



THE ARCHBISHOP JORDAN SCOTSMAN

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Feature story

Making the most out of moving!

By Melissa Sedgwick



A little over a month ago I moved to Sherwood Park. I moved from this small city to a bigger one, and my new school is twice the size of my old one.

I grew up in a good sized city. It was not big, nor small. I thought it was perfect. When I went out there was a good chance I would recognize someone. I knew their face, if not their name. When my mom

got a job in a city three hours away, everyone was joyful. In this economy, getting a good job was cause for celebration. Mom commuted back and forth for months, travelling hours every weekend just to spend a day or two with us. Soon, once the school year ended, we would be together.

Every event after I found out that we were moving passed in a

whirlwind of emotion. A mantra repeated every day, creeping into the happiness of the event at hand. Last time here. Last time doing this. Last time with them. Last time. Even now I feel the ache I felt for months, of the knowledge I would not be there to see another year go by. Soon, it became apparent that haunting feeling would overshadow all of the wonderful moments if I continued to let it. So I

made a promise to myself: “Do not let the fact that you are moving alter the moments that occur every day. Yes it is going to happen, but it doesn't mean every memory has to be filled with it.”

Looking back, I am not sure if I followed that promise perfectly. I know I made decisions I would have never considered if I was going to stay. And as I made that decree very early on, I had no idea how the coming months would make it harder to ignore that fact. Towards the end, I think it became ingrained in me, to a point where it didn't bother me any more. I was moving, and I was going to make the best of it.

The knowledge that I was leaving soon pushed me to enjoy myself through it all. I threw myself into the goings on of life around me, spending as much time as I could soaking in the atmosphere of everything going on around

me. The year passed quickly, which is what happens when you want it to drag on as long as it can. All too soon it came to an

end. Goodbyes were said and tears were shed. I knew I would see that place again but it would no longer be my home.

Finally, after a summer of packing, we found ourselves in a new house, a new place, and somehow it felt like a new future was laid out for me. All the hopeful parts of a new school were my comfort in those days before I would meet the place that I would take shelter in for the next two years of my life. I imagined a place where I could be myself without any limitations, a place where I didn't have to pretend to be something I was not. I dwelt in those dreams until I walked through the doors of school, and held them in my heart.

And as for the first days of school? The only word I could use to describe it was, and still is, crazy. I have no idea how my morale was so high walking in those doors, but it was. Everything was so big, from the entryway to the lockers. And so busy! So many people in the hallways at a time, and groups clustered together everywhere you looked!

I would not say the first day was a bad one, but that first week or two of school was hard. Luckily I made friends with the other new girls in my grade, but it was still hard. I felt out of place. I belonged in Airdrie more than I belonged here. But somehow, every day got better. Instead of school being an obligation, it became a place I wanted to go.

Now, I can confidently say I am happy. School has been transformed from a place where I see my friends to a building of knowledge. There is so much to know about this world, and I have the opportunity to learn some of it if I want to. My teachers guide me to things I never knew existed and push me to explore the things I do not know. Amazing things can be discovered every day if I just actively choose to look for it.

Every day I form new connections and friendships. I am their equal, and I deserve to be heard from. Somehow I am able to be myself. Before I moved I thought that I could not be who I was without the people who knew me the best. I

thought that my friends were such an integral part of my identity that I would lose an important piece of myself without them. Although they helped shape me into be who I am today, I have discovered that I am entirely my own person and I can have a life separate from them.

Slowly but surely I am finding a place for me at ABJ. There are so many people and each one has a story, just like I have mine. Although I do not know each individual personally, I love the group atmosphere created in this school. So I would just like

to say: Thank you, fellow students, for the conversations I hear in the halls. Thank you for showing interest in the goings on of life. Thank you for being real and raw and not pretending. Thank you for being you. It makes me feel like I can be me

SPORTS

ABJ SCOTS FOOTBALL AND CHEER!

By: Destiny Meilleur and Savanah Serbinek



Our ABJ Scots football team has had a amazing season so far! They have seven wins and one loss, four of which were shutouts. Their first game of the school year was on September 2nd against J. Percy Page and although it was a big win for our team, number 23 unfortunately dislocated his shoulder and is now unable to play for the rest of the season. The game after was on September 15th which was the 30th anniversary of Scots football. It was a night full of fun and very loud cheering! While breaking in our new football turf, we won the Anstice Cup against M.E. LaZerte. One of their recent games was on October 14th, it was their first breast cancer awareness game. They were all decked out in pink and all funds collected were donated to the Canadian breast cancer foundation. It was quite a cold game with the sudden snowfall, but our guys pushed through it and came out with yet another win. Their latest game was on October 20th against Eastglen with a score of 32-7. We have an incredibly talented team, including a large amount of sophomore players who are fitting in quite nicely. We can only hope the best for our scots as the final games are soon approaching.

