VALKYRIE

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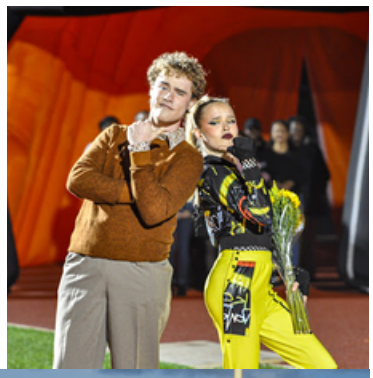
SOMERVILLE HIGH SCHOOL PRESENTS:

Senior Nights













Somerville Fall Sports Seniors

The fall sports season comes to a close for Somerville athletics, and we congratulate all of our senior athletes on a hard-fought seasons and historic achievements. Current fall sports offerings include Boys/Girls Soccer, Boys/Girls Cross Country, Cheerleading, Field Hockey, Football Girls Tennis, and Gymnastics.

Featured Above: Top (L-R): Cross Country, Cheer, Football, Marching Band/Color Guard
Bottom (L-R): Girl's Soccer, Boy's Soccer

Photo Credits: Kate Butler Photography

Homecoming



Image Credit: Aanya Goel (Top Right), Instagram

By: Aditi Sriram

Homecoming 2023 at SHS was an amazing experience for everyone! The riveting game against Montgomery took place on September 15th and the Pioneer Pack's theme was Black Out. The Pack was enthusiastic throughout the close game despite the unfortunate loss (27-21).

On October 21st, SHS had the annual Homecoming Dance. The dance was a huge hit and SHS saw a turnout from all grades. The student council did a fantastic job decorating the gym for the event and the DJ played some amazing hits. Senior Homecoming Court was awarded to Juan Alino and Abby Jones. Junior Homecoming Court was awarded to Sumayyah Salama and Ava Azzinari.

Drama Club

By: Emily Smith

Drama Club's 2024 production of *Mean Girls*, the musical, is going to be one of the best shows yet. Officers of the SHS drama club described the show as comedic, dramatic, cute, and, of course, so fetch. Many of us are familiar with the iconic movie, but this musical will make us fall back in love with the characters and plot. In this witty production, we get to see Cady Heron's journey through friendship, love, conflict, and drama. Auditions are being held on November 14-15th, beginning after school at 3 p.m., and callbacks are by invitation only on Thursday, November 16th. The show is expected to span two and a half hours with a fifteen-minute intermission. This production will be performed on March 7th, 8th, and 9th at 7 p.m. Tickets are going to be around twenty dollars, so be sure to keep an eye out for the start of the sale. Drama club is truly an amazing club that provides people with a safe place to express themselves and creatively collaborate with other students and teachers. When asked what they love most about drama club, members responded, "I've made so many of my closest friends from drama club, it's such a fun time and you get to spend it with great people." and "Drama club is a family that provides a supportive

If you are interested in joining the Somerville High School drama club, email Bryan Kotlar or Christian Fodor for and join the Google Classroom with code, **cngxfit**.



Another amazing production put on by the Somerville High School drama club is Best of Broadway (aka B.O.B). This show allows students to perform songs, dances, and monologues from famous Broadway shows. This year, "Best of Broadway" is going to be spooktacular, with its Halloween horror theme. There will be performances from *Beetlejuice, The Addams Family, Little Shop of Horrors*, and so much more. The show will be a little over an hour and have a wide variety of phenomenal acts. If you are looking forward to this fun and entertaining show, be sure to keep an eye out for information on ticket sales!

Fall Sports

By: Katie Larino and Emily Smith



Entering the new school year means a fresh season for all the Somerville High School fall athletics. Offered are soccer, cheerleading, cross country, field hockey, football, girl's tennis, and gymnastics. All teams have been soaring through the season with flying colors. It's hard to believe the season is already almost done. Boy's soccer has been doing extremely well, securing seven wins, along with girls tennis taking home nine victories. Our football team is 5-4, winning the most recent game on the 20th. The cheerleaders, football team, and students looked forward to the game and were excited to support breast cancer awareness month by wearing pink. In other news, both the boys and girls cross country teams have been killing it at their latest meets and are heading to sectionals on October 28th. The XC senior night was also a big hit and recognized both teams' seniors. The field hockey team has been doing great with multiple amazing victories. Keep up the great work athletes, and let's go Ville!







Photo credits: Normandy Studios, Instagram, Emily Smith, and Kate Butler

School Spirit

By: Aanya Goel '24

This week the students at Somerville participated in a spirit week leading up to the big homecoming game. On Monday, the theme was “Matching Set Monday ", so students wore their sweatshirts and sweatpants. Following that, on Tuesday students could dress up as a musician they like or any concert merchandise they own. On Wednesday the Ville was supporting Breast Cancer Awareness month, so students had pink outfits on. Thursday was “Travis v. Taylor” in which students dressed as either a pop star (Taylor Swift) or a football player (Travis Kelce). Lastly, Friday was “Fall Flannel Friday" and students were able to wear their favorite flannels. The student body at Ville has so much pride and everyone did such a great job dressing up to the specific themes. See you at the homecoming game!











Photo Credits: SHS Student Council

New and Diverse Clubs

By: Olivia Hughes

If you're interested in getting more involved with school, you should consider joining some clubs! Currently, there are nearly 52 clubs. Each club has its own strengths and offers something unique. All are made to spice up your high school experience.

