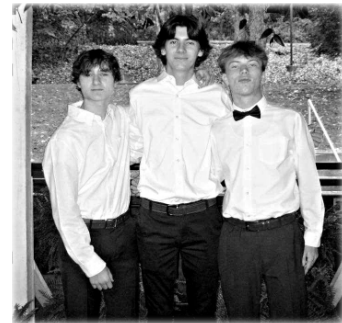
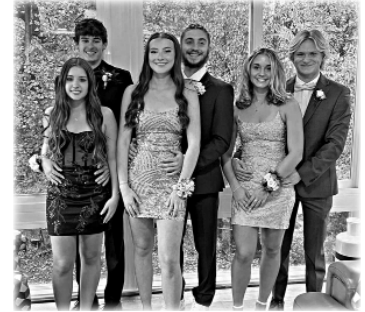


THE ARROWHEAD SPOOKY ISSUE 2023



WHAT'S INSIDE?

**PUMPKIN PATCHES IN PA, THE MUSIC SCENE, FALL FOOD,
MEET MRS. BARNHART, COLLEGE FOOTBALL PREDICTIONS...
AND SO MUCH MORE!**

OPINION

Letters from the Editors

FACING YOUR FEARS

BY GABBY SOLE

Ever since I was little, I have had this fear of growing up. I remember in third grade talking to my friend about how I was terrified to go to middle school: It was still three years away. I have always been the person who constantly thinks about the future and who wants to have it all planned out to a T. That expectation, however, is extremely unrealistic. Senior year so far has definitely proven that to me. Planning for college and submitting college applications is so stressful. It leaves so much uncertainty for the future. I cannot wait until I graduate, but at the same time, I am terrified of having to “grow up.”

Society puts so much pressure on us as we get ready to leave high school. Some people are going to college, others are going straight into the workforce, and many have absolutely no clue what they want to do (and there is nothing wrong with that). I spent my whole childhood convinced that I was going to be a baker and own this huge bakery. Now, my plan is to go into the medical field. That is a huge 180 from what I wanted to do my whole life. Planning for my future career has taught me that change is going to happen, and that it is completely okay.

Other than stress about growing up, I am making the best of my senior year. One thing I have learned in high school is to get involved. If I could give one piece of advice to underclassmen, it would be to get involved and enjoy it. Honestly, I was the underclassman who was scared of involvement. My junior year I decided to become a little more adventurous and join numerous clubs. It was one of the best choices I have made in high school. Being able to focus on activities and build my resume at the same time keeps me focused in the moment. That is what senior year is all about - being in the moment.

So, to all my fellow seniors, enjoy this year and do not fear the future. This is what we have worked the past thirteen years for. This is our moment to cherish. And to the underclassmen - make the best of your high school years. Get involved and put yourself out there. You want to look back and have the best memories. I can, in the future, look back on my high school years and be grateful for mine.



SMILING THROUGH THE PAIN

BY SARA TOPICH

I'm currently stuck between living my senior year to the fullest and letting senioritis take over. I somehow managed to make my senior year the one with the biggest workload yet, and I even have early release. However, something I need to work on is seeing the good, being a glass half full type of girl- an optimist, if you will. Therefore, I'm grateful for the difficult year ahead because I know there will be so much good in it. Maybe I'm not grateful for the 20 pages of anatomy notes I had, but grateful I get to participate in things like Homecoming Court and Friday Night Lights.

I've always thought of myself as a realist. With that being said, it's hard to find positives in something when the reality of the situation is that life might just really be the worst sometimes. That's why we need to appreciate the good times. What's stopping us from giving up if we don't recognize the good that's to come? Whenever I'm feeling stressed or overwhelmed with life, I think about the happier moments that I've had and the more I have coming up.

Another idea that has been helping me recently is that everything is temporary. The bad times and the gut wrenching feelings you think might never end are temporary. Use that as a source of hope. On the other hand, we have to remember that nothing lasts forever. This means savoring the moments we wish would last forever. Savor those moments so when needed, you have a reminder of how sweet life can be.



**ARROWHEAD STAFF
EDITORS-IN-CHIEF**
Gabby Sole & Sara Topich

WEBSITE EDITOR
Sophia Waddingham

PHOTO EDITOR
Connor Gerst

FILM EDITOR
Will Bodak

NHTV EDITORS
Maddy Quolke & Caitlyn Streza

PUBLIC RELATIONS
Peyton McCallum

SPORTS EDITORS
Mike Blass, Logan Johnson,
Carson Le Jeune, Jake Pollaro,
& Meg Simpson

INSTAGRAM
Riley O'Neil & Bridget Pohl

GUEST WRITER
Landon Schmidt

JOURNALISM I
Alex Bowers, Sav Bodnar,
Jon Collington, Lukas Gomes,
Annabel Gujski, Lyla Hughes,
Abby Krogmann, Justin Massucci,
Lili Ohm, Gia Rossi, Zion Shabazz,
James Simmons, Paige Snead, &
Faith Zentz

SPONSOR
Mrs. Long

Special Thanks To:
Mr. McKiernan & Press Craft Printing

**The opinions expressed in this
issue do not necessarily reflect that of
the entire North Hills School District or
ARROWHEAD staff.**

Have an opinion to share? Send us an
email: narrowhead@gmail.com

OPINION

Why Print Books are the Best Books

In today's world, there are multiple different options to choose from when it comes to reading. You can choose to read a physical print book, read a digital ebook, or listen to an audiobook. All of these reading forms have significant benefits, but one reading form is irrefutably superior to the others when it comes to the overall reading experience. Whether you are reading a book for academic reasons or for pleasure, reading the book in print form is the way you need to go.

Reading print books is the most effective reading method when it comes to reading comprehension. Reading print books offers less opportunities for distractions because you need to hold the physical book in your hands, which makes the experience more involved. Increased immersion in a book has a direct association with increased reading comprehension—if you're more focused on what you're reading, you'll understand it better, which is especially important when it comes to reading books for school. Furthermore, it is easier to go back and reread sections of a print book that you didn't understand than it is when reading an ebook or listening to an audiobook.

According to a study done by Science News Explore that analyzed over 171,000 readers, reading comprehension was found to be significantly stronger when people read print books than when people read digital ones. Though reading ebooks is more convenient and often cheaper, reading digitally facilitates distractions; after all, reading ebooks usually means that internet access is just a click away, which can be tempting for many readers. Also, looking at a bright screen to read can be a significant strain on readers' eyes. Additionally, audiobooks draw people in because listening to books feels less like reading and requires less focus, but these same reasons are what make reading audiobooks less effective than reading print books. When I listen to audiobooks, I tend to get distracted because, without the book in my hands, I can multitask and focus on other things at the same time. Because of this, I often end up forgetting parts of what I listened to and feeling overall less invested in the book. A study conducted by the University of Virginia confirms this; 81% of audiobook listeners report that they like to multitask while listening, which results

in them only understanding the gist of what they read, not the intricate subtleties.



Moreover, especially for people who love to read, the enjoyable experience of reading print books is simply incomparable to reading an ebook or listening to an audiobook. It feels more authentic to hold the book in your hands and physically see how much progress you've made in the story. You can feel the book, write notes in it, dog ear pages, and lend it to a friend. These experiences cultivate a special sentimental feeling that comes with reading physical books; reading a print book is more personal and emotional, not just because of the book itself, but because of the sensation and experience of reading it. Overall, books and audiobooks are great reading methods, but reading print books is undoubtedly the best way to read.

the laurel gardens rooster

BY SOPHIA WADDINGHAM

I think we can all agree we live in a suburban, not a rural, area here in the North Hills. Yet, still we have a rooster in our midst. There are strict laws regarding animal keeping in Ross Township both to protect the animals and to stop people from getting animals that don't belong. One of these laws is that you may own up to four hens and ZERO roosters. Yes, zero, as in none. The reason that you may have no roosters is that they are aggressive and loud. Contrary to popular belief, roosters don't only crow at dawn. They will go off if a cloud covers the sun, it rains, it stops raining, the wind blows, the wind stills, the moon is bright, there is an atmospheric pressure build before a storm, and sometimes IF THEY JUST FEEL LIKE IT.

