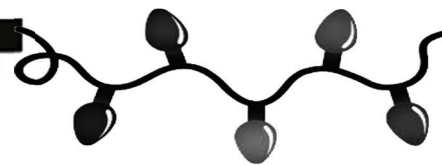


The Arrowhead

Holiday 2021 Issue



What's inside?



Sledding

College Advice

Gift Ideas



Santa's Singles

Mental Health

...and so much

more!

OPINIONS

LETTER FROM THE EDITOR: *GROWING UP*

By Jacob Rodney



We're all terrified of growing up. I think it's a universal feeling. "I don't want to grow up" is, like, THE catchphrase of every single teenager. But, you do want to grow up, you want that independence, but you don't want to live alone and be on your own and never feel the childlike wonder you did at 4, 5, and 6. Is this whole letter going to be an ode to the child we'll never be again? Perhaps. But I think we have to recognize and accept the death of that part of ourselves.



Which brings me to one word: change. You aren't your 4, 5, or 6-year-old self. You're a 14, 15, 16, 17, 18-year-old now, and each day you step a little bit closer to the end, a little bit closer to graduation, a little bit closer to being an independent adult.

Which is absolutely horrifying, by the way. Who said this would be our best years? Oh wait, *I* did. Literally 2 months ago. Well, along with coming of age, you start to get this weird feeling of growing up. You don't belong to your age, but it definitely feels like it. In actuality, your age belongs to you. Sixteen-year-old me is very different from 18-year-old me. Throughout your teen years, you reach different milestones: Your first high school dance, your sweet sixteen, your first S/O, your first car, etc. A ton of firsts happen in these four years. And it's fun. It really is a lot of fun doing and experiencing all of these new things. These memories belong to you, not to the age you experienced them. And while this is fantastic, it also makes you think of how close you are to the end. How each of these experiences shape you into the person you are and will be.

I know that every single person in this school walks in on their first day of freshman year as one person and graduates four years later as another. I bet all of the juniors and seniors looking back at their freshman year friends, goals, and ambitions can see how many differences there are. I thought I was set on being a journalism major during freshman year, and now I'm applying to college as a psychology major. Oh, how time obliterates what we originally had planned.

Each year has changes and challenges. Freshman year comes with a lot of new experiences, like a new building filled with new, different people. It's pretty overwhelming, and I know I was terrified of it all. Sophomore year brings different sorts of changes. You're in the same building and pretty much have the same friends, but you're growing up and you finally get that permit you've been waiting for. It's a slow year, but you're comfortable and you learn about yourself. Junior year has the least amount of change but has the most anticipation for it. Colleges, college level classes and the ever present fear of college applications, they all are always there. Then the shiny crown of your time in highschool: Senior year. For me, this is the best year. Others will say it's the worst. It comes a lot faster than you think; I never thought I would graduate. High school seemed like it would last forever, but nothing ever does, and here we are.

So, as you grow up and change, I hope you always keep this question in the back of your mind: "Am I not all the versions of myself before this moment?" You can still love the underground music you found in middle school. You can still enjoy the stupid iPhone games from 2014. As long as you keep learning and evolving to be your most authentic self, I think you're good. In the wise words of Taylor Swift, "If you never bleed, you're never gonna grow." Don't despise growing up because you're focused on all of the awful things it brings. Every cut and scrape and bandage made you who you are today. And I think that's pretty cool.

Your naive friend who thought he could be Peter Pan,
Jacob Rodney



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OPINIONS

How Long Should You Keep Up Those Decorations?

By Jacob Rodney

Okay, I am SO guilty of not taking down Christmas decorations until Valentine's Day. However, I think it's ridiculous for myself and others to keep them up this long. Usually, people start putting up their Christmas decor right after Thanksgiving (a friend of mine and her family literally schedule a whole day every year to do it). Anyway, you've got four to five days in November, the whole month of December, and the first part of January to keep those lights shining. Now, the people who take down their stuff on December 26th are LOSERS and I'll stand by that forever. The week between Christmas and New Years is the weirdest time of the year, a week-long fest of nothing to do and nowhere to go. It is the purgatory of the calendar year. This time should be spent with half-deflated Santas, burned-out bulbs, dying Christmas trees, and the discovery of crumpled wrapping paper in the oddest of places. So, yes, keep all of your decorations up until at least the beginning of January. However, once people start going back to school and work, the holiday decorations that are still up are just a smack in the face. Another 365 days until that blissful ignorance of winter break. I say you should take everything down by mid-January. If you don't want your house to be totally bleak, put up some snowman stuff or get other holiday things that aren't pointed towards Christmas. But when I come over to your house to pick you up for our Valentine's date and see that dead tree in the living room, just assume I won't be taking you out again.

Gift Guide

By Samantha Smith

With the holiday season in full swing, it's time to start shopping for gifts! Gift-giving is one of my favorite parts of the holiday season, but sometimes it's hard deciding who to give a gift to.

A good place to start deciding is with your relatives. Your parents and siblings are definitely a yes. Any other relatives that you're super close with, such as grandparents, aunts, uncles and cousins, are also a yes. It's important to make sure that if you all open gifts at the same time, like at a party, everyone must be equal. Don't give one cousin an extravagant gift and give another cousin nothing at all. Either give the extravagant gift in private or buy something for each of them in the same price range.

Same thing goes for friends. Obviously you're going to give your best friend a different gift than someone you aren't as close with, but make sure to give it in private. You don't want to make anyone feel bad.

As for who to give a gift to friend-wise, you can never go wrong being extra generous. I'm not saying buy the girl you only talk to in school

an expensive gift, but maybe a small treat or a small gift from the dollar section of Target. It doesn't have to be crazy, just something to show that you appreciate them. A good rule of thumb is if you'd consider them a friend, get them something small.

Now, with teachers and coaches, this is more personal and up to you. There is no right or wrong when it comes to these people. If you have the means and really want to give all of your teachers a nice gift or a gift card, I'm sure they would

appreciate it. However, if you just want to give your favorite few teachers a nice gift, that is perfectly acceptable, too. The wonderful thing about teachers is, no matter what you give them, they will adore it! As for your coaches, if your sport is in season or you still see them often, it's not a bad idea to give them a little something to brighten their holiday season. Christmas gifts for teachers and coaches are a great thank you for their hard work.

The bottom line is: it's never a bad idea to get someone a little something for the holidays. Enjoy the holiday and have fun giving gifts!



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voices in the hall

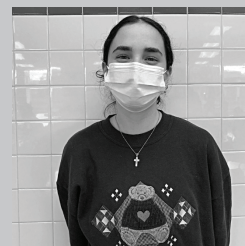
By Q Peters

Should Travis Scott be held accountable for what happened at Astroworld and why?



Jaiden Waterloo

"He should, because he made that fan-base the way it is to the point where he's responsible for it."



Mina Farshchi

"I think yes and no, because he could've done a lot more. There was an ambulance in the crowd that he saw and he could've stopped the show. But it also wasn't his fault; there were security guards and all that there, too. So I think it's half and half."



Morgan McClurg

"Yes. Even though he couldn't have directly done anything, he didn't tell anyone to assist. He couldn't control what happened but he could've controlled how he helped."

