

SJB TIMES

Summer 2023 Edition




St. John Brebeuf Regional Secondary School

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What I'm Thankful for



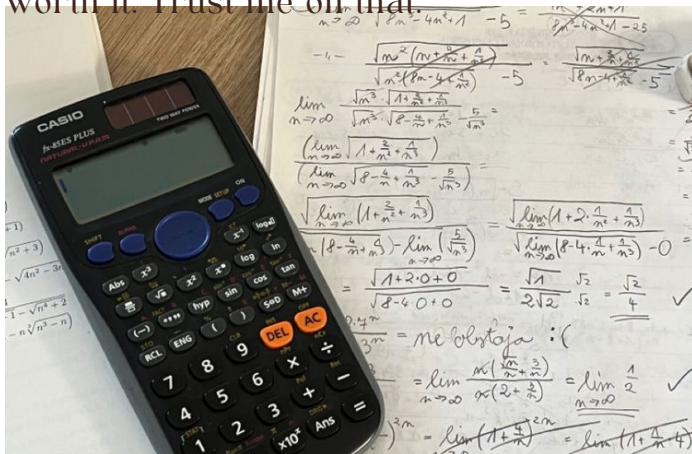
What am I thankful for? There are countless things that I'm thankful for, and I've written numerous lists of them over the years for several classes. But at this moment, I am most thankful for my high school experience, as imperfect and hectic as it has been. As a child, I hated math, and I still do, but as I sit in a math class, I feel thankful. I suppose that is what time will do to you, and nostalgia... lots and lots of nostalgia.

Stevie Laycoe



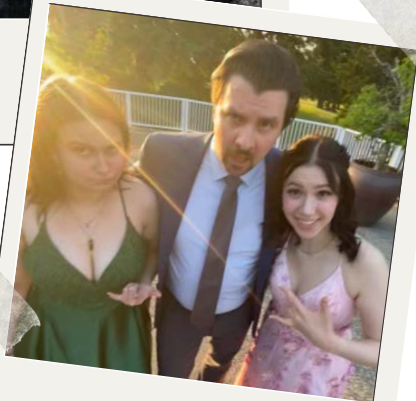
When I began high school, I was anything but thankful for it. In all honesty, it was far too terrifying at the time because of how new everything was, and I didn't believe at all that it would go by quickly. Time proved me wrong on that one. It passed me by like a fever dream, and I was all too excited to see it go. Through dramas, friendships, and too many projects to count, I have had an eventful time at SJB. I know that when you're in grade eight or nine, nothing is as boring as listening to someone prattle on and on about how awesome high school is. And don't get me wrong, it can be for some people, but it was by no means a cakewalk for me. I cried over labs due at midnight, wrote in-class essays that gave me heart attacks, ran the double gardener (that needs no explanation), and wrote Jesus as the answer on multiple math tests. But it was worth it. Trust me on that.

I have made friendships that will last lifetimes, learned about the world around me, and gotten to know who I am (with help from many "Who Am I" Projects). There are still regrets, questions, and what-if's left, but what I know now is that even with all its imperfections, highschool has changed the entire course of my life. I got into my dream university, had something I'd written published, and I've learned that sometimes all you need in life is a list of several ridiculous life goals- like fluffy cows, or a fancy bathtub, or a built-in library! The options are endless and easily personalized. My high school years have taught me far more than all of my classes combined; they have taught me how to be me- mostly. That's still up for debate, but I've got it 85% figured out- sort of. I am thankful for all the hours spent doing homework, mainly of the math and science variety. I am thankful for the teachers, classmates, friends, and everyone else who has helped me touch the proverbial sky. I am thankful that I am sitting in a math class at this very moment, very stressed about an upcoming test. I am thankful for SJB.





Graduating Class of 2023, We are thankful for you





The SJB community will miss you lots!

Biggest Congratulations to the Graduating Class of 2023! May God Bless you always!

Dear Student Struggling With...

Our grade 8 students wrote anonymous letters of comfort, hope and encouragement to their fellow SJB students struggling with various life challenges. We hope that some of these letters will help bring peace to our readers.



