

Summer 2023

STA Shenanigans



Introduction

Cover photo by [Cristofer Maximilian](#) on [Unsplash](#)

A big thank-you to Mrs. Conaghan for advocating this project and seeing it all through!

This is the June/Summer Issue of the student newspaper.
(This also marks the end of the month of the Sacred Heart!)

While this is a pretty small issue, we hope you enjoy it all the same!
Make sure to check out the stories, articles, quotes, and crossword.

Have an awesome summer!

(I'm still not sure if anyone reads this intro...)

Are you interested in contributing to the STA Shenanigans? [Click here](#)

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Fiction & Literature

sometimes it's hard to say goodbye — Abby Lenning

It felt like only yesterday
When i first arrived at school
Colorful books
Scissors and glue

Everyone was nervous
I was and so were you
You taught us how to be polite
You taught us manners too

Now that it's the end of the year
It's time to say goodbye
Be prepared I might cry
Now that it's the end of the poem

goodbye

Momo-Chan: Warrior of the Stars, Part 4 — Alexis Martino

Momo-chan and Nova just stood there for an awkward second, until Nova snapped in realization. “Oh, I got it!” The star creature used his light powers to construct a small pink staff, decorated with ribbons. Momo’s eyes sparkled in awe. It was finally happening!

Before Momo-chan could snatch the staff, Nova gave the girl some instructions. “Now, the only way to activate this is by twirling around and spinning the staff. That’s when the real magic happens!” Momo-chan nodded, and took the staff. She proceeded to do what Nova told her to do. She took a spin, and twirled her staff like a baton. She felt a weird, tingling feeling, and sparkles suddenly surrounded her and illuminated the whole school.

The Black Hole King was quickly attracted to the bright lights coming out of the windows of the school. He knew something was going to happen, and he was prepared. Then, poof! The lights quickly dimmed. Momo-chan stared at her new dress in wonder. It matched her staff; it was pink, ruffly, and adorned with small bows and ribbons. “Oh my goodness, I LOOK SO COOL!!” Momo-chan exclaimed. “I know right?!” Nova replied. “You’ll use this new form of yours to weaken the Black Hole King. It will take a while to defeat him for good, however.”

Momo-chan was about to say something, but was interrupted by the Black Hole King’s loud roars. She and Nova quickly rushed out of the building and faced the large, shadowy king at the soccer field.

“So you must be the Black Hole King!” Momo-chan started. “The guy who wants to drown the galaxy in darkness?” The king focused himself on the pink girl standing before him. “Yes, it is I!” he said. “The King of Darkness! This world needs less light, it hurts my eyes! Without light in the universe, things will get much better!” Nova stared at the king in disinterest. “Without light, people are gonna bump into things. You are putting my home at risk, so I have Momo-chan with me to try and put a stop to your motive!”

Nova told Momo-chan that he'll try to attack the Black Hole King first, and promised that he will teach her some basic attacks afterward. Momo-chan watched as the tiny star whirled around the king, as he tried to snatch him with his long claws. Nova used his agile speed to quickly dodge the king's attacks, and proceeded to slightly weaken him with a beam of light that Nova had been saving up for the battle. He then flew over to Momo-chan.

Nova proceeded to quickly tell her about all the different attacks she could use to weaken the Black Hole King further. Momo-chan absorbed this information and decided to use one of the easier yet effective attacks. She glared at the king in anger. Jumping up high, Momo felt like she was flying! She couldn't marvel over this new ability now, as all she needed to focus on was defeating this terrible, shadowy monster.

Once again, she felt a weird, tingling sensation in her body as sparkles surrounded her and the Black Hole King once more. The king felt paralyzed, and he couldn't move! At the same moment, Momo-chan spun her staff like a baton, and pointed it at the Black Hole King

Suddenly, a big, sparkly beam of light blasted out of the top of the staff like a laser, showering the king with luminous rain. The Black Hole King has had enough. He wanted to flee, but Momo-chan wasn't finished yet. She gently landed from the sky, the tingly feeling no longer here. She pointed the staff at the king, and angrily declared, "That's what happens when you threaten to hurt one of my friends! This is just the beginning, Black Hole King!"

