

Astrology

What Song I Would Give You Based On Your Star Sign

Bridget Scott

Everyone can say how astrology is fake and how it doesn’t tell you anything. I would probably agree with you but to me, it’s like a little personality quiz. You’re telling me you’ve never done a “what type of bread are you” BuzzFeed quiz? Right. Here’s what I would tell you Based on your Star Sign:

Sagittarius (November 22- December 21): Sagittarius you have a beautiful spirit. There is no one like you! (at least that’s what *Allure* says) You have passion, curiosity, intensity and can adapt to situations easily. Represented by the archer, you are adventurous and are not afraid to fight. You are a fire sign, so you scare me. Sometimes you’re passionate and not in a good way but most of the time you kind of slay. Listen to Taylor Swift’s the *Archer* and get back to me.

Capricorn (December 22- January 20): Capricorn you are represented by the goat. Don’t let that go to your head. I feel like you guys are always looked over, but you can be very resilient. As an earth sign you have the common trait of being set in your ways. The song I would give you is *Ribs* by Lorde because I feel like you guys keep trying to chase the great thing you felt at some past point in your life.

Aquarius (January 20- February 18): Aquarius you sound like a water sign but you’re actually an air sign and that makes me so mad and confused which is not good coming into this. You guys are highly intelligent but also big rule breakers even though y’all are sensitive... You’re represented by a man pouring water out of a jug low key makes me feel bad for you because that’s kind of boring not gonna lie. The song I would pick for you is any type of Olivia Rodrigo song since you want to be tough so bad but you’re actually really emotional.

Pisces (February 19- March 20): Pisces you are a water sign making you super emotional. That can be a good and bad thing. You jump into everything wholehearted and care deeply. When things don’t go your way though... that’s when it can get messy. You are represented by two fish swimming in opposite directions demonstrating the good and the bad that comes with jumping into things full force. The song I would give you is *Wicked Games* by Chris Isaak (since y’all want to be victim so bad).

Aries (March 21- April 19): Aries you are a fire sign, and sometimes said to be the firey of all. You are very passionate, bold, and a natural born leader who always wants to be number one. This intensity can sometimes get in the way. Represented by the ram you can be hardheaded sometimes. The song I would give to you is *Maneater* by Nellie Furtado. (please don’t be mad you scare me)



Taurus (April 20- May 20): Taurus you are an earth sign making you very type A and set in your ways. Represented by the bull, you can show your horns quite quickly if you don’t get your way. You are, however, ruled by Venus making you a lover but sometimes a fighter. You love comfort and luxury. The song I would give to you is *Rich Girl* by Gwen Stefani and the Hall and Oats version.

Gemini (May 21-June 21): Gemini you are an air sign. Represented by the two faces, some might say you are two faced. I believe it shows having so many interests and passions one face cannot keep up. You are very go go go and have a need to do everything you can in a day. The song I would give you is *Static* by Steve Lacy.

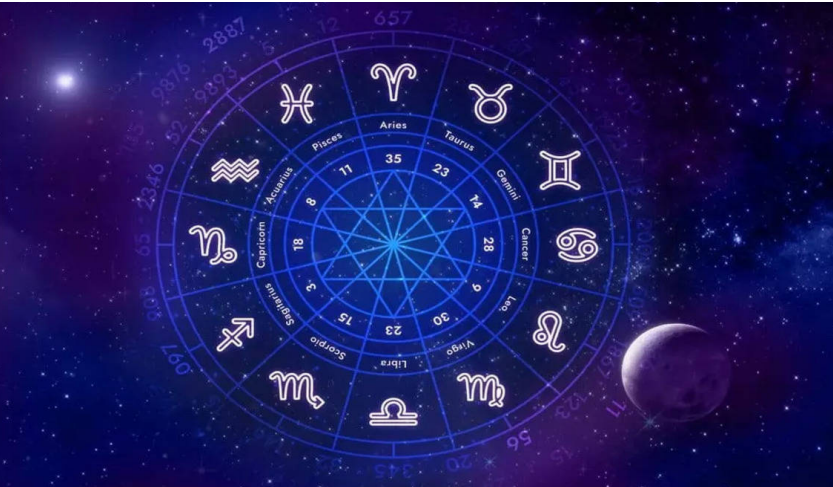
Cancer (June 22- July 22): Cancer you are the second water sign, so very emotional. Represented by the crab, you are very attached to water and emotions. Not to say being highly sensitive is a bad thing, you can pick up on emotions and read a room quite well. Being very compassionate I feel you can sometimes be taken for granted. The song I would give you is *Silver Springs* by Fleetwood Mac.

