

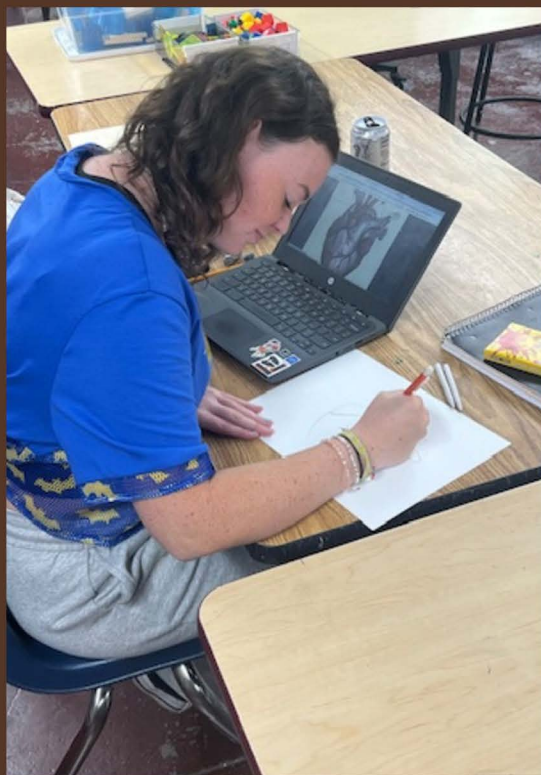
photo by A'Naja Barney

Anything a person finds interesting and wishes to practice can be a hobby. Some examples are: arts and crafts, reading, sewing, baking, playing a sport, exercising, etc. Allowing our brains to focus on something outside of school can improve mood, confidence, happiness, and overall health.

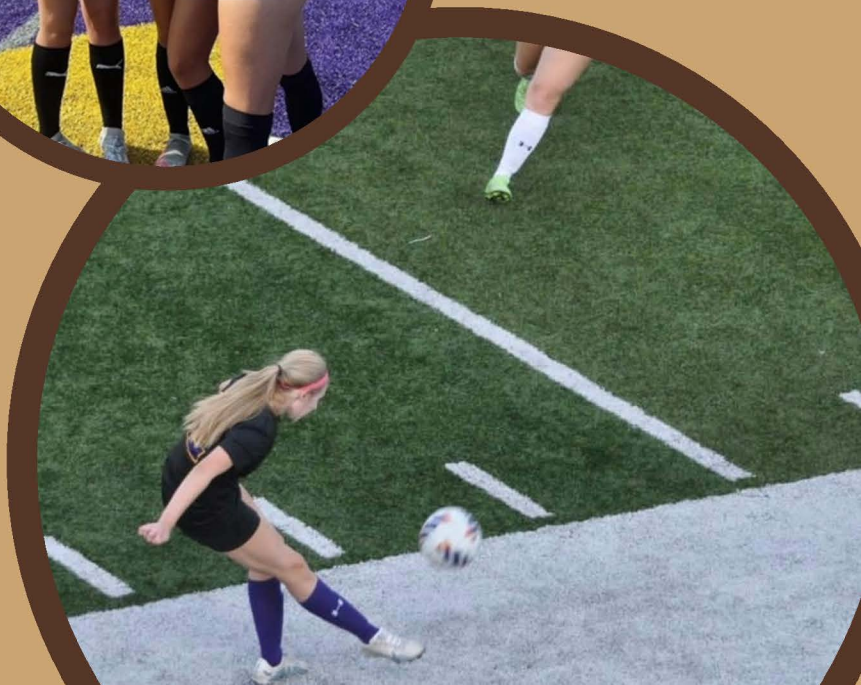
According to connecthealth.org.au, doctors say "Spending time on activities that you enjoy can help improve your mental health and wellbeing. Research shows that people with hobbies are less likely to suffer from low moods, stress and depression".

