PITCHFORK

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BLUE DEVILS Reap Bountiful Harvest in Fall Sports: 'Ace of SPAID' at States

Corbin Lehner and Hunter Spaid make historic trip to Hershey representing CSHS at Pennsylvania State Cross Country Championships. Photos by Cathy Shader

Playoffs Revisited...

Laura Bidwel

Cross Country- The boys cross country team placed 3rd at the district meet, and had two boys move onto states. Hunter Spaid placed 3rd and Corbin Lehner placed 13th overall at the districts race. At the state meet in Hershey, Hunter ran an impressive 27th place, and Corbin came in 100th out of 259 runners total. Senior Corbin Lehner then looked back on his season. "This season was great. With Mr. McClellan as our new assistant coach we were able to get in our best shape possible."

Girls Volleyball- Emily Boylan, who plays libero for the team, talked about both of the team's games. "In the first round of the playoffs, we face Rocky Grove. We all clicked at the same time to get the win." The girls won in four sets with scores of (25-22), (21-25), (25-20), and (25-17). They then faced Cochranton in the semifinals. "Our last playoff game didn't go as well as we hoped. We lost in three sets, but hopefully, next year we can get them."

Mercyhurst Bound

Hailee Rodgers and Laura Bidwell

Softball senior, 3B/Catcher, Aly Acosta-Reyes signed her letter of intent with Mercyhurst University to continue her softball career. Aly plans to major in Sports and Business Management. During her past high school season she played third base, and was a crucial part in the lineup and on the bases. Aly hit three home-runs in the 2021 high school season. She brings speed on the bases, and is a great team player. After talking to Aly she had this to say about signing, "I was very nervous and excited to sign.

Football- The football team played Reynolds in their first round. But, they sadly lost after fighting a hard game. Senior Hunter Haregsin talked about the team a bit. "Reynolds was by far the best game of our season, but the score doesn't reflect how good of a game it was. We had a good season, but we were a little unlucky with COVID and injuries. It was a good season overall."

Girls Soccer- Girls soccer played Eisenhower in the quarterfinals. One of the captains, Makenzie Yanc, spoke about the game. "We came out a little slow, but as the game went on, we gave up two goals because of misplaced balls but also had chances to score. The refs weren't too good, but we ended up with a penalty kick." The girls fought hard but ultimately fell to Eisenhower with a score of 2-1 in the first round of the playoffs.

I knew I would be making a big decision towards my future. Everything from early morning practices, playing travel ball, working hard, going to camps and clinics, and changing positions in the middle of the season, it's all been worth it!" Coach Mumford had some positive words about Aly as well. "The Cambridge Springs softball program is so proud of Aly. Her hard work and determination has paid off and we cannot wait for softball season!" Go Devils and well, Go Lakers!







Photos courtesy of M. Dragosavac

Aly is headed to Mercyhurst!

Thanksgiving's un-Thinkable Traditions

Madora Melnick

Now that we are in November, Thanksgiving is just around the corner! This is a holiday where we gather with family and think about all the things we are thankful to have in our lives, even if its as simple as having a family and a roof over our heads. Thanksgiving originated in America from the Native Americans and pilgrims as we all know from history class, and there's all the normal traditions like cooking a turkey, having pumpkin pie, and breaking the wishbone. But how about some unusual ones?

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A weird Thanksgiving tradition that happens every year is when the president of the USA selects a farm to present some turkeys to him, and the president there chooses which turkey he feels deserves to be pardoned and not eaten on Thanksgiving. Another odd tradition is to have a turducken instead of a regular turkey on Thanksgiving, which is when you take a deboned chicken and stuff it into a deboned duck, which is then stuffed into a deboned turkey. But how about weird traditions that your family can actually participate in?



To Read More: See Thanksgiving's un-Thinkable Traditions, pg.3

Also in this Edition:

-Fall Formal

-When should we decorate for Christmas?

-Hunting Season submissions and more!



Black Friday Bonanza

Does Black Friday have a DARK PAST?

Hailee Rodgers

I am sure you have heard the term "Black Friday Shopping" by now, but do you really know what it is or how it started? Have you ever even been Black Friday Shopping? Did you know that U.S. shoppers spent a record 34.36 billion dollars on retail websites over the five-day period from Thanksgiving to Cyber Monday, up from 28.49 billion for the same period in 2019?

How Black Friday Earned its Name

Most people know Black Friday as the day after Thanksgiving, when stores open early and offer a variety of sales. It was believed that the term Black Friday derived from the concept of businesses that operate at a financial loss or "in the red," until after Thanksgiving, when huge sales finally allow them to turn a profit and operate "in the black" - hence the term Black Friday. However, the true story of Black Friday is a little darker. The term, "Black Friday" was first used on September 24, 1869. Two investors, Jay Gould and Jim Fisk, were president and vice president of the Erie Railroad and had a reputation as two of Wall Street's most ruthless financial masterminds. On this September day, a month's-long plot to rig the gold market came to a head. Fisk and Gould had been driving up the price of gold for weeks by buying huge reserves of the precious metal. Then one day, President Ulysses Grant caught wind of the scam, and flooded the market with gold causing a colossal stock market crash. This day became known as "Black Friday" because the aftermath was felt in the US economy for years. The phrase "Black Friday" was later used in the 1950's or 1960's to coin the special day after Thanksgiving.

The Origins of Black Friday

Black Friday was thought to have originated in Philadelphia in the 1950's or 1960's. Police officers coined the term "Black Friday" because of the Army-Navy football game that was traditionally played on the Saturday after Thanksgiving. The game caused the city to flood with shoppers and tourists, which led the police who had to work the day after Thanksgiving to dread their job. On this day, they had to deal with traffic jams. overcrowding of sidewalks and retail stores, and a high increase in shoplifting. The sales personnel soon caught onto this term too, and began to dread Black Friday as well. The day brought a chaotic staff-to-shopper ratio, which caused many employees to call in sick that day. The term later caught on nationally in reference to a post-Thanksgiving, pre-Christmas shopping frenzy in the 1980's. Many retailers, however, made many efforts to convert the name of the day into something more positive such as "Big Friday" in hopes of a more favorable public opinion of the event. Yet despite countless efforts, this name change never caught on. However, eventually one positive connotation did stick, as we now more commonly refer to the shopping craze with the "red to black" narrative which signifies the surge in cash flow seen by retailers on this day.

