THE SPRESS October 27, 2023

*HUNDRED ACRES MANOR * NEW MOVIES * CAELYN'S MIXTAPE

South Park's new royals

Savannah Booth

South Park's King and Queen were crowned at the homecoming football game on October 6, 2023. Get a chance to meet the king, Matt Chekan, and queen, Monroe Polis! Photo courtesy of Mr. Phillips.



Monroe Polis

Who do you think was the most supportive person of you becoming king/queen, and what did that person do for you?

I believe my parents were the most supportive people in me becoming queen. My parents made me the person I am, and have always been there for me.

Why do you think you were chosen to represent South Park?

I try my best to be kind to everyone, whether it is from after school activities, or just passing them in the hallways. I believe that people chose me to represent South Park because of my kindness.

What does being crowned queen mean to you?

I believe getting queen means that my peers appreciate my efforts of trying to treat others with kindness.

Matthew Chekan

Who do you think was the most supportive person of you becoming king/queen, and what did that person do for you?

Definitely Faith Newell, she supported me throughout the entire progress. She supported whether if I won or not and that's what a true friendship does. Why do you think you were chosen to represent South Park?

I think I was chosen because of the genuine connections and friendships I've made with people. I really can connect with them and that they trust me to represent them.

What does being crowned king mean to you?

It just shows me that all of the work that I've done in my high school was worth it, that people wanted me and genuinely liked me.

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Breast Cancer Awareness Month

Addison Yochum

As you may know, October is Breast Cancer Awareness Month. For almost four decades, this month has supported women who are currently fighting cancer, those who have survived, and those who have lost their battle. Breast Cancer Awareness Month is significant to women who have been diagnosed because it brings awareness to their disease. It also brings them comfort knowing that they aren't alone.

Breast cancer is a disease in which abnormal cells grow out of control and form cancerous tumors. If not treated, these tumors can spread and become fatal. There are many types of breast cancer, the most aggressive being triple negative breast cancer, with a faster growth rate and a higher recurrence risk. About 240,000 women in the U.S are diagnosed with some form of cancer each year, and about 42,000 women in the U.S die each year. According to the CDC, in 2020, there were 2.3 million women worldwide diagnosed with breast cancer. This resulted in 685,000 deaths. By the end of 2020, there were 7.8 million women living with cancer who had been diagnosed in the past five years. About 91% of women diagnosed with non-aggressive forms of breast cancer are cured. This percentage is 1% higher than in the year 2000.

Women who have been diagnosed with treatable breast cancer have many options, such as surgery to cut out a tumor, chemotherapy, and radiation therapy. On top of symptoms like trouble breathing, weight changes, and fatigue from the cancer, women also. experience symptoms from chemotherapy and radiation therapy such as the most common ones: hair loss, nausea, dizziness, and constantly feeling tired.

The symbol for breast cancer awareness is a pink ribbon. The pink ribbon was invented by Evelyn H. Lauder to bring awareness to the disease. The pink color symbolizes the feeling of being soothed, comforted, and healed. The pink ribbon helps support breast cancer-related charities and foundations, such as Susan G. Komen for the Cure. This foundation was created by Nancy G. Brinker, who promised her dying sister, Susan G. Komen, to bring awareness and end breast cancer.

In the month of October, companies hold many events to support women battling cancer, for example the Breast Saturday Ever 5k running and walking event. This event will take place on October 21, 2023. The race will be a 5k run or walk through Mount Pleasant. A portion of the proceedings they receive will go to the Glimmer of Hope Foundation. There are also many other marathons you can run during this month. Other events that take place can be blood drives, sports games, and parties.

This month supports women who are fighting breast cancer and helps us remember those who have lost their lives from cancer. If you want to help support breast cancer, the Interact Club is selling breast cancer awareness keychains for a dollar. All proceeds will benefit the St. Clair Hospital Breast Care Center.



The haunting history of Halloween

Callie Heynes

In South Park, Halloween goes hand in hand with trees turning orange, carving pumpkins, unique costumes, and kids planning their trick or treating route in order to get the most candy. Other people might get in the mood for Halloween by watching scary movies, going to haunted houses, or learning about local lore. No matter how people spend their Halloween nights, many don't know that the history of Halloween goes back thousands of years, much earlier than our modern costumes and horror movies.