The average rooster crow is 90 decibels. Although that is the same as a dog's bark, I only hear a dog bark every few months. The rooster crows daily. In addition, most dogs are trained as puppies to not bark very often. You can't train a rooster. I have two little sisters, both of whom are relatively heavy sleepers. Yet, both have been woken up in the dead of night due to that rooster. Two summers ago, my grandma stayed at my house for a few months for medical reasons. During this time, she spent her days sitting on the back deck. She heard it crow multiple times an hour and, at times, all day every day.

In summary, if you want a pet, DO NOT GET A ROOSTER. Instead, consider a dog, cat, bunny, a pet rock or even a hen. BUT PLEASE, FOR YOUR

NEIGHBORS' SANITY, DO NOT GET A ROOSTER. Although this article is primarily about how annoying it is for people, a rooster also suffers in the suburbs. They need larger areas of land and to be allowed to be aggressive. Please, for the sake of your relationship with your neighbors and the neighbors' sanity, keep the rooster in the country and get a pet rock.



OPINION

The Outrageous Concert Ticket Costs BY ABBY KROGMANN

Whether you want to attend a concert for the artists performing or the venue, concert tickets should be affordable for people of all ages. There are many ways to buy concert tickets, some of which are cheaper than others. The more popular websites include Ticketmaster, StubHub, Vivid Seats, and TicketsNow, among many others. However, expect these websites to have buying fees. Ticketmaster, given that it was one of the first websites to sell tickets, has an outrageous additional fee of \$20 per purchase. If you still want to attend the concert but didn't buy a ticket online, you may be lucky and find a local street vendor. You can buy printed tickets the day of the concerts from them—but you can expect those tickets to be double the price since these vendors are trying to make a large profit.

Like most cities, Pittsburgh has their fair share of concert venues. The most popular locations are at Acrisure Stadium, Stage AE, PPG Paints Arena, The Pavilion at Starlake, and PNC Park. These arenas, like many others, have a wide range of seating options. The different sections for stadiums and arenas are most commonly known as floor seats, lower level, upper level, and box seats. Given that the upper level is farthest from the stage, you can expect these seats to be the cheapest option and floor seats to be the most expensive (unless you are renting a box). Also, seats closest to the stage are more expensive. Oftentimes people have seasonal boxes for football games, which allows these ticket holders to also use them for concerts. However, you can rent out these private spaces for the night or performance weekend. Depending

on the artist and the stadium, boxes including food and beverage service are the most expensive seats available. During the recent Taylor Swift "Eras" tour in Pittsburgh this summer, floor seats were priced anywhere from \$8,000- \$10,000, and nosebleeds, though they were much cheaper, weren't very affordable, either, priced at \$170 per seat in the 500 section.

There is no reason for ticket prices to be as expensive as they are. Where is this money going? We already know these artists make thousands by releasing singles or albums, so you may be asking, "Why am I paying several hundreds of dollars or sometimes close to a thousand dollars depending on the artist for a single night?!" It may be surprising to know that the venue or promoter only earns 15% of the total income. That means 85% is going to the artists. Now, if an artist goes on tour, they typically visit anywhere from 20 to 30 cities within the United States. And don't forget that some artists, such as Taylor Swift, perform internationally, which adds approximately another 20 shows. Once the artist finishes their tour, they've earned millions of dollars during a year of performing. Sure, these artists are credited with boosting the economy in the cities in which they perform, but aside from helping businesses, where does the actual ticket money go? We pay taxes for road repair, a justice system, and a strong defense, among other things; however, what is changing about the actual economy? Ticket costs continue to be expensive, and it seems like they will continue to rise.

I understand an artist's drive to earn money through live performances. However, there is absolutely no need to pay ridiculous ticket prices to enjoy live music.

Marvel Movies are Overrated

BY LUCAS GOMEZ

When people go to the movies, they go for a multitude of reasons. Their heart could be broken and need something to cry to, or they're with their friends and want to have a good time, or maybe even their favorite director released a new critically acclaimed film. Movies are one of the longest-lasting artforms, and the most precious. Artists like Andrei Tarkovsky, Ingmar Bergman, Robert Bresson, Yasujiro Ozu, and Wong Kar-Wai have introduced depth, philosophy, emotion, and the human condition throughout all of their works, within history. Coming from many different backgrounds and nationalities, they induced the human soul within their art. Flash forward to today: none of this is seen in today's films. Films like *No Way Home* don't exist for a purpose outside of fan service and... money.

Money's the only thing that these Marvel executives even care about. What's the point of creating true emotional depth in your films if we could just have a dude in a Spider-Man suit say a one-liner here and there and make billions of dollars at the box office?

Theaters around the world have been phasing out indie films for these piles of junk, almost directly voiding the dream of becoming a filmmaker shared by millions of children around the world, simply because it's impossible for independent filmmakers to thrive and advance the artform with these corporate giants dominating every local theater. According to IndieCollect, a film organization, "Independent films represent alternative voices, innovative storytelling techniques, geographical and demographic diversity, and they tackle a vast array of topics." To incorporate these elements into films, risks must be taken and directors must be willing to fail.

Legendary director Martin Scorsese even stated how "Marvel movies aren't cinema," a sentiment which I agree with. A movie should induce spirituality, raw emotion, and psychological experiences. Marvel movies are practically just roller coasters, using fan service and advertising to make the most money. It isn't their fault, however, as this is just the stage of capitalism we're in. There isn't any passion behind the art. It's just a studio wondering what will make them richer. You could almost say

they're the fast food of cinema, as sure, while watching these movies, they're fun, but there isn't any substance within them. It's almost impossible for the kids growing up, dreaming of being a director, to live their dreams. Money is the only motivation for movies nowadays, and it's Marvel's fault. Watching films such as *Fallen Angels* or *Andrei Rublev*, the directors make the movie what it is. They induce the aesthetics and all the emotion and spirituality that comes with it. The majority of the best films aren't even in English! With Marvel, and other franchises of the like, the advertising and commerciality comes first. These aren't films to be appreciated and beloved, they're films to make money and use their cookie-cutter formula. Cinema is falling apart, and Marvel is the sole reason why.



REVIEWS

Zach Bryan and *Boys of Faith* BY GABBY SOLE

We all know the up and coming country music sensation Zach Bryan. In August of 2023, he dropped what would be considered his most popular album named after himself, Zach Bryan. This self-titled album took over the music scene. His album soared in at No. 1 on the Billboard 200 upon release, and all of the 16 songs from the album debuted on the Billboard Hot 100. The song “I Remember Everything,” featuring Kacey Musgraves, led with the number one spot. All of the 16 songs from Zach Bryan held a position in the top 50 of the Hot 100, including five in the top 20 and 13 in the top 40 spots. Zach Bryan is a huge



success. The album was highly anticipated with numerous songs with guest features. I was most excited for “Spotless,” which featured The Lumineers. It instantaneously became one of my favorite albums and will probably be my most listened to album in 2023. In September of 2023, Bryan released his most recent EP, *Boys of Faith*. This collection is made up of five songs. Two of the five songs feature other singers: “Boys of Faith” featuring Bon Iver and “Sarah’s Place” featuring Noah Kahan. Songs off of the EP instantly became top

hits. Some songs are featured on Apple Music’s Today’s Hits and Today’s Country. “Sarah’s Place” is the most popular song off of the album. I think the EP is a good feature of Bryan’s vocal capabilities. It is not my favorite work of Bryan’s, but I definitely enjoy listening to it.

