

# Finding a Fuzzy Friend

Bring your forever friend home.

By Emma Chisholm  
Growl Reporter

If you want to adopt a pet, it is important to know where to start. Some steps to take to adopt your animal are the following.

The first step is deciding where the best place to adopt from is. For this, there are a couple of options including shelters and rescues. Shelters often have a physical facility, operating hours, and staff. Some shelters are understaffed and may not answer all phone calls or emails so the easiest way to adopt from a shelter might be to go and visit. A couple of shelters here in Massachusetts include the Northeast Animal Shelter, the MSPCA, and the Scituate Animal Shelter of Massachusetts. While shelters are funded by local governments, rescues are run by volunteers and rely on donations. Shelters and rescues have individual policies and procedures and you may again need to fill out an application, so check out the website first. A few animal rescues are the Last Hope K9 Rescue, the Animal Rescue League of Boston, and the Great Dog Rescue New England.

After choosing where to get your new pet, the adop-



Photo Courtesy of Adriana Zagami

One winner of AC's Cutest Pet Contest is Finn, a beautiful 4-year old Shetland Sheepdog belonging to Adriana Zagami. Congratulations Adriana and everyone who has a special pet at home: dog, cat, lizard, bunny, chicken or whichever pet you love.

tion process could go one of two ways. The first way is if you adopt from a shelter, you would first visit the shelter during their adoption hours, or email them for an appointment to see an animal. If you choose this pet, depending on the shelter, you go to the shelter's front desk, give them your photo ID, pay the adoption fee and get copies of the ani-

mal's records so you can get them licensed and then take them home. If you choose to adopt from a rescue you would fill out an application. Then, one of the rescue's volunteers should call you to tell you more about the animal. If it seems like a good match you could go to meet the pet at an adoption event in a local pet store that weekend. After that, an

event volunteer calls a home check volunteer, and you all arrange for a home visit. If you are a good match for the pet, the volunteer will email you copies of their records and arrange a pick-up day for your new pet.

The last step is to make you new pet comfortable in its new home and to enjoy your new family member.

## Arlington Catholic's Cutest Pets

By Kevin Cahill  
Growl Reporter

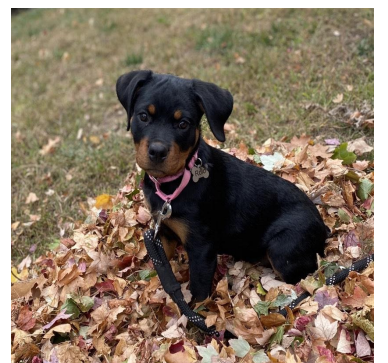


Photo Courtesy of Emily Moran

(above and below) Photos of Emily Moran's beloved pet, Rolo.

Congratulations to Adriana Zagami and her dog Finn as well as Emily Moran and her puppy Rolo. Voting was close and these pets were so cute, so we chose two winners. Arlington Catholic's Cutest Pet Contest has proven that pets are important to the AC community. There were 15 entries, 6 of which belonged to teachers. An amazing 234 members of the AC community voted for their favorite pet. Thank you to everyone who submitted pictures of your pets and to everyone who voted!



Photo Courtesy of Emily Moran

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# Staying Warm in the Snow

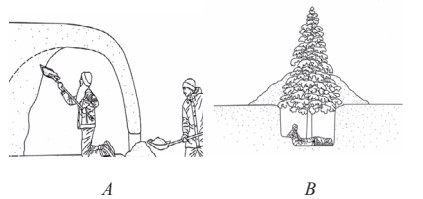
By Liana Winans  
Growl Reporter

Your breath blows a quickly fading cloud of vapor into the bitter-cold air around you. As you trudge through the snow, you know this is no serene White Christmas or fun day in a wintry wonderland. You’re out in the wilderness, and simply keeping warm will be a fair cause for celebration. But how in the world will you achieve that when temps are below freezing and you have nothing but the clothes on your back? Your paramount concerns in this quandary are shelter, heat, and water. In a snowy environment, you have two great advantages on your side - one, the natural formation of trees and fallen snow already available to you saves a ton of work for you in terms of shelter, and the insulating properties of snow make for a surprisingly comfy and cozy well-made shelter. Two, hydration surrounds you, and it’s relatively easy to convert into liquid water you can drink!

