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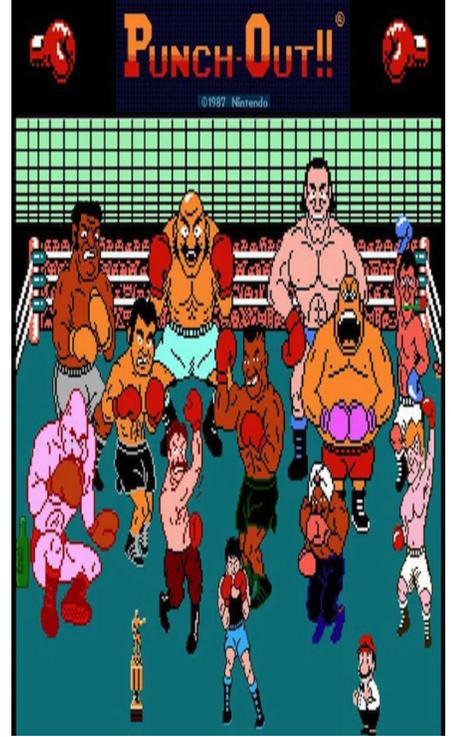
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**Northwest Pennsylvania Collegiate
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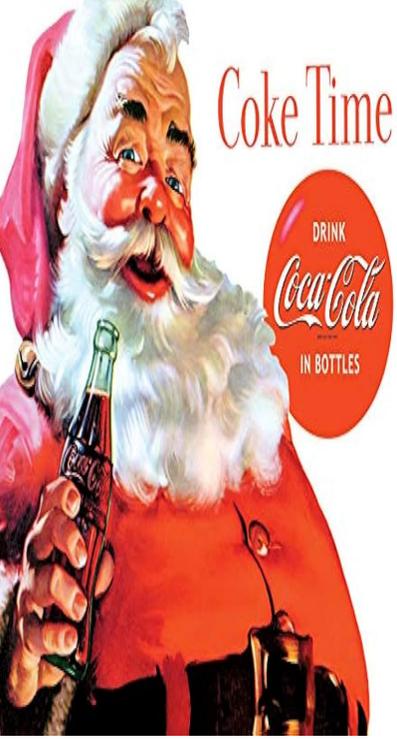
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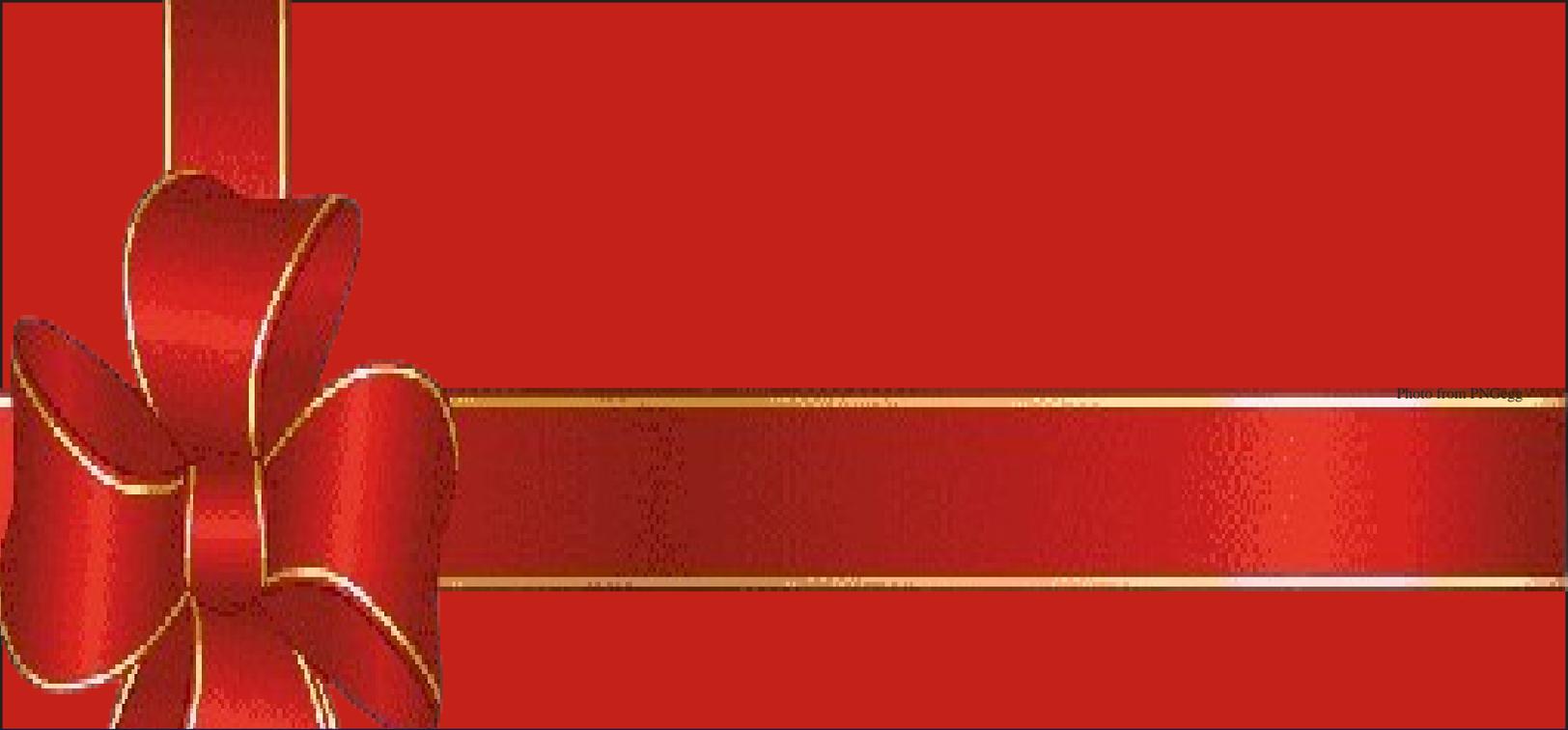


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YEARBOOK

CELEBRATING MOMENTS THAT MATTER

Jostens

Christmas with Divorced Parents

By Lola Valenti



Photo from Doyle Law Group

It's the holidays again! Snow is falling, every house on the block is decorated, and all that's being played on the radio is Mariah Carey singing about how she only wants you for Christmas. It's a happy time of year for many, surrounded by family and joy. But for me, Christmas has always felt different.

My parents got divorced when I was around five years old. I don't really remember a Christmas when they were together. This situation is unfortunate, but I'm not alone.

Every other year, I visit my mom in New Mexico for Christmas, and spend the holiday break with her. During the other years, I stay home with my dad. I never have both of my parents for Christmas, which becomes disheartening to look back on.

In order to spend breaks with my mom, I must pack my things, fly out west, and spend the whole break there. Now don't get me wrong, I love my mom. I love visiting her and spending time together. I just wish I didn't have to leave my dad too. Furthermore, I miss out on quality time with my friends during winter break.

Since my birthday is the 21st of December, and school ends the day before, I typically travel on my birthday, which sucks. Spending eight hours on a flight and in an airport for my birthday isn't a great way to host

a party.

But I began to wonder, what about my friends? What is their Christmas experience like with divorced parents?

