



### BY SURAJ VASWANI

### What is breast cancer?

Breast cancer is a disease in which abnormal breast cells grow out of control and form tumours. If left unchecked, these tumours can spread throughout the body and become fatal.

### Who is at risk of developing breast cancer?

Contrary to popular belief, both men and women can get breast cancer. However, it is much more likely in women. You can get breast cancer at any age, including when you're an adolescent or young adult. However, it is most likely to occur in women ages 50 and above. The risk is also high-

er if you have family members with breast cancer.

### What are the symptoms?

Most people will not experience any symptoms when the cancer is still in the early stages, hence the importance of early detection. Symptoms of breast cancer can include the following:

- •A breast lump or thickened area of skin that feels different from the surrounding tis-
- •Thickening or swelling of part of the breast.
- •Changes in the colour of the breast skin. In people with white skin, the breast skin may look pink or red. In people with brown and black skin, the breast skin may look darker than the other skin on

the chest or it may look red or purple.

- Peeling, scaling, crusting or flaking of the skin on the breast.
- Constant nausea.
- Unexplained weight-loss or a lack of appetite.

### Can breast cancer be dangerous to the rest of the body?

Over time, cancerous cells may spread to other organs including the lungs, liver, brain and bones. Once they reach these sites, new cancer-related symptoms, such as bone pain or headaches, may appear.

How is breast cancer treat-

Breast cancer treatment of-

Skin

Anatomy of the breast

ten starts with surgery to remove the cancer. Most people with breast cancer will have other treatments after surgery, such as radiation, chemotherapy and hormone therapy. Some people may have chemotherapy or hormone therapy before surgery.

### Can breast cancer be prevented?

While breast cancer cannot be completely prevented, individuals can reduce their risk by maintaining a healthy lifestyle, limiting alcohol, staying physically active, and getting regular screenings to catch any issues early.

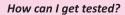
Why is early detection important in breast cancer? Early detection of breast



cancer is important because it increases the likelihood of successful treatment, often involves less aggressive therapy, improves survival rates, and helps maintain a better quality of life for patients.

How can I get tested?

Sint Maarten Medical Center is offering free clinical breast examinations at various medical clinics. No appointment is necessary, and the cost of a mammogram will be covered for uninsured individuals who may







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Founder Michael R. Granger

Coordinator Rochelavne Rommy-Richardson

> Editor Isabella Carazo

**Content Coordinator** 

### Writers/Members

Shiloh Williams Jahzara Payne Asante Phillips Alisah Kirton Arti Bulland Aditi Rajpal Aditi Ramchandani Makayla Cooks Suhani Nathumal April Titre Suraj Vaswani Dishita Babani Drishti Babani Melany Ellis Sanya Jandial Zhuoyi Su Christopher Rogers

### Contributors Abroad

Saheli Kirpalani Lavina Ramchandani Haila Forde Bishaka Khatri Lavisha Dadlani Diya Rajpal Chirag Ramchandani Rohan Goswami

Graphic Designer Evadney "Eve" Henriques

Contact: teentimessxm@gmail.com



Appearance: Ulcer that looks like an open wound

Symptoms: Foul odor, skin infection. leaking and oozing, necrosis, thickened skin





### From Surgeon to Politician: Dr. Luc Mercelina's journey to leading St. Maarten

BY SUHANI NATHUMAL AND LEHAR MARATA

From a miracle worker in the operating room, to the Prime Minister of St. Maarten, the Honourable Dr. Luc Mercelina's journey is anything but ordinary. He recently made his political debut during the January 2024 elections, managing to earn 702 votes as party leader of the United Resilient Sint Maarten Movement (URSM). Shortly thereafter, the government collapsed, resulting in snap elections, where he earned a striking 1,315 votes.

his steady performance as a first-time politician surprised everyone, including himself, but also raised questions about his sudden career shift. During an interview with Teen Times, Dr. Mercelina shared the personal motivations behind him leaving a life of saving lives for one leading a country, offering a glimpse into the heart and mind of a man working towards change.

Doctor Luc Mercelina's interest in politics isn't something that emerged overnight, but was rather a long-held ambition. From a young age, he was drawn to understanding various political landscapes so much so that, when the opportunity to apply for a scholarship surfaced at the age of 18, his first choice was medicine, with political science close behind as his second option.

Choosing to pursue medicine, he went on to further his studies at Maastricht University in the Netherlands. From there, he spent his time working as a surgeon in Belgium, Curaçao, and St. Maarten. Living on Sint Maarten, he watched the political landscape deteriorate



votes he won in the Parliamentary

and made the decision to run in the island's Parliamentary Election, Like any major decision, this one presented its own set of challenges, in this case the shortage of qualified doctors on island.