Here is a relatively easy snow shelter you can build - yup, besides the famous igloo! The Drift Cave (illustration A) takes advantage of snow pushed into solid mounds by the wind, which you can shovel or carve out into a dome-like cave. To start, look around for a snowdrift that’s six feet or higher. You’ll likely find it on the side of a small hill, mound, or fence. Once you find your drift, dig a horizontal tunnel into the side of it with your hands or a shovel if handy. The tunnel should be wide enough for you to crawl through, bundled in your winter clothes. You can dig this at the level of the ground, or a bit higher to help conserve heat. Once you’re about three feet in, start digging upward to carve out the main “room” of your shelter, estimating to keep the walls and the domed “ceiling” about a foot thick for stability and safety. You can also carve out small shelves or indents in the snow for a “bed”, small seat, or anything else you think would be useful. You should also poke a small vent hole into the ceiling of your cave, either with a stick or ski pole (*etc.*), for air and comfort. If the snow is particularly thick,

it will block out most sound and light except for the open doorway, at the very least making for a surely peaceful stay!

Another quick shelter is the Spruce Trap (illustration B), made by a naturally occurring umbrella effect of an evergreen tree’s lower branches creating a space below with less snow. Now, just be careful not to unwittingly fall into one of these “traps”- although useful for a warm shelter, it won’t feel so nice with a bruised back... and pride!



Lastly, you’ll want to be able to make a fire both for heating yourself and melting snow to drink. Find a good location for your fire, as near to your shelter’s entrance as possible without melting it, or near a tree or large rock to act as a heat reflector. Gather as many small pieces and large sticks of dry wood as you can so as to have enough to last a LONG time! Remember, the wetter wood is, the worse it will be as firewood. Clean the area and find a flat rock or some logs to make a platform to raise your fire from the ground/snow. Once you’ve started your fire, which may be more difficult because of the snowy environment, you can put clean white snow into a t-shirt or similar and hang it over your fire, which will then melt it into water and filter into any sort of sanitary container you place underneath. Freshly melted snow is generally pure enough to drink without any further treatment, but if you have any doubts, by all means, purify it.

Finally, keep these additional tips in mind to conserve body heat when attempting to survive safely in the snow: Minimize exposure to wind and cold by keeping inside shelter or by fire; have hand-warmers, hats, and layers of dry clothing, drink something hot or eat fatty food, stay active but don’t sweat, tilt your face to the sun if it’s shining, and sit close to another person if you have a companion!

# Ranked Choice Voting

By Nicholas DeBenedictis  
Growl Reporter

While question two: ranked-choice voting, was defeated in Massachusetts, it has already been implemented in several countries. The modern version of ranked-choice voting was originally devised in 1870 by American architect William Robert Ware.

Although the idea originated in America, it has only seen brief implementation, until 2016. In 2016 during Maine elections, the people voted to implement ranked-choice voting for everything. It seems that it will be here to stay in Maine. Other states as well have considered implementation, including Massachusetts.

Although in this election the legislation did not pass, considering how close it was, it will most likely be on the ballot in the years to come. Perhaps the most important question people are asking is, how would it actually work?

In New Zealand voters do not choose a candidate but rank each party from first to last; When all the votes are counted, if nobody has reached 50%, the party in the last place is dropped from the race and its votes are awarded to their second-place picks. This continues until someone has reached 50%. Not only does this allow people to vote for any party and not vote for the parties that only have a chance of winning, but when deciding the House of Representatives they will award proportional representation to each party.

Now, this would be all nice, but how does it all actually work. Well according to the Annual Democracy Index, posted by The Economist, New Zealand ranks fourth and on this same Index, the United States ranks twenty-sixth. Voting is one of 60 indices measuring the state of democracy in 167 countries.

# Flu Season amid Covid

By Nicolas Carmezin Muniz  
Growl Reporter

This year, winter as we know it will be different, and though we will still have snow and the casual hot cocoa, Covid-19 also plays a another role this year in addition to Flu Season. While you still may stay home comfortable during the season, these three precautions and steps will help you stay safe.

The first thing to have in mind is to abide by the Covid-19 restrictions and safety precautions. The virus is transmitted through air, but also through close contact, which is why we have the 6 foot social distancing. It may seem annoying or something that slows down things, but in reality, distancing is potentially saving lives by reducing the spread. Of course, the next precaution is the most visual aspect to quarantine, wearing masks. The simplest way to not contract or spread the virus is by using the mask. It may be tacky, itchy, or uncomfortable, but the outcome is good. In essence, it feels relieving at the end of day when you know you most likely did not catch the virus nor spread it.

Disinfection is the second step you should take. This does not mean to disinfect everything constantly, but rather disinfect what

you think is or has been exposed to someone other than you and your family. Always wash your hands after handling or touching things in public, and avoid touching your mouth, nose, or eyes any time. So, overall, it’s always best to stay clean so you can not only protect yourself, but those around you.