The ABJ cheer team has worked hard on creating new cheers for the football games. The team has not been having the best of luck with the amount of injuries that have occurred or with the amount of members on the squad, but either way they are a fantastic

addition to the football games. The team has practiced hard, so that they would be ready to cheer at the games for the students of ABJ and for our scots football team. "The cheer team has been quick to learn many different cheers and have been dedicated in cheering on the Scots football team since September. The girls have all shown a lot of improvement since the beginning of the semester and continue to show immense enthusiasm with every performance. If you attend the games, you might even be lucky enough to catch a glimpse of the girls' "octopus" cheer! The team looks forward to cheering on the football team all the way to victory! Go Scots!" - Coach Jennah Plandowski

Literature

Ode to the Unbeatable

Natasha Sedgwick

Thank you for always showing me my place.
For always pushing me into the storm.
The cruelty was much appreciated.
The tempest you made, for the lonely and rejected.
For the whisper of words
For the howling of loneliness
For your reign.
Years of trying to get under your umbrella
Taught me to keep my place. Under the silent tempest.
Under the unbeatable.

Thank you for those kind insults.
Me a liability.
You an aristocrat.
You threw me,
into a lonely world
Once a tempest, then an ocean.
Drowning under insults, under pain.
Pain that no one saw
I was a ghost, lost in memory...
Lucky if I was seen.

I appreciate it.
For in drowning, a chance to catch my breath.
For a tempest, an eye.
Ocean has rocky surfaces, but millions of lives.
Thank you for stopping me from exploring that.
I'm sorry you kept me from dancing in the rain.
Now, I'll stay in my place under you.
Your words crackled like lightning and struck,
But at least I'm not the one stuck with the umbrella.

Seeing the Stars

Natasha Sedgwick

'Shoot for the moon,' the world taught us,
But you made it clear we weren't worthy of the trip.
Told us To shoot, To fly.
How can I when the only thing we know
Is being buried so deeply
into the ground?
A coffin, covered under insults that your
Mouth shovelled on top of me.
You dug a grave and pushed me in.

Pain was at your disposal.
I was supposed to be under so much weight.
I was supposed to only ever be suffering.
The suffering of lashing tongues.
The suffering of lonely streets.
They told me to 'Shoot for the Moon'
Because of you I never realised that we
Could be above the ground.

You made sure I never went up,
Buried me in a coffin you made many lay in.
Buried us where we could never see the moon.
On the moon you stand, but at least we don't have the lunacy,
Of an obstructed view, thinking a hill is a satellite.
As for us, there are plenty of stars.
Even firmly on the earth,
We are bigger, brighter.
Look to the stars and you will see us,
Shining the brightest of you

Waterlogged

Natasha Sedgwick

The world is an ocean.
Full of allies and port stops.
Shipwrecks and cannon fires.
Large ships full of few.
Wreckage Boards full of many.
Some of us sink others,
Sometimes the sea gets to them first,
But to the dark sea we all will end.

As for me, I've walked the plank.
The plank made for the enemy, or the marauders.
Or simply the undesirable.
I've been tost so many times by the waves
I am waterlogged.
My arms ache from the constant struggle of trying to swim.

The waves are no match to you,
The brick chained to my leg,
That keeps pulling me back under.

The water fills my lungs,
I can't breathe.
I try, but how do you breathe?
How, with so much weight crushing you,
Tossing you with every wave.
I am a drowning undesirable.
No matter how many boats no one will ever bother to send
I'll already be on the bottom.
I've always been at the bottom.

Silver Lining by Fenelaphie Gerapusco

*Fallen, crushed, and shattered. My life used to be in a state of suspension.
I have been astray, unable to find myself or fully comprehend what I was living for.
All the doors were tightly shut and I struggled to grab a second chance.*

*Once there was this huge abyss inside my chest that even Neruda nor Cummings could not fill.
That void seemed to grow unfathomable as thoughts consumed me at four in the morning
Whilst laying on my bed asking "Why do I always feel so empty? So alone?"
For nobody attempted to wrap me in their ample arms when everything was cold
And no one lead me the way when I was trapped in the same old patterns, lost and confused.
For solely, it seemed like nobody wanted to take the great leap of faith across the canyon with me.*

*Then you found me in the midst of my misery and transformed my gray skies into a never ending blue
With exquisite beam of spectrums. You saved me from my sinking dream boat
And together, we swam through the ocean of tears and melancholy
Beneath the taciturn satellite, you were my refuge.
In pitch black darkness, you became my silver lining.*

*Our fairy tale was not confined in musky scented papers but in raw sheets of my tattered journal.
There, I wrote down the way you made a whole new masterpiece with my tiny fragments.
There, I jotted down long metaphorical lines, but love, you were not just a metaphor
For you were all my figurative language within a literary piece.
You were not just a stanza, for you were the whole poetry personified.
And we were not just a mere chapter for we were the aesthetic story itself.*

*Among all the words, phrases, and sentences versified on delicate pages
Scored by an indelible ink. This inscription was entirely dedicated to you
For I was the damsel in distress and you saved me.*

What's **Hot** or **Not**?

