



THE SJB TIMES





TABLE OF CONTENTS

How to have a Cozy Day!	4
Teacher Profile- Meet Ms. Draayers	5
Your Brain on Music	6
Easy and Delish Fall Baking	7
Perfect Unity - A Short Story	8
Skin Undertones	9
Best SJB Halloween Costumes	10
Meet Father Gio!	11
Rosa Reviews	12
What You NEED to read next	13
Art Attack: SJB Artists	14

SJB CANDIDS



How to have a Cozy Day

Stevie Laycoe

When was your last cozy day? If it's been a while, don't worry; coziness can be a difficult state to reach, and the summer months certainly don't encourage it. This article will help you achieve that toasty, calming fall day feeling. By definition, cozy means "A feeling of comfort, warmth, and relaxation," which can be really hard to come by given the busyness of life. Having cozy days can make life just a bit more peaceful and encouraging. Below, you will find three foolproof ways to have a cozy day.

The first and most important thing for a cozy day is the weather. Sadly, no one (excluding God) can control this, and you just have to roll with whatever the day throws at you. Sometimes it's helpful to pre-plan for a specific day to make sure that the weather cooperates with you. My ideal type of weather for these kinds of days is typically rain, but if pressed, gray days or snow can also work. The cold tends to make blankets just the slightest bit warmer, and the prospect of curling up with a fun book or watching an old movie suddenly becomes more enticing. If you're the type of person who chases the sun, then this might also be a good way to deal with the lower mainland weather, which usually consists of rain, rain, and even more rain. I'm a fan of this, but I can understand that others are not, so being cozy might be an unexpected benefit of cold days.

Next up would be comfortability. If you are not comfortable, then you cannot be cozy. To amend this, I recommend lots of blankets and fuzzy clothes. I usually pick out a warm sweater and some ridiculous fuzzy socks. The socks add some humour, which can be a real mood booster for those who do not find the rain to be a positive addition to their lives. Generally, just pick out something that is warm and makes you happy. If clothing isn't cozy enough, then a pet of some kind will do. I have a dog, but I've heard hamsters, cats, and even turtles can work to increase comfort levels. If you suffer from an allergy or don't have any pets, you must go to the extreme and acquire a plant!

Last but certainly not least, are cozy activities. I mentioned a few earlier, but I must emphasise how important it is that you have an activity to do. If I'm not entertained by something, then the wonderful feeling of coziness often turns to sleepiness, and that is not what we are going for. Usually, reading, watching movies, drawing, or knitting can be relaxing, and depending on the difficulty level, not something that requires too much brain power. Often, cozy days can just be a good time in which you do nothing in order to recuperate from the week. Doing more high-activity tasks can throw off that balance of rejuvenation and comfort, so unless necessary, it's better to stay away from them. All in all, a fun thing to do can make the day just a bit more exciting.

Well, these are a couple of things that always make my day fuller, warmer, and overall cozier. I hope this helps you all to have a better autumn or winter and makes your days more comfortable.

PS. I have reached the end of my page, but I just realized I didn't include a warm drink on this list, and I am distressed. Please pretend I wrote this above and include tea, coffee, or hot chocolate in your cozy day plans.



Teacher Spotlight: Meet Ms. Draayers !

Antonio Hakko

Q. As a teacher, how do you often handle or deal with stress?

A. Personally I really like physical activity... if I have the chance: I take a break, go on a walk, or go on a run. I am terrible at runs but I like going on them. Or going to the gym- Meet the gym goals you know!

Q. What inspired you to choose to become a teacher?

A. When I started as an EA at St. James 4 years ago, I wasn't originally sure what I wanted to do, but I started there and I fell in love with it. I decided, you know what, let's do it! So I took a teaching course and here we are. I love being with the students, making connections with the kids, and I enjoy coming to work. I chose science because I really enjoyed science in high school. I had an amazing science teacher. We had so much fun, and that is why I love Science so much. I want to give that to my students.

Q. How would your students describe you as a teacher?

A. I think they would say, she is a little wack, but she's alright. She is a little weird but she's okay.



Q. What is your favorite type of flower or plant

A. I worked in a greenhouse for 10 years, so I really love it. It's such a lame flower, but it's called Portia Laca. I think it looks so tropical and beautiful. It's this pink and yellow flower. My favorite flower used to be a rose, but then I thought that was too mainstream.