Lastly, to truly stay safe during winter indoors, do the most basic, stay warm. When going outside temporarily, or going somewhere during the winter season, always wear a jacket, a hat (if possible), and/or gloves. The warmth prevents one from experiencing a cough or illness due to the cold. As well, preventing yourself from getting sick from something other than Covid and getting tested can potentially delay the virus spread or overuse of PPE that someone else who may have the coronavirus could use.

Overall, maintaining these simple preventative measures, whether it is disinfecting, avoiding the cold, or simply taking social distancing measures all contribute to the well-being of both yourself and those around you. It is important to maintain these steps if we want to survive winter both cozy and safe.

# Q&A with Author Melanie Dickerson

By Lucy Gould  
Grawl Reporter

Recently I had the privilege to interview my favorite author, Melanie Dickerson, via email. Melanie Dickerson is an award-winning author with over 15 published books and more on the way. Dickerson has just released the last book in the Hagenheim series, but she isn't giving her fans any time to be sad about the conclusion to this thrilling series. She has already completed two books for a new series and is writing the third in The Dericott Series. Lucky for us, I was able to persuade Dickerson to reveal some information about this new series.

**When did you start writing professionally?**

I started sending out my work in high school, but then stopped after I got my first few rejections. When I started writing again in 2003, I was taking a one-and-a-half year correspondence course in writing for teens and children. I sent my assignments out to magazines, which was also part of my assignment, and actually sold a few of them, which was very exciting. I started writing my first novel as an assignment for that course, but I never got that one published. The second book I wrote, after the course was over, was *The Healer's Apprentice*. It took three years to get a publisher for it.

**Regarding the Hagenheim series: What was your inspiration?**

My inspiration was an image in my head of a girl and an older woman, who was her mentor, in a Medieval setting. Just that germ of an idea, and then I was watching *Sleeping Beauty*, the Disney movie, with my daughters and I thought, how cool it would be to take these characters that I'd already been thinking about and put them into the general premise of the *Sleeping Beauty* story and make it realistic and historical, set in Medieval Europe. Rose and Frau Geruscha were those characters and The Healer's Apprentice was the book.

**Your first book in the Hagenheim series was published in 2010 and you just published the last book in the series in July. What was it like finishing a series that you have worked on for 10 years? How did you feel about it?**

It was a strange feeling. I don't think of myself as a terribly senti-

mental person, and I didn't think too much about it until after I finished the edits. I was talking to someone about it and just burst into tears. LOL! A lot has happened in those ten years! And it's a little sad to leave that setting and those characters behind, but it was time. I will always love them, though.

**You are writing a new series (The Dericott Series), what can you reveal about these books?**

The Dericott Tales is my new series, and they are fairy tale retellings, most of them set in England, instead of Germany, and a fictional European country modeled loosely after Liechtenstein. They follow the Raynsford siblings. The oldest brother is the Earl of Dericott and the family estate includes Dericott Castle, where the stories begin in the English countryside. The first story is about the only daughter, Delia, and is *Court of Swans*, a *Wild Swans* retelling in which Delia has to save her seven brothers from being executed after they were wrongly accused of murder and treason. It releases in January. The second Dericott Tale is *Castle of Refuge*, an Ugly Duckling story, which should release next summer, I believe. But at the moment I am most excited about the third book, which I am writing now and is another Sleeping Beauty story. I'm having so much fun with it!

**Out of all the books you have written, which one is your favorite? Why?**

That's really impossible to answer! But I do have a few favorites--*The Golden Braid*, *The Beautiful Pretender*, *The Merchant's Daughter*, and *A Viscount's Proposal*. These are the ones that stuck with me, for one reason or another, and hit home for me. God is always teaching me things, and I feel that He solidifies the things He's teaching me through my books.

**What is your all time favorite book? All time favorite author?**

All time favorite book is a tie between *Jane Eyre* by Charlotte Bronte and *Pride and Prejudice* by Jane Austen. Jane Austen would have to be my favorite author, since I adore all her books and never seem to get enough of watching the movie versions.

**Your characters are so well developed (as are your plots, I get**

**lost in every one of your books), were there any real life inspirations for your character?**

Thank you! Well, let's just say, nothing that happens in life is ever wasted when you're an author!

**In theology class, I am learning about the big questions (ex. Does God exist? What is my identity? What is important in life?). I know that you are Christian, so I was just wondering what your opinions on the big questions are.**

I know in my heart that God exists. I am a daughter of God, a spiritual work in progress, and knowing God and drawing near to Him is the most important thing in life, although I am very imperfect at it. I feel very strongly about these things, but I also believe in love, that God is love, and that I never want to distance anyone from God who does not yet believe in Him the way I do. God loves everyone, whether they are Christians or not, and I feel that is my calling in life, along with just being honest and authentic about my faith and love for God.