In short, an activity outside of school can do many things to benefit the human body. A hobby can improve mental health, by keeping the brain active and giving it a distraction, and can improve physical health by keeping the body active instead of having too much time to rest which can lead to laziness. A hobby can also bring someone closer to other people and find more friends, giving so many reasons to why a hobby is important.

photo by A'Naja Barney



photos by Kennedy Hildebrand



Invasion of Clear Backpacks

Staff writer: Mariam Kanj

Collegiate Academy's new policy requiring students to wear clear-backpacks has made a big impact on students privacy and even angered many students, but are these backpacks really effective? For students safety, Collegiate Academy has released this new policy to start no later than January. Is it necessary to go forward with this new policy, or is it just an invasion of students' privacy and freedom?

According to Dan Semenza, an assistant professor of criminal justice and director of interpersonal violence research, "There is no evidence that clear backpacks do anything to improve student safety," Semenza said. "However, studies show that students hate this policy."

This new policy has been seen as an invasion of privacy to many students. Some parents even claim that they feel as if their kid no longer has freedom when it comes to their own bookbags.



Students wearing their clear backpacks
Photo Credits:Larissa Komisarski

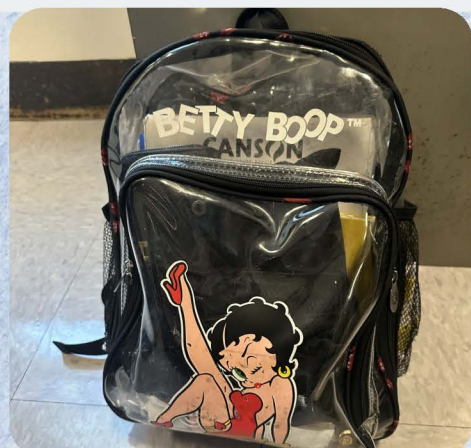


Photo Credits: Larissa Komisarski

Collegiate Academy sophomore, Jasmine Cruz, says, "This policy sucks, I'd rather have this policy for water bottles instead of book bags. What's the point of having it if we already go through x-rays?" Many students feel as if this policy is unnecessary and doesn't make that much of a difference.

However, others believe that this new policy is an excellent idea to prevent unauthorized items from entering schools. Associate Dean Rivera at Collegiate Academy says, "I think our school is already safe, but it'll definitely make some people feel safer."

Additionally, the dean of Collegiate Academy, Mr. Viera, brings forward that he thinks this policy is fine, but the real reason for this policy is to make bag checks easier and quicker.

This policy of clear-backpacks isn't new, school districts have been instituting mandates for clear backpacks since at least the 1990s. This policy started when a Kentucky high school banned normal backpacks after a school shooting that had happened, for the safety of their students. Although, since the 1990's, the number of school shootings has risen dramatically in the past three years, according to a Washington Post analysis. Clear-backpacks have recently become more popular, due to the increased amount of shootings. For example, in Crisp County, Ga, elementary, middle and high school students will only be allowed to carry clear backpacks starting next year, with no exceptions allowed.



Photo from Youerie.com

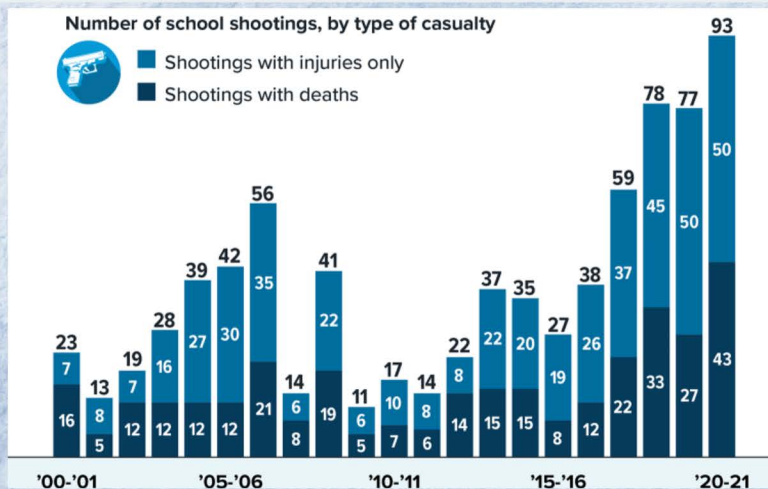


Photo from U.S. Department of Defense, Naval Postgraduate School, Center for Homeland Defense and Security, K-12 School Shooting Data Base

