



# T H E *Occasional*



Rosati-Kain High School

The Occasional

December 2016

## “A Hollywood Christmas”

*By Sara Naumann*



“There’s no place like home for the holidays,” or in this case, there’s no place like Rosati to start off the Christmas season right. On Friday, December 2<sup>nd</sup>, and Saturday, December 3<sup>rd</sup>, many R-K Kougs participated in the 2016 R-K Christmas Concert. This event was very exciting, and featured Performing Ensemble, Freshman Chorus, Advanced Chorus, and R-K Voices, all of whom took the opportunity to enchant the audience with their holiday tunes. With the theme of a “Hollywood Christmas,” the audience members got to experience an exciting variety of Christmas music. They were taken on a “Sleigh Ride” through a “Winter Wonderland,” and received special performances from Rosati’s own mini Mariah Careys. Saturday night featured guest appearances from DeSmet’s Black Robes Choir who came to sing with R-K Voices. The sound of their voices certainly did bring “Joy to the World,” and to the hearts of the audience members.

Through the two nights of the concert the audiences could truly feel the joy that the holiday season and Christmas music bring to people. Besides the music, though, there were a few non-traditional touches that added to the Christmas spirit. One of these things was the holiday boot cover Kailya Cole added to her outfit on the first night on the concert, and the second was the faux fireplace crafted by Ms. Sarah Hardy made for two chair-bound students to sit next to while singing. Additionally, the

decorations put up by Mr. Andy Anderson and Mrs. Jen Guidici really helped to set the Christmas mood.

The Christmas concert was truly a success, and the R-K students did a great job of spreading the Christmas spirit. Special thanks and congratulations go to vocal teacher Ms. Sarah Hardy, instrumental music teacher Ms. Elaine Fassi, and accompanist xxxxx Christopher for all of their hard work in getting the students ready for the performance.



## Obscure Holidays Spotlight

*By Charlotte Daues*

Once winter rolls around, the Thanksgiving decorations have been taken down, everyone’s scraping the bottom of the Halloween candy stash, and all everyone can think about is Christmas and New Year’s. Well, it’s time to put some other holidays in the spotlight. Get ready to mark your calendars, because this nifty article will tell about holidays and festivals for everyone to enjoy.

December offers a variety of different holidays. On the 19<sup>th</sup> of December eat an oatmeal muffin in celebration of **Oatmeal Muffin Day**. On the 20<sup>th</sup> of December, if you’re going caroling, you’re in luck! December 20<sup>th</sup> is **Caroling Day**. If the **Winter Solstice** is getting you down, just remember that Dec. 21<sup>st</sup> is also **Look on the Bright Side Day**. Although, it’s also **Humbug Day**. Go figure. For all the *Seinfeld* fans, December 23<sup>rd</sup> is **Festivus**, the made-up holiday created as an alternative to commercial Christmas. Any chocolate fanatics should definitely mark their calendars for December 24<sup>th</sup> for **Chocolate Day**. If you enjoy a good game of go fish, December 28<sup>th</sup> **Card Playing Day**, is your day. December 30<sup>th</sup> is **Bacon Day**, so be sure to eat a BLT. If you haven’t decided on what your New Year’s Resolution is going to be, you should decide by December 31st because it’s **Make Up Your Mind Day**.

On January 2<sup>nd</sup>, find a flagpole because it’s **Run up the Flagpole and See if Anyone Salutes Day**. As if you needed an excuse for hitting the snooze button on the alarm clock, January 3<sup>rd</sup> is **The Festival of Sleep**. Pull out the pasta for **National Spaghetti Day** on January 4<sup>th</sup>. It’s time to relax on January 8<sup>th</sup>, or **Bubble Bath Day**. As you’re walking down your hallway on January 10<sup>th</sup>, give that fern an extra pat for **Houseplant Appreciation Day**.

There are so many holidays like these all around the year that we haven’t been celebrating. Be sure to add a little joy to the days in between main holidays by celebrating the little ones as well. If you want more obscure holidays, check out <http://www.holidayinsights.com/> for more fun celebrations.

