

# Back to School at SRA

by Adi Pfeiffer

Welcome back Saints! Although this year is not at all what we thought it would be, it is still thrilling to see everyone's smiling masks walking down Walcott street.

Even though virtual learning is coming to a slow end, it is still

important to make sure we are logging in to Zooms and Teams meetings because, believe it or not, our teachers miss us so much.

When we are at home, we should remember to be sitting at a desk or table with our cameras on. Some mornings can be



photo by Adi Pfeiffer



photo by Mrs. Cifune

rough, and we all have those days, but it is still important to be up and attentive in class.

When we are in school, it is important to maintain social distancing, walk down the proper staircase, and remember to keep our masks up unless we are sitting down at lunch.

It is sometimes uncomfortable with the masks on, but we can power through. Hopefully the rest of the year will be a little more normal, but we can only do that if we work together. Don't forget to attend class, social distance, and mask up!

# VP Debate Expectations

by Cooper Arnold

The first Vice Presidential Debate between Vice President Mike Pence and Senator Kamala Harris is set to take place on October 7. Wednesday night in Salt Lake City is expected to be a much more reserved affair than the first Presidential debate.

Regardless, both opponents are very much expected to be swiping at the opposing running mate in order to raise excitement around the campaign. Senator Kamala Harris has had more experience in the past with debates, having appeared in multiple Democratic Primary Events while Vice President Pence has had only one national television debate back in 2016.

While Pence is not known for his theatrics or antics, he has had a few zingers against his opponents that are sure to keep Harris on her toes. Overall, these two candidates are expected to have a much quieter debate than the previous Presidential debate.

Both candidates are heading into the night with the weight of their running mates claims, political points, statements, and character. It can be expected that the two will talk faithfully of their



photo courtesy of Getty Images

mate while trying to make the other seem like the worse choice.

Senator Harris has been very critical of President Trump throughout her years in the Senate and on the campaign trail. Likewise, Vice President Pence has been critical of Joe Biden, at one point calling him a "trojan horse" for socialist agendas. Both gentlemen have had extensive and very public careers that have been filled with criticisms, and while it is uncertain whether any of these will be brought up, it is highly probable.

The debate will be held at the University of Utah in Salt Lake City, with the moderator

of the night being Susan Page.

Page, the Washington Bureau Chief at USA Today, is following Chris Wallace's appearance, one that has been criticized by Republicans and Democrats alike. Chris Wallace recently moderated the first Presidential Debate and came under scrutiny for not restraining the speakers, jumping in too frequently, and not pursuing talking points when candidates refused to answer.

Although there is not a great chance that this debate will become littered with interruptions, there is suspense to see how Ms. Page handles it.

It is to be expected that

Covid-19 will dominate the night much like the Presidential Debate. With that, the debate room will look noticeably different.

Generally, there are hundreds of people watching both nominees debate and talk to the American people. This year, however, there will be around sixty audience members (all of which must be tested).

It is important to remember that this is the ONLY Vice-Presidential Debate and will give a much-needed boost to one of the campaigns, especially after the first Presidential Debate which many Americans found unpleasant and unhelpful.

# Our Earth, Our Home

by Lauren Reilly

Our earth is our home, providing us with protection and beauty that never ceases. As the world endures new catastrophic changes each day, the fight for the environment continues with the devastating wildfires on the West Coast, which have spread massively and led to disastrous affects for not only the residing citizens, but the rest of the world as well. Additionally, hurricanes are sweeping across Florida, which global warming has made even stronger. Scientists claim this global warming trend has been attributed to the human "greenhouse effect" that results when the heat radiating from the Earth is trapped and unable to move toward space. The cause of this is due to the increasing water vapor, carbon dioxide, methane, and other gases in the air which causes more heat to retain and increase the temperature on the planet, contributing



photo courtesy of Getty Images

to the global warming affect.

California is bracing itself for dangerously warm temperatures, decreasing air quality and dwindling vegetation. The heatwaves and increased temperatures are lasting more frequently and increasing rapidly, particularly in urban regions such as Los Angeles. The spread of the fires has already consumed around 3.6m acres of land and led to devastating results for the citizens of the

area. This climate change however is not only worsening the wildfires, but the hurricanes as well, due to the warmer waters in the Atlantic with these storms nearly double their average for the entire season. Due to the heavier rains from the warmer oceans, the slower movements of the tropical storms, cyclones, and the rapid intensity of the winds reaching up to at 150mph, the storms have literally spun

out of control, leaving devastating effects for the residents.

