



The Shield

EDITOR:
ANNA CHRISTINA STARSZAK

ST. CATHERINE'S NEWSPAPER, GRADES 9-12

FEBRUARY 14, 2020

By: Deondre LeClair

Catholic schools week always starts on the last Sunday in January and runs all week. This year it ran January 27 - February 2. The theme for Catholic Schools Week 2020 was Learn. Serve. Lead. Succeed. There were different days of dress up. On Monday we had Mix-It up day where we could wear plaid or striped outfit clothing. Tuesday was a Uniform day because of the special mass with Father Greg. Wednesday was where we dressed up as our favorite teacher. Thursday was where we dressed the exact same as another person also known as Twin Day. Friday was a spirit wear day to celebrate the cheer and pom squad for making it to state and also had a pancake breakfast the same day.

We are celebrating black history month by honoring someone everyday until the end of February. We also had the taste of St Cats for Monday and Tuesday where tickets were sold for pizza, burgers, tacos, donuts; the prices were \$1.00 for the donuts and tacos, \$1.50 for a pizza slice, and \$2.00 for a burger. We would get the food on Thursday, but we would to have our tickets in order to get the food. The penny war is where the students would bring in change like pennies, nickels, dimes, and quarters to help their grade win, but you could bring in cash to sabotage the other grades. The results were in and third place went to seventh grade, second place went to the sophomores, and first place went to the juniors.

The stuff the bus drive went on all week where each first hour class was assigned a specific item to bring in to help their class to get a prize. The prizes were the first hour that got fifth would get a day to have the candy cart, fourth would have two days, third would have three days, second would get a spirit wear day, and first would get a dress down day. All the events happened this week made me realize that the school is a community and we are all alike in some way.

CATHOLIC SCHOOLS WEEK



NHS

National Honor Society



Returning Members

- Kelsey C.
- Abby C.
- Zach C.
- Michael D.
- Sam F.
- Peyton J.
- Annemarie L.
- Katie L.
- Keyaira M.
- Erin M.
- Alexis M.
- Brock N.
- Emily P.
- Natalia R.
- Marcelo S.
- Leah T.
- Jillian T.
- Jordan T.
- Sophie W.

New Inductees

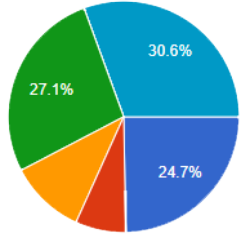
- Emari C.
- Madeline H.
- Grant M.
- Olivia M.
- Jazmin M.
- Katherine N.
- Molly O.
- Trenten P.
- Kara P.
- Jonathan R.
- Kathryn S.
- Miranda W.
- Alivia Y.



POLL

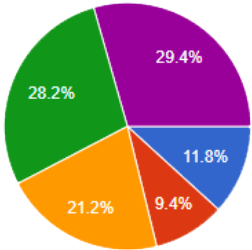
BY: JOE PAIGA

WHAT IS YOUR FAVORITE THING ABOUT VALENTINE'S DAY?



- Chocolate
- Treats & Dates
- Spending it with my love
- Being happy and single
- Watching love comedies
- Other stuff

WHAT ARE YOU LOOKING FORWARD TO IN SCHOOL?



- Once Upon a Matress
- Ahhh... Valentines Day
- Celebrating Black History
- Catholic Schools Week
- Other Activities

85
RESPONSES

By: You

JOKES

- I'd say a joke about paper, but it's tear-able
- Did you know Blackstreet has a funeral home? They only do cremations, no graves, no diggity.

<https://www.goodreads.com/quotes>

QUOTES

BY: ARIANNA MACIAS

QUOTES TO MOTIVATE YOU WITH REJECTION

"Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down"

-Roy T. Bennett

"No matter how hard it gets, stick your chest out, keep your head up and handle it"

-Tupac

"Understanding is the first step to acceptance, and only with acceptance can there be recovery."

-J.K. Rowling

MS. STONE'S MUSICAL SCOOPS

BY: SARAH STONE

LOCAL:

- Chasin' Dem Blues* will be showing at The Milwaukee Repertory Theater from January 17 ~ March 22
- Disney's *The Lion King* will be showing at The Marcus Center for the Performing Arts from February 5 ~ March 1
- A Wrinkle in Time* will be showing at The Marcus Center for the Performing Arts from January 24 ~ February 23



*For more information about anything above, call: 262-633-4218 (RTG), 414-224-9490 (Milwaukee Rep.), 414-273-7121 (Marcus Center), or visit their websites

BROADWAY:

- Hamilton* Film, With Original Broadway Cast, Will Premiere in October 2021



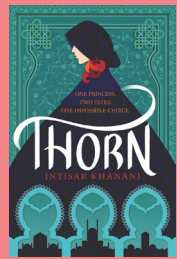
*For more information, visit Playbill.com

BOOK LIST

BY: EMMA SCOTT



Emily St. John Mandel



Cassandra Clare

Intisar Khanani

Fun Facts

Valentines (cards and gifts) have been a tradition for 600 years

Candy hearts were originally used for medical purposes, beginning in the 1840s

Chocolate boxes has been around for 140 years

About a billion Valentine cards are sent around the world each year

Over a billion dollars worth of chocolate are bought each year in the U.S alone

BY: GRACE SZCZERBA

<https://www.womansday.com/relationships/a4702/10-fun-valentines-day-facts-103385/>
<https://list25.com/25-interesting-facts-valentines-day/4/>

HAPPY BIRTHDAY Winter/Spring Birthday Babies

BY: SARAH STONE

HAPPY BIRTHDAY ARI & WYNTER!! ~KIYA

HAPPY 16TH BIRTHDAY HALEY K. 2/2 ~THE NEWSPAPER.

