



REED *all* ABOUT IT

October 29, 2020

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THE EFFECTS OF QUARANTINE ON OUR MENTAL HEALTH

Caroline Warner
STAFF WRITER

Starting in March, students and schools had to go through something none of us had ever experienced before—a global pandemic and lockdown. Life seemed somewhat normal, and then we had to change our lifestyles because of Coronavirus.

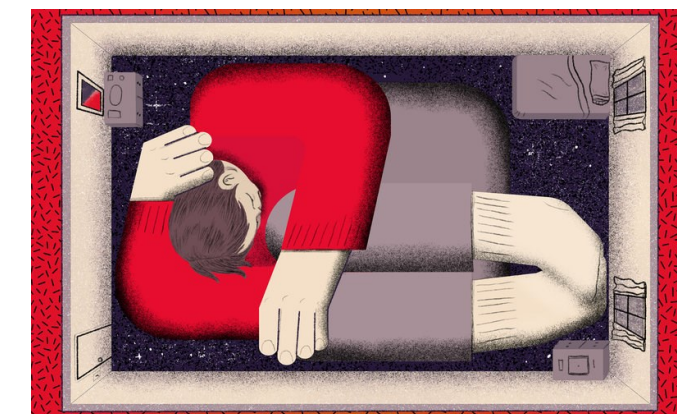
There are obvious effects of the pandemic on our lives, such as wearing masks and a change in economy.

According to Sajida Nasser on the Pharmacy Times website, “an issue that has been overlooked is the mental health decline that has accompanied the pandemic. The feeling of worry and stress are normal human responses when people are in a state of danger or threat; and this whole pandemic has caused widespread despair and feelings of vulnerability.”

Some mental health side effects have been symptoms of PTSD (Post Traumatic Stress Disorder). Part of a study for Pharmacy Times concludes that the longer people quarantine and the less human contact the average person has, the more PTSD symptoms rise in individuals.

Nasser adds, “Additionally, 24 studies were collected that documented the effects of quarantining, showing that people in quarantine have developed symptoms of low mood, stress, anxiety, and depression.”

Overall, quarantine has increased the average person's amount of stress, anxiety and



depression.

This brings on a bigger question: *What can we do to help the state of our mental health?*

With this virus, there is so much the average person cannot control (who wears masks, when a vaccine will be ready, etc.); but we can choose to do things that help our mental state.

One of the best ways to decrease mental health problems brought on by quarantine is to limit the amount of media you expose yourself each day.

If watching the news or going on Twitter makes you unhappy, cut back on the amount of time you spend watching various media outlets.

W&R sophomore Vianca Ayla agrees.

“I never even watched the news in the first place during quarantine because I already knew we were in a bad place already—so I did not need to update myself with more bad

news.”

Another way to improve mental health in this situation is to get more sunlight, go on walks or even just sit outside. Getting sun increases serotonin levels, which makes you happy.

Eighth grader Sydney Sessions says, “During the summer, I went outside more than before because I had more free time, and I felt happier over the summer.”

Lastly, do not be afraid to seek help from professionals. There are so many virtual therapist offices that do online sessions.

They are just a Google search away!



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Guess Who?

Connor Kassay
STAFF WRITER

Hey, Warriors! "Guess Who" is a fun, quick guessing game, where you read the answers to the following questions and guess which teacher or staff member it might be.

Here is this edition's installment:

RAAI: What is your favorite hobby?

GW: Reading.

RAAI: What is your favorite book?

GW: *The Nightingale* by Kristin Hannah.

RAAI: What is your favorite movie?

GW: *The Marvel movies*.

RAAI: Where did you go to college?

GW: *The University of North Georgia*.

RAAI: What is your favorite food?

GW: *Mac and cheese*.



RAAI: What is one unique personal fact about you?

GW: *I am a citizen of two countries!*

RAAI: What is your favorite childhood Halloween costume?

GW: *A mummy*.

*Which teacher—
or staff member—do you
think it is?**

*SEE BACK COVER FOR THE ANSWER

Presidential Election Cheat Sheet

Caroline Warner
STAFF WRITER

With the 2020 Presidential Election just days away, voters will be deciding to vote for President Donald Trump, former Vice President Joe Biden or Libertarian candidate Jo Jorgensen to be our nation's next leader, based off each of their views on policies and how they each plan to run the country for the next four years.

Although most of the students at William and Reed have not reached legal voting age, it is important that students learn about different policies and multiple people's viewpoints on issues, since our minds are the future of our country.

Here is a list different key topics influencing voters' decisions and this election—and what each candidate's views are on the issue.

It is almost impossible to find unbiased sources (in one way or another)—believe us—we tried!

There are caveats to each explanation and this list is in no way "complete"; but here is the gist of what the candidates support and oppose.

We at RAAI suggest you do your own research, research *wide*—and form your own opinions.

DEMOCRATIC CANDIDATE: JOE BIDEN

Taxes:

Proposes increases on those who make over \$400K/year to help pay for various programs in education, environment, health care, and more.



Education:

Biden supports free 4-year college for everyone, and proposes a plan to support students beyond high school.

Environment/The Green New Deal:

Comprehensive climate change regulations. SUPPORTS
Biden supports the Green New Deal and proposes to get the US closer to zero emissions.

Gun Control:

Increased gun control regulations. SUPPORTS

Immigration:

Controlling US borders and defunding sanctuary cities. OPPOSES

Abortion

Federal funding of Planned Parenthood and other abortion providers. SUPPORTS

Prison Reform:

Reduced mandatory minimums, commuted sentences, and rehabilitation. SUPPORTS

LIBERTARIAN CANDIDATE: JO JORGENSEN

Taxes:

Supports "smaller government" and less government spending. Proposes to cut taxes where possible.