However, there is hope for a better outcome. The Center for Disaster Philanthropy provides support for those who are facing economic destruction and caring for the immediate needs of those subject to disasters. Researchers are also combining their work with CAT scans and computing in attempts to fight the wildfires. These Stanford researchers are beginning to further understand the process of smoldering-- the burning without flame that often times creates fire—and are attempting to bring this deeper into computer models that may predict where the fires might start next, reducing the loss of property and helping to save lives. Although our world is changing daily and developing new diseases, natural disasters and chaos, there is always peace in the storm.

# COVID-19 & Mental Health

by Kaziah Twumasi

During these unprecedented times of the Coronavirus, it is important to not only focus on the physical health aspect, but to also turn the center of attention onto mental health. All of humankind went through a series of skyrocketed feelings of fear, anxiety, depression, and uncertainty.

It is important to take more action because people are still going through it today. To mitigate that feeling of loneliness, all of humanity should come together in support to show a sense of togetherness. Showing a sense of togetherness

can not only bring joy into people's lives, but it can also make others feel safe and content.

Undoubtedly, the coronavirus pandemic has also resulted in many groups being attacked vastly more than others during quarantine, like healthcare workers, the homeless, victims of domestic violence, and more.

It took a toll on many people being stuck in quarantine due to the fact that it was essentially a lockdown. People were feeling nauseous, dizzy, and crisis hotline calls increased significantly because people were in a spirit of despair.

It was and is still an uncertain time, but it is crucial to know that it is okay to let out all of your tears and fearful feelings. Do not bottle up all your emotions but continue to breathe and hope because there is a light at the end of the tunnel.

As students, it is important to focus on mental health during these confusing times. You might feel helpless, scared, and many other emotions, but you are not alone! We are all in this together and will get through it step by step.

Mental health is a serious topic that needs to be talk-

ed about more in school because it is real and not an illusion that some believe.

Students are developing social anxiety, depression, stress, and many other emotions now that school learning is different.

To feel at peace or sane, spend time with your friends and families, keep yourself busy with things you enjoy, have a routine, and go on walks to get your mind at rest.

Just remember that when you feel overwhelmed and hopeless that you can surpass all the struggles and difficulties because you are stronger than your battles!

## School Mass

Get in tune with God and connect with your faith while attending the Masses planned for this year.

For scheduled Masses, students in Theology during the last period of the day will attend.

Saints'

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## What's Happening in Sports

by Mary Nicole Hunsberger

"Let's go SRA! Score Saints Score!" It is already that time of the year again: fall sports season. Covid-19, as we know, has put a halt to many events, gatherings, and typical activities.

However, Saints' fall athletes are taking a different toll on the fall sports season. Saint Rays' new athletic director, Ms. Paiva, has been trying her absolute best to give student athletes a season this fall.

Although Saints' football team will not be joining us this fall, the football cheerleaders will be cheering for both girls' and boys' soccer. With that, the tennis team and cross-country team will also be having a season and will start competing this upcoming week.

Speaking of cross country, leading coach Chris Magill was

recently named 2020's "Coach of the Year" by the Rhode Island Interscholastic League. As we celebrate this accomplishment, the athletes of our fall sports have been practicing tirelessly since the summer in hopes of a successful season. Though the official start of fall practices was marked on September 21st, Saint Rays' athletes are more than ready to take on the field! A possible football season, however, may be in the works for the future and will be determined if Rhode Island Department of Health allows.

The following information about the first home games of the season may be helpful if you plan on supporting our fall athletes from a distance.

The first girls' soccer game



photo by Coach LaBree

is on Saturday, October 10th at 10am against Tolman. The first boys' soccer game is on Tuesday, October 10th at 7:00 pm against East Providence. The first girls' tennis match

is on Tuesday, October 6th at 3:30pm. The first cross country meet is on Monday, October 5th at 4pm for both boys and girls. Though this year may look different, we hope to see you there!

