



ASK ANDY ADVICE COLUMN

Dear Andy,

I want to get to know other people in my school, but they already have their own groups of friends. How do I express myself to them?

Sincerely,
 Fit In Express

Dear Fit In Express,

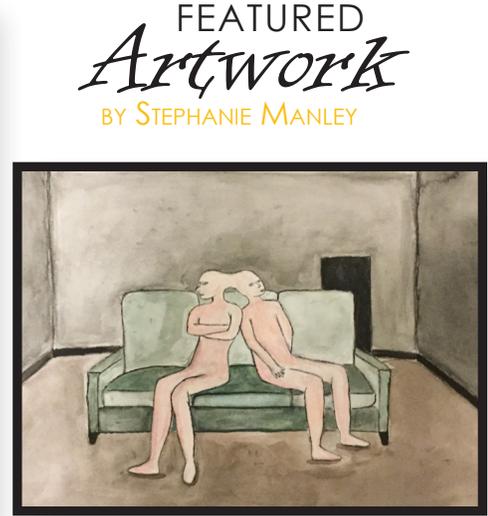
Making friends in high school is never easy, but joining clubs and doing extra curricular activities is always a good way to go about it. It may seem that many already have cliques, but most of the time, they are willing to open their groups up. Just keep in mind that some of the time, you will have to make the first move in a conversation. Though it might take time, everything will eventually work out.

Yours,

Andy



↑ Taylor Keibholz



↑ Danielle Poisl



↑ Taylor Keibholz

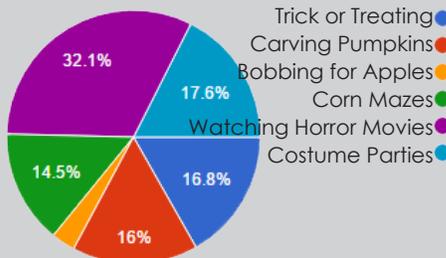


↑ Mya Vorlob

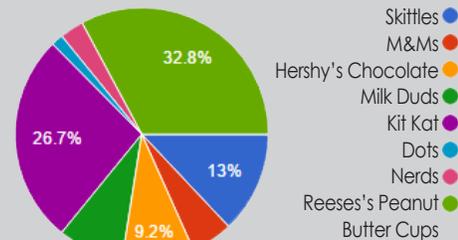
POLL BY CHRIS KRUPP

131
 RESPONSES

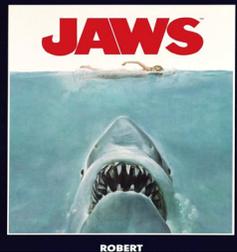
WHAT'S YOUR FAVORITE HALLOWEEN ACTIVITY?



WHAT'S YOUR FAVORITE CANDY?



The terrifying motion picture from the terrifying No.1 best seller.



Netflix Review

BY CHRIS KRUPP

Rating: 4.5/5

Since it's almost Halloween, I thought I should review a horror movie. I was debating between something along the lines of *Texas Chainsaw Massacre* or *Friday the Thirteenth*, but there's one problem. I'm a chicken when it comes to horror movies. That's why I picked *Jaws*. It's categorized as a horror movie on Netflix, but it's not too scary. It was a great movie, except for the fact that the main shark wasn't shown until the 1 hour mark. Yes, there's a shark. Spoiler alert! I thought it was going to be a documentary about a dentist...just kidding. This movie was about a shark who has a taste for blood and attacks people. Eventually, people start to hunt the shark, until the engine in their boat breaks. I won't say anything else, because I don't want to spoil it. Go watch it if you haven't!

