

THE STA TIMES

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World Cup 2022: Most Memorable Moments

By Elizabeth Urbani

Another World Cup has come and gone. The trophy has been awarded, the fans have flown home, and the victors' parties have come to a close. And still, despite all of that, there are a number of things many of us can't quite seem to forget about just yet. This World Cup promised to be a special one. Whether it be due to the teams that qualified, a controversial host nation, or stakes even higher than usual for the world's most legendary players, it was easy to predict that fans around the world were in for a particularly exciting time come November. Now, looking back on the tournament that occupied the minds of the world for the last two months of the year, it is safe to say that the reality of the World Cup 2022 did not disappoint. So where do we start? More than anything, the 2022 tournament will long be known as the tournament of upsets. On just the third day of group stage matches, fans were shocked to see Saudi Arabia win their opening game against Argentina, kicking off a stream of unexpected victors that brought this World Cup some of its most memorable moments. These included Japan's victories over both Germany and Spain, South Korea's win over Portugal, and Australia's defeat of Denmark.

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ST. THOMAS AQUINAS SECONDARY SCHOOL

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

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Likely the most surprising matches for anyone watching this World Cup, though, were the games in which Morocco defeated several of the top-contending teams of the tournament. After first drawing attention with their win over Belgium, the Moroccan team went on to beat Spain and Portugal, all of which were important moments in their run to finish fourth overall, becoming the first African country to reach the final four of any World Cup. With the mention of so many surprising teams, it would be unfair to not at least raise team Canada. After considering Morocco's unexpected performance, alongside the high-rankings of other group members Belgium and Croatia, it is safe to say that our home team had a spot in this year's "Group of Death". While Canada did not make it past the group stage, they did score Canada's first-ever men's World Cup goal, giving all Canadian fans watching at home something to be proud of. And lastly, it is impossible not to mention the World Cup champions: Argentina. While their first game of the tournament may have sparked a hint of doubt in a few minds, the Argentine team undoubtedly proved themselves as they progressed, taking the final victory in a shootout against France. From the group stage upsets, to one of the most exciting World Cup final matches in history, the 2022 World Cup was one that won't be forgotten for many years to come. The tournament came and went quickly, in a dizzying two months that above all else, will have us counting down the next four years, until it is time to witness it all over again.

A Brief History of the Krampus

By Caiden Oko

Statistically, whoever is reading this knows of Santa Claus. This legendary figure, every Christmas, visits all the children of the world on his reindeer-led sleigh and provides a bounty of gifts for those who were nice and/or good.

On another note, chances are that whoever is reading this has also heard of Mr. Claus' sinister counterpart: the Krampus. The Krampus, or "K-Dawg" as it is often called by its fans, is a lesser known and lesser celebrated creature of the winter season, at least in the local area. (Which, as of the time of this writing, is "British Columbia.")

In contrast to the jolly generosity of Ol' St. Nick, the Krampus has a seasonal habit of scaring disobedient children. To most of its admirers, that is its primary appeal.

In any case, what follows is a brief history of the Krampus.

The idea of the creature originated from Central and Eastern Alpine folklore, and was conceptualized to be an anthropomorphic horned figure, resembling a furry goat man, who as aforementioned would frighten misbehaved children, in some cases dragging them to hell.

Now, that was all fine and well until December of 1944, when a certain Japanese research and development unit inadvertently gave physical form to this monstrosity. This was during World War II at a point where this unit's nation of residence was currently aligned with Nazi Germany. And so, figuring that German leader Adolf Hitler might find the abomination somewhat amusing, sent it via mail to his headquarters. It was planned to arrive April 1st, 1945 as an "April Fool's" gift, but wartime complications had it instead arrive April 30th of that year.

While this deviation from the original plan was not all too severe – it was still April after all, and thus to fool was still appropriate – what was rather severe was the history-defining consequence of the Krampus' presence. The boxed beastie was opened on Hitler's doorstep by a deathly curious soldier, and soon rampaged its way into the head honcho's private bunker where it swiftly did away with the surprised German.

