

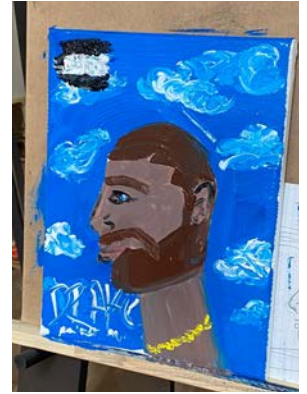
SJB TIMES
April "Spring" Edition



St. John Brebeuf Regional Secondary School

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Earth Day- April 22nd

Sandra Sinto



Earth Day has helped our planet in so many ways. First, it spread awareness about our planet and transformed public opinion- by 1971 the environment became an important goal. Second, it caused the passing of so many important pieces of environmental legislation.



In the time of Global Climate change and uncertainties ahead of us, it can be difficult to find hope. As earth day rolls in each year, we can see how much climate change has affected us. But in the end, we must keep hope. If we don't then who will?

Now, you all might be wondering how Earth Day started. Earth Day was first celebrated on April 22nd, 1970 by the US, but it started with one incident in particular. In Cleveland Ohio a river named Cuyahoga had caught on fire. It was pretty evident that this was due to pollution as a heavy industry dominated the area. Pollution was an issue before this and people were aware of pollution by the 1800s. But it wasn't a big problem and definitely not on the national political agenda. During the 60s factories pumped pollutants into the air, lakes and rivers with very little legal consequences. But this event caught the eye of Gaylord Nelson. In 1969 Gaylord convinced the federal government that the planet was at risk. Soon Earth Day was formed. It started in America on April 22nd, 1970, and every year afterward! However, Earth Day did not become International until 1990.

Finally, what should you do on Earth Day? Well, it depends on what is accessible to you! You can always pick up litter in your neighborhood or local park. You can start a garden, make a native bee house, plant a tree, or maybe switch to biodegradable items. These are just a list of ideas. There are so many other things you can do and the list is endless. If none of these are possible for you, just go outside and enjoy the beauty of it all while you can. And maybe, just maybe, we can keep the beauty of the earth a little longer.

Best April fools Pranks

Serena Trieu



The best April Fools' prank I've heard of is when someone took their boss' shoes after he left work and put them in the freezer overnight. The next day, the boss came in and had to run the shoes in the dishwasher twice to defrost them!



Amanda Homme



Well, not my mom's when she made brown E's and told us she made brownies, but they were literally just paper E's that were brown.



Veronica Lewis



One of the best April Fools' pranks I've heard of is when one of my family friends stole the door of their parents bedroom and threw it in the backyard!

Rycel Martos



Well, this isn't one of the best, but rather one of the worst April Fools' pranks that happened to me. I was pranked with saran wrap on the wall across the door. When it happened, I fell back and was already in a bad mood, so I started screaming asking who did this and my brothers were laughing. Me being my 9 year old self, I ran and tattled on them to my parents, and they told them to apologize.

Hannah Durante



This one comes from myself. I replaced the lucky charms box with corn flakes.

Jude Ocon



Rosa's Reviews

Rosa Nootebos



Lyle Lyle, Crocodile

"Lyle Lyle Crocodile" is a film based on the children's book by Bernard Waber. It tells the story of an aging magical showman with a stale stage act. He's a bit down on his luck, until one day he discovers a crocodile that can only communicate through singing. The man tries to train the animal to be in show business to help revive his own career.

Even though they practiced a lot, the young reptile gets scared on show night and can't perform. Both he and his trainer are humiliated and laughed off the stage.

Lyle the Crocodile's singing is voiced by popstar Shawn Mendes. Other characters in the movie include magician Hector P. Valenti (played by Javier Bardem), the Primm family: kid Josh (Winslow Fegley), his Dad (Scoot McNairy) and stepmom (Constance Wu), and neighbour Mr. Grumps (Brett Gelman).

I liked the movie because you don't see many stories with a crocodile as the main character. There is added drama and conflict in this film, with some characters having problems within themselves and each other. Over the course of the movie, some characters gain confidence, and others change their attitudes for a better outlook on life.

