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CANDLES

Anna Hernandez

Recently, to get into the fall spirit, I've taken to lighting candles every evening, and sitting outside on the deck, watching the sunset. I started because a character from a tv show did it, but I never truly understood why. On the first evening, it clicked.

I'm not sure what it is, perhaps simply seeing an element at its best, but just observing a flame on a wick, burning both passionately and serenely, calmed me to my core. An article by WebMD pointed out that "mood and scent are closely linked. This connection happens because odor molecules from the candle's scent connect to proteins along the inside of your nose and create electrical signals. These signals interact with a part of your brain called the limbic brain and affect your emotions, thoughts, and memory. Some scents can help lower blood pressure and heart rate and change brain activity" (Whitten). In my experience, I definitely feel calmer after spending 10-20 mins with a candle burning in the background. Sometimes I'll read a book, or maybe I'll just watch the flame flicker.

In fact, candles have been in use for over 5,000 years. The very first candles were made by the Egyptians, who soaked the dried core of a plant called a rush in melted animal fat.



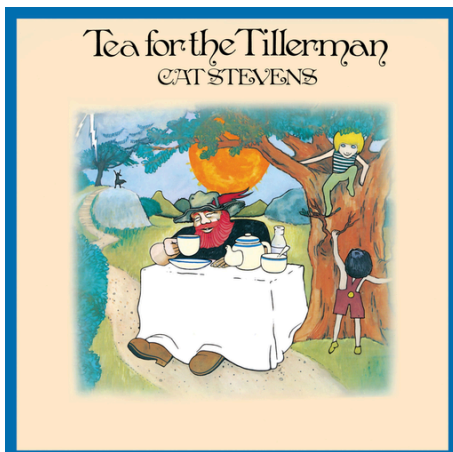
Rudimentary, but it worked. And, it evolved. An article by Creative Candles says that "it was the Romans who are thought to have made the first wicked candles by wrapping a roll of papyrus round a length of twine and dipping it repeatedly into tallow, a rendered form of beef or mutton fat. The Chinese used rolled rice paper as wicks; in India, wax was made from the fruit of the cinnamon tree, and tribes in Alaska and Canada used the eulachon fish as a candle - a fish so oily that once dried they will burn like a candle when you light one end"(Creative Candles). Over the course of 3,100 years, candles changed, and adapted, until they became the candles we see now. Candles can take several different shapes and forms, scented, or not scented, beeswax, or soy wax, candles have changed over several centuries, yet the concept has remained the same.

After spending some time watching the candle, I usually feel a bit sleepy. Perhaps it is because it's dark outside, and so my brain knows that it's nighttime, but I definitely feel that the light from the candle comes into play. A piece by Nellamoon states that "the flame of a candle can soothe us, but it can reduce our stress, while also increasing our self-awareness. This is done because the low light coming from a candle is captured instantly by your eye. The light is sent straight to your brain, and our association with candlelight helps us to calm down". It gets especially mesmerizing when it gets dark, so the flame is the only source of light. Candles for me will forever be a precious reminder of the original source of light the early humans discovered, and so I will treasure it.

I'm very happy I've discovered the magic of candles, and the self-awareness they bring. For me, they are a reminder to stay present, and appreciate what you have. I suppose you could also take the metaphor of a candle in most aspects of life. A candle needs air to keep it alive, but if it gets too much oxygen, it'll die. If it gets too little, it'll die as well. A healthy balance is what keeps it going. If you're feeling bored this autumn season, light a candle. It'll brighten up your day.