APP OF THE MONTH



Apple Chart Top Songs

1. "Closer" - The Chainsmokers feat. Halsey
2. "Starboy" - The Weeknd feat. Daft Punk
3. "Heathens" - Twenty One Pilots
4. "Million Reasons" - Lady Gaga
5. "Broccoli" - D.R.A.M feat. Lil Yachty
6. "Gold" - Kiiara
7. "All We Know" - The Chainsmokers feat. Phoebe Ryan
8. "I Hate U, I Love U" - Gnash feat. Olivia O'Brien
9. "This Town" - Niall Horan
10. "Starving" - Hailee Steinfeld & Grey feat. Zedd

Masterminds

Movie Review

BY CHRIS KRUPP

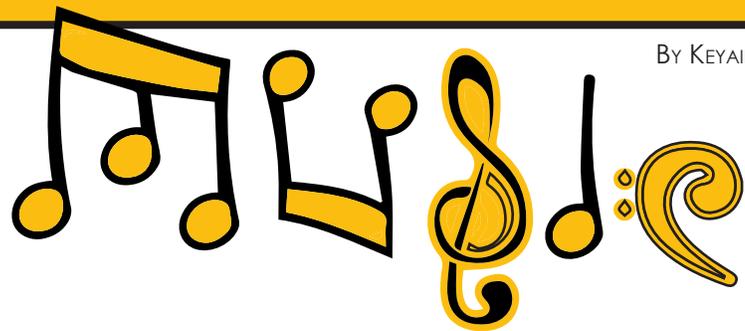
3.5/5 Stars ■ PG-13

This movie was HILARIOUS, which makes sense since most of the cast was from *Saturday Night Live*. This movie was based on a real heist (one of the biggest of all time) from the 1990's. Seventeen million dollars was stolen. The main characters are from the south and their accents are BAD, yet the characters are lovable. This just happens to be one of those you watch at home though. I would not spend my money to see this in theaters. It's a solid 3.5 out of 5.



RECOMMENDED MOVIES

- *Forest Gump*
- *Wayne's World*
- *Men in Black 2*

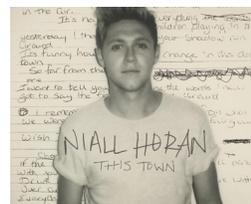


BY KEYAIRA MARSHALL



Starboy - The Weeknd feat. Daft Punk

Abél Makkonen Tesfaye (born on February 16, 1990), better known by his stage name, The Weeknd, is a Canadian singer/songwriter. In 2010 he anonymously uploaded songs to YouTube under that name. In 2012, he released an album which consisted of thirty songs; twenty seven remastered versions of songs on his mixtape that were released the year before and three additional songs. His second album, *Beauty Behind the Madness*, was his first number one album on the Billboard 200.



This Town - Niall Horan

Niall Horan (born on September 13, 1993) is a singer/songwriter/guitarist best known as being a member of the band One Direction. In 2010, he auditioned on the X-Factor as a solo artist, but did not make it through. But he was later put into a group (One Direction) which managed to finish in third place. Now, as the group has gone on their hiatus, Niall has taken up a solo career.



UPCOMING EVENTS

BY DAISY ROBLES

MONDAY, OCTOBER 31

- 2 HOUR EARLY RELEASE (12:15 P.M.)

TUESDAY, NOVEMBER 1

- ALL SAINT'S DAY MASS

FRIDAY, NOVEMBER 11

- VETERANS DAY MASS

MONDAY, NOVEMBER 14

- 2 HOUR EARLY RELEASE (12:15 P.M.)

FRIDAY, NOVEMBER 18 - SUNDAY, NOVEMBER 20

- FALL PLAY

TUESDAY, NOVEMBER 22

- SCHS BLOOD DRIVE

WEDNESDAY, NOVEMBER 23

- PRAYER SERVICE

THURSDAY, NOVEMBER 24

- THANKSGIVING & NO SCHOOL

FRIDAY, NOVEMBER 25

- NO SCHOOL

HOMECOMING WEEK FUN!



DIY RAINBOW SHOES

BY STEPHANIE MANLEY

1. Get a white pair of shoes and Sharpie markers.
2. Draw a design with markers onto the shoe, but make sure the colors are not too mixed together.
3. Take rubbing alcohol and apply it onto the design you just drew on the shoe to let the colors bleed together.
4. Repeat as needed
5. Let the shoes dry.
6. Rock your rainbow tie dye shoes!

