One out of four North American women will be sexually assaulted at least once in her life time and as disgusting as it seems, sixty percent of sexual assault victims are under the age of 18. These facts, from the Statistics Canada website, are dreadful. Sadly, sexual abuse and assault against women are actual and are still very common and ignored. More often than not, sexual assault is kept secret. For reasons of shame, fear of rejection and/or despair, victims decide to keep their mouths shut. Of every 100 incidents of sexual assault, only 6 are reported to the police. While reading this statistic, I asked myself how in the world could these women not talk about what had happened to them. But then I realized that sexual assault is far from being taken seriously.

Continued on page 4
NEWS

NORTH KOREA GETS TRUMP-ED!

By Joachim Etienne

North Korea signed an agreement with the U.S in 1994 which made them freeze, and dismantle some old nuclear equipment in return for international aid on building light-water nuclear reactors. In 2002, the Bush administration exposed the secret operations on a nuclear weapon done by North Korea. A year after the unmasking of its vile maneuvers, the Korean nation excluded itself from the NPT (Non-proliferation treaty, whose objective is to stop the spread of nuclear weapon technology). Up until this point in history, the communist state has done multiple nuclear testings.

Celebrating its 85th birthday, North Korea artery performed drills involving four hundred pieces capable of hitting South Korea. In March, North Korea fired four missiles in the Sea of Japan and another one on April 4th prior to a meeting between the U.S and China. Subsequent to the multiple nuclear drills, North Korea poses an obvious threat to South Korea and Japan. Officials from North Korea have recently threatened various countries explicitly -including the U.S- implying that it is ready for a thermonuclear war if attacked. The other countries happen to be China and Australia. This claim was followed by the spreading of propaganda in North Korea, showing the cities of San Francisco and Washington DC obliterated, North Korea is promulgating its desire to be a world-wide nuclear power.

To prepare for possible events, the Japanese Prime minister, Shinzo Abe, has told the population that there would be a 10-minute warning in the event of a North Korean attack. Consequentially, demands for nuclear shelter in Japan have skyrocketed.

North Korea’s military arsenal have also paraded through Pyongyang in a military show of strength.

Tensions between the U.S and North Korea have gone up drastically lately. North Korean Deputy United Nations Ambassador, Kim In Ryong, has told of the United Nations that a thermonuclear war may break out at any minute due to the moving of American troops on the Korean peninsula. The warnings came in as the US vice president, Mike Pence, assured Japan that Washington would support them with full force. He continued: “While all options are on the table, President Trump is determined to work closely with Japan, with South Korea, with all our allies in the region, and with China”. He further stated that the “era of strategic patience is over.”

Donald Trump and King Jong Un

North Korea’s newest propaganda video: “Last Chance” uses CG to depict Washington D.C. under nuclear attack
The first round of the French elections happened on the 23rd of April. 11 candidates entered the election, and unless a majority vote favors one candidate, two of the pool would move onto the second round scheduled for May 7th. Leading up, the election polls projected four main contenders: Marine Le Pen, Emmanuel Macron, Jean-Luc Mélenchon, and François Fillon. The first two in particular have surprising connections and similarities to the recent U.S. presidents.

Marie Le Pen draws many parallels to president Donald Trump. Leader of the National Front, Le Pen ran on a far-right nationalist stance very similar to Trump’s. Her party, which has has a history of blatant racism and holocaust denial under her father’s leadership, pledged to take action against refugees and immigration. Furthermore, Le Pen proposed stripping French citizens of their citizenship if they were Muslim. Her party also supported favoritism of social services to native French people, which may be an unconstitutional policy to implement. Finally, she claimed to support the people of France who are tired of mainstream politics. Sounds familiar?

Emmanuel Macron is the leader of the centrist party, En Marche. His campaign mostly focused on France’s economy, attempting to negotiate a 35 hour week and planning to invest a large amount of money into infrastructure and renewable energy. Recently, Barack Obama called Macron wishing him luck in the race. It was speculated by BBC that if Macron and Le Pen made it into the final round, Macron would be able to defeat Le Pen. In a world where far-right nationalism is rising, with the Brexit and Trump’s rise to power, this election could alter the course of the leftist country’s political future.

In the end, these two candidates moved on to the second round, with Macron winning 66.1% of the votes while Le Pen ended up with 33.9%. Macron proceeded to become the youngest person ever to be the president of France. Shockingly, the election had the lowest voter turnout since 1981, with many voters submitting blank or otherwise invalid ballots. Despite this revelation, it will be interesting to continue to watch Macron and the direction in which he leads France in the coming years.
(Continued from page 1)

I asked myself how in the world could these women not talk about what had happened to them. But then I realized that sexual assault is far from being taken seriously. “She secretly wanted it.” and “She deserved it.” are too often pronounced by the attackers when asked why they did it. “The way she dressed was provocative” and “She never said she didn’t want to.” are probably the worst reasons someone could give to explain their actions. However, as ridiculous as these motives are, they are believed by the police. Basically, the attacker did not do anything wrong because the victim wanted to be raped, assaulted and abused of, right? She was looking for sexual violence, and sexual violence found her, is that right?