Dear person struggling with trying to chase perfection,

“Perfectionism is a delusion that can rob one of a very successful, enriching life if not careful” (April Bryan). You might be doing it because you have a reputation or expectations. It could be because of parental or peer pressure. Whatever it is, I would like you to know how much of a struggle it could become if you choose to continue this path. When one tries to chase or become “perfect,” it’s like a free ticket to the road of never being satisfied. There’s an incredible feeling when you’ve accomplished or worked so long on something, but when there’s a problem, a small mistake or slight criticism, it could break you down. To some people, you might seem like the perfect person with close to no flaws. Others might “see through” the act and believe you’re having a hard time or getting pressured so much that even the little things hurt you. Doing your best in things isn’t a problem until you get caught up in it. Getting caught up to the point where failing is not an option and exceeding and perfect scores becomes an expectation from others, or from yourself. This decision of being relieved from the stress or continuing to try and reach perfection sounds easy, but it’s incredibly difficult if you’ve been trying to catch this desire of excellence for a long time.



There are still times when I get disappointed in myself when I try to make everything completely perfect so I can “keep my reputation” or so that I wouldn’t be brought down by others’ comments if they notice I hadn’t done well in something. But I always do my best to not let it get the best of me, to try and move forward, using others’ advice or block out unnecessary ones. Wanting the best for yourself and having goals to be at the top is great. Having an outcome that proves all the hard work you put into things is amazing. Be patient with yourself. Take advice from things you believe will build you up. You’ll do well as you follow your heart instead of following others’ unpleasant demands and pressure.



From: A friend in grade 8

Dear person struggling with overwhelming stress,

It's hard being stressed. Every day it feels like you are in a boxing match. Instead of you being the one throwing punches, it feels like life is the one throwing them. To be honest, everyone has been in your shoes including me, life can throw punches at you a thousand times. But it is not how many times life throws punches at you that determines how strong you are, but how many times you keep getting back up. When you are doing the right things, keep doing it. I know that inside you, you are strong. I have compassion and admiration for you that you can keep getting up after every obstacle and keep going. Do not give up. Stress is a very hard thing to go through but I believe, no matter how hard things are, there is always hope that things can get better.



Stress can come from a lot of different areas. Maybe it's school stress, difficulties with a friend group, pressure to succeed, or family difficulties. Whatever it is, you can get through it. Your decisions are up to you - and you can only control what you do, not other people. I am rooting for you and I know that you are strong. If you keep having hope and trying your best, the future can be very different. Stay positive and keep doing the next right thing. Even if you do small things like going for a walk everyday to let your brain reset, or journaling to think about what you are feeling. These things help you feel positive about yourself. Pray. God knows exactly what it feels like to be stressed. He was going to be put to death by people who once welcomed Him. He did this so that the weight that you feel on your shoulders, would be lifted off and put onto His. He loves you so much and He is walking along beside you.

Take everything one step at a time. "You are worth more than many sparrows." Matt 10:31 Taking small baby steps may seem insignificant, especially on top of all the other things you need to take care of. But baby steps are the first steps you need to eventually run smoothly in the long marathon that life is. Small steps such as acknowledging your feelings and being kind to yourself can go a long way.

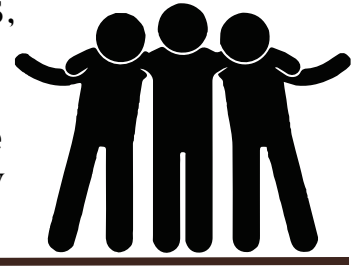
Finally, I want you to know that I will pray for you.

Take care of yourself. You are enough and you are loved very much!

From: A friend in grade 8

Dear person struggling with making true friends,

You are probably going through an emotionally hard time right now. You have no one to hang out with, no one to be supported by and no one to talk to. There are many things that you could do to stop this from happening.



First of all, if you truly want friends, try to make conversation with everyone. It's hard to make friends when you sit by yourself during lunch. Not only that, try to talk to someone from a different grade. I personally have a few grade 12 friends and they are so nice and treat me the way they treat their grade 12 friends.

Secondly, join after-school curricular. Try to get involved as much as you can because people (most of the time) don't come up to you and start talking if they don't know you. Joining extra curricular will help with that problem. You get a chance to talk to people you don't normally talk to.

