

The STA Times

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“DIRIGE ME IN VERITATE TUA”

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THE HALLOWEEN EDITION



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Last minute costumes

By Sofia Serrano and Amelia Hunt

‘Tis the season to dress up in whatever your heart desires and show it off to the world! If you don’t have that creative spirit, however, don’t sweat it because The STA Times has you covered! Whether you are looking for a quick and easy costume to throw together, or if you are looking for a funny ensemble to surprise your friends with, We highly recommend you continue reading this article.

If you want to add a little spice to your life, this is the costume for you. The most PG-13 costume the world has ever seen: It’s Raining Men! Although it may seem like this costume came straight out of a TroomTroom DIY video, I can assure you it didn’t.

To start the look off, you will need a clear umbrella and an assortment of your favourite men on the planet. Our personal choices would be all the members of One Direction, but that’s just us. Hang these beautiful men off of strings and tape them to your umbrella. That’s it, you’re done! For a less “in your face” look, you can consider doing cats and dogs instead of men; it’ll have the same effect.

Now for the next fantastically thrown together costume, we had a little help from TikTok. All you need for this look is a white, non - stained sheet, some funky cool sunglasses, and sharp kitchen scissors. You guessed it folks, we are bringing you the classic ghetto ghost getup. Throw that sheet over your head, make two circular holes for your eyes, and slide on those shades because you will be looking way too cute to spook this Halloween.



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Get some friends to do this trend with you, and don't forget to grab your vintage camera for some phantom fun at school! WARNING: you may need to hide the fact you cut two eye holes in your mother's sheet. If she finds out, I suggest you... run (or come up with a really good excuse as to why there are two crater-sized pieces of fabric missing from your bedsheet).

As per special request, next up we have a foot! Yes, you read that right. #footpic. Although this may seem like an atrocious costume to some, it will turn heads at any event you go to. You'll be the talk of the town! This costume can be bought for only \$70 on Amazon, where it has over 62 five-star ratings! This exquisite fit will show up at your door in 3-5 business days and is selling out quickly, so make sure to snatch it up before it's gone! Once it arrives, you may need to hide it from your family just to add some extra excitement on Halloween night.



Put the hoodie on backwards (as you would normally) and then put the mask over your eyes and voila! You're done! If you want to be extra snazzy, you can add other accessories such as a party hat, a knife (my personal choice), or a pumpkin; perfect for the occasion. Seeing as you will have your mask over your eyes, this outfit may be a safety hazard. But I wouldn't worry about it!

Last but most certainly not least, we have the one and only Pumpkin Pi! This costume has been used religiously by my dear friend MT since Grade 8. I am sure she would tell you that it is a hit every year and super easy to make! If you show up to school in this costume, you are guaranteed to be the hallow-queen of the school!

This costume is perfect for all the math nerds who want to show off how smart they are, since it basically screams "I got a 98% in math!" By dressing up in everyone's favourite colour, orange, and drawing a pi symbol wherever you may please, you have completed this outrageous look. If you want to go the extra mile, you can paint your face carrot colour. Good luck getting that off in the morning!

Sure to be the "it" costume of the year, we have the... Among Us characters! These little rugrats can be created so easily, you won't even believe it! All you need is a hoodie (your choice in colour, but red sus) and your trusty non-reusable mask that you've been using for the past two weeks.

If you liked our Halloween costume ideas, please feel free to come up to us in the halls and show off your fantastic look (don't worry, we won't bite). We hope everyone has a COVID free and spooky Halloween! Stay safe y'all!



THE HALLOWEEN EDITION

Tips for a COVID-safe Halloween

By Mackenzie Themens

Lions, tigers, and... a global pandemic? That's right, although Halloween candy is hitting the shelves and houses are looking scarier by the day, we can't help but feel that COVID has made it impossible to enjoy big holidays with friends, especially for those of us with high-risk family members. Despite all this, and even though this year's Halloween may look a little different, that doesn't mean it can't be just as fun. Here are some fun Halloween ideas to have a great night while still staying covid-safe.



First things first, it's time to break out the Halloween decorations and decorate your house to the max! There are plenty of great store bought and DIY decorations out there to help keep the spirit of Halloween alive in your house, regardless of whether or not you're gonna be trick or treating this year. Combined with some spooky recipes (see our recipe ideas on pg.4 for inspiration!), you can get the perfect Halloween feeling all throughout your home.