For many women and young women, being sexually assaulted is not just a bad dream. It is not something they just stop thinking of when they wake up, or something they just kick off their mind whenever they want to. Sexual assault follows these women everywhere, all the time. They have a constant reminder of that night, of that day or of that twenty minutes three years ago. Big or small, sexual assault is what it is, and will be a part of them forever.

Day after day, year after year, victims deal with fear. Fear of living something like it again. Fear of not being understood. Fear of fear. I cannot imagine how tough it must be to live in a body you thought you had control of, now fingerprinted by an attacker. Rape, abuse, assault, whatever it is, big or small, it’s a crime.

Slowly but surely, I hope sexual violence will become less of a taboo subject over the years. You, victims, although it will be hard, need to talk about it. You, friends and counsellors, need to listen carefully and help the more you can. You, future witnesses, don’t just stand there, do something. And finally you, attackers, don’t do it.

STD: STOP THE DEFUNDING

By Amanda De Grâce

Planned Parenthood provides many services, such as anemia testing, cancer screenings, cholesterol screenings, diabetes screenings, physical exams (including employment and sports flu vaccines), high blood pressure screenings, tetanus vaccines, thyroid screenings, and they help people quit smoking. They offer birth control and men's sexual health services, which are extremely useful for sex education, as well as prevention and treatment of STDs. If Planned Parenthood oversees all of these different things, then why would anyone want to defund such an amazing organization?

If Planned Parenthood were to be defunded, how would that affect women AND men in the US? Without these key suppliers of annual pap tests and breast examinations, women would most likely not go anywhere else because of the high cost. Planned Parenthood provides a safe and affordable place for these examinations to occur. Without them, 2.5 million women (and men) would not have this key access. Without Planned Parenthood, there would be an increase in the number of unwanted pregnancies because of the cut access to birth control, which 62% of women between 15 and 44 use. Without Planned
Next Thursday, May 18th, the students of Stanstead College will be off to various places for the famous school-renowned May break. What many people don’t know is the reason for this holiday. Celebrated on the last Monday preceding May 25th every year, this federal Canadian public holiday brings joy to the students and workers across the country who get to enjoy a day off. But Victoria day is about much more than that. Queen Victoria (1819-1901) was Queen of the United Kingdom and Ireland from 1837 until her death in 1901. Although she never visited Canada herself due to regulations at the time, she played a pivotal role in the country’s confederation in 1867. She was even nicknamed the “mother of confederation. This confederation united the “British Colonies of Canada” into a single dominion named the “Dominion of Canada”. Celebrated since 1845, this holiday honours the day Queen Victoria was born. Her life now holds a great place in Canadian hearts which is why her birthday is celebrated annually.
FEATURE

CRAZY FOR COFFEE

By Bill Huang

As with many things in today’s society, coffee trends come and go. We drink regular coffee, espressos, lattes, cappuccinos, and the list goes on. When our favourite coffee shop offers up something new, we try it. We don’t often stop and think about where it comes from, we just drink it. So, how did coffee come to be?

History of Coffee

The profound heritage of coffee can be traced back to the ancient coffee forest in the Ethiopian plateau centuries ago, where according to the legend, a goat herder called Kaldi discovered the potential of these magical beans. Kaldi, at his own surprise, found out that his goats, after eating berries from a certain trees possessed such abundant energy that they refused to sleep. This interesting phenomenon was reported to the abbot of the local monastery, who stayed spirited in the whole evening prayer after a drinking the juice made from the berries. The abbot told the message to the other monks and the words quickly spread east into the Arabian Peninsula.

The shoot of the coffee culture sprouted in Arabian Peninsula where the people started to cultivate and trade coffee. The popular of coffee blossomed, coffee houses were established, and it was used frequently in every social activity. The European travelers in the New East brought back the incredible story. It was first rejected by the culture and referred to as “the bitter invention of Satan”. The controversy provoked Pope Clement VIII to intervene. He tasted the coffee bean and found it so satisfying that a papal approval was made.

Where Does Coffee Come from?

The coffee seed is planted into the ground to grow into coffee trees. The planting usually happens in wet season and it takes about 3-4 years for the tree to bear fruit. The fruit is called a coffee cherry; it is picked off the tree after they are ripened and transported to be processed.

The pulp of the coffee cherries are taken out by machinery, leaving only the seeds (beans) with their parchment skin. The beans are then placed in water and separated by size (lighter beans float while heavier beans sink). The beans are afterwards placed in fermentation tanks from 12 to 48 hours in order to remove the parenchyma (a thick layer of mucilage still remaining on the parchment). After the fermentation, the texture of the beans becomes rough; the beans are additionally rinsed and then dried to approximately 11 percent of moisture – they are named parchment coffee.

Hulling machinery is used to remove the parchment layer from the wet processed coffee. Polishing manners are used to remove any remaining skins. Beans are selected by their size, weight, color flaw or any other imperfections.