Advice for Black Friday Shoppers

Going Black Friday Shopping for the first time can be stressful and a little overwhelming at first. Even if it isn't your first time, there's always a way to better your approach on this crazy day in November. After talking with Mrs. Frantz, a veteran Black Friday shopper, she had this advice to give; "Planning. You must have a plan and a budget. Start planning early and watch the early Black Friday websites (blackfriday.com, theblackfriday.com, etc.). These sites will post the 'leaked' ads early and you can begin planning weeks ahead of time. If you are physically going shopping on Black Friday, you must have a game plan. You need to rank your shopping in order of important purchases and then figure in store opening times. Sadly, I've not gone out and done much physical Black Friday shopping the last few years. I've done most of it online. However, I still try to get out at least once that day." Here are some other tips and tricks about Black Friday Shopping.

- 1. Take advantage of extended sales: Black Friday is now a month-long event, which means you can get amazing savings for a longer period of time.
- 2. Compare Prices: Use price-comparison websites such as pricegrabber.com to help you compare prices and find the best deal.
- 3. Ask for gift receipts: Gift receipts generally include the item you purchased without the price listed on it. This is a great thing to have especially when buying clothes or shoes for others that you aren't sure about their sizes.
- 4. Divide and Conquer: If you are going with another person, it may be a good idea to split up once you arrive at a store in order to maximize your chances of buying an item and save time.

<u>Is Black Friday DANGEROUS?</u>

Here in the United States we take our sales events very seriously, and none more so than Black Friday. Sometimes people take things a little too far in their journey to the ultimate holiday gift glory. However, in the state of Pennsylvania, we have one of the lowest risks of Black Friday violence across the country. Mrs. Frantz commented on this topic by saying, "You often see the stories on the media with fights and what not, I have never seen that. I have only encountered wonderful people. The busses would come in from Canada and the women would go out in groups. They would all wear coordinated "holiday" outfits with fun hats (so they can find each other). You stand in line for quite a while and have some wonderful conversations with perfect strangers. I've always loved the hustle and bustle. If you don't like crowds, don't go out! It is nuts. But if you're like me and you love crazy, go enjoy the crazy. I've made some great memories on Black Friday. It's my favorite holiday, besides Christmas."

Now that you have learned more about Black Friday, does this put you in the mood to shop 'til you drop? Or are you more of a Cyber Monday shopper?

How Well Do You KNOW Yourself?

Audrey Bullock

Think about your own concept of yourself...how much do you know about yourself, about your personality? What do you like and not like? What works for you in life, and what doesn't? Do you know much about vourself, or are vou more focused on knowing others? If you really take a few minutes to evaluate yourself, you may find more useful information about your character than you think. Or, you may have no idea what's going on with your own body and mind, and that can be pretty groundbreaking for some people. But did you know that there's actually a way for you to label your personality type?

MBTI stands for Myers-Briggs Type Indicator, and is a psychological test you can take that evaluates how you think, act, and how your thoughts affect your actions and actions affect your thoughts. That's a brain workout right there. There are 16 personality types you could be sorted into, and if you're into Harry Potter, you could compare these to the sorting hat! Which personality house will you be put into? The 16 types are acronyms for personality traits you are deemed to have. There is ESTJ, ENTJ, ESFJ, ENFJ, ISTJ, ISFJ, INTJ, INFJ, ESTP, ESFP, ENTP, ENFP, ISTP, INTP, and INFP. At the end of any of these is either a "-A" or "-T". What do all of

This "Pie" Isn't Infinite!

Jamie Corey

With Thanksgiving coming around the corner quicker than anticipated, it's time to start thinking about what we want to eat. The main course being turkey with mashed potatoes and stuffing (of course), but then there's also dessert we have to think of. This is where the chef can get creative with what they serve. The more traditional approach to Thanksgiving dinner is the pie. From apple pie to sweet potato pie, there are so many different options of pie. Like almost anything related to a holiday there are traditions, you could traditionally play a Thanksgiving football game or serve your traditional pie, but this year maybe you could change up your traditions.

Hershey, has announced that since Thanksgiving is coming up they will be releasing a Reese's cup peanut butter pie. The pie in question is pretty much the same as a normal Reese's cup, only bigger with a 9- inch diameter and weighing in at 3.25 pounds. The company will only be making 3,000 pies, encouraging people to buy fast before this limited-edition treat is gone for the season. If you are planning on grabbing one of these to bring on Thanksgiving go to Hershey's online store where their peanut butter pie is only \$44.99.

these letters mean, though?

The "I" or "E" in your personality type stands for "introvert" or "extrovert". Introverts tend to focus on the inside world, where extroverts focus on the outside world. The "S" or the "N" stands for "sensing" or "intuition". Sensing types focus more so on their five senses and physical reality. They are straightforward thinkers who rely on facts. Intuitive types are more concerned with abstract thinking, noticing deeper meaning to literal things, and patterns that aren't as obvious to sensing types are very obvious to intuitive types. They are often described as imaginative and idealists, and are a smaller percent of the population.

The "T" or "F" stands for "thinking" or "feeling". Have you ever been asked whether you "think with your head or your heart"? This is in some ways similar to S vs N. Thinkers analyze pros and cons, and they enjoy facts. They think logically when approaching a problem, but can be seen as too task-oriented and uncaring at times. Feelers are more people-oriented, expressing concern more for others than themselves sometimes. They can be seen as too idealistic and not focused enough on what is "reality" to thinkers.