In New Jersey, you'll find that there is a lot of diversity - and Somerville High School is no exception. One of the most popular clubs right now is the Asian Student Association. This club, started by students, got a lot of people engaged in the diversity of Asian culture and cuisine. People were thrilled to try all different kinds of foods, and learn about all different types of places - from Korea and the Philippines to India!

But there are plenty of other culture-based clubs that turn heads! Two other popular clubs are the French and Spanish Club. The Spanish Club is known for having amazing turnouts. You're bound to engage with a bunch of other friendly people who have the same passion for learning about Hispanic/Latino culture.

The French Club has been going for many years and has gotten stronger as the years go by. Having baking contests, learning about French history, and even watching movies are all a part of Madame Kessler's French Club experience. You should definitely check it out.

A new club on the radar is NJFEA. If you are interested in pursuing a career in education, you can meet a bunch of like-minded individuals. The club is currently planning fundraisers to raise awareness, and trips to learn more about obtaining a profession in teaching.

The Jewish Student Alliance was established to educate on Jewish culture and history, along with fostering diversity and inclusivity and to combat anti-semitism. They will be holding fundraisers and helping out Jewish communities around our area. The JSA meet Wednesdays once a month after school. Everyone is welcome.



The Black Student Union was established this year at SHS with the goal of celebrating and learning about Black culture beyond the walls of the classroom. The BSU hopes to grow student's understanding about Black lives and create a fun and safe environment for all!

But all in all, the best thing to do to find a good club is to know yourself. Have a good understanding of what you like to do, and you can find a place that will help you express yourself better.

Who knows? You might even meet a few people just like you.

Photo Credits: Black Student Union

New Teachers

David Hardy, Biology

By: Ava Coppola

Driving warships is one thing Mr. Hardy learned how to do as an officer in the Navy. He was born and raised in Kentucky and recently taught in Michigan before moving to New Jersey. Mr. Hardy is interested in teaching students scientific literacy and shares that he wants to help students be able to evaluate information they see online. He is excited to get to know the community at the Ville. Some of his hobbies include video games, disc golf, and reading *The Dark Towe*r series by Steven King. Mr. Hardy has traveled to Abu Dhabi but wants to travel more in the future. We welcome Mr. Hardy to the Ville!



Matt Melesurgo, Business

By: Jenna Petrillo

Did you know that Mr. Melesurgo is a Swiftie? The new business teacher, Mr. Melesurgo grew up in Bound Brook, New Jersey. He graduated from Bound Brook High School and began a career but eventually returned back to the education field and first worked as an instructional assistant. He went on to get his bachelor's degree in business and is currently enrolled at Rutgers University for his master's degree in special education. Some of you may already know Mr. Melesurgo as he started in Somerville teaching at MAPS, and is also the freshman football coach and girls basketball coach. When asked what he is most excited about for this upcoming year at the school, he said, “First year here, I’m excited to meet the rest of the students that I couldn't get a chance to meet at MAPS, coaching had me here a lot during the week but I didn't get a chance to connect with all the students.” Over the summer, he visited the west coast to experience different Major League Baseball team's stadiums. He also loves the New York Mets, New York Giants, and the New York Knicks. It is wonderful to have Mr. Melesurgo here at SHS!

Photo Credits: Somerville Schools Website

New Teachers Continued

Donna Medeiros, Business

By: Ava Coppola



During the fall season for the past thirty years, Mrs. Medeiros spends her time at the Haunted Red Mill in Clinton doing special effects makeup. She was an instructional aid for twenty years and is now teaching in the business department. Mrs. Medeiros has attended the Concours d'Elegance, which is the most prestigious car show in the world. Additionally, she one day wishes to visit all the National Parks and wants to race a car at the Watkins Glen racing track. Mrs. Medeiros enjoys listening to Paul McCartney, watching *The Walking Dead*, and reading mystery books. Welcome to the Ville, Mrs. Medeiros!

Kurt Lorentzen, Business

By: Nicola Sodbinow

Not only does Mr. Lorentzen teach in the business department here at Somerville High School, he also teaches children and adults how to roller skate and ice skate. Mr. Lorentzen has been teaching for five years, and has taught at two schools prior to SHS. Before being a teacher, he was an accountant, but he did not see fulfillment in his day to day job. When asked why he chose education, he said “teaching doesn't feel like ‘work’ to me, and I feel like there's something to be said for that – I love my job”. In his free time, he enjoys weight lifting and walking his dog, Shea. He plans to assist with the upcoming winter sports, and is open to coaching or advising if the right opportunity presents itself. In the future, he hopes to be able to travel to Europe with his three younger siblings. Some fun facts about him are that he is a talented longboarder and has traveled to over twenty MLB stadiums. Mr. Lorentzen is, “excited to be a part of ‘The Ville” because it seems like a great school and community!”



New Teachers Continued

Elizabeth Vroom, Chemistry

By: Annalena Bohach



Have you been to Costa Rica? Well, the new chemistry teacher, Mrs. Vroom, has. She was born in Wisconsin and moved to Pennsylvania where she went to school at Wilson High School. Then, she did her undergraduate and master's program at Rutgers University. Mrs. Vroom states that she didn't choose teaching, it chose her. She has been teaching since January 2002. She wants you to do the math on how many years it's been. Somerville is not her first job. Mrs. Vroom taught in Union County and then took time off to spend with her three lovely children, but she is thrilled to start working at Somerville High School. She is most excited to form connections with her students and participate in the SHS community. She does not partake in any extracurricular activities but she looks forward to attending sporting events to watch her students shine and do the things they love. Mrs. Vroom's favorite author is Ann Pakchet and she loves to read. So, if you have any good recommendations let her know. We welcome Mrs. Vroom to the SHS family.