The Black Hole King roared in anger. "I'll get you next time!" he shouted before fading away, back to his lair in the deepest part of space. The sky lightened, and Momo-chan's dress quickly changed back into her school uniform. "Huh? What just happened?" Momo asked. "The Black Hole King has been weakened! The more battles you fight, the weaker he'll become. You're doing a great job already!" Nova exclaimed happily. "Now, put the staff in your backpack." Momo-chan did so, and Nova quickly stuffed himself in there as the school children came running out to the soccer field. Sakura-chan engulfed Momo-chan into a hug.

“Are you okay? How did you get outside here?” She asked, relieved yet concerned. “Yep, I’m doing good! Also I have zero clue how I got here, I guess I just fled and went to a random spot.” The students and Momo-chan cheered over their victory.

Meanwhile, the Black Hole King transported himself to his dark, shadowy lair in the darkest part of space. He grew angrier and angrier at the fact that he was attacked by a girl who had no idea what was going on. “Oh well. It’s just her first try. It will take her forever to defeat me! I’ll show her! The next time we meet, I will cover her and her little star friend in everlasting darkness.”

The End...for now.

Nuoquest, Part 4 — Alyssa Cox & Adrian Jach

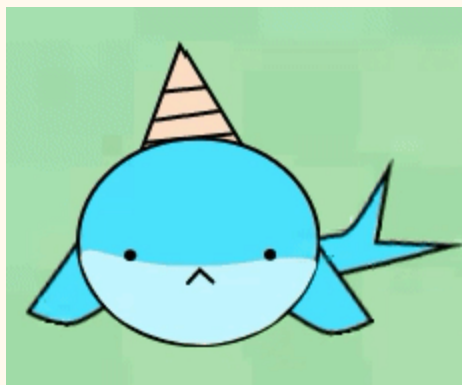


Image credit to Alyssa Cox for the illustration of Pow

“Lalalalala,” sang Pow as he flew above (yes, he flew) Nuo and the crew. Nuo asked, “Where did you come from anyways~?” Pow says, “I came from a fairy portal where non-existing creatures in the real world can be seen. “Woah, that’s exciting!” says Satoru whilst he jumps and twirls in the air. “Powinpu, POWINPUuuuuU! Pssst! Hey pals, do you guys know Oun?” says Pow. “Uh, YES! We do not like him..” Pow then says, “Well there is another one of him, in the universe that I came from. Wait for it..psst! His name is Onu (OH-NU) and he steals souls from different universes which he gets from stealing their peoples’ planets. It’s kind of scary, because my soul is the soul he is MOST looking for. Once he gets every soul in our multiverse (which Pow says is exactly 678,931,237 of universes) he will be the strongest “thing” in creation. P-p-pOW- forgot to mention!...He can teleport and turn invisible!” “Hmmm, I don’t think I have ever heard of him,” says two mysterious random people at the exact same time. “W-what was that?” says everybody. “Is that him?” “Most likely, Powinpu! Wait..that’s him!” “Oh, that’s neat!” says Satoru. “Hey. The other guy?” They then hear Onu say “Nice, hehhh..” “WAIT W-WH-WHA-WHAT?! AHHHHHHHHHHH!!!” everyone says, as soon as Onu teleports in front of them and Oun stands behind. Oun was also with Blepkun. On Blepkun’s back, Mimoru sat there, tied up. “Mimoru~! Nuu~!” Oun’s eyes were glowing even more staring at Nuo. On Oun’s back, sat Itoru, in the same conditions as Mimoru. “Gosh, ITORU!!!!!!!!!!” yelled Satoru. “Heh...” said Onu. “Pow...you are the LAST soul I need! I might be even stronger than Oun at that point! BAHAAAAAAAAHA!” “Powwww...POWINPU!” Pow screeched, “NO YOU WILL NOT POWZEY POWZER!” Pow then retaliated with his horn. Onu got stabbed, but it didn’t seem to hurt him at all. Oun slapped Onu and said, “Shut it, and by the way, I’ll be stronger if I catch Tortilla and Slap-” “WAIT! TORTILLA AND SLAP? POWZERS! THANK YOU FOR REMEMBERING THAT! BAHAAAAAAAAHAH~” Blepkun then smacked Onu with his tongue. “Blehhhkkuuuunnn...no more stronger things than us!” Onu snorted. “PFFF-” Nuo