Dr. Mercelina, however, stood by his decision, believing his impact as a politician would be more significant, reaching a larger portion of the population. Interestingly, his preference for medicine over political science remains unchanged today, as he credits his medical experience with making him a more capable Prime Minister.

Dr. Mercelina credits the trust he built with his patients for the many

Election. While he admits to feeling guilty about leaving the medical field, he doesn't see it as a sign of abandonment of his duty as a doctor, but rather as a higher calling to serve a lot more people. He shared that his patients knew his record of integrity, which gave them confidence and peace of mind in voting for him in the elections. His says his dedication to perfection and his credibility as a doctor earned him the trust of many, and he remains humbled by how his former patients still approach him as if he were still their physician.

What truly surprised him was the overwhelming support he received in the snap elections, especially given that he did not campaign vigorously. Mercelina believes that this strong voter turnout reflected a deeper message that the people of St. Maarten were appointing him as their leader. This strengthened his belief that he was meant to fill in the role of Prime Minister, rather than Minister of VSA (Healthcare).

With a deep understanding of the challenges facing St. Maarten's medical sector, Dr. Mercelina outlined the various ways he plans to integrate his medical expertise into his political agenda. From his first-hand experience of working at the hospital, he acknowledged both the shortcomings and successes of the healthcare system. He emphasized the urgent need for more specialized doctors, such as opticians, psychiatrists, dentists, and mental health workers, rather than focusing on less critical areas like openheart surgery.

However, the financial aspect remains a significant hurdle. To tackle this. Dr. Mercelina aims to increase the number of people who contribute to premium healthcare and insurance plans, hoping to generate more funds for a sustainable healthcare system. As a part of his commitment to inclusivity, his ultimate goal is to make healthcare accessible to everyone, independent of their background, financial status, or race. Still, he confessed, achieving such a vision is a challenge for a small country like St. Maarten, given the current financial constraints.

As a highly educated individual, Dr. Mercelina places great importance on the value of education, viewing it as essential to both individual development and the advancement of the country. He explained that education offers a "helicopter view" on life, where one is able to identify problems clearly and understand why things unfold the way they do. Entering politics, he was aware of the instability that comes along with it, but he trusted that his education would always provide a solid foundation. As a respected figure, his greatest advice to the youth of St. Maarten is to stay committed, maintain discipline, and have an emotional drive. Above all, he emphasizes the need to believe in yourself and follow your heart.

Dr. Luc Mercelina has already built a legacy as a respected surgeon, and he is now crafting a new one as the Honourable Prime Minister of St. Maarten. His extensive training and dedication have shaped a prestigious and impactful career. As a leader, his love for the country drives his desire to make everyone feel like a co-owner of St. Maarten's future. With a clear vision and a deep commitment to his people. Dr. Mercelina continues to work toward a united St. Maarten.







### SXM REPPIN' AT BOWIE STATE UNIVERSITY

The dream is always to graduate from high school, go on to college to achieve a higher education and then pursue your career. Especially being from a small town or a small island like St. Maarten, throughout the high school years, one has to consistently put in the hard work and dedication that is required to succeed.

his is what Keon Bailey did. He made it his mission to succeed in school and this earned him a scholarship to Bowie State University - the first ever scholarship offered to a student on the island of St. Maarten.

The transition from St. Maarten to Bowie State University came with a lot of challenges for Keon. He said he really had to adjust to the weather, especially coming from a Caribbean island.

"Leaving my small island to come to a country where I knew no one, I had to start all over meeting new people and experiencing different things," he shared. Learning how to adapt to people of different cultures that he interacts with every day, he says he enjoys the new learning environment, the lectures and the discussions amongst his peers.

Keon said being the first student from St. Maarten to attend Bowie State University has had a huge impact on St. Maarten.

he learns how to navigate different challenges. He says he's also gained more knowledge and different perspectives on things.

College life does come with its different perks and benefits like joining groups; feeling a part of a community; allowing yourself to become immersed in your new environment; and really finding your place instead of becoming distant. Among other things. Keon is a part of the first modelling group on campus, ranking #1 of the Bowie Model Inc. (BMI): he has also joined the Caribbean Association Group.

As he continues to navigate college life, Keon has learnt valuable les-

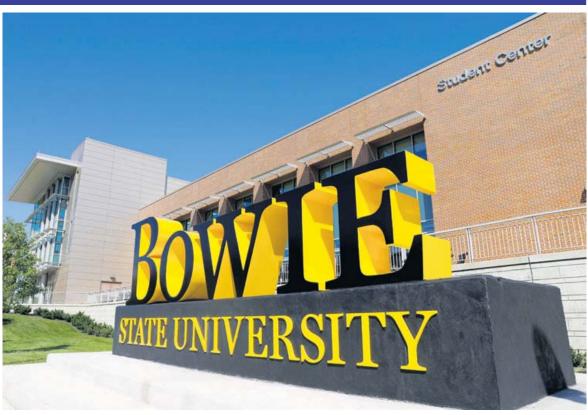
> sons. "Being a part of the groups on campus is extremely important as it will help you reach places you never thought you would reach," he shares. He suggests that it can help build connections that are good and lasting. You will learn to appreciate the differences in people," he says. Keon believes that with a good spirit and patience, he will make it far of this, he has no doubt.