In conclusion, although there are some benefits to the clear-backpacks, the negatives outweigh them according to most schools that have gone through with this policy. Most schools claim that the students felt the lack of freedom and privacy, rather than an increase in safety, even with the policy that was put in place. The numbers of tragic shootings in school have continued to go up since then, even with the policy that was put in place. Nevertheless, the main concern will always be the effectiveness of this policy, is it really as effective as people think it is?

Student Athletes Struggle with Success

Staff Writer: Anna Kranz

Being a student is stressful and tiring enough. The workload, the hard subjects, the people. Having a sport on top of that, is something that takes a tremendous amount of work and dedication. According to the National Library of Medicine, 91% of student athletes experience stress because of the load of schoolwork, homework, and physical exhaustion. Student athletes need certain personal qualities to help them succeed in both school and sports, for example: organization, time management, the ability to sacrifice, and the ability to take care of oneself.



Photo from Collegiatecrew on Instagram

Starting with organization and time management, according to Penn State Pro Wellness, "Organization is an essential portion of a student athlete's life. You must be aware of how much time it takes to understand and complete homework while taking practices, games, and other extracurriculars into account. Sometimes, sports or other activities will require you to miss school, but it is your responsibility to communicate with your teacher before and after the event to create a plan to make up work. Student athletes organize themselves in multiple ways including using calendars, planners, and spreadsheets" (Hankins).

Another quality needed to be a happy and healthy student athlete is the skill of taking care of oneself. When asked what she does to make sure she can perform well in both school and sports, Ellie Wertz, cross country runner, swimmer, Academic Decathlon participant, and Sophomore Vice President, says, "I make sure that I give myself enough rest, fuel, and the least amount of stress possible." Getting enough sleep and eating good food might sound obvious, but it is one of the most important tips to succeeding. This is because anyone, especially students that do a sport, need energy mentally and physically to get through their classes and sport.



Photo from Erie High Girls Soccer on Facebook

Student athletes also may need to make sacrifices like hanging out with friends, so they can have time to work on school and commit to their sport. Lindsey Meyer, captain of the Erie High girls soccer team, says, "It's pretty difficult to have a social life. Every weekday is taken up by soccer, and the weekends are mostly catching up with schoolwork, working, and sometimes soccer as well."

It is important for student athletes to remember to not be too hard on themselves, give themselves an occasional break to relax, and make sure to love what they're doing



Photo from erichighcrosscountry on Instagram

THE HAUNTINGS OF ERIE

By Maricella Garcia

Everyone has experienced the eerie feeling of being watched at least once in his/her lifetime. The paranoia builds within a person when he/she swears he/she sees a figure at the end of hall, and it can be frightening when turning to find nothing in sight. With Halloween nearing, many locations in Erie are known for their prominent hauntings, here are a few.

The first place happens to be The Brewerrie at Union Station, which is believed to be haunted by a child ghost. The story begins when a couple and their child, Clara, purchase train tickets on the first floor. As they ascend the steps to the second floor to their designated train, Clara's father turns with the intent of checking on her, accidentally colliding with her, causing her to fall down the flight of stairs to her untimely death.

She has been seen multiple times by customers and staff, and the owners of The Brewerrie were incredibly happy to welcome the ghost of Clara, even going so far as to name a drink after her.

The next location is the Cathedral of St. Paul. And although it seems abnormal for such a place to be haunted, a child named Katie is presumed to have inhabited the church; she supposedly died in a car accident near the area after church camp. People have revealed that they have heard a child's laugh, identical to Katie's in the church.

The Erie Cemetery couldn't be the most shocking on the list. It's home to many souls who have departed from their human body and Earth altogether. One of the most famous stories is The Witches Circle, in Section 34 of the cemetery.

It is said that two coven leaders were buried under a tall oak tree around the 1800s, after a violent storm, the tombs were scorched by the Devil dragging his followers down to the underworld.