The origins of Halloween dates back to over 2,000 years ago. Celts, people who lived in what is now Ireland, Britain, and parts of France, are considered the first to celebrate. One major difference is that these people would celebrate Halloween on November 1st. So why is South Park's modern Halloween celebrated in late October, during the autumn season? This is because, in this part of the world, summer would have just ended and people would anticipate the coming winter when death rates were high. It was believed that because of the coming winter, the boundary between the living world and the dead would become blurred. A party would be thrown traditionally to welcome the ghosts coming back to earth. At this time, prophecies and otherworldly spirits were to be taken seriously as farmers believed that they needed to please the spirits in order to get a good crop harvest. But this event was not just a wholesome celebration of praise and gratefulness. The Celts also make bonfires where hundreds would gather to sacrifice crops and animals for bright futures and good harvest.

Even though animal sacrifices are not being made today, there are still ways in which modern people practice ancient beliefs. Witches and fortune tellers are things that can be found in movies or in shops on the side of the road. Along with this, just as the Celts did, wearing costumes are still relevant, only with a little twist. While they wore costumes to honor gods, we wear costumes that represent our favorite movies or cartoons, like Barbie or Spider-Man. The Celts would have a feast, but now children stock up on candy and sweets. Many traditions and customs have changed over the years but the spirit of changing seasons and the joy of celebration with friends and family have stayed the same.

Typical high school struggles

Erika Filous & Jessa Harmer

Students in high school struggle with many issues revolving around school. This usually leads to students feeling some sort of stress, more commonly known as anxiety. Every school student at some point in his or her life goes through some sort of anxiety that stops them from doing something.

Students were asked a number of questions around the topic of what makes it hard or completely stops them from doing basic activities in school. One major thing that students said was a cause of stress was homework and after school activities. Arianna Beck, a ninth grader, stated that, "Some of the hardest struggles I have are keeping up with all the work and finding time to do the work when being a student athlete." Arianna is only a tiny percent of the students that can't find time to do work.

Another thing that was brought up is if school was causing students to have severe anxiety. Students like Ashlyn Giles and Abbie Schweitzer, both ninth graders, both had the same things to say. Ashlyn Giles said, "I feel like I have to have perfect grades to be successful." Following along with Ashlyn, Abbie said, "School can sometimes cause me some anxiety due to loads of work and studying." Along with other students, Ashlyn and Abbie both struggle with severe anxiety due to school.

Students came up with a number of coping skills to deal with these struggles. A list of things that were stated were listening to music, sleeping, using their free time wisely, and getting work done in study hall. Another ninth grader, Dalya Jabra, explains her favorite way of coping is positive thinking. She expresses this by self care and taking deep breaths.

In all, every student experiences some sort of stress or anxiety whether it is small or severe. It seems like a variety of students mainly struggle from homework, studying, good grades, and after school activities.

Monroe Polis (con't)

What was your favorite part of the night (pep rally, football game, and homecoming)?

My favorite part of the night was hearing all of my friends and family cheering for me when I won.

Who spurred the idea of wearing matching heels and crowns?

Libby Cassidy spurred the idea of wearing matching heels and crowns. We all thought the football boys were going to be walking in their uniforms, so we thought matching heels to the uniforms would look cool.

What's your favorite word?

Determination is my favorite word.

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Matthew Chekan (con't)

What was your favorite part of the night (pep rally, football game, and homecoming)?

My favorite part was definitely the football game between seeing all of the court dressed so nicely, taking pictures with everyone, and performing at the end with the football team watching.

What's your favorite word?

My favorite word is pulchritudinous because it's just a word that means beautiful, even when the word looks ugly.

October checklist

Alana Deily

Here are some things to do this October!

Watch Halloween movies like Coraline (2009 or A Nightmare Before Christmas (1993) These movies can get you into the Halloween spirit, so I recommend watching them.

Read Fall Books (The Secret History by Donna Tartt, etc.) If you are into reading, I recommend reading this book. It's an amazing book that can get you into a calm mood in the fall.

Visit a Haunted House I recommend going to Hundred Acres Manor. In my opinion it is terrifying. It's in South Park, so it's very close.