Q. What are some current trends that your students are involved in that you find baffling? why?

A. Saying SLAY. It's a thing that everybody is doing and it is baffling because I thought that this was so old. The kids used to do it when I was in highschool, and now it's back and I am like what the heck, why is this back ... I was in highschool from 2009 till 2013. I thought it was gone, but it came back. I hear it all the time. Everyday, every class, someone will say it.

Q. What difference do you see in your morning students rather than your afternoon students?

A. I feel bad for my afternoon students, especially my math block. It is D block math and it is always last. You always have math at the end of the day, and it sucks, you're kinda done. Like today is Friday and they have math at the end of the day Friday. They are so restless and feel tired.

Q. What are your thoughts on Astrology?

A. My sign is cancer, I am not too familiar with all of them. However some people that are Pisces seem to be really into the fact that they are pisces. I think they're really interesting. I am not into astrology I would say, but I think it's kinda cool. It's very interesting. I like to know about the actual star formations, and where the stars come from

Q. What is a fact that often tends to surprise people when you tell them it?

A. My students know this because I told them, but I'm trying to become a dive certified swimmer. I really do enjoy diving, like scuba diving

Q. Would you say that as a person you are involved in volunteering? If so, what are some volunteering initiatives have you taken?

A. I worked for a volunteer group that is called Active Start for Special Olympics BC. I volunteered for these little kids ages 2 to 7 to help them learn how to play sports, work in teams, and with kids with different disabilities. It was great and I loved it.

Q. What is a social justice initiative that you find yourself interested in?

A. I think Drug addiction. I think that it is something that people struggle with, and it is hard for people who don't have an addiction to understand how hard it is. Like some people say "Oh well just stop doing it". For them it's not that way and there are so many people lost to it. I think it needs to be addressed, because it's very sad."

Q. Describe a happy memory you had?

A. Snowboarding, I go to the mountains often. I had one of the best times snowboarding with my fiance.

Q. Is there a specific quote or a saying that you live by? If so, what is it and why?

A. It's kinda cheesy but I love this movie. My favourite quote is 'have courage and be kind'. It's from Cinderella, the live action version. Have courage and be kind, because it's hard to have courage. It is also sometimes hard to be kind. I think before we jump to the conclusion, we should be kind to the situation

Q. What is your spirit animal and why?

A: "I'm gonna go with an owl. I am saying owls because I find owls to be fierce. They are majestic. They are silent but deadly. Owls are wise, I mean I'd like to be wise hopefully one day. Owls are always watching and they always know. Then when they know when to go, they are silent and beautiful."

Your Brain on Music

Christel Mazzek



Is music good for the brain? The answer is YES! Studies have found that music reduces anxiety, stress, pain, and even symptoms of depression. It has multiple positive effects such as improving cognitive (thinking) skills and motor skills, as well as enhancing neurogenesis, the brain's ability to create neurons!

Additionally, patients with neurodegenerative diseases such as Alzheimer's and Parkinson's often respond positively to music. Music was found to reduce agitation and behavioural issues found in the middle-stages of Alzheimer's. Even in the later stages of Alzheimer's when patients are unresponsive,, their reaction to music is incredible. They often sing lyrics to songs from childhood and start dancing!

Easy Fall Baking



Erica Lim

In fall, one of the most exciting things to do is baking! I would like to introduce to you some easy fall baking recipes using pumpkin and ginger spices, which will surely help you enjoy this chilly weather!

Pumpkin Bread

Pumpkin bread is the perfect snack for the day or for breakfast. It's easy to make and its rich pumpkin flavour is delicious.

Ingredients

- 1 c. coconut oil
- 2 c. sugar
- 3 large eggs
- 2 c. solid pack pumpkin
- 2 tsp pumpkin pie spice
- 3 c. of flour
- 1 tsp salt
- 1 tsp baking soda
- 2 tsp baking powder
- add cinnamon or chocolate chips if you want!

Directions

- Preheat oven to 325 F
- In a mixing bowl combine the oil, sugar, eggs and solid pack pumpkin
- In a separate bowl, mix flour, salt, baking soda powder, cinnamon and pumpkin pie spice
- Combine the two mixtures together
- Pour in a baking dish and bake for 45-50 min in oven
- Cool in the pan for 10 mins and it's ready to go!



Gingerbread Cookie Bars

This gingerbread cookie with yummy powdered sugar on top is a great dessert for chilly weather. Enjoy these soft, chewy, and sweet cookies this fall!