Now we get to the fun stuff! There are plenty of fun alternatives to traditional Halloween activities that don't require any physical contact with others. A great option with zero contact is doing something online with your friends. Get together on a Google Meet all costume-ready, your room decked out with decorations, and plan out some activities. One thing you could do as a group would be pumpkin carving. Have everyone buy a pumpkin and see who can carve the best design! Or, try putting your imagination to the test and see who can come up with the spookiest scary story. There are also plenty of great free online games you can play as a group like Spyfall, Among Us, etc. If you would rather spend Halloween alone this year, why not get some snacks ready and binge watch some of your favourite scary movies! These are both great options to keep physical contact to a minimum and high-risk family members safe.

If you are comfortable with seeing friends in person, there are other options too (please note that the CDC does not recommend indoor gatherings with non-family members or gatherings that exceed 5-6 people this Halloween). As long as you take the appropriate safety precautions (a good quality mask, hand sanitizer, and proper social distancing) there is no reason why you can't spend it with your friends. A fun idea to do with friends this Halloween is catching a movie at the Twilight Drive-In theatre. They are playing scary movies every weekend this October, and have a great concession stand for snacks. Even just getting together with a small group of friends outside somewhere can still be fun with plenty of candy, pumpkin carving, and scary stories! Another choice is the traditional trick-or-treating. The CDC has said you can trick-or-treat safely as long as your group is not too big, you do not go into anyone's house, you wear a mask, and wash your hands before/after digging into your candy. Please visit their website for more information before heading out this year. I hope you found some inspiration for what to do this Halloween! A last reminder to please stay away from big gatherings, wear a mask, and follow any CDC guidelines that are given. Other than that, don't let COVID stop you from enjoying the spookiest day of the year!



THE HALLOWEEN EDITION

Halloween recipes

By Allyssa Eng and Mackenzie Themens

With fall fast approaching and temperatures dropping, everyone wants something good to eat that will warm them up. These cute, festive cinnamon caramel apples are the perfect dessert to serve to your party guests on Halloween night! Their pumpkin-like appearance screams Halloween, while the warmth of the cinnamon and the sweet, stickiness of the caramel will leave you wanting more.

Steps:

1. Line a baking sheet with parchment paper
 2. Remove the stems from the apples
 3. Wash the apples with a bit of soap and warm water to remove any wax on the apples
 4. Polish the apples dry with a clean cloth
 5. Push the sticks through the apple from the center of the stem end
 6. Put the apples on the baking sheet and refrigerate them while making the caramel
 7. Set a large saucepan over medium-high heat
 8. Melt the butter
 9. Stir in the brown sugar and reduce the heat to medium; make sure to stir frequently until the sugar is dissolved and well mixed with the butter
 10. Add the corn syrup and mix thoroughly
 11. Stir in the cinnamon
 12. Add the sweetened condensed milk and return to medium-high heat
 13. Bring the mixture to a boil and stir constantly until the mixture reaches 235°F (113°C)
 14. Remove the pan from heat and stir in the vanilla extract and food colouring (if using)
 15. Immediately dip the apples into the caramel sauce: Hold the skewered apple at a 45° angle as you dip it into the caramel, rotate the apple until completely coated, and let excess caramel drip off the apple back into the pan
- OPTIONAL (for the apples to look like pumpkins):**
- Have someone hold the dipped apple above the pan while you wrap a string of orange (or black) licorice across the bottom of the apple and up the sides
 - Wrap the apple with licorice until you have used 4 strings of licorice and the apple is divided into 8 wedges
 - Place the apples on the baking sheet and cut off any excess pieces of licorice once the caramel has hardened up
 - Wrap the sticks of the apple with green ribbon and tie a bow just above the apple
16. Allow to cool, then serve and enjoy!



Servings: 10-12

Ingredients:

- 10-12 green apples
- 10-12 wooden sticks with a pointed end
- 1 cup of unsalted butter (1 stick)
- 2 cups of brown sugar
- 1 cup of corn syrup or maple syrup
- 14 ounce can of sweetened condensed milk
- 1 teaspoon of cinnamon
- 1 teaspoon of vanilla extract
- Orange food coloring (optional)
- Orange/black shoestring licorice (optional)



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Rice Krispie Treat Pumpkins

These tiny “pumpkins” are the perfect treat to snack on during Halloween season! Not only are they adorable, but they taste great too. The chewiness of the marshmallows and the crunch of the Rice Krispies compliment each other nicely and balance each other out, creating a mixture that is irresistible.