Make a Fall or Halloween Playlist I recommend listening to "We Fell in Love in October" by Girl in Red. It's an amazing song in my opinion. It gets me into a calm, relaxed mood in the fall.

Carve a Pumpkin If you go on Pinterest, there are so many cute and scary ideas.

Go to a Fall Festival Fall festivals are really fun. If you are bored I recommend going to one, Phantom Fall Fest at Kennywood is an amazing one to go to. **Check out a Corn Maze** I recommend checking out the corn maze at Simmons Farms.

Visit a Pumpkin Patch In my opinion, Triple B Farms has the best pumpkin patch, but Trax Farms and Simmons Farms pumpkin patch is also good as well.

Go on a Hayride Trax Farms has an amazing hayride, I would recommend going.

Make a Bonfire Making a bonfire late at night is nice for light and it looks very pretty.

Go on a walk to check out the leaves If you like to walk, I recommend going on a walk in the woods or on a trail to see the fall leaves.

Pick Apples Simmons Farms has an apple orchard where you can pick apples. Picking apples is a fun activity to do when you are bored.

Bake Some Treats like apple pie, caramel apples, or pumpkin bread. Following a recipe is very easy to do, so I recommend trying to bake something.

Headaches vs. migraines

Megan Beam

Have you ever had a headache so bad you were sick to your stomach? Maybe you couldn't concentrate, or felt that you couldn't function for the rest of your day. In reality, you might have been experiencing a migraine. However, just because you have a very bad headache doesn't mean that you are having a migraine, even though this is a high possibility. A migraine is a disabling neurological disease.

About 39 million Americans suffer from migraines according to the American Migraine foundation. However most people do not get diagnosed so the actual amount of Americans that suffer from migraines is probably much higher. One in six people complain of headaches which totals out to about 45 million Americans that suffer from headaches. They are the most common medical situation that people find themselves in compared to anything else.

When experiencing a migraine, your pain may be severe and intense, possibly unbearable. The pain you are experiencing can be on one side of the head, the front, or the back. It is also reported that it can be behind the eyes or around the cheeks as well. You could become nauseous or start vomiting and you would probably be sensitive to light and sound. Migraine attacks can averagely last anywhere from a few hours to days.

IMPORTANT DATES

October 2-6: Homecoming Spirit Week October 6: Homecoming game vs. Quaker Valley October 7: Homecoming Dance October 9: No School - Columbus Day October 13: Away Game @ Hopewell October 16-20: Interact selling keychains for breast cancer awareness October 20: Pink Out Game vs. McGuffey October 25, 26, 28, 29: Fall play - The Outsiders October 27: End of 9 weeks October 27: Senior Recognition Game vs. West Mifflin October 30: No School - Teacher clerical day October 31: Halloween If chronic migraines are left untreated psychology related health problems may develop. If you experience migraines you could be more susceptible to strokes. Other cardiovascular diseases may occur as well. You may also be prone to sensory issues.

Certain disorders and diseases can increase or cause migraines. People with chronic disorders may be more susceptible to having migraines throughout their day to day, making it harder for them to function daily. This is because chronic disorders that involve hormones or metabolism, weaken the immune system. According to the CDC, more and more women, children, and teens are being diagnosed with diabetes, an autoimmune disease. Of these who have diabetes, they are also said to experience migraines at a stronger and more frequent rate than those without. People with iron deficiency are more susceptible to migraines. Iron deficiency is an autoimmune disorder and can also be a chronic illness. Up to 40% of teenage girls and 10.9% of teenage males suffer from iron deficiency. Of course, not only those who have autoimmune or chronic conditions will experience migraines. Everyone experiences migraine throughout their life, however a diagnosed medical condition and frequent medical supervision can make daily life easier for many who suffer from migraines.

Women are almost three times more likely to have migraines than men. The reason being a decrease in estrogen levels can cause headaches, most often migraines. Estrogen not only regulates the reproductive system, but it also controls the chemicals that help us receive pain, therefore causing a headache.

Medicine such as Triptan tablets or nasal sprays can be used to treat migraines. Triptan works in the way the brain chemical serotonin works. It helps calm sensitive pain nerves and ultimately flips the changes in your brain that caused your migraine to happen. There are seven Triptan variations. Based on your symptoms, your doctor will provide one for you if needed.