In light of his popularity, Bryan announced his “The Quitting Time Tour.” Tickets sold out from the original retailer immediately and are now hard to find. The cheapest ticket available right now is around \$300 per ticket (which I think is a tad bit absurd). His Pittsburgh venue is PPG Paints Arena, which I personally find to be an odd location for a country concert. I was not able to obtain tickets because I was at school when the presale opened, but I am holding out hope that resale ticket prices go down for the concert in March.

The Lana del Rey Concert

BY BRIDGET POHL

Lana Del Rey conducted an unexpected tour and she came to Pittsburgh on October 3rd. As an avid Lana Del Rey fan, her coming to Star Lake genuinely was one of the most exciting moments of 2023. Although some opinions may be biased, I want to break down the set list, the performance, and the overall experience. For starters, Star Lake is a beautiful venue, and the sunshine-filled weather added some bonus points (excluding the horrific parking, but that is beside the point). With this, the show started at 8:00 p.m. and had an opener with the artist Nikki Lane. I had never heard of this artist before, but she had a woman-empowering country-esque type of vibe. Although her music was decent, I believe it did not match the vibe of Lana’s personal style. Following this, the official concert began around 9 and opened with the infamous song, “Norman Rockwell.” This is personally one of my favorite songs and obviously sounded beautiful. However, it was a shortened rendition, so I believe we were robbed of the entire song experience. Furthermore, I thoroughly enjoyed how almost every album was included with at least one song

in the setlist. Despite this, I believe she showcased too much of the “Born to Die” album when she should have given more love to her other albums. I wished the songs “Cinnamon Girl,” “Brooklyn Baby,” “Lust for Life,” and “Say Yes to Heaven” were highlighted in her performance. Although I wish she included more from my favorite albums, only in a perfect world could we hear her voice live all day long. Furthermore, I thoroughly enjoyed how almost every album was included with at least one song in the setlist. Despite this, I believe she showcased too much of the “Born to Die” album when she should have given more love to her other albums. I wished the songs “Cinnamon Girl,” “Brooklyn Baby,” “Lust for Life,” and “Say Yes to Heaven” were highlighted in her performance. Although I wish she included more from my favorite albums, only in a perfect world could we hear her voice live all day long. Despite my knit-picking, every song she chose sounded genuinely ethereal and brought tears to basically everyone in the audience. So, that is a win in my book. Moreover, the overall performance was basically perfection. The performance

showcased contemporary dancers, mood lighting, background vocals, and props that enhanced the experience. Based on all these dynamics, everything was obviously well thought-out and the performers worked together in a synergistic regard. I could simply not take my eyes off of the performance. My friend, Grace Delcroix, and I were completely engulfed and were simply in awe for the entirety of the show. As a whole, it was truly one of the best nights of my life, and I am so grateful I got to experience it with all the 20,000 people surrounding me. I did not know her voice would sound even more angelic in person when she already sounds amazing on her tracks.



REVIEWS

A Band-Tastic Night BY LONDON SCHMIDT

The North Hills Marching Band is one of the strongest groups of people in this school, at least in my opinion. It is the only group of 200+ people I can think of which manages to work so well as a team (albeit a large one). The band does such a great job at improving as a full group, always keeping the standard and setting the bar higher and higher. Whenever the band has rehearsal, I can't help but be excited as it gives me an opportunity to improve upon every move and every note. It gives me another chance to be with my squad, Sam Feth, Anthony Geraci, and Cam Holenberger. With every rehearsal, we are given the ability to improve upon every detail as a squad, constantly gaining experience and growing closer as a group. We "don't blink."



The night of September 16th was no exception. The band, through both of its performances, continued to grow. The beginning of the show consisted of a modified pregame performance, which incorporated our Sousa March Show. We opened with the "Washington Post March," showing off the Counter-March form

that we worked so hard on. Next, we played "The Star Spangled Banner" and our high school Alma Mater. We then invited the 7th graders (next year's Rookie class) to participate and play our fight song, "Go Indians," with us. They did an absolutely phenomenal job, and I can't wait to march with them as my class's Rookies next year. We then finished by performing the "Manhattan Beach March," the "Liberty Bell March," and finally the "Stars And Stripes Forever March," featuring Paige Rossi.

Following our performance, a number of other amazing shows could be seen. We had performances from the bands of Bethel Park, Northgate, Fort LeBeouf, Bethlehem Center, South Park, Belle Vernon, Avonworth, North Allegheny, Franklin Regional, and Westminster College. All of these bands did a great job with their shows, providing a beautiful spectacle for the audience. A wide variety of genres was played, ranging from funk to film to rock to pop. It truly was an excellent lineup of bands, and I could not have been more happy to be there. Finally, as the last band's closing song came to an end, the North Hills High School Marching Band lined up at the back of the

field. At Trevor's whistle, the familiar exclamation "WE ARE NORTH HILLS" echoed throughout the stadium. We began our Journey by playing "All Along The Watchtower" by Jimi Hendrix, a low brass feature piece. Our next destination was the ancient city of Pompeii, performing the iconic piece of the same name by Bastille. We proceeded to "Ship Up to Boston" (wink), playing the hit song by The Dropkick Murphys, this time featuring the woodwinds. Then began my personal favorite part of the show. We performed a scatter drill and formed a massive arch with the whole band as the senior class grouped up in the middle for a feature. Daniel Satariano's trumpet solo was amazing and the perfect segue into the part when the whole band joins in. As Trevor played the final notes, the drumline crescendoed into the final song of the show, "Empire State Of Mind" by Alicia Keys. Beginning with solo parts played by Jack Alexander, Josh Kim, Cole Johnston, and Lukas Clement, the song slowly grew with the band as more people played.

Finally, to top it all off, in the climax of the show, the band broke form and walked toward the audience. The night of September 16th was a fantastic one to be certain. So many wonderful bands performed for a lovely audience, and it was great to see such a wide variety of styles. Our band took huge steps forward that night, pushing us into our new show. I am so excited, and I can't wait to continue to improve and perform this show over the next few months! It truly was a band-tastic night!

Top 10 Albums to Consider

BY JAMES SIMMONS

Overall, all of these albums are amazing and all music is amazing. Music is a language more than anything else. It's a way to express yourself and for others to understand how you feel. When you listen to music no matter where you are, music will always find a way to bring people together.

