

The Bernard Journal



Choose

JOY

Halloween History

By Morgan Mevers '20

October 31st, a day that children dress up in creative, colorful, and scary costumes to roam the streets in pursuit of candy at every doorstep. Adults and teenagers gather together to celebrate in each other's homes. People carve pumpkins and set out spooky decorations of witches and ghosts. It is the time of year for scary stories and haunted houses. But, where did all of these traditions come from?

Contrary to what you may believe, Halloween started out as a Christian holiday. "Halloween" was originally a day to celebrate everyone in heaven. This is a day that Catholics have come to know now as All Saints Day.

The date of October 31st actually comes from peasants in Ireland and masses celebrated on All Hallows Eve. As Mrs. Lanter put it, "We have a day where we celebrate all the souls in heaven and then we have a day where we pray for all the souls in purgatory, but what about all those poor people in hell?"

The Irish people wor-

ried that if the souls in hell learned everyone else was being celebrated they may come back and haunt them so they banged pots and pans to let them know they were unforgotten. In the mid-eighth century, Pope Gregory III moved All Saints Day from May 31st to November 1st, where it has stayed to this day. When this was declared a holy day to be celebrated everywhere Christians from different parts of the world celebrated in different ways. Ms. Brauch said that, "I celebrate Halloween by dressing up and passing out candy." This is common practice nowadays and comes from two different early traditions. In England there is a holiday known as Guy Fawkes Day where people would bang on doors demanding beer and bread. This is similar to the current tradition of Trick or Treating and why we hand out sweets. Additionally, in some places of the world people would dress up in costumes to celebrate the souls of the dead amongst them.



Fun Facts

- Haunted Refrigerator Night occurs on October 30th
- Ancient people carved out turnips and put lights in them which is where we get carving jack-o-lanterns from
- Witches are associated with Halloween because of the greeting card industry
- All Hallows Eve means All Holy Evening
- The original haunted houses started out in people's basements as a way to scare young teenagers away from vandalism or harassment during The Great Depression
- Candy Corn was originally called Chicken Feed

The Bernard Journal strives to entertain, inform, spark conversation, and provide a snapshot of student and community life. The content of The Bernard Journal is determined by Seton High School's Journalism Class and aims to reflect Seton values. Opinions expressed are not necessarily those of the faculty adviser or of the administration of Seton High School.

Editor: Audrey McQuillan

Adviser: Mrs. Barbara David

Reporters:

Alaina Olding
Alayna Steffen
Audrey McQuillan
Cass James
Ella Hartung
Emily Hauffer

Emma Poli
Kayla Hess
Mary Fieler
Molly Guenther
Morgan Mevers
Sophie Kwiatkowski



Amy Rogers: Courage over Cancer

Audrey McQuillan'20

"You have cancer." The three most feared words in society today.

One in 8 women are diagnosed with breast cancer in the United States. Breast cancer is a group of malignant cells that form in the tissue of the breast creating a lump. There are numerous treatments available: chemotherapy, hormone therapy, targeted therapy, immunotherapy, or mastectomy.

Cancer became a reality for Amy Rogers. Amy Steppenbacker Rogers grew up in Brunswick, Ohio. Amy had a passion for writing, and later continued her academic career at Ohio University majoring in journalism. There, Amy met her husband Scott in a broadcasting class. Amy later moved to Cincinnati, Ohio, where she had her four children Hannah, Lydia, Addison, and Nolan. Amy was a stay at home mom, enjoyed painting, babysitting, online shopping, and caring for her four kids.

However, in 2014 her life changed forever. After a routine mammogram, Amy Rogers was diagnosed with stage 3 breast cancer in 2014. Amy received weekly radiation and experimented with eight different types of chemotherapy. She researched and educated herself on her disease, and would bring up different treatments to doctors.

Amy was always optimistic despite her diagnosis. Hannah Rogers, Amy's oldest daughter, says "My mom had a positive attitude throughout her journey, she would write blogs on how she was doing, and connect with others going through similar situations."

Amy's community rallied around her in support. A group of families created t-shirts that said "Amy's Army." Families decorated the streets with pink balloons, sent meals, and did whatever they could for Amy and the Rogers family. Amy was overwhelmed by all of the support from her community, and wanted to give back to all of those who gave so much to her.

Amy loved to paint; she

later partnered with Stacy Kearns Art. Hannah Rogers says, "My mom worked with Stacy Kearns art because of her love of painting, business, and yearning to give back to those who gave so much to my family." Amy created the "Bright Spot Box." These boxes were filled with paintings, fun goodies, and inspiring messages. Amy sold these boxes hoping to help people going through a rough time. Amy knew what it was like to have a bad day.