REVIEWS

THE BEST PLACES TO SLED

By Olivia Gorrell & Sara Topich

Oh, what fun Liv and Sara had sledding through the Burgh! Livy G and Sara T went at it on the slopes to make sure you go to the best places for sledding! If you wanna get turned over break, stick around till the end.

Boyce

Stars: 5/5

Description: The conveyor belt was magical and fast all the way up the hill. The speed we got when we flew down was TOP TIER and couldn't be beat. At the top of the hill, it was icy; Jacob slipped and fell. His hat went down the hill without him. :(RIP the pink hat 2019-2021.



North Park

Stars: 3.5/5

Description: This hill has both positives and negatives. Although the sled ride is fantastic, the walk back up the hill is EXTREMELY draining, especially when you're in all your snow gear. We were sweating like it was a hot summer day, and let me tell you, those wet North Face gloves were NOT easy to carry. That exhausting walk shaves off a whole point (and 50 pounds) because you almost pass out, swear.

Bronx

Stars: 4.7/5

Description: Growing up in the Dub V gave us the perfect opportunity to ride this hill every year since birth. The Bronx is every kids' stomping ground once a snow storm hits the 'Burgh. The only reason this hill doesn't get a 5 is because of the big bump at the bottom. It knocked Jacob's butt right out of them snow pants.



Let's take a look at the facts: Boyce is GOD TIER with the straight winter vibes and no horrible walk back up. We will most certainly return to Miss Boyce Park. The Bronx is an OG. We can't disrespect my man, and we're going to leave it at that. Now, North Park. Honestly, the ride is fire, but the walk up the hill lights you on fire. North Park is not for the faint of heart. Bring your snow gear, your sense of adventure, and, OF COURSE, your trusty sled. Whichever hill you choose, make sure you're ready for the cold and watch out for those bumps!

XOXO, Livy G and Sara T



Battle of the Hot Chocolates

By Evan Relac

If there's one holiday treat everyone knows and loves, it's hot chocolate. There's plenty of instant powders you can just add to warm water or milk to and bam, a nice warm cup of hot cocoa. But, with so many options, which one is the best?

Land o' Lakes hot chocolate is...alright. Despite the instructions recommending using water, the taste is pretty rich. The powder never mixes completely and leaves a gross clump at the bottom of your mug. But all in all, it's good. 6/10.

Swiss Miss is terrible. It doesn't taste much like chocolate and the powder never mixes correctly, resulting in a clump of powder that you can't get rid of. The worst part is the packaging. For some reason, they thought it would be a good idea to connect the packets together so you need to rip them apart. However, it's impossible to stop one of the packets from spilling powder everywhere. And on top of that, the marshmallows always disappear, which scares me. 2/10.

Ghirardelli is a lot like Land o' Lakes but the powder doesn't quite mix well enough, which leaves a chalky feeling in your mouth. Otherwise, it tastes good, and uses milk rather than water. 7/10.

Starbucks is by far the best out of all the brands. The flavor is rich and has more of a dark chocolate taste, which may just be a personal preference. Plus, it has little chocolate chunks in it that don't just melt away like Swiss Miss's marshmallows. 10/10.

As you can clearly see, Starbucks is the way to go for all of your hot chocolate needs. I promise I won't judge if you decide to drink Swiss Miss (but it is kind of my job).

Foods Around the School

By Brynna Barbour & Marisa Napolitano

Future of Foods

A few weeks ago, I traveled to Mrs. Patsilevas' class during 8th period. A little fun fact: the North Hills Food Service was offered a state grant! This grant allows our school to take in more local vegetables. Mrs. Patsilevas was given cabbage for her students to create new dishes for our cafeteria. These dishes include chicken lo mein, beef stir fry, and a Mediterranean salad. They're going to send these dishes to the elementary schools as well so they can vote on which one(s) they want to see in our cafeterias! Now, I had the honor of trying these three meals when I went down to her class. I'll be honest, pizza crunchers will forever have my heart. But that chicken lo mein hit DIFFERENT. The beef stir fry is an egg roll in a bowl. It was so incredibly good... I'm still thinking about it. Lastly, the Mediterranean salad: it wasn't bad. I was a little nervous because it's not something I'd personally eat normally but I enjoyed it more than I thought I would! It was definitely hard to pick a favorite between the three of them, but ultimately I chose (drum roll, please)... the chicken lo mein! Underclassmen, you'll never want to pack a lunch again if these options get put on the menu.



French class

Crepe day is a very important part of being a French student at North Hills, and as a Spanish student, I finally had a chance to try them a few weeks ago! I dipped the hot pan into the batter, flipped it, and BOOM! My crepe was made. I topped it with all my favorite toppings: whipped cream, Nutella, and chocolate chips. I don't like fruit, so my crepe was strictly dessert. Let me tell you, this crepe was BOMB. I will definitely be hitting up the French classes again. Crepes are easy to make, fun to decorate, and most importantly, delicious to eat! It's nice that they're simple enough to create that they can be made in classes that aren't typically ones you cook food in. As a senior, I wish I took French so I had the opportunity to make these yummy crepes every year. They are fantastic! Shoutout to Madame Khuze for not only teaching the French language to her students, but for letting them have an exciting chance to create food from the culture as well!

REVIEWS

Red (Taylor's Version) Review

By Jacob Rodney & Samantha Smith

As the seasons change and the weather gets colder, we all create a certain playlist that fits the atmosphere of autumn and winter. You have your staple Christmas songs, and your autumn playlist probably includes about half of the songs we put in the last *Arrowhead*, but we've received a pretty epic Christmas gift early this year: *Red (Taylor's Version)*.

If you're not up to speed with THE Taylor Swift, here's a quick synopsis of the past two years. Swift left her last record label, Big Machine Records, in 2019, and moved to Universal Music Group. This decision was made due to her last record label not allowing her to own the masters for her work; instead, she'd have to "buy" them back. One new album put out would get her the rights to one previous album. So she left Big Machine Records, signed with Universal Music Group and decided to re-record her first six albums and reclaim the masters. *Fearless (Taylor's Version)* was released in April of 2021, and we are now on the second re-recorded album: *Red*.

You're probably wondering, "how does one review an album that's technically already been released?" Well, we're here to show you how. Swift has not only included the original songs and deluxe tracks on each album, but also "vault tracks" (songs that were written for each album that did not make the final cut). This collection of classic and new songs sums up to a whopping THIRTY tracks, totaling in 2 hours and 10 minutes. We're *almost* overwhelmed with content, but considering we already know about twenty-one of the thirty songs, it's basically a new EP from Taylor.

Red (Taylor's Version) is described as a "fractured mosaic of feelings that somehow

all fit together in the end" by Taylor herself. Within the 30 songs, Swift tells us stories of heartbreak and remembrance. The album sounds almost entirely like the original, with lyrics and tears staining the body of work. But there ARE some more polished and modern elements included on each song. Of course, they all have the original sounds (RIP Girl At Home), but the instruments and overall

production of each song were updated. Some people might find this unflattering, but most of the changes are VERY minimal and can only be heard by someone who's listened to the song an absurd amount of times (aka your boy Jacob).