Photo from Erie Times-News



Photo from Erie Reader



Photo from Imgur

Another part of the cemetery, Section S, is popularly known as “The Vampire Crypt”, but the stone appears to be worn due to age and weather, which completely removed the name off its surface. The only thing seen is a “V” above the entrance, which some believe represents a bat. Either way, it has been reported that a vampire resides there. When the vampire was alive they traveled from Romania and eventually died of consumption, soon after their death bodies began surrounding the area with two puncture wounds.

The most famous legend is about Ax Murder Hollow, which is somewhere off Sterrettania Road. It’s a wooded area and is allegedly the place where a jealous husband killed his wife. The husband accused his wife of being unfaithful before killing her, their children, and her secret lover with an ax. The police searched for any possible record of this occurrence but they were unsuccessful. However, people still believe that the bitter husband continues to lurk in the area, although now it has a subdivision on it. And finally for the last location, Ms. Ditrich a language arts teacher at Collegiate Academy previously owned a 120 year old haunted house in Northeast that she still considers to be haunted by a sailor ghost in his 60s. She often saw him at the stair landing after the first flight of stairs, but she could also see him from her driveway window where he floats on the landing of the stairs staring back at her. Even her dog refused to climb up the stairs whenever the ghost is around. According to one of her accounts she encountered the ghost. One day as she was ironing laundry. Out of the corner of her eyes, she saw a figure walk past her, she called out to her two children, but was concerned when no one answered. She checked the bedrooms and bathrooms before coming to the realization that it had been the ghost that she had seen. Two of Ms. Ditrich’s family members have also come out with their own encounters with the ghost. Although she may no longer live in the house she states, “I believe in ghosts” with complete confidence. As Halloween approaches - it might be interesting to visit one of these locations.



Photo from Erie Times-News



Photo from Facebook

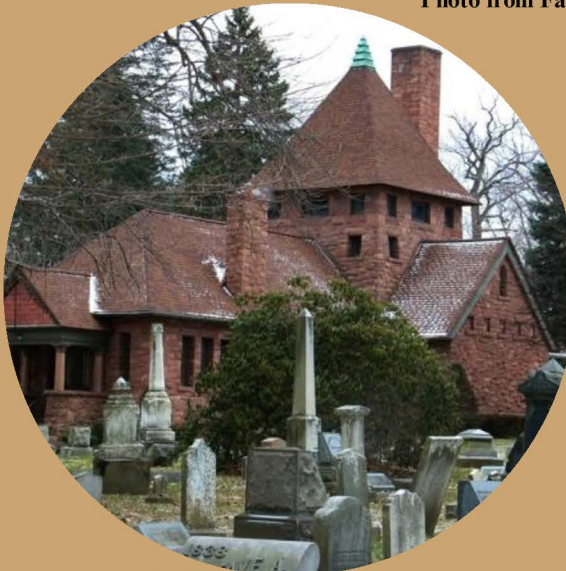


Photo from Erie Times-News

Eerie Objects in Erie

By Kawthar Abdulzahrah

When one thinks of cursed objects or artifacts, the first thing that comes to mind is probably Annabelle of the 2014 movie, as this doll is well known as the doll of nightmares.

Although Erie is not particularly known for haunted objects, there are places and historical artifacts that are said to contain a spooky reputation.

The most well-known haunted place in Erie is the Presque Isle, which has beautiful beaches, picnics, great paths in the woods for hiking, and many other things, but there is a dark side to this beautiful place. The Presque Isle lighthouse is thought to contain haunted antique tools and other artifacts that are connected to the local ghosts. The keeper's quarters of the lighthouse have ties to related items from previous keepers.

During an attempt to cross Misery Bay during the lighthouse's construction in the 1870s, one laborer perished in a storm. According to the Presque Isle Lighthouse website, "Tragedy also struck as a boat full of workers was crossing Misery Bay one morning, when they were caught in a violent storm. All hands were rescued, except for one unfortunate soul, who lost his life for the sake of the lighthouse. His is the only recorded life lost during the entire project.