# "Reaching Out for Outreach"

*By Meghan Street*



From November 28th through December 9th, the Pro-Life Club, spear-headed by Ms. Patty LaBelle, has asked all Rosati-Kain students, faculty, and staff to donate lightly used or new hats, coats, gloves, warm socks, and scarves, along with monetary donations. These items have been donated to Winter Outreach, which is a program serving those who are homeless in Saint Louis.

For the past two weeks, students have been stock-piling donated clothes in the corner of the main lobby, as well as Ms. LaBelle's classroom, to give to the Saint Louis Winter Outreach. Ms. LaBelle stated that she is proud of the generosity of all RK students and hopes that Rosati will be able to give five or six large boxes full of items to donate to the charity, including many hand-made, and donations of over \$40. She said, "The winter weather has already arrived and even the daytime gets very cold. Imagine how it is at night with no coat, no blanket, no shelter!" Along with the winter goods donated by Rosati students, the Saint Louis Winter Outreach is in constant search for even more volunteers to help spread the warm goods this winter season.

The Pro-Life club took charge on this issue because homelessness is under the umbrella of pro-life causes. They want to recognize the beauty and dignity of all human life, which means taking care of all people in each stage and every circumstance. The Saint Louis Winter Outreach Organization strives to oppose all oppressions, and guarantee the right of shelter for all human beings. Winter Outreach contains many branches of teams to cover all sorts of challenges the

homeless face. The Outreach team is a force that travels to downtown Saint Louis and personally hands out all of the items collected, including the ones brought in by Rosati students. Senior Mariah Buckner has a special connection to this under-appreciated organization. Her grandmother, Maureen (Mo) Costello, is a coordinator who collects donated items at her business.

If you missed your chance to donate a new or lightly used winter item, the Saint Louis Winter Outreach is always looking for monetary donations, and they have many other options to get involved. Being informed is the first step towards change, and the Winter Outreach definitely offers many ways to keep up to date with the organization. You can join one of their many teams, like their page on Facebook, or even be added to the Yahoo group e-mail list. All donations meant to be given to the Outreach team can be dropped off at MoKaBe's Coffeehouse located at the corner of Arsenal and Grand, near Tower Grove Park in South Saint Louis City.

Although this is the first year that Rosati has hosted this drive, Ms. LaBelle had heard of this program last year around this time because the juniors, who are now seniors, collected many of these items for their Christmas stocking project. She saw such a great response that Pro-Life Club decided to make this their 2016 winter cause. She is hopeful that another drive will be held next winter to benefit the homeless. Of course, Rosati students are welcome to join the Pro-Life Club at any point if they wish to continue their service for all humanity.

# It's The Most Wonderful Time of The Year: Christmas Break

*By Abby Burgess*

Finally, after months of hard work, it's Christmas break. It is the time where everyone can sit back and relax, but it's also the time of the year we should spend with our families to enjoy this holiday season. Therefore, to prepare us for this break, let's see what some students and faculty are doing this holiday season. Maybe, you can get some ideas of what you want to do this break, too.

This season, many people will be traveling; Ms. Everson and her brother are taking their dad down to Florida; maybe they will see Emily Peters ('18) since she will be down there, too. Mr. Wissinger said he will be going to Chicago to spend time with family. Charlotte Daves ('20) will be travelling to Kansas City to see her grandparents; as will Claire Greco ('19), who is going to go see her Grandma, too. Lastly, we have Destiny Young ('19) who hopes to be travelling to New Orleans with her family.

Many students this year will be staying home and spending time with their loved ones. Rachel Porter ('17) said she will be, "staying in town, hanging with friends, and celebrating Christmas with my family." Emily Powers ('17) said she will be going ice skating and making Christmas cookies. This is a great way to spend time with your friends over Christmas break, and there are so many other things you can do too, like sledding on Art hill or going to the Zoo to see the lights.

