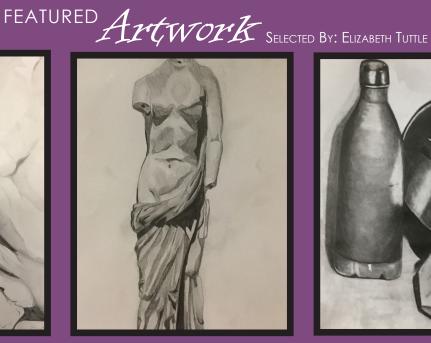




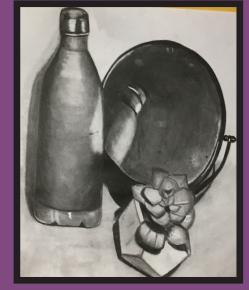
EDITORS: GRACE SZCZE ABBIE DETERMAN LAYOUT MANAGER: DEONDRE LECL

OCTOBER 30, 2020

QUIN S.



EMILY W.



HALEY K.



OLIVA M.



ALIVIA Y.



VIVIANA G.

Top Shows and Movies Halloween Themed

Shows

- Stranger Things
- American Horror Story
- The Haunting of Hill House
- The Walking Dead
- Haunted

- Movies
- It Fallows
- Halloweentown
- The Nightmare Before Christmas
- Casper
- Hocus Pocus

The Shield 10/30/2020 Issue



Dear Andy,

Ahoy, I've had trouble getting in touch with my friend, and it's left me feeling lonely. Any suggestions?

> Sincerely, A Lonesome Sailor

Dear A Lonesome Sailor,

Avast Matey! Losing contact with friends is tough. But lucky for you, I'm a master of happy reunions! The key is courage! It's best to face these things with the widest smile you can muster. Try texting them or send them a fun snap! Once you get past how awkward you feel, it gets WAY easier! If vou don't have their contact anymore, it's time for a daring expedition into the last place you left it. Check old phones, ask around to see if your other friends have it, the X marks the spot after all! Do this and you'll be reunited with your pal in no time!

Sincerely,

Do you have a question you need advice nn?





Show Review

By Nicolas GARCIA **Rating:** 8/10

Summary:

crucial information about the disease.

Kingdom is a Korean Drama Netflix series that is set during Korea's Joseon period, three years after the Japanese invasions of Korea. The series revolves around Korea being under siege by blood thirsty cannibals and a group led by the crown prince attempting to find the source of the infection with hopes of curing it.

Featured characters:

Lee Chang







The Crown Prince of Joseon and the current heir to the throne. Suspicious of the mysterious illness affecting his father, the King of Joseon, his investigation not only uncovers a dangerous plague that brings the dead to life, but also a plot to betray the Royal family and usurp him as heir.

Ми-уеспд

Mecng-shin

Prince Chang's loyal personal bodyguard who accompanies him to the southern provinces to investigate the plague, leaving his pregnant wife in the capital.

A mysterious tiger hunter from the South who is also among the first

to discover the outbreak of the plague. A skilled fighter who carries

Sec-bi A physician's assistant from Dongnae who is among the first to

discover the outbreak of the mysterious plague. She desperately seeks to find a cure, and comes to possess a journal containing



early European muskets, he allies himself with Lee Chang and helps to lead the fight against the undead. The Beem-pal A somewhat, incompetent magistrate of Dongnae and

Cho Hak-ju's nephew. He starts off as more interested in



self-preservation than protecting his people.

Lord The Hak-ju The Chief State Councilor of Joseon and head of the Haewon Cho clan. He's the father of Queen Consort Cho and the uncle of Cho-Beom-pal. A cold, ruthless leader, he is desperate to secure his power over the throne through Queen Cho's unborn

Queen Gonsort The

Chang.



The young and pregnant Queen of Joseon who is Cho Hak-ju's daughter, and Lee Chang's stepmother. Like her father, she is desperate to secure her power over the throne by giving birth to a son that will displace Crown Prince Lee Chang as the rightful heir.

child who he seeks to make heir to the throne in place of Lee

Final thoughts/score:

The show does a very good job telling a compelling story with great acting talent included. I became very immersed in the story and attached to the characters which definitely made watching the show a great experience. Overall, I'd give Kingdom a solid 8/10 with my only complaints being that sometimes scenes or conflicts draw on longer than they should for the sake of adding more length to the episode in unrealistic ways that detract from the immersion at times.