If you believe you are experiencing migraines, don't let it go unchecked. Migraines can worsen and other disorders or diseases can form if not treated. Go see your doctor if you are concerned.

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Hundred Acres Manor

Savannah Booth

Looking for the perfect thing to do as a Halloween activity? Well, Hundred Acres Manor is known as Pittsurgh's top and biggest haunt located right in Bethel Park, Pennsylvania. The haunt spans to be a mile long and takes around an hour to get fully through. The Haunt has five themed houses which are London, Breach, Voodoo, Hallow's Eve, and Folklore. Each house will take you through a different storyline that you will have to try and make it through. You can also experience being buried alive in a simulator voiced by horror legend Tom Sivini as a solo horror experience. Outside of the haunt, you will also find one of the oldest attractions, the maze. The maze is said to be some people's favorite activity where you come face to face with creatures and chainsaws. The haunt is open Thursday and Sunday till 10 pm, and Friday and Saturday till 11:30 pm. General admission is priced at \$28, V.I.P is \$40, and Super V.I.P is \$65.

Several students in South Park High School volunteer and work as actors for Hundred Acres Manor and get to experience a behind-the-scenes side of the haunt. Megan Beam, junior, states that "volunteering in the haunted house was a very fun experience and she appreciates how hard working the actors work behind the scenes." Many of the actors have been working at the haunt for years and plan to continue for as long as possible. In order to work at the haunted house, you need to apply online as either supporting staff or an actor. Supporting staff consist of line



control, parking patrol, concessions, and merchandise. To become an actor, you need to go to the two mandatory dress rehearsals where you will learn how to scare and protect your voice. You do not need to be a part of a club to volunteer for the haunted house, if you are of the age of 14 you can volunteer and still get the full experience.

The haunt highly recommends everyone to come to the haunt and see if you can make it through the entire house. The haunt was rated with 4 stars and very many comments about the experience. The negative comments revolve around how slow the lines can be since thousands of people come to enjoy the experience every night it is open, but the positive reviews rave about how well the attraction functions. Customers rate this house very highly, but check it out to make your own review!



Photos courtesy of South Park Interact club.

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Birthday corner

October

Daniel Battista - 21 Reese Katich - 21 Aidan Wallace - 21 Brendan Stearns - 22 Sophia Hale - 24 Ainsley Roberts - 24 Kevin Duffy - 25 Stephanie Vamossy - 25 Logan Augustine - 26 Zoey Kovacs - 26 Ava Grisetti - 27 Cassidy Holmes - 27 Caden Kelly - 27 Tess Lettie - 27 Benny Mejalli - 28 Sarah Mejalli - 28 Deepan Rasaili - 28 Ian Jackson - 28 Reagan Love - 28 Hayley Bennett - 29 Cole Hammock - 30 Rocco Stock - 30

November

Lance Patterson - 2 Emelyn Schlater - 2 Anthony Medved - 4 Marisa Jones - 4 Chloe Byron - 11 Austin Henze - 12 Brooke Bichler - 13

Cartoon

Tom Holmes



Seasonal show strike

Noah Fiscus

The Writer's Guild of America Strike in 2023 has impacted many television shows. Some of the most popular shows are still being impacted while others are starting to debut new seasons.

American Dad Season 20

American Dad focuses on an upper middle class family living in a fictionalized town in Virginia. Season 20 premiered in March, but it only had about three months worth of completed episodes. The series' co-creator and star, Seth McFarlane, stepped away during the writer's strike. New episodes are currently airing now that the strike is over, but come November, episodes will be delayed.

American Horror Story Season 12

The show is an anthology series, fictionalizing haunted locations. Production was delayed on May 4 due to the actor's strike. New episodes starting airing in September, but the season will be split with remaining episodes not airing until 2024.

Big Mouth (Final) Season 8

The show explores teenage struggles. Season 8 of the show was six weeks into writing the season when the strike interrupted the process. The scripts would have been completed in August if there was no delay. New episodes will not air until 2024.