Coffee fruits during Wet Process

Continued on next page
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FEATURE

(CRAZY FOR COFFEE cont.)

The coffee beans are then roasted which transforms their color from green to brown. Coffee beans are ground in order to maximize the richness. Generally, the finer the grind, the more quickly it should be prepared.

How to determine the quality of Coffee?

The art of coffee is revealed the moment it is brought into your view. The beautiful intricate latte art composed on the smooth and silky foam makes coffee the most suitable for you. Veterans with appreciation would always require the shape of the drawing before it is made.

Bringing your coffee near to your mouth, before drinking it, always take a gentle sniff with your nose. A good coffee will always provide a pleasant relaxing fragrance.

Feel the temperature of the coffee with your lips, a good coffee should not be too hot to consume, neither too cold that it could be finished in a slurp. A skillful barista (the preparer of the coffee) would make sure the coffee is suitable for immediate sips yet able to keep warm for at least thirty minutes.

Sipping the coffee, you should feel its richness and thickness rolling on your tongue like slippery velvet. After the sip, the long lingering aftertaste, the intense aroma and flavour are trapped by the taste receptors of your deep tongue. You would automatically know the coffee is bad when you are looking for sweets to rush down the bitterness, though it would be the perfect fit if you are a bitter lover.

At the end of the day, the best coffee is the one that suits you the most.
REMEMBERING OUR PAST
By Alex Bimm

The cornerstone of Stanstead College was laid on December 2, 1872. At the time it was known as Stanstead Wesleyan College and would begin teaching classes in 1874 under the guidance of headmaster Rev. A. Lee Holmes. Stanstead College has changed drastically since that December day, yet it is important that we reflect on our history and the steps taken to bring our school to the place where it is now.

An immediate difference between Stanstead College and Stanstead Wesleyan College can be found in the name. According to The Stanstead College Story, written by Joan MacDonald, “In 1870 some Wesleyan ministers met in Sherbrooke and discussed a plan for securing a college for the Townships.” (Pg 5) This school was Stanstead College and was a religious school until the eighties when it separated from what was then called the United Church of Canada. Although we are now completely secularized there are still remnants of our past. For example, the school still says grace at meals but today it is more to reflect on how lucky we are to have this food when so many people around the world do not.

A similarity between the original Stanstead College and the Stanstead College of today is the co-educational model. However, Stanstead College did not always teach both boys and girls. From 1959 to 1979 Stanstead became a boys only school. Another interesting fact is Webster was only built in 1991 after the school had returned to it’s co-ed status making it the youngest of all the houses.

Stanstead College has had a very bad history when it comes to combustion. Three of its buildings have been destroyed by fire. Pierce Hall, Colby and the student centre have all fallen prey to the flames according to the college website. A large part of this may have been due to the fact that smoking was allowed inside the dorms for a long period of time and was likely the cause of these fires. Back then smoking was not seen as unhealthy or a fire hazard. Today, people realize the dangers fire poses and all of the residences contain the necessary protections such as fire doors and alarms.

With Stanstead College nearing its 150th anniversary in 2022 it is important that we reflect on the past. As time chugs on, people, places and populations can evolve in subtle or drastic ways. Yet there are always remnants of our past.

Past vs. Present: a walkway used to exist between Colby and Davis.
Stanstead College has been up and running since 1872. One hundred and forty-five years of history, tradition and memories. The school is full of surprises and “myths” such as the haunted clock tower, the Colby ghost, but this story beats it all. After many years of service, this campus is home to countless alumni and was home to many – believe it or not – farm animals!

In this school community, around 300 people must be fed every single day and thanks to the kitchen staff for making that happen, but what about sustainability? In the old days, Principal George Trueman (1908 – 1920) knew the true definition of sustainability and so he started our very own farm right here on campus.

“In his time the College had a large farm with cattle, pigs, sheep, etc. (sheep grazed on the front campus), and he took almost as much interest in it as he did in the academic side of the College.” wrote Donald Hackett in an account of Dr. True-man. This excerpt came from The Stanstead College Story circa 1900s.

This farm grew all sorts of vegetables, raised large herds of cows and numerous pigs and sheep. At this point in history Stanstead College was truly a sustainable community. This farm was a free enterprise up until 1921 when a proper accounting system was set up to handle the profits from this farm. Unfortunately, the farm ceased its operations in 1959–1960 due to the new auto-route systems needed for Expo ’67 to accommodate the sightseers that would be crossing the border at Rock Island.

Nearly 60 years since the final entry of the account ledger for this farm, Ms. Nicki Campbell is getting her hands dirty with the task of restoring a small part of the farm. The project will begin this year and will be located near the farm house.

“I’m really fascinated by looking back at the history of the gardens of a property and work to restore them. You can learn so much about the time period and the way people lived. I knew the school once had a working farm, and I thought it would be interesting to try and bring some of it back to life.” Said Ms. Campbell in an interview about this project. She is a firm believer in self sustainability and organic farm practices that will not deteriorate the environment. This school had a farm in the first place for a reason, and it worked very well within our school community so it will only bring benefits to the school once it is up and running again.

