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JOBS AND GRADES: IS THERE A CORRELATION?



Credit: Undark Magazine

By Advik Joshi

According to a 2011 study by PudMed Central, students who have a job during high school tend to have lower grades than students who don't.

Working a job and having bad grades is not always the case. This can vary from student to student as they can have different amounts of free time to complete school work, study, etc.

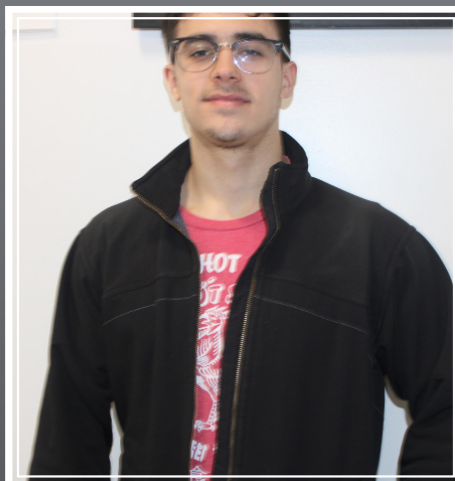
The study also states that some teens who are strong in academics can still have a job, but they tend to limit their hours to focus more on school. Students who work more hours tend to lose interest in school.

Freshman Ethan Zielin says that he does not have a job, and he gets As and Bs in his classes. He says,

“I think when you are employed and have good grades, that shows discipline.”



Credit: The Lion



According to the study by PubMed Central, students who work more than 20 hours have lower grades than students who work fewer hours or not at all.

Mark Mancinelli, a senior, works a job for 25 hours a week and gets good grades. He says,

“It can make it difficult to do work.”

Jasmine Cruz, a junior, works a job for 20 hours a week and on top of that she plays a sport. She says she gets Bs in her classes. Myles Rhoads, a senior, works a job for 20-25 hours a week and says he gets decent grades, however,

“It doesn't give me a lot of time to get work done.”

Even though jobs can take up time for school work, they teach valuable skills like time management, responsibility, or self reliance. These are important skills to learn for the future.

However, students who are in low-income households tend to work more hours to support their families or save up for education. It could also be that they are afraid to take out loans.



Credit: BBC



Making America Healthy Again?

By Mercy Sanhtay

Poptarts, Twix, Hotcheetos, Snickers, Sprite - these are some of the snacks that got us through the day. Now it's Edamame beans, sugar-free drinks, chickpea chips. Many students complain about the change of snacks, drinks, and items in school but don't know the real reason for this change.

Most students believe it's the work of former president Barack Obama's wife; Michelle Obama, who, according to obamawhitehouse.archives.gov, is a "major advocate for healthier school food through her 'Let's Move!' initiative, which successfully championed the Healthy, Hunger-Free Kids Act of 2010 (HH-FKA). The legislation led to significant updates to federal nutrition standards for school meals and snacks..."

In reality, Robert F. Kennedy Jr's movement to get rid of junk food in America, "Make America Healthy Again" is why we have to eat flavored edamame beans. According to The Guardian, Kennedy says that "The American diet has shifted dramatically toward ultra-processed foods," and "nearly 70% of children's calories now come from UPFs, contributing to obesity, diabetes, and other chronic conditions."

Kennedy wants to begin "phasing out synthetic food dyes, ending a loophole for untested food additives, introducing a new regulatory program and restricting how supplemental food funding is spent." His goal is to handle

and decrease ultra-processed food, but in doing that, will he affect the bettering of healthy foods in America?

According to Northeastern Global News, "Today, ultra-processed foods make up 73% of the US food supply and are linked to a range of health conditions including diabetes, obesity, depression and certain cancers." These percentages do not help with the fact that the snacks students are so used to having aren't the best choice for them. The best thing that can be done is replace all "ultra-processed" snacks from the gallery with healthier, organic, and safe foods.

When asked about the change in the Gallery, Reyna Rosa, a student argues, "I don't mind the Gallery being more healthy, but I wish there were more juice options. I also don't like how we're able to have Hot Cheetos but not poptarts or pretzels. Everything in there is protein bars and shakes rather than healthier options."

Another student, Aerish Flores exclaims, "I get its school regulations, but I wish they brought back the original snacks. Now, they don't have as many options to choose from and so I just go for the drinks."