SPORTS

Cross Country At Parkside BY: CARMEN SOSA

This is the fifth year that St. Catherine's High School has hosted the Conference meet at the University of Wisconsin-Parkside. Many schools have been involved in years past, and will also be competing this year. For example, The Prairie School, Saint Thomas Moore High School, Martin Luther High School, Burlington Catholic Central High School, and St. Joseph Catholic Academy (Kenosha) to name a few. Our very own coach here at St. Cat's, Mr. Scheller, will be one of the main contributors to the race.

The Shortest Interview of Scheller Ever

BY: ABIGAIL REINHOLD

Q. Was coaching your dream job?

A. Yes, because otherwise, I wouldn't have been doing it for this long.

Q. How has it felt to be a cross country coach for St. Catherine's?

A. Good because this was my dream job.

HAPPY BIRTHDAY!

BY DAISY ROBLES

NOVEMBER

Lee S.	11/02
Mariah A.	11/02
Hailey H.	11/06
Makenzie S.	11/07
Elizabeth S.	11/08
David S.	11/09
Joseph P.	11/10
Saraea W.	11/10
Gabriella M.	11/12
Cameron H.	11/12
Khmaria J.	11/13
Peyton J.	11/14
Gia R.	11/14
Daryl C.	11/14
Connor G.	11/15
Kalyn M.	11/16
Zachary K.	11/17
Madeline S.	11/17
Alberto M.	11/18
Aundre H.	11/22
Samantha L.	11/23
Keyaria M.	11/23
Stephanie M.	11/27
Evan S.	11/26
Emilio T.	11/30
Ernesto G.	11/30



Meet THE Staff

Abigail Reinhold



DO YOU HAVE A DREAM JOB? WHAT IS IT?

A: My dream job is to be a physical trainer or an EMT (Emergency Medical Technician).

IF YOU YOU COULD TRAVEL ANYWHERE, WHERE WOULD YOU GO?

A: I want to sooner or later explore everywhere I can.

WHAT IS YOUR FAVORITE COLOR?

A: My favorite color is Teal/ Bright orange.

WHO DO YOU LOOK UP TO?

A: I look up to my older brother Chris and my friends for always being there for me no matter what.

SPECIAL FEATURE Homecoming

BY SAM DE GUIRE

Homecoming week was a hit! We started off the week on Monday in our fantastic Disney wear. We also had a speaker come in to talk to us about the risks of texting and driving later that same day. On Tuesday, we dressed up spectacularly in our class colors and had our class competitions! Wednesday was most definitely spooky as we dressed in creepy costumes in our class themes. We tried to look our best for the first liturgy of the year on Thursday. To end the week's festivities, we dressed to support our school in spirit wear during our pep rally. Fall sports were recognized and the homecoming King and Queen were announced. The homecoming game on Saturday was a great one with a final score of 17-0 with St. Catherine's defeating Martin Luther. The dance later that night was full of fun and dancing, and we even had some surprise guests of ghosts and goblins later after the dance was in full force.



BOOK REVIEW

BY AJE WILLIAMS

“Can someone be your girlfriend if you’ve only known her for a day?”

