**SEPTEMBER 2020 ISSUE** 

# THE POLSTROR

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# Welcome Back, But There's a Twist

COVID-19 left many of us wondering how life was to proceed in the midst of a pandemic. One particular question was how the schools would function amongst all of the new health precautions, or if they were even going to open at all. As the beginning of fall approached, many schools decided that they were going to begin the school year virtually, whereas others decided to have their classes half online and half in-person. Seton School, however, devised a plan to allow students to come to school in-person and be there full time while maintaining the proper health measures. The students arrived on the first day to see a drastically altered setup, especially in the JPII Center, which has been transformed into two large classrooms in order to keep everyone socially distanced. Temperatures are now taken upon arrival and masks are worn in the hallways when a six-foot distance between students is not possible. After each class ends, students and teachers sanitize the desks and chairs in preparation for the next set of students. When school is dismissed, students must wait in the gymnasium and leave the building when their ride arrives and their last name is called. Another big difference is that Mass is held in the chapel where a small group of students are congregated and the rest of the school watches virtually in the gym or in a separate classroom. Visitors are now required to have their temperature taken, they must sign in, and they have to wear a badge.

Dr. Carpenter, head of the health committee, shared that these policies have been put in place to try to "mitigate everybody's risk. Everything we've done this year has been designed around minimizing the likelihood that anybody makes a close contact and has a higher probability of transmitting or picking up the disease." She continued to explain that close contact is when "anybody who is less than six feet from an infected person for fifteen minutes or more." An example of this is the new after school pick up system. The students are kept in the gym in order to be more easily monitored and so that proper distancing can be practiced. Dr. Carpenter stated, "I'm really proud of how everyone has come together and, on the whole, followed the new guidelines and let us implement them." She added that the fact that we have been able to come to school every day "is a testament to how hard the faculty and the administrators worked over the summer, and how hard everyone is working - parents, students, and teachers - to follow the guidelines."

So, how did the students feel about this new atmosphere? Junior Zoe Machate said that she "watched the videos they sent" in preparation for the school year. These informative videos were sent out a few weeks prior to the first day in order to notify parents and students of what to expect. Once school began, students found that there were more "restrictions socially", according to senior Catie Pacheco, especially since close contact is discouraged. Upon being asked how her return to Seton was, junior Teresa Bingham replied, "I'm glad to be back, but it's hard knowing things I really enjoy might never be the same again," referring to activities like dances and clubs.

The rest of the school year is still uncertain, but according to Dr. Carpenter, "as long as we don't see really large spikes in cases and infection rates, I would imagine that we get to keep doing what we're doing," and that "we would continue to experience what we are right now for the bulk of the year." This year is certainly like no other; however, even under these circumstances, Seton has managed to pull through once more. As always, the Seton Community persevered until they accomplished their goal, which this year was reopening the school.



EDITORS-IN-CHIEF Elizabeth Dwane Elizabeth Moore

LAYOUT Jenna Novecosky Noelle Peters

#### COPY

Addie-Quinn Kammerdeiner Abby Ramos Noelle Peters Elizabeth Dwane

SPORTS Charlotte Yelvington Jenna Novecosky

**PHOTO** Abby Ramos Elizabeth Moore

BEATS Seton Arts & Entertainment Abby Ramos Addie-Quinn Kammerdeiner

**Sports** Jenna Novecosky Charlotte Yelvington

Health Elizabeth Dwane Elizabeth Moore

Religion/Spiritual Elizabeth Moore

Academic Elizabeth Dwane

Fashion Noelle Peters Abby Ramos

Social/Clubs Charlotte Yelvington Jenna Novecosky

### **New Teacher Feature**

#### By: Elizabeth Moore

New to Seton? Not sure who anyone is yet? Here are three of our fantastic new teachers who have come to graciously bestow the gifts of knowledge upon each of their amazing students.