According to Ms. Ulmer, the teacher at Collegiate Academy who runs the gallery, "I was really excited when I read about Robert F. Kennedy Jr.'s recent campaigning at an event



Photos by Contrave

with the U.S. Department of Agriculture in his efforts to make kids' school lunches healthier. She quotes Hickman, "We need to stop poisoning our kids and make sure that Americans are once again the healthiest kids on the planet."

Ulmer says, "I agree that we need to take out more of the unhealthy dyes and additives in our foods, especially for our children. However, recent funding cuts have made it extremely hard for schools to create healthier lunches because these foods are usually more expensive. I think we have all seen how costs have increased with the new healthier options at the grocery stores and in The Gallery..."

Ms. Ulmer believes it's a good idea but not all schools will be able to pull it off. However, she is focusing on picking new and exciting items with students for the gallery. These new guidelines are most likely not going to change soon, so sit back, relax, and enjoy your healthy, low fat, low-calorie, and low sugar snacks!



Photos by Rachelle Messmer



Photos by My Fussy Eater

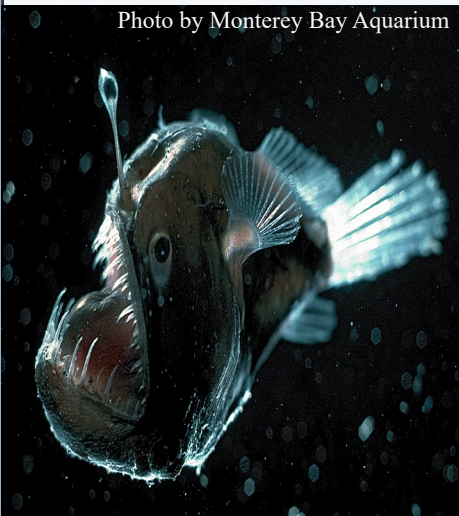
Fearing Nature's Nightmares in Land, Sea, and Air.

By Mariam Kanj

The top three scariest animals from water, land, and air each showcase very unique adaptations and terrifying traits that can make them powerful predators and interesting examples of nature's most fearsome creatures.

Although there isn't just one specific animal that is the scariest underwater, the Monterey Bay Aquarium ranks the Angler fish one of the highest. According to Monterey Bay Aquarium, the anglerfish adopted a unique strategy to find its next meal, using a glowing lure on its head to attract prey in the dark, deep, ocean, where it's typically found. The eerie dim light and its sharp teeth make it good at surprise attacks in the deep sea.

Photo by Monterey Bay Aquarium



According to the Monterey Bay Aquarium, "In some species of anglerfish, the males are tiny, about 2.8 cm (1 inch), with simplified body features, and they live as parasites on the females which can grow up to 29 cm (11 inches) or even larger. This is thought to be an adaptation to save energy, allowing the females to feed on whatever food is available. The males seem to have evolved for one purpose only: to find a female and deliver sperm."

Unlike most, the angler fish males have the dominant role. There are about over 200 species of deep-sea anglerfish.

On land, one of the top scariest animals is the venomous King Cobra. This snake is the longest venomous snake in the world and can deliver a vicious bite that even affects the nervous system.

According to AZ Animals, King cobra bites have as much as 400-500 mg of venom in a single bite, which is enough to kill about 11 humans.

This terrifying creature exists in a variety of habitats, however they're frequently found in more populated areas. Although they live side by side with humans in cities and countryside in India and China, these poisonous creatures actually prefer to let humans alone. In fact, they prefer not to interact with humans at all. This dangerous creature's venom can even cause paralysis. By attacking your nervous system, and if left untreated, can even stop your ability to breathe. Once this venom is in your system, it can move up through your blood stream and right into your eye, causing temporary blindness. If you see a cobra, stay calm and slowly back away without making any sudden movements.

Photo by National Geographic Kids



In the air, the great horned owl is one of the scariest creatures because of its silent flight, dangerous hunting skills, and powerful talons. With its large size, about 18 to 25 inches with a wingspan of 3-5 feet, and earlike tufts, it has an intense appearance that can be intimidating. This creature is a nocturnal predator, which means it uses its exceptional night vision and hearing skills to silently swoop down on their prey, surprising animals even larger than itself.