While this entire process has been very messy and upsetting for Swift, she has made it the most enjoyable time for her fans. The CDs and vinyls include new

pitchfork.com

pictures, and she's putting out merchandise for each era, allowing both new and old fans to get ahold of some awesome clothes and accessories they couldn't get the first time around. Swift has also included some visuals for the newer songs released on the album, allowing fans to get an even more in-depth look at this nostalgic album. She's included a short film for her 10 minute version of "All Too Well" and a music video for vault track "I Bet You Think About Me."

Not only did the songs feel brand new, but Taylor's re-release became the most streamed album in a single day by a female artist on Spotify, with more than 90.8 million global opening day streams. She previously held the record with the release of *folklore*.

Now, I don't know about you, but I'm going to go listen to *Red (Taylor's Version)* and pretend I'm back in 2012. Oh, and don't forget to pick up that scarf from his sister's house.



Ravishing Red Lyrics:

1. "People love an ingénue" from "Nothing New (Taylor's Version)": An ingénue is "an innocent or unsophisticated young woman, especially in a play or film." Swift putting this line in the song just added to the overall theme of the album that she was just an innocent young girl who simply fell too hard and was more loved for being so innocent.
2. "He's gonna say it's love/You never called it what it was" from "All Too Well (10 Minute Version)": This line. We ALL felt that. Swift suggested with this line that he never actually loved her, rather he loved the idea of her. The lyric "The idea you had of me, who was she?" further goes to explain he didn't even know her, he simply knew and loved the idea of her. Swift knew that when writing this line, her listeners would unfortunately relate.
3. "Kiss me, try to fix it/Would you just try to listen?" from "Sad Beautiful Tragic (Taylor's Version)": The feeling of trying to connect with someone and wanting to get through with them is a universal experience. The way she says this lyric is simply heartbreaking.
4. "Just twin fire signs, four blue eyes" from "State Of Grace (Taylor's Version)": We love a little astrological nod. Everything about this lyric is exactly what falling in love is; the small details are everything. She later references this lyric in the 10 minute version of "All Too Well," which just happens to be the last track on the album. Everyone enjoys a full circle moment.

Elementary Legends



By Olivia Gorrell & Sara Topich

The seniors in the cafeteria have spoken, and the results are in. Here are your elementary school legends!

West View

Sports: Kassidy Wittig
Academics: Eden Anderson
School Spirit: Luke Brown
Known For: The backstreets

McIntyre

Sports: Ryan McClune
Academics: Odette Sherk
School Spirit: Emily Herzog
Known For: The softball field

Ross

Sports: Sophia Roncone
Academics: Garret Rojik
School Spirit: Brenton Perkins
Known For: "Ross is boss"

Highcliff

Sports: Riley Davis
Academics: Niko Kunsak
School Spirit: Emma Gallagher
Known For: The treehouse

FEATURES

Winter Holiday Interviews

By Brynna Barbour & Sara Topich

Happy Holidays, North Hills! Although many of us may be gearing up for the classic Christmas season, there are countless holidays and traditions celebrated around the school during the winter months. No matter what nationality, religion, or culture you associate yourself with, I think we can all look forward to the holiday season and break from school ahead of us. A few traditions celebrated by our peers or represented by our world language teachers are Orthodox Christmas, Seven Fishes, Three Kings Day, and more.

Questions Asked:

1. What do you celebrate?
2. Does your holiday coincide with any specific religion or culture? If so, which one?
3. What kind of holiday traditions do you have?
4. What foods do you eat?
5. What's your favorite part about your holiday?
6. When is your holiday celebrated?

Marisa White, Slovak

1. "Christmas."
2. "Yes, Catholic."
3. "On Christmas Eve, we don't eat meat and celebrate with family over dinner. After dinner, you break Oplatki (Christmas wafers) and pass them around the table."
4. "Instead of meat, we make homemade pierogies, Bolbalki (dough balls with poppyseeds), and Oplatki with honey (which tastes like a communion loaf)."
5. "My favorite part is celebrating with my family and eating all the tasty food."
6. "December 24th and 25th."

Sophia Roncone, Italian

1. "I celebrate Christmas."
2. "I am Italian."
3. "My family celebrates Seven Fishes."
4. "We eat pasta along with seven types of fish (some examples of fish eaten are cod, shellfish, eel, squid, clams, etc., and they're served as seven different courses)."
5. "My favorite part is eating good food with my family."
6. "We celebrate on Christmas Eve (December 24th)."



Sara Topich, Serbian

1. "Orthodox Christmas."
2. "I celebrate my holiday through the Serbian Orthodox Church, but the day is celebrated by all Orthodox Christians. It is the day Jesus was born on the Orthodox Calendar."
3. "On my Christmas Eve (January Christmas, called Badnje Veče), we go to church at night and burn badnjak, which is a young oak tree. The burning badnjak represents the fire that was used to keep baby Jesus warm. Another Serbian tradition is called a česnica. It's a loaf of bread with a coin hidden inside. Everyone breaks apart the bread into pieces and whoever gets the coin has good luck for the rest of the year. On Christmas Day, called Božić, you greet people with, 'Mir Boži, hristos se rodi,' which means 'Christ is born.' The response is, 'Vajstinu se rodi,' which means 'Indeed, he is born.'"
4. "Along with traditional Christmas dishes, some foods special to that day are roasted pig, sarma (Serbian stuffed cabbage), chicken noodle soup, and citzvara (Serbian cornmeal). Serbs don't eat lightly."
5. "My favorite part of my holiday is spending the day with family and also with close friends at church. I have a really great community there, and spending the day with everyone is special to me."
6. "It is celebrated on January 7th every year."



Sydney Tyner, Middle Eastern

1. "Chanukah (Hanukkah)."
2. "Jewish."
3. "Lighting the menorah and saying prayers."
4. "Frying foods in oils is common. One of the fried foods is takis, which are like pancake potatoes. However, my family doesn't really do traditional foods."
5. "Being with my family."
6. "Normally for seven days in December (this year: November 28th to December 6th)."

Señora Werner, Spanish/Latin American

1. "Día de los Tres Reyes Magos (Three Kings Day)."
2. "Christian (Catholic)."
3. "On January 6th, we celebrate the Epiphany, or the Three Kings arrival, to visit the Christ child. As the story goes, the three Kings gave gifts to baby Jesus, so our children receive a gift from the Three Kings on the morning of January 6th. On the night of January 5th, they put a shoe by the door and also gifts of salt and grass for the Kings' camels. On January 6th, the children find a gift in their shoes. During the day in Spain/Latin America, there are parades and family parties. Usually, friends and families enjoy a special Epiphany dinner. On the morning of the 6th, we also add the Three Kings to the manger, which is a very popular decoration for the Latino culture."
4. "A must-have food is the 'Rosca del Rey,' a sweet bread that has a hidden baby Jesus inside."
5. "I like taking time to remember the true meaning of Christmas and seeing the joy on my children's faces. I enjoy sharing the Christmas story with them and the importance of the Three Kings. I also love that it is one more celebration with family and friends when most people stop celebrating on New Year's Day. Fun fact: in many countries, children are off from school until the day after Three Kings Day, as it marks the end of the Christmas holiday."
6. "January 5th being the night for preparing for the arrival of the Three Kings, and January 6th for the celebration."