“Everything we grow will be organic and our ‘farming’ practices will also be organic. Practicing sustainability is important for all of us. We need to learn how to protect our environment and not deplete natural resources. Growing our own food for example helps do that. It comes with lots of environmental benefits: we eat healthy food, we don’t consume pesticides, our vegetables won’t travel thousands of miles to get here, therefore we help to reduce carbon emissions.” Ms. Campbell commented on the environmental effects of this project and what she hopes as for the outcome and benefits of this farm.

All the freshly grown vegetables and fruits will go to the kitchen and will also be donated to the Stanstead community. The school will be able to cut down the cost of food, and students will know exactly where some of their food is coming from which will lead to healthier choices. This project is coming to life soon and will prosper greatly along with our expanding school community, or as Ms. Campbell said “Even a small step like this garden will have an incredible impact on sustainability at the college.”
In the first issue of The Clarion, Bill Huang wrote an article entitled "Aika", about one of the great battles of antiquity. Bill's work got me thinking about other famous conflicts of the ancient world and how many of these combats still touch our lives even thousands of years later.

A good example would be the Battle of Marathon. In the 5th century B.C., ancient Persia was at the peak of its power. King Darius I ruled a huge and unified empire that stretched from the shores of what is now Turkey along the Mediterranean Sea to the edge of the Indian Ocean. Darius's subjects were made up of a vast diversity of peoples and included the Ionian Greeks who lived along the shore of the Aegean Sea, just across the water from the city-state of Athens.

Around 500 B.C., the Ionians revolted against the Persian rule, although why they chose to do so cannot be accurately determined from the scarce historical sources that remain.

The rebel force was eventually defeated after six years of bitter warfare. The Athenian Greeks had also entered the fray because of their strong ancestral bonds with the Ionians and had burned the Persian city of Sardis to the ground.

Darius was enraged and vowed to punish the Athenians for what he considered to be their interference in a domestic matter. He sent a large force led by his son-in-law Mardonis to exact revenge.

To that point in time, no force had successfully stood in the way of Darius's army which so outnumbered its enemies that it simply crushed any opposition with its size and power.

Desperate for assistance in confronting this formidable force, the Athenians sent for help to Sparta but received only cold comfort. While a small contingent of soldiers from the allied town of Plataea came to their aid, the Greeks were outnumbered by the Persians by more than two to one.

The day of battle dawned in August of 490 B.C. After much indecision the Athenian hoplites, under the command of General Miltiades, charged the middle of the Persian line. The Persians resisted and, in a counter-attack, actually broke through the centre of the Greek phalanx. It appeared that the battle would end in another victory for Darius's army.

However, at the crucial moment, the Greek wings attacked the edges of the Persian line and wheeled in against the centre, catching the enemy in a lethal vice. A slaughter followed with 6,400 Persian casualties against only 192 for the Greeks.

Legend has it that the Athenian soldier Philippides ran the 42 kilometres (26 miles) from Marathon to Athens to announce the news of the victory before dying of fatigue. In the 19th century, the "marathon" road race was instituted in his honor. It is still held on the last day of the summer Olympic games and is the only Olympic event named after a battle.

Epilogue: The crushing defeat did not end the conflict between Persia and Greece. After their defeat at Marathon, the Persians returned home and began to prepare for another campaign.

Although it would take nearly a decade, the Persians would return in force under King Xerxes, determined not just to punish the Athenians, but to conquer all of Greece. In our next installment, we'll examine what followed - the legendary Battle of Thermopylae, the inspiration for the movie "300".
Every second of every day, our brains are constantly firing synapses to our bodies. Have you ever wondered how humans function; how complex our bodies are? So many things are breaking down and building up, processing, and moving in our bodies every second. The brain controls everything we have done, and everything we ever will do. Everyone has had the question of what is going through your head, and I have an answer.

What is happening in there?

Of course the brain does millions of things all the time; no one decisive answer can be formed. To figure out an answer to something one must know how it started. Brains were first studied as early as the 1520’s by a famous artist by the name of Leonardo da Vinci. He was the first to dissect and study the brain; the functions of the brain were not understood until the 1660’s. Today, many of us do not fully understand the power of our brain, instead we ignore the complexity of it. For instance, when I look at a painting in the upright position it looks normal, but the brain is the reason for that. What really happens when you see a painting is the image hits your lens in your eye and because of the nature of the lens the image gets inverted. The crazy part happens when the image reaches the retina (back of the eye), because the brain flips the image in your head to see it right side up. You might ask what if we were upside down? That question has been asked before by Gorge M. Stratton, and he conducted an experiment to answer such question. He made a type of glasses where you would only see inverted images and nothing else (figure 1); the subjects wore these glasses for four days’ strait without taking them off. By the fifth day their brain flipped the image so they would only see upright with the glasses and only inverted without them. This was named the theory of perceptual adaptation and shows perfectly how powerful and complex the brain is.