Andy ~ From *The Girl With the Wrong Name*

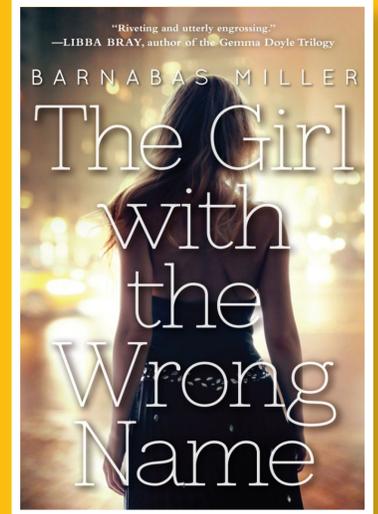
Title: *The Girl With the Wrong Name*

Author: Barnabas Miller

Suggested Audiences: 14-17

Summary: 17 year old Theo Lane has been hiding a side of her face since “The Night in Question” that left her with a nasty scare and no memory of what happened. Theo is an aspiring filmmaker that always keeps her hidden camera by her side. She has spent all summer in a Manhattan cafe secretly documenting random subjects. The Lost Boy became a featured star in her documentary. Everyday, at the same time for months, the Lost Boy sits in the same spot and waits. Theo finally gets the courage to talk to the boy and discovers what Andy (The Lost Boy) is doing. He is waiting for someone who said she’d meet him there four days ago. Intoxicated by Andy’s love for this mystery girl, Theo agrees to help him, the process, does she unravel the mysteries of her world, or Andy’s?

Genre: Young Adult



SUPPORT OUR SUPERHERO

By: STEPHANIE MANLEY

One of St. Catherine’s students, Katrina Bargender, diagnosed with a rare disease called Takayasu’s Arteritis last year. Takayasu’s Arteritis is a rare type of vasculitis, a group of disorders that cause blood vessel inflammation. On November 5th from 4-8 pm, there will be a chicken and pasta dinner event held at St Sebastian’s for Katrina in their school gym. There will be music and a silent raffle as well. All the money raised will be given to Katrina’s family to help with the expenses related to her battle with the disease. Please come and support Katrina and her family.

\$9.00 for Adults \$7.00 for Kids ages 3-10 Kids 3 and under are Free



Meet THE Staff

Lorenc Gasparov

Q1: What is your favorite subject in school?

A: My favorite subject is Psychology.

Q2: What has been one thing that has helped to shape your life?

A: Going into high school and meeting all the new people, and at the same time finding new talents and activities.

Q3: If you could travel anywhere, where would you go?

A: I would go to France. There is so much history, landmarks, and unique food there it would simply be an absolute joy to go.



newspaper staff

Lorenc Gasparov
Sam De Guire
Abby Reinhold
Rachel Comande
Stephanie Manley
Daisy Robles
Chris Krupp
Olivia Helbling
Jenessa Gonzales
Michael De Guire
Emma Scott
Anne Howard
Keyaira Marshall
Brenda Napoles
Carmen Sosa
Aje Williams

Adviser Mrs. Aguila
Staff Editor Ms. Lantz

THANKS for submitting your questions to the St. Cat's Newspaper Poll- Father Allen answered a few here! Go to the link for the rest.

<http://www.saintcats.org/campus-ministry/>

IS SAMHAIN CELEBRATED?

Since Samhain is a pagan festival of the dead, we will not be celebrating it. We will however be remembering our deceased loved ones throughout the month of November. Since the time of earliest cave paintings and at the most ancient burial sites, there is evidence of a belief in the afterlife. Both Jewish and Christian traditions demonstrate a desire to pray for the dead and through our belief in the Communion of the Saints, we believe that those in Heaven can pray for us. Continue to pay attention as there will be much more regarding these things as we enter into this traditional time of remembering the deceased.

HOW DO I KEEP FROM SLEEPING DURING LITURGY?

A few suggestions: Participate in the songs and prayers. Ask your neighbor to nudge you if you doze off. Drink coffee before you come to school. Don't close your eyes!

DOES GOD WANT US TO 'HAVE FUN'?

I would say yes. But, more than anything, God wants us to be happy. Happiness ultimately consists in participating in the Divine Life of God in heaven, which sounds like it should be cool. Heaven is described in the bible as an eternal wedding feast, which sound to me like a happening party. In this life, God calls us to rejoice in the gifts that he has given us. In the wedding feast at Cana, Jesus, at the request of his mother, made sure they did not run out of wine. But the abundance of which God gives his gifts is not an excuse to abuse them. Sometimes "having fun" can be confused with sinning, but anyone who is honest with oneself knows that this false happiness is short lived, and a life of sin is anything but fun. I think the fun God wishes us to have is best seen in the hearts of young children.

