The Cougar Post

October 2025 Issue
Chief Editor: Mrs. Wise

Fall Facts
By Jenna Aiken and Gwendolyn McQuiggan

Why do leaves change color in the fall?

The leaves change colors in the fall due to changes in the amount of daylight, and the temperature changes tell the trees to stop producing food (nutrients). The chlorophyll breaks down the green color of the leaves and the green disappears and the yellow, orange and red becomes the new color of the leaf. The leaves become part of their fall splendor.

Why does it smell so good in the fall?

Fall smells so good because the decomposing of the leaves lets go of an earthy, musky, sweet smelling organic compound. The cooler and dryer air makes the smell stronger. Some of the things that the leaves release is terpene including pinene, which contributes to the great smell in the fall.

Why does it get colder in the fall?

It gets colder in the fall because of the tilt of the earth's axis. Since we live in the Northern Hemisphere, we will receive less sunlight as the earth tilts away from the sun which will lead to shorter days and less solar energy. It will reduce heating and will increase the amount of night time and decrease daytime. This will lead to a net loss of heat from the atmosphere making the temperature cool down.

We hope you had a great time reading this article to gain some new facts about fall!



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Facts about Pumpkins

By Ella Saulsgiver

Pumpkins are cool, and there are also a lot of good facts about them. One cool fact about pumpkins is that they cannot live long without their stem. Here are some other interesting facts:

- Pumpkins are fruits, specifically a type of squash, belonging to the same plant family as cucumbers and melons.
- Pumpkins can grow very large. The world record pumpkin weighed over 2,700 pounds.
- Pumpkins are 90% water.
- They originated in Central America.
- Each pumpkin contains about 500 seeds.
- Every part of the pumpkin is edible.
- Pumpkins grow on all continents except Antarctica.
- Illinois grows over 12,000 acres of pumpkins each year.
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- Over 1.5 billion pounds of pumpkins are grown each year in the United States.

Native Americans grew and ate pumpkins and their seeds long before the Pilgrims reached this continent. Pilgrims learned how to grow and prepare pumpkins from the Native Americans.



One additional fun fact: Although the exact number is not known, millions of pumpkins are carved each year!

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Halloween Traditions
By Ileana Kelley and Stella Kilmer

We are going to be talking about Halloween Traditions!!!!!

There are many different Halloween traditions that you may do. Some traditions you may know, and some you may not know or do.

Here are some traditions:

1. Dressing up for a school parade.
2. Carving Pumpkins
3. Apple cider!!! People love sipping this drink on a crisp autumn day.
4. Reading cozy books- Warm up by the fire, heater, or a couch and read your favorite books!
5. Going to dinner after trick or treating.
6. Collecting candy and stuffing your mouths!!!! (I know some of you do this, don't lie!!)
7. Watching scary or Halloween themed movies.
8. Pumpkin pie! Some people hate this, but I love it!!
9. Jumping in leaves! Make leaf piles and leap into them!





An Act of Kindness
By Clinton Fenton

Recently, a kind man (who I did not know), bought me my dinner. He bought me a piece of pie and bought me a drink, too. I said thank you and left. Then I picked up my sister from volleyball.



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Opinion Article: Trick or Treating and Halloween

By Lillyanna Davis

Illustration By Evelyn Holtz

Trick or treating is fun, but it makes you want to run. But if you do, you might fall. I love Halloween. It is one of my favorite holidays.

Halloween

You might say it is scary, but I love it. I'm dressing up as Wednesday Addams! If you don't know who that is, she is on a show and she is in a movie. If you are being someone from KPop Demon Hunters, tell your teacher. And if you can, make your teacher dress up as what you are dressing as. That would be awesome.

Trick or Treating

I love trick or treating. I usually get at least 100 pieces of candy each year! I love candy. It is one of the best sweet things, but still eat your fruits, kids. If you love candy like me, that is awesome. Oh and I want to say one last thing: never ever doubt yourself! Thank you for reading my thoughts/opinions on Halloween and Trick or Treating!



Illustration above drawn and painted by: Evelyn Holtz

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The History of Candy Corn
By Emelia Ashley

Have you ever wondered where candy corn was made? Well, that information is here! Did you know that candy corn was invented in the 1880's? It is true! At the time though, it was marketed as chicken feed because corn wasn't a popular food at the time. It was a year-round treat for some communities, but then it became a Halloween treat because of its colors.

George Renninger invented candy corn for a candy company called the Wunderle Candy company. The Golitz Candy company made it popular by calling it chicken feed. Candy corn became a Halloween candy because of its colors in the 1950s. The white part of the candy represents the silk of the corn.The orange part represents pumpkins or indian corn.The yellow part, obviously represents the kernel.

Did you know that national candy corn day is October 30th? There is 1-2 grams of sugar in candy corn.