Photo by The Ithaca Journal



According to Audubon, "It has extremely good hearing and good vision in low light conditions. In the north in winter, it may store uneaten prey, coming back later to thaw out frozen carcass by "incubating" it."

This creature isn't only one of the scariest because of its appearance, but also its fierceness to hunt and kill its prey. These owls often "incubate" their prey by sitting or storing it in order to keep it warm in freezing temperatures.

Fortunately, none of these creatures compare to the deadly human, but I wouldn't go testing that out.

Which one is better, Black Friday or Cyber Monday?

By Jadier Rivera

The name Black Friday has existed since the 1980s, when retailers began using the term to refer to the holiday sales increase which led to their finances moving from the red to black, which means that they began to make a profit.

The increase in online shopping created Cyber Monday on the Monday after Thanksgiving, but in recent years Cyber Monday has surpassed Black Friday in total sales, which makes sense because it's the better option due to accessibility and comfortability.

Traditionally Black Friday starts immediately after Thanksgiving and is the start of the shopping season, focusing on in-store shopping that gets shoppers to line up outside the stores in the early morning hours to fully take advantage of the limited time offers.

When shopping in the stores, Ms. Parthenakis advises checking the bar codes online to see if there is a cheaper price. Most stores will match these prices to retain your business. Barnes and Noble's online prices are usually lower than in-store, so you can save a



photo by Today

lot of money this way.

According to Wisernotify the type of deals are usually expensive items like electronics, appliances, and power tools. Wisernotify notes that Black Friday also attracts a wider and broader audience including people who love shopping in-store, even though the shopping experience can be chaotic with Black Friday being crowded, having long lines, and fast selling items.

Cyber Monday allows online retailers to offer big discounts and ride the wave of sales. According to Mashable, many of Cyber Monday's deals focus on a wider range of products like small electronics, clothing, accessories, and online exclusive items unlike the big ticket items of Black Friday. It also offers discounts in many product categories making it easier to find deals on items that may not have been discounted on Black Friday.

The day is more for tech savvy people who prefer to shop online and for those who want to avoid crowds and can easily compare prices of the products they want.

Cyber Monday's experience is

more relaxed and convenient due to being at home and shoppers can deal at their own pace without dealing with the chaos that goes on in stores. Although there are many deals and offers that go on in online shopping, it is hard to go through all of them.

Black Friday and Cyber Monday are both days where you can spend, but that's where the similarities mostly end. There can be delays on orders and out of stock items, and too many deals can lead to difficulties finding good ones, and not being able to try out or see the product leading to potential returns.

While Black Friday has sales on popular items and better deals on expensive items that are rarely discounted. The high demand items that fly off the shelves fast could make you miss out on a good deal.

According to Wisernotify Black Friday nets 9.5 billion dollars while Cyber Monday nets 10.7 billion dollars and is better overall than Black Friday. In fact, most retailers may soon discard Black Friday altogether, so take advantage while you can.



photo by NPR

More Than Drills: Facing Reality of School Shootings



photo by abc7chicago.com

By Rachelle Messmer

According to CNN there have been 53 school shootings in the United States so far this year as of September 23rd, and 27 of them were college campuses, and the other 26 of them happened on K-12 schools campuses. Altogether these incidents left 19 people dead and at least 84 people injured.

According to Minneapolis City of Lakes on August 31, 2025, at the Annunciation Church that is connected to a school building, two children and 21 others had been injured. Fifteen of the twenty-one who got injured were students from the ages of 6-15, and the rest were adults. Three guns that were recently and legally purchased were used during this act.

School shootings are one of the scariest things to hear about, and they always make

me wonder if it will happen to my school, and no student should ever have to fear showing up. Something needs to be done.

There should be stricter gun laws because firearms are easily accessible, more safety drills where you can find ways to spot a dangerous situation and be able to speak up about it in a safe manner, and enforcement of clear backpacks and alarm systems.

Preventing school shootings starts with stronger gun control laws, age limits, background checks and regulations on who can carry a weapon. If the access to AR-15's was limited that would reduce the chances of any more mass shootings from happening.

Statistics from Everytown Research compared every gun policy in each state across the country, scoring each one on the strength of their gun law and comparing them to its gun violence, and it proves that the higher the gun

law strength there is the lower amount of gun violence there is, and the less restrictive the gun laws are the higher the gun violence is.