5 SONGS TO GET YOU IN THE MOOD FOR FALL

Chantelle Oko



Father and Son by Yusuf/Cat Stevens

"Father and Son" by Cat Stevens is nothing short of a melodic folk rock masterpiece. The instrumental begins with a slow but bright and euphonious guitar tune, creating a certain mood that feels like autumn. The song builds up and the guitar becomes accompanied by Cat Stevens unique but somehow classic voice, and later on percussion begins, that dramatizes the song even further. Similar to traditional folk music or ballads, Father and Son tells a story. The story follows a father and his son (shocker), the way it is performed however, makes this song stand out from others. Cat Stevens presents the emotional exchange between the father and his son by singing the father's "dialogue" in a deeper register, while the son's parts are in his higher range. The song is full of emotion and realization on the father's end. He speaks of a new beginning for his son, and finds it hard to let his son shed his warm toned leaves and grow greener ones. Although Cat Stevens writes about the heartbreak of a father, it is an incredibly easy listening song, because the lyrics are not overly abstract and can be applied to one's own life experiences. Father and Son always makes its way onto autumn playlists because the combination of the folk rock and emotional but digestible lyrics create a melody that bestows a strong feeling of comfort upon the listener, making it a must listen for this season.



Look On Down From the Bridge by Mazzy Star

“Look on Down From the Bridge” by Mazzy Star encapsulates the melancholy feeling of the fall season. Hope Sandoval's voice is nothing short of angelic, it compliments the somber instrumental composed by David Roback that can be compared to hearing rainfall on an autumn night. His use of organ in the intro is joined by a haunting guitar riff that sets the introspective mood of the song. In majority of Mazzy Star's discography the lyrics are primarily surrounding romance, this song is unique in the way that the lyrics are up for interpretation. Some believe the song is about a woman saying goodbye and jumping off the golden gate bridge, while others tend to believe that they are words written in a letter to say goodbye. However you interpret this song, the lyrical imagery stays prominent. When the instrumental and lyricism compliment each other the song has the ability to create an atmosphere that allows you to truly reflect.



Dogs and Thunder by The Weeping Tile

As the seasons change, and the weather becomes colder there is a certain feeling of nostalgia lingering in the air. “Dogs and Thunder” is written by Sarah Harmer, and many believe it is about her reminiscing on the times she spent with her childhood dog when he was in his last days poor in health. However, the song has been interpreted in many ways because Harmer never revealed the true story behind it. Listening to the acoustic guitar with soft piano sprinkled throughout the song is enough to cause reminiscing of personalized memories, making the listener feel with the artist. As the song's passion builds up you hear trickles of strings throughout the track that gives prominence to the emotional value found in the song. Another aspect of the melodies that deserve recognition are the piano trills before the instrumental breaks, they conjure a platform for the guitar to play off of, creating a harmonious sound that is easy listening.

“Dogs and Thunder” by the Weeping Tile is a rare song that capsulizes those memories that come to us during the autumn season, and embraces the past creeping up on you as it forces its way into your mind. This song wouldn’t be what it is without Harmers voice accompanying the instrumental. She sings in a way that is soft spoken and genuine, producing a sound that holds you and makes you feel warm, which is crucial for the cold weather. The Weeping Tile wrote this song for when the days grow colder and the nights grow longer, and they succeeded.



Cupid de Locke by The Smashing Pumpkins

Have you ever wished you could physically feel a song? Cupid de Locke would feel like a light but crispy autumn breeze that tickles your arm. The Smashing Pumpkins never failed to compose some of the most genius instrumentals in the early 1990’s rock scene, always complimented by Billy Corgan’s breathy while still passionate voice. The combination of harp arpeggios, shakers, and other household items that the Smashing Pumpkins used, make this track incredibly unique, especially compared to their sound in their earlier albums.

Accompanying the instrumental are lyrics that hold some history. “Cupid de Locke” is a reference to Matthew Locke, who was a baroque music composer in the 17th century. He wrote for the musical “Cupid and Death” hence the name of this 1995 banger. Baroque music is known for its energetic spirit, as well as dramatic stylistic diversity. The Smashing Pumpkins took the idea and sampled the sound of baroque music, morphing it and making it their own. This song is ideal for fall because the feeling of summer fleeting can be despairing, and Cupid de Locke encapsulates that. Knowing the inevitability of something leaving is harsh but at the same time it is routine. Corgan wasn’t specifically referencing the changing of seasons, but the change seen in a loved one leaving.



Life on Mars? - 2015 Remaster by David Bowie

“Life on Mars?” is an entire listening experience, and it’s recommended that you buckle down and prepare yourself for hearing it for the first time. It climbed the U.K. charts after its release in 1973 and made it to number three, displaying Bowie’s growth as a singer, performer, and songwriter.

