

# SJB TIMES

*March Edition*





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Aleesha Coloma

# Variety Night



The purpose of the event was to raise money for The Cyrus Centre and Ruth & Naomi's. These organizations support individuals who are in need of shelter, food, clothing, and basic hygiene. This year's Variety Night was full of talents ranging from music, singing, dancing, and martial arts. The show was a success; as many people came out to watch, and the SJB Life and Justice raised a lot of money. Not only did ticket sales do incredibly well, but the concession outside was also booming! The crowd was impressed with all the acts, and their stomachs were satisfied. Well done to everyone who participated!

Variety Night is a show run by SJB Life and Justice and is hosted every year. This is a chance for students from grades 8-12 to perform and "strut their stuff!" Everyone is encouraged to come and watch the many talents at SJB. Every year there is a theme; this year's being "Hope for the Homeless."





# Smoothie recipes

Christel Mazzek

As days progressively lengthen and more and more flowers bloom, it's becoming clear that spring is on its way and fruits and veggies are finally in season. In my opinion smoothies are the best way to start your day especially during the warmer spring and summer seasons. Not only are smoothies filled to the brim with delicious fruits, veggies, and nutrients, but they are also a great source of energy and refreshment during the warmer weather. I've listed below the most mouth watering, refreshing, and delicious smoothies for you to enjoy. Make sure to adjust all the ingredients to your liking- These recipes are very flexible.

## Green smoothie

Although green smoothies look like they taste like grass, I promise you they're far from it. These smoothies are sweet, refreshing, and delicious. Additionally, I've noticed they come with the added benefit of clearer skin. Just blend 1 banana, 2 cups of baby spinach, a handful of pineapple and 1 ½ cups of any type of milk.

## Tropical smoothie

Another classic, just blend a banana, 1 cup of frozen mango, a handful of pineapple, and coconut milk. You could even add in strawberries as an extra fruit. .

## Banana chocolate peanut butter

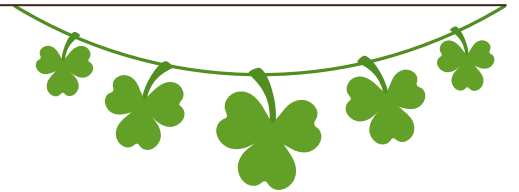
If you're in the mood for a milkshake tasting smoothie, then this recipe is the one! Blend 1 banana, 1-2 tablespoons of cacao powder, 2 tablespoons of peanut butter, a dash of vanilla extract and half a cup of almond milk.



## Berry smoothie

My personal go to is a bright pink berry smoothie made with almost every fruit and berry I can find in my fridge. Blend 1 banana, 1 ½ cups of berries, a dash of honey, ½ cup of Greek yogurt for the perfect breakfast smoothie. .

# The Story of St. Patrick



## Brigid Wright



Saint Patrick was born in Britain to a Romanized family. As a young boy, he was taken captive by Irish raiders as a slave with many other boys. During his six years working as a shepherd in Ireland, he grew a closer relationship with God through prayer. One night, he dreamt that a ship was ready for him to go home. Fleeing from his slave master and almost on the brink of starvation, he eventually was reunited with his family.

But once again, he had a dream, this time that Ireland needed to hear about God. So, he continued studying Christianity and was ordained a priest in Europe. Then he returned to Ireland, and he baptized and confirmed thousands, planting around 300 churches. Saint Patrick is said to be one of the most influential people to Evangelize Ireland, and so he became the Patron Saint of Ireland.

The Church established Saint Patrick's feast day on March 17th in 1631.



# Opinion Piece: Social Media A New Path to Fame?

Antonio Hakko

As the state of the world develops and grows, the entertainment industry is beginning to play major roles in society today. Arguably, social media is beginning to give fame a new meaning.

Can anyone be famous? What is the criteria to be famous? What skills are considered to be worthy of fame? It is no doubt that as technology is growing, the path to which one becomes famous is also changing. The speed at which people are becoming famous sparks the question as to whether fame is rightfully earned in this generation. The reasoning behind this falls in understanding the inner workings of what social media is based on. Social media has become a new path for emerging individuals to flourish, as it provides a wide range of audience, a sustainable and growing platform, and feeds the short term attention span which has become common in our current society.