**Do you have any advice for struggling writers and/or writers with writer's block?**

Writing is hard, but it's also very rewarding. My advice is always to read as much as you can about writing. There are so many wonderful articles online and writers' websites that have so much helpful information for beginning and intermediate level writers. There is no quick or easy fix for writer's block, just lots of different things you can try that

may help you. I have a list of helpful blogs and websites on my website, [melaniedickerson.com](http://melaniedickerson.com), and I also recommend Abbie Emmons's YouTube videos. They are excellent. Pretty much, you can google anything you need to know!

**How has COVID-19 affected your writing, if at all?**

It really hasn't affected it much. In the beginning, when everything was so up in the air and everyone was afraid and we were all uncertain what to do and what was going to happen, the chaotic atmosphere made it difficult to concentrate. But, things calmed down. Writing is a very solitary effort, and it always has been.

**If there is one thing that your readers take away from your books, what do you want it to be?**

That God loves you, so keep believing through the hard times.

**Do you enjoy traveling to new places?**

Yes! I love seeing new places I haven't seen before, and I love historic places. History, and the mysteries behind every historic place, always excites me.

*Court of Swans* releases on January fifth and is a great book for anyone who enjoys fairy tale retellings, romance, and/or historical fiction. You can find Melanie Dickerson's books at Barnes and Noble or Amazon.



Photo provided by Melanie Dickerson

Melanie Dickerson with her two daughters (one graduating from college and the other graduating high school) this past May.

# ACDC Rocks On

By Missy Skehan  
Growl Reporter

On Friday, November 13 ACDC hosted their annual Open Mic Night, where students had the opportunity to express their musical and poetic talents. The club hopes to schedule more of these events throughout the rest of the year. Currently, socially distant productions are being planned. The Drama Festival is planned to be held sometime between December to February; however this is still a work in progress as directors work to find the most effective way to host the event. Mrs. Billings is also planning to host a spring production. More information will be released soon. For now, look out for fun and safe performances from the ACDC members and AC community!



Staff Photo  
Mariajose Flores, sophomore, performing her original song “Don’t Crawl Back To Me” during Open Mic Night for ACDC on Friday, November 13.

# Chess Club

By Lily Fitzgerald  
Growl Reporter

Like most clubs at AC, the chess team has adapted amid the pandemic as they prepare to compete in virtual matches come December. Students during WIN block compete in virtual matches with other members, and the team is open to all—new or experienced. Mr. Hyland, the club advisor, is offering lessons during WIN for those that lack experience but have interest. Anyone interested in joining the team can contact Mr. Hyland via email for more information.

# Math Team

By Kathryn Van Winkle  
Growl Reporter

Are you competitive? Do you like math? Do you want to make some friends and try something new? If you answer yes to any of those questions, then you should join AC’s Math Team. The team is open for all grades to join, so why not put your math skills to the test and give it a try? Even if you do not think you will know the material, give it a shot. Like in all things, you will never know unless you try. The Math Team competes in monthly competitions against other schools on the third Thurs-

day of every month. Even with the pandemic, they are still competing! Mrs. Meinke will moderate each round of questions at AC then send the scores to be compared against other school’s scores. So far, AC has competed in a scrimmage, but will compete again in December. After that, they will compete on January 7th, February 4th, and their last competition will be March 4th. If you would like any information, email Mrs. Meinke. Until then, stay safe algeBROS.



Photo by Gillian Ambrosia

# WALK Service Club

By Tori Caggiano  
Growl Reporter

In the weeks leading up to Thanksgiving break, Arlington Catholic celebrated giving thanks during our annual spirit week, which this year was spread across two weeks. Along with donations, Arlington Catholic’s very own WALK club held a socially distanced Thanksgiving letter writing event in the gym. WALK is a three-year service club led by teacher Jayne Franchini. WALK’s mission is to serve people in need and give back to the community through our faith. WALKers participated in creating cards, during the WIN period as well as getting other students and faculty to participate. There were a great num-

ber of students who contributed and made several cards each. Over two Thursdays, November 12 and 19, the event gathered 72 faculty members and student volunteers resulting in 132 cards. They were separated into sandwich bags and donated to My Brother’s Table for the upcoming Thanksgiving holiday. Due to COVID, this event was not only safe, but a way to show community support through the holiday season, in place of the annual in-person visit. On behalf of the members of WALK and the ACHS community, we hope to host other service events like this one and help others any chance we can.