Ingredients

- 1/2 c. melted butter
- 3/4 c. sugar
- 1 egg
- 1 tsp salt
- 2 tsp baking soda
- 2 c. flour
- 1/2 tsp ginger
- 1/2 tsp cinnamon
- Powdered sugar for top layer

Directions

- Preheat oven to 350 F
- In a large bowl, mix butter with sugar and add the egg until they are fully combined
- Add flour, baking soda, cinnamon, salt and ginger and mix again
- Press the dough into the bottom of the baking dish, and bake for 15-18 mins until it's cooked
- Remove from the oven, cool for 20 minutes, cut into bars, and sprinkle powdered sugar on top

Perfect Unity

A Short Story by Krista Toombs



In the most beautiful and perfect land lived an innocent young elf with a gift and his best friend. The young boy's name was Astraeus, and his best friend's name was Eos. Astraeus was the most powerful bard in all of the land, and although he had never used his power for anything great, he was aware of how powerful he was.

There lies the issue. The one thing that had never been perfect in the land of Flore was the lack of anything new or powerful. They were stuck in a spell of perfection, and Eos was ready to provide that change that they so desperately needed.

Although powerful, Eos knew she couldn't break the curse of perfection on her lonesome. She needed the help of Astraeus.

One beautiful day, Astraeus and Eos decided it would be a lovely idea to have a walk in Willowby park in the center of the town. The beautiful leaves of the willows blew in the wind as the birds sang their beautiful songs. All felt right, except for the question that lay lingering in Eos' mind. She knew not to be scared to ask her friend, knowing the loyalty of her beloved, but she couldn't help her nerves at the thought of disrupting the peace of their *perfect world*.

"Astraeus," She started, pausing momentarily to gather her thoughts, "I've been considering something I thought you could help me with?"

Astraeus stopped walking, pausing to give Eos the time to explain. Their beautiful robes glistened in the glow of the rising sun as they stood along the narrow gravel walkway.

"Of course I'll help you, my Eos. What is it that makes you this nervous to ask?" He spoke with a sweetness to his voice, one which you would never catch him using with anyone other than her.

"I suppose I ought to be less frightened, but it's a rather hard thing to ask of someone. I figure you've realized how peaceful our world is.. Correct?"

Astraeus and his Eos conversed about their plans as they walked in the park; their voices hushed so as to not disturb the people passing by. After discussing their plans, they decided it was necessary to execute their plan the following day.

In the morning, Astraeus lay awake in bed staring up at the ceiling. He hadn't had the chance to sleep much as he was up late at night, strumming a specific tune on his guitar. Very sure to be careful, he strummed away all night, making sure to get each chord correct, and each lyric to a *T*.

As the clock approached 8 AM, both Eos and Astraeus jumped up out of bed. They threw their clothes and fine robes around the room, put on their fanciest wear, and made a mess of their *perfect* space. Step one of their plan was completed.

They both continued to rush out of their house, bringing their *perfectly made* bowls of oatmeal with them, and dropping it on the concrete as they ran to meet at the park. The bowls shattered, leaving a ringing sound echoing through the peaceful streets.

At the loud noise, many of the neighborhood elves stuck their heads out the door. Although very confused, they followed the two towards the park, gathering around the center stage.

With guitar in hand, Astraeus ran up to the podium in the center of the park where he met Eos. Eos held her flute as it glistened in the glow of the sun.

"Here goes nothing, my dearest," She spoke sweetly, placing the mouthpiece of the flute between her lips. She began to play the melody of the song.

Astraeus hooked up the microphone, and the music echoed throughout the town. He began to strum away the chords singing his song.

*"Oh perfect land, rejoice.
Hear my song, hear the noise.
For one must come and one must go.
For me I love our blessed home.
Some people run, some people walk.
Let's break the curse that one might not.
To bring some fun to our blessed land.
To share the people of my hand.
Be the curse broken, be it not.
We bring slight chaos to our lot.
Be free, be fun, for our day of perfection is done."*

As Astraeus sang the last line, and Eos played the last tune, they felt the threshold break. They felt freedom like they were unstoppable, and they felt it together as one.

Many years later, after many adventures of the sort, Eos and Astraeus were united as one in marriage. Their children, Icarus and Eros, got up on the stage in the center of town and in their small voices they sang;

"Oh perfect land rejoice.."

The End.

Skin Undertones ✨

Irene Bong

What is skin undertone?

