



The Shield

EDITOR:
RACHEL COMANDE

ST. CATHERINE'S NEWSPAPER, GRADES 9-12

DECEMBER 15, 2017

SPORTS CAPTAIN INTERVIEW

BY RACHEL COMANDE

*Kelsey
Fráley*



Q: What's your favorite television show?

A: *Grey's Anatomy*

Q: What do you love most about being a part of cheer/poms?

A: Making routines. I've made maybe ten routines in my choms career (choms is cheer and poms together). Also, all the team bonding we do. We get very close by the end of our long season.

Q: What do you want to go to college for?

A: I'm going for Pre-Med, specifically neurobiology.

Q: What are some of your hobbies?

A: I've been in theater at SCHS for the past four years. I was Homecoming Queen and am President of Pep Club.

Q: Who's your role model?

A: My mom and grandparents.

Q: What's one thing that has helped to shape your life?

A: I'm Type One Diabetic and it has taught me a lot about responsibility and overcoming obstacles and to never give up.

Q: What do you want to be remembered for? Do you have a legacy that you want to live on?

A: A lot of times at practice, our coaches talk about cheerleaders that graduated who were fun, outgoing and who did a lot for the team. I want to be remembered like that.

ARTWORK

SELECTED BY: STEPHANIE MANLEY



Daniel Weir



Adonis Herrington



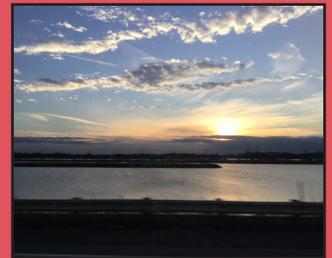
Kim Wollenberg



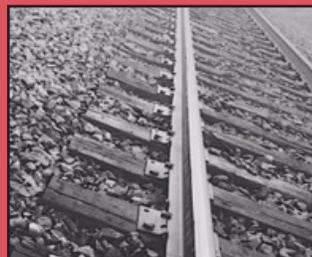
Emily Hollow

FEATURED Photography

SELECTED BY: JAZMINE MURO



Paloma Hernández



Jazmine Muro



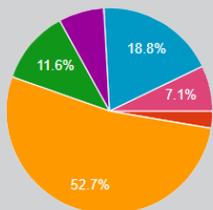
Araseli Sandoval



POLL

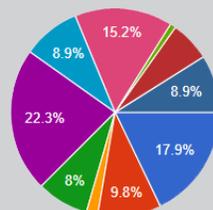
BY JAZMIN MURO

WHAT'S YOUR FAVORITE THING ABOUT WINTER?



- Making a snowman
- Going sledding
- Christmas / other holidays
- The food
- The clothing
- Hot chocolate
- The sports

WHAT'S YOUR FAVORITE CHRISTMAS MOVIE?



- Home Alone
- The Grinch
- A Christmas Carol
- A Christmas Story
- Elf
- The Nightmare Before Christmas
- The Polar Express
- Frosty the Snowman
- Christmas Vacation
- Other

112
RESPONSES

Rogue One: A Star Wars Story

Movie Review

BY OWEN ANDREASEN

Rated: PG-13

Rating: 7/10

Background: *Rogue One A Star Wars Story* fills the gap between *Star Wars: Revenge of the Sith* and *Star Wars: A New Hope*

Summary: "Former scientist Galen Erso lives on a farm with his wife and young daughter, Jyn. His peaceful existence comes crashing down when the evil Orson Krennic takes him away from his beloved family. Many years later, Galen becomes the Empire's lead engineer for the most powerful weapon in the galaxy, the Death Star. Knowing that her father holds the key to its destruction, Jyn joins forces with a spy and other resistance fighters to steal the space station's plans for the Rebel Alliance."



Pros:

- Ending on the deaths of the entire main cast is refreshing in a Star Wars movie
- The space-fight near the end of the movie is enthralling to the very end
- The connection between Rogue One's transmission and Princess Leia's hands is handled well
- Jyn's character development from a small nuisance to society to the person who single handedly delivered the Death Star plans

Cons:

- Pacing is very slow. At many points I nodded off (except at the end).
- Jyn is dull, and provides minimal emotions. (Would have been a strong female lead if not for this.)