Lydia Fulton ('18) said she will be holding an event for the girls in her Girl Scout troop. Mr. Taylor will be spending time with his wife and kids. And junior, Sage Roth-Johnson ('18) will be making friendship bracelets with classmates for her junior "make a difference" project. This break is a great time to do work for good such as volunteering and helping your community.

Finally, many students this break are taking advantage of the time to relax. It is time when you can watch the movies you haven't had time for, shows that you are ready to binge watch, and read all the books you've been dying to. Let's hope everyone has a great winter break no matter what you do or where you go.





# ***The Occasional***

## **staff writers:**

**Sara Naumann**

**Charlotte Daues**

**Meghan Street**

**Abby Burgess**

**Olivia Brinkmann**

**Porscha Hayes**

**Gabby Burke**

**Logan Hendrix**

**Morgan Lanton**

**Isabelle Cenatiempo**

## **Layout Editor:**

**Charlotte Daus**

## **Faculty Advisor:**

**Ms. Govero-Yann**

# **Study Hard, Sleep Well, Stress Less.**

*By Olivia Brinkmann*

As the reality of exams becomes clear, so does the amount of stress we are about to endure. Over the years, I have been trying to find the best ways to prepare for exams with the least amount of stress as possible. To help my fellow Kougars during this time of the year, I have compiled a list of tried and true study habits to get you on your way to a stress-free exam week resulting in good grades and a relaxing winter break.

Let's start off with the basics. Don't cram for your tests, get good night's sleep, and start the day with a healthy breakfast. I know everyone has heard this too many times, but honestly, it is crucial in doing well on finals. When it comes to studying, try and cut out all distractions. Leave your phone in a different room, turn off the T.V., etc. If you are the type of person who needs to listen to music to focus, try something instrumental so you aren't focusing on lyrics. My favorite playlist to listen to while studying is the Mellow Beats playlist on Spotify. It keeps you alert, but doesn't distract from the task at hand.

Also, try and find a quiet comfortable place to study. If your house gets busy around the holidays or you know you won't be able to focus at home, try studying at the library or a coffee shop. I personally love studying at Starbucks. It's relaxing, they have free Wi-Fi, and all the coffee a person could possibly want. While studying, you should also make sure you are taking breaks between subjects to make sure you don't overwork your brain and get too tired.

Now for some specific studying techniques that other students, as well as myself, would swear by. Firstly, almost everyone agreed that writing things down is one of the best ways to study. Handwriting notes helps etch them into your brain and makes it easier to remember. Also, flashcards are a great way to remember definitions

for subjects where memorization is key. You can make your flashcards the old fashioned way, or use Quizlet, which is a favorite among RK students. You can create practice tests, play games, and use flashcards to help shake up usual studying routines and make them a little less of a drag. Once you have a good grasp on the material, studying in a group is helpful. As long as you can stay focused while studying with friends, it is a good way to make sure you understand the information correctly. You may have a question about a subject that your friend can answer and vice versa. It is also good for quizzing each other to make sure you know the information.

Make sure you take full advantage of all studying materials provided in your classes. If a teacher gives you a study guide, make sure you complete it. If you are not given a study guide, look back at old tests and notes and create your own! Shelby Jones (Class of 2018) has a great technique for compiling study materials that she refers to as the Exam Bible. Basically, she completes all the study guides she is given and creates ones for classes where they are not provided. She handwrites her notes and assembles all other resources that she might need (tests, quizzes, diagrams, etc.) She then puts all of her studying materials into a binder and organizes them by subject and when the test takes place. This is a great way to stay organized and on top of things during a hectic exam week.

While we obviously have to study to be able to pass our exams, we also need to give our brains time to rest and relax. Here are some great ways to relax during exam week. First of all, make sure you are getting enough sleep each night. If you don't get enough sleep, your brain won't be rested enough to get through your exams the next day and remember all the information you need. Also, to help you relax and get to sleep without your mind reeling all night, a good thing to do is drink decaffeinated tea before going to bed to help you unwind. You also should stop studying and begin unwinding around 30 minutes before you go to bed to give yourself time to cool down. While winding down, you should avoid looking at screens with a blue light such as phones, TV screens, laptops, and tablets. The blue light from the screens can interfere with your body's melatonin production and could keep you from sleeping well.