Have you ever looked awkward wearing a certain coloured shirt? Or maybe you looked washed out after dyeing your hair? This happens because everyone has a different skin undertone based on their skin, hair, and eye colour. Basically, skin tones are divided into 3 categories, warm, cool, and neutral- a mixture of warm and cool .

How to find your undertone

There are several ways to define your skin undertone.

1. Look at the colour of the veins on the inside of your wrist
 - If your veins appear green, you have a warm skin tone.
 - If your veins appear blue or purple, you have a cool skin tone.
 - If you can't tell if your veins are green or blue, you may have a neutral skin tone.
2. Consider how your skin normally reacts to the sun.
 - If your skin tan easily and rarely burns, you likely have a warm or neutral skin tone.
 - If your skin burns and doesn't tan, you have a cooler skin tone.
3. Use gold and silver foil or jewellery to find which looks best on you.
 - If gold looks best, you have a warm skin tone.
 - If silver makes your skin glow, you have a cool skin tone.
 - If you don't notice a difference between silver and gold, then you likely have a neutral skin tone.



Seasonal skin tones

People who have warm skin tones tend to make you think of warm things such as sunlight and heat, as the name indicates. To be more specific, there are 2 types of warm tones, spring warm and autumn warm. Spring warm tones have a palette with warm colours that are generally lighter or brighter, and autumn warm tones have darker tones in their colour palette.

Likewise, people with a cool skin tone can remind you of water and sky, and even ice and snow. Cool tones are also divided into 2 types, summer cool and winter cool. Summer cool tones have a lighter colour palette of blue, purple, or green. However, winter cool tones have a darker or deeper colour palette of cool colours.

Best SJB Halloween Costumes

Youssef Ghaly as Pharoah



Mr. Lavrik as Shrek



Eva Khym as Jesus Christ



Mr. Bittante and Mrs. Bryson as Charlie Brown and Snoopy



Meet Fr. Gio!



Brigid Wright

I had the chance to get to talk with Father Gio and ask him a few questions about his personal life and interests.

Q-What was your hometown like?

A-Beautiful Verona- North East Italy built by the Romans. It is a pretty ancient city; a small city but with a big history. The food there is great! The town is also popular for the story Romeo and Juliet, as that is where the story was set! Verona is next to the mountains and lakes, so it is very close to nature. A lot of famous people go there for holidays, especially because it has easy access to other places in Europe being located in the center part of Italy. It also has a high quality of living, and the living costs are less expensive. It's a very beautiful central part of Europe.

Q-What inspired you to become a priest?

A-I was inspired by Pope John Paul II. I was very young when I heard about his story, and my family went to see him! That experience remained with me after meeting him. I was inspired not to become the Pope, but a priest.

Q- Is there any story or joke that still amuses you every time you hear it?

A- A friend of mine was altar-serving, but he did not understand the language very well. So when Father asked him to get a letter, he went all the way to the back and brought a ladder.

A joke I really like is: What did people say when a famous Italian died,

He pasta-way!

Q- What are your hobbies?

A- I like to ski, hike, and cycle, and any outdoor activities. I like swimming in lakes and rivers and kayaking. I also like extreme roller coasters, water park slides, anything that pushes the limit to experience the adrenaline feeling, in an appropriate safe manner of course.

Q- Do you have a favorite prayer?

A- St. Michael the Archangel would be my favorite prayer.

Q- What is the coolest place you have ever lived?

A-I lived in Columbia for a year, in Cucuta for ministry teamwork to help people in need. I loved the people there. I helped a family who was very nice and Catholic. We went to church in the mornings. There was a time when we had no water for two weeks! I can also speak fluent Spanish and get along with the people. It was a great experience- I loved it!

Q- Do you have any pets? If not what animal would you like to have?

A-I do not have any pets. But if I lived in a small town with one parish as the only priest, I think I would have a big dog; probably a German shepherd.

Q- Do you have a favorite saint?

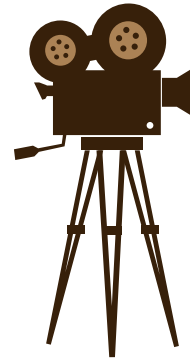
A- St. Pierre Giorgio- There is a well-known picture of him climbing a mountain with the words Verso L'alto meaning "towards the top."



Rosa's Reviews

Rosa Nootebos

!!!