Finally, don't push it. This is a very crucial part to making true friends. Sometimes when you are talking to someone that you are trying to be friends with, they start to ignore you. As bad as this sounds, it's true. I have experience. That doesn't mean nobody wants to be friends with you, it just means that they aren't a true friend. Some traits of a true friend includes loyalty and if they can't have a simple conversation with you without ignoring you, that just proves that they are not true to you. I hope this helps anyone who is looking for way to find a friend. You may have a rocky start to your journey on finding someone but once you find the friend you were looking for, it will all be worth it.

From: A friend in grade 8

Dear person struggling with Depression,

Don't give up. Depression can make you feel worthless. It can make you feel like you want to stay in your room and never come out. You feel tired and you want the world to go away. You feel alone. You are not alone. There is help. It is hard to ask for help. You can go to counselors and some family members. I hope that you get through it. That your life would be easier.

I know it feels like it will last forever, but life changes. Don't keep it to yourself, get help. Let people know how you're feeling. Focus on yourself and what you need. I hope you can go from being depressed to being joyful. Things you can do to help when you're feeling depressed are hiking, spending time with animals, listening to music and sleeping. I hope that you feel better.

From: A friend in grade 8

Dear person struggling to live out your faith,

You seem to have difficulty living your faith in a secular setting. You are in a situation where you start to feel increasingly self-conscious about other people nearby. You're trying to pray in public, yet there are undoubtedly non-Catholic strangers all around you. You look to your left and right to see whether anyone is watching you before you even make the sign of the cross. Really, I understand. I am also guilty of doing that. But in the end, it's not as if you'll be martyred for praying. Ask yourself, "Why even do I care so much anyway?" If you genuinely cared about the things you do, you would have done them honorably and with dignity. You wouldn't find the people around you in public to be at all means if you truly depended on the power of prayer and the significance of Christ in your life. You don't need to feel guilty for living out your own faith. The Lord is the only one who has the capability to fully hear you.



Now, I'm not suggesting that you simply make the sign of the cross with your hands extended around your body as you pray aloud, trying to visually announce it. The point is not that. It is rather to declare our faith in God is the purpose of prayer. That does not imply that you must publicly declare your Catholic faith. Only God genuinely cares about it. Everyone who watches you doesn't. Besides, it's not like you haven't given dirty looks to people before, I think we both know you've done it before just at least once.

When doing it, you don't have to conceal yourself. You don't even need to make a big deal out of the fact that you're the only person in the room praying. Most likely, you're just used to having someone else lead the prayer or at least one other person pray with you. But things have changed now. Now it's just you this time. But consider this. You probably instantly assume that you are the only person in the room doing that, but you most likely aren't. There are most likely people in that same room that have prayed too. And the reason why you don't see it, is because they too were extremely self-conscious. So they too, did it secretly. Crazy right? I know. But you're still learning.

Heck, I'm still a teenager and going through that. It's really nothing to be ashamed of doing, I'm guilty of it too. If it helps, close your eyes when you pray, so that you don't have to recognize the people that you fear are secretly judging you. The least that they can do is think that you're strange. But I feel like we all can say that about ourselves, there's no denying it.

From: A friend in grade 8

Refreshing Summer Mocktails

Roasted Peach and Strawberry Fizz



Irene Bong



Instructions:

1. Preheat the oven to 175 °C.
2. Cut peaches and strawberries (remove the pit).
3. Place the fruit on a baking tray lined with baking paper and roast for 25 minutes.
4. Take the tray out and leave to cool for 10 minutes or more.
5. Peel the peaches and blend them with apple juice to get a smooth puree.
6. Blend the strawberries separately.
7. Divide strawberry puree among 6 glasses and add ice.
8. Pour the peach puree over ice and add sparkling water.

Ingredients: Serves 6

- 3 peaches
- 600 g strawberries
- 1 1/2 cup apple juice
- 1 1/2 sparkling water 4
- crushed ice



Orange Moscow Mule Mocktail

Instructions:

1. Slice the orange in quarters, then cut 2 to 3 slices for garnish and set aside.
2. Juice the rest of the orange and place it in a copper mug (or any glass).
3. Fill the glass with ice to the top. Add the ginger beer and garnish with orange slices and mint.