# Mock Trial

By Robbie Stevens  
Growl Reporter

Mock Trial club is dedicated to simulating the environment of a real trial for high schoolers, complete with attorneys, witnesses, and even a professional attorney who serves as the judge. Using a real case, different high school teams prepare to argue their point in court, showing dedication and wit by both preparing for as many eventualities as they can and thinking on the spot to prove their case. Moderated by Ms. Benedetti during WIN, along with some additional Tuesdays and Thursdays, Mock Trial allows anyone who is fascinated by law to peer into its inner workings and catch a glimpse

of the different parts of being an attorney. This club takes effort, however, it can be an invaluable asset to any aspiring lawyer, or anyone considering that career path, serving as an excellent trial run, by going to trial. For more information or if you are interested in joining, watch your email for meeting dates and times. You can also contact Ms. Benedetti or a current Mock Trial club member.

Most clubs welcome new members throughout the year. Join a club now!

# Spirit Week 2020

By Tyler Venturelli  
Growl Reporter

Students at Arlington Catholic celebrated AC Spirit Week from November 9th to November 20th. Throughout both weeks, AC's hallways were full of color and student spirit, while students raised money for two great charity organizations.



Photo by Gillian Ambrosia

On Monday, Arlington Catholic students wore pink to show their support to those fighting and those who have previously fought battles with cancer. Along with showing their support by wearing pink, students also made donations to the Dana Farber Cancer Institute, a cancer research and treatment center located in Boston. As a school, AC raised over \$500 for Dana Farber Cancer Center, to assist with cancer research, hoping to help, one day, find a cure for the terrible disease.

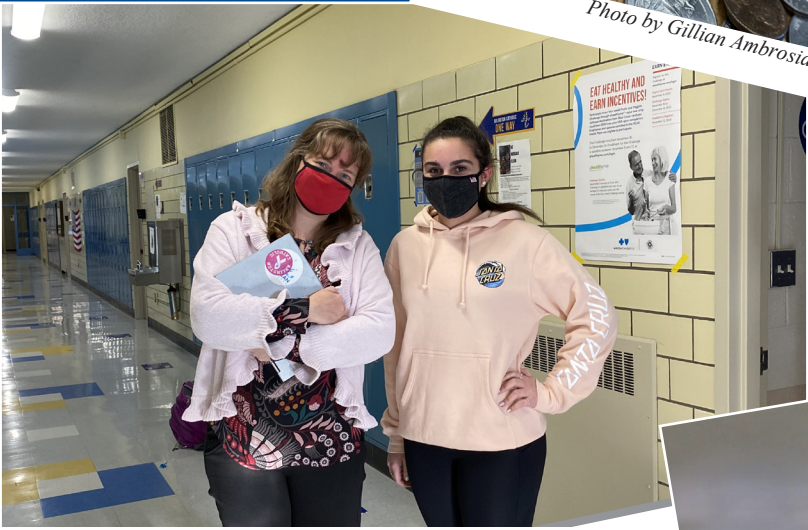


Photo by Norah Curran

On Tuesday, AC students wore their class colors to show their class spirit and made donations to the Bristol Lodge. The Bristol Lodge is a local homeless shelter located in Waltham. AC students raised \$1800 for Bristol Lodge, a great donation in this important time to help the less fortunate nearing the holiday season.



Photo courtesy of Kylie McCarthy

While the whole school veterans on Wednesday, November 11th. The following Wednesday, students showed team spirit by wearing their favorite sports teams' jerseys.



Staff Photo

On Thursday, students at AC dressed back in time, celebrating Throwback Thursday. Students dressed down in styles reflecting those of the 60's, 70's, 80's and 90's. Lots of tie dye and bell bottoms were on display.

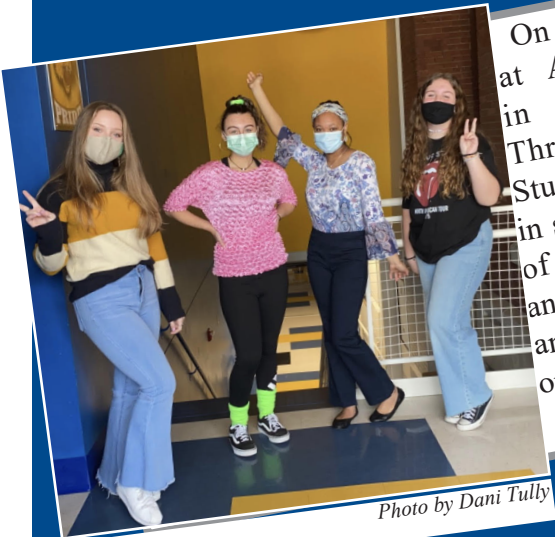


Photo by Dani Tully

As spirit week came to a close, students were allowed to wear whatever they wanted on Friday. Spirit week was a great chance to show school and class spirit while also contributing money to cancer research and the less fortunate. Most students enjoyed being able to dress down, and show spirit, while also helping great causes. All of us hope for more chances like spirit week, to come in the future.