## NFL: Back on the Gridiron

by Jake Knox

The NFL kicks off week three highlighted with the legendary Quarterback matchup of Drew Brees and Aaron Rodgers. The Saints are off to a slow start between a heavy loss to the Raiders and the decline of their star Quarterback Drew Brees. Heading into week three, fans are left wondering if the strain of paternal years have caught up to the former Super Bowl champion. Will the Saints match up against MVP frontrunner Aaron Rodgers – who has a career high six touchdowns in two weeks? We have to wait and see.

Monday Night football is all about the future. Third in the league and former MVP, Lamar Jackson and the Baltimore Ravens look to continue their dominant season against the former



photo courtesy of Getty Images

Super Bowl Champion Kansas City Chiefs and their "Gun-slinging" Quarterback Patrick Mahomes. The major outcome of the game rests on if the Ravens' secondary can tame speedy wideout Tyreek Hill as well as superstar tight end Travis Kelce. Kansas City, although loaded with

offense, will need to find out a way to slow down the "Buzzsaw" that is the Baltimore Ravens.

The 2010's Dallas Cowboys have done nothing but disappoint, so fans are skeptical about their performance in 2020. Dallas is loaded offensively with Star Back Zeke Elliot in addition

to Wide Receivers Amari Cooper and Michael Gallup. With a 1st round selection Ceedee Lamb was the cherry-on-top for the best Offensive Line in the NFL in the past 4 seasons.

The main question on everyone's mind is how have they not achieved anything but a NFC Divisional loss to the Packers? Many point the finger at Quarterback Dak Prescott, who spent most of last offseason waiting for a contract of over forty million dollars only to settle with a franchise tag. Now, week three's loss to the red hot Seahawks only add insult to injury as the team lost 31-38 because Dak Prescott tosses two picks as compared to Russel Wilson, who threw 5 touchdowns! As Dallas falls 1-2, does Jerry Jones think about moving Dak off and into the Off-season? We will find out soon.

## Champions

by Jake Knox

The NBA is looking to finalize their champions this week. Going into Sunday's game, the Lakers were hoping to complete a "Gentlemen's Sweep" of The Heat who they are dominating 2 -0. The Miami Heat who have been suffocating on defense all season has limited star players' offensive production, but is it enough to stop the dominating play of The Lak-

ers? The Heat turned the series around last night with a win.

The race for the Stanley Cup in 2020 came to a close as the series concluded last week. The Stars hung on in Game 5 with 3-2 win overtime goal by Corey Perry, but The Lightning closed out the series despite loss of Captain Steven Stamkos. The Lightning took the cup with four games to two. It is the second cham-



photo courtesy of Getty Images

ampionship win for the franchise.

The MLB Playoffs are officially took off this week. Who will come out on top this postseason? Well

Las Vegas has the Dodgers as heavy favorites to win this year's title at plus 350. Time will only tell what team will reign victorious..

## The Show Must Go On

by Olivia Costanzo

The effects of COVID-19 have been hitting the arts hard; movie productions have stalled, Broadway is dark, and many things have stopped in their tracks due to the virus. Saint Raphael Academy, however, is planning to adapt and continue. The drama club will in fact be having a fall production!

This year's welcome night was on September 30th where directors and students discussed new theatre possibilities in a virtual world and what a fully virtual show might look like. This month, the drama club will have auditions for this year's fall musical. The show will be done virtually due to COVID restrictions, but directors are optimistic about the new format.



"We are excited about the possibilities that this new virtual world offers in regard to creating theatre," says Mrs. Charaher. "We look forward to exploring the opportunities of character creation and storytelling," she continues.

The pre-audition meeting will be on Wednesday, October 7th at 6:30 over Zoom, and auditions will be due the following Wednesday, October 14th over Flipgrid.

In the pre-audition all who attend will be given the audition piece to sing as well as a track to accompany them, and an opportunity to speak to directors. For more information please contact any of the drama directors over their school email, this includes Mrs. Charaher, Mrs. Costanzo, Mrs. Murphy, and Mrs. Gaffney-Hsu.

## A Year Without Movies

by Meryem Oldro

With the current state of affairs, the movie and theater industries have taken a hit with films being postponed or canceled, and on the rare chance they are released, they do not tend to do well.