looked at Blepkun, Onu and Oun nervously. "Oh nuu~...." "How l-long will it take us to get our frien-n-nds~?" Oun yelled, "A DECADE!" Oun and Blepkun then ran away. "Nuu~..." Pow looked at them and said. "..shh..let's go, powinpu! C'mon guys! Let's go!.." Onu said "...I'll see you someday, maybe. Hope you die beforehand!" Onu then left in a portal. And then, Nuo, Satoru and Pow continued along the way, hoping for answers.

"Where should we go now? We are cornered by evil "things", asks Pow. "Wait who are you guys anyways, ya otters?" "O- our names are-" "I-I-I am Nawa...hmm y-yeah" "~Oh ME-ME-ME?! Hi, hello, hola! I am TAWA, TAWA, TAWA! *Otter noises* Why do you have a horn? Why are you here? Why are you not an otter? *More otter noises and horrific, snorty laughter.*~" "Ok, I guess?" says Pow. "Who are these Tortilla and Slap guys, we need to find them as soon as possible! Powinpu!" Nawa then says, "Y-ye-yeah, I might just think I know that a little- hmmm. I KNOW TORTILLA!" Tawa then responds, "Oh yeah, isn't he that oversized and always hungry turtle that always manages to mess something up?" "Yeah that's me! At least I think," says another mysterious voice. *Otter noises* ~"P-Po-POWW" says Pow" Then Nawa and Tawa say, "T-Tortilla isn't that you?" "Me? How am I supposed to know. I don't even know who I am anymore. I am just an overweight reptile trying to enjoy my life! Ehh, I am just playin' witchu (his slang)! Yes I am Tortilla!" "Ok, great!" they all say. "I'll join your weird club!" says Tortilla. "So you need help finding Slap? Well, all I know is that he hangs out under lilly pads writing his books. For your information, he is a yellow gecko, or lizard with green/teal spots covering his abdomen. He is cross-eyed but really hard to find! He is as small as a toothpick and as skinny as one too!" Tortilla says while munching on his bag of "Cornio's." "O-o-ok umm I know a swamp!" says Nawa. "SAMMME POWITY POWity p-pOW!!!" says Pow. *Otter noises and munching sounds.* "Is it called "Swabblor Swamp"? cause I really want to know, betcha! "REALLY REALLY REALLY!" asked Tawa. "Mhmm," said Tortilla ,spitting flakes of the chips into the air. "OHHHHHH, OOOH I THINK THATS HIM~!" "Yep, thats him- ...w-wait that's him? He looks like a li-lizard.~" they all say. *Pow picks up the one lilypad there* "W-who's that?" says Nawa while both Tawa and Pow fall to the ground. "Huh..?" Satoru says. "That m-might be Slap~! Nu~!" Nuo exclaimed. "Jee wiz...REALLY?" Pow said. "Yes!~" "We need to POW this rock and just "hope" we find sum answahs! BAHAAAH-!"