Of course, being away from home

tus.

can make you nostalgic, longing for a piece of home. Keon says he misses the warm, fiery sun; the embrace and comfort of his family and friends; the island's fulfilling beaches; the delicious local food; and the fun weekends indulging in St. Maarten's nightlife, especially with his family at Lo-

We cannot be any prouder of Keon as he continues to further his studies overseas. Although we miss his jovial spirit and joie de vivre, we are proud that he is the first on the island to attend Bowie State University. Keon Bailey is living proof that the sky is the limit.



him. It has made him remember daily where he came from, what he stands for, and how far he can go. It has also given him a sense of pride to be from All these new changes have obviously influenced Keon as a person; he has become more independent as





### BY ALISAH KIRTON

Indisu St. Maarten is a dynamic dance company known for providing training and opportunities to young dancers in St. Maarten. Committed to youth development through dance, Indisu offers young dancers the chance to grow, learn, and perform. The group is dedicated to fostering talent and self-expression, promoting cultural exchange, and giving dancers a platform to showcase their abilities both locally and internationally.

iselle Whinfield (20) and Chantal Williams (18) are Indisu dancers who highly praise this establishment. While Chantal has been dancing with Indisu for 14 years, Giselle Indisu's journey started in September 2021 when she was 17. They both expressed how their instructors saw potential in them and pushed them to do the best they could.

Earlier this year in April, both dancers were in Los Angeles with Indisu for a workshop called "Dance Excellence". The day before the showcase, they

were told to audition for "Heart Global" – a non-profit organization that conducts music and performing arts workshops all over the world. On the night of the showcase, both dancers were accepted to perform in Japan and they jumped at the opportunity.

Chantal, who would like to pursue a career as a dancer, has communicated that while she was happy for the opportunity to dance in Japan, if given the option to keep dancing there, she would prefer to wait and see if other opportunities would open up for her elsewhere. "I dance because it helps me express myself and I'm very passionate about it," she explained, thanking the entire dance company, especially her teachers. "Majority of my dance accomplishments are because of Indisu, because my teacher, Ihndhira Marlin, helped me gain all my opportunities, and my other teacher, Susha Hein, helped me with extra training as well." Chantal also thanks her family and teachers for supporting her throughout all of her dance endeavours.

Giselle has conveyed that she loves how the



tour is going. "Japan is a place I have always dreamed of going to, so this was a great opportunity. Meeting cast members from 12 different countries, doing workshops with kids and performing in different towns have been quite the experience, but I love it. I would honestly

love to continue to tour in Japan." She is thankful to God for the strength, patience, and endurance throughout her journey. She also thanks her family, dance instructors, and loved ones who encouraged and believed in her. "Dance has helped me express myself in so many ways. I can show if I'm happy, sad, excited, or maybe feeling a bit sassy. I'm leaning towards the film industry career-wise, as one day I'd like to become a dance choreographer and film producer; but I will still be dancing whether it is on or off-camera."

Indisu St. Maarten continues to empower young dancers like Giselle and Chantal, nurturing a new generation of performers who can bring their

unique Caribbean influence to the global stage. Indisu also helps with "Art Saves Lives Foundation" by offering their studios and providing assistance to parents and teachers, as well as to dancers with children. The dedication of the dancers, coupled with the support of the Indisu team, proves that the art of dance can be a transformative force for youth in St. Maarten and beyond. As these young dancers continue to evolve, one thing is clear: Indisu is not just building dancers; it is building confident, passionate artistes who have the potential to impact the world both on and off the stage.

> Located at 69 Welfare Road in Cole Bay, Indisu will continue to create projects that intermingle with St. Maarten and its community for the foreseeable future.







# EMBRACING

Have you had enough of the same old school routine? It probably goes something like this: Wake up early, go to class and thean come back home just to study again. Even though the school year has only just begun, many students are already finding it difficult to stay driven. Learning Unlimited Preparatory School's senior class as well as the Interact Club have taken these concerns to heart. In order to make this year more engaging, they have planned several events, and are looking forward to hosting many more throughout the year.

veryone knows that chocolate doesn't need to be reserved for special occasions. It makes a perfect midday snack for students as well as staff! The seniors came together and contributed a rather large basket of chocolates to sell around the school. You never know what someone might be going through and how this small, sweet treat could brighten up their day and give them a burst of energy, boosting their productivity. Of course, to balance out those treats, some physical activity was necessary!