If you like fantasy, you should check out "The Lord of the Rings - The Rings of Power", now showing on Amazon Prime Video

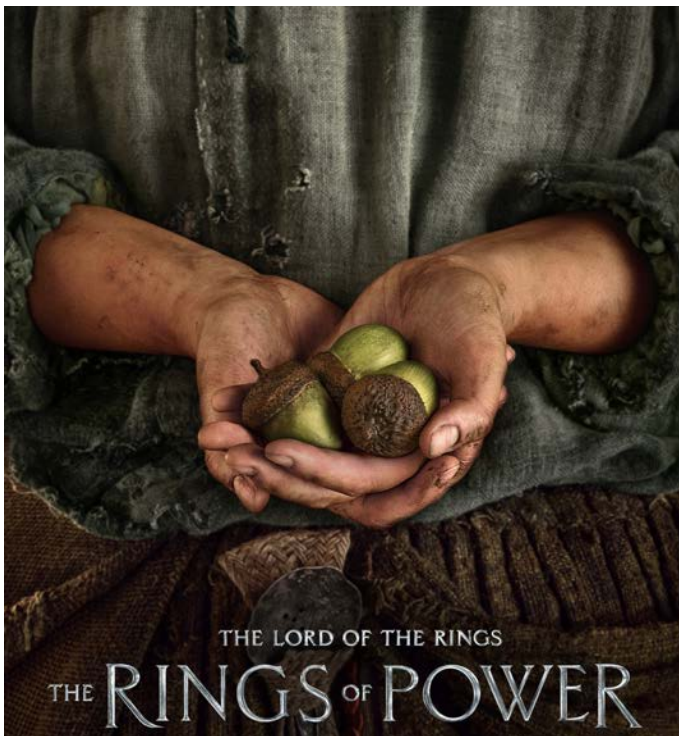
The series has a lot of action, and some violent parts, but it is so good. There are lots of battle scenes and adventures. Some of the characters are lovable, but some are despicable. They have made the show so much like Tolkien's books.

I enjoy the show because I love anything that has to do with The Lord of the Rings and fantasy/adventure. I also love Hobbits and Elves and all sorts of magical creatures, so "The Lord of the Rings" fills all my requirements!

Apparently, this series was VERY expensive to make, and now I know why. The locations they filmed in are so breathtakingly beautiful. The attention to detail in all the costumes really brings the characters to life. I especially appreciate the music because every time I listen to it, it reminds me of the movie trilogy (did I mention I LOVE the LOTR Trilogy? All one hundred hours of it!)

All the actors did really well with their characters. I also love how they made everything seem real like you are there with them. There are new characters called Halflings. Like Hobbits, they are small creatures who are 3 feet tall and have really curly hair and hairy feet. Every time an episode is done, I want to watch another.

After watching The Rings of Power I now want to read Tolkien's books and watch the movies, and the series every year. This is why I give this show a big thumbs up, and I hope you enjoy watching "The Lord of the Rings: The Rings of Power" as much as I did!



Book Recommendations

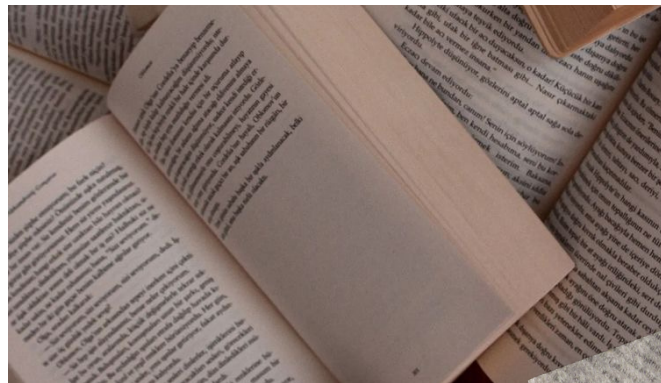
Christel Mazzek

The Book Thief

By Markus Zusak

Set in 1939, Nazi Germany, *The Book Thief* tells the story of Liesel, narrated by "Death." Hidden in the snow by her brother's graveside, Liesel finds a small Gravedigger's handbook. And so begins a series of acts of book thievery. Liesel falls in love with reading and soon she is stealing books from libraries, Nazi book burnings, and anywhere she can.