The vast expansion and true magnitude of social media often deceives the average viewer of comprehending the true scale of the amount of people that are on social media platforms. With 4.56 billion people actively using social media platforms, the access to a wide range of audience enhances these rising individuals' ability to reach a certain target audience which grants them the following needed to begin their path to fame. Furthermore, due to the vast amount of talent that is found online,



Social media if used effectively takes the marketing factor out of the equation which in return reaches viewers faster and attacks them quicker since the talent or performance provided serve as a form of marketing itself, a marketing to the brain.

Accompanied by its large user participation, the industry is sustainable as it continues to grow. More and more companies, corporations, employers and schools are beginning to consider digital footprint and the kind of presence, if any, a person has online. That being said, since the industry is in high demand as more companies and people use it, it is easier for new rising artists to successfully start on social media and boost their careers.

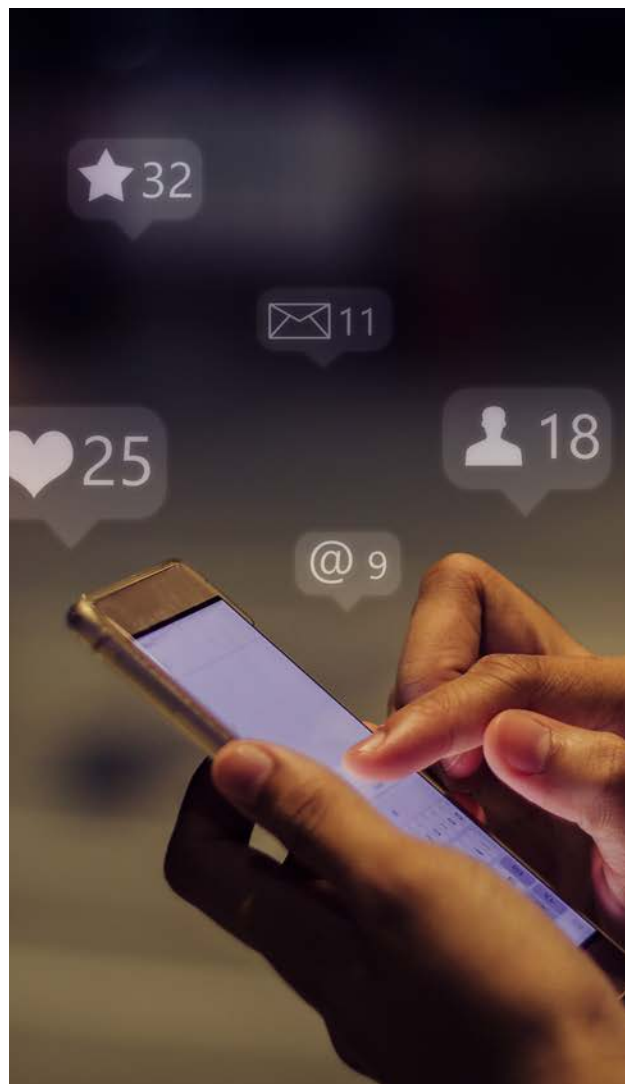
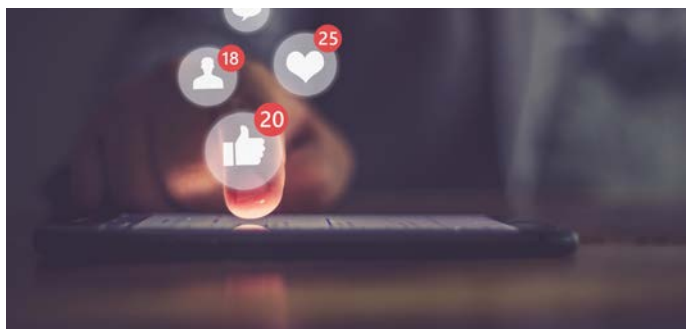
Ariana Grande is a modern life example of that. Ariana Grande, an international sensation and mega super star, started off her career as an actress on some popular Nickelodeon TV shows but ultimately propelled her singing career though using YouTube and recording covers for music she liked.