HAPPY BIRTHDAY GRACE AND DEVIN! YOU GUYS SO CUTE TOGETHER ~DEONDRE

HAPPY BIRTHDAY JUAN C. 1/30

HAPPY 18TH BIRTHDAY PALOMA :) ~JAZMIN

HAPPY SWEET 16 GRACE S. ~FROM YOUR FAMILY. (2/18)

HAPPY BDAY KATE SMITH

HAPPY BDAY MOLLY O

HAPPY AMARI B! ~LUPE

HAPPY BDAY LOUISA! ENJOY & HAVE FUN WITH IT! ~YOUR CUZ, JOE.

HAPPY BIRTHDAY YARI!

9TH GRADE:

Mikala H. 2/04
 Manuel T. 2/05
 Wynter L. 2/11
 Aaron H. 2/18
 Julius N. 2/26
 Davion T. 3/01
 Samuel D. 3/02
 KingGolden B. 3/04
 Evan M. 3/09
 Arianna M. 3/10
 Angelina V. 3/12
 Ira B. 3/16
 Kenreall C. 3/16
 Avion G. 3/17
 Layliah H. 3/17
 Alizae M. 3/18
 Arthur G. 3/29
 Keeyon O. 3/30
 Azariyah G. 4/05
 Katelyn G. 4/05
 Benjamin B. 4/06
 Shy'aira R. 4/06
 Ivan S. 4/07
 Faith G. 4/14
 Carlos A. 4/15
 Janette H. 4/18
 Kennedee C. 4/20
 Jacob S. 4/21
 Xavier B. 4/24
 DeMari I. 4/29
 Za'Kiya W. 4/29

10TH GRADE:

Pedro S. 2/01
 Haley K. 2/02
 Jennifer G. 2/06
 David B. 2/07
 Emily M. 2/10
 Devin R. 2/12
 Jackson B. 2/16
 Grace S. 2/18
 Angel A. 2/23
 Nikola S. 3/20
 Michael L. 3/23
 Sariyah C. 3/28
 Quin S. 3/29
 Caitlin C. 4/2
 Megan T. 4/5
 Sarah S. 4/23
 Asia A. 4/25
 Emma B. 4/26
 Camry C. 4/26

11TH GRADE:

Lauren E. 2/10
 Amari W. 2/11
 Molly O. 2/12
 Ashley W. 2/13
 Kyle G. 2/13
 Juan C. 2/16
 Abigail D. 2/19
 Kyle M. 2/19
 Kathryn S. 2/19
 Jacqueline T. 2/19
 Trenten P. 2/24
 Araseli S. 2/26
 Victavian T. 2/27
 Celicia A. 3/3
 Jameer B. 3/5
 Miagia M. 3/5
 Olivia A. 3/10
 Owen A. 3/10
 Norberto R. 3/11

12TH GRADE:

Abigail M. 2/03
 Adrien H. 2/25
 Paloma H. 3/2
 Emma S. 3/8
 Keenan C. 3/19
 Vinny R. 3/19
 Sophia W. 3/20
 Cordell C. 3/27
 Abigail C. 3/29
 Elijah L. 4/3
 Isaiah D. 4/7
 Elijah S. 4/9
 Daniel J. 4/14
 Michael D. 4/16
 A.C. S. 4/28

BOOK REVIEW

BY: ABBIE DETERMAN

Pumpkinheads

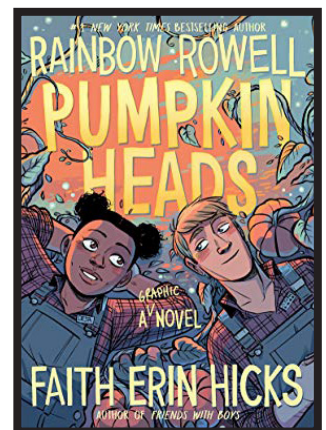
By: Rainbow Rowell

Rating: 4.5 out of 5 stars

Reading level: Young Adult/Teen

Age: 16+

For the sake of Valentine's Day, this is a romance graphic novel. Meet Josiah and Deja, both seniors in high school. They both work at pumpkin farm, and it's their last day of working on the farm for Halloween. There is just one minor problem, Josiah has a crush on the "fudge girl" Marcy. And Deja, being the third wheel, is helping Josiah to bring her the romantic adventure of his life! But in the end, Josiah is learning that this Marcy girl is not the one for him.... He finds out that maybe, the right person was with him the whole time during his romantic adventure.