*Picture of Amy at the Golden Gate Bridge in San Francisco, California
Photograph credit: Scott Rogers*

Amy's second daughter Lydia Rogers says, "She was very positive throughout her journey and never gave up. She went by the quote 'She believed she could, so she did' and continued to stay close to God throughout everything." Amy's optimistic attitude was radiant. Amy lived every day to the fullest. She always lived by the motto "Choose Joy." These two simple words were the attitude Amy had on her bad days. Amy always looked for something good on her worst days. She continued her hard fought battle for five years.

On August 24th, 2019 Amy Rogers passed away surrounded by her loved ones. Amy may not be with us anymore, but her positive and spunky attitude will forever surround us. Amy's "Bright Spot" boxes are still being sold today. Amy's efforts in making a difference in her community and those battling breast cancer still shines bright today.

Interview from Heaven

After hours of homework, 1 o'clock in the morning rolled around. Yawning and dozing off, I was looking around the Internet researching material for this article.

I scrolled through Facebook, and the first post on my feed was a 5-minute video. It was Amy.

In the video, Amy Rogers spoke about her cancer journey, and encouraged those who are going through similar situations. Amy Rogers said in an online vlog, "Cancer is a very tricky, complicated disease. The more we know the more power we have over it."

This interview was truly what I was looking for. The timing of the discovery of the video could not have been better. I feel like Amy sent me her own interview to include in my article.



The Best News You've Never Heard: Señora's Take

By Molly Guenther '20



Señora's 2018-2019 class smiling away! Photo credit: Monica Robert

Her perfume scent is memorable, and so is she. Her Puerto Rican maps take you to another place, and the comedic storytelling stays with you far beyond the classroom. She is the one and only- Señora.

Ms. Robert, the hilarious Spanish teacher, is known by many for her extraordinary bilingual abilities, her mom-like attributes, and her love for the Xavier Muskies.

In Puerto Rico, she learned English as soon as she "started school at five", creating the amazing Spanglish heard in room 227. With this dual-knowledge of language, Señora was ready to tackle an American university.

She knew she wanted to be in a "helping career." Maybe a psychologist, maybe a teacher, it was up in the air. One thing was for sure- Señora was on a mission to be of service.

The Muskies were not prepared for the ginormous grin and contagious laugh that would soon walk through their doorways.

At Xavier, Señora studied to be a teacher, just like her mother, and eventually would land at an all boys' school. When asked which she likes bet-

ter, all boys or all girls, in a millisecond Señora exclaimed, "Girls for sure!".

Her switch to Seton High School gave her a newfound joy in teaching and reminded her why she fell in love with the career in the first place.

However, Señora still finds the most fulfillment in her life from being a mom. "Seeing them evolve into the individuals they are today," is what she loves most about being a parent.

But don't worry Seton girls, she also said that she "absolutely" feels like a mom to her students.

Even though she has not taught here long, Señora has a special relationship with the Seton community. "I want students to know how much I truly enjoy teaching you girls. You made me love teaching again."

Near the end of the interview, there was a singular question left for Señora to answer: If you could tell your younger-self anything, what would you say?

After much contemplation, Señora had reached a verdict. "You are worthy of love."

This powerful statement seems simple, but is loaded. "I

know it sounds cheesy, but it's true," Señora added.

Students leave room 227 feeling happy, loved, and appreciated. This is why we are all drawn to Señora- she reminds us to enjoy life and make memories.

Señora, there is no one like you!



Señora is happy in and out of school! Photo credit: Monica Robert

What Do You Have in Common with Señora?

Favorite Food: [Pizza](#)

Favorite Color: [Pink](#)

Favorite Cincinnati

Restaurant: [Green Papaya](#)

Lucky numbers: [4, 2](#)

Birthday: [May 24](#)

Favorite Song: [American Pie](#)

Favorite Animal: [Chimpanzees](#)

Favorite Sport: [College Basketball](#)

And let us know on our Instagram - The Bernard Journal- what % Señora you are!

Debby Doll Deals with Chaos Calmly

By: Sophie Kwiatkowski '20

The two office ladies worked on their computers. It was only 8:20 in the morning and they were already consumed in tasks for the day.

It took me three days to finally get the chance to sit down with Mrs. Debby Doll and ask her about her job at Seton.



Even though she seems like a saint, Mrs. Doll actually attended the blue school, Mother of Mercy. She stresses that she is a Seton girl at heart though. "I have been a Seton person longer than I had been a Mercy person." (Hmmmm... I see rivalry. Oh wait.)

Mrs. Doll started working at Seton in 2002, almost 18 years ago, when her friend told her about the position. Ever since then, she has been known as "The office lady." She works 7-3 everyday, but comes in a couple minutes early just to get things situated for the day. She said that her favorite

part of the job is the students. "I love working with you guys every day."

Still, she knows students aren't perfect, and are often tardy. "Girls tend to come in late during the winter months because they forget to heat up their cars in the morning." (Not even going to lie, I have been guilty of this!)