QUOTES

By: Cali Ramirez Gomez

"Push yourself, because no one else is going to do it for you."-Unknown

"All our dreams can come true, if we have the courage to pursue them." – Walt Disney

"If people are doubting how far you can go, go so far that you can't hear them anymore." – Michele Ruiz

"It's no use going back to yesterday, because I was a different person then."— Lewis Carroll

"Happiness is not something ready made. It comes from your own actions." — Dalai Lama XIV

"Work hard in silence, let your success be the noise." Frank Ocean

"Don't dream about success. Get out there and work for it."

"You can cry, scream, and bang your head in frustration but keep pushing forward. It's worth it."-Unknown

Fan Face

- Squirrels get smarter: When squirrels bury their nuts, a typical squirrel shows a 15% increase in the size of the memory part of the brain.
- Food cravings: Pumpkins are the most craved food in the fall.
- Halloween: A Celtic tradition where they believed ghosts roamed on Halloween so they dressed in disguises to hide from the spirits.
- People who live on the equator or central area of the planet never experience autumn or fall.
- People born between September and November are more likely to live to 100 years old than people born the rest of the year.
- People born in the fall are more likely to be more intellectually inclined than people born the rest of the year.
- Catching falling leaves brings good luck.



MATERIALS:

- Canning jar with lid
- Hot glue, glue gun
- Twigs or sticks
- Twine
 Silk leaves
- Red, yellow, and orange metallic confetti

DIRECTIONS:

- 1. Fill the jar up with water
- 2. Then Flip the lid over and add a dab of glue to the center of it.
- 3. Make sure it's hot glue.
- Press a twig or stick to the glue, allowing the little branches to branch out and





up. It should resemble a little tree.

- 5. Let your tree branch dry for an hour or so. Make sure it's standing still.
- 6. Line the rim of the jar with glue.
- 7. Quickly turn the lid over and insert the branch into the jar.
- 8. Work slowly so you don't bend and snap it. Screw the lid in place. Allow

for several minutes to let the glue dry. 9. While the glue dries, you can decorate the lid with a little twine and silk leaves. Simply snip, tie, and glue them in place to your liking. 10. Now, just flip the jar over and give it a good shake. The red, yellow, and orange metallic confetti will twirl around the jar like a blustery (



https://premeditatedleftovers.com/naturally-frugalmom/frugal-fall-craft-maple-tree-leaf-globe/ fall day. The Shield 10/30/2020 Issue I peaked over at Gill's fins as the credits for the episode began to roll. Spread-



" I guess it came from her need to know all the details. She never really could read the emotions of others,

out, she must have liked this one. I knew that it was a gift to be able to read her emotions like that. For all of her claims that she barely could reel, her fins always revealed her true thoughts.

"I'm sorry about what happened Wednesday." she sighed. Her fins drooped and flattened against her head. Her laser-like gaze shifted from the television screen to the door.

"Wednesday? What do you... oh that. No, I'm the one who tried to pick you up without saying anything. You don't need to apologize for that." I had been mentally screaming at myself for even thinking that she would be okay with it. Yes, she was two feet shorter than me and weighed barely anything, but that never gave me permission to hold her like a child. I was the one who should be apologizing for that.

"I still kicked you in the stomach and screamed at you." Gill began to curl up into a ball on the couch seat next to me. I wanted to hug her and tell her that it wasn't her fault, but once Gill thinks that she's guilty of something, absolutely nothing could change her mind.

"Do you want to talk about it?" I asked. I was still curious about the incident, I had seen a side of her that I had never seen before, one that was truly terrified, one that could truly feel. She had screamed at me, not just raised ner voice. She had been frightened, not just tense like she got when around dogs like she claimed she feared.