TOP ENTERTAINMENT

BY ARASELI SANDOVAL AND TAYLOR GALASZEWSKI

Top Pop Songs

1. "Feel It Still" - Portugal. The Man
2. "Sorry Not Sorry" - Demi Lovato
3. "1-800-273-8255" - Logic Ft. Alessia Cara & Khalid
4. "Strip That Down" - Liam Payne Ft. Quavo
5. "Attention" - Charlie Puth
6. "Thunder" - Imagine Dragons
7. "What Lovers Do" - Maroon 5 Ft. SZA
8. "Slow Hands" - Niall Horan
9. "Praying" - Kesha
10. "What About Us" - P!nk

10 HOT SONGS

1. "Rockstar" - Post Malone Ft. 21 Savage
2. "Bodak Yellow (Money Moves)" - Cardi B
3. "1-800-273-8255" - Logic Ft. Alessia Cara & Khalid
4. "Feel It Still" - Portugal.The Man
5. "Thunder" - Imagine Dragons
6. "Mi Gente" - J Balvin & Willy William Ft. Beyonce
7. "Sorry Not Sorry" - Demi Lovato
8. "Too Good At Goodbyes" - Sam Smith
9. "Unforgettable" - French Montana Ft. Swae Lee
10. "Look What You Made Me Do" - Taylor Swift

In Theaters/On DVD

- *Genesis: Paradise Lost* PG
 - *Justice League* PG-13
 - *Wonder* PG
 - *Coco* PG
 - *Wonder Wheel* PG-13
 - *Star Wars: The Last Jedi* PG-13
 - *Pitch Perfect 3 (Dec 22nd)* PG-13
 - *The Greatest Showman (Dec 25th)* PG
- Upcoming Movies*
- *Maze Runner: The Death Cure (Jan 26th)* PG-13
 - *Black Panther (Feb 16th)* PG-13

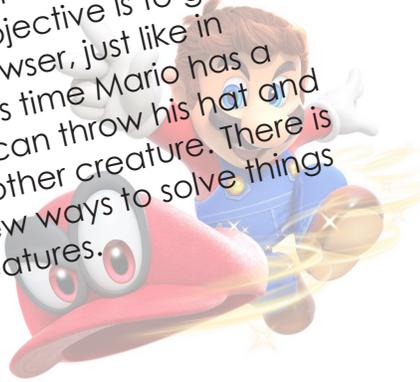
By: MICHAEL DE GUIRE

GAME REVIEW



Rating: 7/10
Age level: E
Platform: Nintendo Switch

This issue's game is Super Mario Odyssey. In the game you play as Mario in a 3D world that is, sometimes, like ours. The objective is to get Princess Peach back from Bowser, just like in every Super Mario game. This time Mario has a new trick up his sleeve - he can throw his hat and take over the mind of any other creature. There is a lot of platforming and new ways to solve things by becoming different creatures.



GAME LIST

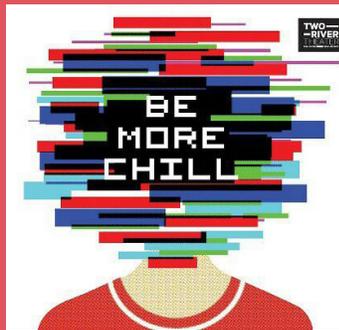
By: TAYLOR GALASZEWSKI

- "Kirby Battle Royal" (Jan 19th) 3DS
- "Monster Hunter: World" (Jan 26th) PS4, Xbox One
- "Far Cry 5" (Feb 17th) PC, PS4, Xbox One

THEATER REVIEW

By: ANNA-CHRISTINA STARZEK

Synopsis: Be More Chill is a musical theatre adaptation written by Joe Iconis and Joe Tracz of the book with the same name. It follows the life of Jeremy Heere, an average high school dork whose life gets turned upside down after he gets a Squip - a Super Quantum Unit Intel Processor in the form of a pill that enters one's brain and instructs them on how to become chill.



Review: This musical is a comedy that a lot of people could relate to - whether you're an outsider or popular at school. Be More Chill lets you see a high school experience with a science fiction lens, while still having all of the comedy and seriousness that comes along with high school. I would highly recommend this musical for ages 14 and up. Out of 10 stars, I would give it a 9.5/10