"J" or "P" is based on how you see the world..."judging" or "perceiving". Yes, everybody judges and perceives, but which is prominent? Judgers seem to have an organized life, having decisions made and a goal in mind at all times. Perceivers tend to let things happen. They go with the flow, working in bursts of energy and are often sporadic. And finally, the "T" or "A" at the end of your type stands for turbulent or assertive...do you tend to face your problems head on with less worry, or

are you more of a worrywart and focus on how others perceive you?

Now that you know the acronyms, can you categorize yourself? If you don't know enough about yourself to come up with your personality type, try taking the test. If you search up "16 personality types test" on Google, the first link that pops up should be 16personalities.com, where you can take the Myers-Briggs Type Indicator test for free. The test takes about 10 minutes of your time depending on how slow or fast you answer the questions. After you take the test and get your results, you can read all about yourself! There are several categories you can read about based on your personality type...how you do romantically, socially, in the workforce, and more.

If you want to talk to a student about this, contact senior and former Pitchfork staff writer Gracie Thayer. Gracie was able to tell me my personality type (INFP) accurately just by talking to me and hanging out once or twice. If you've never heard of these, it's a more common theme than you think. Many jobs actually have training about the MBTI test. My dad works for the DEP, and a while ago, he had to sit through a training dedicated to learning about the different personalities. So yes, while personality types are something fun to learn about, they are also important in the real world. The more you focus on vourself, and take the time to learn about your character, the easier life is to navigate.

Thanksgiving's un-Thinkable Traditions...continued

Like turkey bowling? For this sport, you forget about the bowling balls and pins, and replace those with some frozen turkeys and some pop bottles. This tradition was started in 1988 in Lucky's grocery store where the bowling would take place in the store's aisles. Speaking of communities and families, how about we bring some traditions into school, like in Florissant, Missouri? There's a high school that every Thanksgiving has an annual pie throwing contest where the students get to throw pies at the faculty. I personally think this could be an amazing event to hold at *our* school!

Fun fact! Thanksgiving never even started in America . It began in Canada 40 years before we brought the holiday over and claimed it as our own. Canadians celebrate the holiday on the second Monday in October dedicated to a successful harvest season, whereas in America we have turned Thanksgiving into celebrating a feast that the Pilgrims ate when they landed in America. On November 3rd, 1863, President Abraham Lincoln proclaimed Thanksgiving a national holiday. We were supposed to celebrate the holiday on November 26th, but exceptions were made to celebrate it every last Thursday of November. But back to the point...do you think you're going to start any of these wacky traditions? Or maybe you already have some pretty weird ones?



Holiday Gifts and Crafts

Makenzie Yanc

Have you been wanting to make some fall crafts that are easy and fun but you're having trouble finding the perfect idea? Or maybe you even want some to decorate your room with? I have the perfect solution for you to enhance your fall decor. Here are some craft ideas for some fall fun!

First, take a piece of wood and cut it to the certain size you want it, then paint the wood however you would like it. After that take a small stick and glue it to the top of your pumpkin and then to finish it off tie a piece of twine around the stem.

Here are some craft ideas for some fall fun!

Metallic Modern Pumpkins: This is a simple craft using old canned rings. First get some old canned rings and spray paint them to whatever color you would like, then using a pipe cleaner you combine all of the rings together in a circle. Once they are all combined you can take a small stick and cut it to the size stem you want. After that you put the stick in the middle of the circle so it looks like a stem. Then to finish it off take some twine and tie it around the stem.

Wood Post **Pumpkins:** Have any wooden posts, or logs you're not using for anything else? Well, vou can use them to decorate!

Mason Jar Candle Holders: Do you have some old mason jars and paint? Well if you do you're in luck! For this craft that's some of the stuff vou need. First take an old mason jar, take a leaf and tape it to a desired spot on the jar. After the leaf is secure, take the paint and paint paint has dried, peel off the leaf and you are left with an outlined picture of a leaf. Then to finish it off you can put a candle in the middle of the jar.





over everything. Once the



Haley Jardina

Ever heard of a cat café? Well, good news for you! There is going to be a new cat cafe in Erie in 2022. The cafe is called Purrista Cat Cafe! You may be wondering 'What is a cat cafe?' or 'How did a cat cafe start?'

What's a cat cafe? A cat cafe is a usual cafe but part of the cafe is filled with cats to pet, play, and cuddle with! Cat cafes are actually a better way for cats to be adopted! This way you can be with them in a more comfortable environment, play, cuddle and do all sorts of things together, all while you drink or eat something! This is a better way for adoption because then you know that they're super friendly too. Cat cafes actually started in Taiwan. The very first cat cafe opened in Taipei in 1998 in Taiwan. The cafe was extremely popular with local visitors and also Japanese tourists. Since the cafe was so popular with the Japanese tourists, the idea traveled all the way back to Japan where the first cat cafe opened in 2004. Japan now has over 150 cat cafes since most apartments don't allow pets, which makes the cafes extremely popular!

Guess what?! We actually have a cat cafe coming to Erie PA in 2022! How cool is that?! The cat cafe is called "Purrista Cat Cafe." The cafe will be located on 30 W 8th Street. The cafe will not only be selling some tasty treats and drinks, but also some shirts and even mugs! Some sneak peak of the mugs can be found down below \circ ->

These mugs were made by Emily Gaudioso from broken egg clay! You can find her instagram at 'broken_egg_clay'. Purrista Cafe's mission is to not only educate people on animal adoption and how important it is to adopt and not shop, but to also be as active as one business can be in the community and do their part to make Erie great and to bring a relaxing, stress-free atmosphere to both animals and humans alike!