Those who found the bodies didn't know what to make of it. It seemed to be that some cruelly clawed creature, craving considerable carnage had murdered the (subjectively) beloved Adolf Hitler! Further evidence suggested that the perpetrator had then left through the bunker's open window.

Investigations ensued, and a number of innocent house cats were wrongfully hung in the confusion. These numbered fourteen in total, and their names, "Billison," would later be cleared.

Eventually the case was declared cold, and Germany, rendered leaderless by the Krampus' intervention, would surrender its stake in World War II just a week after the incident, on May 7, 1945. But more pertinently, the Krampus would go unseen for some time before re-emerging later that year, during the holiday season, to terrorize and occasionally maim the disobedient youth of Europe. This seasonal treachery has since become a tradition, and the rest is history. (Until perhaps the present day. Then, it is current events.)

It is unknown exactly why the Krampus only comes about around Christmas, or why it only seems to bully those children who had been naughty throughout the prior year. Not to mention the question of the creature's supernatural ability to open a portal to hell to shove said children into. However, experts have recently concluded

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that this is all mostly likely due to coincidence. Though, some skeptics in the field are pushing an alternate theory that it is all due to destiny instead.

Armed with this knowledge, one can grow to appreciate the Christmas season all the more thoroughly. For every moment not spent being viscerally disemboweled by an anthropomorphic hell-goat is a moment to be treasured.

A Cyberpunk Christmas

By Oliver Tuey

The Christmas movie; one of the notorious staples of the North American holiday season that we have all grown accustomed to here in Canada. The annually enjoyed genre (consisting of roughly 15 “different” films) occupies the television screens of countless families during the month of December, running the same films continuously, again and again, over and over. Themes of family, affection, and togetherness flow throughout the screenplays; a trademark of this genre. These films, albeit mostly in a predictable and unoriginal manner, reinforce the values of the traditional Christmas holiday. But what about the non-traditional Christmas? What is available for those who simply cannot relate to these values, whether it be due to personal issues or simply unfortunate circumstances. The truth is that while Christmas for many is a bastion of human intimacy, for others it is a reminder of just the opposite. According to the National Alliance on Mental Illness (NAMI), 64% of individuals living with depression report their conditions worsen around the holiday season. Furthermore, low self esteem and worthlessness are reportedly some of the most common symptoms of depression, according to the National Institute of Mental Health. In the case of such individuals, the constant barrage of joy and laughter from their television sets may leave them feeling even more isolated and worthless than usual.

So what is left to watch for those with a case of the holiday blues? An unlikely candidate can be found in the science fiction genre; in the year 2049. *Blade Runner 2049* is the 2017 sequel to Ridley Scott’s 1982 film *Blade Runner*. The film revolves around “K” (Ryan Gosling), a bioengineered humanoid (known as a replicant) working as an officer for the Los Angeles Police Department. Coming from a production line of replicants designed to be less rebellious, K lives his life following orders, devoid of personality, excitement, and joy. The only other “person” in his monotonous life is his holographic girlfriend; simply a product, purchased to keep him company during his time at home.

As the protagonists of the movie are artificial, much of the film’s thematic elements are focused on the ideas of an individual’s worth and value, and whether these factors are determined by the body we inhabit or the choices we make. The film is an emotional ride, one that will certainly be enjoyed by those seeking an escape from the expected happy endings of the seasonal Christmas film.

Blade Runner 2049 highlights the power of the individual to overcome personal conflicts and to survive and prosper in the face of adversity. The film confronts the viewer with the cold concept that we do not have intrinsic value, that we are not main characters of some elaborate story, and that the only certainty in our lives is the unpredictability of our ultimate fates. These ideas stray far from the predictable tropes in the plots of most “traditional” Christmas films, and can certainly present themselves as scary concepts; certainly ones that many would not find themselves pondering on Christmas. The film highlights a very real element of our lives, one that the fairy tale stories of Christmas films do not recognize: our value and potential are only limited and determined by ourselves. There is no narrator writing us a happy ending, nor will help conveniently find its way to our front door. In the film, K overcomes the struggles of his identity, personal relationships, and enemies, despite numerous hardships along the way. In his ultimate search for value in “reality” as an artificial being, he eventually comes to realize his true value lies in his ability to give, noting it to be the “most human act of all”.