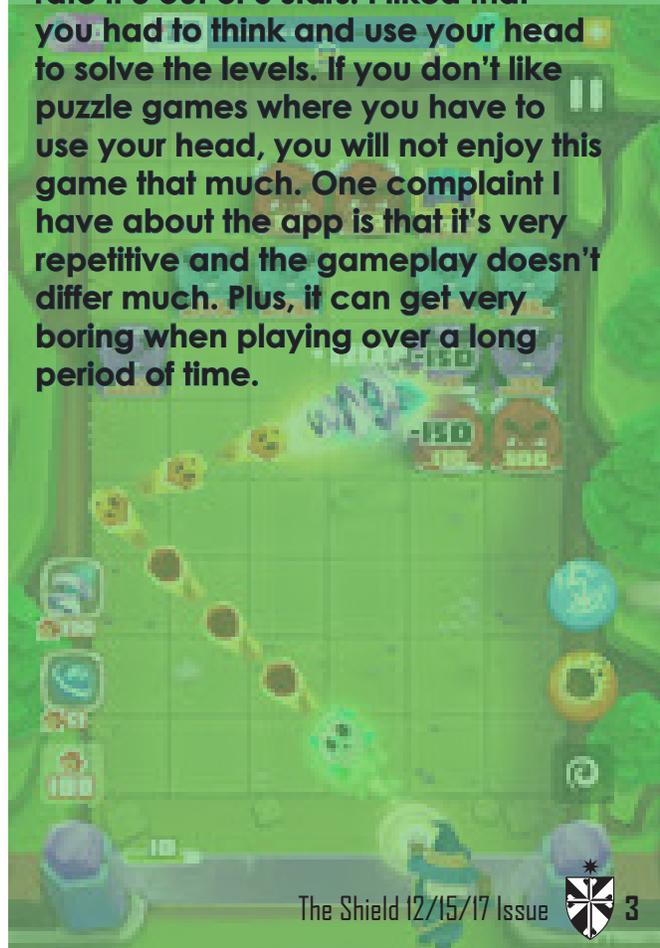


APP OF THE MONTH
Bounzy

By: DONOVAN WILSON
Platform: IOS and Android

Description: Bounzy is a puzzle game where you 'bounce' spells to kill enemies and after every move, the enemies get closer. If they get too close and reach the bottom, they do damage to you. At the end of each level, there is a large boss enemy which will instantly destroy your tower when it gets to the bottom, making you also lose the level. There are an almost endless amount of levels. Throughout the game, you earn coins which can be used to give your tower more health or make your spells have increased damage.

My review: I personally enjoyed the game, but it was more of a time waster than anything else. I would rate it 3 out of 5 stars. I liked that you had to think and use your head to solve the levels. If you don't like puzzle games where you have to use your head, you will not enjoy this game that much. One complaint I have about the app is that it's very repetitive and the gameplay doesn't differ much. Plus, it can get very boring when playing over a long period of time.



HAPPY BIRTHDAY!

BY ARASELI SANDOVAL

Shibo W.	10/21	Noah R.	12/10
Tavas H.	10/21	Eliana T.	12/12
Noah R.	10/22	Janaí H.	12/12
Amarri B.	10/22	Felix G.	12/14
Stephanie M.	10/23		
Anthony G.	10/25		
Dejeanae J.	10/25		
Giovanni A.	10/26		
Magdeline C.	10/27		
Austin F.	10/27		
Tia H.	10/29		
Traykiese G.	10/30		
Aleksi E.	10/30		
Ethan W.	10/31		
Kaleb D.	10/31		
Mariah A.	11/02		
Lee S.	11/02		
Gabriella B.	11/03		
A'Keyia S.	11/05		
Makenzie S.	11/07		
Yaritza P.	11/07		
Elizabeth S.	11/08		
Stanley, J.	11/08		
David S.	11/09		
Saraea W.	11/10		
Joseph P.	11/10		
Cameron H.	11/12		
Gabriella M.	11/12		
Khmaria J.	11/13		
Daryl C.	11/14		
Peyton J.	11/14		
Gia R.	11/14		
Connor G.	11/15		
Reynaldo B.	11/15		
Olivia R.	11/15		
Aiva K.	11/16		
Zachary K.	11/17		
Alberto M.	11/18		
Riley J.	11/21		
Vivianrose J.	11/21		
Aundre H.	11/22		
Keyaira M.	11/23		
Khalilah H.	11/25		
Evan S.	11/26		
Erin K.	11/27		
Dominick M.	11/27		
Trey P.	11/29		
Ernesto E.	11/30		
Emilio T.	11/30		
Andrew V.	12/02		
Kelsey C.	12/02		
Anthony C.	12/04		
Cole D.	12/05		
Alexis M.	12/05		
Isaiah L.	12/05		
Hannah C.	12/06		
Allison M.	12/09		

Happy Birthday Jesus!

11/10
Happy Birthday Saraea!

Happy Birthday Elizabeth Schauer!

Happy Birthday Cassandra Wasniewski!

ANSWER THE POLL: Put a shoutout in the next issue for a friend born from 3/2

Happy Birthday Yaritza!

Happy Birthday Cole!!!! From the Group (Taylor, JD, Abby and Chris)

Happy Birthday Stephanie Manley!

Happy Birthday Gabby Beyer!