George Fox, Chemistry

By: Annalena Bohach

Have you ever thought about getting married underwater? Well, Dr.Fox did. The new part-time chemistry teacher Dr. Fox has been teaching for thirty-six years, and he is overjoyed to start teaching in a community like Somerville. He went to school at Scotch Plains-Fanwood High School in New Jersey and then got his B.A., M.S., and PH.D. from Rutgers University in New Brunswick. In his free time Dr. Fox likes to play football, and at age forty four he played semi-professional football. The most interesting place he traveled to was Maui, Hawaii. His favorite movie is *The Shining* and he has read every Stephen King novel. Welcome to the Ville, Dr. Fox.

New Teachers Continued

Josiah Panza, PE

By: Jayden Loftin

Some people are lucky to be in the room with two generations of their family, but Mr. Panza was lucky enough to be in the room with five of them. Although Mr. Panza has been teaching for four years, Mr. Panza is one of our new Physical Education teachers here at The Ville. He went to school in Bernards for high school. After high school he went to Palm Beach University. Mr. Panza is a man of many hobbies. He plays golf, volleyball, and football just to name a few. One of Mr. Panzas goal for this year is to start up a volleyball team for kids at the Ville as volleyball is very dear to his heart. Mr. Panza is a huge Jets fan and enjoys watching them play every Sunday. He also has seen the great views of Yellow Stone National Park. Mr. Panza has been teaching for 4 years.





Kellie Joyce, Social Studies

By: Ava Coppola

Bowling is one passion of the new social studies teacher, Ms. Joyce, as she is part of a bowling league. This is her first year teaching, and she has had a positive experience at Somerville so far. She shares that the teachers and students have been nice and welcoming. She loves history and explains that it is very rewarding to talk about. Before teaching, Ms. Joyce was a paralegal for immigration and bankruptcy law. In her free time,

she enjoys reading, embroidery, and has even run a half marathon. Ms. Joyce studied abroad in Greece for her undergraduate and loves Harry Potter, *Grey's Anatomy*, and the suffering Jets. Welcome Ms. Joyce to the Ville community!

New Teachers Continued

Elizabeth Moliterno, Special Education

By: Jenna Petrillo

After teaching on the busy streets of New York City for fourteen years, Mrs. Moliterno joined us this year for her fifteenth year of teaching as a special education teacher. Mrs. Moliterno was born and raised in New York City and enjoys running and listening to spiritual programs every day. Mrs. Moliterno is excited to feel comfortable here and to be a positive influence as well. Mrs. Moliterno also loves to make people laugh, she was a comedian before becoming a teacher! Furthermore, Mrs. Moliterno participates in the Character Ed Club and is trying to start a mental health club. Welcome to the Ville, Mrs. Moliterno.



Allison Cornyn, Nurse

By: Nicola Sodbinow

Many may have already had the pleasure of meeting our school nurse, Ms. Cornyn, as she used to be the nurse at Vanderveer. She is very excited to be the nurse at SHS, as she gets to work with an older age group, and feels it will be a nice change of pace. She has been a nurse for thirty-four years. Outside of school, Ms. Cornyn is also a labor and delivery nurse, and has actually helped deliver a few students that attend SHS currently. She attended Immaculata High School and Syracuse University in the past. Some fun facts about her are that she has traveled to the Yucatan Peninsula, and enjoys photography in her freetime. You can even catch her as an extra in the movie, *Steel Magnolias*. Ms. Cornyn does it all.

Anthony Carida, Special Education

By: Mia Gradewald

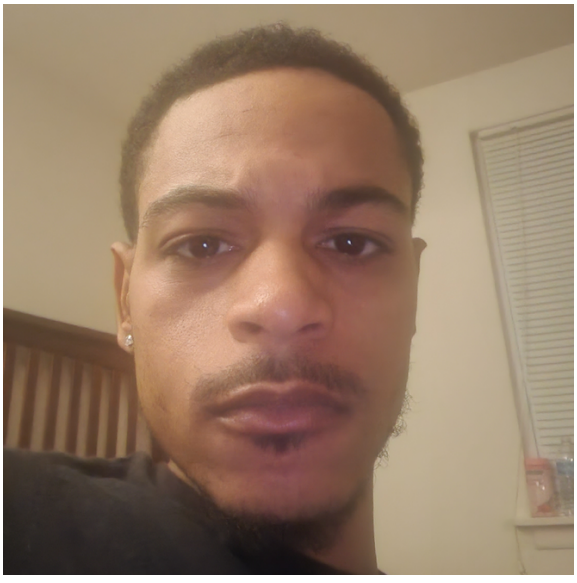
Mr. Carida is one of new Somerville High School Special Education teachers. Before working at SHS he used to work as a long term substitute at Gill St. Bernard's School at which he still coaches baseball. During his time in college, he not only played baseball, but also wrestled. The most interesting place he has ever traveled to is Yellowstone, Montana, as he enjoys being in nature. His future plan is to travel to Italy, where his Dad's side is from. Mr. Carida likes to listen to country music. He especially likes Zach Bryan, and has seen him in concert.

New Teachers Continued

Naadir Betts, Instructional Assistant

By: Nicola Sodbinow

Mr. Betts now joins the SHS faculty after coaching the track and field team for three years. The relationships he developed with student athletes brought a passion out of him like no other. This is ultimately what swayed his decision to get into helping our youth. This is his first year teaching, and he is actually a Somerville High School alumni, as he graduated from SHS in 2009. In addition to coaching in the spring, he would like to get involved with other sports or advise a club. One fun fact about Mr. Betts is that he used to competitively play the violin in middle school. In the future, he hopes to be able to travel to Europe. Mr. Betts is excited to be back in Somerville, as a lot of his best memories are from when he lived here.