The craziest days this year have been the 1st day of school, and of course the dinosaur days when the WiFi "forgot" to work. She remembered having to do things the "old fashion way." For example, she had to hand deliver the absence list to every classroom.

Finally, I asked the burning question, "What were you like in high school?" She shied away from the question at first, but as she opened up she told me she was just an average student looking to have a good time with friends.

Her personal life revolves around Jimmy Buffet and her two book clubs. Mrs. Emmet, the nurse here at Seton, joked around by saying, "She's only in [the book clubs] for the free food." Another story Mrs.



Mrs. Doll sits at her command station.

Doll shared with me was her experience in Las Vegas. After 30 years of marriage, she renewed her vows alongside another couple in front of Elvis! Students love her, and administration and staff are incredibly thankful for her. She is what holds the glue together here at Seton!

Pumpkin Seeds

1 1/2 Pumpkin seeds

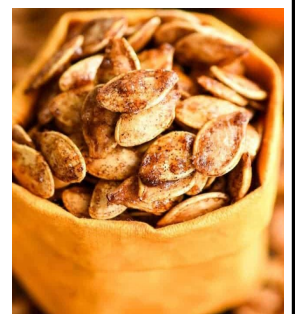
1/4 tablespoon Butter

A pinch of Salt

Add ins: Cinnamon + Sugar or Garlic Powder

Mix ingredients together and bake at 425 degrees for 20 minutes

★ The White Pages of Recipes ★



Grades off Key? Don't Fret, There's a Solution

By Mary Fieler '20

There's always been questions circulating about what it is that makes someone intelligent. For those of us who can hardly talk for thirty seconds without getting sidetracked, the frustration of not being able to gauge what the secret to concentrating is, continues to haunt school and work settings.

Studies show that one promising solution to this problem is playing an instrument.



The Elder band using their neurons to make some cool tunes! Photo Credit: Nate Ficker

According to *Playing a Musical Instrument Makes You Brainier* by Richard Alleyne, studies have shown that playing a musical instrument helps a child progress skill, and be more attentive. Additionally, the brains of musicians are developed differently than the brains of non-musicians.

It does not take much to pick up an instrument and start playing, but learning the technique and style is what helps advance the brain. People might pull away from this solution because it takes time and effort, but they

don't realize the vast impact this instrument has on their brains.

A familiar face and Seton teacher of 35 years, Mari-beth Samoya, provided her educated opinion on her own experience with music and education. Mrs. Samoya, who has been trained to play piano for 50 years, also plays the trumpet, French horn, and some guitar, making her a more than cultivated source.

She shares her experience of how music affected her brain as a child, "I think that probably when I was young, I was a little bit ADD. And I am guessing it [playing piano] has made me focus more. I remember outside of music I had attention issues." This aspect of her life as a child provides a real life example of one person whose brain became more focused and improved in complex thinking through playing an instrument.



Amanda Macke, our very own example, works hard in her tough honors classes Photo Credit: Mary Fieler

Mrs. Samoya says that playing an instrument can help avoid the greater effects of dementia and Alzheimer's disease, "Playing an instrument does spark neurons and elec-

trons and all that in your brain and keeps it functioning longer."

As *Playing a Musical Instrument Makes You Brainier* says, rather to be safe than sorry, playing an instrument is an enjoyable way to develop your brain. Engaging in music keeps your brain lively, and significantly improves motor skills.

We all could use an escape from the irritation that is caused by school and work. One way to provide some leisure is by playing your favorite instrument. Relaxation will kick in, while the brain gains powerful neuron connections.

Fun Facts

- Classical music is the most effective music to listen to while studying.
- *Playing an Instrument Makes You Brainier* by Richard Alleyne says that people who play instruments are better at detecting someone's mood just by the tone of their voice.
- Your IQ could increase by as much as 7 points from playing an instrument.

Stepping Stones: Shaping a Pathway

By Ella Hartung '20

"No matter what ability or communication style someone uses, everyone has a voice that wants to be heard."

Stepping Stones is a nonprofit, United Way partner agency serving people with disabilities in Greater Cincinnati.

They shape pathways to independence for people with disabilities. Stepping Stones serves children, teens, and adults through their summer and year-round programs. They help people with disabilities by improving their lives and enabling them to participate in their community.

Senior Olivia Noel is an employee at Stepping Stones. Olivia explained

"You are able to experience firsthand the difference you are making."

that Stepping Stones is a camp that promotes independence to individuals with disabilities.

Olivia is a Unit Counselor at Stepping Stones and she "Works with kids who have a variety of disabilities and takes them to different types of activities and works with behavior intervention."

She got involved in Stepping Stones at age 13 because she needed service hours and a family friend worked there. Olivia said "I chose to get involved because it seemed fun and it was a new experience."