Leo (July 23- August 22): Leo you are a fire sign so you’re full of yourself. Represented by the lion (duh) you give off beauty and self-indulgent energy. I feel like you have drama filled relationships but its only because no one can keep up with someone as hot as you. The song I would give you is *Primadonna* by MARINA.

Virgo (August 23- September 22): Virgo can you say, “my way or the highway”? Being an earth sign you again, are very type A and practical when it comes to your life. You like your things the way they are and find pleasure in being an at home body most days. Represented by the goddess of wheat and agriculture, you have that goddess energy. The song I would give to you is *This Is Me Trying* by Taylor Swift (hard pill to swallow?)

Libra (September 23- October 23): In the words of Nicki Minaj “I love Libras!!”. Libra you are an air sign represented by the balancing scales. This put into perspective how calculated you are with emotions and life. You are also ruled by Venus giving you a fountain of beauty and love. The song I would give you is *Dreams* by both Fleetwood Mac and The Cranberries.

Scorpio (October 24- November 21): Scorpio you are a water sign (emotional, yikes) and represented by the scorpion. Most people think you are a jealous, emotionally unavailable and heartless person. Some might be correct but deep down you are a sensitive and driven person who is intuitive. Sometime misunderstood, Scorpions have a lot to offer and aren’t as miserable as one would think. The song I would give to you is *Linger* by the Cranberries (since I know you need a good cry).



Film Review

Gareth Edwards Revives the Sci-Fi Original

In a time where original films are sparse to none, it is refreshing to see an original sci-fi flick in the form of *The Creator*. After a seven - year hiatus, Gareth Edwards returns to the big screen to deliver what may be one of the best science fiction films of the year. With compelling performances, astonishing visual effects as well as timely subject matter, *The Creator* stands tall even if its themes fall short.

Set in the mid 21st century, AI have become part of daily life, that is until a nuclear warhead detonates in Los Angeles, starting a war between the United States and the robots that supposedly caused the attack. Sargent Joshua Taylor (Washington) is tasked with finding a new weapon developed by the AI’s creator, Nirmata, and destroying it.



<https://www.imdb.com/title/tt11858890/>

To some extent, you can see just how easy a hitman does his job with the help of companies like Amazon and such. My one grip is the ending, which felt very anticlimactic after all that The Killer has been through, but I'll leave that for you to decide.

Michael Fassbender is cold and stylish in the lead role. Even after a four-year hiatus, I can say he still has it. Fassbender gives a quiet (most of his speaking is narration) and weighty performance that leaves you nothing but intrigued. We're reminded constantly that he is a monster, but I was still rooting for him. His character is precise, very efficient at his job, formed in *The Creator* is fascinating, and within the first few minutes, I was hooked. Edwards takes his time introducing us to a world ravaged by war and divided over AI, and his vision is quite something. The story resembles that of District 9 and Elysium quite closely, and while that may be a turnoff for some, I didn’t mind.

The Creator’s subject matter, while timely, could’ve been explored more. The themes such as man vs machine as well as the impact of Artificial Intelligence among others were present but felt shallow. They’re certainly there on screen, but the script doesn’t allow for them to be examined to the fullest extent, which left me somewhat disappointed. The film is narratively driven, so to have that extra nuance would’ve been a major positive.

John David Washington as the film’s lead Taylor is terrific, playing a quiet, not too likeable protagonist who’s haunted by his past. While he may be the lead, the standout is Madeleine Yuna Voyles as Alphie, the young AI/weapon Washington’s Taylor is in charge of protecting once he discovers its true nature. She and Washington deliver some truly heartbreaking moments together, thanks to Edwards’ strong direction, to the point where I felt emotional. May I add that this is also her debut feature, which is simply incredible!