One of the wonderful new teachers this year is Mrs. Anne Dealey. A woman with a long-time love of learning, Mrs. Dealey has pretty much always had her heart set on teaching, although who she has taught has varied over the years. She has worked as a teacher and/or substitute at many wonderful Catholic schools, such as Saint Thomas Aguinas and Saint Tim's, as well as homeschooling her four children, three of whom have already graduated from Seton. Students of Mrs. Dealey's seventh grade life skills class can expect to learn several helpful skills that will help them grow as women. She also instructs grammar for some of the freshmen, who can expect to learn how to properly read and write in our creative English language. As a student, Mrs. Dealey loved to acquire as much knowledge as she could regarding her major in psychology. A lover of sports, she also played basketball all the way through college.

Another Seton mom-turned teacher is Mrs. Fusco! Hailing all the way from Ireland, Mrs. Fusco has taught on and off for thirty years while she raised her six children. Students from her French II class can look forward to not only expanding their knowledge of the beautiful language, but also learning how to properly communicate in all forms such as reading, writing, listening, and speaking. The beautiful young ladies who go through her Religion class in 8th grade get to learn how to recognize and celebrate God's love for each and every one of them. Mrs. Fusco dual-majored in French and History before moving here in 1990, and is absolutely ecstatic to be teaching here this year.

Rounding out our lovely group of new teachers, Mrs. Hurley is certainly no stranger to teaching. As a matter of fact, it has been her dream since she was young and playing teacher in her basement. Lucky for her childhood self, she majored in education and went on to become a teacher in many different schools such as Holy Family and Victor Collin County. Her Algebra I students will have the pleasure of learning how to use calculators, as well as doing tons of fun equations. Her favorite part of Seton has been the joyful atmosphere, as well as her hilarious students. Welcome, Mrs. Hurley!

Everyone at Seton is absolutely ecstatic to have these three wonderful ladies here at Seton School. Welcome!







### **Looking For Something to do After School?**

IMI

#### **By: Jenna Novecosky**

**Art Club** is the perfect place to improve your artistic skills. They meet every 2nd and 4th Wednesday in Imelda.

- President: Lainie Vestermark
- VP: Annie Stevens
- Treasurer: Marie Heisler
- Publicist: Teresa Mosimmann

**Blue Crab Bowl (BCB)** meets weekly after school. The competition is open to 9th-12th graders, but junior high students are welcome to practice with the team.

**Choir** sings every Friday at the school mass. They practice Thursdays after school in Faustina.

Cornerstone is on hold due to COVID-19.

**Data Club** members learn all about artificial intelligence and Python programming.

Jazz Band is on hold due to COVID-19.

**Haiti Club** raises money for our sister school in Haiti. They meet in Teresa on an as-needed basis.

· Presidents: Pamela Medina and Lydia O'Keefe

**Improv Club** will begin after the Fall Show. They usually meet every 3rd Monday in the evenings and will be having three shows this year. Contact Matt Moore at m@ttmoore.com for more information.

**The Literary Arts Club** hosts the Mystery Dinner Theatre and collects writings for the LAC journal.

**Join Mythology Club** to study and fundraise for the Medusa Mythology exam. Contact Ellie Moore for more information.

The National Honor Society (NHS) notification of eligibility will be in February.

- President: Victoria Baker"
- Secretary: Lydia O'Keefe
- Historian: Virginia Hartung
- Parliamentarian: Carlos Garcia
- Treasurer: Kyle Da Re

**Sacred Life Club (SLC)** fundraises for mothers in need, sponsors the Faculty Vs. Varsity Volleyball Game, and plans a trip to pray outside of an abortion clinic.

President: Sophia Kanazeh

The status of **Sea Perch** will be determined at the end of the first quarter. They may enter a regional competition this year. JHS students meet in the fall through early December. HS students prepare in late January through early spring.

Join **Seton Theatre Arts Seminar (STARS)** to learn more about t heatre and production. Information about the first meeting will be announced at the end of September. Contact Matt Moore at m@ ttmoore.com for more information.

**Sociedad Honoraria Hispánica** is for qualifying students that excel in their Spanish studies. Their annual induction ceremony will take place after Christmas break.