Stepping Stones allows her to see the difference she is making in someone else's life. She is excited to go to her job, especially because she sees herself go-

ing into Special Education. Stepping Stones has impacted Olivia, making her "A better, understanding and patient person."

A child Olivia worked with used sign language. Olivia taught herself sign language, so she would be able to better communicate with children that use sign language.

She said, "There are so many experiences that I've had since each day is different."

Olivia is extremely grateful that she really has grown closer to one of the new kids in the program and was able to grow a relationship with this child. She understood this child and was able to help them when they were upset or frustrated.



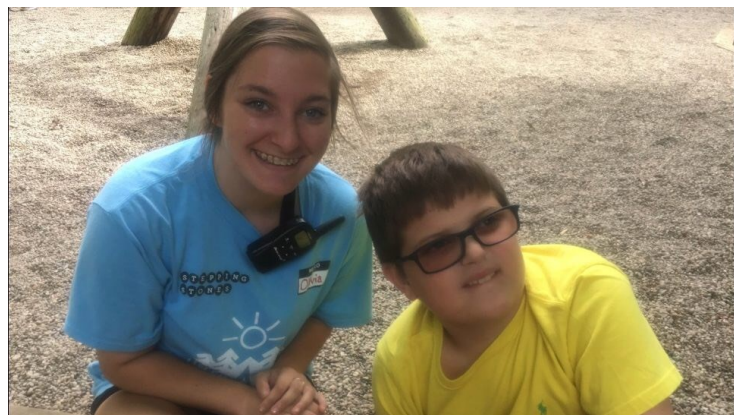
Olivia pictured with a girl from her small group.

Photo Credit: Moira Grainger

Stepping Stones is special to her because, it helped shaped her into who she is today. She has the opportunity to grow relationships with the participants and this experience has made her realized everyone has their own individual, special talents.

"Something I want to share is that no matter what ability or communication style someone uses, everyone has a voice that wants to be heard."

To get involved with Stepping Stones, visit their website at Stepping-StonesOhio.org and sign up to volunteer.



Olivia with a boy from her small group.

Photo Credit: Moira Grainger

Seton Volleyball Setting up Lifelong Bonds

By Emma Poli '20

25 points. 18 players. 3 coaches. 1 team. The special bond these girls share is evident to everyone who walks into the gym on game day. Adults who do not even have children on the team come to the games to watch these girls.

The varsity volleyball team is composed of 18 players including sophomore, Sarah Bates, junior, Abby Rhodes, and senior captain, Suzanne Klosterman who will be continuing her volleyball career at La Salle University next year. They shared an inside look on what being a member of this team consists of.

Every athlete prepares for a game in their own way. According to Sarah Bates they, "Listen to music in the locker room and make sure we all stay together to get pumped up." The girls do this together as a team, in addition to warming up the Junior Varsity team be-



The players support women battling Breast Cancer by sporting pink shoe laces.
Photo Credit: @setonhsports

fore their game. This is Suzanne's favorite pre-game activity: "It's really fun to support the girls who are looking up to the



The girls pose in their "Amy's Army" shirts as they prepare to take the court.

Photo Credit: @setonhsports

varsity squad."

While, there may be some personal things that the players do in order to mentally prepare to take the court, game day for the volleyball team starts and ends with each other.

All three players described Seton volleyball as a "family." In order for a team to be able to work together in games, there has to be a personal relationship instilled within the people. The volleyball team is living proof of this. A common theme among all three players was how the amount of time they spend together affects their relationship. Abby Rhodes told me, "As the days go on your teammates truly do become your family." Fans of the sport get to see the serious, game time side of the team,

but the laughs and memories they share all season off the court are the reason they are able to take the court confidently.

Suzanne, her love for the game and the people around her was evident during our interview. Since this is her last year playing a high school sport, she is trying her best to enjoy every moment. It is important to Suzanne to, "have a bond with the underclassmen, especially as a senior when you're taking everything in and realizing our time is almost up... it's surreal to see that these girls are the future of Seton volleyball."

"as the days go on your teammates truly do become your family."



The senior players having some fun on their last volleyball picture day!

Photo Credit: Ava Beltsos

Looking ‘four’ fun? Tee up for golf



By Emily Haufler ‘20

Beautiful views are one of the many advantages of golfing so early in the morning!

Photo Credit: Emily Haufler

A warm, orange and yellow sunrise with the trees moving back and forth at Aston Oaks Golf Course. A golfer in the distance swinging her golf club, hitting the ball up to the green. It almost goes in, but is a few feet short.

Golf is a fun game. There can be many benefits and it can be a crucial part of our futures.

Some benefits of golf are that it's a good source of exercise, it can be relaxing, and it can be an important skill later on in life.

My dad has been playing golf ever since he was five years old and said, "Golf can create many opportunities to meet new people and you can network with important people at work or even in your community."