At its core, Christmas is a holiday of giving. A gift of presents, a gift of presence, and a gift of one’s self to another. With K ultimately fighting to protect the life of another, he gifts himself and risks his own life. The film, while not traditional to the typical Christmas movies by any sense or metric, does at heart represent the true values of Christmas. It is able to deliver these values in a way that is fresh and new, tear-jerking, but beautiful, and most importantly in the genre of Christmas films: original. For anyone that is ready to put a hold on the Elf CD next Christmas after watching it for the 17th year in a row, know that a new way to experience Christmas is ready for you, waiting in the year 2049.

5 Winter Movies That are Actually Worth Your Time

By Eliana Woodworth



Number 5: The Polar Express

Starting us off at number five, we have the Polar Express. This is a classic winter movie that almost everyone has heard about. It is great for all ages and is sure to satisfy all your train fantasies. However, a common complaint that I have heard about this movie is the animation. Now, this movie did come out in 2004 so we should probably cut it some slack, but if it gives you the creeps then I would recommend skipping this one.



Number 4: Klaus

Coming in at number four, we have Klaus. This movie may come as a surprise to many because it is not as well known as other famous winter movies. Klaus is the heartwarming tale of a postman who is sent to an outlandish town where he learns selflessness and the true meaning of Christmas. This movie is great to watch with the family as there is something for everyone. Jokes that are better than your dad's, a meaningful message for mom, and silly interactions for the kids. Best of all, this movie is on Netflix so it is easily accessible to most.



Number 3: How the Grinch Stole Christmas

Of course it wouldn't be a winter movie list without the Grinch. *How the Grinch Stole Christmas* is a classic story by Dr. Seuss. Everyone knows it and everyone loves it. From the Grinch's witty jokes to Max's cuteness, this movie will have you entertained the whole way through.



Number 2: Elf

To nobody's surprise, at number two, we have Elf. Now I don't think I really need to explain the plot of this movie as everyone has seen it. However, if you're one of the few who have yet to see it, just know that this film will have you laughing until you can't breathe.



Number 1: Home Alone

Of course, at number one, we have the tried and true king of winter movies: Home Alone. This film is a classic for everyone. It will have you on the edge of your seat right before you're on the floor laughing. There are jokes, surprises, and of course a comedic little kid. What more could you want!

Spice Up Your Holidays

By Eliana Woodworth

If you're looking for a way to spice up your family dinner and are willing to get creative with it, this is the article to read. My family has a fun holiday tradition to set up the most untraditional Christmas dinner table known to mankind, filled with a variety of dishes. Last year my mom made one of my yet-to-change favourite dishes, so I decided to share it with all of you.

Now for the instructions:

All you need is:

- Salmon, with no skin, cut down the center
- A pinch of salt and pepper
- A tablespoon of lemon juice
- Cream cheese of your choice
 - Mayonnaise
- Rosemary (optional)
- And an oven

1. To start you need to rinse the salmon with water to make sure it is fully clean, then you thoroughly dry it with paper towels.
2. Spread a pinch of salt and a pinch of pepper onto the salmon and massage it in.
3. Add your tablespoon of lemon juice.
4. Let the salmon sit with the lemon and pepper for 10-20 minutes.
5. After, apply a thin coat of mayo on top of the salmon.
6. Evenly apply a coat of cream cheese with the thickness of your liking on top of the mayo.
7. You can choose to sprinkle some rosemary or any herb of your choice on top of the cream cheese to give it a little extra flavor.
8. Finally, place it in the oven at a temperature of around 375 degrees Fahrenheit for 30 minutes.

Once you take this dish out of the oven you will be absolutely amazed at how creamy and soft the combination of the salmon and the cream cheese is. This dish can be served and enjoyed with a variety of side dishes, or it can be served alone. No matter how it is served, it will be delicious!