10. **Safe & Sound - DJ Quik**

This album shows you the true roots of hip hop and how it started. DJ Quik has songs on the album like "Dollaz & Sense" and "Summer Breeze" that capture the beauty of music. 8.8 / 10

9. **Stanktonia - Outkast**

Stanktonia is an album that paints a picture of how it was like living in 2000. The songs on this album have a strange way of making their way onto everyone's radar somehow. Songs like "Bombs over Baghdad" or "So Fresh and Clean" the album is just beautiful over all. 8.9 / 10

8. **good kid, m.A.A.d city - Kendrick Lamar**

This album is an all time classic. Kendrick dropped this album back in 2012 and to this day I still believe heavily that this was the best album of the 2010s with songs like "Backseat Freestyle" or "Money Trees". 9.1 / 10

7. **2001 - Dr. Dre.**

Dr Dre is one of, if not the best producer to ever do it. He has more hits than anything else. With songs like "Still D.R.E.", "What's the Difference" and "The Next Episode" this album shows us the heart of west coast rap and hip hop. 9.3 / 10

6. **ASTROWORLD - Travis Scott**

Songs like "YOSEMITE" or "STARGAZING" this album has bangers for any time of day. every song on this album was good 8.9/10

5. **Rumors - Fleetwood Mac**

Fleetwood Mac is a 70s rock band whose music is unmatched. I personally believe you should try to broaden your horizons with music like this. 9.1 / 10

4. **The Infamous - Mobb Deep**

Songs like "Shook Ones Pt. II" or "Eye for an Eye", this album takes you into the heart of the Bronx and the new york music scene and street life. one of the best albums of all time 9.5 / 10

3. **DAMN. - Kendrick Lamar**

This was Kendrick's 2016 album that carried all of 2016 with songs like "HUMBLE" and "PRIDE," This album was a pure masterpiece by Kendrick. He paints the picture of how he came to be the rapper and artist he is today. 9.6 / 10

2. **Life of a Dark Rose - Lil Skies**

Life of a Dark Rose paints the picture of Lil Skies struggles and triumphs while being an up and coming artist. Songs like "Welcome to the Rodeo" or "The Clique" show the beauty of this album. 9.3 / 10

1. **Graduation by Kanye West**

Kanye is a musical genius. This album proves his musical abilities beyond any doubt. with songs like "Flashing Lights" or "I Wonder" which are two of the most beautiful songs to ever be created in my opinion. 9.7 / 10

ENTERTAINMENT

TEACHER PLAYLIST PREDICTIONS

By zion shabazz



This is my first playlist prediction of this small series, and we are starting off with Mr. John Curran! He is our English teacher and Yearbook Club Adviser at North Hills High School. This is what I, Zion Shabazz, think he is listening to on the way to school.

- #1 - "In the Air Tonight" -Phil Collins
 - #2 - "Rock with You" -Michael Jackson
 - #3 - "Don't Stop Believin'" -Journey
 - #4 - "I'm Bad" -LL Cool J
 - #5 - 7 "Summers" -Morgan Wallen
- That is my prediction for Mr. Curran's playlist. Am I spot on?

TRIBE SPOTLIGHT: COLTER MATHIS

AN INTERVIEW WITH JUSTIN MASSUCCI

How did you first get into drums?
I originally played oboe in 4th grade, then I transitioned to saxophone in 5th. In 6th grade I transitioned to percussion, and I've played it ever since.

What's your favorite percussion instrument?
Besides drumset, I really like cowbell and suspended cymbal.

What made you join marching band?
My parents really encouraged me to join, and I was going to, anyway.

Who's your favorite person in drumline? Why?
Autumn Adamiak- she was always a great role model for me.

What's your favorite song to play on drumset?
"Brain Stew" by Green Day.

What's a song you want to learn?
"La Fiesta." It's the first song I ever heard the jazz band play and the song that made me want to join jazz band!

What's your favorite part of marching band as a whole?
The relationships you make with your fellow band members.
What's your favorite piece(s) the band is playing this year?
"Open Arms" and "Empire State of Mind."



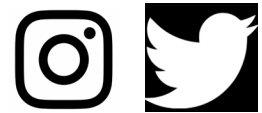
SWEET RIDE

By Paige Sneed



OWNER: NATHAN WEAVER
RIDE: FORD FOCUS RS
COLOR: RED
NICKNAME: "NOISE COMPLAINT"
MAX SPEED: SPEED LIMIT
PLACE OF PURCHASE: WEAVER'S AUTO SALES
SPECIAL ABILITIES: FAST AND LOUD
FAVORITE PASSENGERS: PAIGE AND BEN
DATE NIGHT: DRIFTING
IF YOUR CAR WERE A PERSON, WHO WOULD HE OR SHE BE?
USAIN BOLT

FOLLOW US!



@NHARROWHEAD



WWW.NHARROWHEAD.COM

SPORTS

THE SPORTS ROUNDTABLE

BY MIKE BLASS, LOGAN JOHNSON, JAKE POLLARO & MEG SIMPSON

Welcome to Sports Roundtable, where we discuss hot takes in sports. For this issue, we'll talk about the NFL.

Mike's Question: This year, the Steelers offensive line has been disappointing to say the least. Do you see the Steelers drafting an o-lineman in the first round next year?

Meg: I don't believe they will draft an o-lineman 'cause the organization never does what that team needs to win.

Jake: I don't think the Steelers have a choice in the matter because if they don't, there will be backlash as our run game is terrible.

Logan: They should draft someone but probably won't because they hate drafting good o-linemen.

Carson: Yes, they need it. Our run game is terrible.

Carson's Question: Is Puka Nuccia a top candidate for Rookie of the Year?

Meg: He will be a candidate, but CJ Stroud will most likely win.

Jake: He's my favorite player this year and a standup guy. He deserves all the praise and the Rookie of the Year award.

Logan: Yes, but he won't win it because CJ Stroud looks to be the frontrunner.

Mike: With the return of Cooper Kupp, Puka is pushed back into a smaller role and won't see the ball as much. If he still continues to put up the same numbers, he has a shot.

Jake's Question: Are the Swifties popularizing football even more because of the romance between her and Travis Kelce? Will it bring a broader audience to football?

Meg: Taylor has definitely brought non-football fans to the NFL scene, and I believe more will follow the league with their new relationship starting.

Carson: For about two weeks.

Logan: At this point, it's getting old.

Mike: The amount of coverage Taylor has been getting is more than most of the players or teams in the NFL. She may not be attracting football fans, but she's definitely attracting attention to the sport.

Logan's Question: Do you believe that with Baker Mayfield's recent success he has become a top 15 QB in the league?

Meg: No.

Carson: Yes, he's on a role run, and it's only going up from here.

Jake: The Browns gave Baker no respect and tossed him aside even though he turned the Browns franchise around. Now he's dominating on the Buccaneers.

Mike: Even though I've never really liked Baker, you can't deny his recent success, especially after almost leaving the league altogether.

Meg's Question: Aaron Rodgers seems to be healing quickly after tearing his Achilles in week one. When do you predict he'll return?

Logan: Yes, he'll be back before the season is over and will go off, returning to his MVP form.

Mike: He may be able to return by the end of the season, but I think it's in his best interest to use the full year to recover completely so he can come back even stronger next year.

Carson: Not till next year.

Jake: AROD is the definition of an athlete and will be playing games by the end of this season.

Sports
Caitlin Holmes

Name: Caitlin Holmes

Grade: 12th

Nickname: "Cait"

Sport: cheer

Years playing: 5

Favorite sports movie: *High School Musical*

Favorite childhood sports

memory: Trying new sports in middle school

Favorite quote: "We're gonna go for it." - Corey

Go-to song before games: "The Spins" - Mac Miller

Sports hero: Ryan Cummings

Greatest athletic accomplishment ever: 5th at States

Pre-game ritual: Going to Crumbl with Sav



SPORTS

COLLEGE FOOTBALL NATIONAL CHAMPIONSHIP PREDICTIONS BY CARSON LEJEUNE

Profiles Andrew Rojik



Name: Andrew Rojik
Grade: 10th
Nickname: "Roj"
Sports: soccer and baseball
Years playing: 11 for both
Favorite sports movie:
The Sandlot
Favorite childhood sports memory: Scoring five goals in an 8U North Hills soccer game
Favorite sports drink: Strawberry Banana Body Armour
Go-to song before games: "Baby" by QC and Lil Baby
Sports hero: My father
Greatest athletic accomplishment: Making the varsity soccer team as a freshman
Pre-game ritual: Take a nap and say hi to Coach's son Geno

These are the top ten teams in college football, and I'm going to be ranking each of their chances at winning the National Championship. I'm making this on October 2nd, where the top ten teams are 10. Notre Dame, 9. USC, 8. Oregon, 7. Washington, 6. Penn State, 5.