Ingredients: Serves 1

- 1 Cara Cara orange
- 1 cup ice
- 6.8 oz bottle of light ginger beer
- Fresh mint leaves (for garnish)



U.S. Debt Ceiling Crisis

The End of The U.S as a Global Superpower?

The U.S Dollar has been one of the most influential currencies in the world for a very long time. Following the end of World War 2, the U.S Dollar began to take place as the world's reserve currency with global economies using it to implement trade deals and other economic initiatives. However, the stability of the U.S dollar has been risky in the last few years due to various political and global abruptions and pushbacks. The U.S Debt Ceiling is an unknown hidden topic that often gets overlooked due to the lack of knowledge around it. To be able to understand the current standing threat facing the global economy, it is important to be informed on what the U.S Debt Ceiling is and how it works since it has the capacity to impact the global economy in its entirety. Due to recent failures and lack of adequate guidelines regarding the U.S management of its debt, the current risk the U.S government faces is the threat of defaulting on its own debt thereby launching the local and global markets into a catastrophic recessions destroying the global economy.



Antonio Hakko

BBC Gareth Evan explains that, "The debt ceiling is a spending limit set by Congress which determines how much money the government can borrow. Failure to raise it beyond the current cap of roughly \$31.4tn (£25.2tn) by June could result in the US defaulting on its debt." The importance of raising the debt ceiling is crucial since defaulting would create major implications for the global economy. If the U.S were to default on its debt, it would first face major national problems with unemployment reaching a high of 5 % within the first week and a suspected high of about 15 % after the default. Following that, any federally funded programs such as social security, veteran payment programs, pensions, and other federally regulated programs would come to an immediate halt; once the payments stop coming in is when the recession begins to happen. By that point the global economy would see a major crash that would cause banks to crash and business to shut down. It is important to note that the U.S hit their debt ceiling limit back in January, but Janet Yellen, the current Secretary of the Treasury in the Treasury Department, enacted the extraordinary measures rules which provided her the capacity to make decisions that would help keep the country afloat until June. In her capacity, Yellen halted some investments and redirected monetary payments towards essential programs to maintain the country's economy. However, the extraordinary measure capacity isn't forever.

Yellen informed the White House, Congress, and the Senate that the country could default on their debt as of June 1st if parties don't come to an agreement by that time.

The last few weeks, all parties have been meeting and trying to come up with solutions and agreements that would help tackle this issue, but some meetings have been disappointing to say the least. Recently, President Joe Biden, Senate majority, Senate minority, Congress majority, Congress minority leaders, and House Speaker met in an effort to come up with plans that parties could agree on. Thus far in the brainstorming process, there remains planning to be done between House Speaker Kevin MCarthy, and U.S President Joe Biden. As it currently stands right now, here are the main updates: There are 10 days left before the U.S declares a default on its debt, neither the president nor the house speaker have reached an agreement aside from the fact that a default would be problematic, and Treasury Secretary Janet Yellen wrote letter urging immediate action to avoid a default. While the situation continues to develop, there are 3 potential solutions that can happen.



The first thing is all the parties come together and agree to raise the debt ceiling limit and avoid a default, the second is that the U.S government doesn't agree on anything and break their own constitution and default on their debt for the first time in their history, or the third option is that the U.S president surpasses the congress and senate by invoking the 14th amendment of the constitution. Section 4 of the 14th amendment states that "The validity of the public debt of the United States, authorized by law, including debts incurred for payment of pensions and bounties for services in suppressing insurrection or rebellion, shall not be questioned" (U.S Constitution). In invoking this section, the president is granted the capacity to overpower the U.S congress's acts and raise the national debt limit without the congress's rule or input. It is important to note that the section 4 of the 14th amendment has never been used in a legal setting or capacity, meaning if it was to be done it would likely be halted due to the lawsuits that the members of congress would pursue against the president. Those lawsuits would delay the process thereby risking a default along with putting the president in a tough political situation, especially following Majorie Taylor Green's article of impeachment proposal against U.S president Joe Biden.