FLASHBACK

BY: SAM DEGUIRE



Second quarter has gone great! We started off the quarter with an early release. On the 24th of October, people came to the St. Catherine's Open House which went fantastically. On the 27th, there was no school for the Freshman and Sophomores while the Juniors and Seniors went on their retreats which proved to be lots of fun. On November 1st, we had masses for All Saints Day and on the 10th, we had a Veteran's Day Prayer Service. That following Monday, we had a 2 hour early release. On the 14th, Interact Club sponsored a dress down day for Juvenile Diabetes and it went great! So many people donated! From the 17-19, the SCHS players put on the show Don't Count on Forever. The 21st, SCHS had the annual blood drive and there were so many donors. On the 22nd, there was a Thanksgiving Mass and there were no classes for the rest of that week. On December 8th, we had mass

for the Immaculate Conception. Finally, today, the paper comes out! A little bit of looking ahead, the Exam Days are the 20-22. Good luck on finals and have a great Winter Break!



Meet THE Staff
Araseli Sandoval



WHAT IS YOUR FAVORITE SUBJECT IN SCHOOL?

N/A

WHAT IS YOUR FAVORITE COLOR?

BLACK OR RED

WHAT IS YOUR FAVORITE BOOK?

FALLEN BY LAUREN KATE

Meet THE Staff
Michael De Guire



WHO IS YOUR FAVORITE BAND?

AC/DC

WHAT IS YOUR FAVORITE COLOR?

HOT PINK

IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD IT BE? JAPAN

newspaper staff
*Indicates Layout

Owen Andreasen
Rachel Comande
Michael De Guire*
Sam De Guire*
Abbie Determan
Taylor Galaszewski*
Stephanie Manley
Scott Miller
Jazmin Muro
Joe Paiga
Araseli Sandoval
Emma Scott*
Anna-Christina Starszak*
Donovan Wilson

Adviser Mrs. Aguila* | Staff Editor Ms. Lantz

The Shield 12/15/17 Issue



DIY STARGAZING CONSTELATION JAR

BY: ANNA- CHRISTINA STARSZAK

THE NIGHT SKY AND ITS STARS ARE SO BEAUTIFUL, AND THEY SEEM TO BECOME EVEN MORE MYSTICAL IN THE WINTER, SO HERE IS AN EASY DIY TO BRING THE COLD WINTER SKY INTO YOUR ROOM.

YOU WILL NEED:

- A wide mouth jar
- A disposable tin cake pan
- Small click light
- An awl (or something else to poke holes with)
- Scissors

WHAT TO DO:

1. Cut a piece of the cake pan wide and tall enough to be able to fit into the jar. Be sure to smooth out wrinkles by using a spoon.
2. Use the awl (or other tool) to poke holes into the cut piece of the cake pan. The holes can be randomly placed or you can use constellations as ideas. When making stars, make the holes smaller to spot out the constellations. You can also take a silver sharpie and trace you constellations to see them better. Remember, they don't need to be perfect.
3. Put your piece of cake pan into the jar and keep it in place by cutting two tabs and folding them in opposite directions.
4. Place your light inside the jar and place your lid on top.
5. Enjoy in a dark room.



Fun Facts

BY: TAYLOR GALASZEWSKI

- You burn more calories sleeping than you do watching TV.
- In 1386, a pig in France was executed by public hanging for the murder of a child.
- One in every five adults believe that aliens are hiding in our planet disguised as humans.

POETRY

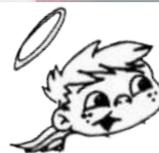
The Violet Flower

BY: SCOTT MILLER

Your lips are meadows,
Your tongue is wine.
Your laughter's liquid,
But your body's pine.
You love all sailors,
But hate the beach.
You say come touch me,
But you're always out of reach.

Your arms are lovely,
Yellow and rose.
Your back's a meadow,
Covered in snow.
Your thighs are thistles,
And hot house grapes.
You breathe your sweet breath,
And have me wait.

I turned the lights out,
I cleaned the sheets.
You changed the station,
Turned up the heat.
And now you're sailing,
Upon your chair.
You got me tangled up,
Inside your beautiful brown hair.



ASK ANDY

ADVICE COLUMN

Dear Andy,

How do you know if someone is your friend?

Sincerely,
Unknown Friend



Dear Unknown Friend,
You know when someone is your friend when you spend time out of school together and hangout. He or she will also know YOU as well as YOU know yourself! Someone is your friend when you make each other laugh when either of you is upset. He or she cheers you up and knows if something is wrong. However, knowing who your friends are can be hard, but at the end of the day, what counts is who is there for you. Anyone can be there when life is going right, but it's when you really need someone, that true friends rise to the surface.

Yours,

Winter FAV'S

BY MRS. SARAH AGUILA

So each issue this year I am including my favorite things I want to try to do that season. So, for Winter I have a celebrations plaque, DIY lip balm and a wreath that would be fun to do with my family or friends. Maybe you can get together with some fellow artsy people and have a fun day doing crafts! Bottom right are some of my top Winter picks...tune in next issue to see which one(s) I completed for Winter. See below left to view my Fall Recap of projects.



READY TO CRAFT!
MATCHY-MATCHY PINK SHIRTS!