Diagram of an eye

We know very little about brains compared to how much there is to learn. Millions of neuroscientists look for more and more information every day about the brain. They have learned about neuro-prosthetics, brain tumours, behaviors, and many more functions of our brain that would take your breath away. So next time you ask what is going through your head? The answer is infinite.

“The Brain, the masterpiece of creation, is almost unknown to us” – Nicolaus Steno, 1669
(M.STATTON)------ (A history Of The Brain, n.d.)------(Linden, 2015)
Why is it important to have school spirit? School spirit is important to have because it brings the community closer and gives the student body something to take pride in. School spirit also develops a system of support for all of the students representing the school. It is very important because it sets the tone for various aspects of school, athletics and the support of the students. When the student body is involved in events on and off campus, it demonstrates a passion for the school that is contagious and something to be proud of.

From an athlete’s point of view school spirit is vital. It goes without saying that the school community of Stanstead has shown some tremendous school support for their athletic teams. When the arena or gym is packed full with our peers it brings a different mentality to the game. It makes us want to wear and represent the red and white with our full capabilities. When Varsity Hockey coach Matthew Thompson was asked about school spirit he explained that involvement and willingness to support where two major keys factoring into successful school spirit. “When people that exceed the average crowd come to support it makes me proud. Prep school hockey is built around rivals. Looking out to a red, white and purple crowd made an awesome atmosphere to coach in and be a part of” said Thompson, reflecting on the atmosphere and support from the school during the game against Bishops College.

From any student’s point of view though, school spirit is important. When we are not supporting sporting events we are showing our fellow peers our support by going to the play, Café Cap, and House competitions. Even though these events are mandatory, when we go we genuinely enjoy these events, and more importantly we go to support our friends. That is school spirit.

While school spirit is a part of Stanstead College, some may say it is not always shown. At times during the year it is not as collective as it can be. It seems that when students have an incentive that is when it gets shown the most. However, participating in little school events such as crazy hair day, country colours day, and even all campus sports are all ways to show school spirit. Some people do not take part in these activities that are built to bring us closer as a school and a community. This is where the school can lack in its spirit. I am not saying that there is no one participating in these activities, I am just pointing out that there could be some more involvement.

When members of the student body were asked about ways to help get everyone included and promote more school spirit they concluded that many may take their time at Stanstead for granted. They explained that we must be thankful for our experience to learn and live at such a beautiful place. If we give back to the school and help support it there will be a feeling that we are more a part of the school which will help with pride. Students also pointed out that in the winter term they feel there are not enough activities to participate in. Instead it feels like it is just sports and school. If there were more activities over the long winter term, the students will have more opportunities for fun and bonding.

Now that the sunshine is out it makes it the perfect time to get more involved with the school and your peers. So next time you have the chance to support your friends while they host a home game or take place in a school activity make sure not to pass it over! And remember, Go Spartans Go!
HEAD PREFECTS’ ADDRESS AT THE ACADEMIC ASSEMBLY

By Thomas Abbott

The Academic Assembly at Stanstead College typically features alumni or celebrity as guest speakers. However, during the April Academic Assembly, in recognition for their excellent leadership and role-modelling, our two Head Prefects took over this esteemed position. As individuals who excelled during their time at Stanstead, Thomas Abbott and Kayla Ouellet both rose to the occasion, delivering compelling speeches to the student and faculty of the College.

Thomas and Kayla ready to present

Thomas Abbott focused on the importance of improvement and spoke about three tips to help students maximize their benefit from Stanstead College. He called these three tips “The 3 S’s to becoming a Pro-Stansteader”, they included Seizing opportunities, Studying smart, and Socializing. He started off by mentioning the numerous opportunities available at Stanstead and that the only way a student can benefit from them is by seizing all the activities they enjoy in addition to trying out new clubs, sports, instruments, etc. He also discussed how crucial it is for a student grades to management their time effectively and to take advantage of the Learning Resources Centre. Finally, he reminded everyone about the exceptional quality of students at Stanstead and that socializing will form amazing friendships that will last a lifetime.

Kayla Oulet discussed the amazing moments we experience at Stanstead like meeting students from all over the world, the championships we play wearing the school crest over our heart’s, being taught by dedicated teachers, and how it will soon come to an end. She talked about the warm, family atmosphere that is unique to Stanstead College and honoured the Spartans for the hard work they put into all aspects of Stanstead life. She said that any misfortunes we face like a failed test will only make us stronger and better for the next one, then she concluded by encouraging people to initiate a project like a new club and with only two months left to school, she suggested each person set a goal for themselves to achieve by the end of the year.

The Prefects will also be organizing a “Thankful Week” beginning May 29th where students will be able to show their gratefulness through community service and charity.
STUDENT LIFE

CLUB CORNER

Each issue, Club Corner highlights some of the many clubs that are available here at Stanstead College. This week, we will be looking at a brand new club that is completely new to the school and one that are re-emerging after years of inactivity!