Steps:

1. Melt the butter over low heat in a large pot
 2. Add the marshmallows
 3. Stir until completely melted and combined with the butter
 4. Remove from the heat
 5. Add 12 drops of yellow food colouring and mix together
 6. Add 4 drops of red food colouring one drop at a time, mixing as you go
 7. Add red/yellow drops until you reach your desired colour
 8. Mix well
 9. Add the Rice Krispies and stir to combine
 10. Coat both sides of your hands with a generous amount of butter and roll the Rice Krispie mixture into small balls, adding butter to your hands after rolling each ball
 11. Set each ball on parchment paper
 12. Gently press a Mini Rolo or Mini Kiss into the top of each ball while they are still warm to mimic the stem of a pumpkin
 13. Add a green M&M beside it as a leaf
- TIP:** If the pumpkins cool before you’re finished, use the end of a thick marker or you’re finger to make a small indent in the top for the chocolate to sit in
14. Allow to cool until firm, then serve and enjoy!

Servings: 12

Ingredients:

¼ cup of butter
1 bag of large marshmallows
(approximately 40 marshmallows)
6 cups of rice krispies
Red and yellow food coloring
12 Mini Rolos or 12 Mini Kisses
12 green M&M’s
¼ cup of cooking oil or melted butter
in a small bowl



THE HALLOWEEN EDITION

Mini Meatloaf Ghosts

These mini meatloaf ghosts are the perfect savoury food to start off your halloween night. You can use your favourite meatloaf recipe (or the one given below), and they also make great leftovers for lunch the next day!

Steps:

1. Combine ground beef, salt, pepper, cayenne, green onions, parsley, bread crumbs, egg, and Worcestershire sauce in a large bowl. Mix with a fork until just combined; do not overmix. Wrap and chill in the refrigerator for 1 hour.
2. Preheat the oven to 350 degrees F (175 degrees C). Line a sheet pan with parchment paper.
3. Remove meat from the refrigerator and divide into 8 equal portions. Dampen your fingers with cold water and roll meat into smooth balls. Form each ball into a ghost (or pear) shape and place on the prepared sheet pan; try to center the heads over the bodies.
4. Bake in the center of the preheated oven until cooked through, about 20 minutes. An instant-read thermometer inserted into the center should read at least 150 degrees F (66 degrees C).
5. Remove from the oven and immediately place a slice of provolone cheese on the top of each ghost, centering it the best you can. Cut the remaining 2 slices of provolone into quarters and place those over the center to provide more cheese for the head. The residual heat from the meat will start to melt the cheese and it will droop down.
6. Return to the oven until the cheese melts, 30 to 60 seconds.
7. Remove from the oven and take some of the melted cheese around the bottoms and wrap and drape it back up over the heads. Use the tip of a knife to form eyes and mouths, then neaten up the bottom of the cheese "sheets."
8. Combine ketchup, barbecue sauce, and Sriracha for blood sauce; ladle onto plates and serve meatloaf ghosts on top.



Cooking Time: 1h 50min

Makes 4 servings

Ingredients:

For the Meatloaf:

1 pound lean ground beef
1 1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 pinch cayenne pepper

2 tablespoons minced green onions
1 tablespoon chopped fresh parsley, or to taste (optional)

1/3 cup plain dry bread crumbs
1 large egg, beaten
1 teaspoon Worcestershire sauce

10 slices provolone cheese

For the "blood" sauce:

1/2 cup ketchup
1/4 cup barbecue sauce
2 tablespoons Sriracha sauce



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Q&A With Mr Slivinski

By Calleigh Hamilton and Cara Bauermeister

For this edition of The STA Times, we decided to talk to STA's newest addition to the staff, Mr. Slivinski! You'll see him in classes like Social Studies, English, Drama, and Geography. He used to attend STA, and is looking forward to becoming a teacher in a place where he once learned. That's right - he used to be one of us! We asked Mr. Slivinski a couple of questions to help us get the inside scoop on who he is, and some advice for the cool students like us!

Q: DESCRIBE YOURSELF IN THREE WORDS

Chill, fun-loving, pensive

Q: IF YOUR HOUSE WAS ON FIRE AND YOU COULD SAVE ONE THING (NOT PERSON) WHAT WOULD IT BE?

My car...I'm a bit of a gearhead

Q: WHAT IS SOME ADVICE YOU WISH YOU KNEW WHEN YOU WENT TO HIGH SCHOOL?