- President: Liam Kellogg
- VP: Pamela Medina
- Secretary: Jerry Dalrymple

**Spanish Club** promotes language learning and Spanish culture. All are welcome.

Come learn some new moves at Swing Dance Club. Meeting dates and times will be in the morning announcements. • Presidents: Marie Heisler and Veronica Scheetz

Vex is a club for HS students interested in STEM related fields. They meet Mondays and Wednesdays in Francis.President: Victoria Baker







# Let the Games Begin!

#### Volleyball

Although the Official girls volleyball season was cancelled this year, Seton will still be competing with a few small independent schools without tournaments or a state championship. After practicing all summer, the team is ready for another awesome year. Varsity tryouts in mid-August resulted in a small travel team and a larger home team. Their current record is 1-2. Coach Vestermark shares that the team's "goals this season are to play with joy and fortitude and to give to seniors the best possible volleyball experience this year while also preparing the younger girls for next year's season." Go Conquistadors!

#### **Cross Country**

Seton's co-ed cross country team has been hard at work since the beginning of August. With 10 boys and 18 girls, it is one of the largest teams Seton has ever had. The team members have been hoping to have a large number of meets this season, but with the virus still going on strong, there have been a limited number of meets. Hopefully they will be able to participate in all scheduled events for this year's season. Seton wishes them luck at their next meet in October!

#### By: Charlotte Yelvington and Jenna Novecosky

#### **Girls Tennis**

This year the girls tennis team has been faced with new challenges. Many schools have been cancelling their sports events, leaving the team with a total of 3 matches to play this season. While their first match ended in a tie, the girls are hopeful that they will win the other two. According to Coach Pennefather, the eleven girls on the team have great skills and work well together on the court. Even when under the pressure of playing in a match, the girls cheer each other on and show much support for their fellow teammates. Be sure to catch their next match and help cheer them on!

#### **Boys Soccer**

While most of the student body was lounging around all summer, the boys soccer team has been hard at work. Having practiced almost every day, the boys were truly excited to start their season. With the leadership of eight seniors, they won their first game 2-0. Peter Reyes, captain of the varsity team, shared that the best thing about his position is "being the guy your teammates go to when something happens, on or off the field". Although they are not facing their main rivals this year, be sure to catch their next game against Chelsea Academy on October 9th.







## Movie Madness By: Abby Ramos

#### Family-Friendly Movies Showing

#### Regal Virginia & RPX (Gainesville)

- Faustina: Love and Mercy NR, Drama, 120 minutes
- Thomas the Tank 20th anniversary G, Children's, 100 minutes
- Teenage Mutant Ninja Turtles (1990) PG, Action, 105 minutes
- Annie PG, Comedy/Drama, 135 minutes
- Fiddler on the Roof (1971) G, Drama, 190 minutes
- Babe (1995)
  G, Comedy/Drama, 100 minutes

#### **Cinemark (Centreville)**

- Private Watch Party
- Pick from one of their movie selections and you can have up to 20 guests and watch a movie in one of the theater rooms with just your group
- Book online for \$99-175, starts at \$49 for up to 10 guests
- Premium Private Screening
- More movie selections (Upgrade from the Private Watch Party)
- \$240 for classic movies, \$250 for new movies, \$300 for Advanced new movies

#### Regal Manassas & IMAX (Manassas)

- Jurassic World: Fallen Kingdom (Repertory)
  PG-13, Action, 128 minutes
- Jurassic World (Repertory) PG-13, Action, 124 minutes
- We're Back! A Dinosaur's Story (Repertory) G, 72 minutes

### What theaters are doing to ensure safety from COVID-19

- · Every other register is closed for social distancing
- · Self-service stands are closed
- All guests must wear masks, and will be asked to leave if they don't wear a mask
- Guests are encouraged to go straight to the theater room and leave right after the movie

- Vending machines, water fountains, and arcades are temporarily closed
- Guests who are sick, have a fever, or symptoms of COVID-19 are asked not to come the theater and can request for a contactless refund
- Face masks are required (unless eating or drinking in auditorium)
- Cash isn't accepted in the main snack area, but there will be a designated area for cash
- Temporary reduced menu options

#### **Other Ways to Watch Movies**

Movie theaters aren't always the safest, especially during these times. Here are a few other ways to watch movies:

#### At-Home Theater

At-home theaters are a great way to bring the theater experience to your home. Sophomore Addie-Quinn Kammerdeiner and her family recently made an at-home theater. The projector Addie-Quinn used was the Vankyo Leisure 3, and connected it to an Apple TV. She says it did not take a lot of work and suggests people to do this if they just want to stay at home but still want that movie theater experience.