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<https://sudoku-puzzles.net/sudoku-hard/>

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<https://www.pinterest.ca/pin/226939268702993233/>

carol	Christmas	holly
merry	presents	Santa
star	tree	wreath

Fincher’s Cold, Calculated Thriller Hits the Mark

Daniel Brzak

"After a fateful near miss, an assassin battles his employers, and himself, on an international manhunt he insists isn't personal."

David Fincher has always been a personal favorite of mine, directing films such as *Se7en*, *Zodiac*, and *The Social Network*. His gritty, meticulous style of filmmaking has always stood out, and he brings his A-game with *The Killer*: a precise, entertaining thriller that we rarely get nowadays. With Fincher's craftsmanship, Michael Fassbender's commanding performance, and the film's tight screenplay, *The Killer* may be one of the best action films of 2023, and maybe the top thriller.

For starters, David Fincher proves why he is an auteur director, and perhaps one of the best for the past 30 years. Through the precise framing, color grading, and steady cinematography, you can feel the care that was put into this film. The fight scenes are meticulously handled, and one fight scene involving The Killer and a character simply known as The Brute was a personal favorite. Fincher seems to be calling back to his usual strengths in his earlier works, and it is so refreshing to see him back in form after his different approach to 2020's *Mank*. He may have made similar stories before, but I'm not one to complain.

Andrew Kevin Walker's screenplay, based on the French graphic novel of the same name, is tight and focused. Fincher and Walker set the pace and nothing feels rushed inside the 118-minute runtime. From the moment our protagonist foils his assignment, *The Killer* unfolds into a familiar but fascinating story of revenge and perfectionism. At the same time, *The Killer* may also be one of David Fincher's funniest films, with several moments filled with dark humor and multiple familiar brand names used throughout the film.

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Michael Fassbender is cold and stylish in the lead role. Even after a four-year hiatus, I can say he still has it. Fassbender gives a quiet (most of his speaking is narration) and weighty performance that leaves you nothing but intrigued. We're reminded constantly that he is a monster, but I was still rooting for him. His character is precise, very efficient at his job, and repeats the same mantra: "Stick to the plan. Trust no one. Anticipate, don't improvise. Forbid empathy. Empathy is weakness. Weakness is vulnerability."



From the first few minutes and this monologue we learn a good portion about his character but is still somewhat blank in anything outside his hitman profession, which puzzled me a bit. Nevertheless, it's great to see Fassbender return after a four-year hiatus. Another standout is Tilda Swinton, who through only one scene, proves herself to still be a powerhouse name. The technical aspects of *The Killer* are immaculate and slick. Cinematographer Erik Messerschmidt, who collaborated with Fincher on *Mank*, delivers stylish and smooth shots that one would see in a Fincher film. The editing by Kirk Baxter is sharp, and the sound design is on point. I also really liked the soundtrack, prominently featuring The Smiths among others. The theatrical experience certainly made my viewing even better than I imagined it would be, and I'm so glad one of my local theatres showed it.

David Fincher reminds us of his prestige and talented execution with his newest feature. His calculated and precise approach heightens *The Killer* above a solid number of his previous works. Fassbender's return to the big screen is a homerun and proves that he never lost any of his talent. Consisting of a tight screenplay, commanding performances from Fassbender and Swinton, as well as sharp, slick technical aspects, this is an assassin story you will want to watch more than once.

A Note from the Editors Hannah Linsangan and Gabby Denis



Hey St. Paul's!

Welcome to the Paulinian Fall 2023 Issue! We are your co-editors Hannah Linsangan and Gabby Denis. As first year students, we were excited to see where university life would take us, and in the first few months we discovered the joys and challenges in adjusting and adapting to the new environment. Joining St. Paul's College allowed us to connect with new people, get involved with the community, and find our footing as we navigate our first year. Our goal for the paper is to bring awareness to current events, from those happening on campus to those happening around the world and highlight the interests and talents of the college's brilliant writers. We want to thank all who contributed to the making of this issue, and we hope you enjoy reading!

P.S. Don't forget to follow the SPCSA Instagram @spcsa to stay up to date!

Will Wab Kinew lead Manitobans out of the homelessness crisis?

Elle Wood

The newly elected premier of Manitoba, Wab Kinew, pledged during his campaign that his government would put an end to chronic homelessness within two terms. That means he aims to end homelessness in eight years, which would be extraordinary for Manitobans. Homelessness and affordable housing have been a consistent problem in Manitoba for many years.