The day of your exam, calmly go through your notes before the test begins to refresh your memory. Then take a deep breath and begin your test! Good luck to everyone. Study hard and sleep well!



# Semester 1 Roundup

By Porscha Hayes and Gabby Burke

The end of August brought about the beginning of a new, exciting school year for students and teachers alike. The beginning of the school year always starts with fresh school supplies, new backpacks, and, of course, new experiences. Whether she wants to admit it or not, everyone is a little excited about the beginning of the school year, and getting the chance to catch up with friends she may not have had a chance to see during the summer. Of course, Picture Day is a very important part of the school year, and the picture must look perfect because it'll be on display for all to see in the yearbook, along with the pictures being sent to distant relatives for Christmas.

One of the best events of the first quarter is a day that everyone should love and cherish: Grandparents' Day on September 7! It's an opportunity for each student to spend the day with her grandparents (or her special friends), enjoy a wonderful Mass at the Cathedral Basilica, socialize, and give her grandparents and special friends a tour around the school. Afterward, there's even a chance grandparents will take their granddaughter to lunch. It's an opportunity to spend time with those you love, and talk to them about how great Rosati-Kain is. What could possibly be better than this?

Another exciting occasion that came September 17, was none other than...Homecoming!

A long-lasting high school tradition, homecoming is something everyone looks forward to. It's a chance for everyone to show off awesome formalwear, her date (or friend), and one-of-a-kind dance moves. This year's theme was "Jungle," and the gym was packed with party animals! The music was pumping, the crowd was jumping, and the teachers and parents on the sidelines were making sure everything was okay. There's nothing like spending a Saturday night hanging out with your friends, dancing and singing along to the classics.

The good times didn't stop after the first quarter ended! October Day was on the 28th of October, but planning started even before the school year began. The theme was St. Louis Day, and there were presentations from people and companies from all over the city. Students were able to listen to a diverse group of presenters, ranging from Lily Kiti, a teenager who makes handmade jewelry, to Bob Fulton, who works in a genome

center. The day ended with an amazing presentation from the Bird Sanctuary that succeeded in capturing everyone's attention.

And what's St. Louis without some good food? This year, for the first time, RK welcomed food trucks to our October Day. Students could choose from Seoul Taco, a food truck offering Korean-Mexican food; Russo's, which served Italian food; and Sweet Divine, a dessert truck, for their lunch. While they weren't eating, students participated in a St. Louis themed trivia. The lucky winners went home with Ted Drewe's gift cards and Cardinals memorabilia.

October Day wasn't the only event in second quarter worth mentioning. This past November, the theatre department put on *Children of Eden*. Although the musical took place in November, the cast and crew had been hard at work for months! Ever since auditions in September, all those who were involved have been busy creating beautiful masks, building sets, and spending hours after school rehearsing. Stage manager Isabelle Cenatiempo ('18) says, "I like the production of it, like the rehearsals," she said. "You get to see everything progress. And I liked hanging out with my ASMs." Although at times it can be fun, putting on a production is hard work.

"When you're backstage, everything's in this haze," Cenatiempo said. "It's just like this aura of chaos. You're so stressed and you feel so rushed." Even through the stress, the cast and crew were able to put on an amazing musical that will not be forgotten any time soon.

From Grandparents Day and Homecoming in first quarter to October Day and *Children of Eden* in second quarter, first semester has been full of fun. Be ready for next semester's events! Merry Christmas and Happy New Year!



## Teacher Spotlight: Sister Vincella Lake

By Logan Hendrix

"No matter what's going on in society or your family. If a relative is involved with something that you don't approve of, the best thing you can do for someone is your best; you strive to do your best at all times. You'll be in that strive for positive energy for good, and just don't let anyone or anything stop you from getting your full potential." These are the words of Sister Vincella Lake, or Sister Vinnie, a School Sister of Notre Dame. Sister Vinnie, Class of 1960, is often seen in the hallways at Rosati-Kain High School. She loves to give back to Rosati by volunteering at the school.