#### **Drive-In Theaters**

Drive-in theaters are a fun, "vintage" way to watch movies. Sophomore Noelle Peters has recently gone to a drive-in theater. She went to 5890 Valley Pike, Stephens City, VA 22655. Noelle recommends bringing lots of blankets and food. She suggests people to go to the drive-in theater if people want to go out and watch a movie while staying safe. Drive-in theaters are a good way to watch movies while being socially distant.







### **Yours Truly Julie**

Coming to a school that is so focused on faith is really awesome! But it's really hard balancing what is expected of me in my faith life along with still being social and getting good grades. Please help me, Julie!

-Anonymous Student

#### Dear Anonymous Student,

I wish I would've had someone to answer this guestion for me when I first started at Seton! I totally get the struggle of trying to balance your spiritual life along with your academic and social life. It seems like you have to give up everything to have a close relationship with God and also get amazing grades, so there isn't any time to do what you really want. Feeling that way makes loving God seem like a chore and that isn't how love should feel. My advice is to start out small. Start by just saying little prayers throughout the day or even just a quick morning and night prayer, so God can know how you're doing. He wants to know. You can build your way up to saying a rosary every day and doing small penances, such as kindly saying no when your teacher asks if you want a piece of candy. First, figure out how to manage your time wisely when dealing with homework. I like to start with my longest written assignments first, such as math or science. Then, I would do my easier homework or work that won't take as long to do. After finishing that, I would suggest doing your papers or study for an upcoming test. Having a snack and some music playing always helps me enjoy doing my work more, as well! A big help to not having to do as much work during the week is to actually get a lot of it done the weekend before. Say you are given an assignment on Friday and it isn't due until Wednesday, to help relieve stress during the week, get that assignment done over the weekend! You'll find that you have so much more free time when you don't procrastinate. Another benefit to doing your work early is not having any missing assignments in your class, which will help bring your grade up if you are struggling! You can also do some of your work during lunch or a free period if you want to go the extra mile for your free time, and also more time to spend with God. If you are feeling extra stressed about school, that is a perfect opportunity to ask God for the graces to persevere and get your work done, even if that means sacrificing an extra hour of your day. I really hope that this helped and if it does, the next time my box is on the side of the office, put in a note and let me know! Stress is a normal feeling, so I'm glad you weren't ashamed to ask for help!

Yours truly, Julie

# **Election 2020**

**By: Elizabeth Dwane** 

The big event of 2020 – other than the infamous COVID-19 – is the upcoming presidential election on November 3rd. As we all know, current president Donald Trump is running against Joe Biden, former vice president to Barack Obama. Many things can change over the next month before the election, so the outcome is not easily predictable. According to Mr. DiVietri, who teaches government and history at Seton, "this election is the possible turning point in our country." He theorized that "this will turn into a very similar election to 2000 and we will have a very intense and heated November and December months with the strong possibility of disputed election results for awhile." This year is going to be different due to the coronavirus, of course. Mail in ballots can be requested for those who do not wish to leave their homes, and those that vote in person will be required to social distance and wear masks.

With the election fast approaching, it is important to remember what a good Catholic should keep in mind while voting. According to Pope Francis, "We need to participate for the common good. Sometimes we hear: a good Catholic is not interested in politics. This is not true: good Catholics immerse themselves in politics by offering the best of themselves so that the leader can govern." Therefore, it is our duty as Catholics to want what is best for our country and to act upon that. When voting, one does exactly that by choosing which candidate he or she believes will best serve our country. Our president should promote values such as the right to human life and religious freedom. In voting for a president that reflects these values, you are truly loving your country because you want what is best for your country and all of the people in it.