Photography Club
By Ryan Richardson

A new club starting up this spring is the photography club. Led by staff member Ms. Ron, the photography club’s goal is to guide both new and experienced photographers into creating better photos by learning many new techniques and styles and by taking control of their camera’s settings. Members of this club have just finished off some theory, exploring shutter speed, Aperture and ISO, and their effect on the outcome of a photo. In the next few weeks, students will be learning about some more intricate camera settings while keeping those aforementioned “big 3” in mind. Each week, an open idea for what to photograph is assigned to the group, allowing students to show off their creative take on what was learned the previous week.

To join, you will need a real camera that has a manual mode, so no phones or point-and-shoots. This club has a limited number of spaces, be sure to sign up if there’s room!

Latin Dance Club
By: Bill Huang and Ryan Richardson

An exclusive new club has started up this term at Stanstead College – The Latin Dance club. Latin dance, which originates all the way over from Latin America has brought its influence to Stanstead. When people think of Latin dance, they often regard it as an equivalent to Salsa. However, Salsa is only a branch of Latin Dance. Contemporarily, Latin dance has developed into an international competitive sport which consists of five different branches: cha-cha, rumba, samba, paso doble, and jive. The essence of Latin dance lies in the beauty of one’s expression of themselves.

The club is founded by Bill Huang, a student expert who has practiced Latin dance for nine years and won multiple awards. Working with him is Shelan Daune, who is in charge of the club’s musical needs. Students will learn different moves in different dances throughout the weeks. According to Bill, his goal is to teach enough of those moves to the club members so that they can organize a well-choreographed performance at the end of year variety show.
Rugbyfest began with an early wake up when at 7am we were loaded up onto the bus ready for the 10-hour trip to Saint John, New Brunswick.

Here’s a bit of history on the tournament: this is an annual tournament, this year being the 28th year. The tournament, through all of the divisions, consisted of nearly 40 teams mostly from the Maritime provinces, however, there were also many from other places.

When we finally arrived, the teams went for a quick run, then out for supper and to bed, ready for the game that each team had the next day. Both Stanstead teams played hard-fought games and both came up with a win. After the games both teams when to watch a QMJHL playoff game in which the home team, the Seadogs, won their 9th playoff game in a row.

The next day both teams had two games. They both won their games, the boys by a very tight margin of 5-3, the girls won their final game which placed them first in their pool and into the final. The boys on the other hand played the host school RNS. The game was hard-fought and full of controversial calls, however, when the final whistle blew the boys found themselves down 8-7 placing them second in their pool and into a bronze medal match the next day. On Sunday the boys played first and after being down 19-0 in the first half they made a valiant effort but ended up falling 19-12. The girls also made a valiant effort but ended up falling in the final however this still left them in second place out of 8 teams, a very respectable outcome. After an unexpected delay and a 10-hour bus ride home the bus arrived back in Stanstead at 2am. All in all, it was a very fun and action packed weekend.
SPORTY SPARTANS GO FOR GOLD

By Anna Thinphang-nga

As the last winter storm passes by and the spring breeze rolls up to greet us at Stanstead College, the students are all working hard to gain points for their All-Campus teams. Upon their arrival on campus after the March break, students prepared and practiced to earn some W’s at these games.

After a week and a half of competing to be the best team at the college, the results came out. Coming up on fourth place is West, with a solid score of 44.5 points. In third place, with just a few points ahead is North with 46 points. Second place was East, beating North by a mere 2.5 points. In first place keeping up the lead, with almost 10 points ahead, is South! The games truly took a turn when South worked their way up to the top, despite being in the last place after broomball during Winter Carnival!

Will North be able to defend their championship trophy from last year? Can East release the beast and come up top by the end of the year? Will West become the best at Stanstead College? Does South have the ability to keep up their high points? The All-Campus day in June will be arriving before we even know it, then we will see which team it is that will take that trophy!
DORM COOKING

This section of our newspaper, brought to you by Morgan Ireland, is dedicated to giving you quick and easy recipes that you can make in your very own dorm. Sometimes on the weekend you may want a snack in-between meals, so these recipes are an easy way to do that while also learning how to cook for yourself! Make sure to send feedback about how you personalized these recipes and send in some recipes you use in your dorm.

5 Minute Buns

**INGREDIENTS:**
- 1/4 cup all purpose flour
- 1/4 teaspoon baking powder
- 1 tablespoon condensed milk
- 3 tablespoons fat free milk

**DIRECTIONS:**
Using a small whisk, mix all ingredients into a microwave safe mug until batter is smooth and there are no lumps. The batter should be thick. Microwave for about 1 minute. The top of bun should look dry. You should be able to remove the entire bun in one piece. If not, microwave in 10 second intervals until the bun is done.