The next location is the Watson-Curtz Mansion at 356 W 6th St, Erie, PA 16507, it is a historical home which now is a museum. According to Chris Berglund, "General Anthony Wayne was initially buried here, but he was boiled down by his family before being transferred to a family plot." He was a military leader during the American Revolution.

He was born in 1745 in Pennsylvania. Known as "Mad Anthony" for his bold tactics, he led successful attacks, like the Battle of Stony Point in 1779. After the war, he served in various military roles, including being appointed by President George Washington. The cauldron itself is still located here and is said to rattle and make noises. A little girl is also said to be seen on the second floor of the museum. The objects within the mansion, such as old furniture and artifacts are haunted. As Berglund states on his website, visitors and staff have reported eerie experiences like cold spots, footsteps which were very mysterious and objects moving on their own. Lastly, the Erie Cemetery is thought to be extremely haunted due to the paranormal activities that took place during the founding of that area. A man named Shane commented on Berglund's website and came forward to share his experience when he visited the cemetery, which wasn't long ago. He visited in the year 2022, knowing paranormal activity will always continue.

"The Vampire Crypt" has strange markings and symbols which have been reported on the Mausoleum's walls, though it has been said they appear to change and vanish. According to local legend, there is a vampire buried in the cemetery, and the spirit of this vampire is said to haunt the crypt.

There is also a circle of gravestones called, "The Witches Circle", which is believed to be a meeting place for witches. Visitors, including Shane, have reported experiencing spooky feelings and unexplained phenomena when they were close to the circle, which the locals considered to be home to paranormal objects.

Additionally, "Anthony Wayne's Grave" remains have been relocated, but rumors persist that his original burial site was haunted by ghosts. There are rumors that items have been found in his grave including his personal effects. This has intrigued paranormal associations. This Erie cemetery is very disturbing, as these incidents frequently take place near artifacts associated with the cemetery's most notorious residents. After interviewing Ditrich, northeast, at house number 120, an old sailor who is about 60 years old haunts the place. The haunting seems to center around the stair landing, and there is a window overlooking the driveway.

The ghost can be seen from the car, and even the dogs refuse to go up the stairs. One day, while ironing laundry, Ditrich saw someone walking by. She called out to her children, but no one answered. She searched the bedrooms and bathrooms, only to realize that it must have been the ghost she saw. On another occasion, she was talking to her husband about the ghost, but he didn't believe her. Her sister walked in, realized they were discussing the ghost, and described it without even knowing what they had been talking about beforehand.

The house is connected by a garage, with an upper level. Later, her sister-in-law called, crying, saying someone was in the house. But Ditrich reassured her, saying, "It's just the ghost. Tell him you're here to protect the house, and you'll be fine." After that, there were no more bad occurrences. Many haunted places and objects in Erie, Pennsylvania reflect the city's dark pasts.

**ERIE
CEMETERY**
A NON-PROFIT ORGANIZATION
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New Faculty Share Tales of Halloween Past

BY BRECKEN MCLAUGHLIN

This year Collegiate Academy had nine new staff members. Here is a quick way to get to know them. We asked them What is your favorite Halloween story, costume, and movie?



MS. GODZWA

My favorite Halloween experience was during high school when a rather large group of friends went to a "Haunted House" and unbeknownst to me, there was a friend of mine named Shawn working there as a scary clown. Well, some of my friends thought it would be hilarious to give our friend Shawn a "heads up" when we were coming through and that scary clown (Shawn) grabbed ahold of me and tried to pull me behind a curtain. Needless to say, I was not going down easy and I ended up giving Shawn a bloody nose! He and I are still friends and we laugh about it every time we see each other.

My favorite costume was when I got to be Barbie (I was five years old). The funniest costume was when I went as a chocolate chip cookie and my little brother was a glass of milk

My favorite Halloween movie is Hocus Pocus.



MS. SCHROTER

I'd say my favorite Halloween experience was back in my senior year at Behrend; the GASE Club was doing a little get-together potluck, I made a roasted honey chicken and some fresh bread, and it was nice. Then a smaller group of us went to one of the executive board's apartments to party until we were all exhausted.