Junior Angelena Velez shares: "My mom, I, and my siblings would go to my grandma's house and my dad was missing. But also, he would stay home, and sometimes he would make an appearance, but he usually never did." She states "In my personal experience, no it's not sad. Because I have been begging my parents to get a divorce since I was like seven years old...[we] don't have everybody together, but we never really did anyways."

Sophomore Malcolm Zeller says, "So Christmas Eve I would go to my [paternal] grandma and grandpa's house. Even when my parents weren't divorced, we would already have a double Christmas, in a sense. But then the presents were kind of divided when it came to after the divorce." When asked if he had one Christmas with his mom and one with his dad, he says "It's more about the event, I technically have one Christmas with both. It's more of the sides of the family."

However, divided celebrations do not

mean sadness: "I'm usually happier when the gatherings are good, rather than seeing my parents back together because I know they don't want to be back together."

Senior Breanna Poff says, "My parents only got divorced around 4 years ago, and left things on fairly good terms. Usually, I spend Christmas Eve with one parent and Christmas Day with the other...I would be lying if I said it was easy to deal with at all. I still think back to the years that I got to sneak into my parent's bedroom at 6 in the morning to wake them up. I rarely see my dad in general, so I miss the traditions we used to have with him too. Like chugging egg nog until we throw up. So, in summary it's been hard, but at the same time I know there is nothing I can do about it."

I empathize with every child of divorce during the holidays because I know how difficult it can be. I truly wish everyone, especially my fellow children of divorce, a happy holiday season. Take care of each other.



Photo from Pinterest



Photo from San Diego Family Law Lawyers

Fun Winter Traditions in Erie

By Alaya Knight

There are two types of people up North, those who hate the cold, snowy days, and those who love to wake up and see snowflakes piling up four feet above the ground. Since Erie is ranked as the second city in the United States with the most snowfall per year, the winter season is one of the best times of the year. While the citizens of Erie have no choice but to adapt and make the best out of the cold seasons, we have some pretty cool winter traditions.



By First Aid Canada

Freshman Caitlin Loveranes, shares that her favorite thing to do in Erie during Christmas time is to go ice skating at the Christmas carnival. There are hot chocolate stands, food stations, a horse and carriage ride and many other festive activities from the months of December-February. Loveranes likes to ice skate with her friends during the evening when the large christmas tree is lit because it makes her feel like she is in a Hallmark movie.

Junior Janae Beason, enjoys going to the Christmas tree show. The Erie Bayfront Convention Center hosts a Christmas tree show every year where different businesses and organizations decorate a tree in which people can come and vote. Beason likes to go there with her family and friends every year, so she can get inspiration for her own tree at home.



Bu Dana Massing



By Russell McLendon

With Erie being located right off of Lake Erie, fishing is popular here. During mid- December, the lake is frozen over, so people begin to go "Ice Fishing". The ice should be more than 4 inches thick before it is safe to get out and get a good catch."



By Jennie Geisler

While some may be eager to move away and escape the cold Pennsylvania weather, there are some people who make the best out of their environment and enjoy spending time with family and friends, even if you have to layer up.



By Visit Erie



By Instagram



By Mariam Kanj

Layout by Quinn Hoffmeister

Photo by Concho Valley

The bright white snow, warm hot chocolate, and the smell of peppermint put us in the mood to start indulging in our favorite Christmas movies. This leads us to the question: what are people's favorite Christmas movies? Which movie will the high schoolers at Collegiate Academy prefer? Around 100 students at Collegiate Academy were surveyed on what their favorite Christmas movie is.

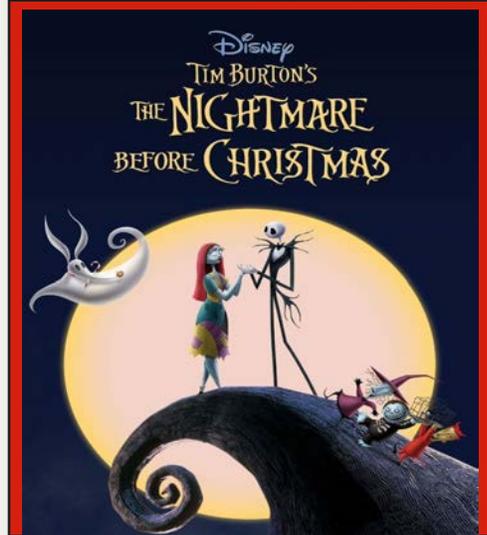
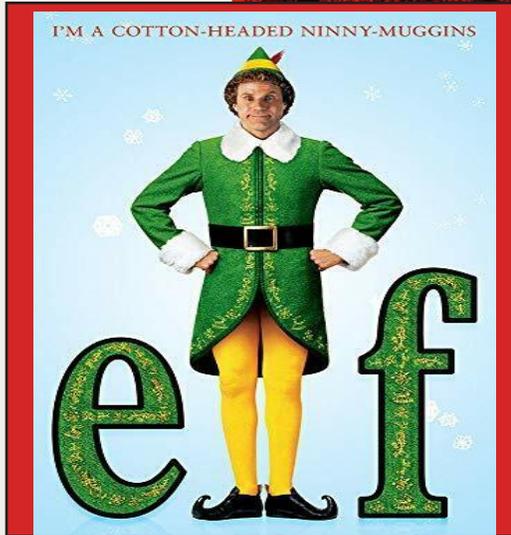
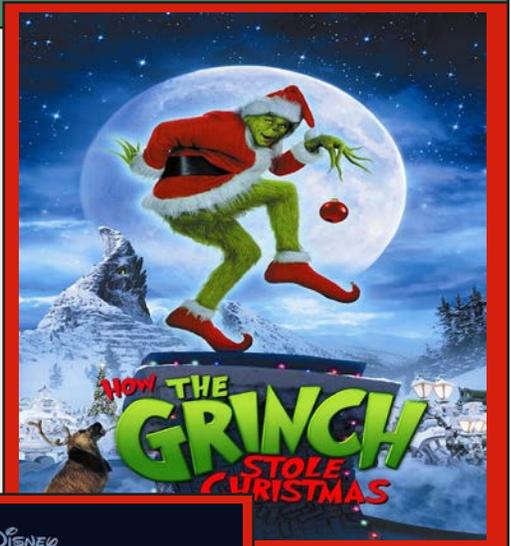
To no surprise, Home Alone was a top favorite for many people. More than half the people chose this movie as their favorite. Most people said that Home Alone gave them a familiar and friendly vibe. Sophomore Zainab Abdulzaharh says, "Home Alone was a movie that I used to watch a lot whenever I was younger, that's why this movie kind of stuck with me." Home alone evokes a sense of nostalgia for some people whose childhood revolved around this movie.

About 25% of people chose The Grinch as their favorite movie.

The Grinch, like Home Alone, is also a childhood favorite. Some consider the next choice a Halloween movie rather than a Christmas movie. A little less than a quarter of people had chosen the movie, The Nightmare Before Christmas, as their favorite Christmas movie.

Sophomore, Angel Nyamachabo, says that The Nightmare Before Christmas is a movie that she watches during both Halloween and Christmas holidays, but if she had to pick, she would pick this movie as her favorite Christmas movie because she enjoys watching it.

About 5% of people chose the movie Elf as their top favorite. Making it one of the least favorite movies of the people that were surveyed. However, people often don't share the same opinions as everyone else. There are new Christmas movies every year which will undoubtedly become the favorites of many people in future generations.