This movie also had really great music. I enjoyed all the songs Lyle sings, like "Top of the World" and other fun ones like "Take a Look at Us Now", and "Rip Up the Recipe". The songs show how the characters feel, especially Lyle because he can't talk. I also love the look, the colours, and feel of the movie, and how the animators made the CGI Lyle seem so realistic, interacting with the live actors.

"Lyle Lyle Crocodile" is worth watching with the whole family, especially younger kids; it's fun and light-hearted, with good singing and acting. I would rate this movie a 6 out of 10 mostly for the music.



You can find "Lyle Lyle Crocodile" on Amazon Prime.

Say Hello to our International Students!

Christina Chen

Hi SJB!

Long time no see! Last time we introduced two Chinese students: Andrew Jiang and Jacky Fu. After a whole semester, let's find out about their personal changes and how they feel about Canada during their last semester!

Andrew Jiang

Hi guys! It's nice to be back in the SJB Times! After a whole semester, I think the biggest change of mine was my English! I was a bad user of English, but now I can order a lot of food in restaurants! Also, I went to a lot of new areas in Greater Vancouver, and it was such a fantastic experience to try out different foods from all around the world!



Jacky Fu

The highlight of my semester was when we went to Richmond for a play. Every one of us played a role in the play, and we were all truly touched by the plot. We solved a lot of mysteries by asking questions. I was deeply moved by every detail, especially how Andrew and Chen Yue were a "couple" who were separated by war. But due to the time flashing and some unexpected things happening, they finally met each other again—both remembering about how much they missed each other. I CRIED!



Cherry blossoms in Vancouver

Erica Lim

As we are stepping into April, you can feel that Spring is coming as the weather gets warmer. One of the best things to do during Spring is to go out and enjoy beautiful flower blossoms. To make good memories This spring, here are places for you to enjoy gorgeous cherry blossom flowers in Vancouver!



1. Art Phillips Park at Burrard skytrain station in downtown Vancouver.

This place is easily one of my favorite places to visit in spring. It is easy to visit, as it is near the skytrain station. Also, all of the cherry blossom trees make an amazing view to take pictures.

2. Queen Elizabeth Park

Queen Elizabeth Park is a beautiful city park with flower gardens and flower trees. It is a good place to enjoy your afternoon with a little picnic. Pick the spot under the tree, lay down on the blanket and watch the gorgeous view of cherry blossoms!

3. Stanley Park

Stanley park is one of the beautiful parks for all four seasons, but especially in spring! It truly becomes the best place to feel the warm weather. It is awesome for a walk with your friend, or riding a bike.

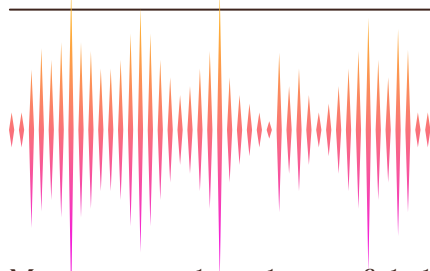
4. Graveley Street

There are beautiful cherry blossom trees that line up Graveley street which makes this place the best photoshoot spot in Vancouver. The flower scents are amazing, and you could see the cherry blossoms with amazing views.

5. Nitobe Memorial Garden at UBC

This Garden is located at UBC and is a great place to see the cherry blossoms with traditional Japanese culture. If you want to enjoy beautiful Spring scenery this would be the best place for it.





Songs for your moods

Raiden Coloma

Music is truly a beautiful thing, and it has a heavy effect on our emotions and feelings. Depending on the artist, genre, and overall tone, songs trigger an emotional response within and it causes us to feel certain feelings. Listed below are some songs that you can listen to that will appeal to any mood. Whether you're going to relax for the night, hype yourself up before your gym PR, or even get the party started. There's definitely going to be a song that will suit your feelings.

1. When You Want To Chill Out: 2 soon - keshi



This song is dedicated to those 9PM drives and late night vibes where you just want to keep it mellow. Not only is keshi a talented singer, but also a great guitarist. When you pair those together, you get songs that are perfect for when it's late at night.