Meghan Macaluso, World Language

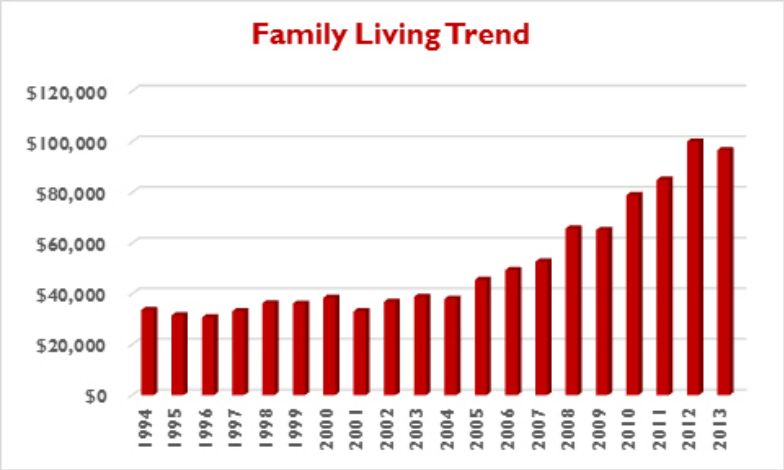
By: Mia Gradewald

Can you imagine studying abroad in Spain for four months? Ms. Macaluso did! Now, she is joining us in Somerville High School's World Language Department. She is looking forward to involving herself in the Ville's community by coaching girl's soccer and track and field. Ms. Macaluso went to Costa Rica this summer, and in the future she wants to go skiing in Switzerland. If you happen to see her around the building, ask her to tell you about her cousin, Steve Carell.

Increased Living Costs in NJ

By: Emily Smith

Inflation. A word we are all far too familiar with nowadays. NJ is one of the most expensive states to live in, ranking fifteenth on the national chart for highest state living cost and third for the overall most expensive state to live in. While we are not the most costly state to inhabit we are certainly up there on the list. Many people speculate that New Jersey's inflation rate and cost of living are so high due to its proximity to the city, specifically New York City. This proximity causes an increase in population density from the overflow of people wanting to be in or around the city. The New Jersey Spotlight News is estimating a population density of 1,259 people per square mile. This enlargement of the population has not only affected everyday living costs but also occupations and property prices. This sudden growth in population density has been joined by a slowed growth in employment opportunities. As if that wasn't enough, real estate prices have gone through the roof.



According to the Retail Price Index, inflation is estimated to stay at a 10.8% rate for the rest of this year. Some of you may be wondering why inflation is such an awful thing. The International Monetary Fund says " In an inflationary environment, unevenly rising prices inevitably reduce the purchasing power of some consumers, and this erosion of real income is the single biggest cost of inflation. Inflation can also distort purchasing power over time for recipients and payers of fixed interest rates." In other words, inflation causes more inflation, and the cycle just continues. Take a minute to prioritize your purchases and realize what is truly worth the money.

United Nations: Sustainable Development Goals Summit NYC 2023 and Brief History

By: Ronan Tubridy

In September, the United Nations Headquarters in New York hosted the 2023 SDG Summit– a "High-level Political Forum on Sustainable Development" which was convened by the President of the General Council Dennis Francis of Trinidad and Tobago. This sensitive meeting involved high levels of security from the US Coast Guard, the NYPD, and multiple state, local, and federal agencies. The SDG program's initiatives stretch back to the Rio de Janeiro Earth Summit in 1992, and has become a more internationally recognized effort through the UN. Currently involved in the mission are "leaders from government, international organizations, private sector," and more. The week's meeting focused on multiple interconnected issues that face the world going into 2030, and culminated months of work stretching back to June of 2022. Of the seventeen main issues discussed include poverty, hunger, education, clean water, clean energy, and more to create generally peaceful societies.



These largely bipartisan issues offer hope and optimism for meaningful work in the near future, but come at an ironic time when conflicts in Ukraine, Israel, and other brewing tensions draw concerns from around the Globe. These crises, interestingly enough, are complexities of the issues that the seventeen SDG goals address. The United Nations was formed in 1945 in an effort to maintain peace around the world following the conclusion of the second World War, succeeding the controversial and ineffective League of Nations that formed after the First World War. The Five permanent members are the United States, China, France, Russia, and the United Kingdom, and there are currently 193 countries total involved with the United Nations. The Headquarters building is in New York City. There are regular meetings of all the members, however the organization can meet in cases of emergencies, such as wars or international crises. The next UN meeting in New York will be between the different committees in October through November.

Tigst Assefa Tessema Destroys the Women's Marathon World Record

By: Sophia Tubidy



Twenty-six year old female Tigst Assefa from Ethiopia is nothing short of extraordinary; running a 2:11:53 hour marathon (26.2 miles) at the Berlin Marathon. Utilizing her colleague and pacemaker Azmera Gebru, Asseffa ran an average of 5:02 per mile to the end, enabling her to break the previous record of 2:14:04 by more than two minutes! Assefa had been an 800 meter olympic track runner and only started running marathons about two years ago, which makes her impressive times that much more incredible. Within the first few miles of the race, Asseffa was with eleven other women on world record pace, all within fifteen seconds of each other. Eventually, Asseffa and Edesa managed to form a bit of a gap from the other runners. At 1:06:20, Assefa was at the halfway point and all alone. Assefa shared part of her victory with the next seven women, all of who finished in under two hours and twenty minutes, making this race the fastest women's marathon in history. The Berlin Marathon itself is one of the six major world marathon races along with Boston, New York, Tokyo, Chicago, and London.What makes the Berlin marathon so attractive is that it's usually cool weather, and a flat course. The biggest “hill” in the course is between the sixteenth and twentieth miles and less than thirty feet in elevation. Assefa made history at this famous course and said, "I didn't expect to run this fast, that is to say to break 2:12, but it is the result of hard work" (BMW Berlin Marathon). Whether Assefa is chosen for the Olympic marathon is up to the National Committee, but she is currently a crowd favorite.