Nevertheless, the U.S national debt ceiling has always been a complicated and a politically controversial topic within the U.S government. The consequences of it are nearing as a result of continuous disagreement between the various parties. A default would carry catastrophic consequences to the American people, American economy, and global economy sending major economic areas to a recession all because of a government that is failing to put their differences aside and is rather choosing to stay stubborn.

Rosa's Reviews

Rosa Nootebos



The Super Mario Bros. Movie

For the first time ever, Nintendo has allowed a feature film to be made starring all the characters you know and love from the popular games. The Super Mario Bros Movie is an adventure straight out of the videos you (and maybe your parents) play.

It is about Mario, the little plumber with the overalls and mustache, and his taller brother, Luigi. Mario and Princess Peach need to find and rescue Luigi and save their kingdom from the big bad Bowser (I'm not sure what he is - maybe a turtle dog?). The title character of Mario is voiced by Chris Pratt, the high-pitched Charlie Day plays Luigi, Toad is played by Keegan Michael Key, Donkey Kong is Vancouver's own Seth Rogan, Anya Taylor-Joy is Princess Peach, and the evil bully Bowser is perfectly played by Jack Black.

I like the movie because my family and I are fans of all things Nintendo and Mario, and we (especially my brothers) play the video games almost every day. The CGI in this movie is amazing and the characters look just like they do on our home screens, only somehow better. The music used is also exactly like the games, but there is one new song called Peaches, sung by Bowser / Jack Black.

Watching the movie makes it look and feel like you are plunged right into the famous games. This movie has a lot of action because of Bowser's bad behaviour and the consequences of it.

The voice actors did a really good job as their characters. My favourite character is Princess Peach because she is adventurous and loves her kingdom so much, she is willing to sacrifice herself in order to save it and its people. Of course, I also like Mario and Luigi. They are funny and work well together. Toad is another one of my favourite characters (I wish they had more video games featuring Toad).



If you have not played any Mario games before it may be tougher to understand this movie, because a lot of rules from the different worlds are used from the games and aren't explained in the film. However, for anyone who's ever played even a little bit of the games, this will be a real treat. The Super Mario Bros Movie gets an 8 out of 10 from me, because it really reminds me of the games I know and love so much.

Mini Fruit Tarts



Serena Trieu

Instructions:

Crust:

- Combine flour, sugar, salt, butter, egg yolk and heavy cream in a food processor and pulse
- Press dough into a roll and wrap in plastic to chill for 30 minutes
- Slice the roll of dough into even pieces and roll them out so they are slightly larger than the tart molds
- Trim excess dough off the top and freeze for 30 minutes
- Place tart shells on baking sheet and wrap tarts with foil
- Bake at 400 F for 10 minutes

Cream Filling:

- Heat up milk in a saucepan over medium heat
- Whisk the egg yolks and sugar until light and fluffy
- Add cornstarch and salt and whisk vigorously until no lumps remain
- Gradually add the hot milk until fully incorporated
- Put the mixture back on the heat and stir in the butter and vanilla extract
- Let cool and cover with plastic wrap to chill for at least 2 hours

Assemble:

- Fill each baked tart shell with cream filling and top with fruit of choice

Glaze:

- Melt $\frac{1}{4}$ cup of currant jelly and brush to dab some shininess on each piece of fruit

Ingredients:

Crust:

- $1\frac{1}{2}$ cups unbleached flour
- $\frac{1}{3}$ cup powdered sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup butter, chilled
- 1 egg yolk
- 1 tablespoon heavy cream

Cream Filling:

- $2\frac{3}{4}$ cups milk
- $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{8}$ teaspoon salt
- 4 egg yolks
- 2 tablespoons butter
- 1 teaspoon vanilla extract

Glaze:

- $\frac{1}{4}$ cup currant jelly



Immigrant Advisory Council

Inspiring Change

Over the years, immigration across Canada has increased dramatically. Canada is one of the highest ranking countries in the world with one of the most diverse populations and openness to immigrants and refugees. In seeking to enhance the settlement of newcomers, the Immigration Refugee and Citizenship Canada (IRCC) implemented councils and organizations that would work directly in organizing, innovating and implementing programs and plans that boost the resources allowing newcomers to settle easier while boosting better relationships between the community and incoming immigrants.