What's the story behind the cafe? Well it all starts out with the owner Dena Rupp. Dena grew up with A LOT of cats, and I mean a lot! She had in total 10 cats whose names are/were Boo Boo Kitty, Caesar, Schnitzel, Whiskers, Bailey, Simon, Muffin and currently Skeeter, Ambrose and Sophia. WOW! That's a lot of cats! For Dena, pets for her have always been there for her when she needed them the most. They helped her unwind, take a cuddly nap, get away from the television, and more! For the most part of her life, Dena has always worked in many small, family-owned, local businesses. Purrista Cafe will be working with Because You Care Inc. animal shelter. Since over 2.7 million adoptable dogs and cats are euthanized in the United States, Purrista Cafe is making it their mission to give some lucky animals opportunities to have a wonderful life with someone amazing! Would you come to this cat cafe when it opens in 2022?



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Candy Corn

old buttons laying

orange, and white

your buttons, take a

buttons (variety of sizes).

Once you have collected

piece of fabric and start

gluing on the buttons in

the shape of a piece of

candy corn (triangle)

with the colors going

top (orange, yellow,

from the bottom to the

white). Then once you

glued on you'll have your

And if you think this

have all your buttons

very own candy corn

picture made from

is useless? You'd be

prompted with the

question, would you

the fall crafts listed,

Hailee Rodgers and

their fall decor and

some crafts. I hope

everyone has a blast

making fall crafts!

consider making any of

Laura Bidwell said they

would love to enhance

wouldn't mind making

wrong, because when

buttons.



lix's Annual Movie Review



This year I've decided to come back with my movie reviews. Although they may not be as frequent they (hopefully) will be just as good. So for this Thanksgiving I've decided to go with the movie "Free Birds". Now the movie might not be new and it's definitely not considered a classic but it's just as entertaining as ever.

That's right people, these two birds are on a mission to save all of turkey kind. Reggie, after being chosen as the (very important) pardoned turkey is soon recruited by Jake, the lovable muscle. As they escape from the president's house and into a secret government lab (although more reluctantly for some more than others) they come across S.T.E.V.E, a time machine, and go back to where it all started...the first Thanksgiving. This fictional historical fantasy of a movie features big names like Owen Wilson, Woody Harrelson, Jimmy Hayward, and Amy Poehler all of which play lovable turkeys.

The entire plot is about Reggie and Jake (Owen Wilson and Woody Harrelson) and their journey back in time to take turkeys OFF the menu.

As you follow them back in time you meet more memorable birds and formidable foes who are sure to make an impression. This movie is heartwarming, hysterical, and historically accurate...to an extent, but don't worry! The movie gives their own disclaimer and information about the accuracy of it all! So if you have some extra time and want to watch an on-theme movie for the holiday, perhaps you should give "Free Birds" a chance. Anyways, Happy Thanksgiving.



Scan to read this AMAZING Podcast "Names & Dates"



Haylea Thompson poses with her dog, Harper

Names and Dates

Audrey Bullock

Mrs. Schultz's eighth grade class was assigned to record an original story including the use of sound effects, or to submit original music that the students created using the app Garage Band. If you've been in Mrs. Schultz jr. high classes before, you'll probably remember the podcast project. Podcasts are recorded audio that can be accessed on several platforms on the internet, usually recorded in episodes, for listeners enjoyment, entertainment, and education.

If you've never listened to a podcast before, you can access one on your iPad. There is a purple icon on your home screen called "Podcasts" where you can search up thousands of different podcasts to listen to at your leisure. If you feel like enjoying one on your phone, you can also access podcasts on the popular streaming platform Spotify.



<u>Dogs: Really Anyone's</u> <u>Best Friend</u>

Haylea Thompson

Almost everyone has a dog; it's a common question among small talk, "What breed is your dog?", "What's his/her name?", "How old?", etc. For all of our loving dog owners, we all know coming home to be greeted by our companion who loves us through everything is one of the best feelings! When owning your own dog, it is so much different from having a family dog many have said.

Owning your own dog consists of only you taking care of them, feeding, walking, vet bills, etc. These things also create a special bond with your dog—whenever you do something for them, they notice; they are yours, and you are theirs. This forms a companionship that a human naturally craves.

As a family dog, the bonds that form are a bit different; they have a relationship with everyone in the household. Although, normally dogs still pick their favorites as we all know.

Lupita Martinez, who is a 2021 graduate from CSHS, got her puppy named Mila recently; they have a very strong bond and Mila is definitely a dog who is all personality! "This is Mila Martinez. She is about

nine months old and she is a German Shepard. She is the most clingy, lovable, cuddly dog you'll meet. She snuggles with me in bed every night. In fact, she sleeps on top of me. It's actually known that German Shepherds throw their bodies towardS your head because they know that it is the most important body part to protect. She most definitely does that because I wake up with her laying on my head. She's my best friend and when I go more than a few hours without her, I feel like a part of me is missing. Definitely recommend getting a doggo like Mila."

Haylea Thompson, who is a sophomore at CSHS, has a dog named Harper who is her 'best friend'. "Harper is a Weimaraner mix who is one year and seven months old. The past year and a half that I've spent with her has been something I wouldn't trade for the world. She's honestly my best friend; whenever I have a stressful day and just need to cry, she's always there to lick the tears off my face. Or whenever I have an

amazing day and I want to go home and tell my mom all about it, she's always licking my hands or trying to force her ball into my hands for me to throw—she honestly just makes my days, even the bad ones, a gazillion times better. Going to Lake Erie or Conneaut Lake with my mom and Harper are honestly one of my favorite things to do. We always grab dinner and go watch the sunset and take Harper for a walk or let her go in the lake, and it's so fun!"



Laura Wallace, who is also a sophomore at CSHS, has a dog named Rowdy. Rowdy helps get her through the '...long and stressful homework filled nights...'. "Rowdy is a golden retriever and he is nine years old. I am 15 as of right now and my youngest memories are the ones spent with him.

See more on pg.9!

What's on Your Wishlist?