High school doesn't reflect society

Q: ANY TIPS OR ADVICE FOR THE GRADS ABOUT UNIVERSITY? OR APPLICATIONS?

Don't stress about it. I know a LOT of successful people who didn't even attend university. Colleges are great too, and if you're mechanically inclined, tradespeople make a great living.

Q: ANY HALLOWEEN TRADITIONS? WHICH ONES ARE YOU DOING THIS YEAR? (WITH COVID ADAPTATIONS)

Trick-or-treating, pumpkin carving, eating too much chocolate, going to massive ragers - J/K... can't do that with COVID. We usually take our kids trick-or-treating, which we can still do this year, but just keeping physical distancing in mind. I usually only get dressed up if my wife forces me to.



THE HALLOWEEN EDITION

MOVIE REVIEW

By Harrison Taylor

“Scary Stories To Tell In the Dark” is a 2019 PG13 horror movie directed by André Øvredal, based on a book of the same name. The story takes place in Mill Valley 1968 and follows a group of teenagers who are looking for a good haunted house on Halloween night. They find the home of the Bellows, a family name that is synonymous with missing children. Whilst exploring the Bellows’ mansion, they discover a mysterious book full of scary stories. As they head home, the kids start to have a bad feeling about this book. They quickly find out that the stories inside of it may be more real than they think. As more kids start to go missing in the town it is up to Stella, Ramon, Chuck, and August to find a way to stop these stories from coming true before it’s too late.

“Scary Stories to Tell In The Dark” may not be the most horrifying movie but it does have some creepy moments and interesting visuals. The movie has a large range of very unique monsters that terrorize the town and make the movie stand out from others in the genre. The plot is pretty good, albeit a few cliché moments here and there. The cast also does a decent job of portraying their characters and fitting in with the time period. As mentioned before the creatures are definitely a big draw as they are all distinct and cause very different challenges for the main characters to face. The story also takes place around Halloween, so it’s a great way to get into the spirit. This movie could also serve as a great introduction to horror for a younger audience. If you are someone who is easily frightened but wants to get into the spirit of the season, or just looking for a fun time with a horror movie that is not too intense, then I can say you should definitely check out Scary Stories To Tell In The Dark!



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eSPORTS

STA eSports starts its inaugural year with one Rocket League team, one Fortnite team, and two League of Legends teams. Our four teams are headed by Mr. Lucas, Mr. Christopher, Mr. Botteselle, and Mr. Flores. The regular season started last week (Oct 19 - 23), leaving just 6 weeks until playoffs begin on December 12th. Check out our Fortnite team playing Mondays, our League of Legends teams playing Tuesdays, and our Rocket League team playing Thursdays!

We managed to catch up with the captain of the team - JJ!

What made you want to join the STA eSports club?

I joined because I thought it sounded like fun, and it was an easy way to bring my interest in gaming to the school while benefiting it!

What is your favourite game of all time?

My favourite game of all time is God of War 4.

What was the first game you ever played?

The first game I ever played as Halo 2.



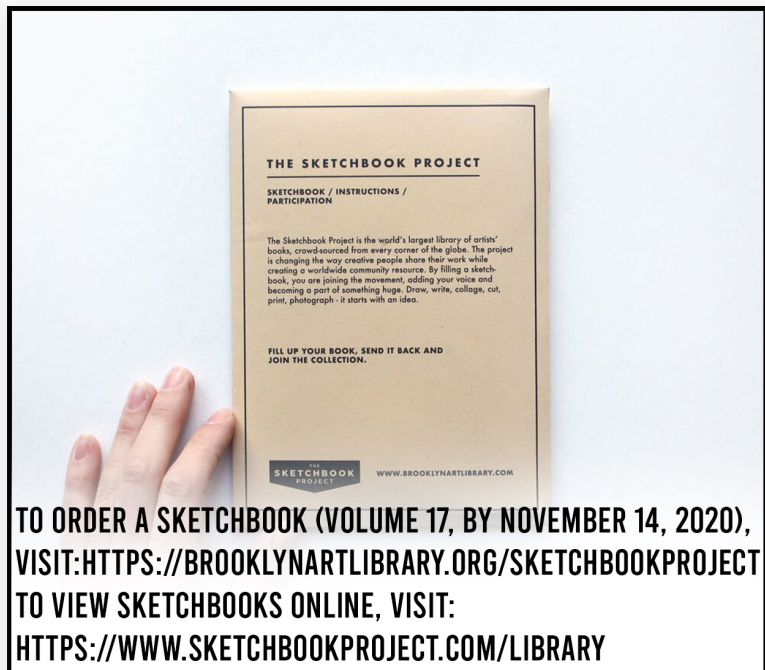
THE HALLOWEEN EDITION

The Sketchbook Project

By Laura Cunningham

Looking for something new to do? How about leaving your legacy at a global art library? Create a sketchbook that will become part of the permanent collection at the Brooklyn Art Library, in the heart of Brooklyn, New York!