All jokes aside, the seniors pulled through once again with an incredible dodgeball game. Peers of LU, staff members, and even parents gathered in the gymnasium for a lively series of ducking, dodging and throwing. By including students from elementary to high school, this offered a chance for the different age groups to socialize,

ultimately boosting school spirit. The seniors organized this game flawlessly, and everyone enjoyed themselves without a hint of chaos: but the real star of the show was the Fall Fling.

The excitement filled the hallways on the days leading up to the dance, as all the middle- and high-schoolers were frantically looking for outfits, and even dates! After much convincing, the seniors successfully persuaded the school to allow students to bring a plus-one, welcoming guests from other schools to be included in the fun. The twelfth graders showed tremendous dedication to their roles in organizing this function and making sure it ran according to plan.

At the Fall Fling, child-friendly games like pie in the face, musical chairs, and cider pong were featured. Two of the seniors even stepped up as DJs for the night, hyping up the atmosphere during the dance. This event served as a factor in strengthening the sense of community and family within the school by bringing everyone together for shared enjoyment and meaningful connection.

The Interact Club of Learning Unlimited also held a significant gathering in their school gymnasium. Students from St. Maarten Academy and St. Dominic High joined together for the induction ceremony, during which each school president delivered speeches about upcoming events for the academic year. It

was a splendid opportunity to bond dent in the room feeling inspired. as members of a community and see what can be achieved when young minds come together. LU was honoured by the attendance of several distinguished Rotarians, as well as Ms. Dominique Bazin, the district governor. Ms. Bazin gave a memorable and uplifting speech that left every stu-

Considering everything, Learning Unlimited truly knows how to keep students motivated by having something to look forward to every now and then. The senior class has already outdone themselves - and the school







## NEBAG

BY ZHUOYI SU

As St. Dominic High School (SDHS) marks its 30th anniversary, they have kicked off the celebrations with one of our most beloved tra-ditions, Sports Day! With its small games leading up to its official Sports Day, this year's event not only started the academic year with a burst of energy and excitement, but also brought back a cherished tradition.

forward to the future. SDHS's 30th anniversary is a reminder of the from rock bottom over the years schools – one that will continue to thrive as we inspire new genera-

Students and teachers adorn themselves, each in their distinct coloured house, bringing in their competitive spirit in a variety of sports like basketball, for example, and activities like math competition, among others. Each game is filled with excitement, teamwork, friendly rivalry, and lots of memories – from spirited cheerleading of each house to the entire school making Sports Day unforgettable.



### HORROR AT TEEN TIMI HEADQUARTERS!

To mark Halloween and our upcoming Halloween Party on October 26, Teen Times turned our headquarters at The Daily Herald printery into some "strange" scenes – and we had fun doing so.

All costumes are from Shop 4 Less, but stock is limited. So, if you are hunting for a costume, or paint, or accessories for a costume or outfit that you already have, get ready for Teen Times Halloween Party on October 26 by visiting Shop 4 Less @shop4less.sx today!

Makeup: By Leonna David Photography: By Ronchi Photography Shoot Coordination: D'Shnay Mathew York

























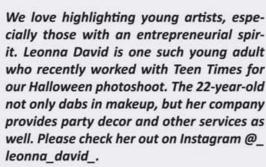




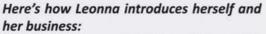








Meet artist



"My name is Leonna David, the CEO of Lily's Arts & Graphic Designs. I was born and raised in Saint Martin, F.W.I., and am a self-taught artist. My passion for creativity began at a very young age. Painting and creating are like therapy to me. I can do almost everything. With my business, I provide art, drawing, party decorations, stickers, printing shirts, printing cards, face painting, graphic designs, logo creation, and much, much more. My aim is to bring my client's imagination to reality."









## WHY IS THIS SEASON OF LOVE ISLAND USA SO SUCCESSFUL?

**BY JAHZARA PAYNE** 

The drop of the sixth season of the infamous show "Love Island USA" was rumoured to be "bigger than Bridgerton". This season doubled the ratings from last year and was trending for weeks. With the help of the notorious clock app, TikTok edits, and clips of the show went viral causing a craze on the internet. Loyal "Love Island" viewers voiced their astonishment at the season's success, considering the original show, "Love Island UK", previously always had higher ratings - none of which were as big as this sixth season of Love Island USA, of course.

hat's to credit for this season's major success? The concept of the show itself is very likable and entertaining. I mean who wouldn't want to watch a group of single, hot 20-year-olds spend two months in a villa trying desperately to find love – or cash – seeing as the coupled winner wins 100k! Even greater are the fame and brand deals that follow you outside of the villa, making the show susceptible to a plethora of people with different intentions.