"So you are Slap?" said Pow. "Yeah, I am. I heard you guys are trying to run away from two people called Onu and Oun right?" says Slap. "Yeah," everybody says. We also need to find Nuo and Satoru because they got taken away!" Then Slap says, "I heard Sawa was kidnapped. Why don't you care about her?" Tortilla says, "Who's Sawa?" when everybody else says, "Oh yeah! And her too!" "Ok, Tortilla. Listen here. Sawa is an otter, like Nawa and Tawa! *munching noises,*" says Pow. "Ok guys, there is a grove called, "Sasquatch Grove", ...Powinpu pals..let's go there!" Pow then says, "I still feel kind of tired and dizzy...jee wiz.." Slap then says, "I need to talk to you privately." *They hid behind a tree.* Slap says, "I needed to tell you that our plan is working-? Maybe...heh.." As Pow gets a little suspicious, he then says, "..Huh?...what do you mean, our plan?" Slap says in a deep voice, "I thought you were the fake Pow. I thought you were Oun. I am Onu and OUR plan is working. *While he puts sleeping potion in Pow's mouth and drops Nuo on the floor as he scurries away.* "Nunununu~!!! I'm f-free~! K-kero-kero~!" Nuo scurries away, a little scared yet confident. Now all he needs to do is get Satoru and Pow (even though he SCURRIED PAST POW) and hopes he can continue with more answers.

Information

Activities with Your Friends — Ava Rose O'Reilly

Trampoline Sleepover

Supplies:


- Trampoline
- Lots of blankets and old sheets
- String lights (or any hanging lights)
- Snacks
- Some board games, cards, and a laptop for shows.

How to set up trampoline:

- Put blankets and sheets around your trampoline and on top of it, sort of like a roof (get adult to help with this part if you need)
- Add string lights
- Get snack bowls and drinks (closed water bottles)
- Set up some board games and add whatever else you'd like!

Simpler Activities

- Go to the beach with a friend
- Go in your pool and swim with friends
- Go to a trampoline park ex: Rock N Air, Urban Air
- Go out to lunch/ dinner
- Have a karaoke night
- Make matching t-shirts (fabric paint works well)

That's it!! Have a great summer and thank you for reading my last newspaper article of the school year 

Random Things To Do — Mariel DeSello

1. Go to the pool/beach and swim! 🏊
2. Play volleyball, tennis, pickleball, or ping-pong! 🏐🎾🏓
3. Write stories or draw pictures! 📝
4. Have fun with friends at the park or play video games with them! 🎮
5. Have fun with your family by playing board games! 🎲
6. Read books! 📖
7. Do sidewalk chalk! 🖍️
8. Rollerskate! 🛼
9. Program a game! 💻
10. Visit friends and family! 👤

Fun Places to Go — CoraLynn Taylor

School is over, and summer is here! There's a lot of time for activities with family and friends. Here are a few fun things I like to do over the summer, and you can do them, too!

1. **The pool**

One thing I like doing during the summer is going to my community pool! A few of my friends have home pools, and some have community pools like mine. If you don't have one, ask a friend. You can splash in the water together!

2. **The beach**

I love going to the beach, and even if I'm not in the water, it's relaxing with family! Making sand castles is very fun as well, so remember your sand tools!

3. **Hanging out with friends**

Hanging out with friends is always fun! You could go somewhere you both like, or just each others' houses. I like watching movies, playing games, and there's so much you can do!

4. **Movies**

If it's 100 degrees out, watching movies is very fun! You could watch movies at

home, or at a movie theater. There are some fun movies you can watch there, I just went there last Sunday.

5. **Ice cream**

Going to get ice cream is sometimes just what you need after a hot summer day. I personally get shaved ice, and there are always so many flavors to choose from!

6. **Park**

Sometimes the weather is just perfect, so I like finding a nearby park. There are plenty near me, and a lot of places have them! I like playing on the playground or having a picnic.

7. **Waterpark**

If it's too hot outside and you still want to go to a park, you can go to a waterpark instead! Sometimes planning ahead is needed, but it's still super fun. If you just want a quick splash, you can go to a splash pad. You can bring friends along!

8. **Trampoline park**

An inside alternative, trampoline parks are super fun to go to. Most are walk-ins, so you don't have to plan ahead. Have fun bouncing around!