FEATURES

COLLEGE APP EXPERIENCE AND ADVICE

By Brandon McEwen

It's around that time of the year for seniors where some students are just starting to apply to colleges, some are in the middle of applying, and some just submitted all of their applications. Personally, I know some people who are applying to 10+ colleges and some who are applying to just one. Every student's process of applying to college(s) is different, but each student does have one thing in common: the desire to make themselves look as perfect as possible.

At the end of sophomore year, I started thinking about college and what I could do as an upperclassman to really increase my chances of getting into schools. Now, to preface myself first, I consider myself an above average student, but I'm still far off from even thinking of applying to any Ivy League schools. So, in the summer before junior year, I came up with a list of colleges and decided what I wanted to do to make sure I showed that I was involved in the school and the community and that I obtained good enough grades to get into the schools that were on my list.

Then, I realized that starting to study for standardized tests would be a good move. However, if you start studying too early for the SATs and ACTs, you'll get tired of the repetitive questions and feel burned out. But, you also don't want to start studying too late, because if you get a bad score, you'll want to take it again (which is just more money you're paying College Board; they already take too much money from us, anyway), and the process starts all over.

Now, I'm giving this information as someone who wants to get accepted into some decently selective colleges. So if you're applying to similar colleges, junior year is the year when you should be taking your hardest classes and simply getting involved all around. When people say that you have to grind your junior year, you indeed have to grind. You should feel like you don't have time to watch TikTok for an hour in the middle of the day (but it's okay if you do!).

The biggest thing that flies under the radar (even though it shouldn't) is the fact that even if you work your hardest and are an outstanding student, money might change everything. For example, my cousin was class president, involved in various clubs and sports, took 10+ AP classes, scored a 35 on the ACT, and so much more. He got into schools like the University of Michigan, the University of Madison, the University of Wisconsin, the University of California, Los Angeles, and the University of Southern California. He ended up at USC, but went with the knowledge that he was going to end up about \$150,000 in debt. He had to make the difficult choice: either go to the best school he got accepted into in accordance with his desired major and then go into a large amount of debt, or go to a school with weaker academics but graduate with less debt. Everyone has their own values and ways of looking at the whole application process. What matters to you is what should ultimately make your decision. It's your life, not your parents'.

As for the actual college application itself, I personally didn't think it was as difficult to navigate as it's made out to be. On your college application (with whatever platform you use; CommonApp, directly through the school, etc.), you should look at it like you're an admissions officer. Don't brag. Your grades that matter the most to colleges are already final by the time you're applying, so just focus on your essay and highlighting yourself. Many colleges may

also have particular writing supplements that are specific to their school in order for them to get a better understanding of you.

However, for very selective schools, most don't want just a regular, "smart" student. They want well-rounded kids or kids with different stories that make the best out of their situation. If you're an underclassman reading this who has aspirations of going to schools like Berkeley or Tufts, start now. Getting "good" grades and test scores is the minimum. Everyone is different, but if you don't seem to have a special thing going for you, change something up. Good luck!

APPLYING TO COLLEGE

By Brynna Barbour



With the school year in full swing, you might be starting to wonder: "What am I going to do with the rest of my life?" For some, college plans have been set for months, but for others, the adventure of exploring all of the post-high school options and going on college tours has just begun. Deciding what you want to do, where you want to do it, and how you're going to get there can be a really stressful time for seniors and juniors, but don't worry! Believe it or not, you've been on the path to success all throughout high school, and with some helpful tips and tricks, you can feel perfectly confident in your decisions when it comes to college.

The initial question for those getting started is, "Where should I even apply?" First of all, ask yourself what kind of student you are. Assess yourself on what type of campus you'd like to attend. If you want to stand out as a student, involve yourself in class, and have a personal relationship with your professors and advisors, you might prefer a smaller school. If you enjoy a lot of hustle and bustle and being surrounded by many kinds of other students, a larger campus might be the best fit for you. Although it seems daunting, scheduling visits to schools and going on tours can help out immensely when it comes to deciding what you like and don't like about certain colleges. Now, the task of deciding what to study is the next essential step. Some people have already decided what they want to major/minor in or what they want to be when they grow up. If you aren't committed to a general study yet, you can always try out different clubs, take electives that might interest you, or involve yourself in community activities. Having a list of schools and possible majors will really help you to narrow down your college search.

Some other important (but not always necessary) components of applying to colleges include taking your SAT and/or ACT, writing a college essay, and doing some research on which method of sending your application(s) will work best for you. Are you only applying to one place? Or do you have a long list of colleges that you plan on applying to? If you intend on sending applications to multiple schools, using the Common App is a really simple and effective way to do so. The best part about the Common App is that it provides you with a checklist for each individual school along with each school's deadlines to help you to stay organized during this stressful time. Although SAT's and ACT's are currently optional at most colleges, having those scores can set you apart from other applicants and make you seem more desirable. One more thing to consider when applying is talking to your counselors; Dr. Barkovich and Mrs. Davis (for the 11th and 12th graders) are your keys to success while applying to the schools of your choice. Keep them in mind when requesting a transcript or a letter of recommendation, and make sure to keep track of all the important dates and deadlines regarding the SATs/ACTs, requesting transcripts or letters of recommendation, and sending in applications.

Even though this time is nerve-racking for so many of us students, it is also exhilarating. Start thinking now about the future and what you plan to do. Where will you go? What will you be? Any way you go, you're sure to be successful after you graduate from North Hills!



FEATURES

Coping Mechanisms

By Jaden Nicolas

As we came into this year with Covid-19 and all of its consequences, mental health support has skyrocketed through the roof. Although it can be a challenging subject to speak upon, everyone deserves to know how to cope healthily and reach out when help is needed.

I think we can all agree that the school year brings a lot of stress, especially when trying to keep up with homework, projects, extracurriculars, sports, and more. Unhealthy coping mechanisms (such as indulging in drugs, self-harm, careless driving, and forcing yourself into doing things you are not comfortable with) are easily fallen into, so to avoid them, you should practice healthy coping mechanisms instead. There are so many different mechanisms you can learn about and practice to help you cope.

Tips to manage stress:

- Exercise (take a walk, stretch, get your heart pumping)
- Meditate (play calming music, focus on your breathing, take moments for yourself)
- Organization (practice time management, keep a schedule and/or planner, clean your room)
- Healthy self-care (skincare, listen to music, take yourself out for dinner or shopping)

Always remember you are LOVED, APPRECIATED, and WANTED. Never be scared to talk to someone you trust and love if you feel as though you are struggling. Check out the school counselor, Mrs. Wrabley, for tips and tricks on how to improve your mental health. An amazing quote to go by is “Mental health is just as important as physical health.” Every life matters!

Symptoms of...