Keshi's guitar work is very impressive. He is able to combine that with modern producing techniques to create unique and textural instrumentals. When it comes to keshi's singing, he has distant falsetto vocals which match perfectly with his overall vibe and discography. In his song, 2 soon, the guitars, drums, and piano come together to make an emotionally powerful song. The ultimate "piece de resistance" is keshi's vocals. His distinct singing style further induces that emotional feeling. It's one thing to describe the song on paper, but you really need to listen to the song in order to understand the feeling that this song provokes.

2. Pre-Gym Hype:

Fire To The Fuse - League of Legends,
Jackson Wang, 88rising

Okay, hear me out. Granted, this is a League of Legends song, but Riot Games does an incredible job with their music and their production value is extremely high. Without going on a rant, Riot Games made a legendary decision when they partnered up with 88rising. You'll want to hear this song before lifting some crazy weights. This song has a more intense and hype feeling. This feeling is further ensued at the timestamp 0:37, just before the first beat drop. When 88rising combines the hard-hitting drum patterns, distorted bass, and Jackson Wang's powerful vocals, it turns into an intense and high-energy song.

3. Party Time:

Delirious (Boneless) (feat. Kid Ink) - Steve Aoki, Chris Lake, Tujamo, Kid Ink

Steve Aoki is a very versatile producer. He is able to make songs that are both hard-hitting and groovy at the same time. There is a 20 second intro, but once you get past that, the song fits perfectly for those "party time" vibes. The chorus is where it all comes together. The drum pattern (with the offbeat hi-hats), the bass, and the melody line combined make a really groovy and "feel-good" drop. Not only that, but the vocal melody copies the bass which makes for a simplistic yet effective drop.



4. Chill Vibes but Acoustic: Tek It (Acoustic) - Cafuné

Don't worry, not all of these songs are going to be electronic songs. This song was pretty big on social media, particularly the sped up version, but this acoustic version is still great. Cafuné really did a great job with this version of Tek It and they were able to simplify one of their best songs. I really enjoy the guitar work that this song has. The electric guitar progression in the base song was already really good. To copy that same progression on an acoustic guitar gives it an entirely new feeling. Not only does the guitar sound great, but Sedona Schat (the singer of Cafuné) and her vocals fit the song so well. For acoustic versions like these, you're going to want a raw DI (direct input) and combine it with very little vocal processing like light tuning and a simple channel EQ. Slap those vocals with Noah Yoo's guitar work and you have yourself some acoustic chill vibes.

5. Smiley Time: Everything Goes On - Porter Robinson, League of Legends



Yes, this is another League of Legends song, but this song is completely different from the one listed before. The first one focused more on building hype, whereas this one focuses more on relaxing and happy vibes.

This song is from League's Star Guardian 2022 event where Riot Games collaborated with singer-producer Porter Robinson. They created a song that fits the mood of Star Guardian 2022 perfectly. As established before, Riot Games Music has exceptionally high production value. This value was further increased when they collaborated with Porter Robinson for this track. The piano chords and topline (another word for melody) come together to make a beautiful intro. Eventually, the entire soundscape comes in, and it creates a starry and dreamy atmosphere. The guitar and piano tracks, and the unique drum patterns come together and further solidify the starry and dreamy atmospheric soundscape. Finally, there are the vocals. Porter Robinson's vocal work is fairly unique compared to the other artists on this list. His vocals are heavily processed through pitch shifters, channel EQs, and light auto-tuning. Although his vocals are more processed as opposed to just a raw DI with minimal post-processing, it's hard to deny that this song's soundscape is what dreams are made of.

Good music is subjective because what one person considers to be great music may not be the same for another person, as everyone has their own individual taste and preferences when it comes to music. Therefore, the definition of "good" music varies from person to person. In conclusion, songs for moods can be a powerful tool to help us navigate through our emotions. Whether we need to pump ourselves up for a workout or calm down after a stressful day, music can provide a much-needed boost. With so many genres and styles to choose from, there is a song out there for every mood and occasion. So next time you're feeling down or in need of a pick-me-up, turn up the volume and let the music do its magic!