Favorite costume is from the same event. I went dressed as Astolfo.

And as far as my favorite Halloween film...I kinda just like watching shlock; throw on a terrible slasher movie or anything Roger Corman put out, maybe a Troma film, and let me enjoy the mindless stupidity and depravity.

I dressed as Freddie Mercury for Halloween for two consecutive halloweens and won best costume at both.

Freddie Mercury, as mentioned. I was also Stevie Nicks last year- the similarity was uncanny

Probably Get Out or The Shining. The Exorcist if I am not alone.



MR. IESUE

My favorite movie is Coraline and one year for Halloween my homeroom dressed up as characters from the movie and I was Coraline's mother.

Katniss Everdeen from the Hunger Games.

My favorite Halloween movie is ParaNorman.



MS. KRAHE



MS. VOEGELIN

My favorite Halloween experience is spending time with friends and passing out candy in my neighborhood. I love to see all the little kids dressed up in costumes.

My favorite costume I wore for Halloween was last year when my boyfriend and I dressed up as the Lorax and the Once-ler.

My favorite Halloween movie would have to be either Scream or Tim Burton's Corpse Bride.



MR. BOAKS

I love a good haunted house. When I was an RA in college, we hosted one in an empty dorm and it was a blast!

I once dressed up as a Rubik's Cube I made out of a cardboard box.

I'm not a huge movie fan, but obviously Halloweentown.



MRS. KEYES

One of my closest friends' wedding rehearsal was a costume party and everyone arrived in costumes.

Later, we went to a haunted house for a scare.

My favorite costume was Pippi Longstocking.

We started to watch the classic Scary movies to be able to talk about it with other people.



MR. ROBERTS

Going to Washington D.C. Dressed as a Banana and meeting up with a bunch of other bananas.

I wear my Jedi robes every Halloween.

The Nightmare Before Christmas.



MRS. SHAUT

One of my nephews was really tiny when he was little, so for two years in a row he was able to fit into his toddler Yoda costume. He didn't even know who Yoda was, but he loved the little ears and looked adorable.

When I was nine years old, I dressed up as a piece of bubble gum.

Another girl in my class was a bag of jelly beans, and we had a good time being candy and getting candy.

Harry Potter and the Sorcerer's Stone isn't exactly a Halloween movie, but I like to rewatch it during the season.

The End of Democracy

By: Rory Gardner

As the United States's Presidential election of 2024 gets heated, an underlying project is arising.

This project is called Project 2025. Founded by The Heritage Foundation, Project 2025 is a nearly 900-page conservative presidential transition project meant to be implemented if former president Donald Trump wins this election.

As described by BBC News, it's a "wishlist" for the next Republican president that would about turn America into an ultra-conservative country. The official Project 2025 website explains that the goal is among other things to secure the border, make the federal government less powerful, increase energy production in America in order to lower prices, cut government spending, make education primarily dependent on parents and the government, and prevent biological males from competing in women's sports.



Photo from Damon Winter

In regard to defending the border, the government will finish building the southern wall and deport undocumented immigrants. In 2018, the "Trump Wall" officially began construction. This wall is meant to prevent illegal entry to America with the intent to keep illegal drugs and diseases from coming into the United States.



Photo of the Trump Wall from Evan Vucci

Project 2025 also emphasizes giving the individual president more power and stripping that power from the whole federal government. The official Project 2025 website states that they intend to "de-weaponize the federal government by increasing accountability and oversight of the FBI and DOJ." The website also states that people working in those branches will be more loyal to the elected president and Congress.

One of Project 2025's suggested policies is increasing fossil fuel energy production in America in order to lower prices. This would greatly contribute to the greenhouse effect and rush the process of climate change. Most of the "green" policies will be thrown away along with the previous effort to stall climate change.

Lastly, the government will have more general control over not only the education system but also competitive sports. For example, the site lists two suggested policies: "Improve education by moving control and funding of education from DC bureaucrats directly to parents, state, and local governments" and "Ban biological males from competing in women's sports." This can be related to the conservative "Don't Say Gay" law in Florida and NAIA banning trans women from participating in women's sports competitions.