Microwave Rice

**INGREDIENTS**
- 2 cups long grain rice
- 3 1/2 cups water
- 1 1/2 teaspoons butter
- Salt and freshly ground black pepper

**DIRECTIONS**
Place all ingredients in any microwave safe bowl. Remember that the rice expands during cooking, so be sure to choose a container that is large enough. Microwave on high, uncovered, for 10 minutes. Microwave on medium-low, uncovered, for 15 minutes. Do not stir the rice at any time during the cooking process. Season with salt and anything else you would like. Stir with a fork just before eating.

Chocolate Chip Cookie in a Mug

**INGREDIENTS**
- 1 Tablespoon Butter
- 1 Tablespoon White Sugar
- 1 Tablespoon of Brown Sugar
- 1 Teaspoon of Vanilla Extract
- Small Pinch of Salt
- 1 Egg Yolk
- Slightly less than ¼ of a cup of Flour
- 2 tablespoons of Chocolate Chips plus more for topping

**DIRECTIONS**
Start by melting your butter in the microwave. Add sugars, vanilla and salt. Stir to combine. Separate your egg and add the yolk to your cup. Stir to combine. Add flour, then stir again. Add the chocolate chips, and give a final stir. Now your mixture will look like cookie dough. Add a few chocolate chips to the top of the cookie dough. Cook in microwave 40-60 seconds, start checking for doneness at 40 seconds. Do not cook past one minute, this will continue cooking as it cools. If the cookie is dry or cake like, try less time.
Stanstead College is a small boarding school that continues to find ways to push people out of their comfort zones and try new things. Not only this, the school also plans and organizes special events that allow you to enjoy your time with your friends. Every year, Stanstead College hosts Café Capp, a Stanstead tradition.

Café Capp is a memorable event in which Stanstead College’s students and faculty come together and organize songs to perform in front of our school community. It is continuously held the day before March break. Café Capp gives a chance for the students of Stanstead College to show off their musical skills in front of their peers. Erik Van Dyke, a teacher and the founder of Café Capp, was interviewed and asked a few questions about the background history of Café Capp as well as what this special event means to him and to the school.

When being asked concerning the amount of years Café Capp has been active, the surprise was not how long it has been, but the history of the event. Café Capp has been held by Stanstead College since 1995 however, what most people don’t know is that Café Capp did not always involve the students and faculty. Two years before its current form, Café Capp was just a single band playing for the school. Mr. Van Dyke explains “it was more of a concert rather than having others involved”. This all changed in 1995 and has remained the same ever since.

When asked about beginner performers and nerves, Mr. Van Dyke had a lot to say. Firstly, when asked if he gets nervous before a performance, he said his years of experience, 24 to be exact, performing on stage led to his confidence before every performance. Though, when he wrote a rap and performed it on stage along with the performance while he played piano, he admitted to being nervous. When asked to give beginner performers advice on controlling nerves, he simply said “You cannot stop being nervous but I guarantee you, you will be super happy and proud of yourself that you did it.”

Café Capp creates a lot of memorable performances. For the creator of Café Capp, the act the most memorable for Erik Van Dyke was Comfortably Numb by Pink Floyd. It was the first time he, as well as Eric Grenier, performed a huge song. By huge song, he means that many instruments were needed. In this act, there were 3 violins, 2 acoustic guitars, a cello, a saxophone, base guitar and drums. This was the first performance to ever include such complexity and is why it was his most memorable experience at Café Capp.

At the end of the interview, he was asked if he had any additional comments. He wanted to make note that it always seems like new memories, stories or highlights are made every year. This year, he says, there were four father-daughter acts. Mr. Eric Grenier and Loraly, Mr. Ross Murray and Abby, Mr. Erik Van Dyke and Chloe, and Ashley even invited her father from the crowd to come up and sing a song with her for her last Café Capp. She has been a part of Café Capp since grade 7. As the interview was finishing up, Erik Van Dyke wanted to change one of his answers. Comfortably Numb was no longer his most memorable performance, but Travelin’ Soldier (which he performed with his daughter) was his new most memorable act.
EVENT

SHAKESPEAREAN SHENANIGANS

By Emily Campbell

The cast on stage during the production

Wednesday April 12th and Thursday April 13th some may argue are the best nights of the school year. Stanstead put on their annual play, this year a modern take on a twist of Romeo and Juliet, Othello, and Macbeth: Goodnight Desdemona, Good Morning Juliet. The play was spectacular, a lot of time and effort was put into this production. It payed off, showing a play that was second to none.

The play is about an assistant professor named Constance (played by Misha Hubacek) trying to reach her doctorate by proving Romeo and Juliet and Othello are comedies. She is trying to do this by decoding the hieroglyphics of a physicist names Gustav. She is in love with a professor who is leaving for Oxford for a job that she was hoping obtain. She begins throwing all of her belongings into a trash can and she falls into the world of Shakespeare. She ends up in the play of Othello where she changes the story and it slowly evolves into a comedy of her finding the missing manuscript pages. Later on in the story she ends up in Venice in the play Romeo and Juliet where she is mistaken as a boy and both Romeo and Juliet fall in love with her. Just as she did with Othello, the well known tragedy of Romeo and Juliet turns into a comedy. The play ends with Juliet and Desdemona helping Constance finding out her true identity and the manuscript pages; Constance then wakes up to realize that in fact she has been dreaming and it is her birthday.