9. **Bowling**

I love doing things with my best friend, and her family loves bowling! It's quite easy to get a lane, and it's competitive fun. I don't win most of the time, but it's still fun to play!

10. **Walks**

The easiest thing on this list, just go for a walk! You could just walk the neighborhood, and there's some cool things you can see. You might see some neighbors' dogs!

A New Passion: Sports To Try — Jayden Adackapara

Summer is officially here! Now that summer has started you probably have some free time and are looking for things to do. One way to make your summer more exciting is to try a new sport. New sports can bring thrill to an uneventful summer and discover new passions that you never thought you had. Here are some summer sports that you should try that will surely cure your boredom.

Volleyball (Beach)

Equipment: a volleyball and a net.

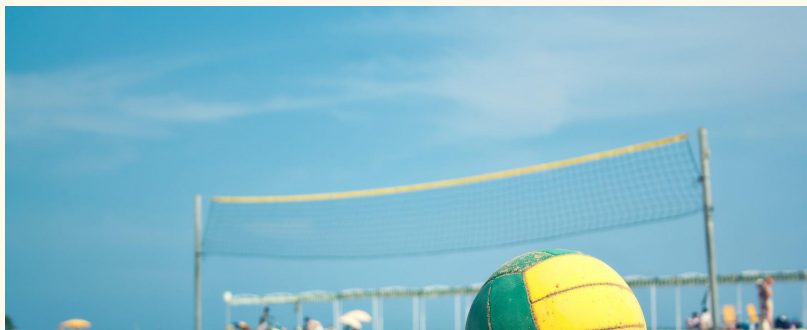
Objective: The goal of volleyball is to get the volleyball over the net and hit the opposing side's ground, which gives you a point. Each team gets three hits per possession, and if a team hits the ball four or more times it will result in a violation and will give the other team possession. Depending on how you are playing the score to win varies, however most of the time the score to win is 25 points and you have to win by 2.

Fundamentals:

There are four main fundamentals of volleyball. These include bumping, setting, spiking and serving. Firstly, bumping is when you control the ball after it goes over the net with you in order to set the setter up for a set. To bump you need to play your arms in a V shape, with the tip being your hands, putting your non-dominant hand on top with your thumbs on top. Then you have to hit the ball with your forearms while keeping your form.

The next fundamental of volleyball is setting. Setting is when a player sets the ball in the air for the hitter to spike it over the net. To set, you need to put your hands in a triangle shape, slightly moving your thumb and pointer finger back, and pushing your hands out and following through. When setting you want the ball to stay stationary in the air so it is easier for the hitter to spike it.

The last two fundamentals are spiking and serving. Spiking is when a player hits



the ball over the net, intending to score, however serving is when you hit the ball over the net to the other team to start the possession. Both fundamentals use similar forms, with both using a hitting motion. In order to spike you have to bring your arm back and hit the ball with the top of your palms, while flicking your wrist down. While serving you use the same motion, but you don't flick your wrist down and you have to hit forward, not downwards.

Spikeball

Equipment: a spikeball set (spikeball and miniature trampoline)

Objective: The goal of spikeball is to spike the ball on to the trampoline in such a way that the opposing team is unable to return it. In spikeball, you can use any part of your body to hit the ball, but you cannot pick up or hold the ball while returning, as it will



result in a carry and will grant the other team a point. You are also not allowed to hit the ball with two hands, or it will be a violation. Just like volleyball, each team gets three hits and if the ball does not hit the trampoline it will give the opposing team possession and one point.

Fundamentals: There are no main fundamentals of spikeball because of freedom of the game, however there are some moves that can come in handy. The spike is also a useful move in spikeball too.

However, instead of bringing your arm completely above your head, you would usually bring your arm at chest level. In addition, diving can be useful while going to save the ball. There are many different moves and ways to save the ball, which lets you play the game how you want and makes the game even more fun.