Photo by Dani Tully

# New Year Resolutions

By Reese Devincent  
Growl Reporter

## What is your hope for 2021?



Photo Courtesy of Alice Zhen

"This year, I'd like to pray for God to favor us: no loss, no illness, no war, no adversity. I will enjoy the time at present and welcome the new year with my best outlook."

Alice Zhen ('24)

"My goal is to get accepted into my top colleges that I apply to."

Almir Chowdhury ('21)

"My goal is to make the honor roll every quarter this year, by trying to limit distractions, especially when remote learning."

Tristan Loughlin ('24)

"My goal is to have a more positive outlook on life this year."

Izzy Beausoleil ('21)

"My goal is to be nominated for the national honor society."

Jack McWethy ('22)

"My goal is to procrastinate less and be more productive."

Jane Stephan ('23)

# Whole 18

By Andrew Christopher  
Guest Contributor

Oh Lord, playing golf helps me come closer to you  
Golf helped me to reflect on my life too  
Each club, a line of a prayer  
Put them together, it creates a sentence of care  
Oh Lord, golf has shown me some important lessons  
Just like going to confession

In golf, it start out on the first hole  
In life, we start out whole  
And as we finish the 18th putt  
That’s when our eyes finally shut  
Golf helps us embrace you  
And gives us a better view

In the end no matter the course  
It’s all about how you played  
Not about the strokes you made  
But about the obstacles in your way



Photo by Tommy Peterson  
Senior Chris Skambas begins his last round for the Cougars. Skambas achieved the high score of the match, 33 points and 39 strokes, contributing to the AC victory of 201-150 over Cardnial Spellman on November 10th.

# Volleyball Season Sets

By Maggie Milne  
Guest Contributor

This past fall, the girls volleyball season looked a little different. Being introduced to the “Covid line” was the biggest change in the game. This is where the hitter had to make their approach jump behind this line before making contact with the ball. The girls schedule was also reduced to league games only, resulting in fewer games during the season.

Although the season was not the same with the new set of rules and the reduced number of games, the safety of the athletes, coaches, and spectators were the first priority. Coaches Mae Driscoll, Danielle Hunt, Brent Ashley, Demi Fogarty and Cameron Garber, as well as captains Emily Murdock and Maggie Milne and the entire program adapted very well to the new environment and had a fun season. The girls are already planning for next year.

# Hockey Season Starts

By Jane Stephan  
Growl Reporter

This winter, the boys and girls hockey teams are scheduled to play their season beginning December while accommodating new COVID regulations. For this year’s girls varsity team, the goalies are Emily Moran (‘22), Quinn Mustone (‘21), and Chelsea Cham-

berlein (‘21). The team captain is Mary Cate Flynn (‘21), with Casey Coneely (‘21) as assistant captain. As for the boys team, the goalie is David Rufo (‘22). St. Mary’s, Austin Prep, and Matignon are predicted to be challenges for this season, as they are some of the team’s rivals. Home games are played at Ed Burns Arena in Arlington.



Photo courtesy of Jane Stephen  
AC boys’s hockey team celebrates after a win at Ed Burns Arena in Arlington during last year’s season.

# Cross Country Success

By Erin Moran  
Growl Reporter

It was a great season for the cross country team. Despite 2020 being a confusing and difficult time, the cross country team has finished off a season with a new head coach, Matt Killion. Mr. Killion and Mr. Foley led the team this year, Mr. Killion has been coaching for twelve years as the assistant coach of cross country. He has been the head coach of winter track for the last eleven years and the head coach for outdoor track for ten years. He has had a wealth of experience and it has shown with the performance this year.

Even with COVID-19 scrambling dates and protocols, the cross country team has persevered and finished strong. The Girls team had a 4-0 record and the Boys finished 1-4 in the regular season. With a new and young team on the boy’s side, training and learning the sport was very important to build a base. The girl’s team was very strong this year and went undefeated in the Northern CCL Division.

Although the team had to get

used to participating with masks and new policies, the team still provided a safe and enjoyable environment for all the runners. Colleen Simmons, an eighth-grader at Saint Agnes, says that “the masks definitely take time getting used to, but are necessary for keeping the team safe and for the season to continue.” She continued to say that the AC cross country team “still provides the same atmosphere that makes the sport so great.”