So the next time you want to spice up your table, remember this recipe and wow your guests with your cooking skills.

7 Study Tips For Exams

By Mehrsa Matinrad

We have finally reached that time of the year. Exam season. I mean honestly I feel bad for anyone who has a birthday during this time because now's the time to put all the partying aside, and stay in solitary for a month. Anyways, without further ado, let's get on some study pointers so you don't end up crying at 3 am the night before your math exam.

1. Plan Ahead

I cannot stress enough how important it is to sit down for 20 minutes 2-3 weeks before your exam and plan out a study schedule. Seriously we all need to stop with the, "oh it's fine it's so far away," and the "I'll worry about it later." Trust me I've been there, done that, and I seriously DO NOT recommend it. I can assure you I've lost at least 5 years off my lifespan because of the stress doing that has caused me. So for your own sake, print out the exam sheet, and space out the hours you need to get it all done well ahead of the night before the assessment.

2. Talk to Your Teachers and go to Extra Help

It's always good to take a quick look through what you've learned so far in the year and find out if you need to go to your teacher for extra help. Again this is one of those things that if you leave at the last minute, you might not get a chance to do later. Teachers also become busy around this time, and the earlier you can get clarification, the less stress that will put on you in the future.

3. Make Shortened Reviews

Most likely (hopefully), you don't need to know as thorough amounts of information as you did for your unit tests. So simplify your reviews and only study the specifics you know you must know. Wasting extra time wandering around unnecessary material will do the exact opposite of helping, as it only gets you more tired, and fills your brain with more than what you need.

4. Take Breaks

Depending on how heavy the material is, don't forget you still need to take a break. I don't mean a 2 hour tiktok break on the couch, but maybe a 15 minute walk, or a little conversation with a friend or family to lighten your mind. Giving your brain time to process the information will also help with better memorization/ understanding.

5. Find What Works for You

For some, it's rereading their notes, and for others, it's making flashcards, or verbally reading out the test material. It's important that you find what's most comfortable and effective for you to help take in information at a reasonable speed where you understand. Hopefully some of the older kids already know their methods, but it's never too late to try out some different ways and find your way of studying. Again except if you don't know by now (January), I recommend you hop on it!

6. Focus When You're Working

Getting rid of all distractions in your study time is crucial. If you need to turn your phone off, go to the library, or stay late after school, make the sacrifice and do it. No one really enjoys staying in isolation for a month, but prioritizing your academic performance and staying on track for 15-20 days will make all the difference.

7. Sleep!

The last point, easily for some one of the least valued yet most significant, is getting the right amount of sleep. Yes, getting down all the material and being prepared is important too, but not having a well rested mind can actually become a barrier in your studies. So when you're planning, make sure you give yourself enough time to get good sleep as well.

January Exams Throughout the Years: The Reason We Need Collective Therapy

By Stephanie Kostamo

Ladies and gentlemen, leaders, entrepreneurs, and great minds of the future, it is with a heavy heart and tears in my eyes that I must inform you, unfortunately, that it is that time of the month. The time of the month when, only recently having fixed our precarious sleep schedules (or further destroyed them staying up until 4 am watching “Peaky Blinders”), we return to the halls of STA with only one feeling: utter, desolate, all-encompassing dread. Yes folks, it is that time of the month: the time for midterm exams. For one week in January, specifically January 23rd-30th, utterly indescribable mental mayhem, that I cannot even BEGIN to encapsulate through a few typed scribbles on a piece of paper, decimates our lovely student population to the point of near extinction. In a mere span of eight days, as students drink enough caffeine to murder a small elephant and lose enough sleep to tranquilize a herd of them, those who are able to plan and manage their time accordingly thrive in their natural environment, while those that do not, (for instance, a certain procrastinating article writer) lie on the cold floor of the bathroom, convulsing in fearful seizures, doing nothing to improve their situations. But fear not, dear children, for as a senior student going on five years of midterm exam experience, I have a fair share of midterm stories to improve your confidence in yourself. Be warned, however. Some of these stories are accounts of deep, last minute procrastination and failures so harrowing they may convince you that you are smart enough to pull off last minute midterms without studying, which I guarantee, no matter how inflated your ego is, you are *not*. So, dear students, check the exam schedule posted on the website, study at least a week beforehand, and whatever you do, **DO NOT FOLLOW IN MY FOOTSTEPS**. You have been warned. Now without further ado, here are four of the dumbest things, throughout the years, that I’ve pulled off during that terrifying time of the month known as midterms.