Poor Mental Health:

- feeling sad, unhappy, or anxious due to difficult situations
- feeling stressed
- lack of motivation
- lack of goals
- isolation
- loneliness
- picking at nails/hair/skin
- low moods
- being easily distracted

Mental Illness:

- feeling distressed regularly, excessive fears or worries, frequent anxiety/panic attacks
- inability to cope with daily problems or stress
- frequently feeling uninterested in normally enjoyable activities for no apparent reason
- not feeling in control of situations and life
- trouble understanding and relating to situations and to people
- actively talking less and avoiding social events
- scratching or picking at skin for pain or until bleeding
- sudden extreme mood changes of highs and lows
- extreme irritability and short temper, sometimes resulting in aggression
- extremely reduced ability to concentrate
- significant tiredness, low energy, or problems sleeping



MENTAL

Mental Health vs. Illness

By Q Peters (credit: mcleanhospital.org)

Mental health and mental illness are not the same thing. According to the Centers for Disease Control (CDC), mental illness refers to “conditions that affect a person’s thinking, feeling, mood, or behavior.” Mental health displays “our emotional, psychological, and social well-being.” Everyone has mental health, but not everyone has mental illness. This misunderstanding can be problematic, causing us to sometimes overlook signs that someone needs help. The CDC indicates that many individuals with poor mental health have NOT been formally diagnosed with a mental illness. Also, many people who DO have a diagnosed mental illness “can experience periods of physical, mental, and social well-being.” Blurring the line between these two terms causes a stigma that dismisses and diminishes those who are truly affected by mental disorders.

Poor understanding and education about mental health also contributes to the problem of mental health stigma. Those who do not understand mental health or mental illness often hold negative and harmful attitudes toward those with psychiatric issues. These attitudes lead to shame, anger, and feelings of worthlessness. In many cases, social stigma prevents individuals from seeking professional help. “Self-stigma” can affect individuals who have mental health issues but do not fully understand the concepts of mental health and mental illness. They may blame themselves for their conditions, causing their disorder to worsen.

However, it is important to remember that mental health disorders do not define the entire person. While their symptoms may occasionally or often hinder their capabilities unlike others, they are still able to accomplish certain tasks that utilize their strengths.

Health isn’t like an on/off switch. There are different degrees of health. People move on a continuum ranging from great or good health to so-so health to poor health, etc. For example, some people have good health and have no problems going about their lives. Some people experience serious health problems, and their poor health has a very negative impact on their life. Some people have serious health problems that last for a long time, and others have serious health problems that resolve very quickly. Many people fall somewhere in the middle—they’re generally in good health, though the occasional problem may come up. Mental health is the same way. Just as someone who feels unwell may not have a serious illness, people may have poor mental health without a mental illness. We all have days where we feel a bit down or overwhelmed by something that’s happening in our lives.

An important part of good mental health is the ability to look at problems or concerns realistically. Good mental health isn’t about feeling happy and confident 100% of the time and ignoring any problems. It’s about living and coping well despite problems. Just as it’s possible to have poor mental health but no mental illness, it’s entirely possible to have good mental health even with a diagnosis of a mental illness. That’s because mental illnesses (like other health problems) are often episodic, meaning there are times (“episodes”) of ill health and times of better or good health.

With the right support and tools, anyone can live well—however *they* define well—and find meaning, contribute to their communities, and work towards their goals.

FEATURES

HEALTH

Are You Feeling SAD?

By Q Peters (credit: mayoclinic.org)



As the season changes, you start to feel a chill. No, it's not just the wind picking up snow and wetting your clothes. It's the yearly winter blues coming to party after playing the role of Sleeping Beauty all summer. This seasonal funk has a name, and it's Seasonal Affective Disorder (or SAD).

SAD affects about 5% of adults in the U.S. and is more common among women than men (sorry, ladies!). It's caused by a chemical imbalance in the brain prompted by shorter daylight hours and less sunlight in the winter. This imbalance causes a lack of energy, a moody attitude, and other symptoms related to depression. Unfortunately, as the season progresses, the symptoms increase in intensity. So, it definitely gets worse before it gets better.

It's normal to have one or two off-days; we get those days all year round. However, if you're experiencing these symptoms constantly and aren't motivated to do activities you normally enjoy, it might be something to ask your doctor about. This is especially important to keep in mind if your appetite or sleep schedule has changed drastically! If SAD gets left untreated, it can result in extreme social withdrawal, school or work problems, substance abuse, or the development of other mental health disorders. All sucky things that no one wants to deal with.

There are a lot of factors that could contribute to SAD. Your circadian rhythm (your biological clock) is affected when Daylight Savings Time takes place, and this can result in depressed moods. Living farther from the equator can actually contribute to the development of SAD because the winter days are shorter and there's less sunlight. Serotonin and melatonin levels trigger sleep schedules and moods, and the lack of sunlight results in lower levels of both. So, either too much or too little sleep and bad, bad moods may occur. Clearly, people suffering from winter-onset SAD have everything going against them. However, there's another seasonal affective disorder that's the opposite of this "winter depression" called summer-onset SAD. You guessed it, summer-onset SAD causes low moods to take over in the spring or early summer. This SAD is actually caused by too much sun. So basically, if you don't get the perfect amount of sunlight for your body while the seasons change, you're at risk of developing SAD. It's really not that bad. Usually. :) Overall, trust yourself and take mental health issues seriously. You may not have seen these risks yet, but disorders make us do things we never thought we would do or even think about. That's why they're called "disorders;" they're out of the ordinary. Take steps to keep your mood and motivation steady throughout the year. And remember to always take care of yourself!

Eating Disorders

By Jenny Snyder

I recently became interested in how different factors (exercise, food, sleep, genetics, relationships, mental health, etc.) affect our overall well-being. A good balance between these things is needed to keep you at your healthiest. That being said, it can be difficult to find that balance as a busy high school student, especially with the pressures nowadays regarding social circles and looks. It has come to my attention that if people get too focused on trying to fit into "perfect" beauty standards, they may take drastic, unhealthy measures.

Eating disorders have always been an issue, but I personally didn't realize how big of an issue they truly were until I noticed loved ones falling into some detrimental patterns. It's a very scary thing to witness people around you causing so much harm to themselves. I want you to be able to recognize the most obvious signs and symptoms of eating disorders: becoming preoccupied with losing weight/dieting, not wanting to eat around others, withdrawing from friends and/or activities in which they normally actively participate in, experiencing rapid weight loss, going to the bathroom immediately after eating, consuming large amounts of food in one sitting, participating in extreme calorie counting, purchasing laxatives, having dry hair and brittle nails, having difficulty concentrating, being dizzy, and talking down to themselves.

If you or someone you know might be exhibiting these symptoms, know that there are people who care about you and want to help keep you happy, healthy, and safe. There will be posters hanging up around the high school with more information and resources to correspond with the National Eating Disorder Association's Eating Disorder Awareness Week (February 21-27). For more information and resources, visit nationaleatingdisorders.org.

Helpline: Call or text (800) 931-2237

Online chats are available Monday through Thursday from 9am-9pm and on Fridays from 9am-5pm.



SPORTS

HIGH EXPECTATIONS FOR
NH VARSITY BASKETBALL

By Brandon McEwen

Compared to the past couple of years, this upcoming season is destined for greatness. Almost every starter this year is a senior who has been playing the game of basketball for most of his life. With Head Coach Buzz Gabos coming back again for yet another year, coaching tactics and strategies of his are nothing new to this varsity team. Last year, the time on the court was split between eight guys. This year, since four of the starters are seniors, the amount of time they play will be up to them (assuming they don't get injured or sick). There are a few solid boys on the bench who have been around the game for a while as well, but the chemistry is nowhere near what the starting five have.