“ Maybe don't repeat her name dreamily like she's handing the One Ring ”

I blink away tears and start the car. Unfortunately when he died the world didn't stop, and I was late for work. I wove through the LA traffic, hoping that I wouldn't be fired. I had turned off my radio, trying to concentrate while weaving through traffic, which is why when the voice came it surprised me.

"In twelve hours the server will be shutting down. Thank you for playing Human." I remember seeing messages like that occasionally when my brother played video games, but they never directly addressed us.

When I eventually got to my job everyone was acting like it was just a normal day. When I asked my coworkers if they had heard the same voice that I had, they just looked at me like I was crazy. I then realized that I was the only one that heard the voice. The only thought that I had about it was maybe this is what happened when people died, which would mean that I was going to die in two hours. I would finally get to see him again.

Despite the knowledge I went about my day like I typically would, serving people coffee and pastries. Waiting to see him again. I would have died a million times just to see him smiling and happy again.

In his last days he was in so much pain that it was like he was barely there. He couldn't remember anyone, and when he looked at us it was like he looked right through us. At times he would even throw fits like a child and those usually ended in him yelling at us to leave. Other times he would just curl up on the bed and stare blankly at the wall, not saying a word. Even though it hurt me, I know that in the end him dying is what was best for everyone.

Eventually the twelve hours were up, and my room was lit up with a bright white light. I turned to the light and walked towards it with a smile. Before I could fully enter the white light, I heard the same voice that I had heard earlier. This time it said "You have not scored enough points to continue to the next level." As that was being said the light faded into a grey. "Please continue into the light." As soon as that was said I had a feeling tugging me towards the light."

When I finally got to the other side of the fog everything was grey and dismal. I looked around and I noticed that I was the only one here that I could see. I called out, hoping for a response, but didn't get one. I was truly alone.

It was hard to keep track of the time, wherever I was, but I knew a lot of it had passed. I had wandered everywhere that I could, but I didn't find anyone else, I also discovered that there were what seemed like invisible walls, keeping me trapped.

I had bumped into the walls multiple times, but nothing had never happened before. Except for this time. This time I was seeing the world that I used to live in, but not through my own eyes. I slowly realized that I could affect their actions.

Eventually, I became a guardian angel, helping people to do good, because no one deserves to live the life I am forced to live. I learned to become happy and satisfied with my half life guiding people, but I felt like something was missing. I had guided quite a few people into a better afterlife than mine, but I was still so lonely.

Finally after a long time of loneliness and waiting I heard a voice. It was the voice that started it all "enough points have been achieved, please proceed." Once again the white light appeared, but unlike last time I was able to walk through it.

After I got to the other side I looked around, but as soon as I saw him he was the only thing on my mind. I ran to him and hugged him. Crying from the happiness of seeing him alive and well again. Happy to see him alive as he was before. "Dad" I whispered, treating him delicately, hoping he wouldn't disappear, hoping that this was real.

"It's all right Cassie, welcome home."

MRS. A'S February FAV'S

BY MRS. SARAH AGUILA



MOVIE
Emma - February 21 it comes out. It will be fun to compare and contrast the new one and the Quyneth Paltrow version.



ESSENTIAL OIL
Lavender



FREE RELAXATION
Massage Chairs at The Room Place: try it and you may want to buy it! It helps my back pain.

MUSEUM
Betty Brehm



EXERCISE GOAL
4 minute+ Tabata 3x a week
https://www.youtube.com/watch?v=a1YRVSz_VY

Tried it!



February Favorites

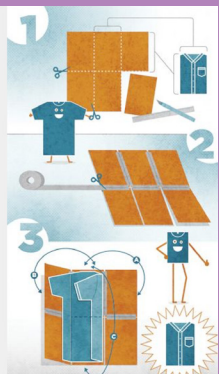
WATERCOLOR STAINED GLASS HEARTS

This project would be fun to do with my students right before Valentine's Day to give to their parents. I want to try it with my kids first. Watercolor can be very relaxing, and stained glass windows are stunning so this is perfect.



DIY SHIRT FOLDING BOARD

I've seen this tutorial for years, so I finally want to make one or two so that my kids can start helping me fold clothes more. You can buy one, but I'll just make one out of cardboard and let you know if Juan and Nina make it work.



SINGLE-PANED WINDOW ACRYLIC PAINTING

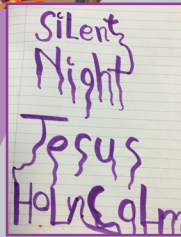
Students always need service hours, so I want a few artists to paint some windows for the Black and White Ball coming up. I painted one a few years ago and so did some students. This is a way to upcycle an old window that can be hung on a wall.



WINTER RECAP

LETTERING USING PLAIN MARKERS

I used this lesson in seventh grade Religion class last semester to jazz up our prayer or song reflections. It was good practice for any projects we can add some stylized, handwritten fonts to this year.



5-INGREDIENT CHOCOLATE PEANUT BUTTER CUPS

On Christmas break, I made a couple healthy, allergy-friendly versions of Reese's Peanut Butter Cups. I didn't fully follow the recipe (STILL!) but they at least looked a lot like the real thing. One other version frustrated me but they turned out delicious in the end. In a food processor you mix 5 PITTED dates (that's where I messed up the first time), 1/2 cup peanut butter and 2 tablespoons gluten-free oats. Once mixed, this can be scooped and formed into balls. I froze them and made my same homemade chocolate recipe to dip them in once they were cold enough. I will definitely try these again since they were so healthy AND tasty.