Lacrosse

Equipment: a lacrosse net, ball, and stick; also protective gear depending on what level you are playing at

Objective: The goal of lacrosse is to score on the opposing team's goal. To score a player has to shoot the ball into the net with his/her stick without the goalie saving the shot. There is an area surrounding the net called the crease, where only the goalie can step in. If an offensive player steps in before they shoot the ball it will result in a violation, however if they step in after they shoot it is legal. The team with the most points after regulation (and overtime if necessary) is the winner.

Fundamentals: There are four fundamentals of lacrosse which include; cradling, scooping, passing, and shooting. Cradling is used to protect the ball while running or standing from the opponents. To cradle you need your right hand just below the head of the stick and your left hand at the bottom (If you are left handed vice-versa). Then you have to curl the wrist of your top hand while moving it up and down. If you do it correctly, the ball will stay in the pocket and not fall out, even when upside down.

The next fundamental is scooping. The scoop is utilized to grab the possession of the ball when it is on the ground. To perform the scoop you need to drop down in a squat position, with your dominant foot in front and your stick flat just above the ground. Then you have to push the stick forward and scoop up the ball.



The last two fundamentals of lacrosse are shooting and passing. To shoot or pass you need to put your dominant hand on the middle of the stick and your other hand on the bottom. Then you have to bring your dominant hand forward and your other hand backwards. Lastly you have to follow through and end on your left pocket (right pocket if you are left handed).

Volleyball, Spikeball, and Lacrosse are just a few of the many sports that will bring excitement to your summer. New sports can be difficult at first, but after a while you'll get used to it and become better and better. As the famous saying goes, "Practice makes perfect". Playing new sports is a great way to stay active, unlock new skills, and have fun.

Reasons We Should Have More Dress Downs — Isabella Taborda

There are some reasons why we should have more dress downs. One of the reasons is that we are able to see a person's personality through their choice of clothes. It's fun to see people's different styles. Another reason is that when we have dress downs we give money to the school to give to different charities, which means all our money combined equals even more money than the last time. I personally like dress downs cause I get to dress comfortably. This is why I feel we should have more dress downs at school.

Get Started With Coding! New Languages to Learn — Elan DeSello

If you're at a loss for something to learn over the course of the summer, why don't you try coding? We've done some programming in Digital Technology, and if you enjoyed that, you should continue! Here is a short list¹ of beginner-friendly languages to try out.

1.) Python

Python is incredibly simple, but it's also incredibly powerful! There are many things you can do with it such as creating games, automating tasks, and using it as the back-end of a website! If you are just starting out with traditional (typing) coding, Python is a good language to learn.

2.) HTML

There is a great deal of controversy surrounding whether or not HTML is a "real" programming language, since it is mainly static, not functional. Arguments aside, HTML is also quite simple and is used for building websites. After you learn HTML, check out CSS and JavaScript, and that's when the magic happens...

3.) Inform 7

Personally, I have never used Inform, but if you want to code in a language that is **closest to plain English**, try Inform! It is used to create text adventures/interactive fiction. Unfortunately, you cannot implement graphics.

I hope one of these languages interests you! Happy coding!