Gill looked up from her feet and gave me a blank look. One of her fins twitched upward, confusion. Neither her eyes nor face showed this. Now that Lthink about it, she had really pretty eyes, yellow with a ring of orange around the edge, but they only enhanced the illusion of feeling nothing. "Why" did you... not want..." I tried to rephrase the question. Gill always hated when people were vague, but this was usually expressed in the form of mild confusion or frustration, rather than anger. which would've been helpful in those kinds of situations.

"I can tolerate being held if that is the question. But I believe that you want to know why I didn't at that particular moment, yes or no?" That was the Gill I knew, quick and to the point. She wasn't really asking, she was making me focus, rather than letting me waste time with useless babble. It was cool watching her do that, say exactly what had to be said by another person to make them stop wasting her time.

"Yes," I cautioned, "if you're okay with it." I traced her line of sight and found that while her face was in my direction, she still had her eyes on the door. She did that when she was uncomfortable. I guess it was easier for her to not look directly at the problem, or in this case, me.

"It breaks the illusion of control, my illusion of control to be exact." I saw her arms tense up briefly, a weird little tic that happened when she was either cold or nervous. Her fins were folded, but not pressed against her head. Shame?

"Ash, you're a big guy; you know that. That's to average-sized individuals. I'm really short; you know that and keep commenting on it. My exact height is five foot zero. You are well over six foot ten, by my estimates. You're a freaking giant to me," She paused for a moment and stared more or less at me, "I could have been your plaything."

She fell silent. Her claws had found the remote, and the act of running her fingers across the rubber buttons drew her focus away from the conversation. Her attention was quickly centered on the rules for whatever game she had constructed in her head.

"I'd never hurt you. I'm sorry if I made ya upset, I just... you... you like hugs, and..." I don't know what I was trying to say, but Gill was quick to react.

"Warn me next time."



By: Abbie Determan



MISS STONE'S MUSICAL BY SARAH STONE SCOOPS

LOCAL:

All performances and activities for the upcoming 2020/2021 season at the Racine Theater Guild have been postponed until January 2021. This includes all mainstage, Racine Children's Theatre, Jean's Jazz, Comedy Tonight, Signature Spotlight, and in-person classes held at RTG.

Live shows picking up on the schedule include:

Clue on Stage (Jan. 15 - 31, 2021) Always a Bridesmaid (Feb. 26 - March 14, 2021) Akeelah and the Bee (April 9 - 25, 2021) Mama Mia! (May 14 - June 6, 2021)

Again, due to Covid-19, the Racine Theater Guild is pushing its 2020/2021 season back to 2021/2022. The season will officially begin in September 2021.









Resturant Name: Kewpees Rating: 4.5 out of 5 stars

This place has one of the best burgers in Racine! Their rootbeer is also to die for! I like going to this place after school and get a burger and a rootbeer or even a rootbeer float. Before COVID, it was also a nice place to meet up with friends, get some food, and walk around all through downtown Racine afterwards. I highly recommend this place to people who like to have good burgers and want a fun place to go after school!

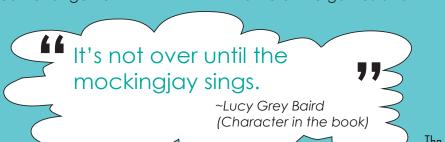
BOOK REVIEW

Ballad of Songbirds and
Snakes by Suzanne CollinsRating: 4.5 c
Genre: Dyst
Age: Teens

Rating: 4.5 out 5 stars Genre: Dystopian, Romance, Drama Age: Teens

This is the prequel to *The Hunger Games* trilogy, when Snow is one of the mentors and not the person running the games. It shows more of how the Hunger Games came to be, and it goes deeper on the perspectives and lives of the tributes. This book does have a hint of romance in it because Snow falls for his tribute, Lucy Gray Bird, who is a singer. Lucy does have feelings for Snow in the end of the games and throughout the rest of the book. It really shows how much, in the end of the book, a man can change from a life of the games and

a woman. Highly recommend to people that like books with suspense and dystopian plots.





By: Alijah matthews SPORTS FLASHBACK

<u>Football:</u>

St. Catherine's blew past St. Thomas Moore with a 56-0. Demarion Cobb ran for 264 yards and 6 touchdowns. Daniel Sanchez added 95 yards. The defense held the Cavaliers to -33 total yards on 10-3-20.