A CBC News Investigation found that over 5,300 people are currently on the waitlist for Manitoba Housing and that from 2015-16 to present, the provincial government cut funding for improving Manitoba Housing buildings from \$120 million to \$37 million in 2021-2022¹. Kinew stated that his provincial government will explore establishing a new program modelled after a proven project that took place in Houston, Texas. Using this model, Houston was able to reduce homelessness by 63% by partnering with local organizations and stakeholders². The government of Houston sent workers to go into homeless encampments and immediately rehoused people into available housing.

Manitoba’s new program would follow Houston’s model; however, in addition to addressing immediate housing needs, including investing in the repair and increase of housing stock, it would also invest in addictions and mental health supports, targeting some of the root causes of homelessness. If this plan is implemented, it would align well with one of End Homelessness Winnipeg’s goals, to increase housing units by 1,340 by 2025³; but what will happen with the province’s first-ever homelessness strategy, “A Place for Everyone”?

The Government of Manitoba stated that in 2018 there is an over-representation of homeless among Indigenous people “due to intergenerational trauma and harms of colonialism and structural racism.”⁴



https://www.mbndp.ca/ndp_pledge_to_end_chronic_homelessness_with_houston_model

It will be important to see how this will be addressed as Kinew and his newly formed government begin exploring the next steps of decreasing chronic homelessness in the province – a plan that promises a six-week timeline to reach all those living without homes “to be able to live with dignity.”

[1] <https://www.cbc.ca/newsinteractives/features/manitoba-housing-crisis#:~:text=A%20CBC%20News%20investigation%20found,over%20%2C000%20units%20sit%20vacant.>
[2] https://www.mbndp.ca/ndp_pledge_to_end_chronic_homelessness_with_houston_model
[3] <https://www.winnipegfreepress.com/breakingnews/2023/10/12/end-homelessness-winnipegs-target-goal-date-will-need-to-be-revisited#:~:text=By%20contrast%2C%20an%20EHW%20goal,2025%20to%20achieve%20the%20target.>
[4] https://www.gov.mb.ca/fs/homelessness/print_developing_homelessness_strategy.html

The Stick Speaks!

Bridgett Scott

Hello St. Paul’s! For those who do not know me, my name is Bridget Scott, and I am this year’s St Paul’s College Senior Stick. The word “stick” is a Manitoban way of saying “president” and is quite an odd word to use but has its traditions and roots just like the College. Speaking of tradition, I find myself in my role of Senior Stick having come from tradition. Following in my family’s footsteps, my father was Senior Stick in 1990 as well as my brother in 2019. Having both of them before me has really prepared me for my role on council and helped me find an appreciation for what goes on behind the scenes and for my fellow council member who have worked so hard as a team to make sure students are receiving the best possible experience on campus.

I found myself a little lost in my first year on campus but becoming a member and getting involved helped me come out of my shell and make connections I wouldn’t have had if it wasn’t for the College. Coming onto the executive council as UMSU Rep in my second year, I quickly understood what my family meant when talking about the great times they had at St. Paul’s. After Covid hit in my third year keeping members engaged got quite hard, especially as events director. We managed to have the University’s first social back and it was a major success. In my position as Vice Stick last year, I got to have a crash course in what it looks like to take on more responsibility and help make decisions for the students at the college. Now as Senior Stick I can navigate meetings with Admin, join different council groups, and relay information to the executive council with ease.



I can honestly say my time at St Paul’s has been filled with the best memories and have met the best people on and off council. As the semester comes to a close and my time at the University of Manitoba starts to end, I wish everyone has an experience like mine and gets involved in some way. I hope everyone has an amazing year and I cannot wait for everyone to see what our council has instore! Stay tuned for more social updates on our Instagram @SPCSA.

Cheers!

Making Soap from Fryer Oil

Kiara Calista

It may seem strange, but did you know that used cooking oil can be repurposed into a bar of soap? Cooking oil can be a waste product that is difficult to dispose of. It can't be recycled, composted, or poured down the drain, so it ends up in our garbage bins¹.

The process of soap making, or *saponification*, involves chemical reactions between triglycerides (fat molecules) and sodium hydroxide (lye) which produce soap and glycerol². Any fat can be used in this process - lard, olive oil, coconut oil, and vegetable oil all work great.