The attention she got on YouTube along with her acting career at the time captured the interest of record labels and thus launched off her insanely successful career.

That being said, it is safe to conclude that social media usage is not going to decrease any time soon, and as more people join it and partake in it, it will simply increase the user participation, thus increasing the worlds' understanding and awareness of it and therefore having different groups of viewers highlighting and boosting different creators content and launching their paths to fame.

Recent studies and research have shown that social media can often disturb a person's focus and can force the brain into a short wired circuit of a short attention span. Since social media causes this effect anyways, other apps and creators have never failed to prey upon that advantage and use it in their favor to gain popularity and a consistent growth online.

TikTok, amongst other apps and creators, have used this strategy as a way to gain attention. With a low attention span, the average creator can come up with a 60 second clip, that would provide a level of gratification and serotonin which will give the brain what it needs before bombarding it again and again. Since this affects a lot of people within society, this is a powerful way to maintain that consistent growth of fame.



To conclude all the statements above, Social media is undoubtedly becoming a faster and more inclusive way to fame. Due to its large user participation, and major target audience; people from all different places with all different skills and talents are able to share their talents with people online which would naturally target certain audience groups and hence essentially increase that creator's fame. Such fame eventually brings this person advertisement deals, record deals, and others which fundamentally begins the professional life of this person forward.

**Do you agree or disagree with this opinion? Write us at [sjbtimes@gmail.com](mailto:sjbtimes@gmail.com)**



# Crisis in Syria

Christel Mazzek

For more than a decade, Syria has been suffering—suffering from seemingly never ending conflict that has displaced millions and made Syria one of the world's worst humanitarian crises.

It's been 11 years since Syrians have lived in peace. The ongoing war has caused a severe economic crisis that has forced 90% of the population below the poverty line and depreciated the value of the Syrian pound, increasing the cost of food and living. Additionally, the war has destroyed the country's electrical system, meaning power outages are more common than light. Syrians only get one hour of electricity for every 5-10 hours of no electricity every single day. The lack of power is a massive struggle during the freezing winter, as many are left without a source of warmth, especially those unable to light a fire (those who live in flats in the city). Overall, basic human needs such as food, heat, and shelter are not met by over 75% of the population.

On February 6th, Turkey and Syria were hit with two devastating earthquakes and numerous aftershocks. Homes were destroyed, leaving those who have survived homeless and exposed to the harsh cold and snow, as they live in fear awaiting the next disaster.



A month after the earthquakes, the collective death toll is now 50,000 and millions of Syrians are in need of humanitarian support. Keep Syria in your prayers.

# Things To Do This Spring Break

Erica Lim

As spring break is coming up, people are progressively getting more excited about it and the various ways to enjoy it! For those who don't have any special plans, here are some recommendations.

First, the best thing to do during vacation is traveling. Long breaks are the best times to visit new places and make good memories with your friends or family. Plan a trip across the country for new experiences or visit anywhere that you haven't been to in a while. Unlocking old memories in your comfort place will definitely bring you the best feelings.

Learning new sports or playing sports games would be a great way to enjoy your break as well. Common sports such as soccer, basketball or volleyball would be nice to play with your friends. Also, learning new sports for yourself, such as swimming or skateboarding, would be an exciting experience this spring break.

Lastly, consider learning and practicing a new hobby. Spring break will always be an excellent time to make changes and create new routines in your life. Try something that interests you or experiment with things that you usually hesitate to do because you are too busy at school. It might be reading a new book, painting pictures, going to the gym, or learning a new instrument. These ideas will hopefully help you enjoy this spring break!