Founded in 2006 by Steven Peterman, this model of global creativity, called The Sketchbook Project, has become a fun and invigorating way to add your voice to a movement of people who want to share their ideas, messages, and talent with the world. The Project has collected over 50,000 sketchbooks to date, each divulging some part of the creator's imagination or life.



TO ORDER A SKETCHBOOK (VOLUME 17, BY NOVEMBER 14, 2020), VISIT: [HTTPS://BROOKLYNARTLIBRARY.ORG/SKETCHBOOKPROJECT](https://brooklynartlibrary.org/sketchbookproject)
TO VIEW SKETCHBOOKS ONLINE, VISIT: [HTTPS://WWW.SKETCHBOOKPROJECT.COM/LIBRARY](https://www.sketchbookproject.com/library)

Anyone can take part in the Project by ordering the standard 5x7 inch blank custom sketchbook, 16 pages (32 front and back) for \$30 US. Each sketchbook bears a unique six-digit barcode so it can be catalogued into the Brooklyn Art Library's system. The barcode enables the sketchbook to be tracked, including how often it is viewed, how many times someone pulls it from the shelf, and where it is read if it becomes part of a Bookmobile, travelling to pop-ups and exhibits throughout the United States. For \$35 US extra, a sketchbook can be digitized and besides being available at the Brooklyn Art Library, it is added to the online Digital Library, accessible to anyone around the world with Internet access.

Suitable for a novice or professional creator, the sketchbook is an opportunity to come up with any idea at all, to fill the pages; showcase a favourite topic, your ancestry, special people or pets, holiday themes, opinions, dreams, hobbies, travel moments, connections, poignant hellos or goodbyes, artistic talent, or anything else you might want to share with the world. The only rule is that the sketchbook must not be returned blank. Drawings, sketches, photographs, collages, prints, the written word, comics, graffiti, painting, and more can be used to convey your message. Add paper, foldouts, pop-ups, embellishments, and other interesting dimensions, as long as the sketchbook folds down to the original 5x7 inch size, and doesn't exceed one inch in thickness.

Once the physical sketchbook is catalogued at the Library it is owned by the Project, however the creator always retains ownership of the creative content. The Project, at its core, is about encouraging everyday people to be creative, demonstrating their thoughts and feelings, while the Project-sharing component teaches people to interact with art and the worldwide community in new and approachable ways. Have fun experimenting with this exciting global art project!



THE HALLOWEEN EDITION

Dating Advice

By Mr Grossling

Disclaimer - This is not advice to find a spouse and it is for all people, from atheist to Catholic. My strongest advice would be to date when you finish high school. But most of you won't agree (who knows, maybe I'm wrong) so here is what I can offer:

Don't make relationship bigger than they are

How many times have I seen relationships between teens just drag on? Long relationships may be ok, but if they prevent you from enjoying your high school years and compromise other friendships, then it probably needs to be put out of its misery. Otherwise, you'll end up living this emotional marriage and then after graduation you'll break up and look back in resentment at all the fun you missed. You'll have the rest of your life to be really married – and that is awesome in its own accord.

Observe how your bf/gf treats others; namely those who are annoying, vulnerable, or unpopular

In time, you will be annoying, vulnerable, and unpopular – and after the novelty of trying to be impressive wears off, he/she will treat you the same way they treat those mentioned above. Seriously, observe him/her and if they are not kind and loving to others, end it, stop wasting your time. You'll thank me later.

If they look at porn and are fine with it.... cut it off....no questions

Seriously, why would you even want to be with anyone who accepts looking at people in such a degrading context? Dating them is a waste of your time (different from a person who is fighting an addiction and is trying their best). Porn is progressively getting more violent and dehumanizing and someone who happily indulges in it is training their brain to be desensitized to such awful attitudes and actions. You deserve better. And to all the porn lovers, if you find what I say offensive perhaps examine why my comments bother you.