The used cooking oil can be purified by warming it on low heat and pouring in a solution of cornstarch and water. The cornstarch will solidify and trap all the floating particles. The process of soap making³ must be carried out with extreme care and proper protective equipment such as a lab coat, gloves and safety glasses. The lye solution is made by slowly pouring sodium hydroxide into water. As a note of caution, you must never pour water into sodium hydroxide as this will cause an explosion. Once the sodium hydroxide solution is mixed, it can be poured into the filtered oil and blended with an immersion blender until it reaches a thick cream consistency. The mixture is poured into a soap mould and left to cure for 3 weeks. Any desired colours, or scents can be added after grating and melting the soap.

Processes like soap making repurpose materials headed for the landfill. They represent ways in which individuals can reduce their waste and present potential business opportunities for giving cooking waste products a new life⁴.



<https://www.pexels.com/search/handmade%20soap/>

The Forgotten

Fasanmi Oluwatomileye

As I lay awake thinking of what could have been,

I realize that there is no other way,

A way to retract, A way to turn back.

Should I have known these would be the results of my actions,

There's no way I could have known,

No one told me, No one tried,

Where was this when I needed it,

Another option or another method.

Like sheep with a Shepard,

Left, Right, Front, and Back,

Round and round like Mary's little Lamb,

I followed without direction.

Was I warned about this,

I am unsure.

But if I was,

Why didn't I listen,

I must have been a fool,

In love with worldly pleasures.

But now that my time is almost up,

I think to myself,

What a life I've lived.

I'm proud of myself, least I think I am,

With nothing to show off

I'll leave this place,

Like passing wind,

It'll be like I was never here.

[1] Cunningham, Katie. "Greased up: Cooking Oil Can't Go down the Drain – so How Do You Dispose of It?" *The Guardian*, July 18, 2023, sec. Life and style. <https://www.theguardian.com/lifeandstyle/2023/jul/19/how-to-dispose-of-cooking-oil-australia-cant-go-down-sink>.

[2] Vidal, Natalia Prieto, Oludoyin Adeseun Adigun, Thu Huong Pham, Abira Mumtaz, Charles Manful, Grace Callahan, Peter Stewart, Dwayne Keough, and Raymond Horatio Thomas. "The Effects of Cold Saponification on the Unsaponified Fatty Acid Composition and Sensory Perception of Commercial Natural Herbal Soaps." *Molecules : A Journal of Synthetic Chemistry and Natural Product Chemistry* 23, no. 9 (September 14, 2018): 2356. <https://doi.org/10.3390/molecules23092356>.

[3] *Making Soap from Used Cooking Oil - REMIX EL BARRIO*. Accessed November 20, 2023. <https://www.youtube.com/watch?v=IEkOTILamNU>.

[4] Fab Lab Barcelona | Research, education, innovation centre. "SISCODE - Remix El Barrio," October 16, 2020. <https://fablabbcn.org/projects/siscode-remix-el-barrio>.



<https://wisportsheroics.com/milwaukee-bucks-giannis-antetokounmpo-damian-lillard-team-up135221-2/>

Sports

Will the Dame x Giannis Team-Up Be Enough to Secure it All?

Hans Alday

As you may have heard, the NBA’s long-awaited trade has finally occurred. On July 1st, 2023, it was announced unsurprisingly that the King of Portland, Damian “Dame Time” Lillard, had requested for a trade. Following rumours of trades towards the Miami Heat, Brooklyn Nets, and other teams, on September 27th, 2023, the Milwaukee Bucks swept from beneath and acquired Dame in a blockbuster 3-way deal with the Portland Trailblazers and the Phoenix Suns.

But the question everyone is asking is: will this be enough to secure the Bucks their 2nd Championship title since 2021?

Damian Lillard is coming off an historic individual season with an average of 32.2 points, 7.3 assists and 4.8 rebounds¹. He became the All-Time leading scorer for the Trailblazers on December 19, 2022, and is a seven-time All-NBA selection (NBA). Meanwhile, on the Bucks, their king, Giannis Antetokounmpo, the 2-time MVP, is also coming off his own historic season as well. Giannis averaged 31.1 points, 11.8 rebounds and 5.7 assists in 63 games². Thus, the two combined brews double the trouble for all teams in the NBA.