At #10, I have Washington. With Washington's schedule coming up, they still have to face opponents such as #8 Oregon, #9 USC, #15 Oregon State, and #13 Washington State. Washington also barely beat unranked Arizona last week 31-24. **At #9, I have Penn State.** I do expect to end with a high ranking by the end of the season, but I do not expect them to make the National Championship or even the college football playoffs. On October 21, Penn State faces #4 Ohio State and then on November 11th, the team faces #2 Michigan. Penn State's past with both these teams has not been good on their end, and I'm not confident in their chances. **At #8, I have Notre Dame.** They have an easier schedule coming up, but their next two games are Louisville and #9 USC. Although I do have them winning against Louisville, I have them losing against USC, and they already lost against Ohio State. **With #7, I have USC.** Caleb Williams is an amazing QB and has had a great year so far, and if he wins the Heisman again this year, I wouldn't be surprised. The only reason why I have them at #7 is due to their matchup

against Oregon and Bo Nix. I find Oregon to be the more physical and athletic team. USC doesn't face Ohio State or any of the top 4 teams of today, but if they did face any of them, I have those teams coming out on top. **At #6, I have Florida State.** Florida State's QB Jordan Travis has done a phenomenal job for the Seminoles. He's the only QB in the school's history with at least 50 passing touchdowns and 25 rushing touchdowns. He also holds the record for most rushing yards and rushing touchdowns as a QB. The only reason I have them at 6 is due to how I just don't feel comfortable with them showing up in the big moment. On September 23rd, the Seminoles pulled out a close win in an up and down game with an unranked Clemson team. And if they do end up making it to the playoffs, the other teams in it will be too good of a match for the Seminoles. **To see the top five teams, visit our website at nharrowhead.com, where the full article is posted.**



Loco for Coco

BY MEG SIMPSON

America's own Coco Gauff went on to win the 2023 US Open at just 19 years old. On September 9th, Gauff became the youngest to win the title since Serena Williams in 1999.

Gauff grew up in Delray Beach Florida, and was born from two talented athletes. Her dad, Corey Gauff, played basketball at Georgia State College and her mom, Candi Gauff, grew up running track, while also participating in gymnastics. Gauff trained at Pompey Park as a kid, the same place Venus and Serena Williams trained. Gauff caught her first big break in tennis when she defeated Venus Williams at the Wimbledon in July of 2019. Since then Gauff has only gotten better since entering the US Open this year at just 19 years old. Gauff would make her way to play Aryna Sabalenka, who was ranked 2nd worldwide, in the final. Gauff was ranked 6th worldwide, and was the predicted underdog in the match. Gauff would lose the first



set but come back and win the next two sets to win the match. After winning Gauff went on to say how she looked up to the Williams sisters growing up. As a kid she watched the Williams sisters compete in the same facility where she just became the champion. Many people were skeptical about Gauff's career, thinking she would not go very far after winning a tour title two weeks before. Just this past July, she would be eliminated in the first round of the All England Club, which most people predicted to be a major setback in her career. Shortly after the loss, Gauff would win 18 of her next 19 matches under new coaches, Brad Gilbert, and Pere Riba. These opinions didn't stop Gauff and she said they only made her play harder, stating this after her victory: "Thank you to the people who didn't believe in me." Since her win, Coco Gauff has been the talk of the town. Many are saying she could be the next great American tennis player since Serena Williams. Gauff is definitely on the road to success and seems to only be hungry for more victories.

FEATURES

Meet Mrs. Barnhart

BY CAITLYN STREZA

Have you heard the news? A new Swiftie has entered the building of North Hills High School: Mrs. Barnhart. Mrs. Barnhart is the new English teacher here at North Hills High. She's been teaching for four years, and the experience she already has is unbelievable. Mrs. Barnhart lives out the advice she gives: "Always take advantage of the opportunities that are available to you."

After graduating from Butler High School, she went on to study at Indiana University of Pennsylvania— the fourth generation of her family to do so. Her dream at the time was to be a college professor, and like her parents before her, she too got involved with the IUP student newspaper, The Penn. Mrs. Barnhart was a copy editor during her sophomore year of college and conducted writers' workshops aimed at helping students improve their writing. That was when she fell in love with teaching. She eventually became the editor-in-chief of the newspaper at IUP. Given so many opportunities, she won many statewide awards while serving as the editor-in-chief.

While at IUP, Mrs. Barnhart became quite the world traveler. She took advantage of an opportunity to study abroad in Ireland, and when she wasn't studying, she traveled to Budapest, Paris, Italy, and the Vatican with a check that was granted to her from the college. Mrs. Barnhart did a summer course at the University of Oxford studying Shakespeare. Fun fact: If you love Shakespeare, she is a knowledgeable and passionate resource. Continuing her education,



she went for her Masters Degree at Cambridge University. It was during her time at Cambridge that Mrs. Barnhart realized that she would rather be a high school teacher than a college professor.

Mrs. Barnhart worked one-year stints as a long-term substitute teacher at Mars High School and Butler High School. She was also afforded an opportunity to teach in Ireland and was an English teacher there for two years.

Now, she's furthering her teaching career at North Hills High School while inspiring the wanderlust and education of the students she reaches.

If you are a sophomore or junior, Mrs. Barnhart is one of the best teachers to have. One of her favorite areas to teach is poetry because of the deep meaning behind the words. She hopes to inspire her students to develop a love for poetry as well. "Song" by Brigit Pegeen Kelly is one of her favorite poems to teach because the lesson is that everything you do has an impact.

On a personal note, Mrs. Barnhart is only recently married. She wed her husband, who is from Ireland, in July. He currently works for The Government of Ireland. In her free time, Mrs. Barnhart likes to take walks through parks and appreciate nature.

Welcome to North Hills High School, Mrs. Barnhart. We look forward to the impact you will have on the minds and students here, as your education and life experience certainly inspires us to take advantage of all that life has to offer.

MRS. BARNHART'S FAVS

Death Row Meal: Alberta's marinara pizza

Fav Swift Song: "The Last Great American Dynasty"

Celebrity Crush: Bo Burnham

Movie Snack: Popcorn and Raisinets

Fav Vacation Spot: The French Riviera

Fav Holiday: Christmas

Fav Flick: *When Harry Met Sally*

First Song You Play in the Car: It's always different!

What's the Spot: Phipps Conservatory (or any botanical garden!)

Spirit Animal: Cat

Pet Peeves: Clapping when the plane lands, lying, littering

Netflix Binge: *Never Have I Ever* or *Parks and Recreation*

The Pittsburgh Plastic Bag Ban

BY GABBY SOLE



In pursuit of a cleaner and more sustainable community, Pittsburgh decided to reduce the use of single-use plastics. Americans use an estimated 100 billion plastic bags per year. These bags are usually used only once. These bags litter our streets and sidewalks, clog our storm drains, and significantly increase the presence of microplastic in our water and soil. Removing plastic bags from the city and promoting the use of more sustainable alternatives will contribute to the reduction of plastic waste in our communities.