Photo from Getty Images



Photo: Scott Barbour/Getty Images

Daniel Scully, a retired social studies teacher from Strong Vincent middle school, believes that Project 2025 is "a conservative list of policies to drive the United States to regression."

If Project 2025 gets passed, getting in and out of America will be more of a hassle. Most of the power will get handed to the President and America will transform into a primarily conservative country.

There are many more laws that will get passed if this project is initiated. The outcome of the upcoming election for President of the United States will decide if Project 2025 will be set into gear.

GREEN ENERGY IN THE UPCOMING ELECTION

BY NORAH DEROOY

As temperatures and sea levels rise, the climate crisis becomes an increasingly relevant and consequential issue. Transitioning to clean energy preserves the rudimentary human right to a healthy, safe environment. It's important to realize how the climate crisis not only affects the environment but also the economy and how significant green energy is to society, especially in the upcoming U.S. presidential election. Mrs. Dahl, Collegiate Academy's biology and chemistry teacher stated that "it is very important for [especially for] students to care about green and renewable energy sources" because nonrenewable energy sources "negatively impact the environment and are becoming increasingly limited in availability." She also voices that "All humans, especially young people need to make small collective changes to our use of limited resources to conserve the resources that we have remaining for our lives and future generations."

Green energy is defined as electricity that comes from sources that are renewable and have a notably smaller carbon footprint than non-renewable fossil fuels. The president influences how the nation will develop policies, the two presidential candidates, Vice President Kamala Harris and former President Donald Trump, have largely opposing perspectives on green energy, the climate crisis, and environmental policy.

In June of 2017, months after Donald Trump was inaugurated into office he announced the United States' withdrawal from the Paris Agreement on climate change. The agreement, in summary, takes commitments from all countries that signed into the pact in order to reduce the global carbon emissions.

Trump's public stance on carbon emission and usage of renewable energy stays the same as he runs again this year. He vows to boost the manufacturing of fossil fuels such as oil, natural gas, and coal as well as repeal crucial parts of the 2022 climate law, which can be costly for the environment.



Photo by: MARC LEVY Associated Press

When Biden took office in 2020, he immediately returned to the Paris Agreement pact. Trump has made it known that he will once again withdraw the United States from this pact if he wins the election. Harris, however, is staying true to the Biden Administration's views on climate change and the laws that the administration has made on green energy.

As a co-sponsor of the Green Deal, Harris clearly appreciates how urgent it is to address environmental concerns and cut the nation's carbon emissions. In her acceptance speech at the Democratic National Convention, Harris listed climate change as one of the patriotic, "fundamental freedoms" at stake in the upcoming election. She underlines the fact that she believes "the freedom to breathe clean air and drink clean water and live free from the pollution that fuels the climate crisis" is a constitutional right that everyone should have.

While the Harris Administration has not introduced any new policies addressing climate change, she adheres to the Paris Agreement by phasing out fossil fuels through limitations on new oil and gas leases, and making large investments in renewable energy technologies such as solar, wind, and battery storage.



Photo by: Shwete Rana



Photo By *Bradley Olson, John W. Miller and Lynn Cook*

Trump on the other hand, has an almost completely opposite perspective on the climate issues arising. His administration puts emphasis on enlarging the domestic production of coal, gas, and oil above renewable, clean energy programs, even in the face of growing public demands for more environmentally healthy options. He plans on escalating the leasing of offshore oil and gas, lowering regulations and policies that stand in the way of the development of fossil fuels, and loosening environmental regulations on the production of energy. After being asked why environmental policies are important in the 2024 election, Mrs. Dahl expresses that they are an “important way to ensure that humans are using best practices as it pertains to being responsible stewards of the Earth.” As the presidential election approaches, the two candidates opposing viewpoints on green energy and environmental policies will play a pivotal role in determining the future of the nation’s approach to the climate crisis