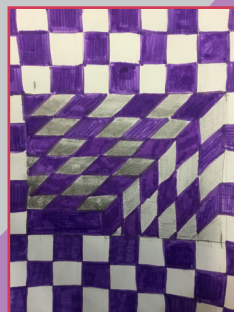
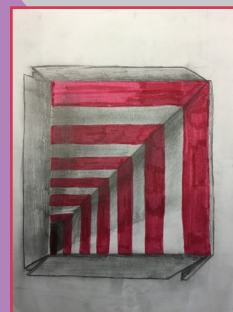
CREATIVE SHOELACE DESIGNS

To start the semester in a fun way, I challenged my eighth grade students to find a shoelace design from the video I showed from my pinterest account (see below) or another tutorial and try out the designs on their shoes. The winning groups in each class received custom shoelaces in the color of their choice. Here are pictures of some of their shoes with the new laces..

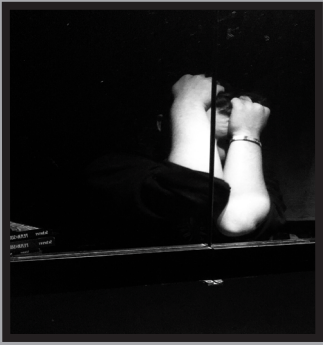


INCREDIBLE DIY OPTICAL ILLUSIONS

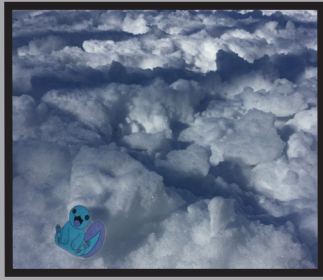
These optical illusions are a few samples from the three classes of eighth graders I tried this lesson with. I had each class choose a different optical illusion, and students were allowed to use any colored marker instead of having them all black and white. The students even customized their drawings to make them more unique.



FEATURED *Photography*



Teddy H.



Wynter L.

SELECTED BY:
GRACE SZCZERBA AND
DEONDRE LECLAIR

FEATURED *Artwork*

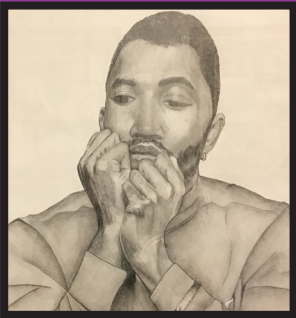
SELECTED BY:
DEONDRE LECLAIR



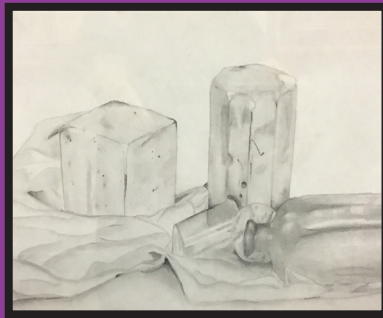
Gus V



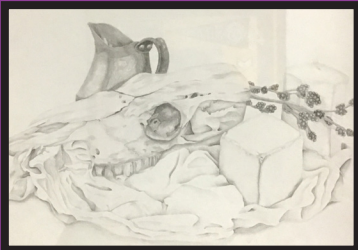
Lee S



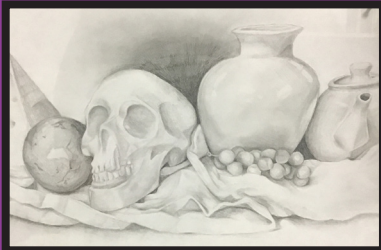
Kate C



Jose L



Wynter L



Finn N

TODAY IN HISTORY

BY: ARIANNA MACIAS

December 13th, 1643- The First English Civil War. It is known as the battle or storm of Alton, since it happened there at Alton, Hampshire, England.

December 13th, 1759- First music store opens in Philadelphia.

December 13th, 1861- The Battle of Alleghany Summit, happened in West Virginia.

December 13th, 1916- Avalanche kills 10,000 Austrian and Italian troops in 24 hrs in Tyrol.

December 13th, 1967- United Soccer Association & National Pro Soccer League merge into NASL.

December 13th, 1982- Earthquake hits Northern Yemen and 2,000 people die.

December 13th, 2014- A civil rights protest march goes on in Washington, D.C. , because of a police killing an unarmed black men.

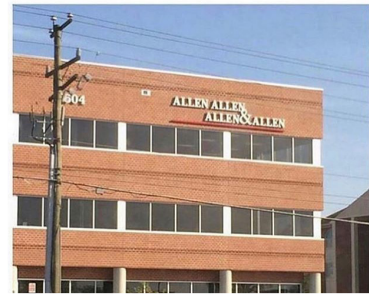
<https://www.onthisday.com/events/december/13>
(This piece was supposed to run in the December Issue, so our apologies.)