Soccer:

The boy's team is now 6-2 on the season with a victory over Martin Luther and then over Shoreland Lutheran on Wednesday and Friday. Wade Roberson and Juan Casares had 3 goals, Victor Moreno had 4, Angel Antonio and Abel Galvan also scored goals on 9-30-20.

Volleyball:

Boy's Volleyball got a big 5 set win over Union Grove on Tuesday, 9-29-20. They were led by Grant May, Dazarien Hicks, and Nate Pulda.

Friday, November 16

- SUNDAY, NOVEMBER 18
- FALL PLAY

WEDNESDAY, NOVEMBER 21 -

FRIDAY, NOVEMBER 23

- •Thanksgiving Break
- NO CLASSES

WEDNESDAY, DECEMBER 23 - SUNDAY, JANUARY 3

• CHRISTMAS BREAK

MONDAY, JANUARY 4

• CLASSES RESUME

UPCOMING



BY: MRS. AGUILA







DRAWING AND PAINTING / ADVANCED DRAWING AND PAINTING



PAINTING AND PRINTMAKING











FAMILY: HOW'S YOUR GRADES?



Selected By: Jayden Barron

When you sneeze & someone say bless you but you're home alone



When your friend asks you for a helping hand.



TODAY IN HISTORY BY: KORRA SPRAGGINS

Source:https://www.onthisday.com/day

- **1541** Michelangelo finishes his famous painting "The Last Judgement".
- 1864- Nevada is made a state.
- 1918- 21,000 people died from the Spanish Flu in the US in a single week!
- 1926- Famous Magician Harry Houdini dies.
- 1941- After 14 years, Mount Rushmore is completed.
- **1962** The horror film *What Ever Happened To Baby Jane?* released.

10/31

2011- World population reaches 7 billion inhabitants.

BAKING RECIPE OFTHEMONTH Boo Bark- Halloween Chocolate Bar

BY: KORRA SPRAGGINS

MATERIALS:

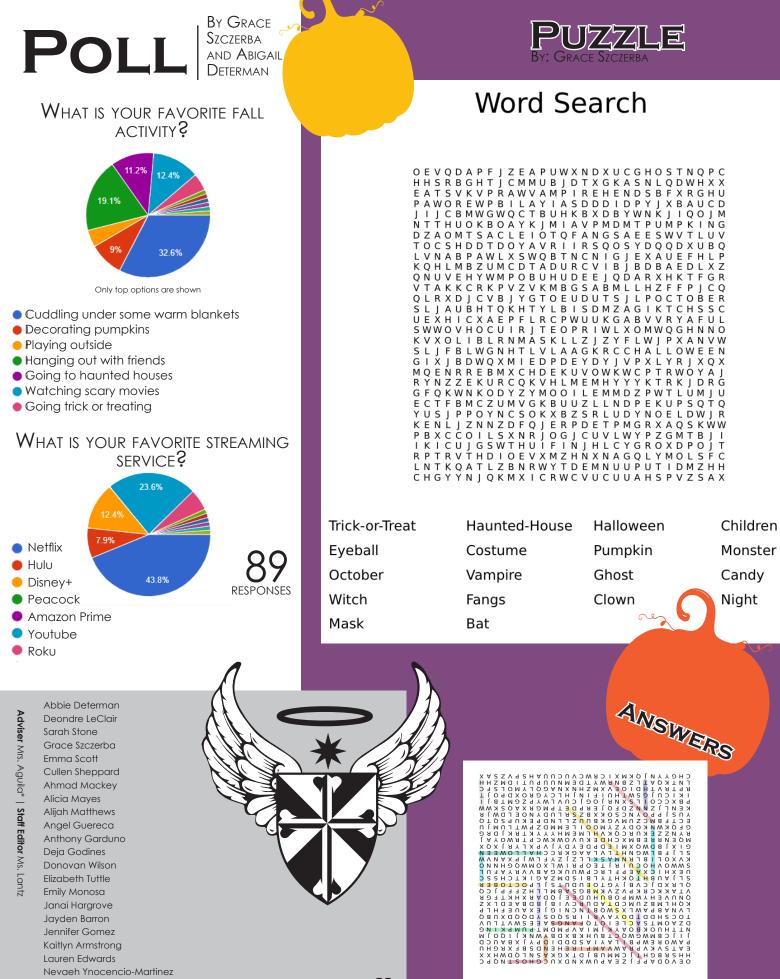
- two 4-ounce semi-sweet chocolate bars chopped
- two 4-ounce white chocolate bars chopped
- festive Halloween candy sprinkles, and Halloween M&Ms