Photos by eBay

The Link Between Chronic Pain and Mental Health is Evident



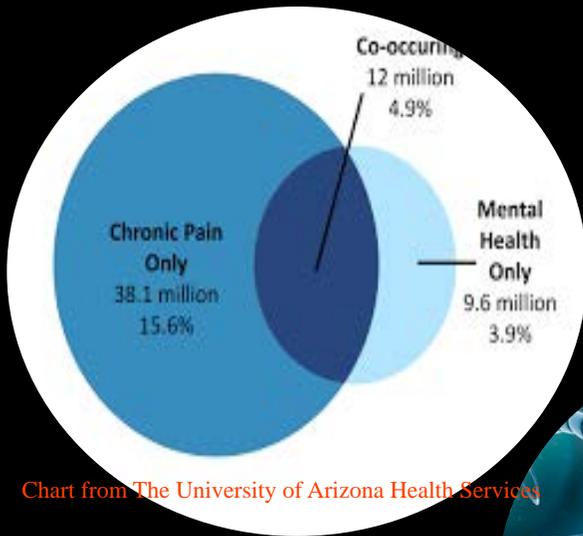


Chart from The University of Arizona Health Services



photo from Verswell Health

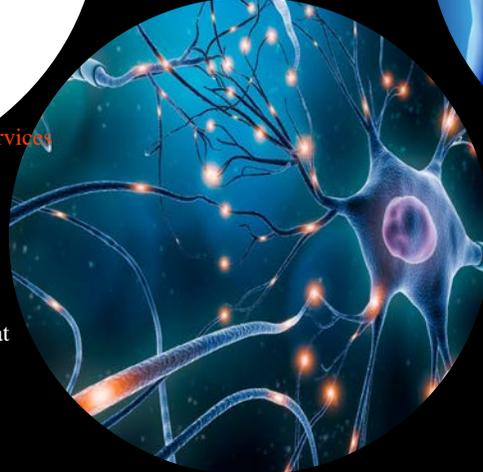


photo from Genomind

By Ava Burns

Whether someone stubs their toe or breaks up with their boyfriend, their body is going to release neurotransmitters, which are chemicals that pass signals between neurons in order to send a message to the brain.

In other words, it's just a big game of telephone.

Since pain and emotion have this in common, oftentimes there is some crossover. They begin to form a link between each other. When pain becomes chronic, that link is enhanced.

Chronic pain can cause changes to the brain. Sometimes, when one has experienced pain for so long, their neurotransmitters continue to send pain signals even when there is no harm present.

In that case, in order to retrain one's brain health, one has to take things slowly. This happens to be the same case with mental health.

I have had chronic migraines for almost five years. Over those painfully long years, I've noticed that my pain and my mental health go hand in hand.

I've actually begun to notice a cycle. When I feel a migraine coming on, a domino effect takes place. My head hurts and it causes me to miss out on my sport, and school activities, as well as hanging out with

my friends and family. I get major fear of missing out, and I get upset, which brings on another headache.

Many people go through the same experience. According to The University of Arizona Health Sciences, studies show that approximately 12 million adults in the United States have chronic pain, accompanied by symptoms of depression and anxiety. These studies note that people who experience chronic pain are more susceptible to issues like depression and anxiety.

Chronic pain in itself can cause distress to the body over time, but it also wears down one's self esteem. It can be challenging for someone to get back into their normal lifestyle.

Another similarity between chronic migraines, and mental health is that it's all in my head! Meaning it takes place in my head, not that I'm making it up. But regardless if it's physical or mental pain, I have to want to get better and work towards it.

In my experience, I definitely have my moments of hopelessness. However on my good days, when I don't have a headache, I also usually have a better mindset.

It isn't easy to just flip the switch and be happy, but it doesn't have to be a constant incline. There are days, even weeks, where I experience a bad migraine cycle, but there are also weeks when I feel great. It is all about maintaining balance by taking things slowly, and you don't have to

have chronic pain to apply that to your life.



Photo from Pain and Spine Specialists

The Demon That Terrorizes Christmas

By Maricella Garcia

Layout by Quinn Hoffmeister



Photo by Lonely Planet

Most people have familiarized themselves with the most well-known figure of Christmas, Santa Clause, a jolly old man who delivers presents to well-behaved children and gives coal to the bad kids. However, in Austria, the poorly-behaved children have something even worse to fear, a horrific half-goat, half-demon beast named Krampus. The legend of Krampus, or Krampusnacht, originates in Austria and Germany. It is said that he is the son of the Norse God of the underworld, Hel. His name comes from the German word krampen, meaning “claw.” On December 5th, Krampus would visit naughty kids either to punish them with a bundle of birch branches to swat them or to toss the children in a sack and drag them to the underworld. This day is called Krampusnacht which translates to “Krampus night.” The following day, December 6th, St. Nicholas would arrive to give good kids their presents. In Germany it’s a custom to leave a shoe outside the bedroom door and receive treats or a rod based on their behavior. According to Heriloom Art Co., “It is a chance to see if all of the children are behaving as they ought to in preparation for Christmas to come, and the proverbial naughty and nice list is made.” This tradition is effective to cultivate good manners before Christmas arrives.

Krampus is part of pagan celebrations for the winter solstice and was adopted in Christian traditions. In the 12th century, people from the Catholic Church tried to banish him from traditions, due to his resemblance to the devil. Still, it did not have much impact considering he was still celebrated in parts of the world.

The postcard companies in the 1980s had a massive demand in Germany and Austria for Krampus holiday cards. Most cards consisted of his usual



Photo by Tasteful Croatian Journeys

punishments toward children, the most notable being a child shoved into a sack. With words printed “Gruss vom Krampus” meaning “Greetings from Krampus.”

The modern traditions of Krampus include a “Krampus Run,” in which drunk men dress as the demon to chase after children and sometimes adults in the streets. It’s been a common theme for countries from which he is originated to throw huge parades to celebrate him.

According to Smithsonian Magazine, “The Origin of Krampus, Europe’s Evil Twist on Santa” states, “Young men in town dress up as the mythical creature and parade through the streets in an ancient pagan ritual meant to disperse winter’s ghosts.” This tradition is not just a folktale to scare children into behaving, it’s a beautiful way to celebrate culture and bring the community closer together.

Krampus has also had a resurgence when it comes to modern media, most popularly in movies and tv shows, such as the 2015 Krampus film. It helped gain traction to a U.S. audience and shed light on the foreign tradition in a horrific light.

Although people see Krampus as a terrifying demonic creature at face value, he is still a beloved part of Christmas celebrations in different parts of the world.



Photo by Euronews

CELEBRATING A WICCAN WINTER

By Rory Gardner

Layout by Anna Kranz

Christmas is the time for people all around the world to come together and celebrate. Though many different religions don't celebrate Christmas, there is usually some way they celebrate the winter season.

Many have heard of the Yule log,

but what is Yule?

Yule is a holiday celebrated during the winter solstice. It lasts from December 21 or 22 to January 1st.

Ancient Nordic people celebrate jol and it is one of the oldest winter celebrations in the world! Dated from back in the 5th to 6th century, Yule was dated on the CE Gothic language calendar. It appears in the month name *fruma juleis*.

It's been celebrated for over 1,500 years, but it became a name for Christmas sometime in the 9th century.