Matt Seidl, this past summer's league MVP, will be looking to make a statement this year. With his height still increasing, he'll be able to play almost any position on the floor and match up with nearly anyone. He's a key piece to the team with his immaculate ability to get down low, while still shooting from three as good as anyone else. This is his fourth year on varsity, and he's used to playing close games with composure. His confidence on the floor is noticeable by anyone watching the game.

Next up is Alex Smith. He's coming back for his fourth season of varsity play and has always been a very important piece to this team. Since he's been on the team for so long, Coach Gabos is very familiar with him, and they have a great relationship on and off the court. With their communication as effective as any other coach-player duo in the conference, relaying plays

will be done with ease.

Will Blass is also coming back for his last season of high school basketball. As the shortest starting player on the court (yet still standing at a solid 6'1"), he knows how to play superb defense. He will, without a doubt, lead the team in steals this year and lock up any guard he plays. Also, his conversion from the freshman team to the varsity team was as beautiful as any. As one of the most fundamentally savvy players on the floor, Will is

able to let his three ball fly, and his shot is very pretty.

Lastly, the player who will make the most significant impact on the team is sophomore Royce Parham. With Division 1 offers already rolling in, any stranger can see that this kid is a special talent. Despite his height still increasing, he currently stands at a whopping 6'8". He'll be averaging a double-double easily and is expected to make first team all-section again this year. Even if you don't follow NH

basketball, this kid is a generational talent for North Hills.

Although this team was a first-round playoff exit last year, no one is expecting them to be beaten that early again during this upcoming season. The other teams in 6A Section 1 lost many seniors in the graduating class of 2021, most of which started or played most of the

time in the games. At North Hills, the real contributions to the team's success last year was from the class of 2022 guys. Compared to the previous couple of years, this team finally looks like they can compete and make a run in the WPIAL tournament.

Also, unlike last year, the stands are going to be filled with fans. If you don't know much about sports, energy and momentum swing can decide games. This team brings so much energy to the floor, and the chemistry is really just there this year. When this team lost in the playoffs in the first round last year, the last thing that the commentator said while the players were leaving the court was that this North Hills team is going to be a force to be reckoned with.



sure to have some great highlights.

Devin Burgess will use his great understanding of the fundamentals of the sport to help his team get well above .500. He brings solid size and exemplifies a great basketball player. He, too, has a solid player-coach relationship with Coach Buzz, which really impacts performance on the floor.

I also feel the need to write about up-in-coming sophomore, Logan Johnson. Through the first few games, he has really stepped up. Standing already above 6 feet with a solid build, he can really help with spacing on the floor. You may think that he should be playing down low, but with the height of North Hills already being significantly higher than most of the teams they will face against, he is going to be

SPORTS

NFL vs. NBA By Carson Lejeune

The NFL and NBA are both great and very popular sports leagues (probably the top two most popular sports in America). They both bring in large amounts of views each week and usually get the most attention on social media. So which is better? Views-wise, the NFL wins with an average of 16.6 million views over the course of six weeks. NBA games only average about 1.19 million views. Although the Super Bowl this year hit an all-time low with 96.4 million viewers, it still outperformed every other league. However, the NBA playoffs averaged about 4.25 million viewers. This was up about 35% from last year's playoffs. With the NFL playoffs, you only have to play one game, and if you win that game, you move on. Conversely, with the NBA, your club must win four games in 4-7 games in order to move on. This can get pretty boring with the first couple games in the series, even with the NBA Finals.

Now, which type of stadiums or arenas are better? With an NFL stadium, there can be more than 80,000 people in attendance. With an NBA stadium, only about 18,000 can be in attendance due to the smaller arena. With an indoor arena, though, the game and its commentary sounds louder, which brings more excitement to the game, rather than an outdoor NFL stadium. Also, with NBA games, the audience can easily see celebrities sitting on the side of the court. It's rare to see celebrities at an NFL game get noticed.

In my opinion, I find the NFL better. I think it brings more excitement with more big plays, and more hype comes with the sport. Now it's time for you to decide: which do you think is better and why?



Upcoming NH Sporting Events

Looking for something to do over break or during those first few uneventful weeks of the new year? Come support our winter sports teams with a few of your friends!

12.22, 7pm- Girls Varsity Basketball vs. Canon Mcmillan
12.28, 2pm- Girls Varsity Basketball @ Hampton
12.28, 3:30pm- Boys Varsity Basketball @ Hampton
12.29, TBD- Girls Varsity Basketball @ Hampton
12.29, TBD- Boys Varsity Basketball @ Hampton
01.03, 7pm- Boys Varsity Wrestling vs. Peters Township
01.03, 7:30pm- Girls Varsity Basketball vs. Shaler
01.04, 5pm- Varsity Swimming & Diving @ Peters Township
01.04, 7:30pm- Boys Varsity Basketball vs. Pine Richland

Winter Sports Profiles

By Abby Scheller and Liam Tracey



Matt Seidl

Nickname: "Sid"
Grade: 12
Sport: Basketball
Years playing: 10
Favorite sports movie: *Remember the Titans*
Favorite childhood sports memory: Basketball camp
Go to song before games: "Thunderstruck"
Sports hero: Buzz Gabos
Greatest athletic accomplishment: Starting varsity
Pre-game ritual: Napping



Maddie Mahoney

Nickname: "Mad Dawg"
Grade: 12
Sport: Swimming
Years competing: 14
Favorite sports movie: *The Sandlot*
Favorite childhood sports memory: "When someone got dragged out of the pool by our coach."
Go-to song before games: "Party in the USA"
Sports hero: Tatum Zwick
Greatest athletic accomplishment: "Going to states my freshman and sophomore years."
Pre-game ritual: "Shed a little tear."

SPORTS

NORTH HILLS COMPETITIVE CHEER: A CHANCE AT NATIONAL GLORY

By Bradon McEwen and Abby Scheller

Mrs. Long assigned us an informative article about the enthralling sport that is competitive cheer. If you didn't already know, we are just a couple of softball and soccer players, who, in fact, know absolutely zilch about this. So, we decided to have a quick interview with a couple of the members of the Arrowhead Sports Section, Kit Bauer and Liam Tracey, who have sisters who have been through the whole program. However, there's only so much detail a brother of a comp cheer athlete can give us, so we realized we had to dive deeper.

For those of you who, like us, may not know too much about competitive cheer, here's the rundown. In the world of competitive cheer, there are two teams: the "Competition Team" and the "Game Day Team." The Competition Team, a team made up of 15 girls, requires the most advanced skills: the team performs tumbling, stunts, and a choreographed dance, usually two minutes in length. The "Game Day Team," a team of 20 girls, is more of a traditional cheer squad you would see at a Friday night football game that performs chants and stunts and is judged based on their ability to pump up the crowd. The ultimate goal of both teams? To perform in local competitions in order to qualify for Nationals, a prestigious event held at the ESPN Wide World of Sports Complex in Osceola County, Florida, in the spring.

A chance at Nationals is nothing new for the Game Day Team, which has qualified for Nationals the past several years. This year, both teams have their sights set on a chance to advance to day two of the competition, where they'll compete at a higher level. In addition, they'll find out in January if they've qualified for States, an event held in Hershey, PA in January. Recently, the team competed in the Elite Cheerleading Battle in the 'Burgh, an event at RMU's UPMC Events Center, where the Game Day Team took first place and the Competitive Cheer Team took second and earned "Best Overall Choreography for Dance." Based on the results from this competition, a chance at Day Two at Nationals is looking good.