# Overrated Songs



Raiden Coloma

In the world of music, there's plenty of songs that people like and don't like. Music is a subjective art form that can evoke a range of emotions and opinions from listeners. While some songs become instant classics and stand the test of time, others may fall into the category of being overrated. Overrated songs are those that receive widespread acclaim and airplay despite lacking artistic merit. The debate over what makes a song overrated is a hotly contested topic among music fans, and ultimately, it comes down to personal taste and perception. Nonetheless, it's important to recognize and appreciate the value of these songs in the music industry.

Also, I would like to remind you that these are all just opinions. I do not wish to offend anyone that reads this article.

## Lavender Haze - Taylor Swift



Despite her massive fanbase, the quality of Taylor's music is often overhyped. An example of this is in her most recent album "Midnights". Specifically, the first song on the album, Lavender Haze. The instrumental isn't bad, but it's not as good as it could've been. I attempted to give it a chance, but the first 19 seconds of Lavender Haze didn't do it for me. The falsetto vocal melodies in the intro don't quite fit in with the mellow instrumentation. Those melodies could've easily been replaced or redone with some kind of piano, synth, or even a clean guitar. My only other complaint with the song is the drums. I wish there was some kind of variation between the verses and choruses

There should've been some kind of change between the verses' drum pattern and the chorus' drum patterns. Not only in those parts of the song, but also in the buildup from the pre-chorus into the chorus. Much like the verses and chorus, there should've been more variation with the rhythm in the drumroll and they could've added different drum sounds instead of just a snare. Honestly, a snare-kick pattern would've added more excitement and variety to the song. The only thing that is relatively okay is the vocals. Taylor Swift does an incredible job with her voicework in all of her songs, but the instrumentation is not up to the standards of someone as talented as Swift.



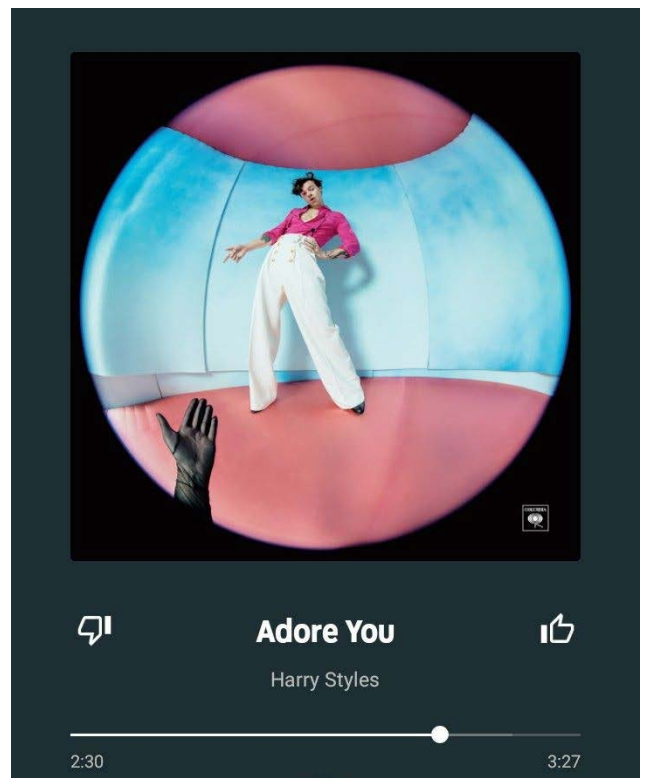
## Baby - Justin Bieber



It was cool in the 2010s, but it's old now. If you're given the auxiliary cord or speaker, please don't play this song. It's old, and everyone is tired of it. The song has been played hundreds of thousands of times and the song became overplayed and annoying. If you don't know who Justin Bieber is, what are you doing? He is a prominent figure in the pop music scene with his signature songs like Beauty and a Beat, Baby, What Do You Mean, and Never Say Never. Justin Bieber is arguably the most overrated artist of all time. His songs are mostly played by the girls in high school every time they get the auxiliary cord or control of the music. Like all pop songs, the instrumental is subpar. It's just a boring chord progression followed by an oversimplified drum beat. The extra instruments don't add any variety to the song and the production is mediocre to say the least. This song is overhyped way too much.