Memes

BY: WYNTER LACOUNT

Finding a pencil in grade school	
Finding a pencil in middle school	
Finding a pencil in high school	

When there's a group project but you do all the work



me: it's fine I studied for this test
looks at first problem



CATHOLIC SCHOOLS WEEK (MORE PICS)



ABOVE: STUDENTS WAITING FOR THEIR TASTE OF ST. CAT'S
MIDDLE: STUDENTS IN MR. MERKEL AND MS. BG'S ROOM
BELOW: SCIENCE TWINS



- Abbie Determan*
- Maddie Kroll
- Wynter LaCount-Niedfeldt
- Deondre LeClair*
- Arianna Macias
- Joe Paiga*
- Margarita Reyes-Peña
- Sarah Stone
- Grace Szczerba*
- Emma Scott*
- Anna-Christina Starszak*
- Sam Woods

newspaper staff

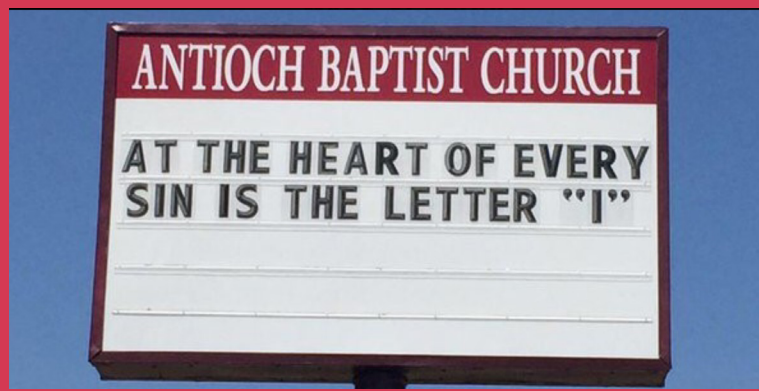
* indicates layout

Meet THE Staff
 Wynter LaCount-Niedfeldt



AMUSING CHURCH SIGNS

BY: MRS. AGUILA



INTERVIEWED BY: SAM WOODS

WHAT IS YOUR FAVORITE BOOK?
 MY FAVORITE BOOK SERIES IS MAXIMUM RIDE.

WHAT IS YOUR FAVORITE SUBJECT? MY FAVORITE CLASS IS ART FOUNDATIONS. THE ONLY CLASS I DON'T GET IN TROUBLE FOR DRAWING IN.

WHAT IS YOUR FAVORITE COLOR? ALTHOUGH I LIKE BLUE MY FAVORITE COLOR IS SEAFOAM GREEN.

WHAT KIND OF HOBBIES DO YOU HAVE? OUT OF SCHOOL SOME HOBBIES I HAVE IS DRAWING AND READING.

IF YOU COULD HAVE ANY DOG, WHAT WOULD IT BE? I WOULD GET A CARDIGAN WELSH CORGI BECAUSE IT LOOKS CUTER THAN THE PEMBROKE WELSH CORGI.



ASK ANDY ADVICE COLUMN

Dear Andy,

What to do if you're having a bad day?

Sincerely,
Struggling Student

Dear Struggling Student ,

Having a bad day, isn't a fun thing to have to experience. If you're trying to relieve yourself a bad day, the best thing to do is just sit down and think of good things. Forget all the things that brought you negativity and focus on all those happy things. Another thing you can do to de stress, is just by distracting yourself with something fun. Watching a movie or playing a game, can really lift your spirits. Whatever you end up doing, just remember a bad day is just one day, there will be more good days to come.

Sincerely,

DIY Valentine's Day Mason Jar Candle Holder

By: MARGARITA REYES-PEÑA

MATERIALS:

- Mason jars
- spray paint
- spray adhesive
- glitter
- Adhesive stickers



DIRECTIONS:

1. Cut the adhesive sticker into a heart shape, then place it onto the mason jar
2. Next spray paint the jar and let dry
3. After paint is dry, spray the jar lightly with adhesive
4. Let the paint dry enough to still be tacky but not completely a liquid still
5. Then gently pour glitter over the jar
6. Tap the jar gently to remove extra glitter
7. Remove the sticker and you are complete!

<https://www.practicallyfunctional.com/diy-valentines-day-votive-candle-holders/>

UPCOMING EVENTS

By: EMMA SCOTT

FRIDAY FEBRUARY 14

- HAPPY VALENTINES DAY

SATURDAY FEBRUARY 15

- WINTER FORMAL

THURSDAY MARCH 12

- PARENT TEACHER CONFERENCES

TUESDAY MARCH 17

- HAPPY ST. PATRICK'S DAY

THURSDAY MARCH 19-SUNDAY MARCH 22

- SPRING MUSICAL

PUZZLE

By: GRACE SZCZERBA

Down:

1.A holiday on February 14th

4.Somone who you can trust and hangout with

5.The season after Fall

6.She sat down on a bus and stood for her rights by doing so

8.Had a famous speech, "I have a dream"

9. The last name of the first president of the United States

11.A catholic day to signify the start of Lent, starts on February 26th

This year

14.A plant gift usually given to a significant other

16.A sweet gift made with sugar

18.Usually a baby, carried a bow and arrow and seen as a symbol of love

19.One of the most famous female poets, her work includes "when I think about myself" and "women's work"