"I have hated words and I have loved them, and I hope I have made them right"



The Alchemist

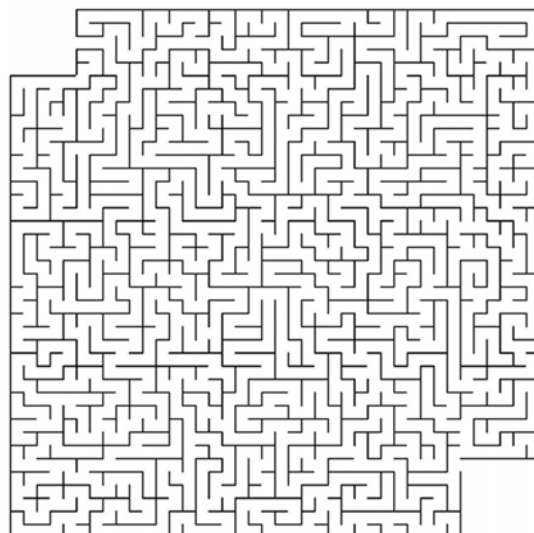
By Paulo Coelho

Brazilian Author Paulo Coelho tells the story of Santiago, a young shepherd boy with an aspiration to travel in search for worldly treasure. Santiago travels from Spain to the Pyramids of Egypt, and learns the "Language of the World." This mystical book is a great source of inspiration. It teaches the power of risking everything to follow your heart and your dreams.

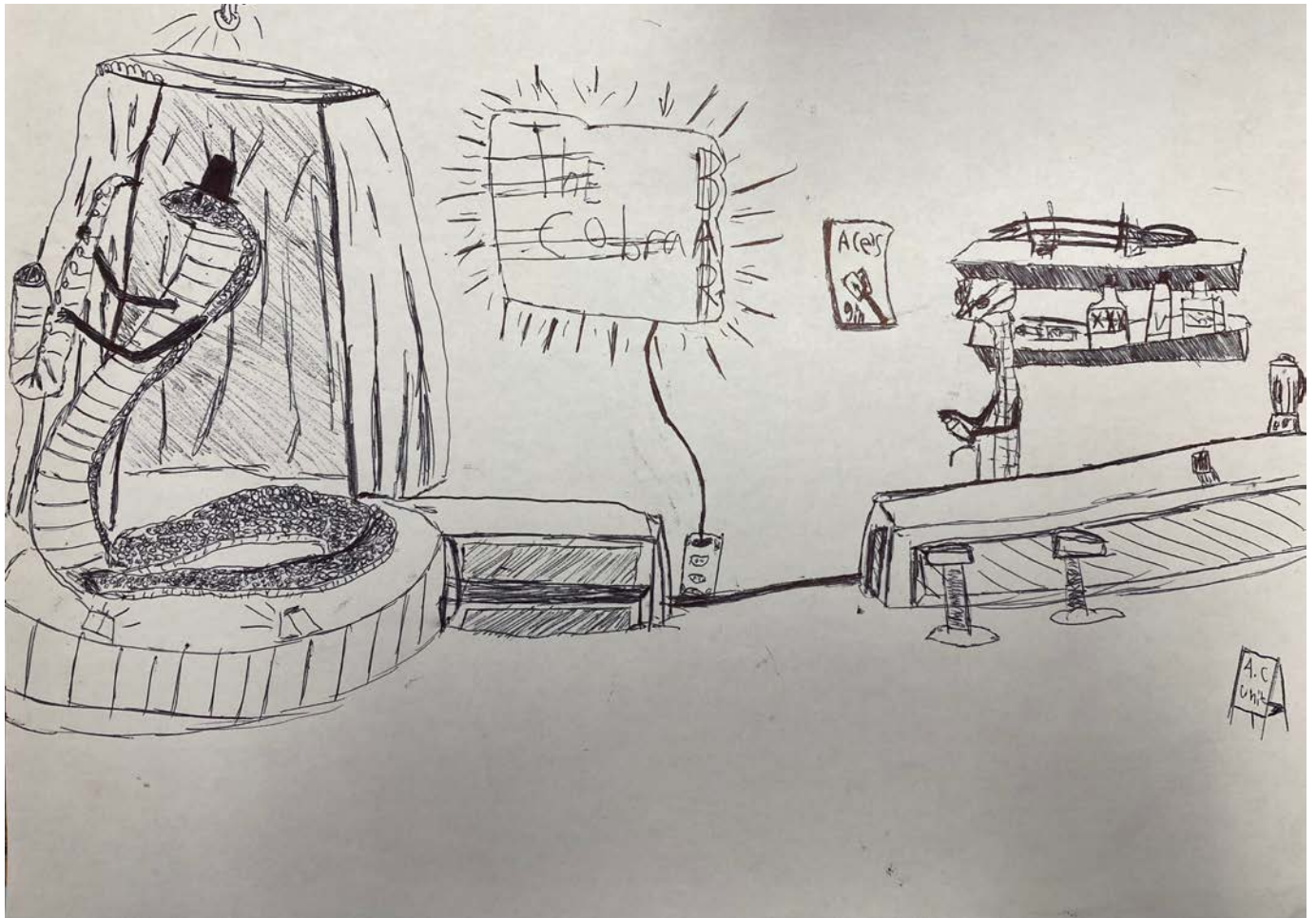
"It's the possibility of having a dream come true that makes life interesting."