In April of 2022, the City of Pittsburgh unanimously passed a Plastic Bag Ban. Starting October 14th, 2023, all retailers and business establishments (grocery stores, restaurants, convenience stores, large corporate stores, etc.) functioning within the City of Pittsburgh are banned from utilizing single-use plastic bags or a non-recycled paper bag for customers at checkout or during delivery. Plastic bags with handles are no longer allowed to be distributed by Pittsburgh retailers at checkout or through pick-up and delivery. Paper bags may be provided by these retailers for a minimum of \$0.10 per bag. The retailers do get to keep all paper bag fees. The recycled paper bags must contain a minimum of 40% post-consumer recycled content and no old growth fiber to be allowed to be distributed in Pittsburgh. Switching to reusable bags would be the most logical way to avoid the paper bag cost, help reduce waste, and prevent single-use plastic litter.

FALL FUN

Fall Festivities

BY BRIDGET PAHL



The obvious, the Pumpkin Patch: There's nothing like picking pumpkins and doing a cute photo-op. In my humble opinion, I think Shenot Farm is the best, with their family-like essence and delicious apples given on the hayride.

Haunted House: Now if you are up for a scare, there are an abundance of haunted hay rides, houses, and "Fright Nights" to choose from. Get a group of friends together, link your hands and get your haunt on!

Indulge in some Pumpkin Spice: It is everyone's favorite time of year for delicious coffee and drinks. Starbucks and Dunkin' are always creating new drinks, so gather up with your pals and have an ultimate taste test.

Homemade Halloween Costumes: Although Spirit Halloween may be an easy go-to, try to make your own DIY halloween 'fit. Look on Pinterest or Tik Tok to find fun, creative costume ideas.

Halloween Movie Night: Get your friends and family together to binge the best Halloween movies: *Halloweentown*, *The Nightmare Before Christmas*, *Hocus Pocus*, or any other horror movie. Don't forget to pop some Pillsbury cookies in the oven, and you will be all set.



Pittsburgh Traditions: The West View Halloween Parade

BY GIA ROSSI

The West View Halloween Parade is a beloved tradition that residents of both West View Borough and surrounding Ross Township look forward to each year. I know growing up I looked forward to it each and every year. This year is no exception- the parade will take place Monday, October 30th at 7 p.m.

Parade participants will line up at the corner of Perry Highway and Highland Avenue at 6:30 p.m. and end at the corner of Perry Highway and Center Avenue across from the beloved DiPietro's Restaurant. Anyone interested in participating should go to wvboro.com to register; you will then receive a number at registration to be put on a piece of paper or cardboard to display on your right shoulder for the judges to see. Registration is free for pre-school through 12th grade.

Judges will be sitting at the end of the parade route along with goody bags to be handed out to each participant. There will also be a costume contest, and each registered participant will be eligible to win prizes, which will be announced the day after the parade. The judges panel is made up of West View community members, led by parade organizer and member of West View Borough Council, Kim Steele.



I had the opportunity to speak with the Mayor of West View, J.R. Henry. He informed me that he remembers the parade from when he first moved to West View back in the 1960s! He also said that if you plan on attending, you will see the North Hills Marching Band, which will be showcasing songs from their 2023 fall halftime show. Other participants include the North Hills Youth Football and Cheerleading programs, local Boy Scouts and Girl Scouts, the West View Fire Department, and the West View Police Department, who will all be passing out candy. Plus, your favorite West View crossing guards will lead each grade level down Perry Highway.

An employee of West View Borough, Andrew Bensch, found through history books and in past council minutes that the more than 80 year tradition goes back to 1935, when Fire Department #3 held its first Halloween Parade at Boggs Field, which is now Wellington Heights and Highland Estates. The parade went on every year until the years 1942 through 1955 after the US joined WWII in December 1941. The tradition was revamped in 1956 with the West View Borough sponsorship in conjunction with the Fire Department. The parade has been held every year since.

FALL FUN

FUN FALL FACTS

BY ANNABEL GUJSKI

1. People used to call fall “fall of the leaf.” Over time, the name was shortened to fall.

2. People born in fall are more likely to live to 100 years old.

3. The brightness of fall leaf colors depends on the weather. Dry, sunny summer weather will make the pigments in leaves brighter, while colder, wetter weather will make the colors duller.

4. Bobbing for apples started out as a British courting ritual, where men were assigned an apple and women would bob for them. It was said that the apple a woman bobbed determined who she was meant to be with.

5. People born in fall are more likely to do well in school.

6. Kids born in the fall are more likely to be athletic and tall because mothers, when pregnant, usually have more exposure to the sun, which helps their bodies produce more vitamin D to give their babies stronger bones.

7. Ancient people like the Celts wore Halloween costumes to scare off the ghosts they believed roamed the earth on Halloween, which is when they believed the boundary between the living and the dead came down.

8. The Irish used to carve faces into turnips, beets, and potatoes rather than pumpkins.

9. One gallon of apple cider is made of 36 apples.

10. There are more than 7,500 apple varieties grown across the globe.

11. Johnny Appleseed was a real person named John Chapman who planted acres of apple orchards along America’s western frontier.

12. Tempura-fried maple leaves are a delicacy in Japan.



Cosy Fall Flicks

BY LYLA HUGHES

The Fantastic Mr. Fox

This 2009 stop motion is the core of cozy autumn vibes. Taking place in autumn, Mr. Fox and his family are very likable and relatable. It also has a great cast, featuring George Clooney and Meryl Streep. While being a kids’ movie, the plot and dialogue are set up in a way where it unknowingly becomes deeper, focusing on life’s purpose. Having a fall setting, this is what makes this the perfect movie to watch right before going to the pumpkin patch for impeccable fall vibes.

The Breakfast Club

March 24, 1985, the first session of *The Breakfast Club* took place. This movie is kinda dull ngl. The more I thought about it, that’s the beauty of it. There are so many hidden details and amazing acting choices among the cast that makes everything have a deeper meaning. I think this is a great fall film because of its message: to not judge people by their appearance. Fall is the time of back-to-school. Back-to-school means first impressions and making new friends. This movie’s theme sticks with you, reminding you to not stereotype new people. Overall, this movie left me with a profound life lesson and makes me want to watch it on a chilly fall weekend.

Casper

“Who says there’s no such thing as ghosts?” Casper’s a ghost, but he’s a friendly one! Honestly, I was a bit conflicted putting this on my list. It was either *Casper* or *Ghostbusters*. The difference between these ghost movies and what secured *Casper*’s spot was its nostalgic feeling of childhood. Following a cute ghost named Casper, this is a lovable film about Casper the Ghost having to haunt Kat, a girl that just moved into his old house. The main character, Kat, is played by familiar face-Christiana Ricci (the OG Wednesday). One of the best things about this movie is that it was made in the 90s, so the “scary” special effects are actually hilarious and rather bad. This is a must-watch perfect for the middle of October, when it is chilly but not freezing cold.



Twilight

This movie is hauntingly beautiful and awful. This movie is so bad it made me cackle when I watched it. This is one of those books to movies, but it’s pretty accurate to the book. Being about vampires and forbidden teenage romance, it’s a story about Bella and Edward and the relationship that’s being jeopardized against another vampire clan (yes, it’s very odd). With all that being said, it does make for a perfect watch on a rainy autumn evening. I just couldn’t get over how ridiculous it was. As an example of just how ridiculous it is the iconic quotes: “This is the skin of a killer Bella” and “You’d better hold on tight, spider monkey.” This is one of those movies you have to watch just at least once this fall season.