If someone knows the basics of golf they can apply that to different golf events or fundraisers for work.

Some think golf can be frustrating and takes entirely too long. My dad says, "Since golf takes 4-5 hours to play 18 holes, a lot of people would rather be doing something else and it can be a hard game to

play." On the other hand, playing 9 holes, cuts the playing time in half, and is also a cheaper alternative.

Another great bonus about golf is that it's very easy to meet famous golfers at tournaments. My dad has met famous golfers Jack Nicklaus and Nancy Lopez at the Kings Island golf tournament, and my grandpa used to be friends with Jim Herman.

Jim Herman is from Cincinnati. He played golf all throughout his childhood, played at Xavier High School and at the University of Cincinnati. He turned professional in 2000, and rose to fame after playing in numerous PGA tournaments and won the 2010 Monarch Classic in Australia. Celebrities are everywhere. Maybe even in your hometown!

Arnold Palmer said, "Always make a total effort, even when the odds are against you." When playing golf, it is important to keep trying and never give up. Knowing how to play golf, allows anyone to have fun and golf also helps build closer relationships. Golf creates many skills that can be applied to in the future.



Seton's varsity golf team

Photo Credit: Seton Athletics

"Always make a total effort, even when the odds are against you"
~Arnold Palmer

Helpful Tips To Play Golf

- The goal of golf is to get the lowest score possible, which means fewer shots per hole.
- Go early in the morning, so you are not rushed by groups.
- Another fun way to spark an interest in golf is going to Top Golf in West Chester. You can have a fun night out with your family and friends.

Charity Events Uplift Everyone's Spirits

By Alaina Olding '21

On a Tuesday afternoon, dozens of teenage girls swarm Seton High School's gym! Music plays loudly over the speakers, highschoolers are covered in Hawaiian clothing, everyone is screaming, shoes squeak on the gym floor, and the smell of popcorn fills the gym.

These high school students came out from their bedrooms to watch their varsity volleyball team and to compete against their classmates in the charity event.

Named after our founders, the Sisters of Charity, charity events pit students against one another. From all four houses, Cedar, Emmits, Segale, and O'Connell, students come to earn points for their house. The points are a result from how many people show up to the event.

On September 27, Seton vs. Oak Hills Volleyball Match, there was an outstanding cheering section and an enormous amount of fans.

The Seton High School cheering section is known for their movement, spirit, and support.

Junior Lauren Hunter says, "Cheering sections for charity events are one of the best parts about Seton High School. They are fun and exciting and most importantly welcoming. The cheering sections are full of positive attitudes."

Julia Marr, a Junior on Seton's Varsity Volleyball team, agrees with Lauren and says, "When I first walk into the gym and see the amount of people in the cheering section, I immediately think about the love and support our school has for each other and no matter what, there will always be people to support you."

Fans consisting of parents, teachers, and faculty members are there to watch the game, but they feel the spirit from the cheering section! Additionally, the opponent's fans end up feeling the excitement.

"[I]t's craziness and commotion make me more excited to earn charity points and to cheer as loud as I can."

the student body of Seton High School, the younger kids looking to be a saint one day, along with parents, and many other people.

In addition to the cheering section, the signs



Seton High Schools Student Cheering Section

Credit: Instagram, setonhighschoolcincinnati

are passed around to sign in for their house.

Junior Lauren Hunter says, "Sometimes when the signs are being passed around and cheers are thrown at you can be very hectic and crazy especially since there are lots of people in a small area. But it's craziness and commotion make me more excited to earn charity points and to cheer as loud as I can."

From a player standpoint, Julia Marr says, "As the cheering section gets louder, it is what keeps me and my team going. On the court we laugh and get so excited during a cheer which helps our game".

Spiraling Out of Control: The Brief, Intense Life of Madison Holleran

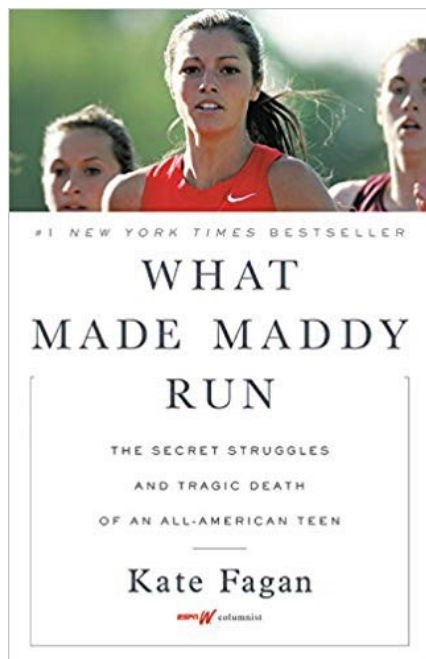
By Kayla Hess '20

Imagine feeling on top of your game and with the world at your fingertips. Life was like this for Madison Holleran, a senior at Northern Highlands High School. She was beautiful, popular, intelligent, and a star soccer player and track runner. The complete package, by society's standards. However, things changed when she entered college. Choosing to run track at Pennsylvania University, over playing soccer at Lehigh University, she began her freshman year with high hopes. Soon though, something went wrong. In her own words, "I'm not right."