Coco's Grandslam at the US Open

By: Annalena Bohach

Nineteen-year-old Coco Gauff beat tennis world number one Aryna Sabalenka to win her first Grand Slam title at the US Open this September. She is the first US woman to win the title since Serena Williams in 2016. Her road to the final was not an easy one by any chance. First round, she had to beat Laura Singman, a high-ranked doubles player who ended up making it to the women's doubles final. Coco lost the first set but was able to get in the grove to win 3-6 6-2 6-4. Her second-round match against up-and-coming Russian 16-year-old Mirria Andreeva flew by with an easy win of 6-3 6-2. Next up, she beat the 32nd in the world, Elise Mertens. Losing the first set, but then coming back and finishing with a bagel (when you beat the person 6-0). Now she is onto the round of 16, beating former world number 1. Caroline Wozniacki 6-3 3-6 6-1. She then beat the world's 19th seed, Jelena Ostapenko who had just defeated world number 1 Iga Swientek allowing Aryna Sabalenka to take her spot. Jelena was off her game, losing to Coco 6-0 6-2. Coco got into the semi-final with two people standing in her way of holding up the trophy.





She was up against 2023 Roland-Garros finalist, Karoline Muchvoa and served and volley play with a spectacular net game. Halfway through the first set, the game was interrupted by climate protesters gluing their feet to the concrete stands to make themselves seen. Even with this slight interruption, Coco was able to play her way into the final and beat Karoline 6-4 7-5. She was then in her second grand slam final in her home country. Now she was up against the new world number one, Aryna Sablenka in the women's final. The best will end up holding up one of the most prestigious trophies. After a nail-biting 3 setter. Coco stepped up to take the win and the stadium erupted with cheers as Coco collapsed to the ground with relief.

2023 Holiday Gaming Gift Guide

By: Liam Confer

The 2023 Holiday season is coming up soon, and with it, new video games will be coming out from a variety of publishers, featuring many different genres and themes. Here's a comprehensive list of games to look out for as the holiday season approaches, for you, or as a gift to a friend or family member!

Super Mario Bros. Wonder
Publisher: Nintendo
Platform: Nintendo Switch
Genre: Platformer

After a long wait, the admittedly repetitive "New Super Mario Bros." series has come to an end, and 2D Mario games have approached fresh ideas and gameplay. "Super Mario Bros. Wonder" provides a return to the gameplay ideas presented in many of the "retro" Mario games, with apparently challenging difficulty and unique, creative stage gimmicks where Nintendo designers' creativity, often the company's best aspect, can really be shown. At the time of this article being published, the game will likely be released, and it features many playable characters (The most in a mainline 2D Mario game so far) and an interesting badge system, allowing players to equip badges to make the game easier, harder, or more interesting.

Sonic Superstars
Publisher: Sega
Platform: PC, Nintendo Switch, PS5, PS4, Xbox Series X, Xbox One
Genre: Platformer

Interestingly enough, Sega is releasing a new Sonic the Hedgehog game in the same week, with very similar, yet independent ideas: A stylized, bright 3D art style for a 2D platformer that attempts to return to the beloved game-play of the older games. *Sonic Superstars*, specifically, has a large emphasis on multiplayer - You can play with friends as one of four characters, and work together to progress through levels. You can also use the powers of the Chaos Emeralds to use unique abilities, a new take on these recurring artifacts. Having watched a playthrough, I won't spoil the story, but it often feels random. Story elements only really pick up during the second half of the game, and because of this, it feels rushed and like things happen for seemingly no reason. In addition, the music, which is normally stunning in a Sonic game - is very mixed, likely due to the usage of several different composers and sound fonts, causing some songs to have the usual level of quality and some to come off as extremely lackluster. Overall, it's a somewhat good game, and if you have a friend or relative who's interested in the classic Sonic games, this could make a nice gift.



2023 Holiday Gaming Gift Guide

Spider-Man 2
Publisher: Insomniac Games
Platform: PS5
Genre: Action-Adventure

The *Spider-Man* franchise is beloved by many for its depiction of teenage life while also being a superhero. Because of this, several video games have been published to try to capture the excitement of the scenes of *Spider-Man* swinging through the streets of Manhattan. The latest release from Insomniac Games once again adapts this franchise, and with its stunning visuals, open world, and 2 playable characters - The classic Peter Parker and the more recently popular Miles Morales - It's easy to see why people are in a buzz about this release. This game presents itself in a very convincingly cinematic way, and you can tell it's trying to tell a compelling story. Hopefully, this game will be able to show off the advantages of processing power and graphics when really used to its full potential.

Starfield
Publisher: Bethesda
Platform: Xbox Series X, Xbox Series S, PC
Genre: Action RPG

Starfield is a game that is, unfortunately, not about the Monday-hating cat going on an odyssey throughout the cosmos.