- 1. Line a large baking sheet with parchment paper.
- 2. Melt the semi-sweet chocolate in a double boiler or the microwave (see link for more details).
- 3. Melt the white chocolate following the same melting process in step 2.
- 4. Pour the melted semi-sweet chocolate onto the prepared baking sheet and spread out into a large rectangle.
- 5. Drizzle the white chocolate mixture on top.
- 6. Use a knife or a toothpick to swirl the layers together.
- 7. Decorate the top of the bark with candies.
- 8. Allow the chocolate to set.
- 9. Once hardened, break into pieces.







newspaper staff

The Shield 10/30/2020 Issue

Janai Hargrove Jayden Barron Jennifer Gomez Kaitlyn Armstrong Lauren Edwards Nevaeh Ynocencio-Martinez Nicolas Garcia Owen Andreasen Takorra Spraggins Xiclali Ramirez-Gomez

HAPPY lt's Fall Ya'll! BIRTHDAY

BY: ALICIA MAYES

happy birthday iinia & michelle :)

Нарру **Birthday**

Yamilet ~

9TH GRADE:

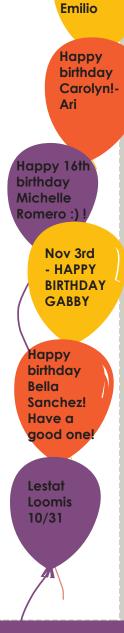
Michelle P. 8/02 Samantha D. 8/11 Leila H. 8/17 8/17 NataliaM. Tamariyah W. 8/17 Avangelina J. 8/19 8/21 Jazmine R. Jaiden O. 8/22 Cesar G. 8/25 Nikos B. 8/28 Victoria R. 8/28 Anais F. 9/02 Samuel H. 9/03 Brianna C. 9/04 Kimora C. 9/15 9/19 Gerardo G. 9/27 Emily R. Giovanny D. 9/28 Emmerson D. 9/29 10/03 Shyah D. Sabastian R. 10/05 10/17 Katy L. Curt L. 10/24 Maritza R. 10/24 Sameriah C. 11/02 11/03 Jaelen K. Angelina O. 11/03 Enegil R. 11/06 Arianna S. 11/08 11/08 Daysia W. Madelyn H. 11/11 Jayvion H. 11/11 Ty C. 11/13 Dalton K. 11/17 11/25 Diamond D. 11/27 Andres A. 11/29 Adan R. Gabriel W. 11/29

10TH GRADE:	
Keyla M. Madeline K. Arianna J. Joseph T. Anthony J. Bryan C. Julianna W. Nathan B. Terrion G. James P. Ivan A. DJ M. Amiyah S. Emily K. Myla H. Kyle M. Mikayla S. Naomi C. Kimberly A. Victoria C. Novodny P. Tristan R. Jinia G. Gustavo V. Julian R. Christian D. Michelle R. Domonic P. Dominick S. Gabriella O. Michael M. Lestat L. Harry S. Carolyn T. Alexis H. Jacob M. Aliah R. Azucena D. Sarah S. Ivan G. Abel M. Irent C. Celina A. Nathan G.	8/06 8/15 8/18 8/24 8/25 9/04 9/04 9/13 9/14 9/13 9/14 9/15 9/20 9/21 9/21 9/21 9/22 9/23 9/25 9/25 9/25 9/25 9/26 9/30 10/09 10/11 10/26 10/27 10/28 10/27 10/28 10/27 10/28 10/27 10/28 10/11 11/02 11/10 11/10 11/10 11/10 11/12 11/28 11/29 11/30
	,