### **Obscure Saints: Saint Kieran of Saghir**

IMI

#### **By: Elizabeth Moore**

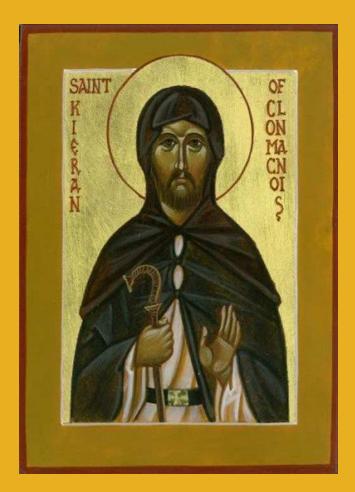
Born in Ireland circa 375, a time when Christianity was not-yet widespread in the beautiful country, Saint Kieran of Saighir was known to have been blessed from an early age. Reportedly, his mother, a royal of the land, had a dream of a star falling from the heavens and into her mouth whilst she was pregnant with him; that paired with Kieran's clear talent with animals, shows that those who foresaw the greatness of the lad were completely correct. The noble lad had a deep-rooted love of gaining knowledge that eventually brought him to Rome, where he learned not only about math and science, but also the Catholic church.

He was soon ordained as a priest after the people of Rome witnessed his charitable deeds and wisdom. Saint Patrick, the first bishop of Ireland, implored Kieran to come back to the country and help found churches and monasteries. Patrick specifically asked him to travel to Uarán, where Kieran founded his first church. God sent him there to found a holy place for those who wander.

According to legend, Saint Patrick gave the newly ordained Bishop a bell, which was said to ring at the spot God wanted Kieran to build a great spiritual centre. The spot at which the bell rang was reportedly Saghir, where Kieran got his name. He built the magnificent monastery and became its first Abbot. Soon after, his now widowed mother, along with other pious women, came to live nearby Saghir in their own religious community.

Kieran later became a hermit in Ely, where he resided in a small shack that would later become his largest monastery. It was there that he taught monks and became a well-known friend of the animals. He ate nothing more than herbs and bread each day, living a vow of poverty. Listed as one of the Twelve Apostles of Ireland, Kieran certainly did his part in spreading the faith to the beautiful lands, and a flame was said to burn in Saghir in remembrance of Kieran. Kieran has many reported miracles, including but not limited to freeing a young child from the clutches of death, as well as turning a small brook into a raging river in order to cease a rival ruler from coming to their lands and massacring them.

He died in 456 after serving his life to God and as the head of his founding. Though the wise man sought not for fame, his name is known throughout Ireland as one of the holiest of its protectors. We celebrate his feast day on the ninth of September, and his name will be renowned for all he has done.







### Tea on the Teachers By: Noelle Peters

Each of us have had those high school moments when our cheeks are bright red and we wish we could rewind the day over again. High school is widely known for its flat-out humiliating moments. It's hard to imagine our teachers went through a similar moment as we have! Now it's time to expose our teachers and their funniest high school moments.

#### "Lady Fingers" Mr.P

One beautiful spring day my teacher, Sister Catherine decided to keep the door open. My seat was right next to the door. As she was teaching a student yelled outside the door. She went over to see what was going on and I heard a loud cracking sound and my first assumption was someone was shooting my teacher from outside and scooted my chair back 3 or 4 rows. When I looked up I began laughing so hard I almost cried seeing my teacher dancing around the class. When I looked at her feet I understood, someone had thrown a pack of ladyfingers (firecrackers) at her feet, which had made the loud crack.

#### "Opera Soloist" Mrs. Salas

I was a new student and the school I went to had a tradition to make wholesome fun of the teachers on stage. They gave me the role of Mrs. O'Connell, my history teacher. I was very confused and asked what they wanted me to do. They explained she was an opera singer. I proceeded to go up on stage dressed as my teacher and sing fake opera to my brand-new classmates.

#### "Clown Shoes" Mr. Pennefather

When I was a freshman I joined a high school with a strict dress code that only allowed dress shoes. When my mom took me out to buy some I was upset she wouldn't allow me to buy sneakers. To spite her I found a pair of shoes with a 3⁄4 inch lip around the front of the shoe, similar to what Bozo the Clown might wear. This plan backfired when I had to wear these shoes for the rest of the year.