Cobra Kai (Final) Season 6

Cobra Kai is based on the 1984 movie Karate Kid. The writers' room was closed the day the strike began. The series' co-creator tweeted his frustration on Twitter but promised this would be the biggest season yet. The new season is not slated to be released until 2024.

Emily in Paris Season 4

The show is a romantic comedy-drama set in Paris. Season 4 is delayed two months because of the strike. The filming was meant to begin in the summer, but has now been postponed until sometime in 2024. It will likely not premiere at all until the fall of 2024.

Euphoria Season 3

Euphoria follows a group of high school students navigating life. Season 3 would have always been far in the future, however, due to the strike, it is delayed until 2025.

Family Guy Season 22

The show follows the adventures of the Griffin family. Alongside American Dad, Seth MacFarlane stepped away from Family Guy due to the strike. While the season was delayed, Family Guy is currently airing new episodes.

Pretty Little Liars: Summer School

The show is about a group of girls facing a villain. The show was shut down by picketers on May 11. There is no update on the show yet.

Saturday Night Live Season 48

The show is a late-night live sketch comedy show. Season 48 was quickly hit by the strike. The new season premiered October 14 with Pete Davidson hosting.

Stranger Things (Final) Season 5

The show is about a mystery in a small town with a supernatural twist. Season 5 was halted due to the strike. Filminghadbeensettobegin in the middle of 2023, but is still on hiatus. While there is much anticipation surrounding the final season, there are no updates on when it will premiere.

The Last of Us Season 2

The show follows a pandemic destroying civilization. Season 2 was beginning casting when the strike hit. The series was auditioning actors but all filming and release dates are unconfirmed until after the actor's strike.

The Mandalorian Season 4

The show is about a bounty hunter traveling through a dangerous galaxy. Season 4's start date will likely be pushed back due to the strike. It is set to arrive sometime in 2025.

The Tonight Show

The show is a mix of host monologues, comedy, music, and visits from celebrities. It continued filming following the writer's strike. This will be the 10th season with Jimmy Fallon, but has been on TV since 1954. It is currently airing new episodes.

Movies coming out In October

Khai Brown

Here's a small list of movies releasing for you to get excited about. Some you might have already been anticipating, others you might be intrigued for the first time.

The Exorcist: Believer (10/6)

We start the movie off with a single father, Victor, allowing his daughter to have a sleepover with her friend when Victor notices something far wrong with both of the girls. He calls for help from a man named Chris who was said to have seen things like this before. As we progress through the movie, you can notice Victor having to make challenging decisions, including having to choose between Angela or Katherine.

Pet Sematary: Bloodlines (10/6)

The fourth movie of Stephen King's novel Bloodlines takes place before the original movie. You follow the main character, Jud, as he discovers horrifying secrets of the town, Ludlow. Timmy Baterman, one of Jud's childhood friends, has returned from the Vietnam War unexpectedly and is traumatized. It is soon revealed that Timmy wasn't the only one resurrected from the burial grounds. TaylorSwift:TheEraTour(10/13)Just in case you missed her tour, or even if youwish to see it again, Taylor Swift now has madeyou able to see it in a theater near you where sheplays the biggest songs from her most recent tour.

Five Nights at Freddy's (10/27)

Based on the many games, Five Nights at Freddy's releases its first movie, starting out with our security guard, Mike, and his daughter walking into the once popular yet now run down pizzeria. Upon arrival, he is met with the four main animatronics. The further into his shifts he gets, Mike realizes this is so much more than just a security guard job, something more horrifying: missing children and living animatronics. He soon learns he himself is even being hunted.

Student corner - Digital Photography



Caelyn's mixtape

Caelyn Robbins

Recently I've been listening to the album "i love my girl, she's my boy" by the band Between Friends. The album was released on August 25 and it's been on constant repeat for me. Between Friends is a brother-sister duo who create music that could be best described as alternative indie bedroom pop. Off of the album, I really enjoy the song "Redlight" ft. Teezo Touchdown, who has also been featured on songs with Travis Scott, Don Toliver, and Tyler, the Creator.

