



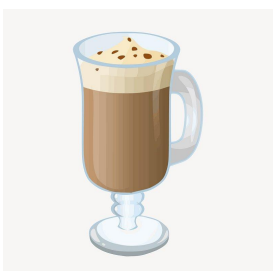
Hot Cocoa - Hot and Hot! The Origin of Hot Chocolate!

By Kylee Sperling

When you think of a hot beverage, do you think of Spice or Sweet? Hot chocolate has been both spicy and sweet.

At first, hot chocolate was made from a paste as early as 500 B.C, from the Caribbean islands. Surprisingly enough, it was known for its spice! The drink was often mixed with chili, cornmeal, and vanilla! Though that drink has a different taste and name (known as chocolatl), it's the earliest example known.

The whole "sweet" kick was sprung over 2200 years after it started, in the late 17th century when Sir Hans Sloane, British President of a Physician's college, went to visit Jamaica. While he was there, he had the native drink Chocolatl and thought it was too spicy and too bitter to drink. Because of this, he requested milk and sugar be added to his drink. Sloane enjoyed his modifications to the native drink, but he became sad because he was unable to make it in Great Britain due to the lack of resources. So he presented the idea of hot chocolate to the British, and it became a hit... in medicine, initially. It eventually became a drink outside of medical purposes and a household name!



Old Halloweenish Myths

By Penny Creed

Halloween is a holiday that originated almost 2000 years ago with the ancient Celts. Ever since then, it has been a beloved tradition celebrated worldwide. But there are many stories similar to Halloween that can give the same spook.

The *Wild Hunt* is a collection of old Norse myths telling of a parade of ghosts who hunt through the night and is commonly lead by Odin, leader of the Norse pantheon. In a lot of cases, the Wild Hunt is seen as a sort of punishment, usually for disrespected the then new Christian God. People would be forced to ride in the hunt. But they also gave good rewards to little children on the Winter Solstice or rewarded wit.

Werewolves are thought to have come from Hollywood, but they actually have deeper roots in history. The concept originated in ancient Greece, with the myth of the Greek King Lycaon, who angered Zeus by cooking and feeding him Lycaon's son in an effort to please the great god. Lycaon was turned into a wolf as punishment. Werewolves popped up a couple more times in Greek myths, but made a big return in England about 200 years before the Salem witch trials; people were actually put on trial for being werewolves. Werewolves then arrived in Hollywood and were transformed by the full moon into the hairy beasts we know today.

Even Jack-o'-lanterns have a story! They come from an old Irish myth about a man named *Stingy Jack*, who tricked the devil multiple times. Once Jack turned the devil into a coin for a year. Another time, Jack trapped him in a tree for ten years. Jack let the devil go on the condition that he wouldn't claim Jack's soul when he died. When Jack died, Heaven wouldn't let him in because he had been a drunkard and a cheat, and the Devil didn't send him to Hell. Instead, Jack travels the night with a carved out turnip as his light. The myth referred to him as "Jack of the Lantern," which soon turned into Jack O'Lantern.

Plentiful Pumpkins

By Quinese McClain & Garland Cross

Pumpkin Patches are a fun outdoor activity and inclusive to all people regardless of age. Pumpkin patches are opened to the public in September, October, and November. Because pumpkins are high in vitamin A, they lower the risk of many health complications. Their seeds contain magnesium, which helps with bone formation. Pumpkins can teach children life lesson such as size and shape don't matter and that sometimes we need to remove the muck from inside us to be happier in life.

Fall Music

By Noelle Pfeister

Would you like to get in the fall spirit and read about a captivating interview with Mrs. Barnett ?

There are so many different types of fall music to listen to to get in the fall spirit, so here are some different types of fall music that Mrs. Barnett suggested: the "Charlie Brown Great Pumpkin" soundtrack, jazz music, and the acoustic guitar. Also Mrs. Barnett said that she personally likes to listen to the singer Hozier to get into the fall spirit. Hozier is an Irish singer and his music primarily draws from folk, soul and blues.

Here are some more cool facts about Mrs. Barnett. She is originally from Georgia, and she moved here to South Carolina about two years ago. This is her seventh year of teaching chorus. She is excited for the Holiday Market concert on December 9 and the Winter Concert on December 11. Mrs. Barnett also wanted to say that she is excited to be teaching at Laing for her first year.



NFL Season

By Anthony Mazzola & Veronica Lane

We are just about half way through the NFL regular season, and so far there have been some clear Super Bowl contenders and some teams that have come up short. Here is how the NFL season is looking so far.

First, let's start with the AFC division, where there are four clear standout teams, the Miami Dolphins, Kansas City Chiefs, Baltimore Ravens, and Jacksonville Jaguars. The Miami Dolphins are 6-3 and leading the AFC East. They have a well-rounded team, starting quarterback Tua Tagovailoa, and wide receiver Tyreek Hill. They have only slipped up twice this season against respectable opponents in the Buffalo Bills and Philadelphia Eagles. Speaking of the Bills, they are number two in the division, followed by the Jets, and the Patriots. Next up is The Kansas City Chiefs.

The Kansas City Chiefs will likely always be a top team in the NFL. The Chiefs are 7-2 and lead the AFC west. The chiefs are also well rounded with quarterback Patrick Mahomes, tight end Travis Kelce, and Taylor Swift in the stands. Though, unlike the Dolphins, the Chiefs have lost to questionable opposition in the Detroit Lions and Denver Broncos. No offense to those teams, but they are only fourth and third in the division, behind #2 Las Vegas Raiders, and of course the Chiefs.