“Life on Mars?” is incredibly dramatic, melodious, and it sounds phenomenal through headphones on full blast. Bowie was highly inspired by Frank Sinatra’s “My Way” while writing this song, he saw Sinatra’s rise to fame after releasing his song full of triumphant declaration and thought ‘I could write something like that’.

Similar to Yusuf/Cat Stevens ballads, David Bowie tells a story in what is now known as a glam rock masterpiece. He wrote the song fairly quickly after simply humming a melody that stuck with him, later that day he completed the rest of the song on his piano. Bowie writes, inferring the effects of Hollywood on people who live there, as well as following a girl who uses the cinema to escape her reality. “Life on Mars?” is exciting to listen to with its numerous layers of instruments all working together in harmony. Bowie's music rings in your ears for hours after listening, and the way he writes messages into his songs, and accompanies them with earworms of melodies has inspired many artists after him like Sinatra did for him.

SUMMER 2024 ALBUM REVIEWS

Gabriel Guzman, Myazelle Tuazon



Underdressed at The Symphony by Faye Webster

I have only just started getting into Faye Webster although she’s had some very popular tracks but underdressed at the symphony was the final push that got me listening to her discography. This album has some of Faye Webster's usual jazz elements that she puts in all her albums but she experiments more with rock such in the song lego ring with Lil Yachty. This album brings a strong fuzzy feeling to your soul with Faye’s gorgeous vocals that makes all of her music and this album especially stand out in today’s insane amount of music.

This album has some truly exceptional songs that even with so many listens to the album it still brings me chills when I listen to them. But not kiss is one of the biggest stand outs as the lyrics of the song show so much about her feelings on relationships, showcasing her emotions on relationships with lyrics where she says “We’re meant to be but not yet”. Showcasing her feelings of not being ready for a relationship although she cares for the other person dearly. Or songs like ebay purchase history that are simply fun and relaxing to listen to whenever.

My favorite songs from the album that everyone should listen to are underdressed at the symphony which is a gorgeous melodic beat backed with Faye’s vocals that work especially in this song. He loves me, yeah! Is also another favorite with its perfect simplicity with little lyrics but expressing how strong the bond between her and her partner is with a catchy chorus that gets stuck in your head. If you want an exceptional album to listen to at this time of the year, give this album a listen.



This is How Tomorrow Moves by Beabadoobee

I enjoyed this album so much. I have been a fan of her since 2018-ish, right before she started to get popular so it might be a little biased. Although this album was released in August of 2024, there is something about the songs of this album that captures a sense of freshness and new beginning.

In contrast to her previous albums, *Beatopia* and *Fake it Flowers*, there's something about it that sits in between the two vibes of the albums. Everything about it is almost nostalgic, the feeling of the music itself and the writing of the lyrics. The sound of the album gives you The Cardigans vibes, it's a very lighthearted album, in contrast to *Beatopia* and *Fake it Flowers*.

Beatrice Laus' album reeks more of frolicking in fields and your head is out the window of a car while it drives on during a summer evening. As much as it is fresh, it is also very healing. Songs like "Girl Song" and "This is How It Went" are sad but the lyrics are very much relatable and it gives you a sense of reassurance that you are not alone in things you go through. It is okay to do so.

"Beaches" has to be one of the best songs on the album due to the fact it's almost like again, reassuring. It covers feelings of coming to terms of your emotions and acknowledging failures in your life. The line "Don't wait for the tide just to dip both your feet in", just tells you to just go for it and even if you fail, it is an album you can put on in your room and you can clean to it, jump on your bed, cry, read a book, dance, this album has so many sounds that sound so good together, the overall flow, lyric writing, and dynamic of the album is fantastic.



Submarine by The Marias

Truly a dream when you're having a hot chocolate with little marshmallows inside, while it's raining outside, reading slowly, absorbing every word on the page. You're on your couch with your album of choice blasting in your headphones. But the album has to be something that perfectly encapsulates the mood you're going for. Something dreamy, even ethereal that could bring you to another place but very upbeat to contrast the darker tones of the album at times.