11TH GRADE	
Thomas S. Samuel H. Frank C. Ethan R. Elizabeth T. Ellie R. Layla V. Michael B. Ethan H. Kaitlyn A. Amya F. Calaway A. Guadalupe B. Melissa R. Jeffery A. Victor M. Nevaeh D. Lluvia U. Isabella R. Emma G. Carolina P. Maribel S. Haylie K. Phillip P. Alexander B. Angel G. Xiclali R. Ahmad M. Samuel H. Jacob W. Kaylee K. Edgar M. CamRon B. Starsius B. Micah S. Benjamin O. Carviniq T. Emily W.	8/03 8/13 8/16 8/20 8/21 8/23 8/26 8/26 9/01 9/01 9/08 9/14 9/19 9/26 9/28 10/08 10/09 10/10 10/14 10/15 10/18 10/27 10/27 11/02 11/03 11/10 11/12 11/13 11/14 11/17 11/22 11/28 11/30

Jaidah B. 8/03 Alivia Y. 8/05 8/10 Mekhi S. Kennedy C. 8/11 Tyrese H. 8/11 Emari C. 8/15 Alani S. 8/17 8/20 Naturel S. Donovan W. 8/23 8/26 Reese K. Calvin H. 8/26 Edie R. 8/26 Estrella A. 8/27 Gavin G. 8/28 9/02 Alex S. Dion D. 9/05 Marcel T. 9/05 9/08 Barter P. JaMari' D. 9/09 Dazerien H. 9/10 DanicaJ. 9/11 Nicholas O. 9/13 Kamari M. 9/26 Guadalupe A. 10/02 Galeysia G. 10/07 10/09 Niylha S. 10/11 Juan M. Maria G. 10/12 10/15 Aliana V. Miranda W. 10/17 Olivia M. 10/18 Katherine N. 10/18 Amarion B. 10/22 Amarri B. 10/22 Anthony G. 10/25 10/30 Aleksi É. Gabriella B. 11/03 Yaritza P. 11/07 Jaman S. 11/08 Reynaldo B. 11/15 Olivia R. 11/15 Aiva T. 11/16 Riley J. 11/21 Vivianrose J. 11/21 11/25 Khalilah H. 11/27 Dominick M. Trey P. 11/29

12TH GRADE



The Shield 10/30/2020 Issue

8TH GRADE:

Edgar G. Antonio M. Tessa B. Lucia S. Courtney S. Za'Kerya W. Yulissa G. Madison C. Layla M. Yareni C.		Armando N. Samuel B. Jennesis G. Meshawn W. Diego B. Emilio E. Madison G. Marvid S. Yamilet C. Taveha B.	9/14 9/23 9/29 10/03 10/04 10/05 10/07 10/12 10/14 10/15	Daimein A. Emiliano S. Derrick D. Ale,Äôsia H. Jasonya G. Savanyah C. Eliana S. Ethan S. Fernando G. Rebecca R.	10/17 10/20 10/21 10/22 10/24 11/04 11/06 11/06 11/07 11/08	Natasha S. Danielle B. Uriel M. Asher G. Ronnie M.	11/13 11/15 11/21 11/23 11/25	Answer the Poll to INCLUDE A SHOUTOUT IN THE NEXT ISSUE.	
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Movie Review

Rating out of 10 Stars Spider-man: Into the Spider-verse (2018)



By: Owen Andreasen

Spider-man: Into the Spider-Verse is a mix of art and superhero blockbuster. Being Sony's last Spider-man movie for a while, Sony decided to knock it out of the park. Sony utilizes stylized visuals, crisp color, and stunning 3D animated backgrounds. Miles Morales and others are animated in 12 FPS while everything else is at 24 FPS. Sony stated that this was intended to give the audience the feeling shuffling through a comic book. This artistic choice is admittedly a little hard to get used to, but visually interesting and adds to this colorful comic book world. Miles Morales is a goofy kid that we can all see ourselves in. Miles Morales was created by Marvel Comics writer Brian Michael Bendis and Illustrator Sara Pichelli as a response to the lack of black superheroes. They believed that black kids deserved to have a web slinging hero that looked like them. Miles was originally a celebration of being black and black culture. Being from Brooklyn and having his dad be a police officer was no mistake. Miles tackles important issues, like race and black Identity as he is also half-Latino. Spider-man: Into the Spider-verse is a classic hero's journey of Miles Morales growing and learning what it's like to take up the mantle of Spiderman.There's nothing that I can say other than this movie bursting at the seams with personality and love from it's creators over at Sony!

