



TURKEY DAY TIMES

While many believe the Wednesday before Thanksgiving is the busiest travel day, data shows more people travel a short distance on Thanksgiving Day itself. Thanksgiving Day is, annual national holiday in the United States and Canada celebrates the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another.

Thanksgiving traditions center on gathering with family and friends to express gratitude, share a large meal and give thanks. Other common practices include watching the Macy's Thanksgiving Day Parade, playing or watching football, participating in charitable acts, and preparing for Black Friday shopping. Black Friday has a rich origin and did not start the day after the first Thanksgiving. Instead, it started on September 24, 1869. The history of the parade isn't the only thing that happens around Thanksgiving. The first time Black Friday wasn't right after the first Thanksgiving, instead it was rather September 24, 1859. We have these key moments in the retail calendar, but the mid-20th century was also home to a major development in American sports. It was on January 15, 1967, that the very first Super Bowl took place.

In total, at least 13 countries have their own versions of Thanksgiving or similar harvest festivals, including Canada, Liberia, Germany, Japan, Grenada, Brazil, Korea, China, Ghana, India (South), Barbados, Malaysia, and more. Each country has its unique way of giving thanks, often tied to harvest times or historical events. While Europe as a whole does not celebrate Thanksgiving like the U.S., countries like Germany have their own harvest thanksgiving festivals, such as Erntedankfest. Thanksgiving-like traditions exist globally, often as harvest festivals celebrating gratitude, with different countries having unique names and customs. Examples include Canada's Thanksgiving in October, Korea's Chuseok harvest festival, Japan's Labor Thanksgiving Day focused on workers, and China's Mid-Autumn Festival with mooncakes. Many of these celebrations involve family gatherings, feasting, and giving thanks for a good harvest or for hard work.

In the same way, many people eat Turkey as a main course as well as some people also eat ham. As a side dish, some people have stuffing/dressing, mashed potatoes, sweet potato casserole, cranberry sauce, gravy, green bean casserole, roasted brussels sprouts, roasted carrots, corn dishes, mac and cheese, squash, dinner rolls, cornbread, biscuits, and deviled eggs. Emmitt Braun said his favorite Thanksgiving tradition is, "eating Thanksgiving-themed food."

By Kalyn Coady



BUILDING FUTURES: HIGH SCHOOL CONSTRUCTION CLASS

By Jasmine Lang

Mr.Unger is the Construction Skills class teacher. Altogether, for both class periods, he has three students: Kalen McCorkle, Tyce Hammerlun, and Sam Hoyt. These students are working on a house a few miles outside of McCook. This is a very big job, and this house is most likely going to take "5 years," according to Kalen & Mr. Unger. Last time the newspaper team talked to them, they had been working on this house for about 2 months, and the pictures were taken at the beginning of October. (PS. The Newspaper team has not gotten the opportunity to ask the other students their opinion on the topic of this house/class. This house is a very big project, and it is very important that it gets done efficiently. Since the class only has three students, it is going to take longer to get done.

When Jenna Degnan and I asked what Kalen's favorite part of the construction class was, he replied, "Great hands-on skills you will learn for when you are older, and it will save you money." Mr. Unger and Kalen said that if you would like to join the class, be "willing to work." If you would be interested in joining the class and seeing what the guys are most interested in, "seeing the before and after," I am also very excited to see the results. The most complicated task of this project is, according to Kalen, "designing and planning." The house is coming along great and is a "nice, updated house," according to Kalen. The house is also not property of McCook public schools, so when they are done with the renovation, they are going to "give the house back to the land owner," according to Mr. Unger.

If you are interested in taking the Construction class with Mr.Unger, he would love to have you join! Just be "willing to work." Construction is a great skill to have. It can help with "finding a job in your future, skill enhancement, creativity, and more!" (careervillage.org). Construction is a very good skill to have if you are planning on working in skilled trades. Mr. Unger is a first year teacher and it is very important that it is recognized what he is doing for the school by teaching this class. The school did not have this class for a while due to not having a teacher to teach the class.

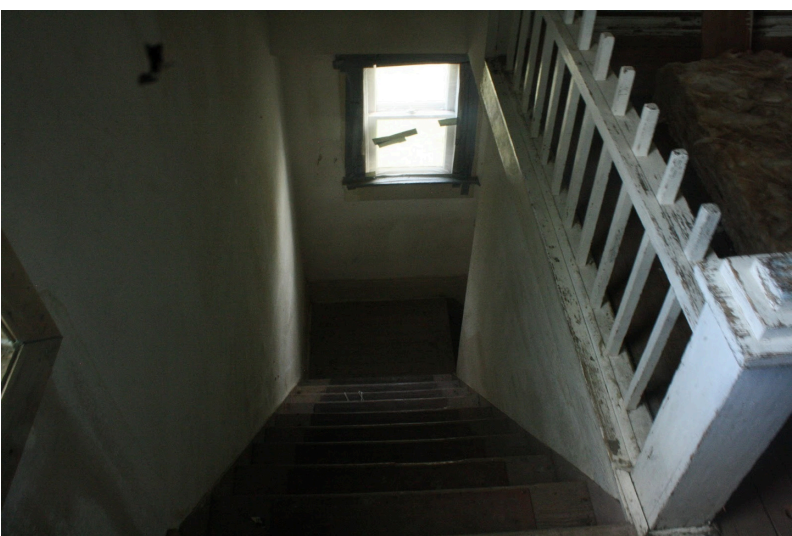


Photos by: Jasmine L.