Antonio Hakko



The Langley LIP explains that, “Local Immigration Partnerships (LIPs) are funded by Immigration, Refugees, and Citizenship Canada (IRCC) to develop and implement plans to improve immigrant and refugee settlement and integration. LIPs are community planning tables that include community agencies and institutions representing local government, settlement and community agencies, education, business, parks, recreation and culture, policing, libraries, volunteerism, and others.” One of the newest LIP organizations is the Langley LIP which consists of 2 fundamental councils: The Membership Council, and The Immigrant Advisory Council. The 2 councils have been cohesively working together to implement initiatives that help create a diverse and welcoming environment that allows newcomers to better settle in.

The Immigrant Advisory Council, which currently consists of 10 members, has put in the effort to make and inspire change. In recent times, the IAC (Immigrant Advisory Council) has hosted a Housing Forum to address the housing crisis in the city and figure out changes that could be done to help manage the cost of affordable and available housing. They planned employment outreach opportunities to help connect newcomers to potential and local employers as well open up the opportunity for newcomers to discover what steps they need to take to continue to practice their previous career. Most recently, they've completed a city wide survey which provided valuable insight as to the direction the councils need to pursue to help battle some of the rising issues such as healthcare and housing.



Aside from the various resourceful and informative initiatives, the Langley IAC members have done a spectacular job in highlighting the importance of integration and inclusion. Ana Marie Panczel, the IAC coordinator, along with IAC members and their prospective working groups have been working tremendously to plan the Global Fest initiative. The Global Fest initiative has been in the works for sometime now. It is a festival that celebrates the various cultural and ethnic groups in efforts to connect the communities together and acknowledge and celebrate the various ethnic and cultural groups in the city. The Global Fest is set to be hosted on July 22nd at the Langley KPU campus from 11 am to 6 pm. While things remain under works, the Global Fest is expected to have a wide range of cultural performances, foods, and activities that provide an informative and creative insight into the immigrant, ethnic, and indigenous communities.

To sum up all which has been stated thus far, The Langley LIP has undoubtedly been the frontier for innovative and impactful initiatives which have been destined to create and inspire the change necessary to make a difference in the lives of newcomers in Langley. Despite the challenges they've faced as a new and rising LIP center, they continue to persevere and work harder than ever to implement programs such as employment forums, housing forums, and more! The efforts provided by both the Membership and Immigrant Advisory Council must be acknowledged as they continue to pursue impactful and empowering change that has both created and opened the door for opportunities that support the immigration and settlement progress of newcomers and refugees to Langley.

Building Bad



A Terrifying Short Story by Josh White (Horsh Whitaker)

“C’mon Bruce, push for one more!” I screamed.

It had been a week since I had dragged my buddy Bruce into coming to the gym with me. I smiled as skinny Bruce awkwardly contorted his body to lift the steel bar up. I was proud, I must say—he had managed to bench sixty-five whole pounds for a full ten reps. He had only been able to bench the bar itself the week before. With that we finished our workout for the day.

“Catch ya later dude,” I said to Bruce. “And don’t forget to eat your protein!”

I myself, being an absolute beast, could bench 225... two hundred and twenty-five pounds. Bruce held nothing close to my accomplishments! But nonetheless I wanted to help him to make some gains, or at the very least thicken out a tad. Besides, I needed a gym bro, and it felt good being so much stronger than him.

So we kept on the grind, working every muscle group but prioritizing chest due to Bruce’s poor excuse for a chest. It wasn’t his fault entirely; Bruce weighed something near a hundred pounds and was built like a twig. Weeks went by, usually hitting a chest workout two or three times a week. I watched as Bruce built his bench up, and eventually got up to a hundred and fifteen pounds for his max lift.

I did everything I could to help him—I gave him an endless supply of protein bars and protein powder, I even invited him over for steak about three times a week. If I ever caught him doing cardio in any form I’d slap him around. There was one time I caught him dancing at a party; that ended with me forcing two thousand calories worth of chicken and rice down his throat.