As great as the show is, every show has its flaws. Loads of "Love Island" viewers have been endlessly asking for more or better people of colour (POC) representation. This makes sense, considering how international "Love Island" has become! The viewer demographic has naturally become more multinational. In the past, they would have at most three people of colour on the cast, which one of three would make it to the top three

couples. This year, it was an equal number of coloured and non-people of colour. Not only that, but the top three couples were all POC. The truth is that in most dating shows or in mainstream media in general, people of colour are heavily underrepresented, and it was a breath of fresh air to finally see a well-rounded cast.

Another great thing this show brought to light was self-respect and boundaries. The winning couple, Serena and Kordell, set a great example in that aspect, which I think contributed a lot to their success at winning. Just like Serena and Kordell, Kaylor and Aaron coupled up the first day in the villa and stayed each other's main love interest for the entirety of the show, both men went off into "Casa Amor" and "tested their connection"

through meeting other people. There is nothing wrong with that, of course, considering no one is closed off or in a relationship; but the problem lies when the boys decided to go about "exploring their connections" disrespectfully. Videos of the boys kissing and doing other vulgar acts with the casa girls were sent to the villa girls whilst the boys were at "Casa Amor". Naturally, this caused great mayhem for all the couples, but especially for Serena and Kaylor, considering they were "partnered" the longest.

I believe this to be the turning point in the season — sealing the fate of which couple could work through this and which could not. There is a stark difference in how Kaylor and Serena handled the situation. Serena held Kordell accountable and

made Kordell work for her forgiveness. Kaylor let Aaron off the hook the same day he came back (without proper apology) and got nicknamed the "crybaby of the show" due to the amount of crying, she did argue with Aaron for the remainder of the show. Meanwhile, Kordell was busy trying to get Serena back - and after endless avocado toasts and sorry's, he eventually succeeded. They recoupled looking happier and surer of their partnership and proceeded to win the show. This was a huge lesson to all the women watching the show, showing us all how important self-love and respect is. Serena said it best: "I have a lot more respect for myself than to put up with disrespect, dishonesty and distastefulness."





### TENTIMES FOR THE YOUTH, BY THE YOUTH

## HALLOW FEN AROUND THE GLOBE

### BY ISABELLA CARAZO G

### Shape

As we prepare for this upcoming Halloween, many people around the world are getting ready to celebrate other similar holidays. These holidays are more than an excuse to buy a costume, watch a scary movie, or get a stomach ache from all the candy.

### Origin of Halloween

Halloween comes from the ancient Celtic festival of Samhain, pronounced "SAH-win". Of course, this holiday was not about the best costume or trick-or-treating; instead, during this festival, Pagans and Wiccans celebrated Samhain, which lit-

erally means "summer ends", in order to ensure a good harvest for the following summer. During the festival, people wore costumes to scare off evil spirits.

A couple of centuries later, Pope Gregory III pronounced November 1 as "All Saints' Day", in order to commemorate saints. The evening before All Saints' Day was known as "All Hallows' Eve" – that's where we get the name "Halloween" from. Many of the traditions of the Festival of Samhain were kept for All Saints' Day. Many of the holidays similar to Halloween are not meant to be scary, but to instead celebrate











loved ones and old memories.

### Day of the Dead

Usually celebrated on November 1 or 2, Day of the Dead is a Mexican holiday on which ancestors are celebrated and honoured. Some traditions include an altar, called "ofrenda", where families place photos, memorabilia, food, candles, marigolds and other decorations. They believe these will transcend to their ancestors in the afterlife.

Another tradition is using incense known as "copal" to guide souls to the afterlife. This celebration is about the inevitability of death, yet the memories life has to offer us.

### **Ghost Festival**

The Ghost Festival is a Buddhist festival celebrated in Southeast and East Asia. On the lunar calendar, the fifteenth day of the seventh month is known as Ghost Day. On this day, the ghosts and spirits of ancestors come out of the lower realm. Chinese culture sees this day as auspicious since the realms of Heaven and Hell are open. The purpose of celebrating this day is to absolve the sufferings of the deceased.

Rituals are performed to honour ancestors. The main rituals consist of burning incense and burning joss paper. Joss paper is a sheet paper for burning in traditional Chinese ceremonies. Furthermore, meals would be cooked for the deceased. The Ghost Festival is about remembrance and honouring your ancestors.

### Famadihana

Famadihana is a funerary ceremony in Madagascar. During the ceremony, people bring forth their ancestors' bodies and rewrap them in fresh cloth. Then family members rewrite their names on the cloth to symbolize remembrance. This ceremony reminds us that the dead will always remain alive in our hearts. After completing the ceremony, families dance to music, carrying the corpses over their heads while revolving around the tomb. Finally, relatives place the corpse back in their tomb.

Famadihana is a custom held by the Malagasy people since the 17th century. The point behind the ceremony is the hope that the spirits of the dead would join the after-world once the ritual is complete.