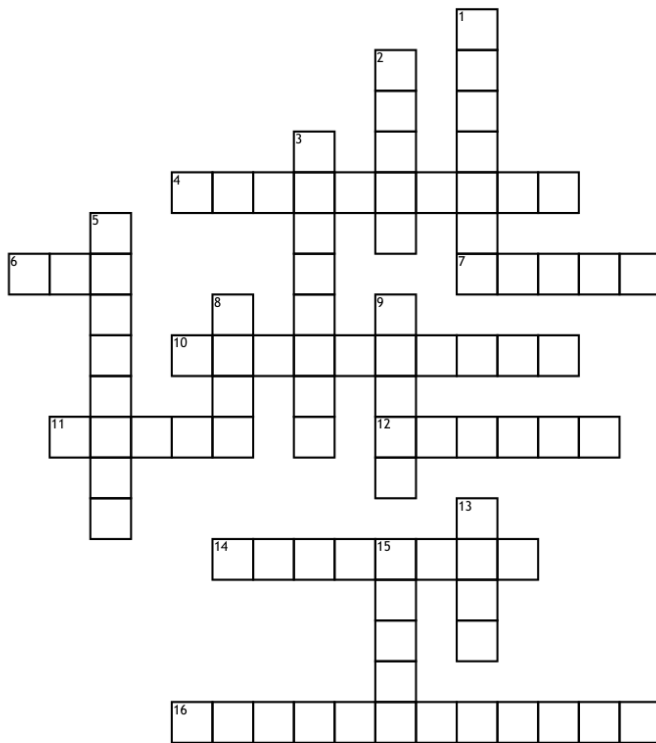
¹ This list would have been much longer, but it needed to fit.

Trivia, Fun, and Games

Summer Crossword — Nicholas Franchini

Name: _____ Date: _____

STA Summer Crossword Puzzle



Across

4. This is the day when we give thanks to our dads for all that they do
6. This zodiac sign is associated with the period from July 23rd to August 22nd
7. The Gemini zodiac sign is represented with the set of _____.
10. Holiday celebrated on June 19th commemorating the end of slavery in the U.S.
11. The number of stars on the U.S. flag
12. The month of July is named after this Roman emperor
14. The month of August is named after this Roman emperor
16. Day when we celebrate our country's freedom and independence from Great Britain
2. The June birthstone
3. The number of stripes on the U.S. flag
5. The longest day of the year is called the Summer _____.
8. The July birthstone
9. August is the national month of this sweet fuzzy fruit
13. The hottest month of the year in the U.S.
15. June is the _____ month of the year.

