



HOW TO CARE FOR YOURSELF *THROUGH WINTER BLUES*

By Stanley Morgan

As the weather gets colder, and the sun now sets at 4:00 PM, seasonal depression or seasonal affective disorder creeps into student's lives. Seasonal depression typically manifests around late fall, and its symptoms and effects may last until the warm embrace of spring. Seasonal affective disorder (SAD) has a less extreme version called "winter blues", while SAD affects the way you think consistently, and is a form of depression. Typically, symptoms of SAD present themselves in young adulthood, and can affect high schoolers and college students drastically during the winter months. 5% of adults in the U.S are diagnosed with seasonal depression, while 20% of people in the U.S are known to have winter blues. Every disorder can impact people differently. It is important to keep in mind that SAD is more than just "winter blues." The symptoms can be distressing and overwhelming and can interfere with daily functioning. However, it can be treated. Whether you have SAD, winter blues, or just feeling a bit down during the winter, here are some ways to boost your spirits.

Staying Active

Exercise triggers a release of dopamine and serotonin, which can improve your mood. Exercise can also help with anxiety and panic attacks. Exercise can be as little as taking a small walk around your neighborhood.

Going Outside

A common cause of SAD is Vitamin D deficiency, and how a lack of sunlight can cause an overproduction of melatonin, a chemical which affects your sleep patterns and mood. Going outside can expose yourself to Vitamin D and keep your melatonin in a regular state.

Keeping Warm

Staying warm in the cold months again can help combat SAD and winter blues. Being cold has shown to worsen signs of depression, anxiety and more. Bundle up and wear your favorite sweater!

Making Sure to Eat Healthy

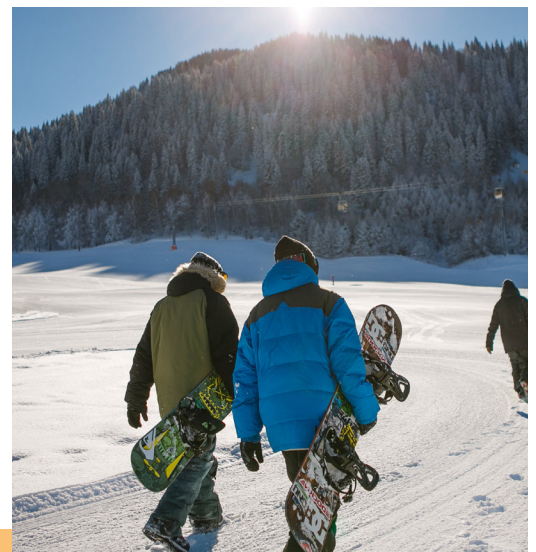
A healthy diet will boost your mood, give you more energy, and avoid losing or gaining unhealthy amounts of weight. Make sure to balance your diet and eat the meals you need in a day.

Look into Light Therapy

Some people find light therapy very effective with combating seasonal depression. A common way to get light therapy is to sit at home in front of a light box every day for at least 2 hours.

Take Up a New Hobby

Keeping your mind active and occupied is a good way to boost serotonin and fight the blues that you may be facing. Hobbies are an important thing as it gives you something to look forward and concentrate on.



CONTINUED...

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Spend Time with Friends and Family

During the holiday season, we are bound to see our family a lot, but remember to make time for your friends. Social interactions with people you're comfortable with are very beneficial to your mental health.

Counseling

If you've been struggling or find yourself struggling, don't be afraid to seek help if you need it. You are not alone. Thousands, even millions of people are affected by seasonal depression, and bottling up your emotions does not make those feelings go away. If you think you may need counseling, use our school resources, and talk to a trusted adult.

This article was reviewed by Mrs. Lucci in 501.

If you are suffering this season, please check in with either Guidance or the professionals in 501.

Citations:

Professional, Cleveland Clinic medical. "Seasonal Affective Disorder (Seasonal Depression)." Cleveland Clinic. Accessed December 4, 2023. <https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression>.

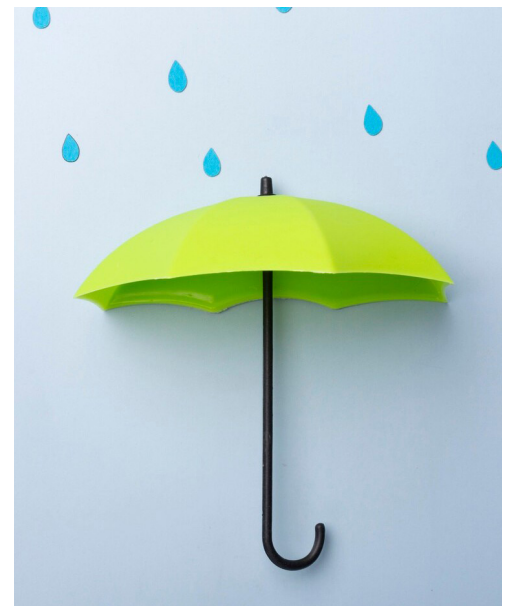
"Beating the Winter Blues." NHS inform, November 30, 1BC. <https://www.nhsinform.scot/healthy-living/mental-wellbeing/low-mood-and-depression/beating-the-winter-blues/>.