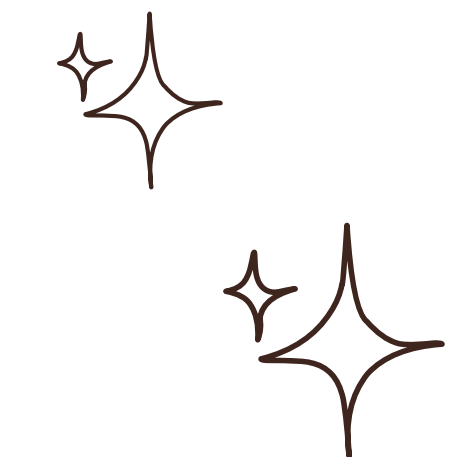
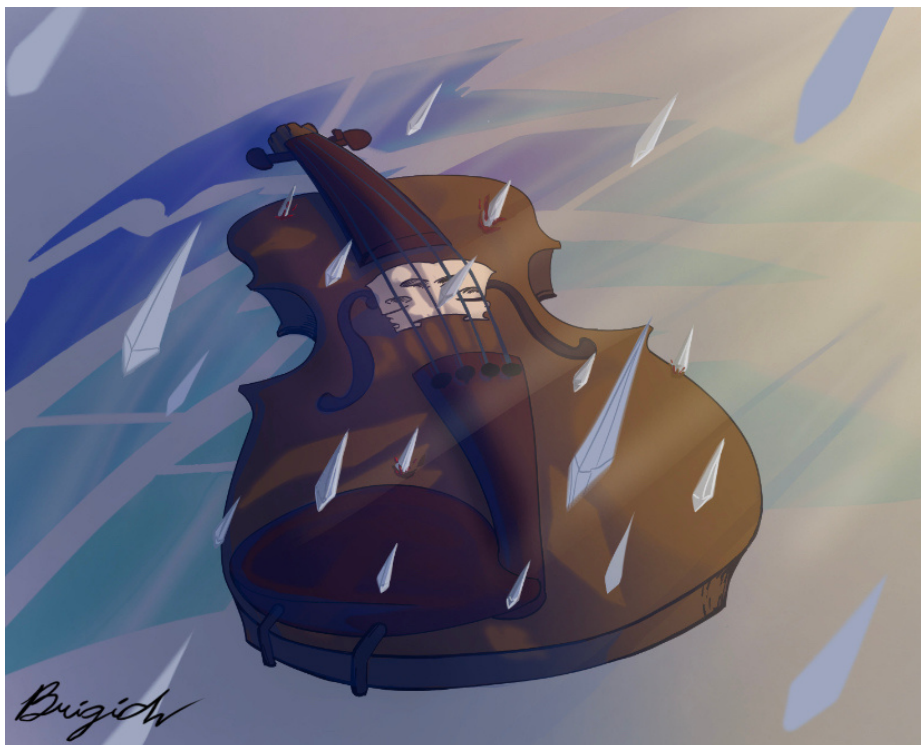
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✧ SJB Artist Spotlight ✧



Aeden Cousins



Brigid Wright

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Erica Lim
Antonio Hakko
Christel Mazzek
Aeden Cousins
Adam Weberg

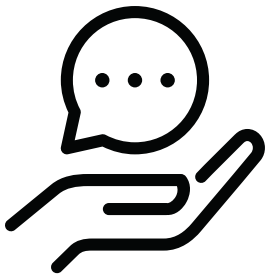
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Front Cover: Adam Weberg and Frida Tavera

Teacher sponsor: Mrs. Neuls

Special thanks to Fr. Gio and Ms. Draayers



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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