QUOTES

"Success is not final, failure is not fatal: it is the courage to continue that counts."
~Winston Churchill

"Education is the key to unlock the golden door of freedom."
~George Washington Carver

FLASHBACK

BY EMMA SCOTT

The school year is back and in full swing! To finish off the month of September and start October, we had homecoming week. The theme was Haunted Hallways and everyone did a great job of dressing up. On Monday, October 3, we had a two hour early release. There was also a prayer service after school, where we prayed the Rosary. On October 10, the freshmen went to a seminar for their retreat. On Friday, October 14, there was no school due to Parent Teacher conferences the night before. There was also no school on October 21. Finally, the Seniors went on their retreat on Monday, October 24. As you can see, October has been a busy month, but it was certainly a fun one as well.

Fun Facts
BY CARA DE LAO

Do you know how leaves change color in the fall? The chlorophyll breaks down in the plant cells causing the change.



A-Z Distractions FOR DEALING WITH STRESS

- Alternative therapies: massage, meditation, acupuncture, aromatherapy, etc...
- Bake or cook something tasty
- Clean (and won't your folks be pleased!)
- Craftwork: make crafts, draw, or paint
- Dance your socks off
- Eat sweets or chocolate
- Exercise for a release of endorphins and that feel-good factor
- Forward planning – concentrate on something in the future, like a holiday
- Go for a walk
- Go online and look at websites that offer you advice and information
- Hang out with friends and family
- Have a bubble bath with lots of bath bombs fizzing around you
- Have a good cry
- Hug a soft toy
- Invite a friend over
- Join a gym or a club
- Knit (it's not just for old people you know)
- Listen to music
- Moisturise
- Music: singing, playing instruments, just listening to it
- Open up to a friend or family member about how you are feeling
- Pop bubble wrap
- Phone a helpline or a friend
- Play computer games
- Play with a stress ball or make one yourself
- Read a book
- Rip up a phone directory (does anyone actually use them these days?)
- Scream into an empty room
- Shop 'til you drop
- Spend time with babies (when they're in a good mood)
- Tell or listen to jokes
- Use the internet
- Visit a zoo or a farm (animals do the cutest things)
- Volunteer for an organization
- Watch TV or movies – particularly comedies
- Write: diary, poems, a book, etc...
- Write negative feelings on paper, then rip them up
- Yoga: meditation, deep breathing – this might help you relax
- Zzz – get a good night's sleep



BY STEPHANIE MANLEY

GUIDANCE CORNER

Someone asked The Shield for help about an important issue. Their question was “How do you help a friend that has cut?” To those who don't know what cutting is, cutting is any deliberate, non-suicidal behavior that a person inflicts on themselves. Some use it as a coping mechanism, but there are better (and healthier) things to do. It is a very big issue and one that's harmful to someone. In high school, there are many stressors and every student handles them differently. Some even self-harm, drink, or party. These are all things that may help validate the person's feelings, but there are other ways to do that.

1. **If your friend comes to you when they are facing something, your initial reaction will have a great impact on them. They trust you. You should avoid increasing their stress.**
2. **Educate yourself on what's going on.**
3. **Don't cause more negativity or accuse them.**
4. **Let them know you're there for them.**
5. **Don't gossip and tell people.**
6. **Focus on the problem that is causing the stress.**
7. **Don't just tell them to stop. Instead, encourage them to seek help.**
8. **Help them find happiness and good health everyday.**
9. **Lastly, remember to take care of yourself.**

You have many places you can go to seek help and ask for advice. Whether it is a teacher or an adult you trust, a parent, or a friend, there is always someone to go to. Your friend is trusting you, but you also have to keep yourself healthy. You can't help them if you can't help yourself. Remember that you are never alone. Everyone faces the stress of everyday life. Just create a positive environment and be the best you can be.

When you're feeling anxious or stressed, these strategies will help you cope:

- ☺ Take a time-out.
- ☺ Eat well-balanced meals.
- ☺ Limit caffeine, which can aggravate anxiety and trigger panic attacks.
- ☺ Get enough sleep.
- ☺ Exercise daily to help you feel good and maintain your health.
- ☺ Take deep breaths.