DEBUNKING *UMBRELLA SUPERSTITION*

By Nishtha Lamsal

"Don't open your umbrella inside the house!" My grandma would exclaim, warning of the looming specter of bad luck. I would then promptly close my umbrella and go about my way, though the rationale behind it made no sense to me. There are several origins of the umbrella superstition, and it's no surprise that this myth has woven its way into cultures around the world. One intriguing origin comes from Ancient Egypt, where umbrellas were used to protect individuals from the harsh sun. Allegedly, if someone opened their umbrella indoors, the ire of the sun God Ra would be invoked. Another belief is that because an

umbrella provides sanctuary from storms, that opening one is seen as an affront to the guardian spirits inside one's home. Regardless of its origins, the common thread is clear: those who created these myths were adamant about keeping umbrellas open outside the house. This superstition conveniently provides a pretext to stow away these otherwise inconspicuous tools when indoors. Thus, parents are able to make sure that their children don't bring in a wet object that they may cause mischief with.

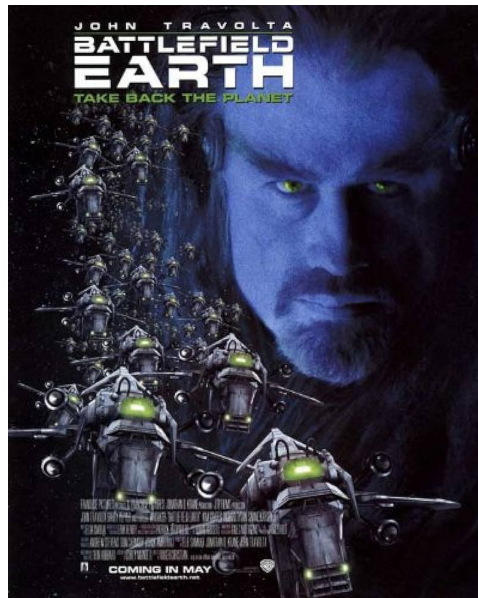


MOVIES YOU SHOULD BE WATCHING *NO MATTER THE DECADE*

By Mazy Stuart

Horribly, Bad Movies- What does it mean when a film is called a "bad movie?" When a movie is considered bad it has a reputation for being impossible to sit through. A movie could have bad dialogue, acting, or directing; or sometimes all three at once. But occasionally a bad movie comes along and there's something about the experience that stays with us and the movie becomes so bad, that it's good. Everything about the movie is so terrible that it becomes funny how utterly terrible it is. We start to watch these bad movies to make fun of them with our friends. It's a great party or sleepover activity, when friends come together to watch and make fun of a movie as it goes along. For decades we have bonded over how corny, terrible and horrible they can be.

If you are interested in checking out some "horribly good movies" here are some suggestions. In the early to late 1950s, director Ed Wood, was the king of "so bad it's good," making his whole career out of



horribly written "B" movies. Films like *Plan 9 from Outer Space*, *Glen or Glenda*, *Bride of the Monster* and others were total box office flops. Now, I know what you're thinking surely, he knew he was making terrible movies, right? Well, Ed Wood believed that every movie he made he was a masterpiece when in fact it was terrible. Another example would be *Battlefield Earth*, by L. Ron Hubbard, a once great 1982 book, that had hopes to be a great 2000s movie, starring John Travolta and Forest Whitaker. Unfortunately, it would become a laugh out loud, terrible movie with horrible, yet hilarious acting. In summary, I recommend for you to change up your routine and go out there and watch something terrible on purpose, you may just find it funny.

*Editors note * Movies mentioned in article above have a variety of ratings and may be intended for different audiences. Please do your research and follow appropriate guidance and receive parental approval before viewing.*

2023-24 HOLIDAY DRIVE *TOYS FOR TOTS*

The SkillsUSA Leadership team collected toys for tots. They had set a goal to beat last year's total of 246 and this year, they collected 385 toys! Thank you to everyone who helped make a difference this season!



SHAWSHEEN'S NEWEST STAFF: *MRS. SCIARRATTA*

By Onyx Paquin

Welcome back to our segment dedicated to interviewing the new teachers of Shawsheen. We interviewed Mrs. Sciarratta, the new Cosmetology teacher on Wednesday November 15th.

Q: What is your role at Shawsheen?

A: I am a Cosmetology instructor for the sophomore class.

Q: How long have you been in this career?

A: I have been working as a licensed cosmetologist since 1989- so 34 years.

Q: What are you struggling to adjust to at Shawsheen?

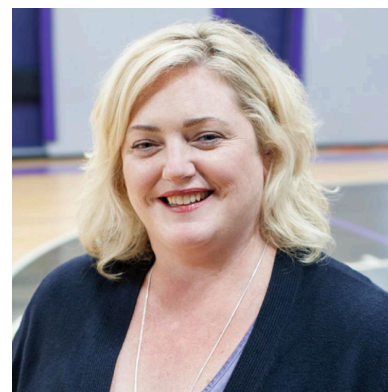
A: Fortunately, I was a substitute here so I knew the building, I knew the teachers, and I knew the school. The only thing I'm really struggling with is a few technical things. I did mostly cosmetology, but I'd sub for everything.

Q: What is your favorite part about Shawsheen?

A: I actually really love the sense of community here, especially community among the staff. The student body is really helpful as well as most of the teachers. A lot of the staff here has been so helpful in guiding me around here and I am so thankful.

After the interview we found out that Mrs. Sciarratta was a big fan of Taylor Swift! One of my Co-Interviewers Stanley Morgan talked about her for the remainder of homeroom which was super cool. I'm not too big on her music, but I know a lot of people are. Finding out new facts about teachers in order to strengthen the connections between teachers and students is exactly what we aim to do! Join us next issue for a new teacher interview.

That wraps up Mrs. Sciarratta's interview! We would like to thank her for giving us the time to interview her. Stay tuned readers for another new staff interview in next issue.



ROBOTICS TEAM: *WINS 2ND PLACE!*



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