Laura Bidwell

Trying to think of what to ask for for Christmas? Or are you trying to figure out what to get someone else? Well here is a list of the most popular Christmas Gifts of 2021.

- 1) Carhartt Beanies- Carhartt beanies are becoming a popular fashion item. They're warm and are suited for men and women.
- 2) Oculus virtual reality headset-You just need to have the app on your smartphone and have access to games and videos in 360 degrees.
- 3) Apple iPad (ninth generation)-This new generation has additional storage and super fast speeds to handle Zoom meetings.
- 4) AirPods(third generation)-The 3rd generation of AirPods has spatial audio, longer battery life, and sweat+water resistance.
- 5) Personal apple device charging hub-It can keep your desk or nightstand organized while charging your iPhone, AirPods, and Apple Watch all at once.
- 6) 100 movies scratch off poster-This can help you pick a movie if you're having a hard time deciding. It has over 100 of the best movies ever made.
- 7) Apple Airtag- It's a small device designed by Apple that you can attach to anything you want and using an app on your phone you can locate that object.
- 8) Custom moon phase necklace-Captures the moon phase from any date and places it into a pendant necklace. You can choose any date such as a birthday or anniversary.
- 9) Weighted blanket-Soft blankets that have the perfect amount of weight to help calm you.
- 10) Self cleaning water bottle-This water bottle uses UV light inside its lid to kill bacteria, viruses, and microorganisms. Perfect for people who forget to clean their water bottle.



Fun Fact! Turkey wasn't actually on the menu the first Thanksgiving.



Is Christmas Cheer Around Here?

Alix Hilburn

A debate as old as time itself...when is the correct time to decorate for Christmas? Recently a survey was sent out to the students of Cambridge asking when you usually set up for Christmas and when you think it is absolutely unacceptable to do so. Out of 60 people 58.3% said the day after Thanksgiving, 23.3% said December 1st, and 18.3% said November 1st. That means that 18.3% of you were wrong and need to reevaluate your life choices. I mean, the disrespect! To totally skip over Thanksgiving and jump right to Christmas? The audacity of some people! But I regress as everyone is allowed to have their own opinion...even if they're wrong. I also asked a few other questions including: 'When do you set up for Christmas?', 'Any particular reason why you believe the date you chose is acceptable?', and lastly, 'Any dates that are absolutely unacceptable?'.

The date that people tended to set up the decorations ranged from November 1st-December 16. A few memorable responses were: "Whenever my family feels like it in November. Usually to spend time together on Thanksgiving, we put all of our decorations before we have Thanksgiving dinner." Which I must say is heartwarming and it probably eases the load of (sometimes) tedious work. The second response that caught my eye was, "We slowly integrate Christmas decorations around the house starting in mid November." I love this idea; it spreads the work and makes sure that it isn't too sudden and you still have time for Thanksgiving!

People mostly had the same reason as to why their choice was acceptable...because that's what they do. Others thought that you can't go earlier than the day after Thanksgiving as you can't skip a whole holiday! In one student's words, "...you gotta give Thanksgiving some love too." However there was one response that was particularly special... "Every time Christmas music is played before Dec. 1st, Santa has to execute an elf." (Personally I agree but to each their own I suppose)



And lastly, any dates that were absolutely unacceptable...The responses to this were very...creative, and I have to admit some of them made my day, like:

"Leaving them up all year."

"Jan. 1 - Thanksgiving Day. That gives us enough time to recover from Mariah Carey's deafening screams." (I mean let's face it, I think we all are sick of "All I Want for Christmas is You" and it's not even Thanksgiving)

"It's a veritable sin anytime before Thanksgiving." (This guy gets it)

There you have it folks, the poles have spoken, and the majority of you think that Thanksgiving should at least be over with before you decorate. Of course, I can't tell you what to do, so whenever you do decorate, have fun!

CSHS Students' Thanksgiving Traditions

Haylea Thompson

It is that time of year again! Yes...the one we all love yet also the one we all dread—the holidays! The holidays are a time of year when people rush to get their loved ones gifts, families are traveling in bulk, many are running to the stores, houses are being cleaned, etc. You know when your mom tells you that you have to clean your room because "extended family is coming over"...but it's not like they're going to see your messy/clean room, so why does it matter? Right now, we are in the middle stage of the madness...Thanksgiving! The day when you starve yourself until dinner time so that you can eat as much of the delicious food as you possibly can until it feels like you're actually about to explode, and you're going to have to take all the buttons off of your jeans. Yep, we all know the feeling.

Many of us here at CSHS have our exciting day already planned, and if not, some of us already know some certain things that will for sure be happening on this lovely holiday. Traditions play a huge role in the holiday times and a lot of us cherish those traditions and look forward to them annually. Here are some of our CSHS's student bodies traditions!!

Grace Brown, an eighth grader here at CSHS, says she usually goes to her aunt and uncle's house on her dad's side of the family every year; they always eat turkey as well as have an adult table and a kids table!!

Tristan Blank, who is a senior this year, says that his family always has to have Thanksgiving football playing!!

Hannah Miller, who is in seventh grade, says that her family always runs the annual turkey trot on Thanksgiving morning and then they go to her grandmothers. The Macy's Day Parade is always playing on the television and they always tell the same stories while, obviously, having a warming family dinner!

Dale Smith, who is also in seventh grade, always goes bowling, watches football, has a family Thanksgiving dinner, and then following that has a movie night with his family!

Mason Cass, who is an eighth grader, says that on Thanksgiving his family always puts up Christmas lights and sets up their Christmas tree!

Gracie Thayer, who is a senior, says her family always has an unreasonable amount of mashed potatoes at their Thanksgiving dinner!

Aiden English, who is a sophomore this year, says that his family always eats an amazing dinner together and following that, puts up Christmas decorations afterwards.

Carly Cunningham, who is a seventh grader, eats lots of food and celebrates her cousin's and brother's birthdays.

Brad Phillips, who is a sophomore, says his family eats until they cant stuff any more food into their stomachs.