By Samantha Skiba and Zoe Lau

1. USA PRESIDENTIAL ELECTION



"Very entertaining for us Canadians, yet scary..."
"As long as it doesn't ruin my fall break..."



2. THE EDMONTON CORN MAZE



"Tons of fun! Will be going again next year!"
"Snowball fights right after the snow falls are the best at the corn maze!"



3. DEADMONTON



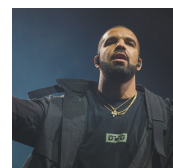
"Absolutely blown away by Deadmonton! From the characters keeping you entertained in line until the final scare as you exit - it's non stop fun and twists and turns."



4. DRAKE CONCERT



"Great set, loved his energy and he was very intimate with the crowd. Such a great show."
"Loved his song choices!"
"Very pumped crowd lead to a great show."



5. TATINOF MOVIES - DAN AND PHIL



"Made me cry (craft) at the end. They have come so far, I am so proud of them."



6. BLAIRE WITCH



"Blair Witch wasn't any better, or worse, than the first one. I think people will like it if horror is really your genre."



7. BLUE JAYS POST SEASON



"A great way for Canada to come together and cheer on our team!"
"Too bad they were knocked out.. Maybe next year.."



8. CURSED CHILD



"It was alright. It was just alright."
"Nope, that's definitely not what I hoped this book would have been."



9. MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN



"So many amazing effects and great acting! A must see Tim Burton film!"



10. BTS COMEBACK



"So many amazing vocals!"
"Loving this new song!"



Coming Soon:

- **Fantastic Beasts and Where To Find Them (Who's excited?!)**
- **Fall Break (Yay!)**
- **The Election (The race is over.)**

Horoscopes

Scorpio (Oct. 23-Nov.21):

With your focus in tune, you will get a lot accomplished over the next four weeks. There will be nothing that you will not be able to accomplish when you set your mind to it.

Sagittarius (Nov. 22-Dec. 21):

Avoid discussing controversial subjects (e.g. Politics). People who surround you might seem argumentative and confrontational. It may be best to keep personal opinions to yourself to avoid stepping on toes.

Capricorn (Dec. 22-Jan. 19):

You may start to notice someone paying more attention to you than they usually do. Make sure your actions represent you in a positive light and avoid portraying yourself negatively. Be positive, smile, and be polite!

Aquarius (Jan. 20-Feb. 18):

Be cautious of neglecting your family. Make sure you spend time with them and are listening to what they have to say. Face to face time is always more valuable than face to screen time.

Pisces (Feb. 19-Mar. 20):

Opportunities may present themselves over these next four weeks to better yourself academically and spiritually. Make sure when they arrive, you take notice and act on them. Opportunities like these happen rarely!

Aries (Mar. 21-Apr. 19):

You may face challenges this month. It is important that you stay positive and keep your chin up if you want to come out of this battle unscathed. Experiences like these may be difficult, but in the end will work to better you as they act as wonderful learning opportunities.

Taurus (Apr. 20-May 20):

Do not be afraid to take some time for yourself. Stop, take a breath, and continue on your journey. You may find self-reflection to be a useful tool in keeping your head on straight.

Gemini (May 21-Jun. 20):

Reflect on your spending habits and consider cutting down on unnecessary expenses. You should never be spending more money than you are making. If someone asks to borrow money, do not be afraid of saying “no”.

Cancer (Jun. 21-Jul. 22):

You may find yourself feeling unusually artistic. Find yourself a comfortable niche where you can express yourself freely. Do not be afraid of sharing your creations with others.

Leo (Jul. 23-Aug. 22):

You may make a new acquaintance soon. Even if their interests do not align with your own, be patient and give them a chance. Sometimes opposites attract.

Virgo (Aug. 23-Sep. 22):

You may be asked to volunteer or help someone who needs. Try to make time to help. Remember, what goes around comes around and you might find yourself in need one day.

Libra (Sep. 23-Oct. 22):

Take some time to enjoy the outdoors. The temperature will change soon, and you may not have as many opportunities for outdoor activities. Take advantage while you can.