While junior Emily Moran says that “even with the regulations and differences from last year, the team is still as energetic and welcoming to every newcomer and returning runner.” She also goes on to say that “the team is a safe and extraordinary group I am lucky to be a part of.” With a strong girls team for next year, the training will continue and the boy’s team, although on the younger side, will be focused on getting stronger and ready for what is to come next season. Congratulations on the accomplishments of the cross country team. We are looking forward to next year.



Photo Courtesy of Coach Killian  
Girls Finish second at the CCL Championship Meet on November 19, 2020.

# Post Pandemic Fashion

By Mia Polston  
Growl Reporter

I know, I know, the cozy sweats, messy buns, and fuzzy socks of the quarantine was definitely fun, but it’s time for all of that to be reconsigned tired to the pajama drawer. With all of this time at home, people have had plenty of time to experiment with style, hair, and make up, which has brought about, what many call, a revitalization of fashion. Ever since quarantine ended, it has become more and more noticeable that 70’s, 90’s, and early 2000’s fashion and hair trends have come back into circulation this fall and winter season. According to a **Vogue Italia** blog by Franca Sozzani, “Cycles and recycles are a common thing in fashion and they happen in precise moments, usually every fifteen years. Always in different ways but nonetheless inspired to a particular era.”

Hair this year has had lots of interesting trends. Starting with the

curtain bang, popularized by Farrah Fawcett in the 1970s, it provides volume to the hair and frames the face. The two front pieces of vibrantly dyed hair, inspired by 2000’s emo kids’ bold and stark highlights, have become insanely popular over the last year due to TikTok. An undercut of color has also become very common,

Face makeup has become more natural this year with cream blush and soap brows, but mostly bold and dark looks for the eyes is now popular. Graphic liner, vibrant colors in the water line, and bright inner corner highlights are among the top trends. Recently, people with green and brown eyes have been finding that maroon and purple mascara makes their eyes pop.

Flare jeans, chunky gemstone rings, flowy cardigans and thick heeled boots are inspired by the 70’s. Flannels, baggy Levi’s, Converse, and Dr. Martens, are recycled from the 90’s grunge era. Low rise jeans, track suits, small designer shoulder

b a g s , and large sunglasses are taken from the early 2000’s.

All of these trends are re-emerging this Winter season, which is not only great for how flattering these styles are on every body type and skin tone, but for sustainability. All of these styles and trends can be found at costly rates in fast fashion stores but are relatively inexpensive to achieve at thrift and second-hand stores. Since these styles were once hugely popular, and then quickly went out of style, pieces that are trendy are readily available in local thrift stores. Not only will thrifting keep you on trend for cheap, it will



Photos by Gillian Ambrosia

Junior Ava Petrillo, Freshman Erin Moran, and Guidance Counselor Mrs. Kiernan bring back the 60s, 80s, and 90s during AC Spirit Week.

# Pairing Food and Netflix

By Vanessa Lott  
Growl Reporter

During the months locked away in our houses, we had a lot of time on our hands with nothing to do. Whether it was talking to people for hours, learning to drive, spending your free time on TikTok, writing a college essay, online shopping, starting a new show, or discovering a weird food combination; we all found something to do to keep us sane in the house. What kept me going and helped me keep busy was the show Glee. A show about high school very much like our own, just with a lot more singing. After Naya Rivera’s passing, it was only appropriate to watch and channel my inner Santana.

One thing I truly learned is that with every good show, a good snack is always needed. I personally tried every TikTok quarantine snack I saw; whipped coffee, the Chick-fil-a crunch wrap, Hot Cheeto nachos. Being bored makes you hungry, especially after seeing recipes many times scrolling through the for-you page. The one that stuck for me was the cream cheese-filled jalapeno peppers and Takis. One pepper is enough to fill you up and they’re big enough to last at least half a Glee episode. I asked some friends what their food and show combinations



Photo by Gillian Ambrosia

Imagine a trip to the movie theater without the popcorn. With the increased use of streaming over the past several months, binge watching is being coupled with clever gourmet snacking. Say good-bye to microwave popcorn and hello to hot Cheetos.

were, knowing that they’ve been located in bed on Netflix.

Izzy Beausouleil (‘21) says her food and show combination had to be Criminal Minds and white cheddar Cheeto puffs. She said she likes watching a show that has to do with her future career choice but her main reasoning is “mostly because Aaron Hotchner is attractive.” Another senior, Ava Pellegrino, had her share of a quarantine combo. Grey’s Anatomy and Hot Cheetos;

“the real life scenarios filled with drama and always something interesting happening,” made up for her long months trapped in the house. Her explanation for Hot Cheetos, they “are just amazing.” Agreed.