#### "Exchange Student" Mr. Heisler

When I went to Seton, they would have exchange students. One of these students was from Japan. She could barely speak any English. I asked Shelly Pennefather how I would say "Will you dance with me?" in Japanese. She told me and I memorized it. I then asked her and she said no.

#### "The Lilac Tree" Mrs. Tsukalas

When I was a senior, I drove a huge, blue station wagon. It was the family car and we called it "the blue whale". Our driveway was curved, and there was a big lilac tree at the bend. Since I was in a hurry, I backed out of the driveway without paying attention. I had done it so many times that I could have done it blindfolded. Suddenly, I heard a loud, crunching thud. There half of the tree was lying in the middle of the driveway. I decided to destroy the evidence by dragging the large branches into the woods although it was obvious that the entire left side of the tree was missing. During family dinner my dad walked in and shouted, "What happened to the lilac tree?!" I must have looked really guilty because everyone was staring at me. I admitted to the accident and the subsequent cover-up. My entire family had a good laugh at my expense. The car was dented, the tree was lop-sided, and we still laugh about that story today.

#### "Pep Club" Mr. Westhoff

In my high school the members of the pep club would have a sign making contest with the reward of \$5.00. Each week my sister Barb would make her own sign which was called Ms. Science. Although Barb was voted the most humorous in school she never won the sign making contest. So one week I asked to make one. I drew a scene of Holland with bulldogs (because we were playing against the Peetz Bulldogs) inside tulips, with the message "The Bulldogs are in Dutch". My sign won! Not only was I the first boy to enter, but the first to win. After that I even gave my sister advice for her next sign and that sign won too!

#### "Black Out" Mr. DiVietri

When I went to Seton, around junior or senior year during the wrestling season I had been fasting and I was a little weak from the lack of food. During mass one Friday when I was seated in the front row, I had a mix of dizziness from not eating, being tired, and the incense. So in front of the whole school I fainted and made a loud thud as I hit the floor.

#### "Flood Pants" Mr. Hoffman

In high school I grew very fast, so instead of buying new pants constantly my mom would embroider additional length on the pants. I called them my flood pants, because if a flood ever came I would easily cut off the extra fabric and didn't have to worry about getting my pants wet.

#### "Dancing with Dad" Miss Pennefather

One time during a school dance my dad (Mr. P) was trying to teach all the other students how to swing dance. He used me as a partner and since I was in junior high I was very embarrassed.

#### "The Paddle Demonstration" Mr. Scheetz

In high school I took an agriculture class, they called AG. Unlike our school we were not given demerits, but our names were put on the 'Blacklist', which was a blackboard with each troublesome student's name written in chalk. At the end of the class he would say "time for the entertainment!" or in other words our punishment. If you were the only student on the blackboard, Mr. Turtle, the AG teacher would take out a paddle and swat you himself, but if multiple boys' names were on the board they would swat each other. However, if you did not hit the other boy hard enough he would demonstrate how to swat. So when my friend and I were wrestling in class one time and our names were put on the 'Blacklist', you better believe I swatted my friend as hard as I could, and he did the same with me.







### **Marvelously Modest: Fall into Fashion**

IMI

#### **By: Abby Ramos**

Fall is here! The perfect time for sweaters, boots, and a warm cup of cider. Here are some cute, modest fashion ideas!