Halloween
By Saleen Burnett and Eliza O'Connor

Halloween is a popular and fun holiday. It is celebrated on October 31st every year! People dress up for trick or treating and tell scary stories .Some people make jack-o-lanterns and sometimes people dress up their pets. Most people decorate their houses for Halloween and have parties . When you're done trick or treating, it is a good idea to look through your candy with your parents to ensure it is all safe to eat.



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Harvest View Field Trip
By Isaiah Main

All of the classes at Sinclairville Elementary had the opportunity to travel to Harvest View in Fredonia, NY for a field trip. On October 23rd, I traveled with my fourth grade class to Harvest View. My heart was pounding like a drum because it took so long to leave. I sat at the window looking at the rain. When we got there, I had so much fun. I rode the bikes. I rode the tractors. We went to the jump pad. We went to the animals. I petted the sheep. I named a donkey Timothy. I named a cow Swift. Then, we went on the bus and returned to school.



Trip to Herkimer Diamond Mines
By Leo Diate

One Saturday morning, my mom said that we were going to the mine. We were traveling to Herkimer Diamond Mines in Herkimer, NY. It is about four hours away from here. We were so excited because we were staying there for 2 days. When we arrived there, we went to the mine and got gems. It is definitely worth visiting if you are able to with your family!



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Opinion Article:
My Favorite Baseball Team
By Clinton Fenton

Hi, my name is Clinton Fenton. I love baseball. A couple days ago, my favorite team lost in the playoffs. They cannot play anymore, but they are still my favorite baseball team. My favorite baseball player is Cal Raleigh. I think he is the best catcher in the league, and he has the most home runs in the league.



Movie Review:
The Nightmare Before Christmas
By Jaidyn Abram

The Nightmare Before Christmas is about a movie where there are Halloween characters like skeletons, goblins, vampires and all that stuff. Our main characters are Jack and Sally. Its a great movie. I feel that it would be great for little kids to watch because it's not too scary.

The Nightmare Before Christmas has Christmas in it because our main character Jack enters a different world where it is all about Christmas instead of Halloween. There are elves, snowmen and little kids sleeping tight in their beds.

I suggest for you to always watch it with someone if it is scary, but I love it so I feel like you will too! My favorite part is when Jack is getting ready for Halloween, and they are all excited. I like this part because it always is so energetic just like how my family and I are on Halloween night.



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SPORTS

Kicks, Blocks, and Cheering Lots!
Football Fever Hits Our Spots!
By Bexley Smith

As the 9th week of football ended, here's a look back at your Cougars! From pep rallies, to can drives, to hard fought wins, and a few tough losses, your Cassadaga Cougars showed up and showed off. Your Pros team ended the season with a 5-3 record. Your rookie 2 ended the season with 4-3. Rookie 1 landed with 3-5. Lastly, your flag 1 team ended with a 3-2 record, and flag 2 ended with 4-2 record.

As always thank you to our amazing coaches for giving their time every night and teaching the teams. And for our cheerleaders for hyping up the teams! As a new student and new player, I want to give a special thank you to the coaches and players for welcoming me with open arms and giving me the best football season I have ever had!

Congratulations to middle schoolers- Darius Abram, Connor Bardenett, Brody Beichner, Brayden Beichner, Khylan Eggleston, Jay Martin, Dylan Miller and Paul Joshua Wright, for making the ALL-STAR TEAM!

Cougars Rookie 2 vs Hillbillies
By Easton Johnson and Jack Lerow

The Cougars came out and won the coin toss and elected the ball. Colt Jarvis had a touchdown run, but the play got called back on holding. Then the Cougars marched down the field to the one yard line with a good run. But the Fredonia defense stopped them on fourth down. Then Cassadaga got the ball on the 30 yard line and Chase Beichner caught the ball one handed on the one yard line. Then Fredonia stripped the ball at the one yard line and recovered it on the one yard line. Then the Fredonia quarterback fumbled the ball on the handoff and scooped up the ball.

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Trenton Farnsworth and Decklan Pierce safetied the Fredonia quarterback. The safety got the Cougars the 2 crucial points of the game.

Finally, half-time was here and Jack Lerow and Cullen Webster gave all the boys water. The Hillbillies then got the ball back and marched down to the 50 yard line. Then the Hillbillies running back got a breakaway to the 1-yard line but was stopped by Trenton Farnsworth when Trenton grabbed his ankle and stopped him. The Cougars defense accepted the challenge and stopped the Hillbillies four times in a row to get the ball back. Then coach BJ taught the Cougars victory formation and they kneeled the ball twice to seal the victory! Then the Cougars huddled in for an after game speech and coach BJ called out all the great things the Cougars did that night. The Cougars won the final score was 2-0. Go Cougars! The Cougars ended the season 4 and 3.

Cassadaga Rookie 1: Week 2 Against Seneca By Caleb Boyland and Landon Conti

The game started out by a third play touchdown by a pass to Cullen Webster for about 5 yards and Cullen rushed for about 60-70 yards. Then Seneca marched the ball down the field and scored back on us. The Cassadaga Cougars were able to punch another touchdown making the score 44-40 Cougars with the victory.