If we build and learn from these past events and enforce strict laws and add mental health support, the number of school shootings will decline. Imagine students feeling safe in their schools. What would it be like not to have to fear AR-15's?

As Delaney Tarr, a survivor of the Parkland school shooting says, "We've had enough of thoughts and prayers...To every lawmaker out there: No longer can you take money from the NRA. No longer can you fly under the radar doing whatever it is that you want to do ... We are coming after every single one of you and demanding that you take action."

But the real question is, how many children have to die before we actually use common sense?

The Beauty in Special Effects

- Alien (1979)

By Ken Carl

The new "Alien Earth" series streaming on Hulu deserves some credit because people who've watched the original movie 1979 Alien know it relies heavily on special effects. What's so impressive about the movie is that they had barely any CGI or Computer-Generated Imagery usage which made the movie much harder to make.

The special effects they used in the movie were so groundbreaking at the time, that it won multiple awards for having the best special effects in a movie ever, consisting of animatronics, puppetry, and organic materials like seafood to create creatures.

One of the alien suits, the xenomorph suit, was a man-made suit worn by an actor by the name of Bolaji Baadejo.

Another special effect that was very impressive was the "face hugger." It was impressive because of the lack of technology they had in the 1980's. A "face hugger" is a parasite that hatches from aliens in the movie and attaches to people's faces, causing it to plant an embryo in victims' bodies. For the face hugger effect, they filled animal intestines with seafood to give a vulnerable appearance. The creators of

the face hugger also used fishing wire to move the face hugger across the floor.

One of the environmental effects they used was called "Atmospheric Elements." They did the background of the scenes using smoke and fog, which also is an act of color filter.

According to an article from the website "Nerdist," the cost of special effects for the entire film can range between \$5,000 - \$50,000. There's no known cost of special effects used for 'Alien', but the movie's total production budget was 11 million dollars.

Today, lighting and camera effects are big parts of movies. During the climax, the creators attached the strobe lights to a camera dolly to create a panicked and anxious look in the actors. They used colored lasers and flickering lights.

Depending on the special effects, the average time span to make them ranges from several months to a year. Alien took 3 and a half months to film.

According to the website "Action-VFX" today the movie industry spends millions of dollars for special effects, ranging from \$2,000-\$5000 per minute.



photo by Facebook



photo by flip screen



photo by Alien-Covenant.com

TRANSITIONING FROM FALL TO WINTER

credit: Freme Color



By Ava Burns
When fall rolls around, most people have a sense of excitement for the season to come. The leaves start to fall, wardrobes rotate to fit the cooler weather, fun flavors appear - where are my pumpkin cream chai lovers at? - and some of summer still lingers. Then comes November.

To me, November has always served as a sort of waiting period. It's not cold enough for snow, but all of my fall spirit has long depleted. I can't even begin to celebrate Christmas without someone in my ear saying or yelling that - it's not time yet!

I feel like the general consensus is that November is the Thursday of the year. No more celebration from the middle of the week, and it's just not quite Friday. But how can it feel like a month long weekend?

My first bit of advice is to soak up any last feelings of happiness before they are consumed by the darkness of an Erie winter. Just kidding, but soaking in vitamin D and preparing for the changes in weather and daylight savings time are useful things to do in November.

As the seasons change, we forget that we need to change along with it. A lifestyle suited for crisp fall days with some 80 degree ones sprinkled in there, will not hold up when winter rears its head.

As far as lifestyle goes, one can practice prioritizing your immunity by eating healthy foods, staying warm by updating your

wardrobe, and getting plenty of sleep to prepare for daylight savings time.

In order to keep with the flow of the seasons, something that also might be helpful is to change up surroundings, like putting up decorations to accommodate the season or lighting some fun candles.

Planning ahead can also help by giving something to look forward to, and to keep busy during the more boring months out of the year. An easy one that my friends and I like to take advantage of is movie nights. Hosts can be rotated each weekend, and everyone else can pitch in my bringing food.

For going-out type people, some things to do are ice skating, sledding (Frontier

Park is a great place for that), skiing (sounds like a trip to Peak'n'Peak), or even ice-fishing on the lake. Spending time with friends during these cold and dark times can help keep spirits up.

These methods aren't guaranteed to knock out change-in-season-scaries, but they will probably help along the way.

All in all, just overly romanticize everything, and take it all in. These moments never come back, so make the most of them!