Even the movies that managed to get out before quarantine such as *The Gentlemen*, *Birds of Prey*, and *Sonic the Hedgehog*, were not received very well across the board with conflicting opinions on all of them.

It seems as though the Oscars are doomed this year to a small number of movies repeatedly getting awards, while the rest are just forgotten. Despite all this, tv shows have prevailed this year, and the 72nd Emmy Awards were held on September 20th.

Coming out on top, *Schitt's Creek* went home with nine Emmys, a record for the most Emmys won during one season. They took the prize for outstanding comedy series, with lead ac-



tor and actress, Eugene Levy, and Catherine O'Hara, and supporting actor and actress, Dan Levy, and Annie Murphy. Each of them was awarded respectively in the comedy categories.

*Schitt's Creek* was not the only show to break records. Zendaya, lead actress in *Euphoria*, beat out critically acclaimed actress Jennifer Aniston, for the title of outstanding lead actress in a drama series.

At the age 24, she is now the youngest actress to ever win this title.

Other wins included Julia Garner, who won supporting actress

in a drama series for *Ozark*, Mark Ruffalo, who won outstanding lead actor in a limited series or TV movie for his work on *I Know This Much Is True*, and Jeremy Strong, who won outstanding lead actor in a drama series for his role in *Succession*.

All in all, the Emmys were an interesting event, with nominees and winners streaming in from their respective homes or hotel rooms. Even then, one couldn't mistake the joy on their faces when they won.

Although we will not get the Oscars we deserve, we certainly got the Emmys we needed.

## Mystery Mondays by Marietta

Enjoy a thriller in each Monday edition

by Marietta Moore

Ayla Enos adored helping people and bringing genuine smiles to their faces. In her daily life, she would always greet people with a bright smile, volunteer at soup kitchens and nursing homes, and make sure help her environment by recycling. In school, she would always make baked goods to give to her classmates every Thursday, always bandage someone up with her mini first aid kit whenever they got hurt and the nurse's office was too far, always made sure those around her were safe and happy, or at least content.

Though her personality was extremely bright, her light upstairs was exceptionally dim. Up until the last few months of 8th grade, Ayla always found it strenuous to keep track of what the teacher was saying, making it difficult to take tests and quizzes. No matter how hard she tried, Ayla could not seem to keep any information in her head for longer than five minutes.

When she was younger, the billions of papers she wrote notes on were always either scattered messily in her folder or discarded under her bed. Now a sophomore in college, Ayla learned how to keep tabs of her notes and assessments. If she did not understand something from the lesson, she glanced at a classmates' notes and asked questions to her heart's content. Sure, it may have been irritating at times, but her classmates knew why she was like this. They did not think she is dumb or clueless, but rather like a puppy that constantly must be taught the same trick, no matter if this was the 1,000th time learning it.

One day, Ayla decided it would be a good idea to have a sleepover with some friends. Everyone just finished finals and wanted a way to completely destress without going bankrupt. Therefore, a sleepover at her place was the perfect idea. Making sure to have her list typed out in her notes, Ayla went to the nearest Walmart to pick up some extra cotton pads, toner, face masks, and a few extra mini face towels. Next, she went to ULTA to buy liquid face masks, a few cosmetic headbands, and extra moisturizers. Lastly, she stopped by Target to buy a couple throw blankets, one extra-large weighted blanket, some candles, and some extra pillows. Once done shopping, Ayla put her apartment's location in her GPS, and headed home to set up for to the mini slumber party.

When she got home, Ayla put the bags down in the kitchen. Alarm after alarm, Ayla turned off the annoying chimes that notified her of what she should do to set up. Once she was done with setting up snack bowls, taking the cookies and brownies out the oven, putting the food atop the stove, and, lastly, placing the toiletries on display on the bathroom counter, Ayla headed to the living room to build the pillow and blanket fort. However, when she got there the fort was completely set up: large pillows as barriers, thin blankets as drapes, the old weighted blanket as a carpet, while the new one as a comforter, and even pretty fairy lights to let in some dim luminescence.

Ayla stared in distraught awe as she even saw the tv showing a campfire and her laptop in the fort with her Disney+ account on display. No one else was in the apartment, and Ayla could have sworn she just finished taking the cookies out of the oven since that's the last thing she smells before entering the living room. So, who built the fort? When did they even build it? Did someone break in and decide to just randomly build a pillow fort?