Do not date him/her thinking that you can change them

You are called to love and to set a good example and hopefully dating someone may help him/her become a better person. They are not your personal project. You can only set a good example, because at the end of the day, if someone doesn't want to be better - they will not change. Dating and being a counselor are two different things.



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Dating Advice

By Mr Grossling... continued

If you like someone and all of a sudden nothing else matters – red flag!

This is because having a crush on someone is positive and can be really good. Being obsessed with someone is unhealthy. It is a red flag if someone in your life has made everything else less important. As I like to say, a healthy crush helps you to appreciate all the other good things (faith, friendships, hobbies) that were there before you met that person.

To the guys...

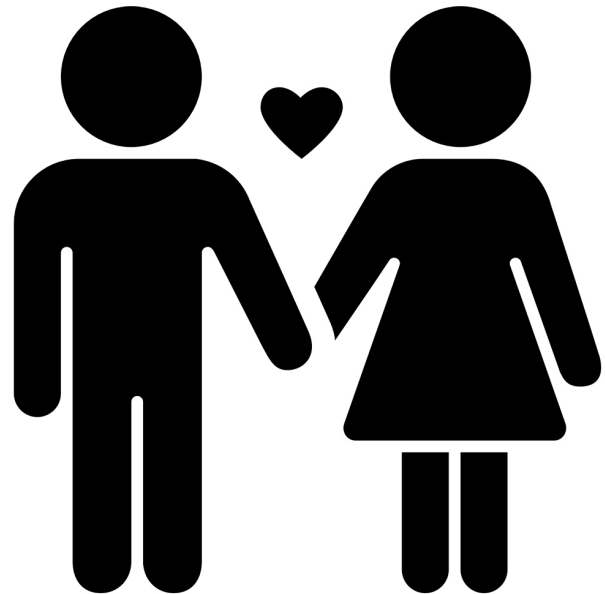
Ask her out in person, not through text or snapchat. Women like strong men, not wimps.

Don't be cheap! Pay for coffee or dinner or the PNE entrance. If you don't have the money, get a job – you'll have to get one eventually. Oh, but don't get taken advantage of either.

To the girls...

Say what you mean. Lines like "You are so amazing. Any girl would be lucky to date you." are B.S. because if it were true you would date him. Just be kind and honest and say that you don't see him in that way. And don't lead him on...guys read into things too.

Make him work for you (but don't tease him). Men are pretty impressive in how they can sacrifice for you; but sadly, if you have low standards, then he may not aim to be as sacrificial as he should be.



THE HALLOWEEN EDITION

STA Advice Column *Dear St. Tom...*

Dear St. Tom,

How do I make new friends in Grade 8?

Sincerely,
Lonely

Sincerely,
Overwhelmed

Sincerely,
Confused

with some of my friends and we're
fighting - what do you think I
should do?

Sincerely,
Frustrated

Dear Lonely,

Making new friends can feel extremely intimidating but I promise you, if you put yourself out there it will pay off. It can be hard to find your “people ” when you are still only beginning to get used to using a locker. If you are feeling out of place, it is completely normal and I can assure you that you are not alone. I struggled to make friends in Grade 8, and looking back now, I see that many others shared the same experience. My advice to anyone struggling to make friends would be to not care about how others perceive you so much. Yes, I know, easier said than done, but you are truly your own worst critic. If you want to build lasting friendships you must be authentic. It is always better to be loved for who you are than loved for someone you're not. There is a whole sea of people going through the same things that you are right now. You might not find what you are looking for right away, but as long as you are making an effort you will find your friends eventually. Joining clubs and teams are excellent ways to meet new people with similar interests; engaging in any extracurriculars is a foolproof way to start making friends. Go out of your comfort zone and talk to new people, you never know who you might meet. As long as you are true to yourself you will find people who will make you happy. Though it may seem hard right now, things do get easier.