Education:

Jorgensen wants to disband the Department of Education and have less government say and restrictions on which schools students can attend.

Environment/The Green New Deal:

Comprehensive climate change regulations. SUPPORTS
Jorgensen believes the Green New Deal is too expensive and not realistic in terms of the results it proposes.

Gun Control:

Increased gun control regulations. OPPOSES

Immigration:

Controlling US borders and defunding sanctuary cities. OPPOSES

Abortion

Jorgensen believes this topic should be kept out of government—"no subsidies, no restrictions," per her website.

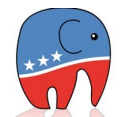
Prison Reform:

Reduced mandatory minimums, commuted sentences, and rehabilitation. SUPPORTS

REPUBLICAN CANDIDATE: DONALD J. TRUMP

Taxes:

Proposes to cut taxes to help stimulate economic recovery.



Education:

Trump supports funding for charter schools and/or vouchers and believes in parental school choice.

Environment/The Green New Deal:

Comprehensive climate change regulations. OPPOSES
Trump believes what's being proposed in the Green New Deal will not bring about enough change to be worth its expense.

Gun Control:

Increased gun control regulations. OPPOSES

Immigration:

Controlling US borders and defunding sanctuary cities. SUPPORTS

Abortion

Federal funding of Planned Parenthood and other abortion providers. OPPOSES

Prison Reform:

Reduced mandatory minimums, commuted sentences, and rehabilitation. SUPPORTS

The Five Stripe Freakwent

Dominic Yeremian
STAFF WRITER

Wow! So much has happened since the last Five Stripe Freakwent. I'll make sure I don't leave anything out.

Atlanta United began the 2020 MLS season by playing the new expansion team, brought up from the USL, Nashville, SC.

In that game, head coach Frank De Boer's line-up made history for the club, as it was the first time Atlanta had won their season

opener with help from a nice goal made by Ezequiel Barco and a stunning volley from Emerson Hyndman.

Despite the game being a 2-1 win against the newcomers, it came at a price, as fan favorite and star player Josef Martinez had to be subbed out for Adam Jahn due to a torn ACL.

The next game against Cincinnati ended in the same 2-1 result with Barco and Hyndman getting on the scoresheet again. Although the team won, it was a very off color performance without talisman Martinez.

Then, the season was delayed due to the Covid-19 pandemic that birthed the MLS is Back Tournament, in which Atlanta lost all three games in their group.

This was history fans would like to forget—Atlanta had never lost two games in a row, let alone three. Adding to the horrible history, Atlanta had never lost a game without scoring until their tournament opener against rival, New York Red Bull.

After the horrific performance in the tournament, De Boer and the front office thought it best to part ways with the club. Subsequently, interim head coach Stephen Glass was put in as a substitute until a permanent replacement for De Boer is found.



When asked what his feelings were about De Boer's management of the team during the MLS is Back Tournament, W&R senior Matt Meeks didn't hold back.

"They were awful," said Meeks. "I thought that he had a shot at fixing it after but that was a bust as well."

When asked if De Boer and the club parting ways was the right decision Meek said, "He was trying to force a European way of playing on South American players. He just wasn't good."

When asked the same question, W&R junior Alexander Monks said, "De Boer deserved to be fired after he drew in his first game against Cincinnati," referring to the first game De Boer ever managed for the club.

Forging ahead, the most notable games to talk about in this long stretch of mixed results for the games from Sept. 22 to Oct. 10 are the 2 - 0 win against Nashville and the 4 - 0 win against DC.

In the game against Nashville, Pity Martinez scored both goals; but due to the inconsistent results the Argentine gave, Atlanta sold him for a fee of \$18 million to Saudi Arabian club Al-Nassr.

In the 4 - 0 win against DC United, Atlan-

ta looked absolutely terrific. Brooks Lennon and Irish midfielder Jon Gallagher, who was on loan at Aberdeen FC last year, shone. The 24-year-old Gallagher scored a brace, both goals being taken in spectacular style. Likewise, Lennon scored with a rocket of a shot, putting it past the

goalkeeper in the top left corner. Adam Jahn scored as well, which gave the player some time to breathe after recent lackluster performances.

At the time of writing this, Atlanta has three away games left in October against Miami, Toronto and Orlando. Their one home game left in the month is against DC, and will be played on the 24th.

We can't wait for more!

HAPPY HALLOWEEN



Getting to the Core of Apple's September Event

Kishan Patel

LAYOUT ASSISTANT

This year has had lots of twists and turns for the tech world. Apple held their annual conference and debut event for fans, developers and consumers late in September. The 2019 unveiling event was the first virtual event. The two most recent events, WWDC 2020 and the 2020 September Event, were also held as virtual events due to our favorite virus, Covid-19.

With virtual events, it is increasingly difficult to predict dates and time, as well as what will be on display at the event itself.

Without further ado, let's uncover what Apple already uncovered this September.

Personally, I do not like how tech companies are shaking things up. For example, Apple had a good routine. Every year, they hold two events—one for software developers, where they announce the next iOS, and one for consumers, where they announce the new devices.

Now, Apple started with the iPhone 3 and worked up to an iPhone 8 with a few special edition models in between. Then, Apple changed it up and announced the iPhone 8 and 8-plus models along with the iPhone X model, to commemorate the tenth anniversary of iPhone production. They then skipped the ninth generation of iPhone by doing so. This caused controversy that faded away in a year.

However you want to look at it, tech giants like Apple and Samsung are trying to move away from a repeating routine. Whether it's Apple skipping iPhone 9 or Samsung skipping Galaxy 11 through 19, it's no secret that tech companies are trying harder to surprise consumers.

Along those lines, at Apple's September 2020 event, they skipped iPhones and Macs altogether. This left fans upset and wanting more.