Ella Marendt, who is a seventh grader, says her family and grandparents come over to eat, and then the men watch football.

The majority of those who responded said that they eat with their family over. We hope you have fun in your Thanksgiving traditions this year, and have a wonderful break!

Macy's: More than a shopping tradition!

Makenzie Yanc

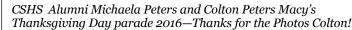
Does anyone remember in 7th grade when Mrs. Miller gave us people to be on the Titanic? I do, and I was Rosalie Ida Straus, and my husband was Isidor and they were the founders of the department store Macy's. They unfortunately died on the ship because they wanted to be together. The annual Macy's Thanksgiving Day Parade is the largest parade in the world that attracts millions of people every year! This parade takes place in New York from 9am-12pm and the streets are filled with giant balloons, dancers like the Rockettes, amazing floats, famous singers, clowns, marching bands, and much more. This parade is no joke, as it goes on for 2.5 miles and goes from 77th Street all the way to 7th Avenue in front of Macy's Herald Square.

Though all of the acts are super good and fun to watch, one that sticks out to many is the Great American Marching Band. Even a few of Cambridge Springs alumni have played in the Great American Marching Band like "Julissa Shinsky- trumpet,

Julia Dennis - trombone, Emily Peters - flute, Colton Peters - baritone horn, Nathan Love - clarinet," according to Mr. Beltz. We even have students now that would love to participate in the big event including Olivia Martinez. She says, "I have always wanted to perform in the parade. Two people I used to be in a marching band with got to perform one year, and I thought it was so cool."

The ending of the parade is by far the most anticipated part because that is when Santa comes on his sleigh marking the end of Thanksgiving and the beginning of the holiday season. So if you have nothing to do or want to spend time with your family, the Macy's Thanksgiving Day Parade is the perfect thing to do!







Jr High's First Ever Fall Formal... Was it Better than HOMECOMING?



Audrey Bullock

We can all agree that homecoming this year was a blast. Certainly, homecoming 2021 was different from the past, as it was hosted outside, among other changes. However, the biggest change this year was the absence of our junior high students from attending the dance. There was much buzz and gossip about this decision around the school, and while some thought it was unfair to exclude them, others thought it was a good decision because of the difference in maturity levels between ages. "Seniors shouldn't be mixed with seventh graders", seventh grader Bridget Bullock says.

But the junior high didn't have to completely miss out on the beginnings of their "high school" experience. Instead of attending homecoming, seventh and eighth graders had the opportunity to attend the first ever CSHS Jr High Fall Formal! The dance started at 7 PM in the high school gym after pictures were taken at the Riverside. There was a variety of food choices and water in the gym lobby, and students were able to recommend songs to be played throughout the night. The gym was decorated with tassels, lights, and a mural to take pictures in front of by the gym bathrooms. The duke and duchess of the formal were crowned at 8:30. The duke was Mason Cass, and the duchess was Kenda Boozer. The dance concluded at 9:30.

I was there at the dance for a short amount of time to take some pictures, but to get an idea of the real experience, I talked to an enthusiastic student at the dance. Eighth grader Maddy Lehner was excited about the photo opps she got throughout the night, and when asked about her favorite part, said, "It was definitely fun, I loved when everyone would yell and dance when a song they knew came on. A lot of people made song requests, and it was so much fun!" From some other student's conversations, I overheard that the opportunity for students to request songs was a big part of the fun of the night. Some students said that they didn't mind missing out on homecoming for the fall formal because of the fact that they got to make song requests. It was a good first year of a tradition that will hopefully continue.















A-HUNTING-WE-WILL-GO



Raegan Higgins

Welcome back to hunting season Cambridge Springs High School! It is many people's favorite time in Fall, as it allows our local hunters to do what they love. As many of you know, there are regulations as well as certain times for huntings that are all important for you to know. So let's get to it!

Let's start with the White Tailed Deer. Everyone seems to love hunting deer.

DEER, **ARCHERY** (Antlered and Antlerless) Statewide: Oct. 2-Nov. 13; Sunday, Nov. 14; Nov. 15-19; and Dec. 27-Jan. 17, 2022. One antlered deer per hunting license year. One antlerless deer with each required antlerless license.

Is there anyone that hunts bears? If so, here is your information on that kind of hunting!

BLACK BEAR, **ARCHERY** (WMUs 2B, 5C and 5D): Sept. 18-Nov. 13; Sunday, Nov. 14; Nov. 15-20; Sunday, Nov. 21 and Nov. 22-26. Only 1 bear may be taken during the license year.

Here are some more hunting seasons, many in which are for our furcollecters as well as our trappers.

COYOTES: No closed season. Unlimited. Outside of any big game season (deer, bear, elk and turkey), coyotes may be taken with a hunting license or a furtaker license, and without wearing orange. During any big game season, coyotes may be taken while lawfully hunting big game or with a furtaker license.

FOXES: Oct. 23-Feb. 19, 2022; Unlimited. Sunday hunting permitted.

RACCOONS: Oct. 23-Nov. 13; Sunday, Nov. 14; Nov. 15-20; Sunday, Nov. 21; Nov. 22-27; Sunday, Nov. 28; and Nov. 29-Feb. 19, 2022.

MINKS and MUSKRATS: Nov. 20-Jan. 9, 2022. Unlimited.

COYOTES, FOXES, OPOSSUMS, RACCOONS, STRIPED SKUNKS and WEASELS: Oct. 23-Feb. 20, 2022. No limit.

COYOTES and FOXES, CABLE RESTRAINTS (Statewide): Dec. 26-Feb. 20, 2022. No limit. Participants must pass a cable restraint certification course.

BEAVERS (Statewide): Dec. 18-March 31, 2022 (Limits vary depending on WMU). All regulations can be found on https://www.pgc.pa.gov

Meet Some of Our LOCAL HUNTERS!