Opinion: ChatGPT- The Essence of Authenticity under Attack

Antonio Hakko

As the state of our world continues to grow at appalling and perhaps alarming rates, the questions surrounding the improvement of Artificial Intelligence, also known as AI, technology begins to instill us with one of life's biggest questions; Are we moving to a technology-dependent world? Is mankind setting itself up for its imminent demise? The capacity at which people are beginning to seek answers to these types of questions is on steady growth. On a lower scale, technology such as ChatGPT has already infiltrated the education and schooling systems. Questions regarding the true originality of the content being produced by students have sparked recent controversy around the misuse of such technology.



ChatGPT is a software program that was launched on November 22nd., 2022. The software components consist of AI technology that allows its user to ask it questions such as, "Write me an essay on Lord of the Flies", or "Write me the coding needed to build a website in HTML." The software then uses the technology it has to scan the internet at absurd speed to produce an adequate answer to the question. As more students become aware of the software, it becomes more integrated into the education system. This sparks the question as to how far can this technology go and if authenticity and credibility are under attack. What is further shocking is that the parent company of ChatGPT called Open AI has already been working on updating the website so it can produce articles more likely to have been written by humans to avoid plagiarism detection.

Oxford dictionary defines plagiarism as "the practice of taking someone else's work or ideas and passing them off as one's own". That is way by using ChatGPT without proper citation of information and no authentic or true writing is simply plagiarism. Forbes magazine recently released an article detailing how a whopping 89% of students at a certain school have used ChatGPT for homework, projects, and even to write essays. This technology has caused teachers in the education system to rethink their outlook on plagiarism and the consequence of it on students. ChatGPT imposes a series of risks as to the credibility that people should receive. By using ChatGPT, academic integrity is heavily questioned. Some argue that using ChatGPT does not constitute plagiarism because plagiarism requires someone to use someone else's work while failing to provide credits; others say a student may still be plagiarizing as the student's work is not authentic and lacks originality.

In an effort to battle ChatGPT and limit its use amongst students, 22 year old Edward Tian student at Princeton university has created an app which has a mechanism that is able to detect whether an article or piece of text has been plagiarized or written by ChatGPT. GPTZero, the app Tian created, provides an efficient and sufficient manner for educators, for example, to figure whether a piece of text was written by AI technology or by a human being. The app works through observing the text's "perplexity and burstiness" said Emma Bowman. If the text has more complexity and stronger structure, it is likely that it was written by a human since it is something AI. wouldn't come across often, but if the text lacks complexity or adequate structure then it would be likely that an AI wrote the text since it would have encountered it various times. Although the app has been successful, Tian says, "his bot isn't foolproof" which still leaves room for plagiarism to take place. Nevertheless, the app provides a means to restrict students from cheating while also ensuring that the academic integrity, authenticity, and credibility of the work remains protected.

In conclusion, the world continues to evolve at a staggering pace which is why new technology such as ChatGPT has arisen and has become infiltrated within the education system. ChatGPT is an AI technology that has provided students the opportunity to plagiarize and take uncredited work and make it their own while evading the consequences of such acts. Although anti plagiarism technology such as GPTZero has come to light to battle against plagiarism, there remains great work to be done against developing AI technology that will protect the essence of originality and authenticity.

Opinion: Gun violence - A battle for life

Political and economic tensions continue to skyrocket as record inflation and heightened levels of frustration begin to set upon people. The rise of heightened tensions has caused increased gun violence world wide, predominantly in the United States, sparking questions as to the legitimacy of the U.S government claim to protect its citizens. Has life become worthless in comparison to capitalistic gun corporations? Where can the line be drawn to the awful bloodshed that has resulted because of the government's recklessness? Gun violence has always been part of the USA's past and will likely be part of the USA's identity moving into the future; so long as the federal government and lawmakers continue to neglect the nationwide epidemic which has taken lives amidst a blatant and heedless uncontrolled spiral of systemic, institutional, and constitutional failures. The U.S firearm production and lack of adequate policies have failed to ensure the protection of their own citizens. To be knowledgeable and aware about the statistics of gun violence while continuing to dismiss it as an inconsequential underlying issue of society simply speaks to the government's willful ignorance while pointing out the hypocrisy of their claim to value American lives first.