## Adore You - Harry Styles

This next song is probably an unexpected, but worthy pick. The amount of times it has been played on the radio is too much to handle. The people everywhere singing the song 10 seconds after its release is making my ears cry out for help. To say the instrumentation is boring would be an understatement. Like the other songs on this list, it contains zero change. However, this production is disappointing to say the least. The drum pattern has zero rhythm and it just repeats itself throughout the entire song. What they should've done is add more variety to the drums. They should've switched the drums from the verses to the choruses and added more rhythmic drum fills in between the different phases in order to make the instrumental more interesting.



## What Makes You Beautiful - One Direction



Need I say more? I feel like a bunch of songs from the 2010s are worthy of being called overrated. This song in particular is no exception.

If any teenage girl is given the auxiliary cord, this song is most likely going to play on the speaker. This song belongs in the 2010s, not here in 2023. The instrumental track is way too simple and it doesn't have any variety whatsoever. Much like 90% of pop songs, it's just the same thing over and over again. I would go into detail about how they could fix the song, but like a pop song, I would be repeating myself.

Once again, these are all just opinions. I don't mean to offend anyone at all. The subjectivity of music means that what one person considers overrated, another might deem a masterpiece. Nonetheless, there are undoubtedly songs that have received more hype and praise than they deserve, often at the expense of other deserving artists and songs. While overrated songs may initially gain widespread popularity and success, they are unlikely to have the same longevity and impact as truly exceptional works of art. Ultimately, the true value of a song lies in its ability to connect with listeners on an emotional level and stand the test of time, rather than simply achieving commercial success.

## Strawberry Muffins Christel Mazzek



### Ingredients

- ½ cup unsalted butter, melted
- 1 cup granulated sugar
- 2 large eggs, room temperature
- 2 teaspoons lemon zest
- ½ teaspoon vanilla extract
- 1 ½ cups all purpose flour
- ½ cup almond flour, substitute all purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon kosher salt
- ½ cup whole milk
- 2 cups fresh strawberries, diced
- turbinado sugar, for sprinkling

### Directions

- Preheat oven to 375°F and prepare your muffin tin.
- Whisk together the melted butter and sugar. Add in eggs, vanilla, and lemon zest and whisk until your mixture becomes smooth.
- In a separate small bowl, sift your dry ingredients.
- Coat your strawberries with 1/4 cup of the flour mixture.
- Mix the dry and wet ingredients and add the milk.
- Fold in the strawberries
- Spoon the batter into your muffin tin so that they are 2/3 full.
- Sprinkle sugar on top of the muffins
- Bake at 375°F for 20-25 minutes for regular sized muffins.

# What I wish I knew...



Stevie Laycoe

My time here at SJB is coming to a close and I have much to tell! The fact that I am writing this makes me feel slightly old, but I suppose I must do it anyways in order to impart my vast wisdom. As follows is a list of advice, some of which should be taken with a grain of salt and / or is meant for a specific grade.

- This may no longer be as relevant as it was when I was in grade eight, but I remember being terrified of the older grades so I will make note of it anyways. Don't be intimidated by those in the older grades, the likelihood of us liking you is high and most will be willing to help you out with any problem. You are likely to find that the older grades are much more similar to you than you would think.
- Almost all drama will become irrelevant within a month if you are in the younger grades. Even with the older grades, the drama will become irrelevant within three months tops.
- If you are having locker troubles; I can promise that they will get resolved at some point even if it is through considerable amounts of annoyance and time.
- Be very careful when choosing which science you take. They can very easily determine how your semester will go. Be wary if it is an easy choice to make.
- Try a few different electives! I have done almost every elective during my time at SJB and it has made my high school experience so much better. The life skills each has taught me have been invaluable, and I can now firmly stand by the quote that a "Jack of all trades is a master of none, but oftentimes better than a master of one" (Shakespeare).
- Extensions on assignments are scary to ask for, but on a whole are much better than receiving zeros or significantly lowered grades. Asking for one will also improve your relationship with your teachers, which is pretty important. You may have the same teacher for multiple years in a row and having a bad relationship with that teacher is inconvenient.
- Don't be quick to make judgements, you never know who will be your friend one day. You will be in the same class with those in your grade for roughly five years which means you should think carefully before offending someone.
- Do small acts of kindness for others! It will make you feel better and will help those around you. People remember those who are kind.
- Establish where you sit on the bus quickly. You will likely have to sit there for the rest of the year so choose carefully and be mindful of where the heaters are!