Clue

Six strangers are invited to a mansion, and their host dies. This is the perfect 80s murder-mystery/ comedy. Being the first game-to-movie adaptation, it is based upon the hit Hasbro game made in the 1940s: *Clue!* The best concept about this game is that each time you play, it has a different ending. The movie followed through with these ideas, making three different possible endings and releasing different endings to different theaters. With iconic recognizable characters, the costume team excelled at adorning the cast with extravagant costumes that fit their game characters. The best part about this film is that the cast’s acting makes you actually, guess: Who did it? This is a must-watch the week before Halloween!

FALL FUN

BLACK CAT FACTS BY FAITH ZENTZ

It's time to hone into the spooky season with a plethora of black cat facts! Black cats are specifically superstitious; if you see one, then you automatically have bad luck. But did you know that they weren't always this way? With black cats also came "bad omens." For example, as when someone's on their deathbed, if a black cat lays down with them, it's seen as a sign of "laying someone down to death." They were even considered lucky a little bit prior! Here are some more black cat facts:

National Black Cat Day is October 27th. It was originally October 31st because of Halloween, but it was renamed.

Black cats were held to great value and worshiped as gods. In ancient Egypt, black cats were often associated with the goddess named Bastet. Bastet was a lovely lady who held the face of a small black cat.

Most black cats are typically either lynched or tortured due to their association with "witchcraft."

Not only do cats have natural camouflage in the darkness, but they're more resistant to illnesses.

There are around 22 breeds of black cats, such as the infamous Bombay and the fierce-yet-small Korn Ja.



Looking for a feline friend? Black cats typically spend more time in shelters. 40% of black cats live their lives in shelters, according to Carissa Martinez.

Black cats have been noted in history for all of our lives. Not only are they loving housepets, but depending on your preferences, they can be the purr-fect domesticated animal for you!

Top 10 Pumpkin Patches in PA BY SAVANNAH BODNAR

1. Shady Brook Farm (Yardely, PA)

Spending the day here won't disappoint after watching the eerie illuminations at the end of the night! For more information on this fun attraction, visit: www.shadybrookfarm.com.

2. Hellerick's Family Farm (Doylestown, PA)

An odd, but fun activity will attract you to coming back to this farm. This thrilling attraction offers goat yoga for all! Who wouldn't want to try that? Visit www.hellericksfarm.com for more information!

3. Sisson's Pumpkin Patch (Gerard, PA)

On top of this amazing pumpkin patch, they offer a pumpkin slingshot for all ages! Visit www.sissonpumpkinpatch.com for more info!



4. Wesson Farm Market (State College, PA)

My favorite thing about this pumpkin patch is that they don't only sell warm apple cider, but they also have frozen apple cider slushies. For more information on this fun activity, visit: www.happyvalleyagventures.com.

5. Irons Mill Farmstead (New Wilmington, PA) This pumpkin patch has 35+ activities for family, friends, and everyone! Visit www.ironsmillfarmstead.com.

6. Grim's Orchard & Family Farms (Breinigsville, PA) - I'm finishing off the list with your basic apple cider slushies, fresh jams, and a selection of pumpkins and other fall goodies! For more info, visit www.grimaorchard.com!

7. Winding Brook Farm (Washington, PA) - This extra spooky attraction will keep you on the edge of your seat after experiencing their Corn Walk of Horror. A scare never fails. For more information, visit: www.windingbrookfarm.com.

8. At the Barnyard (Lewistown, PA) - The corn maze at this attraction has gone above and beyond, making their corn maze completely blacked out, so you'll have to feel your way through the maze. For more information, visit: www.atthebarnyard.com.

9. Soergel's Orchards (Wexford, PA) - My favorite thing about Soergel's is their caramel apples! For more insight on the fun activities available, visit: www.soergels.com.

10. Harvest Valley Farms (Valencia, PA) - My favorite about Harvest Valley is the live music they play every Saturday and Sunday afternoon. For more information, visit: www.harvestfamilyfarms.com!

FALL FUN

Sweet & Savory Autumn Recipes

BY MADDYCAKES QUAIKE

BANANA CHOCOLATE CHIP PUMPKIN BREAD



INSTRUCTIONS

- 1) Preheat the oven to 350 F. Line a 9x5 loaf pan with parchment paper, letting it hang over the sides. Set aside.
- 2) In a large bowl, whisk mashed banana, pumpkin, eggs, sugar, oil, and vanilla until smooth.
- 3) In a separate medium bowl, whisk flour, baking soda, pumpkin pie spice, and salt. Fold flour mixture into liquid until just combined, then fold in chocolate chips.
- 4) Scrape batter into prepared pan and gently smooth top. Sprinkle with additional chocolate chips if desired.
- 5) Bake bread at 350 F 55-60 minutes or until a toothpick inserted in the middle comes out clean. Cool bread completely, then remove from pan and slice. Enjoy!

Recipe notes: This was my first fall bake of the season, and it was absolutely delicious! It was a perfect way to use old bananas and create a treat perfect for cozy fall mornings. Pair it with a warm chai latte or your favorite pumpkin coffee to add to this scrumptious banana bread you'll be craving all fall long.

INGREDIENTS

- 2 medium ripe bananas, mashed (about 3/4 cup)
- 1 cup pumpkin puree
- 2 large eggs
- 1 cup light brown or coconut sugar
- 1/3 cup vegetable oil
- 1 tablespoon vanilla extract
- 1-1/2 cups all-purpose flour, spooned and leveled
- 1 teaspoon baking soda
- 1 tablespoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 cup semisweet chocolate chips

ITALIAN SAUSAGE TORTELLINI SOUP



INSTRUCTIONS

- 1) Add the sausage to a large soup pot. Sauté over medium-high heat, stirring occasionally, for 7-10 minutes, or until the sausage is browned all over.
- 2) Take the sausage out of the pot and set it aside on a paper towel-lined plate. Leave about a tablespoon of the fat in the pot.
- 3) Add the onion and celery to the pot and cook for 4-5 minutes.
- 4) Add the flour and garlic and cook for a minute, stirring constantly. Slowly add the chicken broth and stir until the flour has completely dissolved.
- 5) Add the canned tomatoes and Italian seasoning to the pot. Add the sausage back in. Increase the heat to high and bring the soup to a gentle boil.
- 6) Once it's boiling, add the tortellini and reduce the heat so it's gently simmering. Cook for 5 minutes.
- 7) Stir in the cream and cook for 5 minutes. Stir in the spinach and season with salt & pepper.

Recipe notes: While I'm not one to crave soups in the fall, this tortellini soup has my heart. Tortellini pasta, a few veggies, and a heavy cream base come together to make this perfect autumn dinner. You can prepare this recipe in the crock pot the night before for a quick and easy dinner one night!

INGREDIENTS

- 16 ounces Italian sausage see note
- 1/2 medium onion chopped finely
- 2 sticks celery chopped finely
- 2 tablespoons flour
- 3-4 cloves garlic minced
- 4 cups chicken broth
- 1 (28oz) can diced tomatoes with juices
- 1/4 teaspoon Italian seasoning
- 2 cups refrigerated cheese tortellini
- 1 cup heavy/whipping cream
- 2 cups fresh baby spinach (optional)
- Salt & pepper to taste

Living for Latte Lane

BY GABBY SOLE

If you know me, it is no secret that I love a good iced coffee or refresher. I am not gonna lie, I have a bit of a spending problem when it comes to Starbucks. In all honesty, though, it can be so overhyped and pricey. I am always looking for new places to try, and the other day when I was scrolling through my Instagram feed, I came across this place called Late Lane.