1. All-Nighters - Grade 8

Every idiot does this at some point in their highschool career, but in grade 8, I was oddly obsessed with pulling all-nighters. And with little reason to, since it is the least academically strenuous year. If you’re currently a grade 8 student reading this, listen to me carefully: pulling an all-nighter is quite seriously the stupidest thing you can possibly do. Forget all that nonsense about your “frontal cortex” developing or weakening “immune response” systems, pulling all-nighters is a complete waste of time and frankly doesn’t do much for your grades anyway. In fact, when I pulled an all-nighter specifically the night before a grade 8 science portfolio that we were supposed to be working on for three months but I started that night, not only did I pull a whopping 100% on the project, but to this day, it is one of the best projects I have ever handed in. So kids, don’t pull all-nighters, they exhaust you, make you feel the weight of your actions, and force you to deal with consequences to your own stupidity while giving you bursts of incredible work ethic and brain shattering creativity.

Editor’s Note: Steph, why in tarnation do you recount an all-nighter SUCCESS story in your segment about why one **SHOULDN’T** pull all-nighters? This is, quite frankly, preposterous.

2. Not Study “Easy” (Religion, Socials, and English) Subjects - Grade 9

I know what you may be thinking right now. Internally, you are gasping like a dying pufferfish pulled from the murky depths of Mariana’s trench, unable to comprehend what you have just read. “You??? Stephanie Kostamo, didn’t study for religion?? Aren’t you, the two time winner of the religion award, the Queen and Girlboss, the title holder of religion class?” And the answer to that is “Yes,” of course, but actually not in the slightest. For you see, in my grade 9 year I happened upon an unfortunate character trait known as “extreme arrogance” and believed that the horrible job of preparing all night for exams in grade 8 would

cut it for what I called (back in the day) “easy pass” subjects: religion, social studies, and english. Unfortunately, I ended up nearly failing the aforementioned, but it luckily barely mattered in the end because teachers cut everyone some slack due to the entire world...

3. Experiencing a Global Pandemic - Grade 10

Though I don’t recommend it, a pandemic does help cut midterms out of January and make it a less stressful month, which is exactly what happened in grade 10.

4. Studying the Night Before - Grade 11

Now, although this is similar to “Pulling All-Nighters,” I guarantee that studying the night before differs greatly from the former, because while pulling all-nighters destroys your brain’s capacity to focus, studying the night before instead opts to destroy your memory’s capacity to recall any information beyond your first and last name. Though studying the night before and pulling all-nighters typically go hand in hand, in grade 11, after suffocating under mountains of schoolwork, I decided to attempt the latter. After ignoring a steadily growing review package from my Biology 11 class to focus on my constant Achilles’ Heel: Math, specifically Foundations 11, I spent exactly two hours reviewing that 80 page package before giving up and calling it a night. The result? Miraculously passing the exam with flying colours, flying colours being a lovely 92%. A true exam miracle.

Editor’s Second Note: Again, a success story contradicting what is meant to be a message of warning. Curse you, Kostamo, and your contrary recountings. It pains me to think of how this will affect today’s impressionable youth. No doubt a generation of academic delinquents is imminent, thanks to you. You may laugh now, but there will be little laughter from anybody when aforementioned rascallions ravage our fine community and slaughter our livestock.

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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

Stephanie Kostamo

Mehrsa Matinrad

Caiden Oko

Anusha Shabanian

Oliver Tuey

Elizabeth Urbani

Eliana Woodworth

Graphic Designer

Aubrey Ventura