However, what it is about is creating your own custom character and exploring a vast universe. This is one of the most ambitious open world games as of late, with more than 1,000 planets. Granted, a lot of the universe is vast and empty, but it wouldn't be space without it. One of the big selling points of the game is ship customization - People have created ships that are just a really long ladder or pixel art of other game characters. In a way, this game tries to have it all - A huge map to explore, complete customization of nearly everything, both RPG and Survival mechanics, it's a game that's meant to keep you busy for a long time.

Overall, it's been a great year for video games, with lots of publishers releasing many of high-quality or really fun games. So, if you're looking for a gift for yourself, a family member, or a friend, maybe consider one of these games!



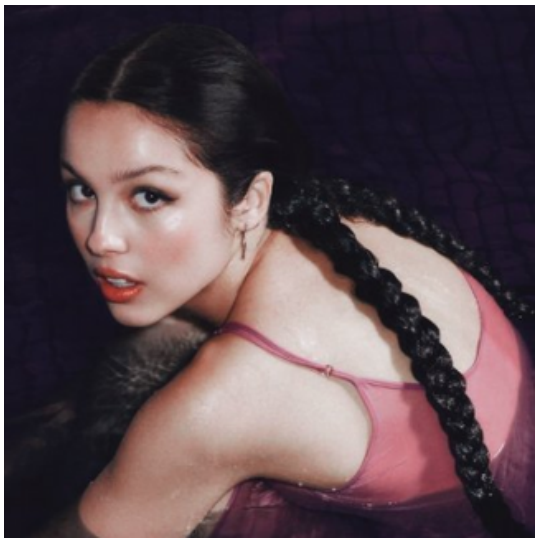
Olivia Rodrigo *Guts* Review

By: Ellie Beaugris

Olivia Rodrigo's highly anticipated sophomore album, *GUTS,* was released on September 8th, 2023. The album's roll-out began with the release of the thrilling piano ballad, "Vampire," on June 30th, which garnered over 36 million streams in one week, and became Rodrigo's third ever song to debut at No. 1 on the Billboard Hot 100. The pop sensation wasted no time dropping the album's second single, "Bad Idea Right?" on August 10th. This song, which leans more on the pop-punk side, was another instant hit. The song's refreshingly satirical hook is a huge contrast from the melancholy lines of "Vampire." With less than a month left before the album's release, these two vastly different songs left fans eager to know which sound *GUTS* would lean into.

The answer is definitely a mix of both. GUTS starts out soft with the ominous lyrics, "I am light as a feather, I'm as stiff as a board." Olivia's sweet vocals lull the audience into the song before its calm is immediately upended by shocking four letter words and loud guitars. Olivia shouts, "Forgive and I forget, I know my age and I act like it!" in the thrilling rock song, "All-American..." With lyrics that allude to the societal standards placed on teenage girls today, this opener perfectly sums up what *GUTS* is about. Still, some unexpected themes did emerge on this album, especially in track 4, where Olivia writes about her obsession with a girl named Lacy. A fan favorite on the album, "Lacy" is like a haunting lullaby.

Rodrigo sings quietly over an acoustic guitar, almost whispering, "Lacy, oh, Lacy, skin like puff pastry. Aren't you the sweetest thing on this side of Hell?" "Lacy" shows Olivia battling her indecisive mind, both worshiping and loathing Lacy at the same time. The ambiguity of "Lacy" is what makes it so enthralling. It seems like there's something new to uncover with every listen.



Rodrigo chooses to end *GUTS* on a soft note with the ballad, "Teenage Dream," which takes a deep dive into Olivia's feelings on becoming an adult. In the album's final crescendo lines, Rodrigo ends *GUTS* with one last question, "They all say that it gets better... but what if I don't?"

In the highly introspective album, *GUTS*, Rodrigo dives into issues regarding beauty standards, relationships, and social anxiety, perfectly describing what it's like to be a teenager in today's society. Sticking to these timeless themes is what makes Olivia's music so appealing, and why many consider her the voice of a generation. Though some feared that this album would be a "sophomore slump," it's safe to say that *GUTS* will most definitely stand the test of time.

Simple Changes Can Lead to Big Differences in Health and Happiness

By: Sophia Pftizner

As we embark in a new school year, there is great news that can set you on a path to improved health and happiness. And the best part is that these changes are absolutely simple, manageable, and due-able efforts we can all make in our everyday lives.

Here are some great examples:

1. Begin your day minus the screen time

Perhaps you are in the habit of rolling over and reaching for your phone the moment your brain enters into consciousness. However, you are far more likely to embrace the day on a positive note by pausing or even just for a short while to meditate, write in a journal, or reflect on some positive affirmations for the new day awaiting before you.





2. Begin a journaling habit

Journaling is one of the most enriching, healthiest, and easiest habits to add to your day at any time that works for you. Journaling can be the perfect stress reducer, as it requires you to stop what you're doing and focus on the moment you are having. You can use a journal as an outlet to accept all that may feel overwhelming that day. The act of writing down is an incredible release of stress for your mind and can be a truly transformative process. In addition, implementing a mindful practice can have a profound effect on your spirits and elevate your mood. Journaling brings you to the current moment to a state of awareness. By journaling your thoughts each day, you will be moved into a state of alertness to allow you to do and be your best self for whatever you are striving for.

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4. Surround yourself with supportive people

Your truest friends are your cheerleaders, the ones who want to see you succeed. Make it a choice to surround yourself with people who encourage you, walk with you, as you strive to do your best. These are the people who will bring out the best in you.