Looking at other holidays around the world gives us time to reflect about our own holiday and its traditions. It might even make us realize it's more than just candy and costumes; it's a time to celebrate with friends and family, and maybe we could add more traditions to celebrate those who are no longer with us.



## SNEAK PEEK FOR TEEN TIMES LIALLO VICTORIAN DANGER FOR TEEN TIMES LIALLO VICTORIAN LIALLO VICTORIAN

### **BY ARTI BULLAND**

As you may know, the spookiest night of the year is right around the corner – and for those who might not be aware, Teen Times Halloween Party will be held this Saturday, October 26, from 7:00pm to 2:00am at the Belair Community Centre. So, get your costumes ready to have the best night this Halloween.

Come join us for an unforgettable time filled with thrills and a whole lot of frightful fun. This is an event you don't want to miss! Teen Times Halloween Party 2024 will be a night to remember! And guess what? There will also be some awesome prizes to be won! Here's a sneak peek at what you can expect:

### Walk through the Spooky Tunnel of Terror

The moment you step into the party, you will be transported into another world. Get ready to enter through our Spooky Tunnel of Terror – an experience that will send shivers around your body with creepy sounds and random scares waiting for you. This entrance is sure to set the tone for the rest of the night and get you in the spooky feeling and spirit of the season. Are you ready to walk through?

### • Snap Pictures at the 360° Photo Booth

What's a party without memories to take home? Make sure to stop by our 360° Photo Booth and take some pictures with your friends!

This is not any typical photo booth, this one spins around and captures your moments from every angle, so you will have the coolest Halloween shots to share all over your social media accounts. So, make sure to stop by and show off your costumes and capture the moments to make memories for a lifetime.

### • Nonstop beats by DJ Ruru and DJ Kina Kembe

The dance floor is where the real action happens! We've got two of the best DJs to keep the party going all night long. Playing the best tracks will be DJ Ruru and DJ King Kembe, who will have something to get you moving all night. Get ready to dance till you drop, because these beats will have the whole room lit.

### • Drinks and Snacks with a Spooky Twist

No Halloween party is complete without some spooky treats! Throughout the night, you can enjoy a variety of themed drinks and snacks that look as creepy as they taste delicious. We have got you covered with bites and drinks that are both festive and social-media worthy.

### • Costume Contest with Amazing Prices

Do you think your Halloween costume is the best? Prove it. We are hosting a costume contest with some epic prizes for the most creative, the scariest, and the most impressive looks of the night. Don't be shy; show everyone you deserve to win one or more of the following prizes:

Best Halloween Mask/Makeup: \$250 – It's time to get creative with your face-paint and makeup skills! The best look wins!

**Best Halloween Couple**: \$500 – Do you have a partner in crime? Whether you are a creepy couple or dynamic duo, show off your teamwork with a coordinated costume.

Best Halloween Costume: \$500 — This is the big one! We are looking for the ultimate showstopper, the star of the night. If your costume is the most original and impressive, you will take home the grand prize!

### • Don't miss the Entrance Special – Only \$5 Before Midnight!

We want to make sure as many of you can make it as possible, so we are offering an amazing deal. If you arrive before midnight, your entrance fee is only \$5! After 12-midnight, the price goes up to \$10. So, make sure to get there early to enjoy the special rate.

This is the Halloween event of the

season. It will be one you'll talk about all the time. Between the spooky entrance, amazing photo booth, incredible DJs, delicious snacks and drinks, thrilling costume contests and much more, there's something for everyone to enjoy. Gather your friends, plan your costumes, and get ready for an unforgettable night of Halloween frightful fun!

The countdown to Halloween is on, so mark your calendars and prepare for the ultimate Halloween Party presented by Teen Times – "for the youth, by the youth".

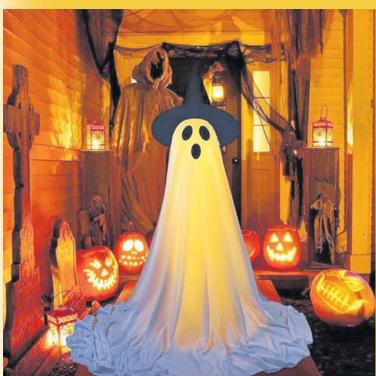
See you there, if you dare!

Date: October 26, 2024.
Time: 7:00pm to 2:00am
Location: Belair Community Cent-

er -

Entrance fee: \$5 before 12-midnight; \$10 after12-midnight

Make sure to be there for a night









## SPOUNTED IN A LANGE COSTUMES \*

### BY LEHAR MARATA

Do you have your costume ready for the Teen Times Halloween Party this weekend? If not, don't worry because we've got you covered! Here are some lastminute DIY Halloween costumes that you can make in no time!