They also recently held a third 2020 event, and instead of a two-hour presentation covering all products, Apple dragged on about each of the new Apple Watches and iPads.

While there were many new features to uncover, the presentations were incredibly boring. At least now we know a lot about the new Apple Watches and iPads, however.

The product most people will buy is Apple Watch. For the first time ever, two new



models of Apple Watch were introduced. The classic Apple Watch, Series 6, is on sale at a base price of \$399. Once you add options (size, a cellular line, etc.), the watch can reach up to \$2,500!

While the Series 6 is great, it only features one standout improvement from the previous Series 5: a blood oxygen monitoring system. This is an incredible feature in the Apple Watch's collection of health safety features, already including the ability to take an ECG, fall detection, heart rate sensors, and more.

Apple also released a "budget" watch and dubbed it the SE, which takes away smaller features, such as a slightly lower battery life. They ditched some more important ones like the signature "always on" display, which means the watch has a screen that never turns off, just dims.

The SE is for those looking to upgrade to a smart watch, but who don't need the full capabilities of a much more expensive one. Because of this, it loses out on some of the

higher profile features.

Personally, I wouldn't opt for either of these. Instead, I'm choosing to stick with the Series 5 until much more substantial improvements come out. If I were to get a new one in 2020, my options would be shelling out \$400 for one new feature or paying \$279 to downgrade to an SE.

In terms of accessories, all that is new are colors for the watch, with Product Red® and Navy Blue models available, along with more new cases and colors.

The most prominent of the new accessories is the solo loop band. Instead of the many steps to put on the current Apple Watch bands, now, you can just slide it on to your wrist with ease.

Moving to the bestselling tablet, iPads in the new Apple event weren't as interesting as in previous years either; although there are many more changes. The biggest perhaps is that the iPad Air has received its long-awaited iPad Pro body.

When the iPad Pro gets upgraded, its old body goes to the iPad Air, where it receives its own processors, graphics cards and batteries, in the shell of the old iPad Pro.

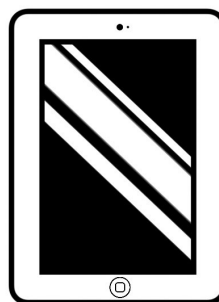
This year, the iPad Pro's old body is now with the iPad Air. This means that the iPad Air now has a full screen display and a much better camera.

This is the most monumental change to iPad Air since the beginning in 2013. The new update to iPad Air also brings back Touch ID, now located in a sensor on the Power Button.

Despite this, there aren't any more major upgrades to iPad models. The eighth-generation base model iPad received slightly better battery life and a new processor that's only a little bit faster. It's not worth the upgrade if you're using the fifth, sixth or seventh generation currently.

There were no changes to the iPad Pro at this event.

Given this, the Apple September 2020 Event was not as entertaining as usual. It was still jam-packed with information, even if it left much to be desired.



NE

Fave Fall Tunes: Coldplay's "Parachutes"

Michelle Laury
STAFF WRITER

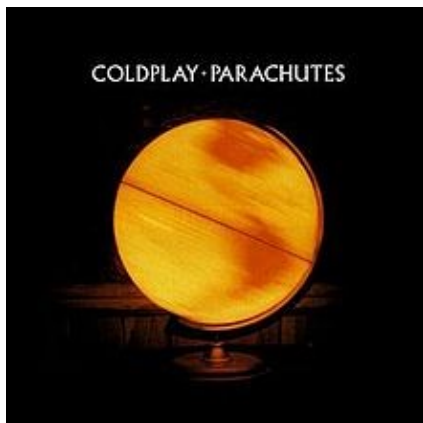
If all the music I have listened to in my life spilled through my ears and stored up in my heart, you could open me up and find a messy, mixture of different things (mostly indie music). What you would find the most of, however, is Coldplay's first album, "Parachutes," released on July 10, 2000.

Don't get me wrong; I am not a Coldplay stan. They are a good band, and you can't argue that their hit songs are well written. However, none of Coldplay's songs could ever measure up to those in their first album.

You would probably recognize its leading single "Yellow"; but, if you haven't listened to any of the other tracks, you have my highest recommendation (especially if you need something to keep you company as you cry).

If you listen to this album as compared to the rest of Coldplay's songs, it almost feels like listening to a different band. Maybe this is because it was the band's first album, but it feels so much more real and zealous than the others. The attitude of every single track of "Parachutes" is melancholy, rich and heart-wrenching.

If these songs were a flavor, they would be warm, black coffee and the mug would warm your hands as you sit by the window and watch the rain pour down. If "Parachutes" were a person, they would take my hand and tell me everything is going to be okay.



If you were to ask me what album in my life shaped who I am the most, with no hesitation I would tell you it was this one. "Parachutes" has accompanied me throughout most of the cold winter months of my life—and mostly on nighttime drives down the highway all alone, when I'm coming home from work. Listening to it, I feel myself flying through time at high speeds and looking back on the past behind me.

Out of all the songs on the album, "Everything's Not Lost" means the most to me.

Singer Chris Martin explained in an untitled interview, "People who write happy songs are often unhappy. Bill Withers knew every day wasn't a lovely day. But 'Everything's Not Lost' is the message of the album. I do exactly what that song does

—think everything's terrible, what's the point, and then think the point is it's not that terrible. You've got to keep going. The thing is, our lives are great. We've had a funny old time, but the four of us are closer than we've ever been to. Nobody's going to knock us down."

A favorite lyric of mine from the song says:

*"When I counted up my demons,
saw there was one for every day.
With the good ones on my shoulders,
I drove the other ones away."*

These lyrics remind me that you can take a lesson from everything that happens to you in your life (good or bad). You have to decide for yourself what you want to take away. When you lose someone, you can choose to hold on to the happy memories you had with them. As for the negative memories, you might keep in your heart; but, you can choose to take something positive out of them too.