Credit: Flickr

Celebrating Friendsgiving is a Great Way to Warm up the Season



By Madison Wolfram

Friendsgiving, a newer tradition gaining popularity, is a yearly tradition some groups have, and it typically falls around Thanksgiving's surrounding weeks. It is a time to give thanks to close friends and share a potluck type meal.

The tradition began gathering attention in the early 2010s, as it was displayed primarily through social media. It spread quickly as more and more people started to share their celebrations online. Now, it is viewed as a modern twist on the Thanksgiving tradition.

This makeshift holiday is a great way to spend time with friends over Thanksgiving break. In order to make a memorable Friendsgiving, one will need food, decorations,

and entertainment.

Food is one of the most important parts of Friendsgiving. Many gatherings feature favorite comfort foods, from mashed potatoes to mac and cheese.

The best way to get a surplus of good food for the big meal, such as stuffing, rolls, and pumpkin pie, is to assign dishes to people. Every year, my friends and I make a shared list and choose 1-3 items each that we will provide. The host will typically cover the main course while the rest of us handle the side dishes and desserts.

Another way to set the scene is with decorations! Good decorations get everyone in a festive mood, make for great photos, and make for memorable experiences to look back on later.

Common fall choices include leaves, pumpkins, candles, and much more; some groups even decide on a theme and base decorations off of that.

A huge piece of throwing a successful Friendsgiving is entertainment. Some groups have highly competitive game nights, like I do with my friends, while others cozy up together to watch classic holiday movies.

Credit: ChildMags



Playing games like Clue and Uno or watching Christmas staples like *How the Grinch Stole Christmas* and *Elf* are surefire ways to provide fun for everyone.

Certain friend groups may want to include small traditions such as sharing what each person is thankful for, making everyone feel connected and appreciated. There are so many different ways to have fun at a festive gathering.

Friendsgiving is more than just a meal shared among friends. It represents a time to slow down and recognize the people who bring joy into your everyday life. The holiday is a reminder that family can be chosen.

This popular celebration continues to grow due to its strong values of gratitude and friendship.

No matter where it takes place, the meaning behind Friendsgiving remains the same. It stands as a time of appreciation for the people who feel like home.



Get Back to Work



Credit: Carney Brown

By Mika Paw

Thanksgiving break is an important time for many students, as it is the first week-long break of the school year (and possibly two weeks if we get a blizzard). This gives students an opportunity to spend time with family and friends, which is difficult during school.

Personally, I find this break very helpful, not only spending time with close ones, but also time for myself. Similar to others, I like to catch up on some rest and try to have as much fun as I can.

But there is a consequence to Thanksgiving break: procrastination. Procrastination is defined as the act of unnecessarily postponing something, knowing there will be negative consequences for doing so. People of all ages deal with this, not just students.

After being out of school for so long, it's natural for students to forget about school in general. Luckily, at Collegiate, most of our teachers try not to assign work over break just so students don't have to worry about it.

According to a study conducted by Magoosh, an educational company, "86% of high school students deal with procrastination." The biggest cause of procrastination is a lack of motivation.

Since students have spent a week do-

ing anything but schoolwork, it is a bit difficult to get back into the groove. I find it hard to adjust as well after slacking off for so long.

But just because it's difficult doesn't make it impossible. There are many ways to deal with procrastination and getting back on track with your classwork.

I find it very helpful to break down big tasks into smaller tasks. So, instead of dealing with a huge or difficult assignment head on, it helps to divide the work into workable sections, dealing with one task at a time.

Another helpful technique is to minimize any distractions. Common distractions for students are often our phones and our friends. So, studying on our own while maybe keeping our phone away from us will definitely help us get the work done and retain knowledge.

Setting clear goals for myself is also another huge help as it gives me motivation toward something, rather than doing it just to do it. While I don't personally use a planner, many of my friends do as it helps remind them when work is due.

