

THE STA TIMES

ISSUE 1 NOVEMBER 2022

IN PRINT SINCE 2016

WHAT HAPPENED

Fifa World Cup 2022

Elizabeth Urbani

PG. 2

RECIPE

Mac and Cheese

Audrey Barichello

PG. 5

STA CLUBS

Something for Everyone

Stephanie Kostamo

PG. 6-7

Photo Contest Winner: Mr. Savage

By Anthony Tucker

Here is our 2022 fall photo winner, Mr. Savage with his beautiful photo "Out of Gas". This year's contest theme was "Red and Warm", and Mr. Savage's photo really showed off the theme! Congratulations to Mr. Savage in winning a \$25 gift! Thanks to everyone who participated and look out for more photo contests.

Remembrance Day - Lest We Forget

By Anusha Shabanian

We thank those who are proudly serving their country and we will perpetually remember those who sacrificed themselves so that we may freely walk in a country that we call home feeling safe. Year after year we sit in silence in your memory but one minute of respect and silence will never measure up to the full extent of your grand sacrifice.

Here at Saint Thomas Aquinas Secondary school, we acknowledge this great act of bravery and that is why we hold a Remembrance Day service in memorial of those who served their country. These events are held the day before November 11th as it is a National Holiday. This service will include speeches spoken by the STA student council, the band, and choir that will be performing a few pieces for us, and we will also have readers presenting pieces at the assembly. At this service, we will have Captain Andrew Legge of The Canadian Armed Forces as a guest speaker. Captain Andrew Legge is also an STA alumni graduate of 2009 and is offering his time to come to our school on this very special day and speak about his experiences and his insights on this sacred day. *continued on page 5*



ST. THOMAS AQUINAS SECONDARY SCHOOL

thestatimes@aquinas.org / www.aquinas.org / grossling@aquinas.org

What's Different About the FIFA World Cup 2022?

By Elizabeth Urbani

There are very few things in the world that everyone can agree on. However, you would be hard-pressed to find anyone who does not get at least a little bit excited when the World Cup comes back around every four years. The FIFA World Cup is the biggest international soccer tournament in the world, bringing 32 nations together to compete for the prize. Every World Cup is different; each providing new controversies, intense rivalries, and at times surprising victors to billions of viewers around the world. Without question, the World Cup is always thrilling for anyone and everyone, regardless of their connection to soccer; and this year appears to be no different. The World Cup 2022 will be hosted in Qatar across eight different venues, three of which are located in the country's capital city, Doha. Group stage matches will begin on November 20th, and the final will take place in Lusail City on December 18th, moving the tournament up from the usual June-July window. This change was made to avoid the severe Qatari heat, which can reach up to 40° celsius during the summer. The change in timing is not the only thing unfamiliar about this World Cup, as 2022 will become the first-ever World Cup to give managers the opportunity to give half-time interviews.

This decision - likely made following in the footsteps of the Premier League, which allowed such interviews in 2020 - will provide more access to viewers watching on television, something that is sure to be exciting as controversial matches begin to take place. The 2022 World Cup will also include female referees, making it the first World Cup to do so. While a woman has never before officiated a men's World Cup game, the three women included among the 36 referees headed to Qatar are soon to change that. The World Cup qualifying matches have already provided a handful of surprises, a telltale sign that we are in for an exciting time come November. The most important of these surprises, though, is undoubtedly the presence of the Canadian team at the World Cup for the first time since 1986. In an impressive qualifying run, the Canadian men's team was able to secure a spot in Qatar, thrilling Canadian fans who have long been waiting for the opportunity to root for a home team. Whether you'll be tuning in to root for Canada or not, the number of unique changes promised this year make it easy to say that this World Cup will be one you don't want to miss.



For Women, Life, and Freedom

By Melissa Sayyad

Throughout the past month, there have been waves of protests against the government in Iran. These demonstrations were sparked by the death of Mahsa Amini on September 16, 2022. Just days before, the 22 year-old had been arrested for not wearing her hijab properly. But two hours following her arrest, she was taken to the hospital and fell into a coma. She died two days later. Multiple witnesses, including the women who were detained with her, report that she was tortured and humiliated while she was in the custody of the police and it's likely she died of head trauma. The government has refused to release the autopsy report.