Antonio Hakko

The battle against gun violence has been on the rise across various U.S states over the years. In the U.S, the lack of adequate gun control policies has caused a nationwide epidemic resulting in more than 11,000 deaths just in 2023 alone thus far. The process of selling, producing, distributing, and possessing firearms in the United States has valued the firearm corporations to be amongst the highest contributors to the U.S economy. The firearm industry contributes an average of 70 billion dollars a year to the U.S economy as reported by the Firearm Industry Trade Association. As of April 9th 2023, there have been over 144 mass shootings in the United States resulting in the death of 11,422 people. Mass shootings are only ever a prominent issue in the United States and are often described as a shooting where multiple incidents involving firearms or homicide result in 4 or more victims at one or more places within close distance. These numbers are appalling and sure leave many people speechless.

Amnesty International, a prominent human rights organization, reported that every hour an average of 2 people die from gun violence in the U.S. What is really surprising is that despite all the statistics showing the problem with guns, the U.S has the highest gun per person ratio where there are 120.5 guns per 100 people. Gun violence has also been the number 1 cause of death amongst children aged 1 through 19 for years in the U.S. Additionally, the U.S is the only country in the world who has had an increase in child mortality rates by gun violence compared to any of their Ally Nations since the year 2000. The lack of proper laws that govern accessibility to guns is a reflection of the government's futile ability to encourage adequate change, a change that would prevent a teenager from posing as an adult then going to a Walmart to purchase a semi - automatic assault weapon capable of shooting 100 rounds of bullets a minute during a moment of impulse or rage. The consequence of such atrocious failures continue to be reflected in the day to day lives of the people.

Recently, a mass shooting took place at an elementary school in Nashville, Tennessee. A 28 year old, former student burst through the Covenant School doors, an elementary Christian school, shooting 152 rounds of bullets. This awful and horrendous action was planned for months, says local police. The outlandish and outrageous miscarriage of government cost the lives of three 9 year olds, and 3 teachers and educators at the school. This is amongst the deadliest elementary school shootings since the shooting which occurred in Uvalde Texas last may which had resulted in the death of over 21 people, 19 of which were children.

The blatant and ignorant facade driven statement the U.S continues to put up for its citizens has not only resulted in grave attacks on the USA's constitutional moral standing but has also continued to be a smack in the face for every life lost as a result of an incompetent government who is willing to turn the lives of teens and children into a big business to boost the sales of major capitalistic gun corporations who are funding hate driven campaigns and an outdated political and social agenda.

Strawberry Shortcake Cookies

Irene Bong

Ingredients:

FOR THE COOKIE DOUGH

- 3/4 cup chopped strawberries
- 1 tbsp lemon juice
- 1/2 cup + 1 tbsp granulated sugar
- 2 cup all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp kosher salt
- 1/2 cup butter (softened)
- 1/4 cup light brown sugar
- 1 large egg
- 1 tsp pure vanilla extract



Instructions:

1. Preheat the oven to 350°F and prepare baking sheets with parchment paper and cooking spray.
2. Mix strawberries, lemon juice, and 1 tablespoon granulated sugar in a bowl and let sit for 10 minutes, then drain.
3. Whisk flour, baking powder, and salt in a medium bowl. Beat butter, 1/2 cup granulated sugar, and brown sugar in a large bowl until light and fluffy. Add egg and vanilla, then stir in flour mixture. Gently fold in strawberries.
4. Combine cream cheese, powdered sugar, and lemon zest in a medium bowl. Scoop into 12 small balls (about 1 1/2 teaspoons each) and place on a prepared baking sheet.
5. Scoop heaping tablespoons of dough (about 24 balls), flatten into pancake-like circles, and place filling on top. Cover with remaining dough and roll into balls.
6. Arrange stuffed cookie dough balls 2" apart on baking sheets and bake for 18 minutes until golden.

FOR THE FILLING

- 4 tbsp cream cheese (softened)
- 3 tbsp powdered sugar
- Zest of 1 lemon

Enjoy these delicious strawberry cookies as a sweet treat for April!