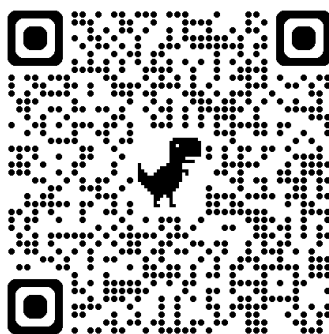
The kitchen: Before



Fireplace : Before



Stairs to the attic: Before



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THE EFFECTS CAFFEINE ON EVERYONE!

By Jenna Degnan

You may be thinking that withdrawal only associates with drugs and alcohol, but it's more than that. Caffeine withdrawal has both physical and psychological symptoms. Caffeine is number four in the rankings of the most addictive things in the world, according to the Orlando treatment solution. This can occur after cutting down on caffeine and/or completely stopping drinking it abruptly. Some symptoms include, but may not be limited to, “anxiety, irritability, depression, joint and muscle aches, nausea, constipation, fatigue, trouble focusing and paying attention, and sweating”, as stated by the University of Maryland Medical System. In my personal experience, caffeine withdrawal will start around 1:00 P.M. on Mondays and at 2:00 P.M. Thursdays. This will usually start with a small headache, then slowly proceed to become a major headache then, growing an attitude and getting irritable. Finally, I will look and feel like I am sick. The fastest way I have learned to make myself feel better is drinking a Dr. Pepper.

In the United States alone the average amount of caffeine intake for a 12-17 year old is 30,368 milligrams per YEAR. Does that shock you? Maybe not because we have normalized drinking caffeine a lot. While this can help you in a few ways it can lead to one thing we all hate, Caffeine withdrawal. From the form I sent out, if I paraphrased what someone said is that the freshman and sophomore classes have the most caffeine intakes in the school.

When I cut off the form for this article, 50 percent of the school has experienced Caffeine withdrawal. Many people in the world have been affected by this and I feel like as a whole we should try to cut down on caffeine intake, but I know that even for me. That's not happening.

CHECK OUT MORE ON THE STAMPEDE WEBSITE!



WHY “NO WAY” TO LOOK BOTH WAYS?

By Carlee Doherty



“It scares me.” Says Officer McGinley when I asked “How does it make you feel, as a police officer, that around 50% of students forget to look both ways before crossing, and 84% say that accidents are caused by phones?” McGinley said “It scares me, the first part scares me. The second part, I see the good side of that.. Okay then fix it.... The fact that kids believe it’s the problem, challenge yourself to fix it.” You want to hear a not-so-fun fact? Around 53% of the students surveyed have admitted to crossing the street recklessly, and 11% say they do that on a daily basis! You want to hear something else? 47% of students believe a difference in kids’ moods are affecting road accidents! Lastly, a whopping 84% say that kids are more distracted by devices around traffic.

However, when I interviewed Mr. McGinley, he said that there hadn’t been a spike in car crashes here in McCook. While kids are still walking around unsafely, fortunately, they haven’t been injured or killed. Although, it’s not good that 56% of surveyed students say that they see kids walking into the street all willy-nilly on a daily basis. Why don’t kids care to cross safely anymore? I thought it was depression rates, but 38% of the students say with positivity that it isn’t. So, maybe it’s that parent’s don’t teach their kids about it anymore, but McGinley said “I think the majority of parents do a good job of educating their kids about it, it’s down to human nature, we never think it’s gonna be us or it’s gonna be in mccoook. Kids don’t have that scare factor or experience. Overall, parents do a good job.”

Now, after the survey, I agree with the students that it’s distractions; looking at their phone, not listening or paying attention, and plain carelessness. People just don’t think about it because cars aren’t supposed to hit you. However, most people forget that cars don’t always stop in time. McGinley talked about how it takes a lot of cars to take an extra 11 feet before coming to a full stop. He said that 11 feet could be the difference between a kid living, and a kid dying. He also mentioned that it’s hard to see in the morning and he’s had to hit the brakes because a kid darted out between vehicles.

When we’re crossing the street, we need to think in the mind of the driver. Will they be able to see me? Will they be able to stop in time?

When we cross we need to put the phone down. Or put the book down. As McGinley mentioned that he’s seen a kid reading a book while crossing the street.. I know things around you are interesting but please make sure there aren’t any cars coming. You might think it can’t happen to you or it doesn’t happen in McCook, but it does. We all have to make sure we’re careful or we could make the next headline. It might not seem that important, if you think so, do your own research. Make sure you stay informed and stay safe!

Extra... Coming Soon...



Opinion:
Why
SHOULD
you paly
Clash
Royale?!

Want to read more? Visit the McCook Public Schools website and check out the Stampede!