Following this tragic example of police brutality, the world has responded in outrage. Coming together in solidarity, there has been a surge in protests for women's rights, freedom, and against a corrupted government from people across the world, especially in Iran. The size and number of protests are incomparable to demonstrations in the past, with people flooding the streets in retaliation. The authorities are trying to suppress the movement with force, evident in the sudden nationwide internet blackout, and staggering death count. The confirmed number at the time I am writing this is over 200 people, confirmed by human rights groups, with thousands more arrested. These are people of all ages, including children. This number shows no sign of stopping.

Having such a dark nature, it's difficult to remain educated about topics such as this one. The unrest in Iran, while hard to fathom, is entirely real. And, this movement is primarily being led by young people, those who are fighting for their future. And though it may not directly affect us, it's crucial to stand with those fighting against decades of oppression and cruelty. Those who cannot advocate for themselves need others to be their voice, calling us all to do what we can in such difficult times.

If you are looking for ways to educate yourself on the situation in Iran, please keep up with the news. With much empathy from social media, there are plenty of sources that are spreading awareness. There is also a song, "Baraye", that has served as an anthem for those fighting in this modern revolution. Rana Mansour has created an elegant translation into English. Available on all platforms, I highly suggest you give it a listen. The original songwriter, Shervin Hajipour, has been arrested since releasing the song.

Educating ourselves helps us help those fighting for a brighter future. With journalists, musicians, athletes, and many others being arrested daily for speaking out, the people of Iran need each and every one of us with the power to spread awareness and help them bring change. It also reminds us of what we have to be grateful for. All the things we overlook in our ordinary lives shift into perspective as we realize not all have the same liberties as us.

There is so much left to be said, unable to fit into this article. My heart goes out to all the people affected by this situation, and I hope this can be something you also keep in your thoughts and prayers. Keep an eye out for ways to learn more, and do not overlook the heart wrenching updates as they are released. Most importantly, know that each person's support helps those fighting an apparently impossible, but necessary battle.



It Started and Hopefully Ends Soon: The Colleen Hoover Epidemic

By Lydia Jones

It has become inescapable. The constant recommendations, the videos of people sobbing over a quote, the prettily annotated text segments about as original and thought-provoking as - (there is no simile to describe how conventional these lines are). Colleen Hoover and her romance novels have become a sensation. With the release of the sequel to her most popular and most widely loved book, *It Ends With Us*, in October, there's never been a better time to discuss her acclaim.

Hoover's characters all have one thing in common: Trauma, ranging from the deaths of family members to domestic violence. It's a trademark of her novels, and while you'd think this would lead to interesting looks into how trauma shapes lives and affects people long after it occurred; it does not. With her characters, the terrible event that happened to them is consistently used as their primary personality trait. This isn't exactly the most positive outlook for the many people who actually have experienced traumatic events, and the romanticization of these in her novels – which are love stories – is also a negative way to handle these events. Books can be about characters who have experienced trauma and how that trauma has reverberated through their lives, but this needs to be done well. When the main love interest in *Ugly Love* treats the main character horribly, we're supposed to excuse his actions because of past events and be enthused when the epilogue shows the couple deeply in love. The examples of romance and love that some of her books leave us with can be harmful. The main demographic buying Hoover's books are young women. The depictions of romanticized unhealthy relationships and glaring issues brushed past aren't exactly providing an ideal look on genuine love and caring.

Some of Hoover's plotlines and character writing skills might be excused if the books were genuinely written well in the first place. However, they're not. Instead, they're filled with "quotable" lines: ideas meant to sound complex and profound, while stating nothing but slightly modified regurgitated sayings.

"There is no such thing as bad people. We're all just people who sometimes do bad things." "I feel like everyone fakes who they really are, when deep down we're all equal amounts of screwed up. Some of us are just better at hiding it than others." Wow. Aren't these fascinating? Look at the incredible insights into human nature that we're spoonfed from Hoover's bestselling novel *It Ends With Us*. There is no literary genius in these lines. I could point to at least five books on my shelf that have these exact concepts, even these exact sentences, written in them. And yet, the popularity of Hoover's books persists. What am I missing? What is it with this global phenomenon that I simply can't understand? It can't only be thanks to social media; her resurgence must be derived from some other place: an innate and powerful desire to read awful books.

Other common Hoover tropes include her aptly named "shocking twists." That is to say, they're shocking in how low-effort and nonsensical they are. While twists can be a way to further a story or make use of prior foreshadowing (eg. *Gone Girl* or *The Silent Patient*), Hoover manages to destroy her story's credibility with her twists, leaving you gasping "That's the worst thing I've ever read." The most egregious example of this lies in her thriller novel *Verity* where an imaginably predictable twist is used and certainly doesn't make up for the previous trainwreck of a plotline.