3. Create a vision board

A vision board is an awesome way to lay out your goals and observe them as they come to life. The possibilities are limitless. You can create a board of short term goals, long term goals, or even a combination of each. You can opt to go digital using software such as canva or you can get creative using tangible materials, such as a cork board, multicolored construction paper, or poster board. Have fun with this transformative process while you identify photos, quotes, and phrases that represent you and where you like to take your life. Build a collage that represents you! Place your board in a prime spot, and each day you'll have an inspired reminder of all your goals.



Caramel Apple Cider Cookies

By: Stephaine Simmons
Adapted by Natalie Perlman



Prep time: 45 minutes
Cook time: 42 minutes
Dough chill time: 2 hours
Servings: 18 cookies
Calories: 314kcal

Reduced Apple Cider:
5 cups apple cider

Salted Caramel Sauce
1 cup granulated sugar
6 tbsp salted butter - cubed
½ cup and 1 tbsp heavy cream
Pinch of flaky sea salt
3 tbsp reduced apple cider

Cookie Dough
15 tbsp salted butter softened to room temp
¾ cup granulated sugar
¾ cup packed brown sugar
1 tsp vanilla extract
2 large eggs
¼ cup reduced and cooled apple cider
3 cups and 3 tbsp all purpose flour
1 tsp baking soda
¼ tsp salt
1 ¼ tsp cinnamon
¼ tsp nutmeg
⅛ tsp cloves
¼ tsp allspice

Apple Pie Spice Sugar Coating
½ cup granulated sugar
2 ¾ tsp cinnamon
¼ tsp nutmeg
⅛ tsp allspice
⅛ tsp ground cloves

Apple Cider Butter Coating
3 tbsp reduced apple cider
3 tbsp apple butter (can just use unsalted butter, apple butter is not necessary but adds more flavor)

Directions

1.Your first step is to prep your reduced apple cider. To make this, heat 5 cups apple cider in a small saucepan over medium high heat, stirring occasionally. Continue this for 35-42 minutes until the reduced apple cider reduces to about ½ cup and 2 tbsp. Once finished, place in the fridge until it reaches room temperature.

2. For the salted caramel sauce, heat 1 cup granulated sugar in a medium saucepan over medium high heat. Stir and cook the sugar until it breaks down into a brown liquid, all the sugar crystals must be melted. After the sugar has melted add in 6 tbsp of salted cubed butter and whisk constantly, turning the heat down slightly.

Caramel Apple Cider Cookies

Once fully incorporated, take the saucepan off the heat and whisk in ½ cup and 1 tbsp heavy cream. Expect the caramel to bubble up as you whisk it. Once incorporated, whisk in 3 tbsp reduced apple cider. Place the saucepan back on heat for a minute or so, whisking constantly until it thickens to your desired thickness. Add a pinch of sea salt and let it cool for 10-15 minutes.

3. Finally the cookie dough! (If you do not have an electric or stand mixer, you can simply stir by hand) In a large mixing bowl, cream the softened 15 tbsp salted butter with an electric mixer on medium speed. Once sufficiently creamed add the ¾ cup granulated sugar and ¾ cup packed brown sugar and mix into the butter for about one minute. Then, add in 1 tsp vanilla extract, 2 large eggs, and ¼ cup reduced apple cider. Mix until just combined. In a separate bowl, mix together your dry ingredients - 3 cups and 3 tbsp all-purpose flour, 1 tsp baking soda, ¼ tsp salt, 1 ¼ tsp cinnamon, ¼ tsp nutmeg, ⅛ tsp cloves, and ¼ tsp allspice. Then, mix in your dry ingredients into the large bowl with the wet ingredients. Mix until a dough forms, and chill the dough in the fridge for 30 minutes before scooping into balls.

4. After the 30-minute chill period, take your dough out of the fridge and scoop the dough into balls of about 3-4 tbsp. Once done, place your dough balls in an airtight container and chill for 4 hours.

(If you don't want to wait that long, you can pop them in the freezer for an hour instead.)

5. At last, the baking! Preheat your oven to 350 degrees while lining your cookie sheets. You should ideally use parchment paper, but some cooking spray-greased tinfoil works as well. Once finished prepping, take a small bowl and add your final spices into it and mix; ½ cup granulated sugar, 2 ¾ tsp's cinnamon, ¼ tsp nutmeg, ⅛ tsp allspice, and ⅛ tsp ground cloves. Dip each cookie ball in the coating generously. Place the cookies on the cookie sheets and bake in the oven for about 11-13 minutes.

6. While the cookies are baking begin to make the apple cider butter coating. In a small bowl mix together 3 tbsp apple butter (you can use normal unsalted butter for this) and 3 tbsp reduced apple cider. Once the cookies are done and slightly cooled, spread the butter mixture onto each cookie and dip in the leftover spice coating. Drizzle the cookies with the apple cider caramel and you're done! You can store these cookies in an airtight container for nearly a week.

Enjoy!

Apple Pie with the Best Filling

By: Natasha Kravchuk
Adapted by Natalie Perlman



Prep time: 30 minutes
Cook time: 1 hour
Pie Crust time: 30 minutes
Servings: 8 people
Calories: 379.61kcal

Butter Pie Crust Dough
2 ½ cups all purpose flour, plus a tad more for dusting
½ tbsp granulated sugar
½ tsp sea salt
½ lb cold unsalted butter diced into ¼ inch pieces
7 tbsp ice water (7-8)

Apples
2 ¼ lbs Granny Smith (I find that Honeycrisp works the best) apples peeled & cored. About 6 to 7 apples thinly sliced.
1 ½ tsp cinnamon

Filling
8 tbsp unsalted butter
3 tbsp all purpose flour
¼ cup water
1 cup granulated sugar
1 egg, 1 tbsp water for egg wash

Directions

1. First, you have to make your pie crust. Place your 2 ½ cups all-purpose flour, ½ tbsp sugar, and ½ tsp sea salt into a food processor and pulse a couple of times to combine the ingredients. (You can halve the dough recipe in two if all the ingredients do not fit in your food processor, just make the dough twice with the halved ingredients.)