JUANITO TAKING
A SNACK BREAK

Fall Recap

I only have proof of one project: decorated pumpkins. We started by painting the fake pumpkins white and teal. On the real pumpkins, I used acrylic paint to paint them all white. My two year old son helped paint them! Then I dripped paint on a couple, and some got glitter. We didn't buy confetti, but the large, silver pieces of glitter worked well. I loved having something so pretty, homemade and fun out for fall this year.

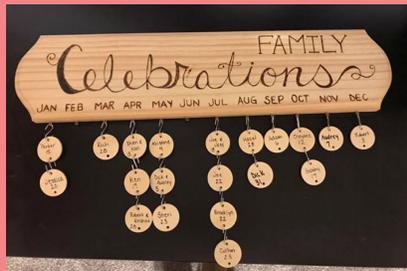
Though I didn't get to make the Fall Bucket List out of popsicle sticks, I did do a few things on it like go to a fall festival, bake pies and go on a hayride. I didn't make a Caramel Apple, but I did make my own version (see the last issue for details) but forgot to take a picture of it before I ate it up...sorry. I'm pregnant. Enough said.



ABOVE:
FOAM PAINTED
PUMPKINS

RIGHT:
REAL PAINTED
PUMPKINS BY
MY FRONT
DOOR

Winter Favorites



CELEBRATIONS PLAQUE

I was looking for a holiday craft to do with family and friends, and one idea came my way on Facebook from my cousin's wife, who is also an art teacher! She had made this Celebrations plaque for her grandma so that all birthdays and anniversaries are easily displayed in a cool piece of artwork. I plan on

making this with my family and friends soon in either wood or some other medium. The one shown uses an engraving tool that burns the wood. I'm excited to get this done so I can have these visible all at once instead of checking my phone calendar or Facebook all the time.



5-MINUTE! DIY LIP BALM

www.TheSeasonedMom.com



DIY LIP BALM

My cousin Melissa made homemade lip balm and lotion for everyone as a baby shower gift, and I've been wanting to make my own too. This is a simple recipe using coconut oil, peppermint essential oil, and beeswax. I would need to order lip balm tubes, a tray to set them in, and beeswax. (By the way, I just ordered the tubes.) I am excited to try it out for gifts of my own.

<http://hoosierhomemade.com/diy-lip-balm-gift-holiday-inspiration/>

JOY WREATH

I saw this on Pinterest and loved it! The Women of Christ Conference I went to with my mom, sister, and sister-in-law featured the theme of "J.O.Y." It stood for Jesus, Others, and Yourself. It reminds us to find JOY in everything we do, even if it doesn't go as planned; that Jesus is guiding us to go through that experience. We should think of others with our thoughts and actions and finally think of ourselves. This wreath looks simple and beautiful with the added letters. I plan on making something similar this weekend.

<http://www.artsandclassy.com/2016/12/5-simple-diy-christmas-holiday-decoration-ideas.html>



BOOK LIST

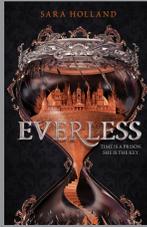
BY EMMA SCOTT

YOU'LL MISS ME WHEN I'M GONE

- BY: RACHEL LYNN SOLOMON
- YA CONTEMPORARY ROMANCE

EVERLESS

- BY: SARA HOLLAND
- YA ROMANTIC FANTASY



PRETTY DEAD GIRLS

- BY: MONICA MURPHY
- YA THRILLER/SUSPENSE

BLOOD FURY

- BY: J.R. WARD
- PARANORMAL ROMANCE

JUST BETWEEN US

- BY: REBECCA DRAKE
- SUSPENSEFUL THRILLER

HEARTLAND

- BY: ANA SIMO
- YA DYSTOPIAN

LAST GIRL ON EARTH

- BY: ALEXANDRA BLOGIER
- YA DYSTOPIAN

SAY YOU'LL REMEMBER ME

- BY: KATIE MCGARRY
- YA ROMANCE

STRAYING

- BY: MOLLY MCCLOSKEY
- LITERARY FICTION

THE PRECIOUS DREADFUL

- BY: STEVEN PARLATO
- PARANORMAL ROMANCE

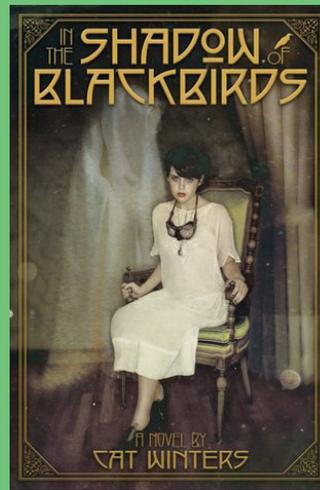
THE QUEEN OF HEARTS

- BY: KIMBERLY MARTIN
- WOMEN'S FICTION

BOOK REVIEW

BY: SAM DE GUIRE

In 1918, 16-year-old Mary Shelley Black's world is plagued by the deadly Spanish Influenza. Amidst a deadly war, the government is shipping off young men into a horrible battle. Mary Shelley also watches as mourners run to séances and spirit photographers to get closure (or crazier) about their deceased loved ones. During this confusing and crazy time, Mary Shelley is forced to rethink everything she thought she knew about life and death when her first love returns to her. The odd thing is, he died in battle. She is now faced with a serious question: "What does he want from her?"



