny “chicks” are the perfect appetizer to serve at Easter! A twist on a traditional recipe, these eggs will be remembered long after the holidays. Simple to make, delicious, and absolutely adorable-everyone will be wanting more!

Ingredients (servings: 12)

- 12 large eggs, hard boiled and peeled
- 1/3 cup mayonnaise
- 1 1/2 tsp Dijon mustard, or add to taste
- 1/4 tsp garlic powder
- 1/8 tsp salt, or to taste
- 1 small carrot, peeled and sliced into rings
- 6 black olives

Steps:

1. Peel 12 hard-boiled eggs
2. With sharp knife, slice off a very thin layer from base of egg – this will give it a flat surface to stand on a platter
3. Cut off a generous top third of the egg
4. Squeeze around egg base gently to loosen yolk and it should pop right out; keep the lids paired with their bases
5. In medium mixing bowl, combine 12 cooked yolks and mash well with a fork
6. Add 1/3 cup mayonnaise, 1 1/2 tsp Dijon (or add to taste), 1/4 tsp garlic powder and 1/8 tsp salt, or season to taste
7. Mash everything together until smooth
8. Place 1/3 of the mixture on the flat base and press down slightly to adhere
9. Place top 1/3 back over the base and press down slightly to adhere
10. For the eyes, poke through an olive with a plastic straw several times then gently squeeze down the straw and the little circles of olives will pop right out
11. For the beaks, thinly slice a few rings of carrot and cut each ring into sixths
12. Insert 2 olive spots for eyes and 2 carrot wedges the beak
13. Set chicks on a platter and garnish with fresh parsley or dill
14. Serve and enjoy!





# Recipes ~ Easter Egg Macarons

By Allyssa Eng

With Easter fast approaching, everyone is looking for new treats to serve during the holidays. Look no further! These little Easter eggs will be something both kids and adults will be searching for during any Easter egg hunt. This dessert screams Spring as it is fresh, colourful, and light!



Ingredients (servings: 24)

Macaron Shells:

- 3 large egg whites
- ¼ granulated sugar
- 1 2/3 cup icing sugar
- 1 cup almond flour
- 1 teaspoon vanilla
- ¼ teaspoon cream of tartar
- Food colouring (optional), any colours you like

Buttercream:

- 1 cup salted butter
- 4 cups icing sugar
- 3 teaspoons vanilla extract
- 4 tbsp half and half cream (18% fat+)
- Food colouring (optional), any colours you like

Steps:

1. Place room temperature egg whites in mixer bowl
2. With whisk attachment, whisk at medium speed until foamy, about a minute
3. Add granulated sugar and cream of tartar; mix until just stiff peaks form
4. Add food colouring if desired (colouring will fade slightly when baking so add more than you think you need)

5. In a different bowl, sift together almond flour and icing sugar
6. Add almond flour mix to stiffened egg whites
7. Fold mixture until you can ribbon an "8" that holds into the batter; this may take about 40-60 proper strokes, depending on your folding style
8. Pipe macaron batter into egg shapes, onto paper-lined baking sheets
9. Bang trays to get rid of air bubbles
10. Let shells rest 30 minutes to form hardened tops
11. Bake at 300° F for about 12-15 minutes, rotating pan halfway through baking
12. Remove, let cool completely before removing from baking sheets
13. For icing, beat the butter until creamy
14. Add in icing sugar
15. Add in cream
16. Add in vanilla and food colouring, if desired
17. Mix until fluffy and thoroughly combined
18. Pipe filling between 2 shells and stick together
19. With extra buttercream, add Easter designs to macaron shells
20. Serve and enjoy!





# STA Advice Column ~ Dear St. Tom

*Dear St Tom,*

*There is a teacher that does not seem to like me very much. Is there anything I can do to fix the relationship?*

*Sincerely,*

*Teacher Troubles*

Dear Teacher Troubles,

It is hard to say without knowing the specifics of the relationship. If you did something to offend the teacher or have been disrespectful, perhaps an apology is a good place to start. While apologizing can be hard, it will show the teacher that you care and they will value you so much more. If there seems to be no reasons for their distaste, perhaps address your concerns with a trusted adult. A teacher is not expected to be best friends with all their students, but they should not be making you feel uncomfortable or disliked. If this is a problem you are having (and you have not been rude to that teacher) please discuss the issue with someone who can make a difference. If there is a mutual dislike, try to give your teacher the benefit of the doubt, and ultimately you likely will not have to deal with them beyond this semester.

*- St. Tom*



# STA Advice Column ~ Dear St. Tom

*Dear St. Tom,*

*I'm worried that I won't be able to build up a good enough personal profile for universities. What kinds of things should I be trying to do?*

*Sincerely,*

*Uni Uncertain*

Dear Uni Uncertain,

Universities want to see what makes you unique and what makes you a good fit for the particular university where you are applying. A personal profile is your opportunity to stand out. Many people get good grades and many people participate in extracurriculars. While these things are important they don't (necessarily) distinguish you from the rest of the crowd. Taking the initiative to do something is valued by many applications/profiles. Starting up a club or some sort of group, getting involved in the community in a unique way, and/or creating and completing your own project are all excellent things to do and discuss in your applications.

*- St. Tom*





# SPRING ISSUE

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