That said, the most painful life experiences are the ones that make us grow. "Parachutes" is what I listened to as I grew through many painful as well as happy experiences in my life. Listening to it now reminds me of how far I have come. It also reminds me of how much growing I still have left to do.

As I do this, I can assure you that I will be listening to "Parachutes" and seeing what else it will teach me. What's your go-to?

Fave Fall Tunes: Mac Miller's Posthumous "Circles"

Dominic Yeremian
STAFF WRITER

Mac Miller, born Malcom James McCormick, is one of the most influential artists of his generation. Sadly, on Sept. 7, he passed away at the age of 26 years old due to drug overdose. While Miller was alive, he released six albums. "Circles" is the latest, and his posthumous sequel to his 2018 album "Swimming."

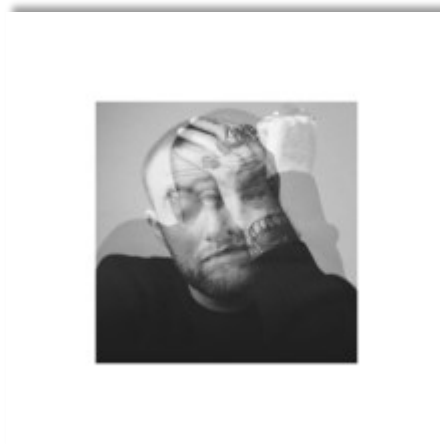
My cousin Sako Yeremian said, "[Circles' is] my favorite from him. I would say the album showed more of his actual self than his previous albums."

This melodic, self-reflective and introspective album is one of Miller's best works.

Without further ado, here's my review.

Track 2: "Complicated"

Coming off of the melancholic title track



"Circles," "Complicated" gives a much more rejoiceful vibe.

However, while this vibe does appear through the beat and tone of Miller's voice, the subject matter is exactly what you would expect it to be, complicated. Miller talks about the complications of people wanting to live forever and how he just wants to get through the day. Getting through the day without complications is something that Miller wants but knows will never happen.

This song's subject is heavy hitting when the listener realizes that living forever isn't something that Miller wanted; but we'll never know if Miller lived a day without a complication in his unfortunately short life.

(continued on p. 6)

“Circles” *(continued from p. 5)*

Rating: 6/10 This track gives deep insight into Miller’s feelings on growing old, dealing with complicated matters and living forever. That said, there are better tracks on this album than this one. It is by no means a bad track; but, to me, I don’t believe the replay value is there.

Track 4: “Good News”

“Good News” deals with responsibility and truth. When not being able to take care of responsibilities in his daily life, he says he must say untruthful things that people want to hear, which the chorus ties in with the rest of the song. People around Miller don’t like it when he is dealing with his own personal issues and would much rather party around a big rapper; but, when life is going well and he is “flying,” Miller defines the moment to make people around him “so uncomfortable.”

Rating: 9/10 “Good News” gives us a deeper understanding of Miller’s personal life with so-called friends while dealing with his own responsibilities in life and being

called lazy, when he takes his time to focus on himself for the purpose of relaxation and health. The beat for the song is the icing on the cake as it, along with Miller’s vocal inflection, shows how broken and exhausted he is from the day-to-day stress.

Track 11: “Surf”

Miller displays his carefree outlook on life in “Surf,” while speaking about his growth. Miller references “Good News” as he says, “I ain’t comin’ down” (as he does not care about the looks he gets as he is “flying”). His growth is displayed by his perception of water as a symbol in his previous album “Swimming.”

In “Swimming,” water is something that Miller is always drowning under; however, in this album, Miller displays himself as a flower blooming and growing from it.

This song is very calming. Miller says everything is okay and that problems can be solved at a later time. He is well aware that everyone has a time to go; and, while you have your life, you make the most of it and

grow to be the best version of yourself.

Rating: 8/10 This song delivers a great message—to live life one day at a time and to be the best person you can possibly be. The carefree outlook on life is important to have when needing time to focus on one’s self. The beat for this song is calming and reassuring that life will indeed be okay, if you take a break for a second and grow.

All in all, I give this album an 8/10. It is absolutely amazing. There is so much more to say about its excellent pieces. The amazing symbolism of flying and Miller having his head in clouds is present throughout “Circles.”

My favorite tracks are “Blue World,” “Good News,” “Hand Me Downs,” “Hands” and “Surf.”

This is something that many fans of Miller will cherish for a long time and make Miller one of the biggest influences in music.

Even if he is no longer with us, he is still flying and growing.

Upgrade or Downgrade? Disney’s Live Action “Mulan”

Isa Taiana
STAFF WRITER

Talks of a live action “Mulan” left devoted Disney fans and movie enthusiasts alike yearning for an improved remake of the original film. With previous success in other updated movies from Disney’s animated favorites, dedicated movie watchers had high expectations for the film.

However, when the movie was released in early September of 2020, it got mixed reactions from viewers.

Some scrutinized the movie for its inaccurate portrayal of Chinese culture, while others thought it was missing the iconic soundtrack from the original. By contrast, there were those that praised the movie’s excellent cinematography and talented actors.

As someone who really enjoyed the animated “Mulan,” I think that Disney really missed the mark on the live action remake.

As the movie progressed, I expected to hear the familiar soundtrack; but, instead, I was left patiently waiting for the famous musical numbers that never took place.



Disney went as far as completely altering the storyline and removing multiple characters from the original film, many of whom were fan favorites.

W&R junior Michelle Laury comments, “I liked the movie, but I think it didn’t live up to the expectations of the original animated one.”