The book, *What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen* by Kate Fagan details the life of Madison Holleran and her struggle with depression. It also provides key insight into the mounting pressure for college students and athletes to achieve perfection.

I liked this book because I could relate to Madison's story. Even though I have never had depression, I know the immense pressure that athletes feel to perform, since I am a runner myself. As an athlete, the ultimate goal is to win and prosper. Often, if a desire for success is not managed it can lead to loss of passion for the sport, which happened in Madison's case. Her heart was not as fully into track as it was for soccer, and the long collegiate practices became a chore she felt obligated to attend.

Fagan highlights how the nature of sports discourages athletes from taking necessary mental downtime, arguing, "And within sports culture, continuing to practice or play, no matter what your mind or body says, is romanticized: T-shirts are emblazoned with quotes, inspirational sayings are stenciled on the locker room wall, epic speeches are given. At Colorado, a saying above one doorway read "Pain is weakness leaving the body." Madison didn't let herself take a step back and assess her situation,



Graphic Credit: Kate Fagan

instead, she kept overextending her inner resources, leaving herself drained.

The book attempts to shine a light into Madison's inner thoughts. Fagan ponders over Holleran's troubled mind, saying, "Madison wanted help. Mostly. Her worst thoughts were encouraging her to reject help, to keep the feelings to herself. The creature seemed to want to convince her that she needed to find a solution on her own, that she was becoming burdensome to those around her, to her family." To people who don't have depression, some things are incomprehensible. They may ask people who have it, "Why can't you just ask for help?" or even say, "Get over yourself, we all have days where we are sad."

However, depression isn't something that goes away in a day or two, like a

cut. You can't put a band aid on it and wait for it to heal. Madison understood this. She knew that the creature inside of her was a vicious monster hell-bent on corroding her mind, trying to keep her in a state of isolation and negativity. What she didn't understand was how to ask for help, and I think this is common among many people. This book makes us rethink how we take care of our mental health, and how we can better take care of those we know who have depression. I would recommend *What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen* because it is a compelling story which also studies the mental health crisis among college students and athletes. It also discusses how the influx of social media is negatively impacting our generation.

I believe high school upperclassmen and athletes would benefit from reading this book because reading Madison's story will help better prepare them for the transition to college recognizing where she went wrong. Although, Madison is gone, her legacy lives on through this book. It serves as a reminder that if you are desperately trying to make it through the next day, you need to seek out help.

If you or someone you love has depression, don't be afraid to ask, "How are you doing, really?" We can all better educate ourselves, and by doing so, reduce the mental health stigma that plagues our society.

Need help? Call, text, or visit one of these lines:

National Suicide Prevention

Hotline:

1-800-273-8255

Crisis Text Line:

741741

To Write Love on Her Arms (TWLOHA):

<https://twloha.com/>

Seton Saints Turned Elder Panthers

By Cass James '20

August 23rd, the first official day of school. Ugh. The usual nervousness about whether your teachers will be evil or who you will sit with at lunch and getting back into the groove of only sleeping 5 hours a night. All starting on that fateful day of the 23rd.

SIKE!

I was part of a couple extremely lucky students who started a whole week earlier! So while everyone was enjoying their extra week of sleep, I was in my first bell College Psych class at Elder. On August 13th, I started my first day as an Elder student (If you want to get technical, I took freshmen band, but I never had to go in the actual school building so let's pretend that didn't happen. But let me know if you want to hear me play "Hot Cross Buns" on the clarinet.)

Flashback to my freshmen year: I was an awkward youngin, scared of everyone. I had the joy of starting high school purely amongst the other fellow frantic freshie gals. I knew it was going to be weird not seeing boys every day, but it also eased my nerves a bit because only girls would witness my awkward teenage mistakes. Like straightening my hair every day. Bad idea.

But this year, several class of 2023 gals started their first day of high school at the all boy school next door. When I was their age, I was terrified just to be at Seton. I couldn't imagine navigating the boyish halls of Elder amongst the swarm of dudes while not knowing the other girls because they're freshmen too. I also had to do that for my Psych class, but I had fellow seniors to protect me from the testosterone. But maybe I'm just a wimp and starting school at Elder really wasn't that bad for the freshmen.

So I asked Lucy Adams, freshman and German I language lad, what it was like for her to start high school at the Purple Place.

I began by asking if she was nervous to start school, which she understandably was.