Sister Vincella was born as Marie Francis Lake during the time of the Cold War. She was given the nickname "Teddy," and grew up in North St. Louis with her two grandparents and her two parents. "I had a pretty rocky childhood," she says, and continues to explain that her parents were active alcoholics who never went to church because of their addiction. However, because they were indeed Catholic, they still cared for their daughter's faith and made Sister Vinnie go to mass every Sunday.

Even though she had some extremely difficult times with her parents, Teddy had friends to help her cope. She had her boxer, Deedeem, to hug and love. Her grandpa was always there to talk to her and show her how much she was adored. She says, "Grandpa used to tell me stories and sit me on his lap. I was very close to my Grandpa Bresnahan." She believes that with her grandpa and her dog, she was never truly alone.

(continued on page 5)



"Teddy" went to grade school at Blessed Sacrament, and there she met friends her age. They would often play a game called "Communists and Refugees." The goal was, as a refugee, to reach a destination without being "caught". First, the girls playing as the refugees would each have a pillowcase, and would fill the pillow cases with random objects to make their journey a little harder. They would then exit the house with their pillow cases and make their way to their set destination. Along the way, they added things to make the game more difficult and exciting. For instance, one would have to jump from a shaded area to another shaded area, and they would try their best to avoid spots of direct sunlight. If a person were to land in the sun, she would lose. This game was one of Sister Vinnie's favorites. She played with two girls called Mary Ellen and Peggy, who are now alums and donors to Rosati-Kain!

After Blessed Sacrament, "Teddy" moved up to high school at Rosati-Kain. She started her freshman year there in 1956. She was involved in Speech, the Debate Team, Verse Choir, and The Fidelity club, which focused on honoring Mary. Fidelity club was much like the service club that we have today at R-K. Her favorite class was History with Mrs. Landolt. "I was not that great of a student," she says, chuckling.

Marie Francis went straight to the Sisters of Notre Dame after her graduation from Rosati-Kain High School. She had been interested in the convent since the beginning of high school. She wanted to work for someone important, and someone who will live out what she believed in and will do what is right. She believes that, "Being a school sister, I could somehow change the world." She loved seeing all of her classmates every single day and receiving all kinds of different opportunities for spiritual development.

While taking the steps leading up to her vows, and getting her degrees in history and sociology, Sister Vinnie had a variety of interesting assignments. These include serving as a manager for Verbum Dei high school's football team in Los Angeles, acting as a radio DJ at Lincoln University, and finally, teaching at Rosati-Kain High School in St. Louis. While at Rosati, she taught sacraments, morality, and American history.

Starting in 2012, Sister Vincella began volunteering at Rosati. She loves that it encourages women to be their own persons, and that everyone at Rosati is very accepting of each other. She can often be found in the advancement office on Wednesday, just helping out. Sister Vinnie recently came in to talk to the Juniors about social justice. She is very passionate about the topic, and her main concern is with the earth and the absolute need for peace and nonviolence. She wants everybody to know, "That God loves you, and the way to love God back is to be your best self."

# Fall and Winter Sports

By Morgan Lanton



*Varsity field hockey races for the ball.*

Sports and the athletes who participate in them here at R-K are a source of great pride. The available sports for the fall are cross country, field hockey, softball, tennis and volleyball while the sports available for the winter are cheer, basketball, and swimming & diving. One person who had only positive things to say about her experience was a member of the tennis team who said:

I played tennis when I was younger and thought it would be fun to try and be apart of the team this year. I thought it would be hard to be apart of the team, but it turns out there were others who had little experience also. It was a lot of fun to be apart of such a great team and to make a bunch of new friends. Even though I wasn't that good, all I heard was positive encouragement and for that I look forward to playing again next year.