A google form was made for our hunters to fill out, and the Pitchfork is appreciate of their participation! Let's learn about two of our local hunters.

First, meet Hunter Snyder! He has been hunting since he was 15, and he loves seeing nature while hunting. His most successful hunt was when he got a 240lbs doe.

And for our other hunter, Riley Zimmerman! She has been hunting ever since she could, and she loves the feeling of shooting something when she hunts. Her best success would have been when she shot an eight point buck. Thank you hunters for allowing me to put you in the Pitchfork!

As our hunters get ready for the season, do remember that being safe is also very important. Recall gun safety before you go on your adventures this season. I wish all you hunters the best with your hunts and for you to have fun!









Some pics of CSHS hunters with their kills! Photos submitted to a form and found while stalking you all on the internet @

Thanks to all of CSHS for Responding to the PITCHFORK Surveys at Google Classroom!



Henny Youngman's Giant Book of Jokes ---it was funny then!

Comedy Through the Ages

Jamie Corey

Comedy, a thing we all collectively love; I mean, who doesn't love to laugh? But as the generations come and go, comedy, and what we find funny, have now changed. And with the change of humor comes a new question: "What is funny?"

Let's start with the basics. What is laughter even? Laughter is our way of showing that we enjoy something, like a funny story or when your friend does something silly. It happens when our diaphragms contract rhythmically, causing an audible noise. So now that we know what laughter is, it's time to get into the real argument.

As the years wane on and the generations outgrow their predecessors, our general world view changes. What we find funny, sad, right, wrong, etc. is constantly changing. In the early 1900's the rage was joking about your spouse, making cracks over how bad your wife's cooking is. A perfect example of how this was the standard for comedy was Henny Youngman's famous one-liner joke "Take my wife... please." It's a most definite possibility that you have no idea who Henny Youngman is, but this joke wasn't an outlying joke. Most of Youngman's jokes had his wife as the punchline, setting the example of what "prime comedy" would be.

As that generation slowly lost interest in "my wife" jokes, the next generation picked up a new taste in humor; stereotypes. From the 1940s to the late 80s many movies being released contained stereotypes, poking fun at all different cultures and races. Among some of the most popular movies containing blatant racism and stereotypes are The Goonies, West Side Story, and Sixteen Candles. And in Peter Pan it plays off of Native American stereotypes and uses slurs, using the word "Injun" in the song "What Makes a Red Man Red".

But now comedy has evolved into a not-so-hating climate, with use of slurs and off-colored jokes to be labeled offensive and generally deemed "unfunny". Some could argue that in today's climate people are too critical and uptight and "can't take a joke", but is it that we are being too sensitive or that people are coming to realize those jokes aren't (and never were) actually funny. We're starting to become more open-minded, relying less on racial stereotypes and relying more on well crafted, intelligent jokes. Although some people are unhappy with this new shift in comedy, saying everyone's a "snowflake" for getting offended by their take on dark humor, while some people enjoy this new change.

Dogs continued...

Haylea Thompson

Coming home from school to him being so excited to be let out, and even more excited to see me, are one of the best feelings. Rowdy is our family dog, and if you can't tell by his name...he is very, well, Rowdy! Whenever my friends come over they all are so excited to see him. We always shave him since his coat is so thick and whether he is shaved or not, he is still the cutest puppy, yet not-so-puppy, I have ever seen!"

Coming home at the end of the day, as you can tell from the statements above, and being greeted by a companion you know will be there for you until the last of their days, is one of the most incredible feelings ever. Knowing that you have a relationship of unconditional love, even when you make mistakes, is something humans naturally crave. Even though some of us may not be dog people, we all know that one friend whose best friend is their dog, and now hopefully you can tell why that relationship is so important and reassuring.

The Month of Sag

Audrey Bullock

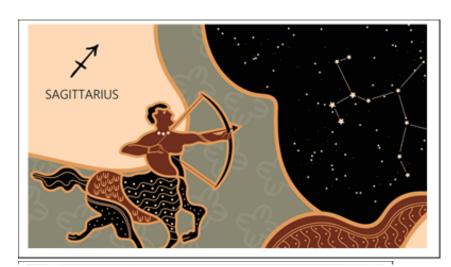
How's it going for all my future astrologers? This year, the Pitchfork is bringing you a featured article dedicated to the zodiac sign of the month. What are your traits as defined by your sign? Who are you compatible with? What does the future bring you? Each of twelve constellations occupy the 30 degree sectors of the great circle. Your sign is determined from which sector the Sun was in when you were first born. This is also called your "Sun sign". Your moon sign is thus determined by where the moon was. There are many resources available to find out your complete birth chart, which will tell you more accurate and in-depth information regarding yourself.

If your birthday falls under the dates Nov 22- Dec 21, you are considered a Sagittarius. Represented by the archer, Sagittarius is constantly seeking thrill, adventure, and knowledge. Talking to a Sagittarius is never boring, as they always have exciting stories to tell. Sometimes, they're a bit dramatic. Sagittarius is ruled by Jupiter, the planet of growth and change. This makes perfect sense, because Sagittarius loves new things and experiences. This includes traveling to new places and experiencing other cultures. Because of the need for constant change that Sagittarius can adapt to easily, careers suitable for them would be a travel blogger, flight attendant or cruise line worker, event coordinator, tour guide, or photographer.

Is your best friend a Sagittarius? If so, you know that they are a social butterfly, eager to make small talk with strangers. However, Sagittarius only opens up once you are close to them, so if you know a Sagittarius' secrets, feel honored! Once a friend, they're a friend for life. You two might go around the community and do volunteer work, because Sagittarius is humanitarian, loving to do things for their community and peers. They are into trying new things and experiences, so if you're sitting in a coffee shop for brunch in the morning and the next day they want to go to a nightclub, don't be too surprised. It's all part of the fun of being Sagittarius' friend!