### 1: Cowgirl

For this look, all you've got to do is pair a plaid buttondown shirt with your favourite bell-bottom pants! To top it all, add a cowboy hat of your choice. And to further accessorize, add a bandana to tie it all together.

### 2: Cat

This look is probably the easiest DIY look to pull off—the key to this costume is the make-up! For starters, begin by wearing a full black outfit—black pants, mini skirt, tank top, shorts, sweater, the options are endless! Pair this outfit with your favourite cat-ears headband and then complete the look with some make-up magic.

### 3: Jokei

Now, this one is for the guys! For this look, the makeup is quite simple, but still holds a lot of power. For the clothing, we're going to keep it basic: Wear a purple jacket or blazer, white button-down shirt, and green tie! Then, complete the look with a simple joker makeup look!

### 4: Fairy/ Angel/ Devil

This costume is very common and very simple! All you need is your favourite dress: shiny or silky for a fairy; white for an angel; and red for a devil. To accessorize the look, buy fairy wings, an angel halo, or devil horns, depending on the look you're going for. Once again, you can always up your game with a creative makeup look!

No matter which costume you choose, these last-minute DIY costume ideas will ensure you are dressed to impress at the Teen Times Halloween party! Happy costume-making and see you this Saturday, October 26, at 7:00pm, at Belair Community Center! Happy Halloween!



### O SGARIEST MO

As we approach the scariest and spookiest holiday, Halloween, we tend to watch scary movies that relate to the holiday to get into the spooky mood. There are so many scary movies with different scares in them. There are the ones that deal with paranormal activities, curses, serial killers or even home invaders.

Now, everyone has their opinions on which scary movie or which franchise is the best of all time. They would probably say the conjuring franchise is the best, or the insidious franchise, or movies that have a whole series like IT, or Chucky, or Terrifier.

ROTTEN TOMATOES OFFERS THIS LIST OF TOP 10 SCARI-**EST MOVIES** 

### 1. The Exorcist (1973)

The movie "The Exorcist" is about a famous actress whose daughter is possessed by a demon. The mother hires two catholic exorcists to help remove the demon from the daughter by performing an exorcist. The movie is directed by William Friedkin, and is on the novel by William Peter Blatty.

### 2. Hereditary (2018)

This movie follows a family dealing with sinister occurrences after the death of their secretive grandmother. While the family tries to survive these occurrences, they discover very disturbing secrets about their ancestry. As they try their best to fight against this sinister inheritance, the truth is revealed about their family being a cult.

### 3. The Conjuring (2013)

"The Conjuring" is one of the scariest movies to watch, the movie is based on a true story. The movie takes us to 1971 where a family moves into a farmhouse and later starts to experience paranormal activities. Upon this realization, the parents request for members of the Warren family, who are renowned demonologists Ed and Lorraine, to help get rid of the demon that is terrorizing the family.

### 4. The Shining (1980)

"The Shining" is one movie that some might say is not scary at all; the movie does not deal with paranormal activity but with the human psyche. This movie also has a chilling exploration of the inherent danger of isolation. The movie is about the descent to insanity of a recovering alcoholic and an aspiring novelist who takes the job of a winter caretaker at a haunted resort hotel.

### 5. The Texas Chainsaw Massacre (1974)

In the horror film, "The Texas Chainsaw Massacre", a group of friends traveling to an old property will become victims of a family of cannibals. This movie deals with killers instead of paranormal activity.

### 6. The Ring (2002)

"The Ring" is a horror movie that follows an urban legend that becomes a horror movie reality. A journalist investigates a videotape that caused the death of four teens including her niece, and after watching the video, they had seven days until their death.

### 7. Halloween (1978)

This movie dates back to 1963 Halloween Night when the police are called to a scene only to discover a 15-year-old had been stabbed to death by her six-year-old brother, Michael Myers. After 15 years of institutionalization, Myers breaks out the night before Halloween and he is back, yet no one knows besides his psychiatrist. By the time everyone realizes he is back, it is too late for them.

### 8. Sinister (2012)

The family of a crime writer moves into a house where a horrifying crime was committed in the past, but they are not aware of this. With his goal of writing a book on the incident, he starts his research. To help in his research, he then examines video footage that he found in the attic of the house, but he quickly finds more than he expected. After making this discovery, the family has to deal with unpleasant encounters.