Title: *In the Shadow of Blackbirds*

Author: Cat Winters

Suggested Audience: 14-17

Lexile Level: 800

Genre: Historical Fiction, Paranormal Fiction, Young Adult Fiction

(SD) Rating: 4.5/5

"This is not a particularly happy read, but it is glorious, in the end. It is hard to find a specific audience for this novel as I really believe that it is fitting for all."

~Alyssa on Amazon

life hacks

BY TAYLOR GALASZEWSKI



Have a Stomach Ache? Try laying on your left side and rub your stomach in clockwise circles!

5 Benefits of Listening to Music:

1. Stress Relief
2. Boost immunity
3. Reduce Heart Disease
4. Enhances Emotional Strength
5. Boost Self-Esteem

E.g = for example
i.e = in other words

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

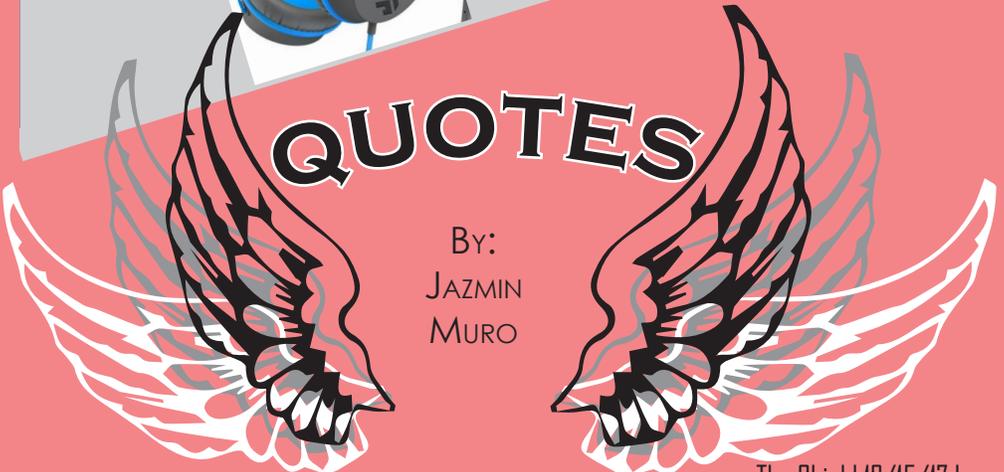
"No act of kindness, no matter how small, is ever wasted."
-Aesop

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."
-Malcolm X

"Your talent is God's gift to you. What you do with it is your gift back to God."
-Leo Buscaglia

QUOTES

BY:
JAZMIN
MURO



DON'T COUNT ON FOREVER

SPECIAL FEATURE

BY: SAM DE GUIRE

THE FALL PLAY WAS A HIT! DON'T COUNT ON FOREVER IS A GREAT SHOW THAT GOES THROUGH THE STRUGGLES OF HIGH SCHOOL SENIOR, LISA SOLHEIM. HER LIFE IS SLOWLY FALLING APART AS SHE TRIES TO FINISH HER SENIOR YEAR. SOON SHE REALIZES THAT SHE CAN'T COUNT ON EVERYTHING THAT SHE USED TO. LISA STRUGGLES WITH THE DIVORCE OF HER PARENTS, THE STRESS OF FINISHING THE YEARBOOK AND HAVING TO REASSESS EVERYTHING SHE THOUGHT SHE KNEW. WILL SHE HANDLE ALL OF THE STRESS WITH GRACE? OR WILL SHE CRUMBLE UNDER THE PRESSURE?