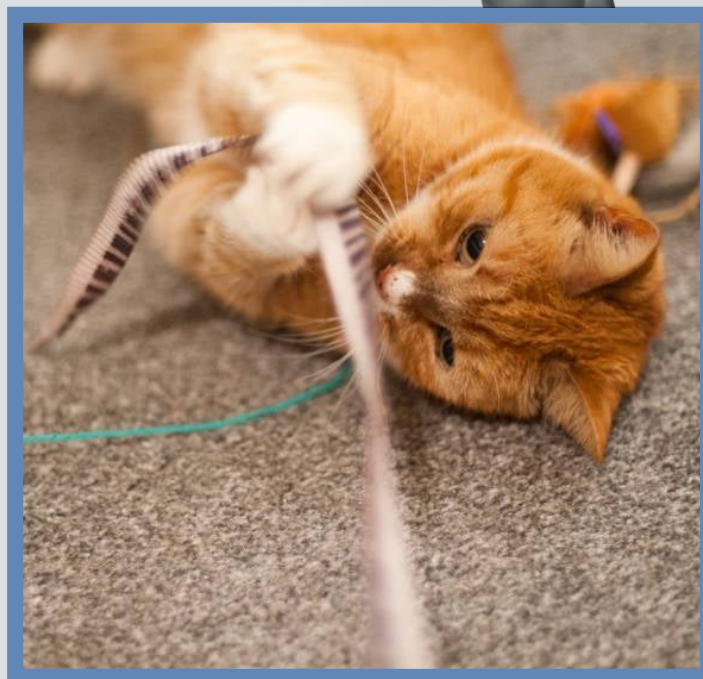
And finally, a method that is really helpful and really motivates people is setting up a reward system. For example, I like to tell myself that

once I finish an assignment, I can treat myself to a snack or some time on my phone. Anthony Woodard, a 12th grader here at Collegiate, says "my favorite reward that really motivates me is getting to play with my cats." It's a simple but effective method.

Although breaks like Thanksgiving do cause a lack of motivation and a disruption in routine for students, they aren't inherently a bad thing. According to NIH, National Institutes of Health, school breaks help improve academic performance, reduce learning loss and grade repetition. So while breaks might allow students to get some well deserved rest, it's important for us to remember to stay on track.



Credit: Liven App



Credit: SPCA

THE TURKEY BOWL:

Americas Favorite Thanksgiving Tradition

Credit: Adobe Stock



By Ali Abdulzahra

The connection between Thanksgiving and football stretches back to the 19th century, long before the National Football League (NFL) existed. In the late 1800s, colleges and high schools would often schedule their final games of the season against their biggest rivals on Thanksgiving Day.

These contests were major events for towns and alumni associations, providing a spectacle and a point of pride for communities. This established the idea that Thanksgiving was a natural day for gathering and watching a big game.

The NFL's formal takeover of the holiday began in 1934 with the Detroit Lions. The team's owners, looking for a way to boost attendance and gain national attention during the Great Depression, decided to host a game on Thanksgiving. It was a gamble, as people had limited funds and other holiday commitments.

However, the event was a resounding success, drawing a sold-out crowd. This proved that a professional football game could not only compete with the holiday but could become a central part of it.

Eating Turkey Photo Credit: USA Today



Except for a brief hiatus during World War II, the Lions have hosted a Thanksgiving game every year since, creating an unbreakable tradition. This tradition expanded significantly in 1966 with the addition of the Dallas Cowboys.

According to the NFL it says that the Cowboys, a team rapidly growing in national popularity thanks to their frequent television appearances, were given a second holiday game. Their charismatic image and widespread fanbase helped solidify the NFL's Thanksgiving doubleheader as a national tradition.

The broadcast of these games into living rooms across America transformed the tradition from a local event in Detroit and Dallas into a shared experience for the entire country, making football the official backdrop to the holiday.

According to Fox Sports, the NFL's Thanksgiving offering continued to evolve into the 21st century. In 2006, the league formalized a third game in prime time, creating the Thanksgiving tripleheader that fans enjoy today. This addition means football now spans the entire day, from a midday kickoff with the Lions, to an afternoon game with the Cowboys, and concluding with a nighttime matchup featuring different teams each year.

This structure ensures that no matter when families finish their meal, there is a high-stakes

game on television to enjoy together. The day is about more than just the NFL.



2025 NFL SCHEDULE

THANKSGIVING

	VS	
1:00 PM ET FOX		
	VS	
4:30 PM ET CBS		
	VS	
8:20 PM ET NBC		
BLACK FRIDAY		
	VS	
3:00 PM ET PRIME VIDEO		

Credit: Yahoo Sports

THE HISTORY OF VETERANS DAY

By Cassie Geiger-Herman

Armistice Day, celebrating the end of WWI on the western front, was originally established in 1919 by President Woodrow Wilson, and became an official holiday in 1938, and finally, in 1954, the name was changed to what we know today as Veterans Day. Armistice Day, originally celebrated veterans of WWI but once it changed to Veterans Day it included the celebration of all veterans.