Some may recognize the common dessert the Yule log, a sponge cake made to resemble an actual Yule log, which is a specific log picked to be burnt on a hearth. The Yule log is thought to derive from Germanic and Scandinavian paganism.

Another tradition is decorating your home with evergreen plants like holly and mistletoe to ward off evil spirits and bring in good luck. This originated in ancient Egypt and Rome and later on moved into the Germanic region.

These traditions come from many different regions including (but not limited to) the Germanic, Nordic and Celtic regions. So, some of the listed traditions may not all be from the same place.

Despite this, Yule brings all these regions together with traditions and shared values. To many, that is what's most important about this holiday.

There are so many traditions and ways to celebrate the winter solstice. Would you consider celebrating Yule?



photo by amazon



photo by amazon



photo by pinterest



photo by IrishCentral



photo by pinterest



photo by hobby lobby

PUNCH OUT

AND ITS TIMELINE. HOW LONG DID IT LAST AND WHY?

The thought of a game spanning from 1984 to 2009 seems absurd. Thirty-five years, and of what? Punch-Out!!

Punch-Out is a loved game series among children from the 1980's all the way to the 2010's, and even today. The series, including the spin offs, ran from 1984 to 2009, but including the special events and vendors, the Punch-out game series spanned all the way to 2019.

Over thirty-five years of a boxing game known for its willingness to make fun of its audience, and beat them home with its intentional timing-based program. A whole lot of punching and whole lot of rage-induced console kickboxing.

The first release of the Punch-Out game series, which was created in 1984 for arcade systems, had just seven characters. One of these was the nameless player, leaving a small selection. Despite the lack of choices, Punch-Out ranked 4th in gathered value for video games in 1984 nationally. Punch-Out, behind Pole Position, Track & Field Hyper Olympics, and Pole Position II, made \$290,000,000 at that time.

This was brought further by the immediate re-release of Super Punch-Out the same year. This game introduced only five more characters, which left it to make a lot less than the first game. The only data on its revenue was from a fandom wiki about the sales of games, with its placement in Japan making ten million. But that didn't discourage Nintendo from creating another one, which is arguably the most popular of the install-

ments. This would be Mike Tyson's Punch-Out, released to the NES in 1987. This game is known for having the beloved heavyweight boxer Mike Tyson as an opponent.

The game itself sold over three million copies at \$34/cartridge, which generated over \$102,000,000. The game, previously known as Mike Tyson's Punch-Out, had Mike replaced

with a man named Mr. Dream in 1990 due to his contract with Nintendo ending. This led to the re-release of the game, renaming it 'Punch-Out!! Featuring Mr. Dream.

In the 1994 rendition of Super Punch-Out, there are sixteen characters in total. Only five of these characters made it into the 2009 rendition of Punch-Out. This game has ten debuted characters, the most out of any of the Punch-Out games.

This game, physical or digital, is sold for \$34.99/game. Considering the popularity of the series, this has made Nintendo a great deal of money. Unfortunately, not much data can be found about the sales of this game, showing the lack of popularity in comparison to the Punch-Out game(s).

The last introduction to the series of main games is the Punch-Out rendition of 2009, which was made for the Wii that has been discontinued since 2013. Despite being short-lived, it has relatively high ratings with the aggregate ratings on Metacritic and GameRankings being 8.65/10. Punch-Out has sold 1.27 million copies worldwide.

Only sixty Wii titles have gotten to over one million sold copies, and one of them is this game. The average cost for this game due to resales is around \$35.00. Even with that price, this game has still made Nintendo around \$44,450,000.

Punch-Out as a series is known not only for being a fun game based on a newer concept, but was also valuable to Nintendo. Fun and attraction sells, money keeps it alive. Whether you know everything about it, or nothing at all, it's lasted a good while.

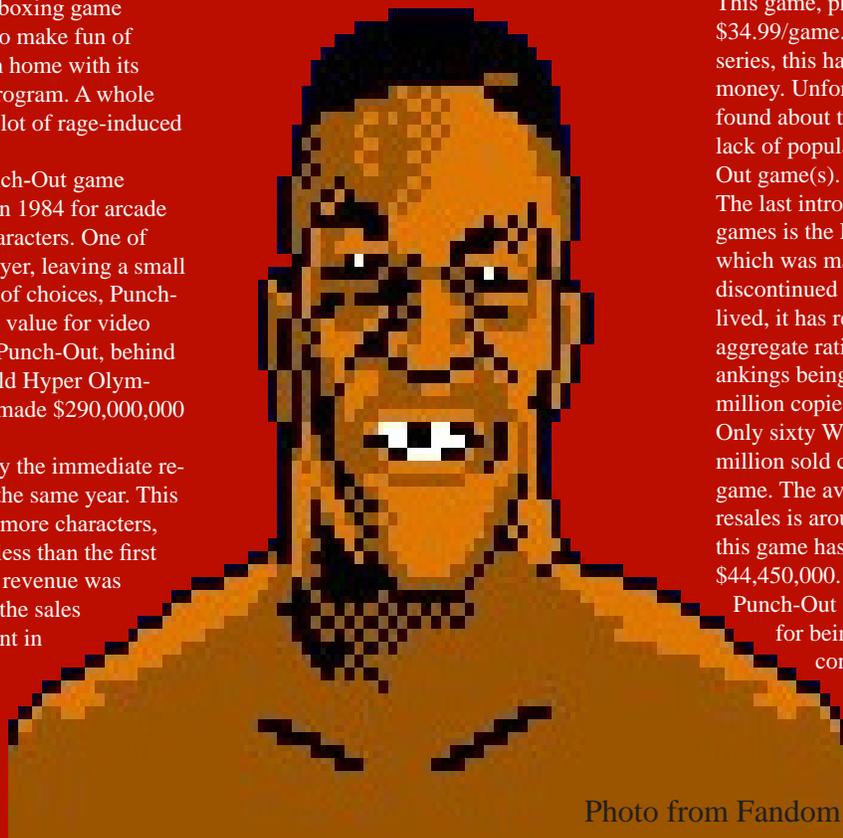


Photo from Fandom

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Photo from Rob Boudon



Photo from Listium



Photo from Steam Community

How Did you First Learn the Truth About Santa?

By Zinab Alhasan Layout by Quinn Hoffmeister

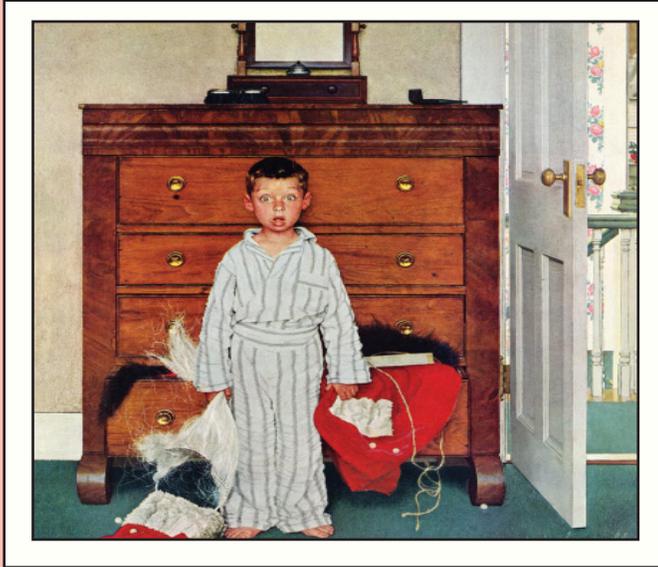


Photo by The Saturday Evening Post

Each year Christmas is celebrated around the world by many people by decorating their homes, getting gifts from Santa, and other activities like caroling. An average American spends about \$997.73 on gifts each Christmas.