SENIORS KELSEY FRALEY (LISA SOLHEIM) AND MEGHAN FLYNN (JOAN SOLHEIM, LISA'S MOTHER) GIVE SOME INSIGHT ON HOW IT IS TO BE A PART OF AN SCHS PRODUCTION. FLYNN SAYS, "THE FALL PLAY IS ONE OF THE MOST BENEFICIAL EXPERIENCES I HAVE EVER BEEN A PART OF. BEING AN ACTIVE MEMBER OF THE SHOWS AT SCHS TEACHES EXTREMELY VALUABLE LIFE SKILLS WHILE GAINING AN AMAZING GROUP OF FRIENDS. YOU ATTAIN CONFIDENCE AND PUBLIC SPEAKING SKILLS RAPIDLY WHILE LEARNING HOW TO MANAGE TIME; NOT TO MENTION IT'S TONS OF FUN! IT'S AN EXPERIENCE LIKE NO OTHER THAT EVERYONE SHOULD TRY." THIS IS FLYNN'S EIGHTH SHOW AT SCHS SO SHE IS NOT A SHY ONE ON STAGE. FLYNN TRIES HER BEST AND MANAGES TO BE IN THE SHOWS, DO SPORTS AND MAINTAIN HER GRADES. NOW FOR FRALEY, SHE ALSO HAS HER STRUGGLES AND HANDLES THEM WITH GRACE. SHE IS CAPTAIN OF THE CHEER AND DANCE SQUADS, DOES THE PRODUCTIONS AT SCHS AND ALSO MAINTAINS HER GRADES. FRALEY STATES, "IT IS SO MUCH FUN TO BE A PART OF THEATER AT SCHS. I'VE BEEN A PART OF EVERY PRODUCTION SINCE FRESHMAN YEAR AND EACH YEAR, IT'S A JOY! I'VE MET SO MANY NEW PEOPLE, AND EVERYONE IS SO KIND. WE'VE BECOME LIKE A FAMILY. TO STEP INTO THE SHOES OF A CHARACTER AND TO DEAL WITH THEIR PROBLEMS INSTEAD OF YOURS- IT'S FANTASTIC! A LOT OF HARD WORK GOES INTO A PRODUCTION: FROM BLOCKING TO MEMORIZATION, COSTUMES, LIGHTS, SOUNDS AND THEN THE ACTUAL SHOW. THERE IS SO MUCH HARD WORK THAT GOES UNSEEN BY THE AUDIENCE, AND EVERY SINGLE MOMENT IS TIME WELL SPENT. I COULDN'T IMAGINE GOING THROUGH HIGH SCHOOL WITHOUT THE SUPPORT OF MY CAST AND CREW FAMILY." BOTH LADIES ARE VETERANS OF THE THEATER PROGRAM AT SCHS, AND BOTH LOVE IT. WHY NOT TRY OUT FOR IT?

IN MY OPINION, THE FALL PLAY WAS INCREDIBLE! I THOROUGHLY ENJOYED IT ALL THREE TIMES I SAW THE PLAY. THE ACTING WAS GREAT, THE CASTING WAS VERY WELL DONE AND THE SET REALLY TRANSPORTED ME INTO THE STORY. DON'T COUNT ON FOREVER WAS A FANTASTIC SHOW. EVEN THOUGH YOU CAN NO LONGER SEE IT AT ST. CAT'S, I WOULD RECOMMEND THAT YOU SEE IT IF THE OPPORTUNITY PRESENTS ITSELF ELSEWHERE.



UPCOMING EVENTS

BY EMMA SCOTT

WEDNESDAY, DECEMBER 20-FRIDAY, DECEMBER 22

- MIDTERMS

MONDAY, DECEMBER 25-TUESDAY, JANUARY 2

- CHRISTMAS BREAK

MONDAY, JANUARY 15

- NO SCHOOL

MONDAY, JANUARY 22

- EARLY RELEASE

SATURDAY, JANUARY 27

- WINTER FORMAL

FRIDAY, FEBRUARY 16

- NO SCHOOL

MONDAY, FEBRUARY 19

- NO SCHOOL

MONDAY, FEBRUARY 26

- EARLY RELEASE

THURSDAY, MARCH 15

- QUARTER ENDS
- PARENT-TEACHER CONFERENCES



Sports Captain Interview

Lily Ertel BY RACHEL COMANDE

Q: What's your favorite television show?

A: *Criminal Minds / Friends*

Q: What do you love most about being a part of cheer?

A: The friendships that are made within a four year age difference.

Q: What's the best cheer memory that you have?

A: Winning second place at state my freshmen year.

Q: What college do you want to attend?

A: Carroll University

Q: After college, what do you want to do with the rest of your life?

A: I plan on becoming a physical therapist, hopefully traveling, doing mission work, and living a happy life.

Q: What are some of your hobbies?

A: I like to hang out with my friends or just binge-watch Netflix.

Q: What do you want to be remembered for? Do you have a legacy that you want to live on?

A: I would like to be remembered as someone who helps others and influences people in a positive way.

COMiC

BY: JOE PAIGA

CATCH THE TURKEY





ASK FATHER FAITH QUESTIONS

WHAT ARE THE CHURCH'S TEACHINGS ON EXORCISMS?