Lemon Bars

Serena Trieu

Ingredients

- 3 cups all-purpose flour 360g, divided 2 1/2 cups for crust and 1/2 cup for filling
- 2/3 cups powdered sugar 66g, for the shortbread, plus more for dusting
- 1/2 tsp salt
- 12 tbsp unsalted butter melted, 170g
- 3 tbsp lemon zest zest of three lemons
- 3 cups sugar 600g
- 8 eggs large, room temperature
- 1 cup lemon juice fresh, 240mL



Instructions

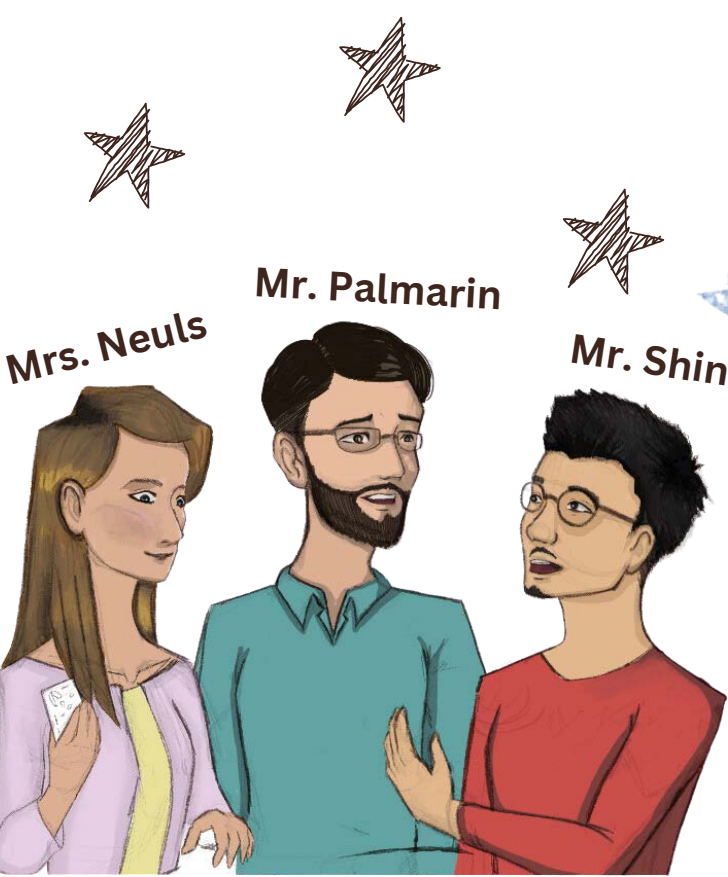
Crust

1. Heat oven to 350°F and line a 9x13 baking dish with parchment paper.
2. Whisk together 2½ cups of flour with the powdered sugar and salt, then pour in the melted butter and mix until combined.
3. Sprinkle the dough into your lined pan and press down into a flat layer.
4. Bake for about 20 minutes or until a light golden color.

Filling

1. Add the sugar to a food processor and add the zest of three lemons. Pulse until the zest is fully incorporated and sugar is a light yellow color.
2. Add the sugar and remaining half cup of flour to a large bowl and mix well.
3. Pour in the lemon juice and eggs, then mix until completely combined.
4. Pour the filling onto the warm crust then bake for about 25 minutes, turning the dish halfway through.
5. Remove from the oven and allow to cool for an hour before chilling in the refrigerator for two hours.
6. Dust with powdered sugar and cut into bars using a clean, sharp, damp knife. Clean and re-wet the knife after each cut.

SJB Artist Spotlight



Brigid
Wright



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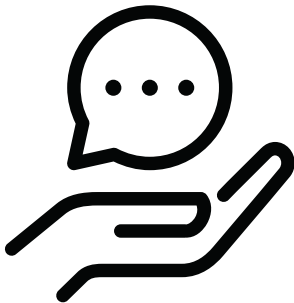
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Do you need advice? Do you have a problem that you need help solving? Do you have a school issue that needs to be addressed? Send it in to sjbtimes@gmail.com, and we'll be sure to answer them as best as we can in the next issue.

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