GAME REVIEW



Game: Among UsBy:Release Date: June 15, 2018DonovanGenre: Party GameWILSONPlatform(s): Mobile, PC

Among Us is a game where you are an astronaut on a ship (or many other locations) along with four to ten players. There are two imposters on the ship that will try to prevent the rest of the people on board from winning the game by killing them and slowing down their progress. In order to win the game, the innocent players have to either complete all their tasks on board or vote off the two imposters by trying to figure out who they are. This game was released in 2018 though it has recently surged in popularity in mid to late 2020. This game has been popular all over Twitch and Youtube with many creators. This game is free on mobile and \$5 on Steam for PC, which makes it very accessible to many players who may not want to spend \$60 on a brand new title. The game is very easy and simple to play and can be fun by yourself with random people, or you can get all your friends together and try to see who can win. All around it is a very popular game with amazing reviews, many hours of replayability, and if you want to start playing you can for free right away on any Android or IOS.

App of the Month Libby

By: Donovan Wilson

Meet Libby. The app for eBooks and audiobooks

Description: *Libby* is an app for reading and listening to books and audiobooks. It uses your library card for your local library and lets you borrow digital versions of books from your library. You have access to the entire library, although if someone else has the book already you'll have to wait. It's a very good alternative to Kindle, because it's free and uses something many people already have or can get very easily. It's also very good during the pandemic since the public library here in Racine is currently closed. Libby helps you stay safe and read some amazing books.



4.5 out

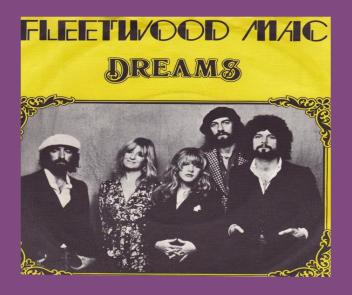
of 5

Stars

MUSIC REVIEW BY: AHMAD MACKEY

"DREAMS"- FLEETWOODMAC

"Dreams" is a viral Tik Tok hit and a very smooth song. It puts you in a very chill vibe when you are listening to it. This is a great song to study to. I recommend you listen to it with headphones and while you are in a calm environment.











WHATS Poppin in Fall Fashion

Fall or "hoodie season" is one of the best seasons for fashion because its cold enough to layer up on clothes but is also still warm enough to not have to bundle up. The things listed below are some of the things thats popping in fall right now...















- Plaid or checkered print
- Monotone outfits
- Oversized tailored looks Corduroy
- Reworked
- denim's <u>- Puffer ja</u>ckets
- Sweaters/
- Cardigans <u>- Vintage</u> looks
- Varsity jackets

The Shield 10/30/2020 Issue



SPIRIT БЕК











https://www.historynet.com/today-in-history/October-30

TODAY IN HISTORY 10/30 BY: JAYDEN BARRON

- 1270- The Seventh Crusade ends by the Treaty of Barbary.
- Henry VII of England crowned. 1485-
- 1697- The Treaty of Ryswick ends the war between France and the Grand Alliance.
- Two battalions of British troops are cut off, 1899surrounded and forced to surrender to General Petrus Joubert's Boers at Nicholson's Nek.
- 1905- The czar of Russia issues the October Manisfesto, granting civil liberties and elections in an attempt to avert the burgeonng support for revolution.
- 1918- The Italians capture Vittorio Veneto and rout the Austro-Hungarian army. Turkey signs an armistice with the Allies, agreeing to end hostilities at noon, October 31.
- Mussolini sends his black shirts into Rome. The Fascist 1922takeover is almost without bloodshed. The next day, Mussolini is made prime minister. Mussolini centralized all power in himself as leader of the Fascist party and attempted to create an Italian empire, ultimately in alliance with Hitler's Germany.