But how did the idea of Santa Claus start? And is he real? Santa Claus is based on a Christian bishop, St. Nicholas, who was well known for his generosity and secret gift giving. The name Santa Claus came from the Dutch nickname for St. Nicholas, Sinter Klaas. Now, parents use the idea of Santa Claus to create a sense of magic and encourage good behavior from their children. Most kids find out the truth about Santa between the ages of 8-11.



Photo by NBC News

How did you find out about Santa not being real? Have you ever thought about how others made the same discovery? Since learning the truth is a moment people hardly remember as they get older. Each person at Collegiate Academy learned the truth about Santa in different ways.

Mr. Hillhouse, Collegiate Academy's math teacher, says, "I have only ever got clothes and presents every Christmas, even though the elves on TV only had toys in the workshop." This led him to the realization that it was his mom who got the presents, not Santa.

Adelina Dedic, a sophomore at Collegiate Academy, recalls, "I saw the Christmas wrapping paper behind the door, and I said to my mom, 'oh I think Santa left them there for next year.' My mom told me that there is no Santa, and she's the one who's been buying all the presents."

Ayrionn Pristello, a sophomore at Collegiate Academy, said she discovered Santa wasn't real the night before Christmas when she found her brother in the kitchen at night dressed as Santa eating a cookie. Similarly, Jada McAllister, a sophomore, figured out that it wasn't Santa coming down the chimney but her mom, since her mom became secretive around Christmas by shopping without showing what she was getting.

Jeremi Rios, another sophomore at Collegiate Academy, learned the truth from his friends when he was 8 years old. That's how most students at Collegiate Academy found out the truth about Santa. Everyone has their own story; regardless, it's a moment that shapes childhood memories and is often forgotten with time.



Photo by NPR

The Spirit of Giving

By Norah DeRooy

Layout by Quinn Hoffmeister



Photo by NPR

Many people feel the need to be generous during the holiday season, whether that is donating to charities, volunteering time at food banks, or buying gifts for family members and friends, but why?

The act of charity and gift-giving during this time of the year is deeply rooted in cultural and religious tradition. Many celebrations, including Christmas and Hanukkah, emphasize generosity as virtuous.

In Christianity, the three Magi, or wise men gave gifts to baby Jesus. This story from the Bible acts as a foundational narrative for giving at Christmas. Comparably, in Judaism, the principle of Tzedakah, or charitable giving, aligns with Hanukkah's themes of light and hope.

Additionally, the holidays are a time of emotion. As the year comes to an end, a lot of people reflect on what they are grateful for. Gratitude motivates many people to give back to society because it naturally brings about a heightened sense of empathy for the less fortunate.

This sense of gratitude and appreciation aligns with both religious and cultural traditions but also has an impact in secular households too. Gift-giving and donating have become hallmarks of the holiday season.

For Mr. Freed, the Latin teacher at Collegiate Academy, gift giving is an opportunity to express care and gratitude. He says, "My main motivation when giving gifts is to show someone that I care about them. To me the gift says not only, 'I hope this makes you happy,' but also 'I want you to know I appreciate you.'" Katherine Phan, a senior



Photo by UCHealth



Photo by EVite

at Collegiate Academy, shares a similar sentiment about the emotional rewards of giving: "Gift-giving during the holidays is a universal tradition, so it was pretty much a natural habit for me to pick up. Spirit-filled holiday feelings and my general love for gifting make giving a no-brainer. Seeing the surprise and joy on the face of my favorite people is also rewarding because it just goes to show the depth of our relationship."

Beyond the emotional aspect behind giving gifts and donating, the holidays are also affected with cues that encourage charitableness. Organizations strengthen their efforts by implementing stories of people in need in their advertisements. Many movies, music and other advertisements during this season promote a variety of themes including kindness, selflessness and generosity that makes the viewer feel more obligated to donate and do good deeds. Generosity, regardless of the motivation behind it, has become a major part of holiday celebrations for many people. Through acts of giving, donating to charity and volunteering, the holiday season cultivates connection and shared joy that lingers long after the holiday season ends.

Elf on the Shelf A History of Mystery



By A'Naja Barney

The doll that comes around houses once a year and moves when no one is watching has scared everyone at least once.

According to a poll on YouGov, 36% of families with a child/children under 10 have an Elf on the Shelf in their homes. The big question is: Where did they come from? The Elf On the Shelf started out as a book titled *The Elf on the Shelf: A Christmas Tradition* written by Carol Aebersold and her daughter Chanda Bell, and was published in 2005. According to *The Today Show*, when Carol Aebersold was younger she received a pixie elf named Fisbee. Aebersold told her children that Fisbee was sent from Santa and he watched to make sure they behaved.

Years later, Aebersold and her daughter Bell decided that they wanted to spread this tradition to families all over the world and self-published the book.

Now there have been more than 28.3 million Elf on the Shelf dolls and pets sold globally according to Bloomberg. The Elf on the Shelf brand has branched out with movies, tv shows, clothes, and more.

The Elf on the Shelf has a total of 4 movies that follow the story of an Elf named Chippy. *The Elf on the Shelf: Sweet Showdown*, has 5 episodes where bakers come to show off their skills and make things for their Elf on the Shelf. The Elf on the Shelf has many accessories like pets props and clothing to give children a customizable experience.

Collegiate sophomore, Kennedy Hildebrand, says “One time my elf, Snowflake, took my phone and went around the whole house taking pictures with everyone asleep”.

Collegiate freshman, Jaida Freed, says “I have a Justin Bieber Barbie doll that moves around my house like an Elf on the Shelf all year-round, and his outfit changes for the holidays.” People globally have turned the Aebersold tradition into their own.





What Collegiate Academy Wishes For

By Cassie Geiger-Herman

By Albany Herald News

Christmas evolved from pagan traditions and celebrations and has been a holiday in the U.S. since 1870. But even before that people, including the Anglo-Saxons and Norse had ways of celebrating, which was called Yule. Yule was a festival that included the cutting of Yule Log for fuel, and homes were decorated with evergreens. Gifts were exchanged, and Yule became synonymous with Christmas in the 9th century.

Collegiate Academy students still have the Christmas spirit, or a ravenous need for gifts. Some kids want things like PS5's while others want something simple like gift cards.

People seem to think long and hard about their gift. Teacher from Collegiate academy Hugh Hillhouse says he wants a "Membership to Michael Kerchansky's gym" senior student Hunter Bish wants, "A 1 dollar bill signed by me (Cassie) and a pony."



Photo by: Brad Elliot



By Tumblr



Photo by: 5minutesformom

Another student, sophomore Xiomaira Rosario, wants simple things like clothes and jewelry. Mr. Ross, a substitute for Collegiate Academy, wants a new pair of Nike shoes, he's known for his shoes in this school. Marshall Boyd, a sophomore, known for loving film and wanting to work as a producer, wants a film camera because he wants to make movies.