Only about a 7 on a scale of 1-10 though. I asked her whether she was more nervous about starting at Elder or Seton and she responded "Elder because we didn't have our laptops and stuff." I didn't even think about that. Starting class at a different school with different people AND not having your stuff, my blood pressure just rose thinking about it.

That's when I began to really get to the questions that plagued my soul. Was it weird being with the guys? Well Lucy was used to it. She didn't really think it was weird because she was with them before the summer. She did agree that the hallways were scary because she almost gets trampled every time she's in there.

It seems like to Lucy, starting at Elder was a new experience, with the usual worries that comes with starting school. Maybe it's because she was prepared for it since grade school wasn't long ago, or maybe she's just braver than me, but I needed someone else to justify how weird and somewhat scary this experience was.

Next, I talked to Abby Baker, fellow senior, College Psych classmate, varsity bowler, personal Uber driver. She picked me up on the first day of class and we entered that new world together and her experience was much different from Lucy's.

Unlike Lucy's rank, Abby was only a 3 on a scale of 1-10 for nervousness. Is that truthful? Probably not, but that's what she told me. They did share a common fear though: the hallways. Abby stated "The fact that it was at Elder made me kind of nervous because literally not until the very first day of class had I ever been in there. I was nervous that since I am so short I was going to be pushed around but they all seemed scared of me so it's chill."

I can't tell you why they were scared of Abby, she's not the most intimidating, even if she did frighten me a bit freshmen year. I did ask her to elaborate on her not-so-realistic number 3 on the scared scale. (I think I am qualified to distrust her number 3 because we were

together on the first day and the vibes I got from her were AT LEAST a 5.) Her explanation: "Since I'm a senior I think I'm the baddest. Freshmen me was very nervous and very shy...But senior me, I just don't care." Now that's an answer I feel is quite truthful because I feel the same way.

Starting school, whether it's your first or last year of high school, at the high school next door is quite a change, but the experience depends on you. I think the most rewarding part of now being an Elder Panther is having the chance to finally use my psychology skills to dive into the male mindset... Uh, I mean learn in a new environment with people from many different point of views!

"I was nervous that since I am so short I was going to be pushed around."

- Abby Baker '20



Brainiac Amanda Rapien '20 on her way to her College Psych class at Elder. She doesn't mind having a class there! Photo Credit: Cass James '20

Plastic Straws: Not the Only Danger

By Alayna Steffen '20

Climate Change. Melting Ice Caps. Air Pollution. Ozone Layer Depletion. Waste Production. These are just a few of the major environmental calamities that happen every day.

Each time people are not environmentally conscious, it has an effect on more than one thing.

Waste production and use is the most common topic today. Metal Straws are all the rage and Starbucks has moved to straw-less lids. Although this effort does make a difference, plastic straws are not the only danger to our environment. The danger is the amount of waste people produce and use on a daily basis.

Waste is any non-reusable thing we use. The list includes plastic cups, plastic bags, boxes food is bought in; anything you throw in the trash or recycling bin. These things are visible and easy to remember but pens, pencils, soap bottles, paper towels are also types of waste we use everyday that we don't think twice about.

The waste that is carried to landfills creates a chemical called methane. Methane is a greenhouse gas. When it's released into the atmosphere it adds to the issue of global warming. The levels of methane are controlled by laws and regulations but it is still a danger to the environment.

Waste is also poured into our oceans creating unhealthy environments for marine life. Fish and other animals confuse the plastic for food and are dying at a higher rate from the pollution. The plastic also wraps around the animals limiting their lifestyle and often leading to death.

Ozone layer depletion is the breakdown of the ozone due to chemicals people release into the atmosphere. The breakdown of the ozone will result in less protection from the sun, which could result in more cases of skin cancer, eye dis-

ease, and loss of plankton life. Plankton is important because it is a base of the marine life food chain and provides the ocean with half of its oxygen, according to Sarah Watts in *Pacific Standard Magazine*.

The last, and most concerning environmental issue, is Climate Change, also known as Global Warming. Many careless acts add to the change in our climate. This is an issue for the polar ice caps, sea levels, and marine life. NASA states that the temperature of the earth "has risen about 1.62 degrees Fahrenheit (0.9 degrees Celsius) since the late 19th century."

Taking Care of the Island

I traveled to Aruba this summer for a family vacation, with no intention other than to relax and have fun. On my trip I was pleasantly surprised to make friends with locals and talk to many people who vacation there every year.

In Aruba there is a significant effort to have no plastic on the island. There are no plastic straws in any tourist attractions, toilet paper cannot be flushed, and grocery stores do not have plastic bags.

Talking to one local on my trip, he stated that their whole economy is based off the ocean.

He mentioned that an "out of sight, out of mind" mindset does not work on the island because everything that goes in and out of the island must be shipped and everything costs money. When they release waste into the ocean it comes right back to their shore. They need to take care of the marine life because it serves as a lot of their food. They care for the shore and coral reefs because it is a major tourist attraction for the island.