### 9. Insidious (2010)

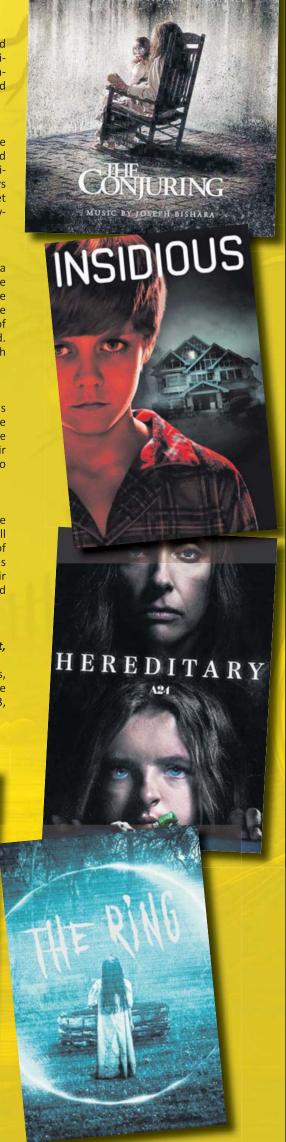
In the movie "Insidious", a family learns that their son has mysteriously gone into a coma and that evil entities have possessed their house soon after they moved in. They move once more to get away from the haunting and save their son, only to discover that it was actually one of them who is haunted and not their house.

This film takes place in 1988, in the town of Derry, where the local children start disappearing one by one. A small boy, who happens to be the younger brother of one of the group members, was among the children taken. This group consists of seven children who are united by their frightening and strange encounters with an evil clown and their commitment to kill it.

### Here are some other movies that did not make the list, but are still considered scary:

The Unholy, Terrifier 1 & 2, The Nun, Annabelle, Longlegs, Smile, Evil Dead Rise, Us, Mama, and Chucky. There are also a few soon-to-be-released movies such as Terrifier 3, Smile 2, and The conjuring: Last Rites.









## AWARDS

## VMA'S FASHION, MORE THAN MUSIC

BY ADITI RAJPAL

The Teens Choice Award is a place where music's biggest stars are present, where fans have chosen who would take home the annual trophy. The MTV Video Music Awards (VMAs) is an annual award show streamed on the cable channel.

id you know that the first VMAs was held in 1984 in New York City's Radio City Music Hall? This year's VMAs event was held in New York on September 10. The VMAs are known for the performances done by the artiste, but the awards are not given to anyone, the awards are given to the best music videos, artistes, and songs. The VMAs are not only looked at for the music and to see who got the award, but also because artistes and celebrities are judged based on their outfits as well.

The VMAs are like a fashion statement as celebrities get to play around with their looks. It's the one-night each year when you get to see your favourite celebrities experiment with wild looks. Unlike the annual Met Gala, which is mostly a themed event, there are no fashion rules at the VMAs. Celebrities can mix and match patterns, try neon colours or even futuristic designs.

### The following are some looks you might commonly see:

Bold colours and patterns: You will most likely see a vibrant range of colours and eye-catching patterns. Neon, metallics and animal prints are the most often seen patterns and colours.

Risky cutouts and sheer fabrics: Also, often seen are celebrities showing off their bodies with revealing cutouts, sheer fabrics, and deep necklines.

Over-the-top accessories: Jewellery, extravagant headpieces and unique footwear are more common than expected.

**Designers:** The VMAs is a place where designers show their most experimental and new designs.

Gender-bending fashions: The VMAs have become a platform for gender-fluid fashion, so it's not unusual to see guys in dresses or girls in suits.

### Three Best Dressed celebrities at the 2024 VMAs

*Tyla:* She wore a sand dress at the Met Gala. This look from Area is more colourful (and walkable), offering a neon fringe.

Chappell Roan: The dress was a Y/Project dress that she accessorized with a huge cross, armoured wrist-cuffs, sword-like nails, and an actual sword.

Lisa: A hood, gloves and a corset! There were a lot of different items added to give the outfit a Mugler look, but the fashion wasn't the only eyecatching show!

### All of the following 2024 performances were iaw dropping:

Anitta, Benson Boone, Camilla Cabello, Chappell Roan, Eminem, GloRilla, Halsey, Jessie Murph, Karol G, Lenny Kravitz, LE SSERAFIM, Lisa, LL COOL J, Megan Thee Stallion, Rauw Alejandro, Sabrina Carpenter, Shawn Mendes, and Teddy Swims all had amazing performances.

### This year's nominees

Video of the Year: Taylor Swift "Fortnight (feat. Post Malone)"; Ariana Grande - We can't be friends (wait for your love); Billie Eilish - LUNCH, Doja Cat - Paint The Town Red; Eminem - Houdini: and SZA - Snooze.

Artist of the Year: Taylor Swift, Ariana Grande, Bad Bunny, Eminem, Sabrina Carpenter, and SZA. Song of the Year: Sabrina Carpenter - Expresso; Beyoncé - TEXAS HOLD 'EM; Jack Harlow - Lovin' On Me; Kendrick Lamar - Not Like Us.

### **Best New Artiste:**

Chappell Roan, Gracie Abrams, Shaboozey, Teddy Swims, Tyla.