2. Once combined, add ½ lb cold unsalted butter diced into ¼ inch pieces. Pulse until coarse, pea-sized crumbs start to form. Overall, your mixture should be powdery and dry.

3. Next, add 7 tbsp ice water to the mixture. Pulse until a dough begins to form. Your dough is done when you can pinch a piece of it between your fingers and the dough sticks together.

4. Then, take the dough out of the food processor and roll it into a ball. Do not knead the dough, as the dough should not be smooth. Cut your dough into two disks and wrap in plastic wrap. Let the dough rest in the fridge for about an hour before using it.

Apple Pie with the Best Filling

5. While your dough is resting, you can begin the peel, core, and cut 2 ¼ lbs Granny Smith apples. Wash the apples before peeling the skin, coring the apples and thinly slicing them (or to your desired thickness). Transfer the sliced apples to a large bowl and sprinkle with 1 ½ tsp cinnamon. Toss the apples around to spread the cinnamon about.

6.The best part about this recipe is the amazing sauce that goes over your apples. I recommend you measure out all your ingredients first since you have to move fast with this. First, melt 8 tbsp of butter in a medium saucepan over medium heat. Whisk in 3 tbsp flour for 1 minute, continuously whisking. This will thicken up the sauce. Whisk in ¼ cup of water, 1 cup sugar and raise the heat to bring to a boil. Once at a boil, reduce the heat to a simmer and continuously whisk for 3 minutes. Let the mixture cool slightly (to the point where you won't burn yourself when touching it). If you're mixture is too thin, it will thicken as it cools. If your mixture is too thick, it will thin out when mixed into the apples.

7.Pour the sauce into your apple mixture and toss the apples to spread the sauce over all the apples.

8. Now you can spread out your dough. Sprinkle a tad bit of flour over your work surface and roll out your first disc of dough into a 12 inch circle. This will be your bottom half of the pie. Once satisfied with shape and thickness, transfer the dough to a 9 inch pie plate. Take a fork and stab the dough a couple times around the dough. This will help with ventilation for the dough and baking. At this point you can add the apple mixture, without it spilling over the edges of the dough.

9. Roll out your second disc of dough into an 11 inch disk and cut into 10 long strips. Arrange the strips of dough over the pie in a lattice pattern. Once done, beat together one egg and 1 tbsp water in a small glass or bowl. Brush the lattice with the egg mixture, this will make it nice and golden once baked. You might want to put the pie on a baking sheet to catch any filling bubbling out of the pie.

10.Bake the pie in the oven at 425 degrees for 15 minutes. Once the 15 minutes are up, lower heat to 350 degrees and bake for 45 minutes, or once golden brown and the filling is bubbling through the lattice. Rest your pie for an hour after baking before serving.

Enjoy!

Fall Fashion Guide

Fall Edition

FALL INTO FASHION

By: Casey Barna

Struggling to choose an outfit for school with the upcoming chilly weather? Then this article is for you! Below is information regarding the latest fall fashion trends for both boys and girls. By reading this article, you will learn how to style popular clothing and channel your inner fashionista this season!

2023 TRENDS: CLOTHING

GIRLS:

-Soft hoodies
-Puffer Vest
-Crewnecks
-Puffer vests
-Wide leg fleece sweatpants
-Leggings
-Baggy jeans



BOYS:

-Hoodies/crewnecks
-Quarter-zips
-Puffer vests/jackets
-Oversized T-shirts
-Sweatpants/joggers
-Flannel jacket
-Cargo pants





SHOES

GIRLS:

-Ugg slippers!
-Ugg mini boots
-Sneakers: Air maxes, Jordan 1's





BOYS:

-UGG tasman slippers
-Hey Dudes
-Air Jordans
-Converse





ACCESSORIES

GIRLS:

-Baseball caps
-Claw clips
-Hoop earrings
-Gold necklaces





BOYS:

-Baseball caps
-Beanie hats
-Gold chains



Girls Fall Outfit: How to Style?

When in doubt, always start an outfit with a comfy pair of pants. Ensure to match the pants with a cozy top, such as an oversized hoodie or crewneck. Top the outfit off with a stylish shoe. The most popular shoes are UGG slippers and boots. If you don't want to spend much time on your hair, throw it up in a clip!

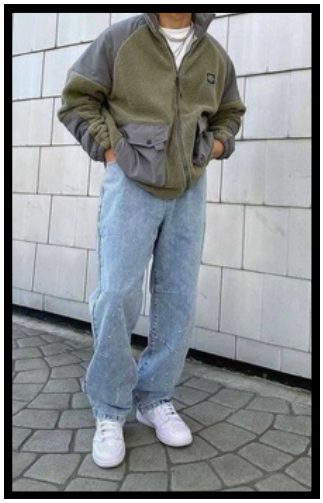




Styling a Boy's Fall Outfit:

The most popular way to style an outfit for boys during the fall season is to layer your clothing. Start with an oversized plain tee, and add from there. Throw on a crewneck or hoodie and top it off with a flannel. Accessories are always great to add to an outfit, such as a gold chain and hat.





No matter your taste or style, there are plenty of options for you to create the perfect fall outfit!

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"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

-Oprah Winfrey