A great answer for this problem is *Submarine* by The Marias. It's a beautiful alternative indie album that everyone should be listening to when fall time comes.

This is the second studio album from The Marias after the well-received *cinema*, but *Submarine* is an even more mature album with themes of loneliness, heartbreak and change. The album is a rollercoaster of emotions, starting with hypotonic rock songs like "Hamptons" to upbeat, exciting songs such as "Run Your Mouth", a techno beat that gives you a dance break in your reading, following with gorgeous ballads like "Ay no Puedo" and finally ends with "Sienna", a heartbreaking ending to a gorgeous album.



Charm by Clairo

Same with *Clairo*, in a way, *Charm* by Clairo is almost an intimate album. Even when looking at the album cover, it's incredible. It's very cozy and warm, it reeks the smell of cinnamon and chai. The way her voice goes with the songs is so soothing. It's a very lounge-y album, it has the type of songs that are comfortable to the point it can be used as background noise around the house.

The lyrics and concept of the album cover cherished experiences that Claire Cottril had familiarity with in her life.

Songs like "Echo", "Juna", "Slow Dance", and "Terrapin" are songs that are very endearing. Concepts of getting to know someone, waiting for someone you really adore, and really questioning if you should really go through with it. It is like the development into trusting someone and really knowing if you could create intimate and cherished memories along with the little moments with the person you could spend time with. "Pier 4" really covers what it is like when someone leaves, which is a part of a relationship, a part of life. Friends, lovers, anyone could just leave from your life. Knowing what you could have done and what you did not do, the thought lingers. These songs are so casual it goes well with an outfit. This is a contrast to her album, *Sling*, which was similar but to songs like "4EVER", and her album, *Immunity*, huge jump to something more cozy. Just like Beabadoobee, she was a Bedroom Pop artist growing into more indie and this album just covers what else I needed that *This is How Tomorrow Moves* doesn't give me. It's a good contrast and it's also a 10/10 for me.



**LIVE PHOTO OF GABRIEL AND
MYAZELLE LISTENING TO THE
ALBUMS!!!!!!**

The Classic ✨ PSL ✨

As soon as the first leaf falls from its stem, Starbucks has already whipped out their fall menu and ready to make tons of dollars in profit. I think that everyone can agree, we have a weakness for all things “pumpkin spice” the moment September 22nd arrives. The sweet smell of the drying leaves makes me want to get my hands on a PSL (Pumpkin Spice Latte), at the astonishing cost of \$6.77. Let’s be real here... is \$6.77 a reasonable price to pay for a cup of coffee? Probably not, and according to my calculations buying a PSL 5 times a week comes to a total of \$33.85 per week, and \$135.40 per month. So, why not save a couple of bucks and learn to make it at home.

Ingredients:

2 shots espresso
1 cup milk of choice
3 tablespoons pumpkin puree
1-2 tablespoons maple syrup
1 teaspoon pumpkin pie spice
1 teaspoon vanilla extract
whipped cream

Procedure:

Warm up milk over stove
Pour espresso shots in a mug and combine pumpkin puree maple syrup, pumpkin pie spice and vanilla extract together with coffee.
Pour warmed up milk over coffee mixture.
Add whipped cream on top and enjoy!

Adapted from: “Ambitious Kitchen”

ST. MARTIN DE PORRES - A TRUE SOCIAL JUSTICE WARRIOR

Felipe Grossling

On November 3rd the Church celebrates the feast of one of her extraordinary saints. As much as I am tempted to write a piece on the Solemnity of All Souls which is two days prior, I am compelled to write something about this remarkable man. His witness is an example of how the ways and wisdom of the current age can easily be off the mark.

Martin was the illegitimate son of a Spanish nobleman and a freed African slave with indigenous descent. Being of mixed race in Peruvian society during the sixteenth century put Martin under the scorn of many people. His mother, abandoned by Martin's father, was left to work her fingers to the bone for the survival of Martin and his sister. At age fifteen, Martin entered the Dominicans but only as a volunteer since Peruvian law forbade people of mixed race to enter a religious order. Some years later, the Dominican convent ignored the racist laws and Martin professed vows as a Dominican brother. He worked tirelessly aiding the poor and the sick, employing the medical training he had received even though he was not a doctor.