Here is my recommendation: Find other authors and read other books. There's exaggerating how good a book is, and then there's what's happening in the literary world today. If you're looking for non-exploitive and in-depth books about trauma affecting lives, read *Shuggie Bain* by Douglas Stuart, or *The Perks of Being a Wallflower* by Stephen Chbosky. And if you're looking for romance, read responsibly and ensure you aren't skewing your view on love or relationships. Let the Colleen Hoover rampage end.

The Haunted Halls of Canada

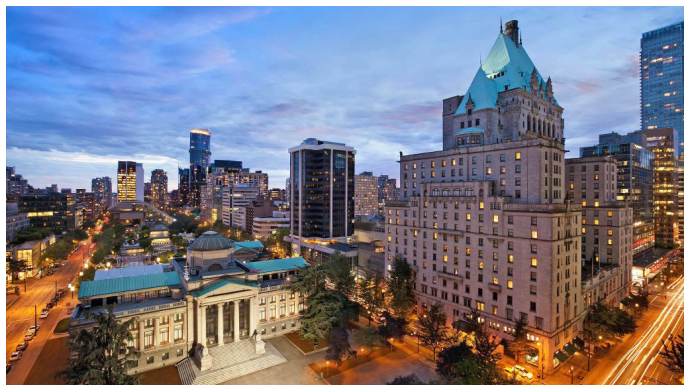
By Mia Riddall

Considering Canada's not entirely lengthy existence as an established country it is strange to consider how many haunted areas there are across the nation. From the stormy mountains of the west coast to the vast plateaus of the prairies to the roaring cliffs of the east, most early structures contain curious legends of ghosts, poltergeists, and other terrifying creatures.

Fairmont Hotel Vancouver, Vancouver BC

Look no further than downtown Vancouver to find one of the city's most legendary apparitions, the ghost of one Jennie Pearl Cox, also known as the Lady in Red. The socialite was said to frequent the hotel throughout her life but was unfortunately killed in a car accident in 1944 and since then permanently resides most frequently on the 14th floor. There have been many alleged encounters with this Lady in Red. One Japanese family is alleged to have been so perplexed when they saw her in their room that they believed it had been double booked. In another occurrence, a bellhop was escorting guests into room 1403 when he observed the Lady in Red follow the guests into the room. However when he himself entered, the lady had vanished. Often security cameras will capture unusual sounds and unidentified footsteps throughout the building, but most predominantly on the 14th floor.

continued on page 4



continued from page 3

Waterfront Station, Vancouver BC

Just a ten minute walk down the road from the Hotel Vancouver is the bustling Waterfront Station. First constructed in 1915 the looming hall is home to many apparent ghosts. Security guards on night patrol often report paranormal activity or ghostly sightings throughout the building. A guard once witnessed the ghost of a woman wearing a 1920s flapper dress on the west side of the structure where she appeared to be dancing alone. As she danced, he could hear music from the 1920s being played, as he got close to her the music ceased and she abruptly disappeared. Several other encounters by security guards include an old woman glowing phosphorus white, a headless brakeman roaming the tracks, and multiple instances of poltergeist activity involving moved desks and chairs across the upper floors of the building.



Fairmont Banff Springs, Banff AB

A recurring theme amongst most Fairmont hotels is the haunted nature of their ornate halls. Fairmont Banff Springs, constructed in 1888, is home to many legends of murders, suicides, and other horrific happenings. The hotel boasts two infamous ghosts, one known as the Bride and the other a friendly bellhop named Sam. The Bride was said to be a young woman preparing for her wedding day at the hotel when she sadly fell to her demise on the main marble staircase, which her ghost now is often seen treading up and down. Sam McCauley was the head bellman at the hotel in the 1960s and since his passing in the 70s has consistently been noted to aid hotel guests and is often mistaken for a live bellman. One account states that after discovering their key was inoperable, two elderly women called the bell desk for help. The regular bellman took fifteen minutes to respond because he was preoccupied with other tasks, but when he got to their door, it was already unlocked. One of the women claimed that an older bellhop with a plaid jacket who matched Sam's description had assisted them.