Sophomore Caroline Warner states, “I liked it, but I wish the music from the original were in it.”

With many people sharing similar opin-

ions, it’s easy to understand why the movie was heavily criticized.

However, there were those that thought the live action was better in overall quality of filming and acting.

It seems that, depending on your expectations for the film—whether nostalgic or more modern—your opinion can differ.

I advise that if you are a devoted Disney fan and you enjoy the original film, watch the live-action version. Just keep in mind that it is a modern adaptation—and far different.



Fall for Fall Fashion & Change Your Mood

Michelle Laury
STAFF WRITER

Whether or not fall is your favorite season, you can't deny that you look forward to wearing "fall clothes" when it comes around. It seems like all your hoodies and sweaters have been waiting for you. Nothing beats jeans, boots, sweaters and all the opportunities for mixing and matching that come with fall fashion.

Even if you aren't into fashion like me, you should still be excited about it. Fashion is armor, art and self-expression.

Fashion icon Miuccia Prada once said, "What you wear is how you present yourself to the world, especially today when human contacts are so quick. Fashion is instant language."

You can tell so much about someone by what they wear and how they present themselves. A common misconception about the fashion world is that it is vain and superficial. Being well dressed is one of the least superficial things you can do (if you are doing it for the right reasons). Good style shows that you care for and respect yourself and those around you.

Don't get me wrong; everyone has those days when they wake up and can't bring themselves to put on something more than a t-shirt and sweats. It's hard to want to look good for anything that you maybe don't want to go to (like school); but, making yourself change into something semi-cute will help you feel a little more enthused about the day—I promise.

You don't have to be artsy or rich to put yourself together well. You just have to care. How you dress is your choice, and it's a daily opportunity for self-expression. Having good style shows confidence. The clothes we wear each day reflect the way we want others to see us and our personal self-image.

Clothes also impact our thinking skills.

In 2012, Northwestern University researchers in the US found that wearing specific clothing items had an effect on the

psychology and performance of the wearer.

Furthermore, I always have a more productive day when I like my outfit. Getting out of pj's each morning and putting on something nice (even if it's just jeans) helps me to get out of my sleepy, relaxed state in the morning.

That said, your clothes are so much more powerful than you might think. Your daily outfit is scientifically proven to affect your mood, mental health, personal goals, productivity and even how you treat others.

For me personally, my clothes are a form of self-love. I never thought about dressing well before I developed a more healthy self-image. A misconception I always had about having a good style was that I needed a lot of money, a certain body type, and time for it.

What I learned is that you definitely need a little time, but you don't need a lot of money or a certain body.

I get it: fashion can be overwhelming; but, the more time you put into putting together your look, the easier it will become.

Your style is like a muscle you have to work. If you are used to putting in no effort, don't expect to summon up the perfect outfit on your first try. It's a process.

One thing that is wrong with the fashion industry is the lack of body inclusivity and positivity in it. Fashion is for ALL bodies, ALL colors, ALL genders and ALL sizes!

Also, don't let money keep you from trying to dress well either—because it absolutely shouldn't. Speaking from a few years of experience of "balling-on-a-budget," thrift shopping is magical. Knowing how to thrift well is like a fashion superpower—not to mention, it



is so much fun. If you want to have a vintage-looking and versatile wardrobe, I highly recommend it.

Thrift shopping is all about the hunt. You need to know what you are looking for and not give up looking for it. If you do that, you can find some real treasures. However, if you hate shopping and have no sense of fashion, thrifting might not be for you.

Developing a sense of your personal style can be really overwhelming for some people. If this is you, let me help you out.

The world is your Pinterest board.

Pay attention to the things you see others wearing in person or online that you like, and take mental notes. Try using this inspiration the next time you go shopping or get dressed.

Fashion icon Diane von Furstenberg once said, "Style is something each of us already has, all we need to do is find it."

Maybe this fall we can all venture outside our comfort zones when we are getting ready for school and take a step forward together.

In the name of fashion, I dare you.



Halloween Traditions & Their Origins

Giselle Huggins
STAFF WRITER

During Halloween, we have many traditions that we participate in—but we don't really know where they come from.

One of the biggest Halloween traditions is trick-or-treating, when children go door to door to get candy. But where did we get that?

W&R eighth grader Mia Szirovecz said she thought the tradition started 1889—but it really started in the ninth century, in Celtic lands where they celebrated All Souls Day.

On All Souls Day, poor people went to wealthy families' homes and ask for food. There, they received pastries called "soul cakes" in return for praying for the wealthy families' dead relatives.

That's where we get the *treat*, but what about the *trick*?

In Scotland and Ireland, kids went door to door collecting treats; but, before they took the treat, they would play a trick. For tricks, they would tell jokes, recite poems or sing songs.

As well, when we go trick-or-treating now, we usually dress in costumes.

Ninth grader Pearson Flachbarth said,



"People started dressing up in costumes to ward off bad spirits."

And she was correct!

Celtic people believed that, at the end of the year, ghosts returned to the earth, and they were afraid the ghosts would hurt them when they went out of their houses at night. They needed something to shield themselves. The first costumes *were* ghosts so they would blend in, and the returned spirits wouldn't attack them.

As you trick or treat in your costume, you see another Halloween tradition at many houses—jack-o-lanterns.

The name "jack-o-lantern" comes from an Irish folk tale, the Stingy Jack, and the carving of pumpkins is from Ireland as well. Before pumpkins, they carved turnips and

potatoes. When Irish immigrants came to America, which used to be called home of the pumpkin people, they began carving pumpkins.

Overall, most of the ways we celebrate Halloween have come from old European traditions including Stingy Jack, soul cakes, dressing up as ghosts, and more.

It is interesting to know where our Halloween traditions began. We can see how our traditions have evolved and changed.