# Q&A with the Grade 9s Antonio Hakko



**If you could create any club at the school which one would it be?**

I would probably create a "Support Thalia Club" because it would be awesome.



**Which is the biggest beef you know of in your grade?**

It would have to be the fights between Parker and Xavier right now.

**Thalia Nicholasn**



**Who is the hardest person to work with in a group project?**

I would have to say Thalia just because it's Thalia.



**What is one subject you like and would recommend to people?**

Drama for sure. I think Drama is a fun class that all can excel at and enjoy.

**Emmy Nguyen**



**If you could start a club at SJB what would it be?**

Definitely, "Monkey Appreciation Club"



**Who do you have beef with the most in your grade?**

Anyone who doesn't give me food

**Giacomo Pistrin**



**What would you change about the uniform?**

I would have the shirt materials replaced and would add pockets.



**Who are 2 people that you 'Ship' together in your grade?**

Oh easily Giacomo and Madison!

**Deanna Skrzyniarz**



**Who are 2 people that you 'Ship' together in your grade?**

Alexa and Stefano for sure.



**If you could start a club at SJB what would it be?**

Another gaming club that probably has different games

**Xavier Sawaka'mukatar**

# Rosa's Reviews

Rosa Nootebos



## Matilda the Musical

"Matilda the Musical," now available to watch on Netflix, is based on the 1988 Roald Dahl book about a really smart girl who gets put in a school where the cruel principal doesn't like children. In 1996 a comedic movie was released, and in 2010 a musical stage production was created and performed in the UK, that eventually went on to Broadway in the US.

This new movie-musical version stars Emma Thompson as the principal Miss Trunchbull, Ailsha Weir as Matilda, Lashana Lynch as teacher Miss Honey, and so many other talented performers.



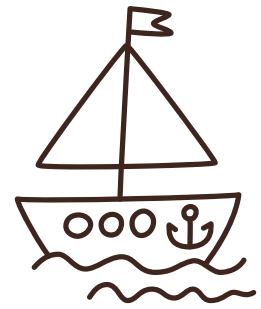
"Matilda the Musical" was an amazing movie. The actors did a really awesome job making everything look convincing. I loved the music and when everyone sang, it made me feel like I was right there sitting in the audience listening to them. The music worked perfectly with what was happening in the story. The actors were really good at bringing you into their world and investing you in their story. There was a lot of action in this movie as well as a lot of valuable emotional moments.



In my opinion "Matilda the Musical" is much better than, and different than, the 1996 version. The stories are basically the same, but I can't compare the two without giving away spoilers, so I won't mention anything here. Two of my favourite characters were Miss Honey and of course, Matilda. Their friendship was one of the best highlights of the movie. I very much enjoyed this movie and would watch it again. I would give this movie a 5 out of 5 for creativity and for great acting. I recommend watching "Matilda the Musical" if you like the book, or just like musicals in general. You can find both Matilda Movies on Netflix, as well as other films based on Roald Dahl classics.

# SJB Poet's Spotlight

Jacky Fu



## Take me Home, Red Boat

That's the place I tried to escape before,  
He also is the place I missed best.

Blue blue sky,  
Lush street tree,  
Piercing shrubs in my garden.  
South Lake with water vapor,  
Lake island with ancient buildings,  
tourists coming and going.  
And the red boat that symbolizes my hometown.

I also miss the snake store in our community,  
Miss the old ladies's dancing noise on the square,  
Miss the radio that the old man downstairs  
would never turn down.  
I miss the bell that rang on time  
at the elementary school next door,  
And the smell of being called "home" in the air.