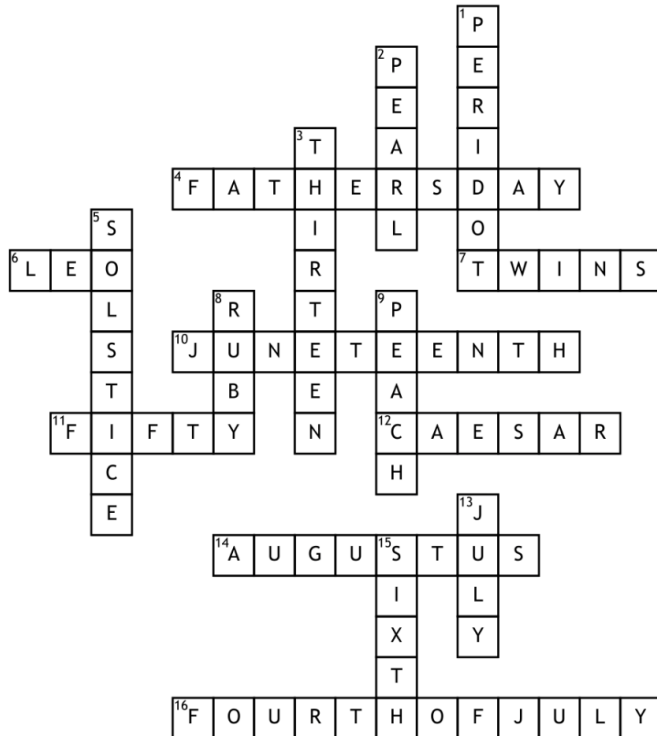
Down

1. The August birthstone

Answer Key

Name: _____ Date: _____

STA Summer Crossword Puzzle



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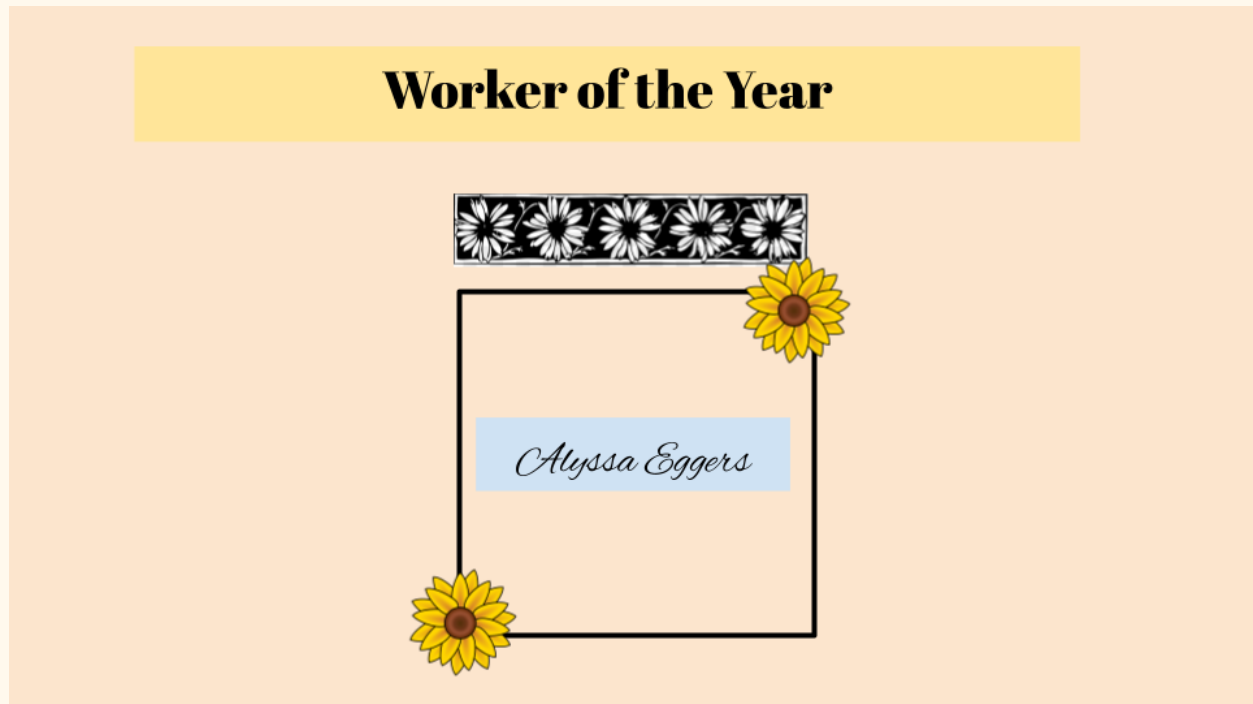
♥ Inspiring End of the Year Quotes ♥ – Liliana Taborda

- “One must maintain a little bit of summer, even in the middle of winter.”
- “Ends are not bad things, they just mean that something else is about to begin.”
- “How lucky am I to have something that makes saying goodbye so hard.”
– A.A. Milne.
- “The end of the school year is in fact the beginning of the new year because every ending means a new beginning.”
- “As the year comes to an end, don’t look back at yesterday’s disappointments. Look ahead to God’s promises yet to unfold”.

✨ Cute Summer Quotes ✨ – Olivia Karam

- “The tans will fade but the memories will last forever.”
- “Summer is all fun and games until you go outside and melt.”
- “Good times and now tan lines.”
- “ August is like the Sunday of summer.”
- “Summer should get a speeding ticket.”
- “ Sun is shining, keep on smiling .”

Staff Member of the Year



Thank you so much to Alyssa for doing the layout design for most of the year!
We haven't done much to show our appreciation, so here it is now.

Conclusion

Thank you for reading *STA Shenanigans*!

We hope you enjoyed the Summer Issue. If you did, please share this with your friends and family.

Have a great summer, and God bless you!

Read our other issues at: <https://stashenanigans.site>

Want to contribute as a freelancer? Click here: <https://forms.gle/TSRnBTyvYUsb3TVr9>