- 1. Loose waves (Wear tight dutch or french braids overnight)
- 3. Loose braid

#### **Outfits**

- 1. Bell bottom jeans with a band tee

- 4. Bell sleeve sweater with a jean skirt
- 5. Corduroy skirt with an oversized sweater
- 7. Halloween crew neck sweatshirt
- 9. Oversized sweater with a big belt and jeans

#### Places to Shop (with addresses closest to Seton):

Plato's Closet: 9688 Liberia Ave, Manassas, VA 20110 Kohl's: 11190 Bulloch Dr, Manassas, VA 20109 Old Navy: 11096 Bulloch Dr, Manassas, VA 20109 Abercrombie and Fitch: 11723 Fair Oaks Mall, Fairfax, VA 22033



Oversized sweater with corduroy skirt



Bell sleeve sweater



Graphic t-shirt with belt and Sherpa





### R.I.P Summer: Welcome Autumn By: Addie-Quinn Kammerdeiner

We must now say our final farewells to our beloved summer with a heavy heart and tear-filled eyes. However, do not fret, there are many ways to remember our dear friend and also ways to welcome the new face of autumn. There are many movies that can help us remember summer, so here are a few:

- "Teen Beach Movie" (2013)- This summer Disney Channel movie is about two teenagers getting stuck in a 1962 musical about a surf and turf war. The songs in this movie are super fun and definitely make you feel like you are on the beach. You can find this movie on Disney+.
- "Starstruck" (2010)- Another summer Disney Channel movie is "Starstruck," which is about a famous popstar who falls for an "average girl" that doesn't like him because her sister is obsessed with him. The overall California "vibes" of this movie make it a perfect film to remember summer. You can find this movie on Disney+.
- "Lilo & Stitch" (2002)- This animated Disney film, taking place in Hawaii, is about this little girl. This girl lives with her sister and gets a new pet that is actually an alien. This movie is family-centered and it is guaranteed to put you in the summer mood. You can find this movie on Disney+.
- "Shark Tale" (2004)- "Shark Tale" is a hilarious animated movie about a fish who befriends a shark. They make the fish out to be a shark hunter, so he gets a bunch of money and fame. The movie follows these two characters and how they change their views on what is really important in life. You can't find this movie for free easily, but you can find it on other platforms. It is not on Disney+ or Netflix.

Music can put you in different moods and give you different emotions, so here are a few songs that can help you remember summer:

- "Here Comes the Sun" (1969) by The Beatles
- "Something About the Sunshine" (2010) by Anna Margaret and Sterling Knight
- "Surf Crazy" (2013) by the "Teen Beach Movie" Cast
- "Cruisin' For A Bruisin'" (2013) by the "Teen Beach Movie" Cast
- "We Go Together" (1978) by the "Grease" Cast
- "Twist and Shout" (1963) by The Beatles

All of these songs can be found on Apple Music, Spotify, and YouTube.

Autumn is such a beautiful season and is a perfect transition out of summer. There are a few movies, especially Halloween themed ones, that can help you get into the autumn spirit:

- "The Nightmare Before Christmas" (1993)- "The Nightmare Before Christmas" is about a living skeleton from the town of Halloween who finds a door to Christmas Town. This animated Tim Burton film has an amazing balance of Halloween and Christmas spirit to get you ready for the colder weather. You can find this movie on Disney+
- "Halloweentown" (1998)- In this movie, a young girl finds out that she is a witch and runs away from home with her siblings to her grandma's home in Halloweentown which is a town for all different types of non-human creatures. This film can be found on Disney+
- "It's the Great Pumpkin, Charlie Brown" (1996)- This Halloween family film is about two of the original "Peanuts" characters spending their Halloween trying to find the "Great Pumpkin" in a pumpkin patch while the others go trick-or-treating. This movie is an amazing introduction to the autumn season.
- The classic "**Scooby-Doo**" franchise altogetherall together is fantastic to help you get into the autumn and Halloween mood. This series is about a group of friends with a talking dog solving mysteries together.





### R.I.P Summer: Welcome Autumn (continued)

A big part of enjoying the seasons is different food and dessert recipes that are both delicious and match a season perfectly! One of these recipes that can bring you into the autumn spirit is:

### Pumpkin Cupcakes with Cinnamon Cream Cheese Frosting

#### Pumpkin Cupcake Ingredients:

- 1 ½ cups all-purpose flour
- 1 <sup>1</sup>/<sub>2</sub> teaspoons cinnamon
- <sup>1</sup>/<sub>2</sub> teaspoon ginger powder
- 1/4 teaspoon nutmeg
- 1 teaspoon baking powder
- ½ teaspoons baking soda
- ¼ teaspoon salt
- <sup>1</sup>/<sub>3</sub> cup vegetable oil or canola oil
- ¾ cup white sugar
- ½ cup brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- <sup>3</sup>/<sub>4</sub> cup pure pumpkin
- ½ cup milk