She was broken out of her trance when a loud "DING DONG" was heard. Jolting up from where she was standing, Ayla rushed to the door. Greeted by three seemingly unfamiliar faces, the three girls quickly stated their names as if this was a routine. Ayla smiled, hugged each individually, and let them in. The three guests put their stuff in the guest closet and dashed for the living room, making sure to take a couple face masks, snack bowls, baked goods, and some cosmetic headbands along the way.

As they started applying sheet and clay masks to each other's faces, Ayla noticeably shivered in the fort, almost knocking down



photo courtesy of Getty Images

one of the barrier pillows.

Again, as if on cue, one of her friends crawled out of the fort and shut the two windows that were open.

"Who opened the windows, it's the middle of December?" Questioned a very confused Ayla.

Her friends chuckled, knowing that the one and only person who lived in the apartment opened it. They did not dare mention that she was the one that opened it since they knew she would go on a mini rant about how it was not her and possibly blame one of them.

The night was almost at its end. By now it was 2:38 in the morning. Ayla sluggishly dragged herself into the bathroom to do her night routine. There, she noticed three wet toothbrushes, three discarded towelettes in the bin, tiny droplets dripping from the shower walls, and steam on the mirror. She would have screamed if the mirror hadn't said "friends sleeping over <3".

20-25 minutes later, Ayla got out of the bathroom and was about to head to her room to finally fall asleep. Before she was able to cross the threshold of her bedroom, Ayla heard loud snoring coming from her living room. In that moment, something in her brain told her to look at her right wrist.

"Wooden bat on left side of closet" was all it said. She grabbed the bat and hesitantly made her way over to the source of the thunderous snoring. Ayla, again, almost let out a terrified scream at the seemingly unknown person staring at her while smiling. Her friend giggled as she stated her name and that they were having a sleepover. Calming down, the friend took the bat from Ayla and put it back on the left side of the closet. Then, she came back to the living to find a confused Ayla glaring at her.

The friend sighed contently as she walked over to Ayla, "I'm Sabirah, and we're having a sleepover to celebrate finals being over."

As Ayla nodded, Sabirah gently knelt behind her heavy-lidded friend, laid beside Ayla, and wrapped a protective arm around her. Before shutting her eyes, though, Sabirah made sure to leave a note saying, "Finals over...sleepover to celebrate...wanted to cuddle." With her name signed at the bottom, she put the note beside Ayla's head. Sabirah closed the laptop, pulled the blanket over the two of them, and drifted off to dreamland.

So, who built the fort? Did someone actually break and enter Ayla's apartment just to rearrange some pillows and blankets? How come Ayla could not remember opening the windows? We know she has trouble remembering things, but why?

Fun Facts: if said last name first then first name last, Ayla's name means forgetful moonlight. Sabirah's name means patience.

# Making Music in a Digital World

by Chatham McCloskey

In the past few years, Saints' band and music program has expanded its horizons. These talented students perform daily, in and out of the classroom, engaging in the Liturgical Choir, Instrumental Ensemble, Drum Line, Pep Band, and Concert Choir.

You may recognize them from school pep rallies or masses, but they all highlight Saint's astonishing musical abilities.

After having a phenomenal fall and winter, they abruptly ended their year, leaving the rest of the Saints community wondering how they will continue. After having many debates on how to go about this school year, the

music program wants to reassure safety and cleanliness throughout all students who participate.

Therefore, there unfortunately will be no singing for the time being. Saints has decided to wait until their remarkable voices can be heard the way they intended, without a mask, which may cause strain with their breathing rhythms.

As we wait for the singing, we can indulge ourselves with the other talent there is to offer.

Mr. Boisvert hopes to reassemble the Drum Line as soon as possible, so please get involved whether you have experience or not.

photo by Mr. Boisvert



Students are now focusing on music techniques, specifically rhythm, where students can still learn in the classroom and practice at home.

If you would like to begin or continue your musical career, now is the perfect time to get involved with our extraordinary program here at Saints.