In the U.S. on Veterans Day, people often have a moment of silence for up to two minutes at 11 a.m. And sometimes, people lay wreaths on veterans' graves or give things to veterans they know, or say a simple thank you. There are also parades organized to honor veterans. These parades usually include current members of the United States Armed Forces. Marching bands, color guards, military

family, and Patriotic floats accompany these workers.

Other ways to honor these Veterans is to thank them for their service - for instance, thank the veterans working at Collegiate Academy: Mr. Franz served from 2003-2010 in the navy reserves, and retired as a second class petty officer, and Sgt. Watson, who served from 1996-2016, retired Sgt first class after being in both the Marine Corps and Army.

Credit: Dreamstime



Credit: AP News

Credit: US Veterans Magazine

START OF CAREER



END OF CAREER



Thanksgiving Isn't All About the Food, But Sometimes It Is!

By Myles Rhoads

Thanksgiving is the time of year where families across the country come together to celebrate and give thanks, but it wouldn't be the



Photo by Kirsten

same without all the delicious food that gets passed around. Imagine a thick leg of juicy and tender turkey, with some dinner rolls paired with some collard greens and yams, all brought together by the presence of your family and the annual Thanksgiving football games. But every year, one debate takes over Thanksgiving tables across America between family, friends, and people all across America. Which side is the number one, undisputed, best side to have on Thanksgiving?

Some say it's a cheesy, but crispy pan of baked mac & cheese, for others, it's a hearty serving of mashed potatoes, and then, there will always be that person trying to argue for cranberry sauce. Whatever your opinion may be, I wanted to get to the roots (get it, mashed potatoes and such are root vegetables) of this time-worn debate. Once and for all, the debate of which side is the undisputed champion of all sides will end today.

Based on a survey given out to students who attend Collegiate Academy, one side reigned supreme with

37.9% of students selecting this answer which is drumroll please, mac & cheese. Students say this is the most flavorful and delicious side to have, with one saying, "Nothing is better

vote of 18.4% of students. Mashed potatoes are a versatile and timeless side, but as years progress, it seems to get overshadowed by the newcomers.

For our last spot on the podium, coming in at 10.7% - dinner rolls! A good dinner roll is an amazing side to have. It perfectly complements mashed potatoes, and mac & cheese, and especially the main course of a turkey dinner!

A true roleplayer on a Thanksgiving plate that truly goes unnoticed, finally gets the love and attention it deserves. And finally, in a 2 way tie for 4th place, deviled eggs and stuffing battle it out! Both coming in at 9.7% of the votes. The soft delicacy of a hard boiled egg, along with the creamy filling added afterwards is an undeniable staple of Thanksgiving meals. Stuffing, on the other hand, while first used to stuff turkey, has made its way onto our plates and has made a name for itself on its own!

The different herbs and spices, mixed with the soft and malleable bread has really turned stuffing from an overlooked nuisance, into a top contender to be on your plate this year.

No matter which side dish wins your heart (except maybe cranberry sauce), Thanksgiving is about more than food. It's about laughter, love, and a table full of the people who make it feel like home.



Photo by Megan O. Steintrager

Exploring the History behind Thanksgiving in the U.S.A

By Hussain Abdulzahrah

Thanksgiving Day is an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. According to Britannica, "Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people."

Collegiate sophomore Ali Abdulzahrah says that he likes Thanksgiving because he gets to have family and friends over and spend time with them for the whole day.

The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another.

Plymouth's Thanksgiving began with a few colonists going out "fowling," possibly for turkeys but most likely for the easier prey of geese and ducks, which one day's hunt fed them for a week. According to Britannica "90 or so Wampanoag made a surprise appearance at the settlement's gate, doubtlessly unnerving the 50 or so colonists."

Over the next few days the two groups socialized without incident. The Wampanoag contributed deer meat to the feast, which also included the fowl, fish, eels, shellfish, stews, vegetables, and beer.