About 20% of the island is a national park, a destination that preserves its natural beauty. There are natural pools and beaches that people cannot swim in or live by. Aruba is so

pretty because every citizen consciously cares about their environment and the earth.

Change your Mindset

In the US, once something is thrown out, it is never seen again. This is having long term effects on the earth, and our overall health. Just because we do not see the waste after it hits the trash does not mean it disappears with no repercussions. It harms our oceans, our atmosphere, and nearly every aspect of our Earth.

People are often uneducated and climate change is an "opinion" to many in the older generations. Parents or grandparents sometimes state that they "do not believe in global warming." Although there is much evidence to support it, whether or not they believe, everyone should do what is best for the environment. Nobody wants more landfills or polluted oceans.

Seton's Part

Seton is taking action with the creation of Eco Club. Help to reduce the use of waste within our school and educate each other on how our actions affect our environment. Join us every other Tuesday after school to make small changes for a big difference.

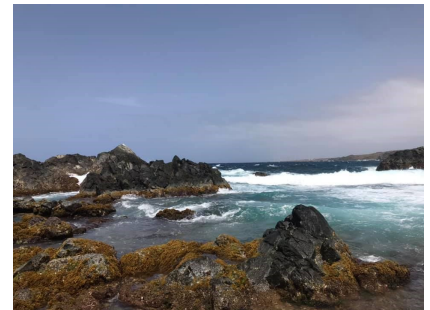


Photo by Alayna Steffen of the Natural Pool in Aruba's National Park.

Bernard's Bonus Page

Spookiest, Happiest

Birthday Wishes To ...

Grace Gonnella	10/1/04
Olivia Mohs	10/1/03
Ella Willig	10/1/02
Meredith Briggs	10/2/02
Abby Brogan	10/2/02
Rylie Geiger	10/2/03
Lily Kock	10/5/04
Maria Holmes	10/6/04
Angela Ramirez	10/6/03
Emma Camardo	10/7/03
Madyson Flower	10/7/03
Caroline Gansen	10/7/02
Grace Geigle	10/7/03
Anna Hammann	10/7/02
Morgan Mevers	10/8/01
Abbie Loebker	10/10/01
Jessica McKeel	10/10/02
Caroline Mullen	10/10/01
Mackenzie Gutekunst	10/11/02
Allison Huesman	10/11/01
Allison Byrum	10/12/04
Grace Hartfiel	10/12/04
Laney Martini	10/12/01
Kaitlyn Miller	10/12/04
Belle Schaefer	10/12/01
Audrey McQuillan	10/15/01
Molly Adams	10/16/01
Riyan Ventre	10/17/01
Lilly Angel	10/18/04
Morgan McBride	10/19/04
Elizabeth Jackson	10/21/04
Katelynn Linde	10/21/04
Katelynn Linde	10/21/04

Celebrate October's National Holidays

October 1st: National Hair Day

October 2nd: National Custodial Worker's Recognition Day

October 3rd: National Techies Day

October 4th: National Golf Lover's Day

October 5th: National Do Something Nice Day

October 6th: National Coaches Day

October 7th: National Inner Beauty Day

October 8th: National Game of Tag Day

October 9th: National Leif Erikson Day

October 10th: National World Mental Health Day

October 11th: International Day of Girls

October 12th: National Freethought Day

October 13th: Clergy Appreciation Day

October 14th: Columbus Day

October 15th: Pro-Life Day of Silent Solidarity

October 16th: Global Cat Day

October 17th: National Mulligan Day

October 18th: National Mammography Day

October 19th: National Sweetest Day

October 20th: National Youth Confidence Day

October 21st: National Clean Your Virtual Desktop Day

October 22nd: National Color Day

October 23rd: National Mole Day

October 24th: National Food Day

October 25th: National Frankenstein Friday

October 26th: National Make a Difference Day

October 27th: Navy Day

October 28th: National Chocolate Day

October 29th: World Stroke Day

October 30th: National Candy Corn Day

October 31st: Halloween!

Senior Spotlight:

Insights from the class of 2020

"The mitochondria is the powerhouse of the cell" - Alayna Steffen

"Not to be cheesy but senior year flies by. I would say I'm still in 8th grade and this is some dream, but my literal senior citizen joints say otherwise" - Cass James

"If you don't participate in the wiggalo, we aren't friends" - Sophie Kwiatkowski

"Don't get a spray tan, especially if you're in Mr. Collins class" - Audrey McQuillan

"For me, Seton has taught me to be more exuberant... when I was younger I didn't like to express myself but now I've realized I can become the person I want to be, and that is a great opportunity" - Mary Fieler

"Ms. Murray, Shindig will be at the wedding" - Eve Ruehl

"My favorite thing at Seton has been all 4 Garage Get Downs... Cherish the sisterhood" - Laney Martini