## Orange Chicken Recipe



- 2 pounds of chicken breast cut into bite-sized pieces
- ½ teaspoon salt
  - ½ teaspoon ground pepper
  - ½ cup cornstarch
  - ¼ cup oil
  - ¼ cup gluten free soy sauce
  - ¼ cup vinegar
  - ¼ cup orange juice
  - ¼ cup water
  - ¼ cup brown sugar
  - 1 tablespoon cornstarch
  - ½ teaspoon minced garlic
  - ¼ teaspoon red pepper flakes
  - 1 tablespoon orange zest
- Optional:
- ¼ cup sesame seeds
  - ¼ cup green onions

Heat up a skillet over medium-high heat. Put the cornstarch in a large bowl and season with salt and pepper, put the chicken bites on top and toss until it’s evenly coated. Add enough oil to coat the bottom of the skillet and then add the chicken. Cook while stirring until the chicken is cooked through. Whisk together the sauce ingredients in a small bowl and once the chicken is cooked through, add the sauce and stir until thickened. Sprinkle some green onions and sesame seeds on top and enjoy!

recipe modified from flippindelicious.com

# 5 Ways to De-Stress

By Chris Barnard  
Guest Contributor

**Stretches** Stretches allow your muscles to let go of where you're carrying stress, helping you to relax and sleep better. They are good because you can pretty much do them anywhere. Doing a quick two minute stretch right when you get up can be healthy and beneficial for your body.

**Exercise** Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. A popular way you can try to relieve stress is by going for runs. Running works out your muscles while relieving stress.

**Music** Lo-fi music uses audible elements normally regarded as imperfections of a recording or performance, sometimes as a deliberate aesthetic choice. Lo-fi Music is a soothing and calming response to an anx-

ious and stress inducing world. Not just Lo-fi music but music in general keeps your mind relaxed and your muscles soothed while releasing the stress of the day. Music is highly effective for relaxation and stress management.

**Pets** Pets can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health. Pets give you a warm feeling and playing with them reduces stress and makes you feel more calm and relaxed.

**Breathing** Taking deep breaths sends a message to your brain to calm down and relax. There are apps you can get on your phone called Headspace and Calm. These apps are essentially guided meditations, soothing music, and bedtime stories which overall help reduce stress.

# John K's New Music

By Kathryn Van Winkle  
Growl Reporter

We all depend on distractions and, for a lot of us, that takes the form of music. On Oct. 7, I had the privilege to attend a Zoom meeting with John K. If you do not recognize the name, you may recognize his song, "If We Never Met," which went viral back in 2019. That song was dedicated to his lovely wife and was his "love letter" to her. We even got to meet his lovely pit-mix, Lily, when she crashed the zoom. He confessed that he sleeps with her every night. Firstly, we talked about his sound, as well as his writing process, which naturally got all funky due to COVID-19. He talked about the difficulty of trying to write over Zoom and how he was thankful for his team and all of his friends who have helped him over the years, especially during lockdown. He said that his own life during the pandemic has not been that bad for him, and his positivity during all this insanity is admirable. This positivity is something he has used throughout his music career because

negative comments are something that all artists deal with, but John happily embraces these comments as proof that he is doing well. He said that "if you have haters, you are doing something real" and that it says more about their characters than his. He also told us that when dealing with hate, we just needed to have faith. After that, we transitioned into negativity and fears. He explained to us that he still has days of doubt and that, at first, he was afraid of being accepted. But once he started to let all that anxiety go, he knew he had nothing to worry about because "there are no failures in the music industry but quitters." Then we moved on to the fun, positive stuff. Someone asked what inspired him and what he hoped to do with his music. He talked about how his wife is a big inspiration for him, but on a technical level, he focuses on the melody and surrounds himself with lots of great lyricists. John explained that he hopes that his music will connect to others on a personal level. Since his song "If We Never Met" was a love letter to

his wife, he felt that people being able to relate proved that vulnerability wins, and that honesty is the best way to connect with those around you. The last thing we talked about was decompressing and the future. John told us that when he decompresses, he gets rid of his phone and just hangs out with his dog and his wife. He also likes to put his energy into a different outlet, like cooking or a creative project. As for what's next, he did not spill much, but told us that he is constantly setting goals for himself. He did divulge that he was "two projects ahead" and that his coming collaborations were "dope." One was the new single "Cheap Sunglasses" that came out last month, and the other is his debut project "Love + Everything Else" that released on November 13. I'd like to thank John K for taking the time to talk to us during this turbulent time. He was incredibly kind and humble during the entire interview.

# COMICS

Mini Magic: Warm and Fuzzy Unicorn



Comic by Missy Skehan

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