Collegiate sophomore Shaun Vannette says that he likes to eat fish and vegetables, and most importantly he likes to eat turkey during Thanksgiving with his family and friends. Since Plymouth had few buildings and manu-

factured goods, most people ate outside while sitting on the ground or on barrels with plates on their laps. According to Britannica the Pilgrims fired guns, ran races, and drank liquor. Britannica notes, "This was a rather disorderly affair, but it sealed a treaty between the two groups that lasted until King Philip's War (1675-76), in which hundreds of colonists and thousands of Native Americans lost their lives."

Sophomore Farell Battle says that on Thanksgiving he likes to cook the sides and likes to have family over. According to History.com, individual states celebrated Thanksgiving independently, however, it was established as a federal holiday by President Abraham Lincoln issuing a proclamation in 1863. Congress later made it an annual national holiday, officially designated for the fourth Thursday of November in 1941.



Photo by Hussain Abdulzahrah

Bite Into Autumn with Some Seasonal Treats

By Na'Kylah Tate

As the air turns crisp and the leaves start to fall, it's the perfect time to cozy up with snacks that taste like the season. From warm apple crisps to sweet pumpkin muffins, these easy fall treats bring all the flavors of autumn straight to your watering mouth.

Freshman, Emma Tobin says she enjoys a "pumpkin cream cheese muffin. It's a very cozy treat to have after a long day of school." While Addison Marks, a freshman, prefers pumpkin rolls.

Junior Jamarion Petty stays with the traditional pumpkin pie.

Senior Ne'Viyah Parker says, "Sweet potato pie is very good to eat during the fall." However Sophomore Kevin Sykes says his mom's sweet potato pie puts all others to shame.

Junior Gayane Gevorgyan, says caramel apples offer a "healthy" alternative to seasonal sweets.

Junior Karaar Al-Dhumani also advocates apples: "Apple Pie, it tastes good when it's freshly made and homemade. It's my go-to treat."

Some students have year-round favorites in the fall. Freshman Vanessa Greene says, "Chocolate cookies is my favorite because they're the best when they're warm."

Junior Andrew Plyler adds, "Cinnamon rolls are my favorite because they taste great during a cold day."

Fall is the perfect season to enjoy snacks that are warm, sweet and full of cozy flavors. Nothing says autumn like the smell of sweet fall scents or baked fall fruits drifting through the air.

Fall treats aren't just food, they're tiny moments of comfort. Whether it's a warm desert straight from the oven or a crunchy snack to share with friends, these goodies capture the best flavors of the season. If you want to bring those comforting flavors home, try these easy fall recipes.

Pumpkin Muffins by Sally's Baking Addictive




Photo by Nora Cooks

Preheat oven to: 425°F
Mix together:

- 1 3/4 cup of all-purpose flour
- 1 teaspoon of baking soda
- 1/2 teaspoon of baking powder
- 1 cup of pure pumpkin puree
- 1/4 cup of white sugar
- 2 large eggs
- 1/2 cup of vegetable oil
- 1 teaspoon of cinnamon
- 1/2 teaspoon of nutmeg
- A pinch of cloves

a dash of salt to balance the sweetness
Size Pan: (12 count muffin pan with nonstick spray)
Bake: (350°F for 16 minutes)

Sweet Potato Pie by Allrecipes



Photo by Marsha McDougal

Preheat oven to: 350°F

Mix:

- 2 cups of mashed sweet potatoes
- 1 cup of granulated sugar
- 1/2 cup of melted butter
- 2 large eggs
- 1 teaspoon of vanilla extract
- 1 teaspoon of cinnamon
- 1/2 teaspoon each of nutmeg
- 1/2 teaspoon ginger
- 3/4 cup of evaporated milk

Spoon it into one unbaked pie crust.
Bake: (350°F for 1hr)

Double Chocolate Chip Cookies by Sally's Baking Addictive




Photo by Like Mother Like Daughter

- 1 cup of all-purpose flour
- 1/2 cup of unsweetened cocoa powder
- 1 teaspoon of baking soda
- 3/4 cup of brown sugar
- 1/4 cup of granulated sugar
- 1/2 cup of softened butter
- 1 large egg
- 1 teaspoon of vanilla extract

Bake: (350°F for 12 minutes)

These ingredients form a dough that bakes into soft, flavorful cookies with a perfect balance of sweetness and cocoa.