For the Jaguars and Ravens, it is really down to one aspect: their quarterbacks. Both teams have a good quarterback; for the Ravens, it is Lamar Jackson and for the Jaguars, it is former number one overall pick Trevor Lawrence.

In the NFC, there is really just one standout team, The Philadelphia Eagles. The Eagles are 8-1, which is the best record in the league, and are number one in the NFC east. Some of their star players are their quarterback Jalen Hurts, center Jason Kelce, and wide receiver A.J. Brown. Their only loss was against the New York Jets; otherwise, they have been near flawless. The Eagles are the clear favorites for the NFC to go to the Superbowl, where they could have a rematch against the Chiefs or meet any of the other teams previously mentioned.

This has been the NFL season so far.

NEED ADVICE? ASK TOTEM TALK!

Dear Totem Talk,

I wanted to wear my fave crop top to school, but it doesn't fit the dress code.

What do I do!

-Signed Dress Code Dilemmas

Dear Dress Code Dilemmas,

We have all probably had this problem before. You want to wear a cute outfit to school, but dress code won't allow it!

Here's our advice. Try to find a longer, similar colored shirt to keep that cute fit you wanted, or wear high waisted pants.

If worse comes to worst, just wear your sweatshirt! -Totem Talk

IF YOU WANT ADVICE FROM TOTEM TALK, SUBMIT A QUESTION IN THE MEDIA CENTER. LOOK FOR THE YELLOW LOCK BOX

4 F's of Thanksgiving

By Kennedy Boss and Maddie SanGiovanni

Did you know 90 % of the U.S celebrates Thanksgiving? That's 299 million people! Most celebrate the 4 F's of Thanksgiving: food, family, fun and football.

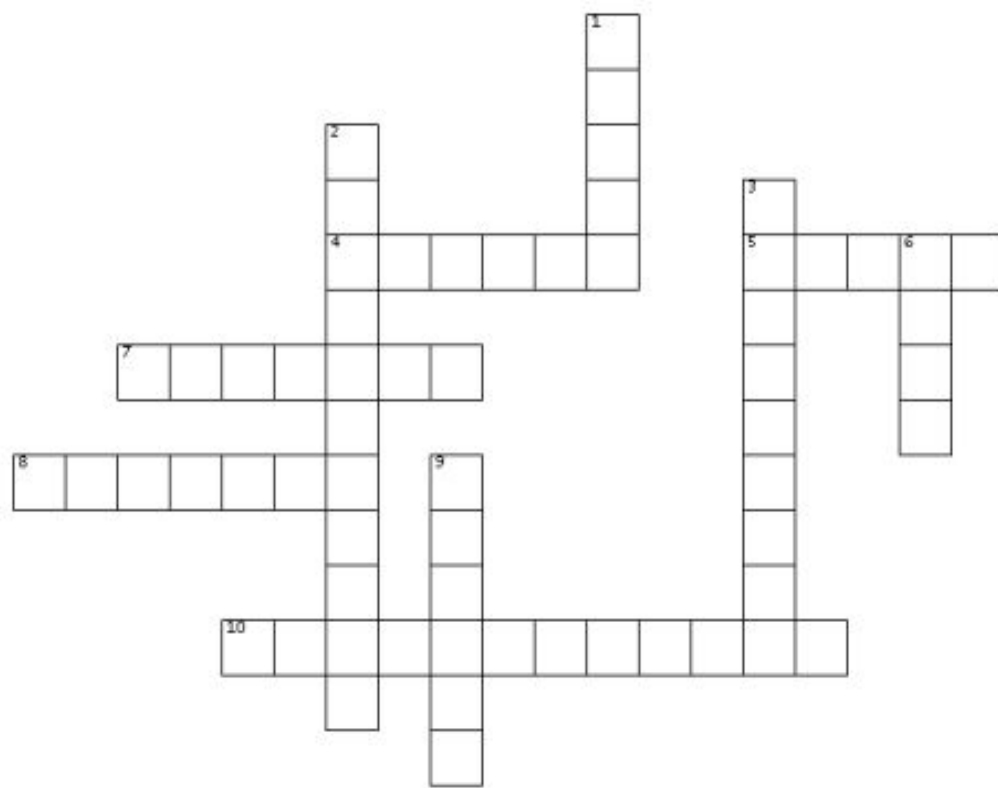
Food. It's vital to our survival. Ten percent of the world's population don't get regular meals. So we should be thankful that we can get food whenever we want. Around 828 million people go hungry. We find this crazy and you should too! So be extra thankful for the tasty meals we get on Thanksgiving!

Family. They are special in every way. Around 150 million children don't have families. Having a family or having someone special is really important because they will be there for you no matter what. So be SUPER thankful for the family that sacrifices for you everyday.

Fun. Everybody should have some. Fun can be family board game night, shopping or whatever you enjoy! It's always good to do something fun. Whether you love to study or play video games, it's important to be thankful for fun!

Football. It's an awesome sport! Football is enjoyed all over our country! It's a great sport to play, watch, and enjoy. Be thankful for the amazing sport U.S.A loves!

Be thankful for the four F's of Thanksgiving: Foof, Family, Fun and Football.



ACROSS

- 4. Another word for fall
- 5. A fruit that grows on trees
- 7. An orange squash
- 8. Its _____ weather
- 10. A holiday in November that always falls on a Thursday

DOWN

- 1. A seed that falls from oak trees
- 2. A Friday where everything is on sale
- 3. A spooky holiday
- 6. Falls from the trees in the fall
- 8. more A gooey treat toasted over a fire
- 9. A popular food served on Thanksgiving