# Looking for Something To Do?

by Emily Ryder

Saints! Have you been stuck in your homes for the better half of 7 months? Are you looking for a few things to do with friends after school or on weekends? Well then, I have some great ideas for you! First off is the classic drive-in movie night at Rustic Tri View Drive-In. Located in North Smithfield, Rhode Island, the Rustic offers a selection of new movies like "The New Mutants", "Tenet", and "Broken Hearts" that are only in theaters. If you are more in the mood for some fan-favorite throwbacks; "Jaws", "The Goonies", and the original "Star Wars" trilogy are often playing. The three-screen theater is divided into different movie genres. From rom-com or superhero, to sci-fi or horror, this theater has a movie for every-

one! The Rustic Drive-In is open every Friday thru Sunday night. The gates open at 6pm sharp and tickets can be found online at [yourneighborhoodtheatre.com](http://yourneighborhoodtheatre.com).

Next up on the list is Southwick Zoo's Zoofari. This drive thru zoo experience is the perfect way to see all your favorite zoo animals while of course, social distancing. Some exhibit highlights include the reticulated giraffes, African lions, black capped capuchin monkeys, llamas, red kangaroo, American elk, and my personal favorite, the red panda. The Southwick Zoofari is open for drive thru Monday and Wednesday from 11am to 4pm. There is also walk thru options on Tuesday, and Thursday - Sunday from 10am to 5pm. Tickets are only available online at [southwickszoo.com](http://southwickszoo.com).

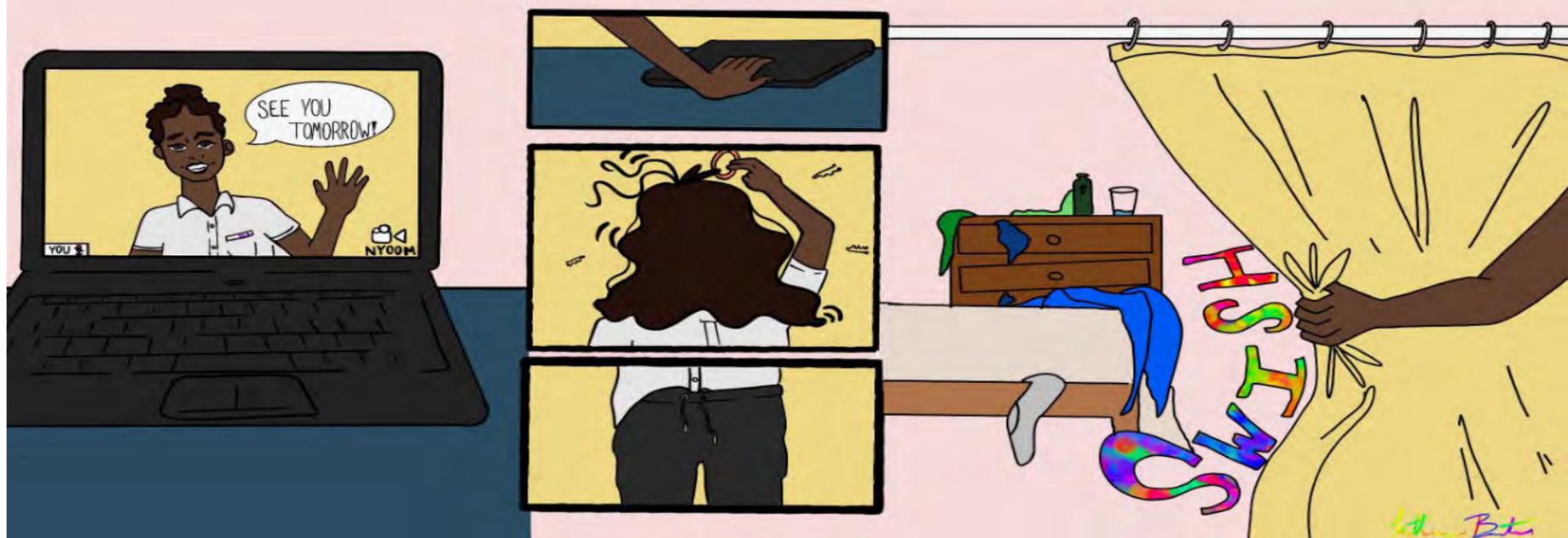


photo by Emily Ryder

Last on the list is the viral "ghost photoshoot" from "TikTok." Grab some pals, an old bed sheet, and some props to make your own version of this spooky trend. Whether it be in the heart of Providence, the back roads of Rehoboth, Narragansett beach, your own backyard, or the middle of nowhere, this haunted

shoot can be loads of fun with your favorite people. Add some simple filters from the 1967: Retro Filters or VSCO app to give your pictures a spine-chilling vintage look. This a great way to spend time with your friends, relax from the stress of school, and create some eerily unforgettable memories!