Their Instagram was just so aesthetically pleasing. They are well known for their seasonal menu, which is currently featuring fall items. Trying themed and flavored coffees is something that I enjoy doing, and this shop was just the place for that. They also feature something called a "Lotus Energy" which is similar to a refresher. Their prices are comparable to that of Starbucks, and, personally I would much rather pay for a drink from a local female-owned business over that of a large corporation like Starbucks. It is a drive-through only business that is open Monday through Saturday. It is located on Freeport Road, down by the Alpha Ice Complex area. I loved the iced lattes and 100% recommend it to anyone who loves coffee. It is definitely a must-try!



FALL FUN

THE BEST FALL SNACKS BY titi oHM

Fall is full of fun activities and cozy nights in. Whether you're at a pumpkin patch searching for the perfect pumpkin or at home watching movies wrapped in a blanket, a good fall snack is a necessity. Store bought or homemade, there are an endless amount of options for snacks to choose from, and I'm here to tell you which are the best. Here are the top 5 best fall snacks!

Pumpkin Pie

My all-time favorite thing to eat during fall time is a nice pumpkin pie with some whipped cream. The seasonal dish could count as a dessert, but buying a pumpkin pie from Giant Eagle or even shopping locally from businesses such as Soergel's Orchard or Shenot Farm & Market and just enjoying a slice of a delicious pumpkin pie after a long day of school or work is a great way to relax.

Candy Corn

Another great snack is candy corn. Candy corn usually is very hit or miss; you either love it or hate it, and I believe it's one of the best things to ever be created. One of my favorite things is getting a bag from Target or Giant Eagle and going home. No matter what I'm doing, eating some candy corn right from the bag is a perfect snack.

The Pumpkin Pillsbury Cookies

Everyone loves the classic holiday-themed Pillsbury cookies, and whether it's the Christmas or Halloween ones, they are delicious. The pumpkin ones are the best from the Halloween collection; they just have a much better taste and appeal and are arguably way more popular. In the end, no matter which cookie it is- cat, ghost, or pumpkin- these cookies are a staple for Halloween and fall time, and if you don't have these at least once during the fall season, are you really enjoying the season to its fullest? You can buy a box or two from Target or Giant Eagle and just heat up the oven and bake the premade dough for a simple but perfect fall night.



Pumpkin Chocolate Chip Muffins and Cookies

Anything pumpkin flavored is always a big hit, whether it's a pumpkin spice latte or a pumpkin creamer, but one thing that's underrated, in my opinion, is pumpkin chocolate chip muffins or cookies. One of my favorite things to bake during the fall is pumpkin chocolate chip- while there are so many things you could make with this flavor, think the muffins are the best by far. It's a simple recipe that's always a delicious sweet treat!

Candy and Caramel Apples

Last, but definitely not least, is a classic treat- candy apples. They are such a classic staple treat that everyone loves. Though you can get them during other times of the year, the best time to enjoy this sweet treat is during fall, for sure. I prefer candy apple over caramel, but both are amazing. Even if it's a little messy, it's a necessity to enjoy one of these at least once during the fall. Enjoying a cup of apple cider and a candy apple is the perfect experience for fall.

PUMPKIN PALOOZA

It's October, meaning it's Pumpkin Palooza everywhere. I'm taking a look specifically at Trader Joe's. As an employee, I encounter the seasonal items constantly and fall victim to the fall finds by the end of my shift. I'm here to give you the rundown on some of our most popular items and a few of my own favorites I feel deserve the hype.

1. Pumpkin Ginger Hold the Cone

A seasonal take on the original Hold the Cone, it's the perfect fun-sized treat to satisfy a sweet tooth.

2. Pumpkin Spiced Pumpkin Seeds

I didn't expect to love these as much as I did, but they will definitely be making their way back into my cart.

3. Pumpkin Spiced Teeny Tiny Pretzels

I have the same response as the pumpkin seeds. Another item that exceeded my expectations.

4. Maple Salted Ice Cream

I feel like the all pumpkiny goodness causes other fall flavors to get overlooked. The ice cream is a great sweet and salty combo.

5. Butternut Squash Mac n' Cheese

I personally have never tried this, but I've heard mixed reviews. If you like butternut squash, you'll like it; if you don't, you won't like it. I enjoy our regular mac n' cheese, too.

6. Caramel Pumpkin Kringle

I don't have enough good things to say about this.

BY SARA TOPICH

7. Fall Leaves Tortilla Chips

Do they really taste different than a regular tortilla chip? Probably not, but the adorable shape gives it a better taste, if you know what I mean. Deliciously paired with the Autumn Harvest Salsa.



BACK PAGE FUNSTERS

HORRORSCOPES: ZODIAC SIGNS IN A HAUNTED HOUSE

By Lyla Hughes

Aries: Has to be restrained from punching when jump scared.

Taurus: Pushes people towards the scare actors.

Gemini: Pointing out where the next jumpscare is.

Cancer: Turns around to walk the other way when they see something.

Leo: Laughing at the people that screamed.

Virgo: Being used as a human shield.

Libra: Nervously narrating and telling everyone that they're scared.

Scorpio: Acts tough, but is the first one to run away.

Sagittarius: The one that went first.

Capricorn: Is in the back of the group because "it's less scary".

Aquarius: The screamer.

Pisces: Somehow found a corner to hide in.



HAUNTED HOUSE SURVIVAL TIPS

BY ABBY KRAGMANN

1. Find a group who really enjoys haunted houses and knows the best route.
2. Go when it's still a little light outside (most places are open 5-10).
3. Keep your head down and hold onto someone's arm or hand.
4. Wear earplugs to block out spooky music or others' screams.
5. Make a plan or prize at the end (ex: Plan to eat at your favorite restaurant). This will give you something to look forward to.
6. Many places will not let the workers touch you, so know that you are always safe.
7. Just like horror films, it's all fake. Remember, these clowns and ax murders are just paid employees.
8. If you act brave, most workers will leave you alone. They are trained to target the screamers!
9. If you hear a scream ahead of you, prepare yourself for a jumpscare. Being aware of what's upcoming can help you be less scared.

NFL TRIVIA

BY JON COLLINGTON

1. WHAT NFL TEAM WON THE FIRST SUPER BOWL?

- A. PITTSBURGH STEELERS**
- B. KANSAS CITY CHIEFS**
- C. GREEN BAY PACKERS**
- D. NEW YORK JETS**

2. WHEN WAS THE LAST YEAR THE PITTSBURGH STEELERS WENT TO THE SUPER BOWL?

- A. 2008**
- B. 2010**
- C. 2013**
- D. 2011**

3. HOW MANY SUPER BOWLS DID BEN ROETHLISBERGER WIN?

- A. 1**
- B. 3**
- C. 2**
- D. 0**

4. WHO WAS THE SUPER BOWL MVP LAST SEASON?

- A. TRAVIS KELCE**
- B. PATRICK MAHOMES**
- C. JALEN HURTS**
- D. CHRIS JONES**

5. WHAT WAS THE PITTSBURGH STEELERS RECORD LAST SEASON?

- A. 10-7**
- B. 9-8**
- C. 8-9**
- D. 11-6**



Recipe: Black and Gold Dip

BY ALEX BOWERS

Ingredients:

- 8 ounces of Velveeta
- 1 cup of Mexican blend shredded cheese
- 1 10 oz. can of Rotel, drained
- 2 tablespoons of diced roasted hatch chiles
- Dash of Valentino hot sauce
- 1 12 oz. can of black beans, drained & rinsed

Instructions:

1. Cut the Velveeta into chunks.
2. Mix everything together.
3. Put in a slow cooker on low for 4 hours, or microwave until melted. Mix periodically and enjoy!