Across:

2.A strong feeling one feels for another person, usually a significant other

3. A February holiday on the 2nd

7The 44th President of the United States

10.Something African Americans had to fight for, a term used to say things are held at the same status

12.The 6 weeks before Easter

13.A weather pattern that happens when the temp is below freezing

15.A soft stuffed animal frequently given as a gift usually on Valentines Day

17.What the ground hog sees on the 2nd if its sunny

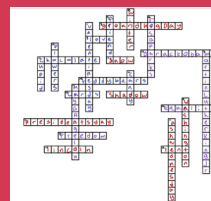
18. Made from Cocoa beans

20.People give out Valentine's Day

21.Another holiday, celebrated on February 17th

22.a basic human right we've had to fight for

23.The 16th President of the United States



ANSWERS



SPECIAL FEATURE VAPING

By: Mrs. AGUILA

DO YOU KNOW ANYTHING ABOUT VAPING?

I DID NOT. I CHOSE NOT TO LEARN ABOUT VAPING BECAUSE I WASN'T INTERESTED IN EVER TRYING IT. HOWEVER, I AM NOW EDUCATED IN SOMETHING THAT CAN SERIOUSLY AFFECT THE LIFE OF MY STUDENTS, OR MY KIDS ONE DAY. MICHELLE SANBERG, FROM KENOSHA, RACINE AND WALWORTH TOBACCO COALITION, CAME TO ST. CATHERINE'S ON THURSDAY, JANUARY 23RD TO DO A PRESENTATION FOR EACH GRADE LEVEL. SHE STARTED BY ASKING THE QUESTION TO THE RIGHT. >>>>>>>>

WE LEARNED A LOT OF STARTLING THINGS.

WILL IT MAKE A DIFFERENCE THOUGH?

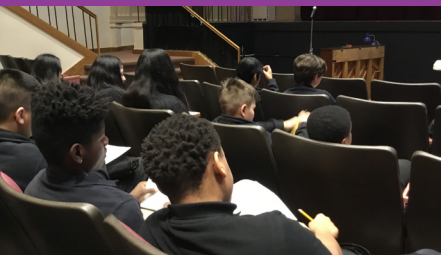
MICHELLE SAID SHE GIVES THIS PRESENTATION EVERY DAY, TO WHOLE SCHOOLS AND HEALTH CLASSES AND EVEN TO THE COMMUNITY AT NIGHT. HOWEVER, SHE SAID SHE COULD NEVER HAVE THE IMPACT THAT STUDENTS COULD IF THEY SPREAD THE WORD. SHE EVEN MENTIONED HER SON'S FRIEND; HE HEARD THE SAME PRESENTATION WE HEARD AND CHOSE NOT TO LISTEN. MICHELLE WOKE UP TO HEAR THE NEWS OF HIS PASSING FROM EVALI (THE NAME GIVEN BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) TO THE DANGEROUS, NEWLY IDENTIFIED LUNG DISEASE LINKED TO VAPING.) THE NAME EVALI IS AN ACRONYM THAT STANDS FOR E-CIGARETTE OR VAPING PRODUCT USE-ASSOCIATED LUNG INJURY.

WHY IS VAPING SO HARMFUL? ISN'T VAPOR JUST WATER? VAPING INVOLVES INHALING CHEMICALS, LIKE NICOTINE AND ARSENIC, THAT CAN CAUSE ADDICTION AND SERIOUS DAMAGE TO YOUR BODY. NICOTINE HIJACKS THE SYSTEM AND FLOODS THE BRAIN WITH DOPAMINE. THE BRAIN MAKES THOUSANDS OF RECEPTORS TO CATCH THE DOPAMINE, AND MAKE YOUR BODY CONSTANTLY CRAVE MORE OF THAT DRUG. THAT IS ADDICTION.

THESE CHEMICALS CONTINUE TO HURT YOUR BODY LONG AFTER YOU HAVE STOPPED VAPING, WHICH CAN ACCELERATE RAPIDLY IN THE EVALI CASES, WHICH HAVE LED TO 60 DEATHS IN 27 STATES.

WHO CAN REGULATE THIS? MAY OF 2021 NEW REGULATIONS WILL GO INTO PLACE REGARDING

THESE PRODUCTS THAT ARE HIGHLY UNREGULATED RIGHT NOW. PEOPLE DON'T EVEN KNOW WHAT THEY ARE GETTING IN THE PRODUCTS BECAUSE THE PACKAGING IS MISLEADING. ONE BOTTLE LISTED FOUR INGREDIENTS, BUT THEN WAS TESTED AT PARKSIDE LABORATORY AND HAD A LONG LIST OF POISONOUS INGREDIENTS, WITH MANY HAVING SECONDHAND EFFECTS ON PEOPLE WHO ARE BY YOU WHEN YOU VAPE AND INHALE THAT AIR. THESE COMPANIES LIKE JUUL MARKET TOWARDS THE "REPLACEMENTS" WHICH IS OUR MIDDLE AND HIGH SCHOOL POPULATION. I KNOW THE STUDENTS DIDN'T LIKE TO BE CALLED THIS. I HOPE THE PRESENTATION AND THIS ARTICLE CAN EDUCATE THE STUDENTS, PARENTS AND COMMUNITY FROM THE DANGERS OF VAPING. I DON'T EVER WANT TO HAVE TO SEE ONE OF MY STUDENTS IN THE SAD SITUATION OF THE EVALI PATIENTS - HOOKED UP TO MACHINES, HOPING THEIR BODY CAN BE REPAIRED FROM SOMETHING WE COULD ALL PREVENT. SPREAD THE WORD. GET SOMEONE TO LISTEN.