While both are incredible individual players, one of the determining factors for success is their chemistry on the court. With Damian Lillard as the guard and Giannis Antetokounmpo as the forward, their duality may prove to be similar to Kobe and Shaq or even (though far-fetched) MJ and Pippen. The duo could effortlessly score off a pick-and-roll with limitless opportunities to get a bucket. Specifically, Dame’s deep shooting range can allow for an easy shot off the screen while Giannis’ slashing ability can grab an easy bucket at the rim. However, they are not out of the woods, just yet.

In the attempt to acquire Damian Lillard, the Milwaukee Bucks had to sacrifice some depth within their team. Within the trade, the Bucks had given away Grayson Allen who was a playmaker, Jrue Holiday who was a key defensive piece, a first-round pick and two first round pick-swaps. Thus, while Dame can easily suffice for Allen’s disappearance, Holiday’s defensive absence will be apparent. Although the Buck’s bench players are solid, it is safe to say it will not be an easy battle for the title. To add difficulty, the Bucks were not the only team who revamped over the off-season.

Other potential threats for the championship include the Boston Celtics, the Miami Heat, the Philly 76ers in the East and the Sacramento Kings, LA Lakers, and the defending champs, Denver Nuggets in the West. Most notably, the Boston Celtics have acquired Jrue Holiday to increase their defensive presence on the court. To add as well, the Miami Heat still hold an opposable threat to the Bucks in the East, especially considering last years’ playoffs when the Heat (8th seed) conquered the Bucks (1st seed) four wins to one. In the West, the Nuggets still hold their daunting duo of Jamal Murray and Nikola Jokic; a perfect matchup against Damian and Giannis.

Thus, while the bolstering Bucks have acquired Damian Lillard, the Bucks have simultaneously lost a key defensive presence while other teams have increased and maintained their calibre. Therefore, it would be safe to say, barring any unforeseen injuries, the Milwaukee duo is without-a-doubt a play-off threat, but as for a championship team... only time will tell.

[1] <https://www.si.com/fannation/nba/fastbreak/news/portland-trail-blazers-damian-lillard-tweet-los-angeles-lakers-lebron-james-viral>
[2] <https://www.nba.com/news/bucks-giannis-antetokounmpo-extension>

Word From the Rector!

As the son of Paul Adams, the first editor of the Paulinian, I am honoured to be part of the Fall 2023 Issue of The Paulinian for the new academic year.

This past September has been quite busy for all our students, with orientation, first classes, the opening awards ceremony on September 24th and other events.

In August of this year, we were greatly saddened by the passing of Dr. Arthur Mauro who was the instigator for the establishment of the Arthur B. Mauro Institute at St. Paul's College. His legacy lives on in so many ways. This includes the great number of graduate students in the Peace and Conflict Studies program who do their work here in the College, and the other initiatives to promote peace and justice both locally and globally.

Our St. Paul's College community has had many successes in the past few months. This includes welcoming a refugee husband and wife from Afghanistan, Abudulla Erfan and Mumini Saadat, who are not happy in their new apartment here in the city. In conjunction with the UM, we are making great strides in making St. Paul's College more accessible. This includes constructing a new accessible washroom on the main floor of our South Wing, next to the Mauro Institute, and installing an elevator in our South Wing to give access to all three floors. This work will commence in May 2024.

We are starting to plan for our 2023 Centennial Year, with the first endeavor being to repair the tiles on the exterior of our Christ the King Chapel.

In the meantime, I want to welcome all our students to our good College. Let's have a great year!



“At St. Paul’s, we value each person, the community, social justice, the search for truth by faith and reason, and ecumenical and inter-religious dialogue.”



The Latest Updates

Social Coming in the Winter Term

Stay tuned for the Passport Social. There will be free pizza and snacks. Be sure to buy a ticket to be entered for a chance to win a \$300 West Jet gift card! Members get two entries, get your ticket before they are sold out!

Free Food at St. Paul's

Make sure you're following @spcsa on Instagram to get live updates on free food each month. You can get delicious food from the Belltower Café and so much more!

Calling all Writers!

Want your voice to be heard? Sign up to be a writer on our Instagram forms and submit your best works. Hope to hear from you!