The average amount a year spent on Christmas gifts is \$902. Most people prefer money for Christmas, which is the top present for men and women. Clothing, textiles, or shoes were the second most popular choice, followed by vouchers.

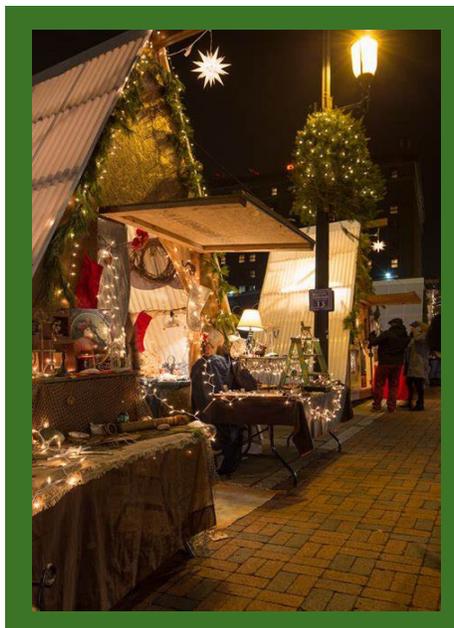
Don't Walk, RUN to These Places for a Beautiful Winter Experience

By Kennedy Hildebrand
Layout by Anna Kranz

Pennsylvania is a beautiful state, and in the winter, its beauty is boundless. When winter comes, cities, forests, and parks are decorated in snow and ice crystals which create a breathtaking scene for all to see.

From the website, thetravel.com, Bethlehem, Pennsylvania offers “skiing, snowboarding, and skating opportunities... it is also famous for being the Christmas capital of America. Winter is unarguably the best time to see why the city earned that title, as it is when the streets are decorated with Christmas trees and festive lights and are overtaken by ceremonies.”

Also from this source, Fallingwater, Stewart Township “is a magnificent building designed by architect Frank Lloyd Wright in 1935. The building sits above a waterfall, with its base gushing out water.”



Christmas City Village in Bethlehem, PA
photo by flickr.com

All of these places are within a 6 hour drive from Erie P.A. The closest destination is Fallingwater, Stewart Township; according to Google Maps, to drive to Fallingwater, Stewart Township it may take approximately 3 hours. Bethlehem, Blue Mountain Ski Resort, and Bear Creek Mountain Resort all show a driving time over 5 and a half hours from Erie.

Each of these places seem to be an amazing experience and there are many more places to explore in not only Pennsylvania, but all over America, and the world.



Fallingwater building
photo by pinterest

The building can be seen all year round, however, in the winter season, “it gets surrounded by snow and ice and also receives fewer crowds.” People can take a tour of the inside design for \$35 from November 27 to December 31.

If you have gotten tired of Peek'n Peak, the Source, visitpa.com, has more breathtaking places to visit in Pennsylvania, like Bear Creek Mountain Resort, “With 23 ski trails ranging in difficulty from beginner to black diamond, three terrain parks, an award-winning Snowsports School, and a 10-lane snow tubing slope.”

Visitpa has additional information about the Blue Mountain Ski Resort in Poconos which has “39 trails, the highest vertical in Pennsylvania, six terrain parks, and the nation’s largest snow tubing park...” This resort is popular amongst winter athletes to ski and enjoy the relaxation of a warm resort.



Blue Mountain Ski Resort in Poconos
photo by hometogo.com

Seasonal Affective Disorder: Do you Feel Extra SAD in the Winter?

By Isabella Oosterkamp

Photo from Shutterstock

In the chillier months many literally feel the gloom and darkness of the winter months. People experiencing significant changes in their mood and behavior during these months may be experiencing the symptoms of Seasonal Affective Disorder (SAD).

Depending on where they live, up to 10% of people could have SAD, a type of depression disorder that is time specific to the changing of seasons according to the American Psychiatric Association. Symptoms include, but are not limited to, feeling sad and down everyday for at least two weeks, fatigue, weight gain, loss of patience, and loss of interest in activities one would normally enjoy, states Nemours Teens Health.

Many researchers theorize it is linked with the loss of sunlight. Without sunlight, people lack Vitamin D and experience a reduction in serotonin levels (the hormones in your body that make you happy), which can cause many of the symptoms of SAD, according to the National Institute of Mental Health.

The reduction of sunlight can confuse the body's internal clock leading to a lack of sleep and an increase in the production of melatonin, making people feel more lethargic and sluggish.

Holidays may also cause stress and add to the anxiousness and sadness of this time of year. High school students can also feel the ef-

fects of Seasonal Affective Disorder. Ms. Palotas, one of our helpful school counselors, says, "High schoolers are definitely not immune to this, and [she has] dealt with many students with seasonal affective disorder."



Photo from Sleep Foundation

When affected by SAD, students may feel down and may not be mentally prepared to face the amount of schoolwork and teenage drama of their lives. Students may not be motivated or focused on doing their school work which can ultimately cause more stress. Students may not seem like themselves and may feel a social withdrawal where they may

not want to interact with friends and family. Which can cause more drama. Teens may feel obligated or guilty when not filling social expectations.

However, there are treatments for Seasonal Affective Disorder. Like other types of depression, there are ways of therapy which

include talk therapy with a doctor, therapist or counselor. At Collegiate Academy, Ms. Laird and Ms. Palota are available to students.

Medications are also available. Doctors may prescribe these medications during the months in which one is affected to prevent the sad and depressed feelings.

Ms. Palotas also says there is another option, "Light Therapy used to be very expensive and hard to get but now you can buy a machine from Amazon. Light therapy is basically a monitor which shines light on you and can fill you with the lack of light you are missing."

One can experience light therapy sessions in time segments of about 45 minutes a day. When going through light therapy it allows one to continue with everyday work. Seasonal Affective Disorder more widely known and less stigmatized. It is completely okay if you feel these symptoms. If and speak with someone to get the help you need.

Wacky Wonderful Winter Activities to Try Out this Holiday Season.

By Brecken McLaughlin



Photo from Quark Exhibitions

When the cold wind whips and the snowflakes start to shimmer, most people start typical winter activities, such as skiing, snowboarding, and ice skating. Although these all can be fun in their own right, why not break out of the ordinary and try something new.

There are a plethora of different and unusual winter activities that can make this winter more exciting than ever. Here are a few offbeat winter activities to try out.

Snoga, is the practice of doing yoga poses in the snow. Practitioners claim that it is a great way to connect with nature and improve focus.

Snoga originated in Scandinavia, it is usually done in conjunction with other more common practices, like snowboarding or skiing.



Photo from Town Lift

Next, is a game that was invented by ski resort workers in New Mexico, shovel racing. Participants sit on large shovels with their legs straddling the handle, then they race downhill at very high speeds.

The creation of shovel racing has been credited to Dameon Deleon and has gotten so big that it was featured in the X-Games from 1995-2004, it was removed due to safety concerns.

The next winter sport to try out is ice sailing. Ice sailing involves attaching a small sail to skates or a board, and gliding across



Photo from Clint Austin Photography 2016

frozen lakes, going speeds of up to 140 miles per hour.

Ice sailing actually has a big following. People all over the world participate, from Scandiva to North America.

When asked if he'd try ice sailing sophomore Lashawn Walls says "No, because 'I'd probably fall, and that's permanent hospitalization.'"