It wasn’t in vain. Bruce was starting to get stronger and look bigger. He could bench a plate now, which is approximately a hundred and thirty-five pounds. His non-existent pecs were starting to to start to look more defined, which was an achievement for him. I decided after a long night of critical pondering that I would reveal my secret to working out, the magic substance that had brought me up from a once weak and frail, poor excuse of a man, who could only curl twenty pounds. A mystical powder called creatine.

I quickly regretted it.

Bruce was a fiend for this stuff. I had to properly show him that he had to mix it with his drink after he initially tried snorting it. Either way once he got hooked on it, there was no going back. I swear the guy must’ve been taking five scoops a day or more. His gains were coming faster now, and I’m pretty sure he was hitting the gym on his own between our workout sessions. He was more of a gym rat then me now, he could bench 160, 170... within two months he could bench 225.

I couldn't believe it, my boy Bruce had done it and I was so proud of him. I knew this would be a great achievement like it had for me... but I also know that after this he would surely hit a roadblock in his gains.

This is where I was wrong, and this deeply arrivated me. He wouldn't stop, his gains just kept coming. Now when we worked out together he was benching almost more than me. I would do my weight for ten reps which he would proceed to use as his warmup.

I started resenting him, feelings of jealousy started creeping in. I kept telling myself "He's my buddy, I'm happy for him." But I was lying to myself.

I didn't understand... I just wanted him to grow from the stick he was. I never would have imagined he would make it this far... even surpass me! I started feeling stronger feelings of anger towards him. I needed a break, I told Bruce I was taking a three week long vacation in Hawaii, but secretly I was working out every day at home. I got back feeling stronger than I ever have, it had now been six full months since Bruce and I had begun working out together. I thought to myself "I'll bench 270 in front of him, that'll remind him who's the strongest!"

That evening I invited him over to my at home gym in my breezy garage. I got there feeling pumped. I immediately started racking the weights on the bar, 225... 245... 270! I laid down and when Bruce tried to spot me I told him to stay back. I lifted the bar slowly, brought it down to my chest... and drove it back up. It took everything I had, I stood up breathing heavily, a grin on my face. Bruce congratulated me.

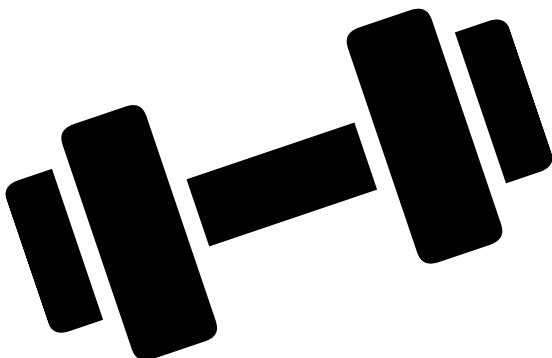
"I might as well go for my max as well," he said casually.

I laughed. "You go for it bud," I remarked sarcastically.

I had him beat. I started helping him unrack the weights but when we got to the forty-five pound plates he stopped me, and told me to put on one more. With three forty-five pound plates on each side it now weighed three hundred and fifteen pounds... 315! I laughed to myself but a hint of doubt lingered over me. He lifted the bar up slowly and with grace he brought it down and quite easily started to bring it back up.

He was going to do it.

I couldn't think straight, my heart was pounding in my ear, "this wasn't happening," I thought. I grabbed the bar and found myself pushing it down, "bro... wha-what are you doing Horsh?!" Bruce gasped, confused. I just kept pushing until it was on his chest, then his throat. He sputtered and coughed, his eyes met mine. All I read from his look was utter confusion and betrayal...before he was gone.



Best Dessert Spots in Vancouver

Erica Lim

As it is the perfect weather to go out with your friends or family, enjoying sweet desserts will be one of the favorite things to do in the summer season. Going to a cafe after your meal or buying donuts on your way home will always feel amazing. Here are some best dessert spots in Vancouver for you to visit.

1. Breka Bakery & Café (4554 Main St, Vancouver)

This is one of my favorite dessert cafes in Vancouver. They have an amazing bakery with desserts such as donuts, cakes, cookies, and pastries. They also have good drinks. The interior is great and the location is accessible. If you are looking for a place to spend your afternoon with a delicious dessert, this is the place for you!