These girls have been working their butts off the last couple of months, so we decided to interview some leading members of the squad, including seniors Cheyenne Bodnar and Isabella Bell and junior Maddie Hummel, about their season and the future of the squad. These girls have been cheering ever since they were in elementary and are proud to represent our school.



Q & A

Tell us what competitive cheer is like.

Bella: "Performing a competitive cheer routine, really, is about endurance and pushing yourself as hard as you can go for those two minutes."

Maddie: "Nothing like the movie *Bring It On* portrays it to be. There's a lot of support from the coaches and our teammates, so it really is a very inclusive atmosphere."

What's the difference between game day routines and varsity cheer routines?

Bella: "The game day routine focuses on crowd interaction. Varsity is more intense with harder stunts and tumbling, but still does have a crowd leading section."

Why do you do competitive cheer?

Bella: "I started cheer when I was five, and have done it ever since."

Maddie: "I've done cheer for 13 years, and I just love the atmosphere of the



competitions and the energy and adrenaline from performing on the mat."

Do you have any individual goals?

Bella: "Improve my tumbling skills and land my tucks at every competition."

Maddie: "To improve my tumbling passes and go to states."

Cheyenne: "Don't get kicked off!"

What does competitive cheer season look like?

Bella: "During comp season, we normally practice twice a week, but sometimes we will have added practices everyday. We only have 1 or 2 competitions a month."

Maddie: "We have practice once or twice a week, and on the week of the comps we practice every single day."

How is the team going to do next year?

Bella: "Terrible, because I'm not going to be there."

Maddie: "I think it'll be pretty good. Each year we seem to progress and gain more



talent on the team so good, if not better, than this year."

How do you decide who's competing or not?

Maddie: "Tracey [Indof] decides who competes. Only 15 are allowed, and the last one is the alternate. The alternate most likely will not compete."

Are you planning on cheering in your future?

Bella and Cheyenne: "We would like to, but they're pretty big schools (Ole Miss and Bama)."

Maddie: "I would like to cheer in college."

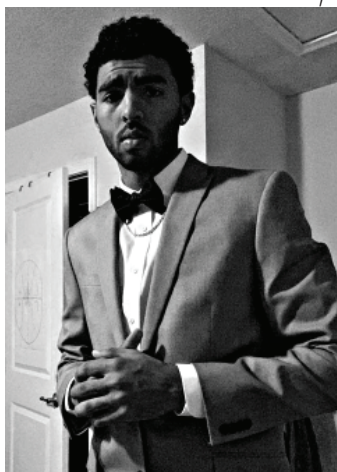
What events do you have coming up?

Bella: We have our state qualifier in January and then Nationals in February, and that's the last comp of the year."

ENTERTAINMENT

SANTA'S SINGLES

By Cassie Catrain & Shelby Rick



Devin Burgess

Nickname: "Dev"

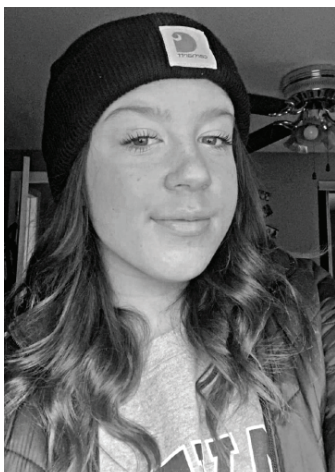
Grade: 12th

Ideal Holiday Date: Christmas caroling

Fav. Holiday Movie: *National Lampoon's Christmas Vacation*

Fav. Holiday Tradition: Baking cookies with my grandma and cousins

Fav. Cookie to Bake: Oatmeal raisin



Lauren Latuszewski

Nickname: "Laren"

Grade: 11th

Ideal Holiday Date: Ice-skating downtown, then watching movies while drinking hot chocolate

Fav. Holiday Movie: *Home Alone*

Fav. Holiday Tradition: Leaving cookies out for Santa

Fav. Cookie to Bake: Sugar cookies

HOLIDAY HANGOUTS

By Shelby Rick and Briella Shevchik

Ice skating: Ice-skating is always fun, no matter how coordinated you are (but if you've never been, you should probably go with someone who knows what they're doing)! North Park, PPG, and RMU are all convenient places to go to and skate for a low price. North Park costs \$5.00 for admission and \$2.00 for a skate rental. RMU costs \$7.00 for adults and \$5.00 for children 12 and under, with a skate rental price of \$3.00. PPG costs \$11.00 for admission, plus an extra \$5.00 to rent skates. PPG, although it's more expensive, is still a great location to skate because of the giant Christmas tree and all-around holiday feeling. Good luck!

Drive-thru holiday lights: Driving through holiday lights is an enjoyable activity to do with friends or while on a date! If you're sitting there bored, you can pick a few neighborhoods, load up the car with snacks, and make your way past all the decorated houses. You can pick out the best ones, rate the decor based on different categories, and choose an ultimate fav! If you're looking to do something a bit more exciting, the Oglebay Festival of Lights in Wheeling, West Virginia is your place to go! They're open through January 9, 2022 nightly from dusk to midnight. With their endless dining options, the Good Zoo, and Christmas shopping galore, you'll never be bored. Not to mention the main attractions: the shows! You can donate \$25 for a season pass to go as many times as you want for the holiday season. Have fun and take lots of pictures!

Bake holiday cookies: Baking cookies is something fun and cheap to do with friends or your significant other. You can easily go to your closest grocery store and buy ingredients to bake them from scratch or buy premade cookie dough; you already know my homie the Pillsbury Doughboy got you covered. Make sure to ice the cookies yourself and put decorations on them (don't be lame and make boring plain cookies). It's also cheap to buy cookie cutters! You can buy holiday-themed ones and then use them again next year. After you make your cookies, you can put on a Christmas movie, drink some hot chocolate, and go to town on them. Enjoy!

Holiday Playlist

By Cassie Catrain

- "Last Christmas"- Wham!
- "It's the Most Wonderful Time of the Year"
- Andy Williams
- "Have Yourself a Merry Little Christmas"
- Frank Sinatra
- "All I Want For Christmas Is You"- Mariah Carey
- "Happy Xmas (War is Over)"- John Lennon
- "Sleigh Ride"
- Johnny Mathis
- "Rockin Around the Christmas Tree"
- Brenda Lee
- "A Holly Jolly Christmas"
- Burl Ives
- "Feliz Navidad"
- José Feliciano
- "Underneath the Tree"
- Kelly Clarkson
- "Winter Wonderland"
- Bing Crosby
- "I Love Christmas"- Ross Lynch and Laura Marano
- "Peppermint Winter"
- Owl City
- "O Come All Ye Faithful"- Air Supply

istockphotos.com



ENTERTAINMENT

Friday Night Checklist

By Shelby Rick

- ☐ Walk around downtown
- ☐ Shop at the mall and/or your favorite store(s)
- ☐ Try a new restaurant
- ☐ Have a spa night
- ☐ Go bowling
- ☐ Play laser tag
- ☐ Go to the movies
- ☐ Attend a school basketball game
- ☐ Have a movie night
- ☐ Hold a sleepover
- ☐ Bake cookies and brownies
- ☐ Go ice skating
- ☐ Watch the sunset
- ☐ Drive around and listen to music
- ☐ Have a bonfire

imdb.com



WHAT'S HOT WHAT'S NOT

By Q Peters

What's Hot

1. Warm air with a cold breeze
2. Watching TikToks with recent trending sounds
3. Little Caesar's Instagram account
4. Google's logo changes for national holidays, famous people, etc.
5. Crispy chicken

What's Not

1. Cold air with a warm breeze
2. Watching Instagram reels with sounds that were trending 3 weeks ago
3. Instagram accounts where a parent pretends to be their child and/or pet
4. Whatever monstrosity "Yahoo!" is
5. Chicken that falls apart and melts in your hands

Teacher Q&A: Mr. Heil

By Cassie Catrain & Shelby Rick

Q: What's the most annoying Christmas song?