THE HALLOWEEN EDITION

*Dear St. Tom,
I'm really having trouble keeping up
with my classes in Grade 11 - how do
I deal with the workload?
Sincerely, Overwhelmed*

Dear Overwhelmed,
Depending on the classes you take, workload can range from a couple assignments to “sleep? Never heard of that.” - believe me I know the feeling. In Grade 11, I challenged myself with difficult courses, participated in extracurriculars, and worked a job on top of that. I managed to juggle everything that I was doing and still kept up with my classes but, I would be lying if I said it was easy. In terms of workload... DO NOT PROCRASTINATE. There is a difference between putting things off for a couple days and leaving them quite literally to the night before. It is better to do a little bit of work each day than to wait to the last minute where you will not be able to complete your work to the best of your abilities and will have other things to do on top of that. Make lists, and plan ahead. It is super satisfying to cross items off the list and helps you to feel in control of the situation. If you know that you will be extra busy on a certain day, do your work in advance or work out a time where you know you will be able to finish whatever you have to do. If you are struggling with a particular concept, do not wait to get help - confusion will only accumulate! Ask a teacher, ask a friend, ask someone who has already taken the course. People are more willing to help than you might expect and sometimes a different perspective is all you need to start understanding things. Grade 11, academically, is a challenging year. It is not supposed to be easy and will require a lot more effort if you wish to succeed. All things said, we are people, not robots and it is critical that you allow yourself reasonable breaks from time to time. Finding an activity that is fulfilling can help to ease stress and ensure that your mind is ready to work when it is required. You can make things a lot easier on yourself by taking the time to plan out your schedule so that you know you will finish everything. Once you work out a rhythm that works for you, keeping up with classes will become much more manageable.

*Dear St. Tom,
Do I have to start thinking about
university now? I'm only in Grade 10
and it doesn't seem important yet.
Sincerely, Confused*

Dear Confused,
It is never too soon to start thinking about university. You don't need to be sure of every detail but it helps to have a general idea of what you want to do and where you want to go. You will only become busier as you progress through high school, so putting in the thought when you are less distracted and have the time is certainly beneficial. I would recommend looking into scholarships more so than universities. There are plenty of scholarship opportunities for younger grades that no one really knows about unless you look. Additionally many of the big scholarships that you will encounter in grade 12 are looking for leadership initiatives - starting a club or working on a project in grade 10 will put you ten steps ahead of the crowd. Getting involved in extracurriculars and challenging yourself with different courses are good things that will help you indirectly without having to worry about what your future will look like. If you don't want to do any research at the moment working hard and getting involved in the school community will serve you well.

St. Tom



THE HALLOWEEN EDITION

*Dear St. Tom,
How do I stay happy in quarantine? I
can't play sports or hang out with friends
like I used to before COVID, and I'm
feeling sad.
Sincerely, Feeling Lost*

Dear Feeling Lost,

Quarantine has been a difficult time for many of us. Though things have changed from what they used to be, we are in control of whether that change is for better or for worse. You might not be able to play team sports, but nothing is stopping you from trying something new like biking or running, skateboarding or whatever else you might have in mind. Instead of going to the mall, meet up with your friends in a park where you can enjoy each other's company while still staying socially distanced. If your parents are strict about going out, organize facetimes, game nights and phone calls. We are fortunate to live during a time where we can contact our loved ones so effortlessly - take advantage of this! Find an activity that you get fulfillment out of (which can be done on your own) and engage in it. Cut back on unnecessary screen time (tiktok, netflix etc.) While in moderation these things are great, they can make you feel unproductive which is never a good feeling. You will get as much out of quarantine as you put into it. Things are not the same but that does not mean that they have to be worse. Quarantine has given you time. Use the time to learn about yourself and discover new interests - don't dwell on the way things were before as you will miss out on all the opportunities you have right now.

St. Tom

*Dear St. Tom,
I'm going through a hard place
with some of my friends and we're
fighting - what do you think I
should do?
Sincerely, Frustrated*

Dear Frustrated,

It is hard to give advice without knowing the specifics of the situation. Fighting with friends is really hard, especially if you feel like you have no one to talk to. Try to determine the reason for why you are fighting? Is it something silly that you can agree to disagree on, or are you or your friends being unreasonable about something? If you can come to understand the root of the issue you will be able to find a solution to the problem. Be honest with your friends. Don't let them guess how you are feeling... tell them. Chances are if they really care for you they will make an effort to change whatever it is that is bothering you. If they refuse to help make your situation better or come to a sort of compromise than they are not really your friends. On another note, don't gossip. Gossip has never made things better and a good chunk of the time, gossip comes back around to bite you. The only way to solve your problems is through honest communication. Though it may be hard, it will bring true friends closer and expose who cares and who doesn't.

St. Tom



THE HALLOWEEN EDITION

Photo Feature

By Arabella Repard-Denniston



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