Photo by: Ella Nilsen

Summer Study Abroad in South Korea

By Silvia Kang

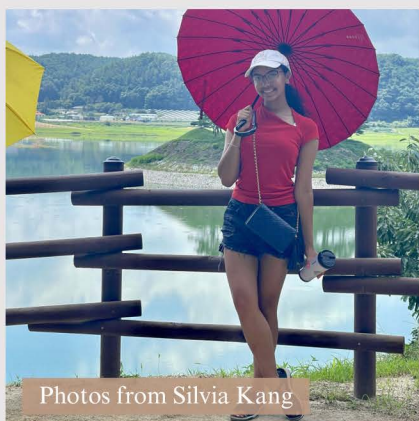
Amongst the high school students in the United States, South Korea is best-known for its ongoing conflict with North Korea, Webtoon, K-Pop, K-dramas, and phenomenal food. While all these are crucial elements of South Korean society, there is much to discover.

This past summer, a host family consisting of dad, mom, and their three charming children, welcomed me into their home as their 언니[elder sister].

As South Korea is largely associated with North Korea, I had not realized how different the two countries were economically. Contrary to my expectation, my host family's apartment room was embellished with wooden crosses, lined with filled bookshelves, and garnished with loving, framed family pictures. They brought their home to life with various houseplants, their herb garden on the front porch, and boxes filled to the brim with colorful toys.



Photo from Uyen Luu



Photos from Silvia Kang



My host mom welcomed my roommate and me with a tight, at least ten second long, hug. She would give us this same hug every morning for the entirety of our stay.

Fresh off the plane, I saw two of my host siblings holding up signs, one with the Pennsylvania flag and the other with Illinois' flag. My host dad held up a sign that read "Welcome Jennifer!", while the youngest sibling held up a sign that read "Welcome Silvia!" Throughout my stay, their open minds and hearts reflected their virtue.

Shortly after meeting with my host family, classes at Hanyang University began. Monday through Friday, I took a one and a half hour subway ride to and from my classes. From 9:00AM to 1:00PM, my fellow study abroad students and I studied Korean.

The overpowering beauty of the Hanyang University campus amplified my magical study abroad experience. Korean red pines and roses decked surrounding greenery.

The rainy season commences in the summertime, relieving everyone of the scorching sun. This year, due to climate change, the rain was tenfold. Despite this misfortune, our classes continued, and the magic of South Korea survived.

After our classes, my friends and I would eat lunch at the plaza within Hanyang University. Almost daily, I ate mandu, or Korean dumplings, with garlic sauce, a meal that has grown on me so much that I have now shared the recipe with family in the United States.

Saturdays were reserved for cultural excursions with "supporters", or South Korean college students, who guided the study-abroad-students to tourist attractions and many traditional sites of the city.

It was during these Saturdays that I kept my portable phone charger handy, as the tours with supporters would last till 7PM, and, many times, the ride home was two hours by subway or longer by bus. It was nearly impossible to navigate through the city without the 'NaverMaps' or 'KakaoMaps' apps on an iPhone.

I always looked forward to the following Sundays, as there was no need for me to set my usual 6:30 AM alarm.

My extremely religiously Christian host family offered to take me to their church every Sunday, so that I could experience more of their culture and daily life. Near their apartment, in a 6-story building, the church was on the 5th floor. I had heard that Korean churches were uniquely emotional, a thought proven correct through my visits.

It was refreshing to see the church members filled with such profound joy while singing their prayers in the Korean language. I found this especially commendable, because people did not go to this church simply for a social gathering or to fulfill a duty, but out of pure faith and love for their familial environment within their church.

After chanting prayers, the church members and I would go to a separate dining area for lunch. By that time, I had realized that I was the only "foreigner" in the church, which explained why people were anxious to talk with me.

During my seventh week in South Korea, I had spent my last full day with my host family at the church. The pastor had put up English subtitles of their prayers alongside the Hangul ones so that I could properly follow along and understand their prayers. This is when I truly realized that I had family all over the world.

On the emotional plane ride from South Korea back to the United States, I asked my soul, "What is South Korea?" It replied: "The world is the body, South Korea is its soul."