Cullen Webster led the team with 287 yards rushing and five touchdowns. Jack Lerow ran 140 yards and 2 touchdowns. Wesley Long rushed for 51 yards.

These are the stats for the defense: The Cougar's defense had 6 sacks. Bo Morabito had 1.5 sacks, 5 tackles, Caleb Boyland pulled down 7 tackles and 2.5 sacks, Jack Lerow with 5 tackles, Cullen Webster with 5 tackles, Wesley Long 3 tackles, Gunner Webster 2 tackles and finally Landon Conti with 6 tackles and pulled down 1 sack.

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Cougar with Character for September 2025

By Aubry DeBiew and Madison Oldro

Here are the students from every class that received Cougar with Character for the month of September 2025 (which I think EVERYONE should know).

In 5th grade from Mr.Guziec's class, Ileana Kelley won. In Mrs.Petry's, Korbin Klepfer. In Mrs Nowicki's, Jaxson Morison was chosen. Congratulations to these 5th graders!

In 4th grade Jack Lerow won from Mrs Wise's. In Mrs Kelly's, Eloise Marsh won. In Mrs Fox's, William Burns won. Congratulations to these 4th graders!

In 3rd grade, in Mrs. Hansraji's class, Aria Johnson won. In Mrs.Hale's class, Magnolia Dunlap won. In Mrs. Banse-Fay's class, Brealynn Risley won. In Mrs. Zahm's class, Aria Shoup. And lastly, in Mrs. Blair's, Luke Huston. Congratulations to these 3rd graders!

In 2nd grade, Julian Carmona won in Mrs Gruber's class. In Mrs Bailey's Roland Morales won. In Mrs Thompson's class Amayah Clutter won. Lastly in Ms. Ringler's class, Brinley White won.

In 1st grade, Lucas Clutter won in Mrs Ramirez's class. In Mrs. Tanner's, Emma Long won. In Mrs Johnson's, Viviana Monacelli won. In Mrs. Wallin's, Kensley Johnson won. Congratulations to these 1st graders!

In Kindergarten, in Mrs. Anders' Noah Echevarria won. In Mrs.Abbey's class, Benjamin Perry won. In Mrs.Sohl's class, Willow Pitts won. In Miss Neckers' class, Brooklyn Debo won. Congratulations to these kindergarteners!

And lastly in PreK in Mrs. Krenzers' class, Gracie Jarvis won. In Miss Emmott's class, Hadley Robbins won. In Mrs. Peterson's class, Dakota Gardner won.

When you win Cougar With Character, you will get a paper that says you won Cougar With Character. You will go to the school cafeteria and get coffee and donuts with your parents.



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Teacher of the Issue: Interviewing Mrs. Banse-Fay By Stella Kilmer and Ileana Kelley



1.What is your favorite thing to do in school?
"I like reading stories to students."

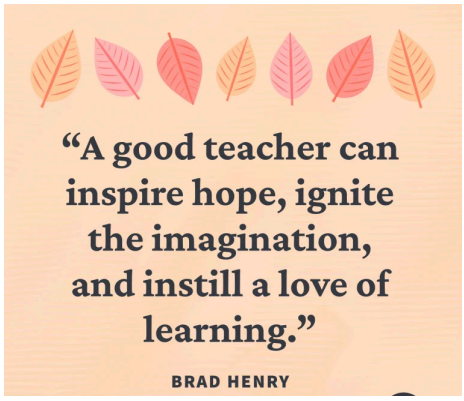
2. What is your favorite book?
"A Court Of Thorns and Roses by Sarah Jay Maas."

3.What do you like to do in your freetime?
"I love to read and play with my kids."

4.What is the best thing you've heard from a student?
"That they love school now and they used to not like school."

5.What do you love about school?
"I love when I teach something new, and the students get really excited about it."

Thank you for the help you give at SES!!



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Teacher of the Issue: Interviewing Mrs. Nowicki By Paige Winton



1. **What are some of your favorite things about Halloween?**
   - Scary movies, dressing up, and decorations

2. **What are you going to be for Halloween?**
   - A skeleton

3. **What is your favorite candy?**
   - Sour candy.

4. **What is your favorite scary movie?**
   - Friday the 13th

5. **What is your favorite costume of all time?**
   - Her son's Oogie Boogie costume.



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Teacher of the Issue: Interviewing Mrs. Petry By Owen Davis, Bo Morabito, and Triston Rendell

1. What is your favorite holiday?: Christmas

2. What are you afraid of?: Losing Loved Ones

3. What is your favorite thing to do?: Read or go for a walk

4. What is your favorite thing to eat?: Spinach Artichoke Dip

5. What is your favorite sport?: Basketball

6. Do you like nature?: Yes

7. **What is your favorite thing to do with your family?:** Play Games like board games.

8. What is your favorite color?: Yellow

This concludes this interview. Thanks, Mrs. Petry!