This play was a delight to watch. It presented a brilliant mix of humour and spookiness so that the audience was on the edge of their seat the whole time. All of the main characters were amazing, especially Misha who played the lead role. The concept of the play was new and imaginative, and it allowed the audience to see Shakespeare plays in a different context. The smaller characters, like Guilherme the ghost, added so much to the play and it was clear that every person involved was having a great time. The choreography of the play was excellent, moving from one scene to the next. Every detail that could have been taken into account seemed as though it was.

These performers showed a lot of dedication and grit to get this performance to where it was when it was presented.

Shakespeare’s usual twist of comedy and mistaken identity was played up well by cast members Thomas Abott as Romeo and Marie-Soleil Marquis as Juliet. With boys dressing as girls and girls dressing as boys to try and win their respective loves, both audience and cast had lots of laughs!

Wednesday, April 12th and Thursday, April 13th are two nights to be remembered. Next year’s play will have to put a lot of work in to be able to come close to this year’s production.

Goodnight Desdemona, Good Morning Juliet is an amazing accomplishment for Stanstead College.

Thomas Abbott as Romeo.
HOROSCOPEs

Aries:
Get the ball rolling. Good things are coming your way soon. Keep your eyes open and be courageous!

Taurus:
Don’t give up! All your hard work and determination will pay off and amount to something. Push past your boundaries.

Gemini:
Have fun and let loose, take a break from all the stress and have a bit of fun. You can only work so much until you need to recharge.

Cancer:
If you push your boundaries and stay optimistic many good things are going to come your way.

Leo:
If you work hard then you will get what you want. Jump in and people will follow, be brave and you will get where you need to go.

Virgo:
Practice makes perfect; don’t stop working until it is what you want, you can get it. Don’t settle for less, settle for what you deserve, you deserve it.

Libra:
Do what it is you have been wanting to do, put your happiness first and you joy will rub off on those around you.

Scorpio:
All your ambitious efforts will soon pay off, don’t give up and it’ll work out. If you work hard enough you will get something out of it.

Sagittarius:
Go out and change what it is that’s been bothering you. If something isn’t working don’t be afraid to leave it, your happiness matters.

Capricorn:
Practicality is always good but don’t be afraid to dream. Go out and work for that one thing that seems slightly out of reach, you could be surprised.

Aquarius:
You know what you want, if you work hard enough you will be able to reach your goals.

Pisces:
Generosity and kindness is always good to give. If you keep optimistic and treat others with the kindness you are capable of good things will come your way.
LOCAL BUSSINESS

A SLICE OF HEAVEN

By Simonetta Gaumond

As most students attending Stanstead college know, Steve’s pizza is one of the most frequent-ed restaurants in the area. The history of this family owned restaurant dates back to over 40 years ago and is still running strong. Steve’s offers a delivery option for take-out meals instead of having to be seated at this location. This creates a bigger revenue, as well as a bigger diversity in its clients. Many Stanstead College students appreciate the delivery possibility that Steve’s Pizza offers because of it’s efficiency as well as it’s quick distribution.

When asked about what she would like to change or improve concerning the eatery, the owner answered that she would not alter any aspect of the food they serve. However, she explained how she would perhaps change the decor and setting in with her customers dine. Here, the employees show a positive attitude and are very respectable to their clients. For the owner, a good work ethic and being on time are a must for any worthy employee she hires. There are three pillars to her business of which she finds are most important and they are: a hard working staff, a positive work environment and an overall good feeling of the surroundings.

Outside Steve’s

As a Stanstead College student, I attend this pizza shop pretty often, although I order take-out more frequently. Even though this restaurant is named Steve’s Pizza, they serve many other meals such as burgers, hot-dogs, fries and poutine. Granted that these options are all very flavourful and scrumptious, the pizza is still the most popular meal for many. The dough used for these pizzas is delicious and it resembles more of a bread base than a pizza dough base. The toppings are abundant and of good quality. This tasty restaurant is opened every day besides Mondays. The portions are quite big and sell for a low, reasonable price. So what are you waiting for? Go visit Steve’s Pizza today and see for yourself how good pizza can really be.
“Our goal is to inform, interest and inspire our school community”

A huge thank you to all the students and teachers who made a submission to the third issue of *The Clarion*. Your ideas and articles helped this newspaper to be where it is now. We truly appreciate the help! We believe that *The Clarion* will continue to flourish from the contributions of our community!

Sincerely yours, co-editors Helen Yao and Morgan Ireland

Anyone who would like to submit their own articles, photos or any ideas to the next issue of *The Clarion*, feel free to contact us at newspaper@stansteadcollege.com. Feel free to give us any suggestions and comments concerning our newspaper, it will be greatly appreciated!