IN BRIEF THIS IS WHAT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT EXORCISMS, "WHEN THE CHURCH ASKS PUBLICLY AND AUTHORITATIVELY IN THE NAME OF JESUS CHRIST THAT A PERSON OR OBJECT BE PROTECTED AGAINST THE POWER OF THE EVIL ONE AND WITHDRAWN FROM HIS DOMINION, IT IS CALLED EXORCISM. JESUS PERFORMED EXORCISMS AND FROM HIM THE CHURCH HAS RECEIVED THE POWER AND OFFICE OF EXORCIZING. IN A SIMPLE FORM, EXORCISM IS PERFORMED AT THE CELEBRATION OF BAPTISM. THE SOLEMN EXORCISM, CALLED "A MAJOR EXORCISM," CAN BE PERFORMED ONLY BY A PRIEST AND WITH THE PERMISSION OF THE BISHOP. THE PRIEST MUST PROCEED WITH PRUDENCE, STRICTLY OBSERVING THE RULES ESTABLISHED BY THE CHURCH. EXORCISM IS DIRECTED AT THE EXPULSION OF DEMONS OR TO THE LIBERATION FROM DEMONIC POSSESSION THROUGH THE SPIRITUAL AUTHORITY WHICH JESUS ENTRUSTED TO HIS CHURCH. ILLNESS, ESPECIALLY PSYCHOLOGICAL ILLNESS, IS A VERY DIFFERENT MATTER; TREATING THIS IS THE CONCERN OF MEDICAL SCIENCE. THEREFORE, BEFORE AN EXORCISM IS PERFORMED, IT IS IMPORTANT TO ASCERTAIN THAT ONE IS DEALING WITH THE PRESENCE OF THE EVIL ONE, AND NOT AN ILLNESS." CCC -1673



WHY WERE ADVENT CALENDARS INVENTED?

ADVENT CALENDARS WERE INVENTED AS A WAY OF COUNTING DOWN THE DAYS TILL THE COMING OF JESUS AT CHRISTMAS. THEY ARE NOT THAT OLD AS YOU MIGHT THINK. THEY WERE STARTED BY GERMAN LUTHERANS IN THE 19TH CENTURY, BUT NOW ARE USED THROUGHOUT CHRISTIANITY AND YOU CAN EVEN FIND SECULAR "ADVENT" CALENDARS, WHICH IS ODD TO ME.

HOW ARE ALL SAINTS DAY AND ALL SOULS' DAY DIFFERENT AND WHY DO WE CELEBRATE THEM ON DIFFERENT DAYS?

ON ALL SAINTS' DAY WE CELEBRATE ALL THOSE WHO ARE IN HEAVEN. ON ALL SOULS DAY WE CELEBRATE THOSE DEAD WHO ARE REDEEMED, I.E. THEY WILL ONE DAY GO TO HEAVEN, BUT ARE STILL BEING PURIFIED. WE CALL THIS STATE OF PURIFICATION AFTER DEATH PURGATORY, SO ON "ALL SOUL'S DAY" WE PRAY FOR THE SOULS IN PURGATORY BECAUSE WE BELIEVE THAT OUR PRAYER CAN HELP THEM TO BE PURIFIED FASTER. WE CELEBRATE THEM ON DIFFERENT DAYS BECAUSE THEY ARE COMMEMORATING TWO DIFFERENT THINGS.

BAKING RECIPE OF THE MONTH CHOCOLATE LAVA CAKE

BY: ANNA-CHRISTINA STARSZAK

Everyone loves chocolate lava cake, but most recipes are confusing and complicated. Here's an easy (and equally delicious) recipe.

INGREDIENTS:

- BAKING SPRAY
- 1 STICK OF BUTTER
- 2 OUNCES OF BITTERSWEET CHOCOLATE
- 2 OUNCES OF SEMISWEET CHOCOLATE
- 1 ¼ CUPS OF POWDERED SUGAR
- 2 WHOLE EGGS
- 3 EGG YOLKS
- 1 TEASPOON OF VANILLA
- ½ CUP OF ALL-PURPOSE FLOUR
- YOUR FAVORITE VANILLA ICE CREAM
- CUSTARD CUPS (OR EQUIVALENT) TO PUT THE BATTER IN



DIRECTIONS:

1. Preheat your oven to 425°F. Spray four custard cups with your baking spray and set aside.
2. Put your butter, bittersweet chocolate, and semisweet chocolate in a large bowl in the microwave for about a minute (or longer if needed) so the butter melts. Mix until the chocolate is melted as well. Whisk in your eggs, egg yolks, and vanilla until combined. Stir in the flour and divide your mixture evenly into the custard cups.
3. Place your custard cups on a baking sheet and bake for about 13 minutes, or until the sides are firm and the centers are soft. Let it sit for 1 minute and serve on a separate plate with vanilla ice cream.