WHAT FACTS DO YOU KNOW ABOUT VAPING?

Here are some of the students' responses:

- It causes cancer.
- It is easily concealable.
- They market flavors towards kids.
- There is something unsafe in the pods.
- Vaping is killing people.
- They don't know the long term effects.

MOST INTERESTING PIECE OF INFO?

Here are some of the students' responses from being polled after the presentation:

- Products contains THC
- One JUUL is equal to 1 and a half of a pack of cigarettes
- It can kill you
- Companies aim their products toward children with their advertising.
- Don't do drugs
- Not many of the youth vape.
- Learning about the stuff they put inside
- That Juul spends millions of dollars on marketing.
- The death lung fuzz (EVALI)

STUDENT OF THE WEEK & TEACHER

By: MR. RIEDL

JANUARY & EARLY FEBRUARY

STUDENT OF THE WEEK: LEAH TOPP IS AN INCREDIBLY ACTIVE AND POSITIVE MEMBER OF OUR ST. CATHERINE'S COMMUNITY. IN ADDITION TO HER CONSISTENTLY EXCELLENT EXAMPLE OF WHAT IT MEANS TO BE AN ANGEL, LEAH IS BEING RECOGNIZED FOR HER WORK TO REVITALIZE MR. ST. CAT'S! WE CONGRATULATE LEAH ON HER MOST RECENT COMMITMENT TO PRESERVING A ONCE FOND LEGACY OF OUR SCHOOL!



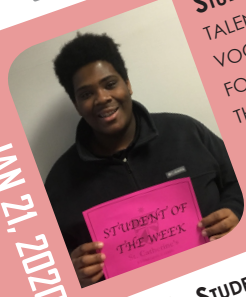
JAN 7, 2020

STUDENT OF THE WEEK: KAITLYN ARMSTRONG. KAITLYN IS NEW TO OUR BUILDING THIS YEAR. SHE HAS NOT ONLY FOUND HER PLACE WITHIN THE ST. CATHERINE'S COMMUNITY, BUT HAS EMBRACED THE "ANGEL WAY" AND HAS BECOME AN EXAMPLE FOR OTHER STUDENTS. HER POSITIVITY, INFECTIOUS SMILE, AND HELPFULNESS SERVES AS A BEACON FOR OUR YOUNGER ANGELS. CONGRATULATIONS TO KAITLYN!



JAN 14, 2020

STUDENT OF THE WEEK: AVERY MORRIS! AVERY IS A MULTI-TALENTED SENIOR WHO DELIGHTS OUR ANGEL COMMUNITY WITH HIS VOCAL TALENTS. HE PERFORMED THE NATIONAL ANTHEM AT HOME FOOTBALL GAMES, STARTED IN THE FALL PLAY, AND HAS A ROLE IN THE UPCOMING MUSICAL. TO ADD TO HIS LIST OF ACCOMPLISHMENTS, AVERY WAS RECENTLY CROWNED 1ST RUNNER-UP IN THE 2020 MR. ST. CATS TALENT SHOW! CONGRATULATIONS, AVERY!



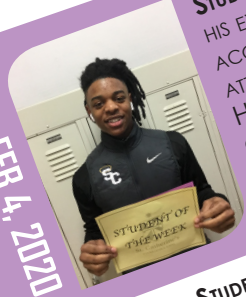
JAN 21, 2020

STUDENT OF THE WEEK: CARA D. CARA D. IS A SENIOR AND GENUINELY SHOWS CARE FOR HER CLASSMATES, TEACHERS, AND COMMUNITY-AT-LARGE. SHE IS QUICK TO GIVE YOU A SMILE AND GREETING, ASKS THOUGHTFUL QUESTIONS IN CLASS, AND INDEED SETS AN EXAMPLE FOR OTHERS TO FOLLOW. THANK YOU, CARA, FOR BEING YOU, AND MORE IMPORTANTLY FOR LIVING OUR ST. CAT'S "ANGEL WAY!" CONGRATULATIONS!



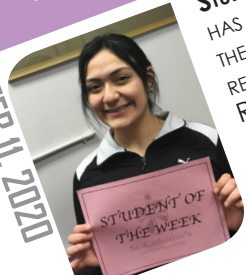
JAN 28, 2020

STUDENT OF THE WEEK: KAMARI IS BEING HONORED FOR HIS EXEMPLARY ACADEMIC, ATTENDANCE, AND ATHLETIC ACCOMPLISHMENTS! IN ADDITION TO ALL OF THOSE GREAT ATTRIBUTES, KAM IS A MAN OF CHARACTER AND INTEGRITY. HIS STRONG WORK ETHIC AND GRIT IN THE CLASSROOM, ON THE COURT, AND IN LIFE SERVES AS A MODEL FOR ALL OF OUR ANGELS. CONGRATULATIONS, KAMARI!