After leaving home,  
Grandpa's bird won't wake me up every day anymore,  
I can no longer hear the game sound of my father that  
accompanied me throughout my childhood,  
Grandma's nagging will no longer surround my ears,  
My mother's urging sound will not sound when I play games.

SO,  
Take me home, red boat.  
I want to hear the sound of my home,  
I want to smell it,  
I want to touch it.  
I miss you so much, my hometown:  
Jiaxing!



# SJB Poet's Spotlight

Antonio Hakko



## Too Far Apart

You say we're the same, but the lives we live go in separate ways.  
Your view of my world is not what your brain portrays,  
But rather a distorted image locked somewhere between what your life  
conveys.

We're different people from two worlds apart,  
Each one with a set of eyes that has seen a different looking sky.  
Yours hold the essence of blue,  
While mine is filled with nothing but dark and gloom.  
The birds in your sky feel so alive as a kind breeze passes them by,  
Yet mine reek the smell of death as they ascend into an eerie sky.

Your Earth holds the sounds of joy as the children on it grew,  
Mine holds the sound of weeping, screaming mothers as their children  
died out of the blue.

Your ground rejoices as its vast fields shine in green,  
Mine is ripped apart with no more hope of an evergreen.

The mountains and oceans in your world create a moment of peace,  
Yet a sight at mine creates the urgency to leave with a growing tear.

You spent time collecting seashells and rocks,  
While the only thing I could collect were bullets and blood stained rocks.

You had time to prosper and grow while your parents set you free.  
I had nothing to do but prepare for the knock of death every other week.

Saying we're the same is a profound lie that sets you free from the  
ignorance you choose not to see.  
Only with time will you be able to realize; that our worlds never were  
alike and could never be.  
We're two strangers from different walks of life whose worlds are simply  
too far apart to be.



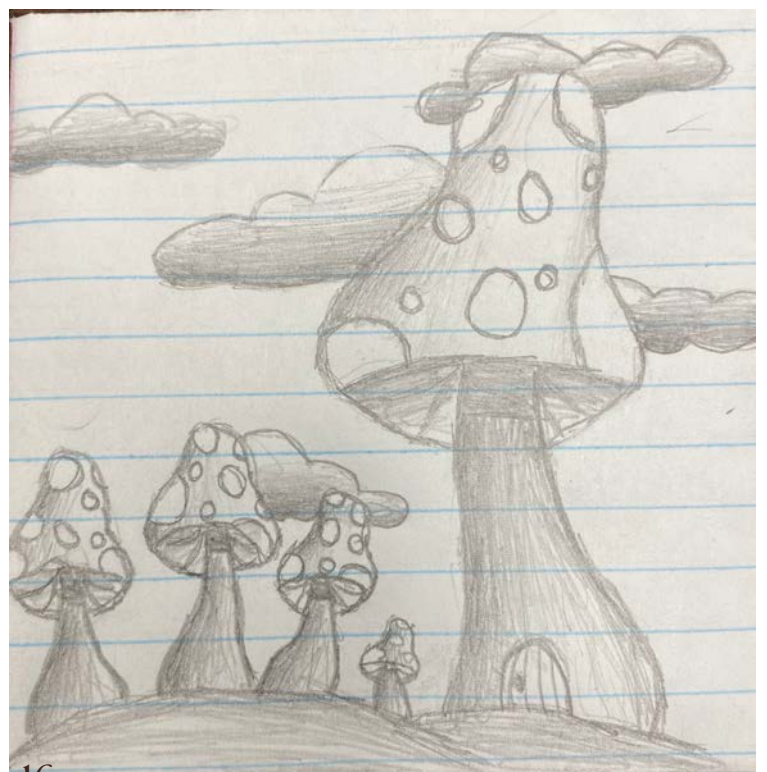
# SJB Artist Spotlight



Brigid  
Wright



Ila Rae  
Harder



# This Issue's Contributors

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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](mailto:sjbtimes@gmail.com), and we'll be sure to answer them as best as we can in the next issue.

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