What else do you think will change?



Unpopular Opinion: Candy Is Not Good

Ethan Spry
STAFF WRITER

Sorry—but candy is not that good.

Yes, it's tasty for the ten seconds you actually eat it; but, after that, everything good about candy is gone.

Every time you eat a piece of candy, the temporary taste makes you say, "I'll take one more piece"—and, because it takes such a short time to eat, it seems like such a small thing.

However, candy is not a small thing health wise. Most candies are packed to the brim with sugars, fat and other unhealthy ingredients. People are aware of this, so they tell themselves that they will only eat a few pieces . . . and a few pieces turn into a little, then a little bit more . . . until you end up eating half the bag.

Even if you do stop yourself from eating too much candy, it has many negative effects on your health. For example, one Butterfinger candy bar has around 270 calories; but you can eat the whole thing so



quickly, you could consume three of them in a few minutes. If you did that, you could ingest 810 calories in a short time—and the worst part is, the good taste of the candy only lasts for seconds and then it's gone.

After you finish eating the Butterfingers, you might then want to try some other candy, repeating the cycle until you eat way too

much.

Lots of people like to ignore the effects of candy.

For example, eighth-grader Drew Yuhas says, "Candy is amazing."

This shows some people ignore the bad effects of candy.

Another student, ninth-grader Clayton Couey says, "It's okay if you have a healthy amount. If you have too much, it can be unhealthy."

This is the mindset you should have when eating candy. It's fine to have some candy every now and then; but what's the point of choosing candy over something like a bag of chips? Candy only lasts seconds while a bag of chips lasts minutes.

Either way, it's short lived.

That said, the next time you are faced with the choice of eating candy, try not to eat too much of it.

Should You Trick or Treat This Year?

Connor Kassay
STAFF WRITER

"Across a golden Autumn tapestry appears the spirits of our ancient selves demanding recognition and reward for one haunted night. Sated, they retreat from winter's onslaught and retire to subconscious hibernation for another twelvemonth."

—author Stewart Stafford

Do you plan on trick-or-treating, even in these Covid times?

There are many positives to trick-or-treating.

If you go, you will experience social interaction, which is very important in 2020 because of its many health benefits. These benefits include better mental health, which can help promote a sense of safety.

Also, if you are more of an introvert this is a major plus, because CDC guidelines say that no more than 50 people are allowed in a group. That means smaller groups, which will leave less room to spread the virus.

Some reasons I've found throughout my encounters with classmates about why we should go trick-or-treating is social interaction, and the fact that it is tradition.

Last but not least, the fact that we should not miss out on one of the world's most popular holidays is another reason you should trick or treat.

W&R seventh grader Siena Willard said, "I would go because Halloween is Halloween, and I don't think it's right to ban people from trick-or-treating when there are ways to stay safe."

What, then, are some negatives to going out this year?

There is evidence from the CDC that discourages the tradition of trick-or-treating saying that groups help spread coronavirus.

If you are someone like my friends, you're



may be an extrovert—and you will not truly be able to stick to the six feet apart for social distance rule.

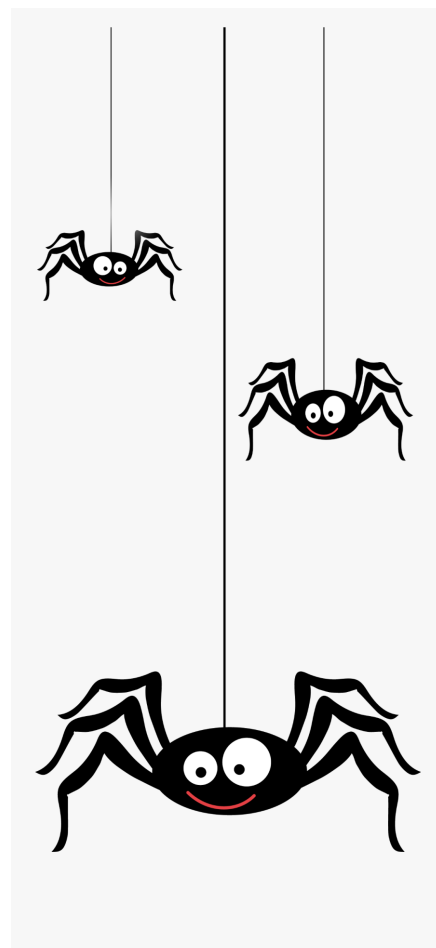
Sixth grader Noah Stewart makes another great, non-Covid point.

"Who knows who's out there?" he says.

This is important to think about when thinking about Halloween too, because you don't know who is whom in costumes—and, since you do not know who is whom, you cannot tell if they are following the social distancing rules. This can also spread Covid 19 through your community.

In conclusion, to trick or treat or not to trick or treat is a decision that I cannot make for you.

Weigh the options, stay safe—and make the right decision for you.



Cool Costume Ideas

Alexa Madrid
STAFF WRITER

Dressing up on Halloween is a staple of the holiday season, no matter if you are a kid or an adult. Since it can sometimes be a struggle deciding what to be, Google has come up with a convenient solution.

Google's nifty tool Frightgeist shows you the most searched Halloween costumes from the previous year in hopes to assist those without costume ideas.

Using this new tool, I will be counting down the top 5 most popular Halloween costumes from 2019.

1. Pennywise (and clowns in general)



Clowns have been common costumes since the 1920s. However, after the release of the movie "IT" (2017), a remake of the iconic horror film "IT" originally released in 1990 and its sequel "IT: Chapter 2"

released in 2019, clown costumes have spiked. In fact, clowns took the number one spot for the most popular Halloween costume last year (specifically, the clown Pennywise, who is featured in all three films, took the crown for the most popular character to dress up as last year).