ST. THOMAS AQUINAS REGIONAL SECONDARY SCHOOL

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Martin also was associated with many miracles such as healing, bilocation, and reading souls. In one example, when an epidemic had broken out, the friars who were infected had to be locked in a room to avoid spreading the disease. Martin, who did not have a key to this room, was noted as walking through the walls (or bilocating) to minister to his sick brothers.

Why is this worth noting?



Because in the lens of the sixteenth century, many people would not have expected Martin, a man of very humble origins, to be given such incredible graces and gifts by God to serve others. But God did, because the status of the world and the justice of the world does not necessarily coincide with how God sees us - nor does it affect the way that God sees you. For all those reading this piece, I want you to let that sink in. It could very well be that God wants to work such miracles through you as well. Why couldn't that be possible? Have you ever thought about that? More importantly, the life of Martin shows us that love of neighbours, especially for those who are not of the status appreciated by the world (i.e. the poor, addicts, the ill, outcasts, the unpopular etc.) are more treasured in the eyes of God.

Look at Martin himself! What status in Peru did he have? And now look at this saint today. One of the most important examples of the Christian way that we have in our Church.

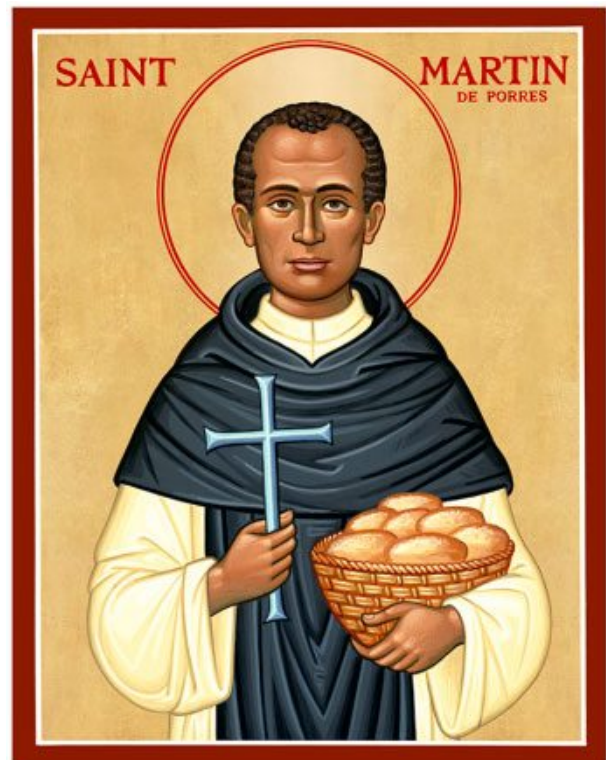
In closing, I share a story that highlights the exact point I am trying to make of St. Martin's witness. Martin would often bring the sick and poor into the convent to recover. Many of the friars did not like this and he was in fact told by his superiors not to do this again. One day, he came across a poor indigenous man who was bleeding badly from a stab wound. Martin brought him into his room to help him recover. When his superior rebuked him for his disobedience, Martin responded by saying, "Forgive my error, and please instruct me, for I did not know that the precept of obedience took precedence over that of charity." From that day forward, Martin was allowed to continue to follow his conscience in helping the poor and sick around him.

As we look at today where many people cry out against injustices brought on by racism, greed, and self-righteousness, let us look to the example of such role models like St. Martin de Porres and not the social justice warrior, the internet influencer, or virtue signaling celebrity. Let us mimic those who fought against these injustices with the love of Christ rather than divisive judgment, cancelling, or online smearing. Let charity always be the guiding light to right the wrongs, soothe the suffering, and to proclaim the glory of the Lord.

St. Martin de Porres, pray for us!



(Forensic facial reconstruction of the face of St. Martin de Porres)



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