## We Wear the Mask by Katherine Baxter



## Advice from the Class of 2020

by Isabella Calise

Most have heard the terms “unprecedented” and “uncertain” used back and forth in describing the current state of our world. Thanks to the Covid-19 pandemic, applying to college just became more complex, and arguably more difficult, than ever before. Between SAT/ACT test centers closing and college tours becoming virtual, students are left with a burning curiosity about the college process. With the advice of parents, guidance counselors, and especially current college students, the class of 2021 will soon be able to ease any worry while skillfully navigating their way through the college application.

If you could go back to last October and give yourself a piece of advice, what would you say? When questioned this, Lindsay Martin who is attending Salve Regina University simply said, “Breathe. It’s going to be okay.” Heading into the college process, it is easy to get caught



photo courtesy of Lindsay Martin

up with admission statistics and lose sight of yourself as well as the traits that make you unique.

Colby Luiz, a freshman at Villanova University emphasizes this as he claims there is a “mosaic of all different student profiles that are chosen,” so it is important to “present your unique self as completely as possible.”

When asked about the most intimidating aspect of one’s application, Colby responded, “the personal essay component.”

To tackle the make it-or-break it section, Shriya Shukla, a fresh-

man at the University of Massachusetts: Amherst, brainstormed and reflected on a list of experiences that she feels truly impacted her outlook on life. After doing so, she chose the one she felt would best represent herself.

Whether it be about baking cookies or walking your dog, Lindsay Martin says the purpose of the often-thematic personal essay is to provide a “snapshot of you because admissions counselors want to know you!”

In terms of standardized testing, schools across the

country are SAT/ACT optional for those applying for admission in the Fall of 2021. Saint Rays will be holding an SAT without essay on October 14.

For those who choose to take it, Colby suggests utilizing resources such as Khan Academy; whereas, Lindsay prefers the Princeton Review. After taking practice tests, Shriya recommends reviewing the questions that were incorrect so that you can “prevent yourself from making the same mistakes in the future.”

What is the main message? Be yourself, be creative, and continue to work hard. The beginning of senior year is often hectic so “take advantage of any and all free time you have,” suggests Lindsay, to “make sure you stay on track.”

Surely the present pandemic has not made the college application process easier but, alongside virtual tools and helpful advice, it is not impossible.

## What’s Cooking?

by Victoria Silva

Who says recipes should be complicated in order to turn out great? These recipes are sure to bring a smile to your face and the best part is they are easy to follow! With minimal ingredients and few steps to complete. If you are looking to add on a nice addition to your dinner or just looking to make a relaxing cold treat these recipes are for you!

### Corn Bread Casserole



Servings: 8 equal pieces  
Calories: 355 cal per serving  
Author: Julie Clark

#### Ingredients:

- 8 ounces Jiffy Corn mix
- 15 ounces whole kernel corn (drained)
- 15 ounces creamed corn (not drained)
- 1 cup sour cream
- ½ cup melted butter
- 8' x 8' baking pan

#### Instructions:

- Preheat the oven to 350 degrees.
- In a bowl mix all of the ingredients together and pour into a greased “8x8” baking pan.
- Cook uncovered for 45-50 minutes or until lightly browned

### Pineapple Dole Whip



photos by Victoria Silva

Servings: 2 eight oz cups  
Calories: 80 cal per serving

#### Ingredients:

- 16oz Frozen Pineapple
- 2.6oz coconut milk
- 3tbs sugar
- 1tsp lemon juice
- 1tsp lime juice
- ½ banana

#### Instructions:

- Put all ingredients in blender and blend until mixture is refined.
- Pour into a glass and enjoy!

## Virtual School Is So Fun! by Sheila Tu



**Do you have an idea for a story?**

**Do you have an event that you would like to see covered in Saints’ Sentinel?**

**Contact the staff by emailing [saintssentinel@saintrays.org](mailto:saintssentinel@saintrays.org)**