Eighth grader Mia Szirovecz states, "My dad dressed up as Pennywise last Halloween, and it was a costume for the books. It was terrifying!"

2. Witches

Witches have been a common Halloween costume since the early 1900s. With classic Halloween films and TV shows such as "Hocus Pocus," "Sabrina, the Teenage Witch" and "Halloweentown," the idea of dressing up as a witch hasn't gone out of style or



trend.

Sixth grader Grayce Darko says, "I dressed up as a witch when I was three, and it was because I loved believing in magic. It was super simple, but still very fun!"



3. Spider-Man

The newest of the Spider-Man series starring British actor Tom Holland was released last summer. After the film "Spider-Man: Far From Home" was released, we saw many young children showing off Spidey's new suite. It was the third most purchased Halloween costume in 2019.

With a new Spider-Man movie around the corner, this not be the last time we see everyone's favorite neighborhood superhero swinging in to be a top pick for trick-or-treaters.

Tenth grader Brendan Brown states, "I dressed up as Spider-Man a few years back, and I would recommend this costume for kids that are younger."

4. Inflatable Tyrannosaurus Rex

Inflatable costumes took over the Internet back in 2017, and they continued to top the charts during Halloween in 2018 and 2019—so it would not be much of a surprise if this fun costume to come back this year.

Plus, who doesn't want to attempt holding a trick-or-treating bag with those little arms?

Sixth grader Harrison Stewart states, "My friend dressed up as an inflatable Tyrannosaurus Rex last Halloween, and it made him appear a lot taller than he is. It is hard to get into, but I think it is worth it."

5. Harry Potter

What's more fun than showing off your Harry Potter house?

Harry Potter has topped the charts for Halloween since the first film, "Harry Potter and the Sorcerer's Stone," was released in 2001.

With the help of the popular app TikTok, I don't think that will end anytime soon. Harry Potter has completely taken over the app in the past month, causing actors such as Tom Felton, who portrayed Draco Malfoy in all of the films, and the author of the series herself, J.K. Rowling, to jump in on



the TikToking fun.

Sixth grader Siena Willard says, "I have dressed up as a student at Hogwarts for two years, and it is my go-to Halloween costume. Go Gryffindor!"

With the help of this new technology by Google, I was able to tell you the top 5 Halloween costumes from last year.

Hopefully, it sparked some awesome ideas for you this year!



The Best Movies to Boo-Binge

Ethan Spry
STAFF WRITER

There are hundreds of festive movies to stream, but let me save you some scrolling time and tell you the best three.

If you are looking for good Halloween movies to watch with your friends, "A Quiet Place" is a great option.

"A Quiet Place" is a movie where, if anyone makes noise, then the monster hears you and can hunt you. The family has to live in silence because even the slightest noise can bring death, and the parents have to try

to find ways to protect their children and fight the monsters without getting killed first.

Ninth grader Jaden Wong says, "I like how there is no sound throughout the movie so every noise is like a jump-scare."

This PG-13 movie will for sure have you on the edge of your seat.

"A Quiet Place" got a 7.5/10 on IMDB.

If you like found footage movies, then

"Creep" is for you. In this found footage movie, the main character finds an ad to be a cameraman for someone named Josef for \$1,000. Josef explains that he is a cancer survivor, who recently found out he has a brain tumor. He says he has 2-3 months to live and that he wants to film a video for his unborn son, where he is exploring the woods and telling things about his life.

The main character takes Josef up on the deal; however, while they are in the woods, weird things start happening.

This movie is for an older audience than "A Quiet Place." In fact, the rating has changed several times from PG-13 to R, and back to PG-13. Check with your parents before you watch it!

"Creep" got an 89% on Rotten Toma-

toes.

That said, if you are looking for a fun Halloween movie anyone can watch, "Goosebumps" is great. "Goosebumps" is also a book series, where several monsters come to life and the main characters have to try to stop them.

In the film, the main character accidentally releases monsters from the Goosebumps books into real life, and the characters then have to find a way to return the creatures back to the books they came from.

This movie is not scary, but more of a fun movie that anyone can watch.

Ninth-grader Clayton Couey says, "Goosebumps" is a funny movie that incorporates some Halloween parts. Some parts of it are a little scary, but it's not bad."

Happy watching!



Name: _____ Date: _____

Halloween

Across

- He swallowed the canary.
- Playground for ghosts.
- What a spider spins.
- Frankenstein has one.
- When ghosts come out to play.
- Scare.
- What the pot might call the kettle.
- October 31st.
- _____ or treat.
- Witch transportation.
- Frightening.
- The Count.
- A skeleton is just a bunch of these.
- Disguise.
- Lives in the belfry.
- Incey wincey is one of these.
- Main ingredient in a popular pie.
- _____ stories.

Down

- Where a vampire sleeps.
- Evil or mischievous creature.
- He hates garlic.
- Samantha for example.
- _____ house.
- Whoa? Whoa?
- Mr. O'Lantern.
- Comes out on full moon nights.
- Might be full, half, or new.
- A boney sort of fellow.
- Fire burn, and _____ bubble.
- When something makes our skin crawl, it's this.
- Found in Egypt.

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Spooky Scramble

- Unscramble the letters in each row and print them in the box below.
- Use the circled letters to form the answer.
- After you have unscrambled those letters, print your answer in the answer box. Have fun!

RASDC

SOBEN

SMORST

DUNEAD

Answer

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Alexa's Recs: Five Freaky Halloween Novels

Alexa Madrid
STAFF WRITER

With Halloween around the corner, the thing that most bookworms want to do is curl up with a nice book and pumpkin spice latte. "But, Alexa I don't know what to read!" Well, do not fear, because I am here to share my top five favorite Halloween novels, that are scary, not so scary, and everything in between.