Mount Royal Cemetery, Montreal QC

A 165-acre cemetery perched atop Mount Royal in the Outremont borough in Montreal, Quebec is home to some 200,000 graves and possibly an akin amount of ghosts. The graveyard sits on what is reported to be the burial grounds of both Mohawk and Algonquin peoples and in the aftermath of colonization is considered desecrated by the burial of settlers on the land. The specter of an Algonquin warrior has been seen wandering the rows of graves along with several other phantoms who roam about the cliffs of the nearby Camillien-Houde Lookout. One anonymous cemetery goer claimed that they were pursued by a spirit from the graveyard as they walked home. After going to sleep the claimant states they awoke to a ghostly figure standing over their bed saying their name.



continued from page 1

In Flanders Fields **By John McCrae**

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



The Fallen **By Laurence Bibyon**

They shall grow not old, as we that are
left grow old:
Age shall not weary them, nor the years
condemn.
At the going down of the sun and in the
morning
We will remember them.



The Best Mac and Cheese Recipe Ever

A family recipe from Audrey Barichello

The cold weather has come, and with that we look forward to having all of our favourite comfort foods, one of mine being mac and cheese. And what better way to welcome the season than to share my favourite recipe for this dish with you all! This is my mom's recipe (and I have now started making it too), so all credit goes to her. So cozy up in the kitchen on a crisp day, comfy clothes and your favourite music playing.

While the wind howls outside, and you watch the leaves fall through your window, make this warm, delicious mac and cheese!

Ingredients:

- 454g elbow macaroni
- 4 tbsp butter
- 4 tbsp flour
- a pinch of ground nutmeg
- appx. 2 cups milk
- appx. 1 1/2 cups cheddar cheese
- salt and pepper to taste



Recipe:

1. Cook macaroni according to package directions.
2. While pasta is cooking, melt butter in a pan over medium heat. 3. Add the nutmeg. Add the flour and cook for about a minute, stirring constantly.
4. Gradually whisk in milk, about 1/4 cup at a time, allowing to absorb in between each addition. (If you put all the milk in at once you will have lumpy sauce.) - It should have the consistency of thick cream.
5. Bring to a gentle boil, stirring constantly.
6. Add cheddar, stirring until melted, and season with salt and pepper.
7. When the macaroni has finished cooking, put aside about a cup of the pasta water and drain the pasta.
8. Combine the sauce with drained macaroni. If the sauce is too thick add a bit of the pasta water to loosen it up. Just a splash at a time.
9. Serve with grated parmesan. Add chopped ham or crumbled bacon to take it to the next level.

STA Clubs: Something for Everyone

By Stephanie Kostamo

Well, it looks like it's that time of the year again. The time when everyone abandons their overpriced pumpkin spice lattes and child labour made spirit Halloween costumes with fervour, though doesn't replace old skeleton decorations with horrifyingly over saturated hallmark movies and Mariah Carey tunes just yet. Yes folks, it's November: the forgotten middle child of months. Lacking the interesting edge of her cool older sister October, and the warmth and cheer of her sweet younger brother December. November, like most middle children, (though not a certain STA president and founder of A.R.S.O.N club) is kind of just there. She's chill, but kind of useless regarding the holidays; no one really knows why she's there or what to do with her. But fear not my children, for, rather than spending your November roaming the filth ridden cesspool of what is commonly referred to as "the internet," you'll instead be investing your time into your school community, getting to know people from other grades, and having tons of fun! Introducing the plethora of clubs available at STA, where there is something for everyone.

CLUB 1

A.R.S.O.N Club- Formerly Eco-Aware Club, though cleverly acronymed to a more marketable version, A.R.S.O.N (Awareness Regarding Sustainability On Nature) focuses on minimizing and educating people on their environmental impact both in the STA community and individually. Meeting every Tuesday at lunch and organizing community cleanups once a month on Fridays, A.R.S.O.N is currently planning the launch of the November STA thrift store to eliminate student clothing waste. Interested in joining? Email kostamostep@aquinas.org!

CLUB 2

Cooking Club- Who doesn't adore food? Be it pumpkin pies or tacos, the cooking club is always whipping up amazing culinary creations. Meeting bi monthly on Mondays and Tuesdays after school, the cooking club meets in the school cafeteria to learn the art of food preparation from the experts themselves: Mr. Flores and Mr. Keong. The mathematically and philosophically gifted equivalents of Martha Stewart and Gordon Ramsey, Mr. Flores and Mr. Keong are always willing to pass on their skills to the younger, more clueless generation. Interested? Pick up a permission form from Mr. Keong's classroom.