2. Bonus Bakery (1185 W Georgia St, Vancouver)

Bonus Bakery is a plant-based bakery. Their signature cookies are high quality, and they have various options such as Nutella, Classic sprinkles, Lemon pie and S'mores. They also have great cakes and waffles to enjoy with your coffee. These chewy cookies will absolutely be your new favorite.



3. Nana's Green Tea (2135 W 41st Ave, Vancouver)

If you are a matcha lover, you should visit this place! All of their menus are based on Japanese-inspired matcha. The flavours are rich and smooth, perfect to enjoy the taste. There are matcha roll cakes, matcha soft serve and various matcha based drinks. My personal favourites are matcha roll cakes and Matcha Azuki Shiratama Latte.

4. Remi Patisserie (511 W 7th Ave #109, Vancouver)

The signature menu of Remi Patisserie is eclairs, roll cakes and patisserie based desserts. Also, their cloud cake has amazing texture and various flavours. They offer great roll cakes. The best sellers are thai tea roll, earl grey apple pear roll cake, and match eclair. If you love soft desserts with great textures, it will be a great place for you to visit!



5. Cartems Donuts (2190 Main St, Vancouver)

Cartems Donuts is a donut shop with a wide range of delicious donuts and drinks. They also have vegan options. They offer basic to unique flavours of donuts such as everything from salted caramel and vanilla bean to smoked maple walnut and honey parmesan. If you're looking for a sweet treat, this is the place to try!





A Teacher's Prayer

Inspired by *The Lord of the Rings*



Mrs. Stock

In the heart of every great teacher lies a deep desire to empower and inspire. Just as Gandalf, the wise and compassionate wizard, imparts wisdom to the Fellowship, educators possess the incredible ability to ignite a thirst for knowledge in their students. They are the Gandalfs of our lives, guiding us through the shadows of ignorance and doubt, nurturing our strengths, and illuminating the path to discovery.

Like Frodo, the humble and reluctant hero, students embark on a quest of self-discovery, facing trials and tribulations on their educational journey. Teachers, akin to the fellowship of diverse characters, provide guidance and support, walking alongside their students as they navigate challenges, discover their potential, and triumph over adversity.

As a teacher imparts knowledge and wisdom, they embody the role of Bilbo Baggins, the Hobbit who, through his adventurous tales, awakened the imaginations of young and old alike. Just as Bilbo's stories transported his listeners to fantastical realms, teachers have the power to transport their students to new worlds of understanding, nurturing a love for learning and fostering an insatiable curiosity.

Teachers, like Aragorn, the brave and noble king, stand as beacons of hope and guidance. They instill values, impart life lessons, and shape character, much like Aragorn mentored and led the Fellowship with unwavering strength and compassion. Through their unwavering dedication, teachers equip students with the tools to face the battles of life, nurturing their inner warriors to emerge victorious against the forces of ignorance and apathy.

In the realm of education, Smeagol's story reminds us of the importance of nurturing the whole person. Just as Smeagol's obsession with the Ring consumed his every thought and action, students can also become fixated on external achievements, grades, or accolades. As teachers, it is our duty to guide them towards a balanced perspective, encouraging them to embrace their unique qualities, talents, and passions beyond the confines of academic success.

Smeagol's inner struggle also reflects the battles students face within themselves. Like Gollum wrestling with his split personality, students may grapple with self-doubt, fear of failure, or negative self-perception. As educators, we must strive to create a safe and supportive environment where students can explore their vulnerabilities, learn from their mistakes, and discover their inherent worth and potential.

Let us pray...

Lord,

We pray for all educators, that they may find strength and purpose in their noble calling. Grant them the wisdom of Gandalf, the resilience of Frodo, the nurturing spirit of Bilbo, and the guiding presence of Aragorn. May they always remember the profound impact they have on their students' lives and never waver in their commitment to ignite a love for learning.

We ask for your continued guidance and blessings upon all teachers, as they nurture the hearts and minds entrusted to their care. May they be reminded daily of the tremendous power they possess to shape a better world.

In your name, we pray.

Amen.



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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! We're taking a break for the summer, but we'll be back September 2024! See you then! We're always open for new members. Anyone is welcome to join!