FEB 4, 2020

STUDENT OF THE WEEK: YARITZA GARCIA. YARITZA HAS BEEN AN ACTIVE SERVANT WITHIN AND OUTSIDE THE ST. CATHERINE'S COMMUNITY. SHE HAS RECENTLY HELPED WITH A CLOTHING/FOOD DRIVE AT RACINE HOSPITALITY CENTER; AND FOUNDED ST. CAT'S NEWEST CLUB Y.E.S. (YOUTH EMPOWERED FOR THE STRUGGLE). SHE IS AN ACADEMIC EXAMPLE FOR ALL OUR ANGELS. CONGRATULATIONS, YARITZA!



FEB 11, 2020



TEACHER OF THE WEEK: MRS. DEB MIELCAREK IS OFTEN FOUND BEING A CAMERA CAPTURING MEMORIES OF EACH PASSING YEAR AT ST. CAT'S! SHE TEACHES A MULTITUDE OF COMPUTER, BUSINESS, AND MULTIMEDIA CLASSES. THE SKILLS SHE DEVELOPS WITHIN HER STUDENTS AND THE YEARBOOK HER CLASSES PRODUCE, CONTRIBUTE TO A STRONG ST. CATHERINE'S LEGACY! CONGRATULATIONS MRS. MIELCAREK!



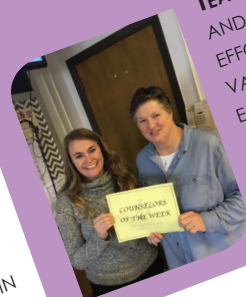
TEACHER OF THE WEEK: MR. DAN HOWARD, A 2006 GRADUATE OF SCHS, MR. HOWARD IS A PROUD EXAMPLE OF BEING "ALL-IN" FOR HIS ALMA MATER AND OUR COMMUNITY. HE TEACHES PHYSICAL EDUCATION AND HEALTH AND COACHES A DISCIPLINED AND TOUGH-TO-BEAT JV BASKETBALL TEAM. HE IS ALSO AN ADVISER FOR OUR NATIONAL HONOR SOCIETY CHAPTER. THANK YOU, MR. HOWARD FOR YOUR COMMITMENT!



TEACHER OF THE WEEK: MRS. JESSICA CARRIER, MRS. CARRIER IS A SCIENCE TEACHER WHO HAS TAKEN ON NEW CHALLENGES AND OPPORTUNITIES IN HER 2ND YEAR AT ST. CATHERINE'S. SHE MOST RECENTLY PLANNED AND EXECUTED AN AMAZING AND MEANINGFUL INDUCTION CEREMONY IN HER ROLE AS CO-CHAIR OF THE NATIONAL HONOR SOCIETY. CONGRATULATIONS, MRS. CARRIER!



TEACHER OF THE WEEK: MISS PETERSON IS IN HER FIRST YEAR OF TEACHING AT ST. CAT'S! SHE IS AN INCREDIBLY ENGAGING TEACHER WHO VALUES EACH OF HER STUDENTS. MISS PETERSON HAS A SPECIAL KNACK FOR COMMUNICATING EXPECTATIONS TO HER STUDENTS, CREATING FUN AND CAPTIVATING LESSON ACTIVITIES, AND INTERFACING WITH FAMILIES. THANK YOU FOR ALL OF YOUR HARD WORK, DEDICATION, AND SUPPORT FOR YOUR STUDENTS, MISS PETERSON! CONGRATULATIONS!



TEACHER(S) OF THE WEEK: IN HONOR OF NATIONAL COUNSELORS WEEK, AND OUR COUNSELOR'S WORK WITH ACCESS TESTING AND REGISTRATION EFFORTS, WE WANTED TO SPOTLIGHT HOW MUCH OUR COUNSELORS ARE VALUED. MS. THOME AND MRS. ANDERSEN GO ABOVE AND BEYOND EACH AND EVERY DAY FOR THE GROWTH OF OUR STUDENTS. THEY ARE AN ATTENTIVE EAR, A THOUGHTFUL WORD OF ADVICE, AND ROCK OF SUPPORT FOR OUR ANGEL COMMUNITY. THANK YOU FOR ALL YOU DO, AND CONGRATULATIONS!



TEACHER OF THE WEEK: MS. SAMA SAED. MS. SAED, OUR LEARNING RESOURCE COORDINATOR, HAS DONE OUTSTANDING WORK WITH OUR RESOURCE PROGRAMS! HER COORDINATION OF THE RESOURCE AND PEER TUTORING PROGRAMS ALONG WITH HER MORE RECENT SUPPORT IN THE GUIDANCE DEPARTMENT HAS ELEVATED THE ACADEMIC ACHIEVEMENT AND SKILL SETS FOR OUR STUDENTS. THANK YOU FOR ALL YOU DO AND CONGRATULATIONS!

COMIC STRIP

DRAWING BY: JOE PAIGA