The world record for ice sailing speed was set in Lake Winnebago, Wisconsin reaching the impressive speed of 143 miles per hour according to the Hudson River Maritime Museum.

The last winter activity to try out is polar plunges. Although, not necessarily a sport. Polar plunges are still a fun challenge for

the bravest winter hobbies connoisseurs.

Polar plunges involve jumping into freezing lakes or rivers, it is often done in conjunction with fundraisers.

The first documented polar plunges was in New York in 1903, and was spearheaded by the Coney Island Polar Bear Club.

There are annual polar plunges all across America. The biggest of which is called the "Lake George Polar Plunge", this plunge takes place every New Years Eve in Lake George, New York.

Another polar plunge that you can attend is the Maryland Plunge, this one takes place in Annapolis, Maryland where you can jump into the freezing water of the Chesapeake Bay. It has raised over 40 million dollars for different charities.



Photo from Echo Press

Sophomore Saxon Emhoff enjoys Snow Kayaking which in his words is "Sledging but with a kayak."

Also, Sophomore Samuel Gross says "There's a sport called broomball, it's like hockey but instead of skates you wear sneakers."

Whether you're looking to brave the waves of the freezing ocean or just have a laugh with friends, there's a winter activity for everyone. So give one of these a try and don't forget to dress warmly!

Enjoy some easy tasty dishes to brighten up a New Year's Eve party!

By Savannah Livingston
Layout by Anna Kranz



Buffalo Chicken Dip
photo by Valentinas Corner



Pigs in a Blanket
photo by Brown Eyed Baker



Charcuterie Board
photo by pinkowl kitchen

Parties are a big thing during New Year's Eve. It brings friends and family together to have a great time, and kick off the upcoming year. Here are some easy and exciting new recipes to spice your new year up.

'Buffalo chicken dip' is a classic that many people love and enjoy. According to Allrecipes, the ingredients for it include two cans of chunked or shredded chicken breast, cream cheese, a cup of ranch dressing, hot sauce so it mimics the taste of buffalo wings, and shredded cheese to give it a gooey texture and cheesy flavor. Buffalo chicken dip is cooked on the stove for 15 to 40 minutes, or the slow cooker for 1.5 hours on high and 2.5 on low.

Pig in a blanket is an easy and not time-consuming dish that many enjoy. According to Delish, all you need is two packs of frozen pastry dough, a pack of mini cocktail weenies or hot dogs, and salt to give them a flavor boost. They are cooked in the oven at 375 for 12-15 minutes until golden-brown.

Charcuterie boards are dishes for people to snack on when waiting for food to be done. According to Tastes Better From Scratch, some things seen on a charcuterie board are cheese, olives, nuts, crackers, lunch meats, honey, and fruits. It takes around 20 minutes to assemble and perfect the layout and design of the board.

Ham and cheese sliders are perfect appetizers to serve at a party. According to Allrecipes, all that is needed is mini sandwich rolls preferably Hawaiian sweet rolls, ham, american cheese, and are coated with melted butter, Dijon mustard, and dried minced onion. They are cooked in the oven at 350 for 20 minutes.

Cranberry Sauce Meatballs is a quick dish that should be a delicious people-pleaser. According to Taste of Home, the ingredients are precooked meatballs for convenience, cranberry sauce, chili sauce for a sweet and spicy taste, brown sugar, cumin, and cayenne pepper. The meatballs can be cooked in the oven for 20-25 minutes, or the slow cooker for 2-3 hours.

Junior Isabella Oosterkarp says, "My favorite dish to have at a New Year's Eve party is buffalo chicken dip because it is a yummy and quick dish to enjoy with family and friends."

Sophomore A'Naja Barney says, that her favorite thing to make is sandwiches when going to a party because they are affordable and almost everyone enjoys them.

Hopefully these recipes help you find some new and interesting ways to have people enjoy your next party.



Ham and Cheese Sliders
photo by hellmans



Snadiches
photo by shutterstock



Cranberry Sauce Meatballs
photo by cheftisup

Did Cola really Invent The Christmas Icon, Santa!

By Mirela Saracevic

Layout by Quinn Hoffmeister



Photo by Chron

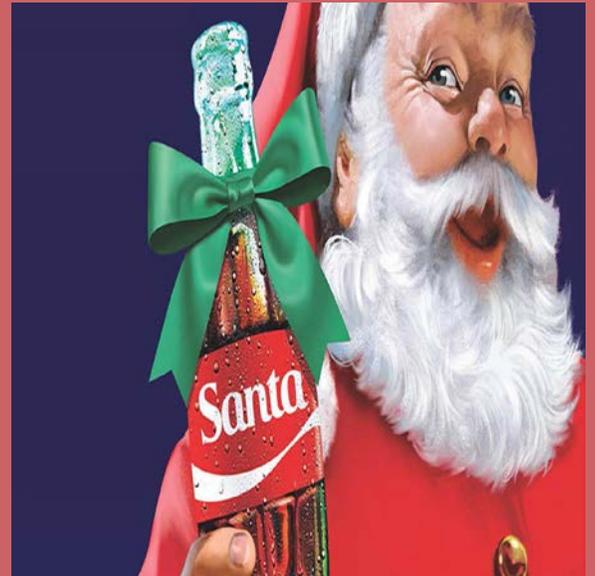


Photo by MarTech



Photo by Amazon



Photo by Christmas Decorations

Originally Coca-Cola did not invent Santa Claus, but did popularise the image we see today. In 1931, Coca-Cola had their first ad featuring Santa. In the Saturday Evening Post the official title of the ad was "My Hats Off".

Coca-Cola had an artist named Haddon Sundblom working for holiday advertisements. He was inspired by the poem from author Clement Clarke Moore named "The Night Before Christmas", which described Santa with a white beard and a jolly presence.

Before Coca-Cola's advertisements, Santa Claus was described to be different from what Haddon illustrated, initially he was described as an "elf-like creature." Another artist named Thomas Nast had been drawing Santa for 30 years changing the color of his suit constantly and settling on the color tan. When Nast saw the illustration from Coca-Cola he saw how the color red suited Santa.

"Santa Coke" was the official name used for marketing ever since the 1920s and to now. This year they advertised "The World Needs More Santa" leaning towards a wholesome message including togetherness and appreciating the small things. With another advertisement that was AI generated called "Holidays Are Coming".

The final version created by Sundblom was published 1964 but Coca-Cola used his original work, since there the most valuable ones. After Cola started using Santa for advertising, the Christmas Icon started to get shaped into the Santa we now know.



Photo by Christmas Wiki | Fandom



Photo by Envisioning the American Dream

The Christmas Bakery Bet

By Kawthar Abdulzahrah



Photo from Stock Cake

The smell of cinnamon and nutmeg filled the air as Anastasia Adam's dusted powdered sugar over a fresh batch of gingerbread cookies. The warm, cozy scent was enough to make even the Grinch feel festive, and Anastasia was hoping it would attract customers to her new bakery, Patisserie Palace, on Main Street.

For as long as she could remember, Anastasia had dreamed of opening her own bakery. She'd finally taken the jump, renting a small storefront for the holiday season. Her shop was cozy and modest, but she'd worked hard to make it sparkle, stringing twinkling lights in the window and decorating the display with pinecones, candy canes, and little wooden ornaments.