A: "My Two Front Teeth."

Q: Cheesiest Christmas movie?

A: "Home Alone."

Q: How's your electric bill in December?

A: "I need to buy more hamsters (to run on the little wheels that power [his] house)."

Q: Dream gift this year?

A: "A Ford Raptor."

Q: What time do you wake up on December 25th?

A: "5:00-5:30 a.m."

Q: Do you watch the Hallmark Channel?

A: "Absolutely not. It stinks."



ENTERTAINMENT

WINTER SURVEY

By Cassie Catrain & Shelby Rick

Favorite Christmas movie?

Home Alone: 60%

How The Grinch Stole Christmas: 30%

Elf: 10%

Favorite Christmas song?

"All I Want for Christmas Is You": 45%

"Last Christmas": 42%

"Holly Jolly Christmas": 13%

Preferred holiday date?

Ice skating at PPG: 56%

Christmas movie marathon: 24%

Drive-thru Christmas lights: 20%

Favorite Christmas character?

The Grinch: 49%

Frosty the Snowman: 34%

Rudolph: 17%

Preferred gift?

Gifts cards/money: 55%

Clothes: 35%

Shoes: 10%

Favorite snow activity?

Sled ride: 87%

Snowball fight: 7%

Build a snowman: 6%



youtube.com

CHRISTMAS ON A BUDGET

By Cassie Catrain & Shelby Rick

A Picture Frame:

A framed picture is a simple and sweet gift to give someone. All you need is to go to any home goods or crafts store (Home Goods, Target, JoAnn's, etc.), buy a frame, and print out a picture. You can print the picture out at home or at a store like CVS or Walgreen's for super cheap if you don't have a printer at home. It's sentimental and it's easy to put together. They'll love it!

Homemade Video:

A homemade video is a great idea for a gift and won't cost a penny! All you need to do is download the iMovie app (or any other video editing app) and gather some videos and pictures of you and this person. You can also text their family and friends to send a video of them giving a nice holiday message. Add the pictures and videos in the order you want. Mess around with fun transitions and text; you can even add music in the background for a fun vibe! This gift is a very good way to warm up someone's heart during the holiday season. They'll have the video forever, and they can watch it whenever they want!

Christmas Goodie Basket:

A Christmas goodie basket is an easy gift to put together at the last minute. Just go to your local Dollar Tree or Five Below and pick out cute little items, such as their favorite candy or drinks, some fuzzy socks, a candle, or anything else that speaks to you! Put it together in a nice Christmas basket (don't forget to decorate!) and you're done!



giftsineurope.com

DIY WINTER DECORATIONS

By Jamie Neely

Need to get into the holiday spirit? Try out some of these DIY winter decorations to get yourself into the warm and cozy vibe of the season.

DIY Christmas Tree Candle Holder

This decoration is perfect for holding a cute tealight candle to brighten up your room!

1. The supplies you need are a mason jar, red and green chalk paint, painter's tape, paintbrushes, and a tealight candle or two. You can get these supplies from a variety of places, such as Michael's, JoAnn's, Target, Walmart, or Dollar Tree. You'll also need epsom salts, which you can find at Target or Rite Aid.

2. To start off, overlap 3 pieces of painter's tape on a flat surface and draw a Christmas tree. Make sure that all of the edges are sealed tight, and cut it out.

3. Apply the tape outline to the mason jar and make sure it's secure. Start painting! Be creative and make the space around the Christmas tree your own!

4. Once the paint is dry, take the tape off. After that, fill the jar about halfway with epsom salts. It's ready for your tea light candle!

DIY Peppermint Ornament

This sweet decoration is so adorable and easy to make!

1. Gather your supplies. All you need is peppermints and some fun cookie cutters. You can find your mints pretty much anywhere, but I would

recommend getting them at the Dollar Tree.

Make sure your cookie cutters are metal because you'll be putting them into the oven! They sell a multipack of Christmas cookie cutters at Target for \$5.00. While you're there, grab a roll of parchment paper, some string or ribbon, and a large baking pan (if you don't already have these items at home).

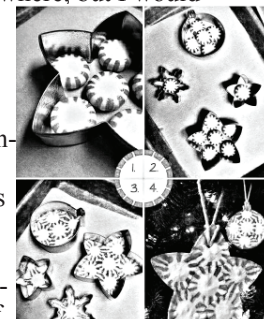
2. Once you have all of your supplies, lay out some parchment paper on the pan. Set your cookie cutters down and arrange some mints inside of them. While you're doing this, preheat your oven to 350°F.

3. Bake the mints for 3 to 9 minutes. As they're baking, keep an eye on the candy, as it will be melting! Remove it from the oven once the mints have completely melted together.

4. Before the ornaments harden, take a toothpick and make a hole at the top to put the string through.

5. When they've hardened and cooled, thread your string or ribbon through the top and make a knot.

6. Hang up your super cute (and amazing-smelling) ornaments!



pinterest.com

BACK PAGE FUNSTERS

❄️ Christmas Movie Trivia ❄️

By Jacob Rodney and Q Peters

Test your knowledge on some of these holiday classics! Do you really binge-watch movies all December long, or are you a fake fan?

What are the baskets called in *The Grinch* that deliver the Who babies (that Baby Grinch uses to knock another baby out of the sky)?

Pumbercellas (Q guessed "snufflenus")

Where do Scott and Charlie go after Scott burns the Christmas Eve turkey in *The Santa Clause*?

Denny's (their waitress' name was Judy)

What are the three main children (excluding our boy Billy) in *The Polar Express* referred to as?

Hero boy, Know-it-all, and Hero girl (bonus points if you can find someone who looks like any of these three)

What kind of music did Kevin's mother listen to while traveling in *Home Alone*?

Polka (duh)

Santa needs engines to help his sled fly in *E/f*. What is the name of the engine he uses?

The Cringle 3000 (this is easy stuff you guys)

What is the name of the character who possesses the magical hat that brings Frosty the Snowman to life?

Professor Hinkle ("The Magician" isn't good enough, smh)

Find Little Caesar!

By Q Peters

Little Caesar has slowly been rising in the ranks over the past few months. From his role as an Instagram sensation, to making his debut on NHTV, to invading *The Arrowhead*, Little Caesar is definitely a celebrity to keep on your radar. He's scattered throughout this issue of *The Arrowhead* multiple times; see if you can find him! He wishes you all the best over winter break!



The Grunch (iykyk)

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