1. "Stalking Jack the Ripper" by Kerri Maniscalco



"Stalking Jack the Ripper" is a young adult murder mystery series about a 17-year-old girl named Audrey Rose Wadsworth and her partner in crime, Thomas Cresswell as they go on the hunt for famous London serial killer, Jack

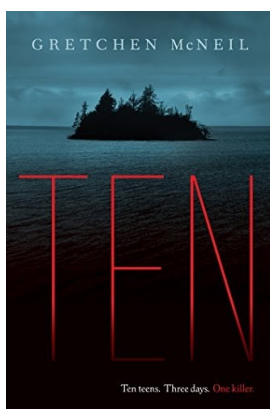
The Ripper.

Once you are finished reading "Stalking Jack the Ripper," you can read three other books in the series and a novella called "Becoming the Dark Prince," where it tells some of the iconic scenes from the series from Cresswell's point of view.

"Stalking Jack the Ripper" is one of my personal favorite novels and is perfect for the Halloween season.

Eighth graders Jack Wilson and Teddy George state, "We both agree that the novel sounds very interesting, and that comes from two friends that do not enjoy reading."

2. "Ten" by Gretchen McNeil



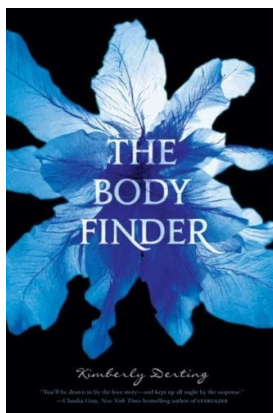
"Ten," written by Gretchen McNeil is labeled as a Halloween page-turner, with its similarities to classic literature piece "Lord of the Flies" by William Golding and Agatha Christie's "And Then There Were None."

"Ten" tells the

spooky tale of ten teenagers who were meant to enjoy a wonderful weekend on Henry Island—that is, until it turns into your normal slasher film. The book is recommended for children fourteen years and older and has been a go-to Halloween read since its publication date in 2012.

College counselor and former literature teacher Mrs. Blevins states, "Lord of the Flies" meets Agatha Christie. What is better than a book that ends in a plot twist?"

3. "The Body Finder" by Kimberly Derting



"The Body Finder" is perfect for readers who are more interested in the supernatural. It's about a girl who can sense dead bodies, mostly those murdered, by hearing the "echoes" they leave behind. She begins to use this gift to help solve

a serial killer case in her own town. "The Body Finder" is also a series and three more books follow this one.

It is recommended for ages fourteen and up, and is perfect for a less-spooky Halloween time novel.

Eighth grader Sydney Sessions states, "Based on the description of the novel, it sounds like a wonderful mix of fantasy and thriller. I would definitely recommend this Halloween."

4. "A Madness So Discreet" by Mindy McGinnis

This book is a perfect read for readers who are NOT fans of getting scared. It is still a chilling novel, as the majority of the story takes place in an insane asylum; however, it is not as spooky as the rest of the novels on this list. The story follows Grace Mae, a young woman in Boston in the 1890s who is sent to an insane asylum for bearing a child. In the novel, you get to learn alongside with Grace about the mind and how there is a form of madness in all of us.

Eleventh grader Nick Cusick states, "I would read this novel because it is a psychological thriller, and those are normally very interesting. I would definitely read it in my free time."

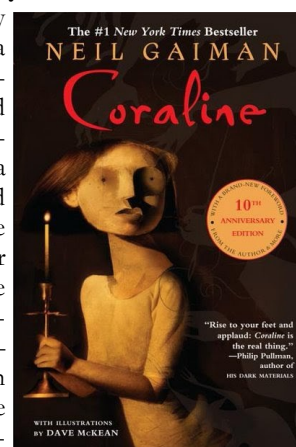
5. "Coraline" by Neil Gaiman

"Coraline" by Neil Gaiman is a classic Halloween novel and film which follows the tale of a young girl named Coraline. While exploring her new home, she discovers a secret door—behind which lies an alternate world that closely mirrors her own. In many ways, it is better—that is, until the parallel version of her family tries to keep her there forever.

Sixth grader Molly McLaughlin says, "I love the movie 'Coraline,' and I absolutely loved how it was made in stop-motion. I would definitely read the book."

Sixth grader Grayce Darko states, "I wasn't the biggest fan of 'Coraline' because it was too scary. I would try to get through the book, but I don't think I would finish it."

I hope this list helped you find some spooky reads that you can read during the Halloween season—and beyond!



Harvest-Time Holidays

Giselle Huggins
STAFF WRITER

October

October 29 - Hermit Day

Life can be very busy and loud. Hermit day is a quiet day to be by yourself.



October 31 - Halloween



November 1- Day of the Dead

A Mexican holiday to honor and embrace the dead.

November 7 - Book Lovers Day

A day for book lovers to sit down and enjoy a good book.

November

November 11 - Veterans Day

Celebrate the fallen and the soldiers who are still fighting for our country.

November 13 - Friday the 13th

Known to be a scary day and the second Friday the 13th of 2020.



November 15 - America Recycles Day

This day creates awareness for the importance of recycling.



November 17 - World Peace Day

World Peace Day encourages everyone to be kind to each other.



November 26 - Thanksgiving Day



HALLOWEEN WORD SEARCH

R	F	E	F	P	R	Y	M	G	H	Y	O	Z	A	Q	B	F	H	O	H
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T	A	B	K	O	Y	K	O	O	P	S	O	W	A	B	B	T	U	E	A
Z	F	S	H	L	F	U	Q	Q	P	I	T	G	J	X	N	M	N	D	T



Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House





"GUESS WHO" ANSWER: MRS. MCKENZIE!