Today was opening day, and she wanted everything to be perfect. But just as she was placing the last gingerbread man on a tray, the bell over the door chimed, and in walked the last person she expected to see. George Stone, the owner of Express-O, a popular coffee shop down the street.

With his windswept hair and stony smile, George was every bit as charming as his coffee shop. He looked around, clearly impressed, but Anastasia could sense the competitive sparkle in his eye. They'd always been friendly, but there was an unspoken conflict between them. George's coffee shop was a staple of the town,

while Anastasia's bakery was new and questionable.

"Nice setup, Anastasia," George said, his lips curling into a smirk, "But I hope you're ready for a little friendly competition. I just added a holiday baking menu at the cafe, and I'd hate for you to lose your customers on day one."

1

Anastasia raised an eyebrow, trying not to smile, "Oh, I think there's plenty of holiday cheer to go around. But if you're up for a little bet, how about this, whoever sells the most holiday treats by Christmas gets to call themselves the best baker on Main Street."

George's eyes sparkled with amusement as he extended his hand, "You're on." Anastasia shook his hand, feeling the warmth of his touch linger longer than she expected. This holiday season was about to get interesting.

The days leading up with Anastasia working around the clock to keep up with the holiday

rush. Her Patisserie Palace Bakery had been busier than she'd ever imagined. Each morning a line of customers gathered outside, waiting for their fill of peppermint brownies, sugar dusted gingerbread, and chocolate muffins. Anastasia loved every second of it. She had worked so hard

to reach this point, and seeing the smiles on customers' faces as they left with her treats made every late night worth it. But even as she immersed herself into her baking, she couldn't help but keep an eye on the shop down the street.

She'd see George through the window, steaming milk, chatting with customers, and adding tray after tray of his own holiday pastries to the counter.

Every time one of her customers mentioned how "cozy" or "friendly" Express-O was, a surge of competitive energy filled her. She needed

to up her game, and she had the perfect idea. The next morning, Anastasia woke up early to start baking a batch of her skilled Candy Cane Crunch cookies. They were her bestseller: a soft, chewy cookie filled with white chocolate and crushed peppermint, drizzled with a delicate glaze. If anything could set her apart, it would be these cookies.

2



As she was arranging the first tray on display, the door chimed, and in walked George, holding a tray covered in cellophane. He flashed a grin that was a little too confident. "Thought I'd bring over a peace offering," he said, setting the tray on her counter, "Plum cake and chocolate fudge."

Anastasia crossed her arms, pretending to look over the muffins, "A peace offering, or a chance to spy on the competition?"

"Maybe a little of both." He shrugged, his grin widening, "Besides, I heard you're quite the cookie wizard. I figured I should step up my game if I want to keep up." "Trust me, George, I'm not slowing down," she said with a smirk. "In fact, I just baked a fresh batch of my Candy Cane Crunch cookies. Care to try one?"

He raised an eyebrow, clearly interested. He reached for a cookie, biting into it with a thoughtful look on his face. Anastasia watched, holding her breath, as he tasted the peppermint and chocolate combination. She hoped he'd admit, just this once, that her baking had an edge.

Finally, he looked at her and nodded, impressed, "Alright, these are... pretty good." She raised an eyebrow, "Just pretty good?"

"Fine. They're excellent. But don't think I'm giving up that easily," he said, with a playful sparkle in his eyes.

Their friendly jokes continued, each one tossing out new ideas to outdo the other, and neither willing to back down. But as the competition wore on, Anastasia found herself looking forward to George's visits and the way his eyes sparkled when he talked about his own creations. Each day brought new holiday surprises, like pumpkin spice latte competitions, and little notes they'd leave on each other's doors.

3
Before long, what started as a light-hearted conflict was slowly becoming something more.

By the end of the week, Anastasia was finding it harder to remember what they were competing for, only that each interaction made her heart race a little faster. Fresh snow covered the ground as Christmas Eve fell, transforming Main Street into a winter wonderland. Shining lights reflected off the snowy sidewalks, and a dash filled the street as last minute shoppers rushed from store to store, their arms piled high

with holiday treats. Anastasia's bakery was as busy as ever, and she had lost track of how many gingerbread cookies, peppermint brownies, and Candy Cane Crunch cookies she had baked. But today, her heart wasn't pounding from the rush of customers. No, it was beating hard for another reason entirely: a certain coffee shop owner with a teasing grin and an impossible genius for getting under her skin. She glanced out the frosted window and saw George setting out fresh trays of muffins. She hadn't seen him all day, and she wondered if he remembered their agreement. Today was the last day of their Christmas competition.

As the day wound down, the holiday rush slowed, and finally, Anastasia had a moment to breathe. Just as she was hanging up her apron, the bell above her door chimed, and in walked George, his hair dusted with snow and a warm smile on his face.

"Well, it looks like we survived," he said, a little breathless, like he just rushed over. "Barely," Anastasia laughed, feeling a flutter in her stomach as he stepped closer, "So, any idea who won?"

George scratched his chin, pretending to think, "It was close, but... I have a feeling you came out on top."

4

Anastasia's eyes widened in surprise, "Are you saying you lost?"

He shrugged, his smile growing, "Let's just say I realized there's more to this whole thing than winning some silly title. Besides," he continued, his voice softening, "I think I already won something far better."

Anastasia's cheeks warmed as he took her hand, his fingers intertwining with hers. "You know," she whispered, "I thought I'd hate making bets on my first holiday season here, but... turns out, it made this Christmas a lot more fun."

George chuckled, squeezing her hand gently, "So, are you saying you're glad I was your competition?"

"Maybe," she teased, a smile playing on her lips, "But if you were hoping for a prize, I'm afraid I don't have anything to give."

"Oh, I can think of something," he said, his voice barely a whisper now. Before she could respond, George leaned down, his face inches from hers, his gaze warm and inviting. Anastasia's heart skipped as she closed the distance between them, meeting his lips in a soft, lingering kiss. It was gentle, filled with warmth.

As they pulled away, George brushed a strand of hair from her face, his smile widening.

"Merry Christmas, Anastasia."

She grinned, her heart full, "Merry Christmas, George."

Outside, the snow continued to fall, covering Main Street in a soft, as if sealing this moment for them forever.

5



Photo from Pinterest



Photo from Pinterest



Photo from Vecteezy



Photo by Compass Cares

The Changing of The Seasons

By Jaydin Sheets

Seasons warp and slow and change,
From a cold winter place, to a warm summer
range.
And in those alterations, there's a medium in
the air,
The middle ground, where the Earth gives up
on care.

Winter to spring, and summer to fall,
Going from cold to warm to cold above all.
The leaves in their cycle of life and death,
People carrying on with each little breath.

One extreme to the next, ice and fire,
But the gray area never fails to retire.
Chilly and warm, not cold and hot,
There's more comfort than we all originally
thought.

Oh, how I love the spring,
The warm sun hovering like a soft golden ring.
But yet, I truly admire the fall,
The wind whistling with its breezy brisk call.

What I'm talking about is the change,
The phase between the regular seasonal range.
The days just before the air considers snow,
The small span before the flowers begin to
grow.

This medium is what keeps Earth alive,
Like a bee surrounded by honey in a bustling
hive.
With this constant routine in our complex days,
It keeps a feeling of familiarity in comforting
ways.



Photo by Shoplook



Photo by Shoplook