Counselor's Corner

ANXIETY... We all know it, we all have it. But there is a huge difference between when our anxiety is adaptive (yes, did you know that your anxiety can actually be productive!) versus when it becomes disordered. Today we are going to look at certain types or **patterns of thoughts** that tend to trap us in that disordered type of anxiety.

These are called **thinking traps**. Whatever thinking traps you tend to fall into, the first important step is to **recognize your personal traps**.

Below is a list of common thinking traps:

- ALL OR NOTHING THINKING

Thinking only of possible outcomes at either extreme (really good or really bad) and not seeing all the possible outcomes in-between (or the "grey"). Most of life is somewhere in the middle.

Examples:

- One friend gets angry at you » "Nobody likes me, I'm totally unlovable and selfish."
- Failing one test » "I'm obviously a stupid loser."

- CATASTROPHIZING

Imagining the worst-case scenario, no matter how unlikely in reality.

Examples:

- Getting one bad grade » "I won't get into university and I'll end up homeless."
- Mom and Dad have a fight » "They are obviously going to get a divorce."

- OVERESTIMATING

Exaggerating the likelihood that something bad will happen

Examples:

- "If I have another panic attack I'm going to have a heart attack and die!"

- OVERGENERALIZING

Making sweeping judgments about ourselves (or others) based on only one or two experiences. These thoughts typically contain the words "always" and "never." The problem: you can never be summed up in one word or base your value as a person on only one single experience...

Examples:

- One friend gets upset at you » "I always screw up friendships. I have no real friends."
- Missing one soccer goal » "I never get things right."

- MIND READING

Believing you know what others are thinking (and assuming it's negative), without any real evidence. The problem: you can't read minds, so stop trying.

Examples:

- "I know they are talking about me right now. They are critsizing what I am wearing."
- "Everyone is wondering what I am doing at this party, why am I even here?"

- NEGATIVE BRAIN FILTER

Focusing only on the negative without seeing any of the positive or what is going well.

Examples:

- Thinking about the one person you didn't connect with at the party rather than focusing on the people that you did connect with.
- Thinking about the questions you didn't answer on a test as opposed to the ones that you did.

We are all guilty of falling into these traps once and a while... Don't punish yourself for falling into the trap. Focus on what it takes to get you out of it and change your thought patterns. It takes work – LOTS of it – but if you let these thoughts swirl in your head you will sink deeper into your anxiety. Turn to diversion, reframe your thoughts and try to find an exception... You are bigger than your thoughts. You are bigger than your anxiety.

.b (STOP AND BREATHE!)

Mrs. Glass

WHAT'S HAPPENING

ABJ Theatre

ABJ Theatre will be presenting their first main stage production, 'A Christmas Carol' at Festival Place on November 30, 31 and December 1 at 7:00. Join us for this classic Christmas story of Ebenezer Scrooge as he journeys with the Spirits of Christmas Past, Present and Future toward his own chilling destiny! Tickets will be available in late October through Ticketmaster and the ABJ Office. More information to come soon.

Improv Club

ABJ's very own improv team will be competing in the Northern Alberta Improv League (AKA the NAIL) competition on the evening of Thursday, November 10th. It would be awesome to have a strong cheering section in the audience! So, if you're looking for something fun to do on Thursday night, plan a trip to the Citadel Theatre. Tickets are \$8 in advance and \$10 at the door and the show starts at 7:30.

ABJ Swim Team

The ABJ swim team started up with the opening of the new Emerald Hills Aquatic Centre at the beginning of October. The team swims each Tuesday and Thursday from 7:00-8:00am. Swimmers will have the opportunity to compete in mini-meets as part of the Metro league. Coach Charlene Douglas is developing a great culture of camaraderie and improvement in preparation for the 3-month season. All ABJ students are welcome to join and the Grade 10-12 are eligible to compete. We are still looking for a couple volunteer timers for the meets if you are interested.

ABJ Turkey Bowl

Let's talk turkey.... The Turkey Bowl is a tradition of taking frozen turkeys and have students bowl them down a lane 'cold turkey' to knock down boxes of Mac & Cheese. The idea is to get students to bring in the Mac & Cheese boxes and they are then donated to the local food bank. Funds were also collected that are put towards more food bank donations. Thank you student council for organizing this event!

Battle of Chefs

ABJ Culinary students participated in Mayor Carr's "Battle of the Chefs". The school contributed two appetizers in a competition against other Sherwood Park High Schools and we came in 1st and 2nd, which is quite a statement for the program. Proceeds from this wonderful event went to the Strathcona Food Bank.

Scotsman Newspaper

The Scotsman is always looking for new writers, and new stories to write about! If you have any inquiries please contact Miss Russnak at Jaimee.Russnak@eics.ab.ca

Anonymous Advice Column

NEED ADVICE? Send anonymous an email and they would be happy to help.
askanonymousabj@gmail.com