AAA WANT TO MAKE SURE YOU DRINK ENOUGH water? Here's the perfect way to do it. $\Lambda\Lambda\Lambda$

You are more likely to remember something YOU'VE WRITTEN IN BLUE INK THAN SOMETHING YOU'VE WRITTEN IN BLACK INK.



WRITING SOMETHING OUT IS THE MEMORY EQUIVALENT OF READING IT SEVEN TIMES. A GOOD TIP TO KNOW WHEN STUDYING!



by Cullen Sheppard



I sit down and I think to myself what's wrong with me. I tell myself I'm trash; I'm a piece of garbage. I look in the mirror and think I look like trash. I lie awake at night sometimes and say, "Why should you try? You are nothing and trash." Internally, I feel like I'm a disgrace. If you ask me who I am, I'd say I'm the worst person in the world. It's an ongoing hell for me just downtalking myself; I hate it. It seems like I can't find a single thing good about me.

It feels like I'm in a deep hole that I can't escape. I don't know how to talk about how I feel. I hide to avoid the ridicule of the real world. It feels like there's a dark shadow that follows me-a deep and internal negativity swirling around me. It hovers over me like a blanket, and it engulfs me twisting my mind. I try to escape it by playing video games or watching Netflix, but it always comes back to haunt me.

I can't escape it. It follows me into my dreams and tortures me. It's like watching a movie, but I'm starring in it. It's like Hell but much, much worse. Nobody can understand it. I wish people would.

The shadow gets its power from negativity. The more negative a person is the stronger it becomes. There's no way to stop it from what I can see. So, I hope writing about this might settle it down. But, it probably won't destroy it.

This thing started a year ago, and it won't go away. Maybe one day it will, and I will be free once more.





Fall Favorites

<u>PUMPKINS</u> I usually go to Jerry Smith, but it is so

packed right now without many following the mask policy, so I explored other options to get pumpkins to decorate. We actually ended up going to this farm on Braun Road close to Greenbay Road where

we get the

BEST sweetcorn.

The prices are so

reasonable, the kids

had fun picking out all the pumpkins and

gourds they wanted.

Last year, we carved

pumpkins, and we may still

this year. It was so mild out

one day, that we painted pumpkins with a few easy and fun steps for any age. Step 1: Paint the pumpkin with primer, white house paint of acrylic paint. Step 2: Mix paint and pouring medium in a squirtable container (could even be a small acrylic paint bottle). Step 3: Squirt/pour on paint that will drip down the sides as it dries. Step 4: Add glitter while still wet. My young kids did most of the decorating themselves...I

was so proud of them!

<u>SCREEN PRINTING - SPIRIT WEAR SHIRTS</u> In my Painting and Printmaking Class,

I would like them to design and print Spirit Wear approved shirts for clubs

in need of shirts and also designs that convey social justice themes. We will

use common screen printing materials, but I am curious to try it soon using

items I have at home already like mod

who could try this as a DIY at home.

podge and embroidery hoops for those

Summer Recap

ART FROM FOUND OBJECTS My sister and I like using natural or reclaimed items for projects, so I made her a dragonfly plaque using rocks, reclaimed wood, stain and heavy duty adhesive.

SEASHELL ART

There are so many seashell projects out there! The kids and I spent weeks cleaning seashells this summer, then painted shells throughout many days. Then, I spray painted and hand painted some frames. I adhered the seashells with hot glue once they were dry.

I also took a basic clock, took it apart, painted it black and the hands teal, and then glued seashells to it where the numbers were.

ETCHING GLASS

I didn't get to this, but it may be fun to try with a class, Environmental Club or Art Club if we restart that 2nd semester. I did make this light out of bottles and a birch tree branch.









Monthly Goals

Poetry/Rap: Write a poem and/or perform a rap for others Learn Something New: Learn to play one new song on my keyboard (I learned "Happy Birthday" so far)

Self Care: Do something that helps me feel beautiful Positive Vibes: Tell three people a day how fantastic they are in a specific skill Attraction: Go to a new park or beach and visit Grandma Nina













NATURE PHOTOGRAPHY

Last night was a perfect night to take some fall-themed photos in the yard, so while the kids played on the jungle gym, I had fun capturing the beautiful fall colors. The bench and dandelion are a few I researched to try out with the Environmental Club.



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