#### Pumpkin Cupcake Directions:

- 1. Preheat the oven to 350 degrees Fahrenheit. Line muffin pans with muffin papers., You'll end up with about 18 cupcakes.
- 2. In a medium bowl, whisk together the flour, cinnamon, ginger, nutmeg, baking powder, baking soda, and salt.
- 3. In a large bowl, beat together the oil, sugars, eggs, and vanilla extract until no lumps remain (about 1-2 minutes)
- 4. Mix in the pumpkin.
- 5. With the mixer on low speed, mix in the flour mixture about  $\frac{1}{2}$  at a time alternating with  $\frac{1}{2}$  of the milk.
- 6. Spoon the batter into the prepared muffin pan, filling each about  $\frac{2}{3}$  full.
- 7. Bake in the center rack of your oven for 16-19 minutes or until the tops feel slightly firm to the touch and an inserted toothpick comes out clean.

#### **Cinnamon Cream Cheese Frosting Ingredients:**

- <sup>2</sup>/<sub>3</sub> cup softened unsalted butter
- 6 ounces cream cheese
- 1 teaspoon vanilla extract
- 3-3 ½ cups powdered sugar
- 1-2 teaspoons whipping cream (as needed)

#### **Cinnamon Cream Cheese Frosting Directions:**

- 1. In a large bowl beat the butter until fluffy about two minutes. Then beat in the cream cheese.
- 2. Add in the cinnamon and vanilla extract.
- 3. Beat in the powdered sugar about 1 cup at a time, starting with the mixer on low speed. If the frosting seems too thick, add in the whipping cream 1 tablespoon at a time.
- 4. Frost the cooled cupcakes using a slat knife or frosting bag.







### Fright Made Fashionable By: Noelle Peters

#### Solo

#### Unisex

- **Bubblegum machine-** Here's a DIY idea! Wear red pants or a red skirt paired with a white t-shirt. Now glue pom-pom balls or balloons onto your shirt! To go the extra mile, make a 25 cent sign and tape it to a belt.
- **Bandit-** Here is an easy costume! Wear a black and white striped shirt with black pants and an eye mask.
- Ice Cream- Wear tan pants and a white shirt and then glue colorful strips of paper onto the shirt. Wear a red balloon with a pipe cleaner attached to it on your head as a cherry.
- Tourist- Wear a Hawaiian shirt and a sun hat or sunglasses.
- Mac N' Cheese- Paint some empty toilet paper rolls yellow and then glue them onto a yellow shirt.

#### Girls

- Wednesday Adams- If you want a creepy, but not too scary costume, try wearing a black dress with a white collar underneath. Complete the haunted look with two braids.
- Beanie Baby- This is an easy costume! Wear any animal onesie with a "ty" collar!
- Kim Possible- Wear a pair of green pants and a black T-shirt with a brown leather belt
- Edna Mode- Wear a black dress and the classic glasses. You can even fake some bangs.
- Hippie- Just wear a tie-dye shirt and a flower crown!

#### Boys

- Mario- Wear a red shirt with blue overalls and a matching red hat. Make sure you wear your fake mustache!
- Minion- Wear a yellow shirt and overalls or blue jeans with suspenders. Remember your goggles!
- **Superman-** Wear a button up white shirt showing your blue t-shirt, which is underneath the button-up, with a printed out Superman symbol attached to the blue shirt.

#### Duo

- Jim and Pam from The Office
- Firefighter and dalmation
- Mario and Luigi
- Tinkerbell and Captain Hook
- Red Riding Hood and the Big Bad Wolf
- A mermaid and a sailor
- Lilo and Stitch

#### Group

- Disney Princess
- · Alvin and the Chipmunks
- Seven Dwarves
- Powerpuff Girls
- Wizard of Oz
- Winnie the Pooh and friends
- The Despicable Me girls