CLUB 3

Wargames Club- Do you love exploring history, reenacting battles, studying artillery, or do you happen to own a newly purchased white mustang? If so, you'll fit right in with the wargames club. Meeting every Tuesday after school, wargames is a fascinating dive into the conflicts of the past; though it's making its debut for the first time this year as an official club, wargames has already established itself as a fan favorite! Email tuckeranth@aquinas.org for more information.

CLUB 4-5

Chess Club and STEM Club- Other than losers who happen to write STA times articles last minute and hate math, who wouldn't be interested in solving the logic of the universe? Be it through strategic gameplay or coding, both Chess and STEM club offer valuable learning of the scientific fields, particularly for students interested in pursuing STEM in the stressful post secondary realm. With Chess club meeting every Thursday at lunch, and STEM club meeting every Thursday after school, get the best of both worlds by showing up to each meeting! Email hinzesean@aquinas.org for Chess club, and chongrach@aquinas.org for STEM club.

CLUB 6

German Club- Hallo und willkommen! Curious about learning a new language for your overpriced trip to Europe after graduation? If so, the German club is the perfect place for you! Focused on understanding phrases, intonation, and dialect of the language, German club is an awesome place for exposure to other cultures and customs, especially for anyone looking to study abroad in the future. Meeting every Thursday at lunch, the German club is always looking for new members! Email montoyadana@aquinas.org or mulleryasm@aquinas.org for additional information.

CLUB 7

Debate Club- Now, I could spend all day with you trying to convince you to join clubs, or we could both join debate club and kill two birds with one stone. Focusing on improving the endangered skill of rhetoric and critical thinking, debate club meets every Wednesday at lunch in room 411. Whether you're a future (or current) politician looking to improve your verbal weaponry, or simply enjoy watching organized debate spiral into a reddit forum chat, debate club is, undebatably, one of the best clubs out there. Interested? Email okocaid@aquinas.org or kanatseligsabr@aquinas.org.

CLUB 8

Art Club- Destressing, relaxing, and creative, Art club provides an atmosphere like no other. Created with the purpose of nurturing the artistic efforts of all students, the art club meets every Thursday after school, where students are able to utilize all the artistic mediums available in the art room. Be it constructing a clay ghost shaped candle holder or poorly constructed duck with zero practical value (self projection), art club provides the opportunity for all students to unleash their artistic potential.

CLUB 9

Anime Club- Discover different styles of Japanese animation at anime club, where meetings happen on Friday at lunch. Run by Azel, an ambitious eighth grader, Anime club is run by the school's youngest club president to date, and continues to grow in popularity! After a successful debut at the September club's day, Azel proves himself to be a strong and capable member of the club, with a bright future and hopes to welcome more members in the November days ahead.

CLUB 10

Powerbuilding Club- Picture this. Exhausted after a long day of retaining the emotionless mask all called our "personality" at school, you collapse on your bed with plans of productivity. But, first a quick 10 minute nap. Okay, maybe 15 minutes. Okay, maybe 30 minutes. Okay, maybe 4 hours. Yet 4 hours eventually blurs into scrolling through social media mindlessly while avoiding the inevitable: life. At the end of the day, nothing got done, and you feel miserable. Why? Because you're comfortable. The world offers us comfort, but we were not made for comfort. We were made for the powerbuilding club. Obliterate your bad habits by obliterating your muscles; pump up your confidence by getting that pre party pump. Thank your future self in advance by getting absolutely jacked in a room that smells of sweat and teenage male three in one deodorant. Meeting most days after school in the weight room, weight training offers discipline and self improvement in a world that glorifies weakness and exacerbates overconsumption. But with the powerbuilding club, the only thing you'll be overconsuming is protein and a healthy lifestyle! Want to be in the best shape of your life? Email kischerevan@aquinas.org

CLUB 11

The STA Times- Need I say more?

Acknowledgements

Teacher Sponsor

Mr. Felipe Grossling

Coordinator

Mr. Felipe Grossling

Editor in Chief

Mehrsa Matinrad

Executive Team

Mehrsa Matinrad

Caiden Oko

Anthony Tucker

Aubrey Ventura

Eliana Woodworth

Article Writers

Audrey Barichello

Lydia Jones

Stephanie Kostamo

Mia Riddall

Melissa Sayyad

Anusha Shabanian

Anthony Tucker

Elizabeth Urbani

Graphic Designer

Aubrey Ventura