A member of the swim and dive team also had a wonderful experience with the team. Jackie Gilpin said:

It is my first year on a high school level swim team. In grade school I did competitive swimming but the high school level is a complete different experience. Swimming is not as easy as splashing around in the water, it's a lot more work than people realize. I swim after some really good swimmers on

the team which makes me put a lot more effort. It's a great challenge that

I accept. The team itself is very collaborative. My favorite part are the relays because they help show everyone's strengths. What I am looking forward to is the rest of the season and hopefully improving my times out there.

Both of these Rosati students have had great opportunities to be apart of one of the wonderful things Rosati has to offer, its sports families. With these teams offering an excellent source of exercise, they also offer a way to meet people from grades other than your own and learn a lot of new things. Next time you consider joining a sport here at Rosati and are fearful for whatever reason, give it a try and you will most likely have a good time.



*Varsity basketball faces off against Kennedy*



# You Didn't Ask, I Answered

By Isabelle Cenatiempo

Welcome to **You Didn't Ask, I Answered!** For all of you who don't know me, I'm a junior here at Rosati. With life comes triumphs and failures, and throughout this column, you'll come to know some of my highest --and lowest-- moments. Because I'm an awkward person, awkward situations practically fall in my lap. I hope you enjoy them, because I know I do... in hindsight.

**I fell on the stairs and I feel like I'm never going to live it down. Do you have any advice?**

Grace Less

Well, I can tell you now that you won't live it down, so don't get your hopes up. Almost everyone has fallen or tripped on the stairs, and most people don't care or remember. If you're still worried about it, I have a story to cheer you up. Now as a slight background, I'm one of the clumsiest people on this Earth. This happened when I was a freshman, pretty early on in the year. For all of you that don't know, when I was a freshman, both freshmen and sophomores had lockers on the third floor. I was so scared of upperclassmen and avoided them like the plague. I came up from C-Lunch with my friend Logan, and the third floor was extremely busy. Though she denies it, Logan tripped me and I fell. Logan would like to add, "Isabelle tripped over her own feet. She was looking at me, not ahead of her."

Now back to the story: It wasn't just any fall; I face planted and slid across the floor. I didn't try to stop my fall because my reflexes are as slow as molasses, and I still have a slight scar on my knee from the floor burn. From the ground, I looked up and saw Logan laughing, people around me laughing, and everyone on the third floor staring at me. Now-- just to be clear-- they were laughing with me, not at me. My face went hot and I scrambled up from the floor. I scurried to my next class and laughed with my classmates over what just happened. Some of us were in tears we were laughing so hard. Even I had to admit it was funny. I thought I was in the clear, but then a sophomore stuck her head in the class and exclaimed, "Some freshman just ate it in the hallway!" You may never live it down, but at least you can look back at it and laugh.

**I'm thinking about carrying a water bottle around with me, but I'm scared it will be a nuisance. Do you?**

Bo Til

It really depends on how organized you are. I personally think it's a nuisance, but a lot of people drink water like it's... water. There was one time last year when I brought around this giant jug of water because I was sick, and things did

not go well. I had just refilled this giant jug, and then, it was a mod change. I set it down in front of my locker, careful not to spill it. I bent down to put my books next to it, but my planner rocketed off of my stack and knocked over my water jug. Water went everywhere! The hallway flooded, and I swear I saw people floating down the hallway. I didn't know what to do, so I just yelled for people to stand back. I ran into Mrs. Bonat's room and threw my stuff on a desk. I ran to the bathroom and got approximately two thousand paper towels to sop up the small pond.

As I was cleaning the mess up, people kept asking me if I spilled my water. Part of me answered yes, but the other part of me thought, "What do you think I'm doing? Starting to build Rosati a pool?" Luckily, one of my classmates, Emily, was free, and helped me drain the hallway. It was really nice of her, and I'm thankful because, all jokes aside, there was so much water. Anyways, bring a water bottle if you want to. Sorry if I can't help you out more.

## Worth a thousand words . . . .