October release radar

Caelyn Robbins

October 6th Claire Rosinkranz- "Just Because" (pop) Drake- "For All the Dogs" (rap)

October 13th Boygenius-" The Rest" (indie-pop) Cafuné-" Love Songs for the End" (indie-pop) Chief Keef-" Almighty So 2" (rap) Gucci Mane- "Breathe of Fresh Air" (rap) Jane Remover- "Census Designated" (hyperpop) Ken Carson- "A Great Chaos" (rap) Offset- "Set It Off" (rap)

October 20th Blink 182- "One More Time..." (pop-punk)

October 27th Lowertown- "Skin of My Teeth" (alt-indie) Poppy-" Zig" (punk-metal) Taylor Swift- "1989 (Taylor's Version)" (pop)

Drake - For All the Dogs: "For All the Dogs" is Drake's new eighth studio album. This album includes the newly released single "Slime You Out" ft. SZA. The album also includes features from Bad Bunny, SZA, Yeat, Lil Yachty, 21 Savage.

Offset - Set It Off: "Set It Off" will be serving as a follow up album for Offset's 2019 solo album "Father of 4". As a member of the rap group Migos, this will be his fifth studio album. Near the end of September, he teased his unreleased song "Rock Out" ft. Playboi Carti that's said to be included in the album. **Blink182 - One More Time...:** "One More Time..." will be Blink182's ninth studio album marking the return of guitar/vocalist Tom Delong. The album's name comes from their newly released single "One More Time" that reflects on the band members history and both Travis Barker and Mark Hoppus facing life-threatening events.

Taylor Swift - 1989 (Taylor's version): "1989 (Taylor's Version)" will be Taylor's 4th re-recorded. The new release will include all the original album's songs remade and an additional five new songs.

Boygenius - The Rest: "The Rest" is Boygenius's debut EP following as an expansion for their full length album "The Record". They have been gaining much popularity from their single "Not Strong Enough" off of "The Record". The band consists of Phoebe Bridgers, Lucy Dacus, and Julien Baker, who all have their own solo careers. But they came together to form the alternative indie group Boygenius.

Chief Keef - Almighty So 2: "Almighty So 2" has been in the works for years. Sosa's project was set to release in January but has been on continuous delay. "Almighty So 2" is the sequel to his 2013 project "Almighty So".

Gucci Mane - Breath of Fresh Air: Gucci Mane's forthcoming album "Breath of Fresh Air" already has 7/24 songs released. Some of those include "Bluffin" ft. Lil Baby and "06 Gucci" ft. DaBaby & 21 savage.

Jane Remover - Census Designated: "Census Designated" will be Jane's second album following her single "Census Designated". Jane is well known in the underground scene of hyperpop. A music genre known for its mix of edm beats with catchy pop beats alongside pitched up vocals, popularized by musical duo 100 Gecs. Jane is best known for her single "homeswitcher" ft. hyperpop music producer kmoe.

Ken Carson - A Great Chaos: Ken Carson, being one of the few artists signed under Playboi Carti's Opium label, has a very unique style of rap. This album will have one song featuring Lil Uzi Vert and three songs featuring Destroy Lonely, another artist signed under the Opium label.

October release radar (con't)

Caelyn Robbins

Poppy-Zig: Poppy has been on an uprise since her pop releases in 2016 under the artist name (That Poppy). In 2018, she continued releasing music under the artist name Poppy but with a more metal twist, hitting it off with her single "Girls in Bikinis". In 2020, she released her hit alt punk metal album "I Disagree". In September of this year, she released three singles in an EP called "Motorbike" that are said to be featured on her new album "Zig".

Lowertown - Skin of My Teeth: Lowertown's upcoming EP following their album from last year's "I Love to Lie" will be a mix of their regular style of indie pop with more of an alternative twist. They released an early single "Bline" in September of this year after signing to the record label Dirty Hit, which has also signed the artists Beabadoobee, The 1975, and Wallice. **Claire Rosinkranz - Just Because:** Claire Rosinkranz newly released album "Just Because" can be best described as blues-pop. Claire gained popularity through her song "Backyard Boy" that blew up on TikTok, and has gained mass popularity since then.

Cafuné - Love Songs for the End: Cafuné best known for their song "Tek It (I watch the moon)" has gained them much popularity on TikTok and grew their following greatly. They recently released their single "Demise" to tease their new album, alongside a visual lyric video of the members playing guitar in the woods.

Student corner - Digital Photography