Do you know a Sagittarius looking for love? Aries and Sagittarius are one of the best matches for zodiac compatibility. This is because of the natural ability for both signs to have fun and make the best out of new experiences, which is perfect for a relationship. Leo is also compatible with Sagittarius. Both joyful and motivated, they make a dynamic duo. Finally, Aquarius and Sagittarius would make an ideal pair because of their friendly, natural connection to each other. Both enjoy being in free spirits.

So, what's in Sagittarius' future? Advice given is to stop obsessing over the past, and to move forward to the future. Did something happen that's been haunting you? Whether something happened to you, or you did something you regret, you need to realize to keep things in the past. However, if you can make it up to someone, then do that! But in the end your future is what you should focus on for now.





Thanksgiving Dishes Around the World

Haley Jardina

Guess what time it is?! IT'S TIME FOR THANKSGIVING! It's finally time for the turkey, mashed potatoes, gravy, cranberry sauce, (and my favorite part) the rolls! Except what about other countries? Ever wonder what China, Hawaii, and Australia eat for Thanksgiving? Or if they even have Thanksgiving?

You may be wondering, "Does China even have Thanks giving?!" Surprise! They do! China calls the holiday "Gan'en Jie" or 感恩节 which means "Thanks for grace holiday." They celebrate Gan'en Jie on the fourth Thursday of November which is the same time as our Thanksgiving. While the U.S has rolls as their appetizer, China on the other hand has Pot Stickers. Pot Stickers are a crescent shaped Chinese dumpling filled with zesty turkey filling and a small amount of broth. The most used dish for the side dish in America is mashed potatoes, and for China they have 'Zesty Green Bean Slaw'. This Chinese side dish is a tender, flavor packed juicy green bean salad. One of the best parts of them all, the main dish! We all know that we have turkey and green beans, cranberry sauce etc. for the main dish, but what about China? China has their own delicious little kick to their turkey. Instead they have sesame turkey. Yum! Finally for the best part of it all... THE DESSERT! Usually the typical dessert for the US is pie, mostly pumpkin, but also cherry, blueberry, raspberry etc. However China definitely wins the desert over the US. They have Ginger Pumpkin Meringue Pie. Yum! I can already tell this is a super good dessert!

Another query might be, "Does Hawaii even have the same foods even though it's part of the US?" It actually doesn't! Hawaii still has some of the traditional foods; but they also have some irregular foods too! Of course Hawaii has to add their own little kicks to their food so as to make it their own! We all know we have our same old-same old appetizers, main dish, a dessert which is mostly pie, and sometimes a juice or sparkling water for a drink. Hawaii? Definitely not as plain. Hawaii has Sweet and Spicy Meatballs with Mango salsa as their appetizer. A side dish they have is Coconut Sweet Potatoes with Wild Rice. For their main course instead of a turkey they actually have a Garlic and Pineapple-Glazed Ham. This is definitely not our usual main course; but if you think about it, adding garlic and pineapple to glaze a ham sounds super good! They even have a fruity drink too! It's called Coconut Cream Island Punch, which sounds so good right now. Finally for dessert they have Coconut Meringue Cheesecake! Does that sound





Wondering about that crazy country with the crazy animals?! That's right, it's Australia! Australia actually does have Thanksgiving! They celebrate the holiday on the last Wednesday of November. They eat a lot of the same foods as the US like rolls, green bean casserole, turkey, etc. They also add their own style to the feast with baked salt and vinegar potato crisps and thyme sweet potato crisps, traditional roast turkey with gravy and cranberry sauce, sweet potato, pancetta and parmesan mash, green beans with walnuts, perfect roast potatoes, and cauliflower cheese. Finally for their desserts which is obviously the best part. They have the ultimate Thanksgiving dessert which is Paleo pumpkin pie! Wanna try this dessert? Here's the recipe!





But the real question is....Would you be willing to try any of these foods?



Names and Dates continued...

In Mrs. Schultz's class, these creations done by her students were a sort of miniature podcast to be listened to for entertainment, and to learn a student's story. A certain podcast stood out from all the rest, and the QR code to listen to it is pictured. The story is complete with sound effects that add to the suspense of this supernatural story called "Names and Dates".



USE this app to get to great PODCASTS!

<u>Annual Bag 3 Ton</u>

Maddie Mas

The Bag-3-Ton has been a very long running tradition, tracking back to 1982. The very first being 39 years ago; this meaning, the current bag 3 ton would be the 37th. The reason it's not the 39th is because of COVID-19 and the effects it had on public schools. The original winners were a group of juniors who named themselves the "Spud Runners" mainly in relation to how they won against the seniors. They were victorious last minute, only because they ran to a large farm nearby and got sacks of potatoes.

The purpose of the bag 3 ton is to help families in need by donating things like canned foods, and no perishable foods. It helps families that don't have the money or food stamps to get the food they need for their loved ones. For the staff to get names, or whatever team is putting the bag 3 ton together, they have the church find families in need and later one goes to the church to get the family names. Also they have to make flyers and post documents. The staff also make sure the middle schoolers and high schoolers are on board with it and know what they need to do to join the competition.

There is such a good purpose behind this tradition. So many families are starving every year, and all you have to do to help is bring in canned food and even if you can't donate, put your families name in if you need it. When you're donating you are giving to not just people in need, but maybe even your friends' families! Think about how it might be for you to barely even eat only because you can't afford it! That might be how it is for you already! That's why people see this as being so important.

Cambridge springs has been able to achieve the goal of donation every year. Another small detail is that the staff back in 1982 made the bag 3 ton, well actually it used to be called the bag 1 ton, a very competitive competition mainly just to get the kids more interested in the charity.

Finally we recommend you participate! Not only are you having a competition, but you're donating to people in need! Give it a chance and I mean, who wouldn't want to be like the "Spud Runners" and beat the seniors!

BAG 3 TON RETURNS this YEAR!!!







Another hunter! Senior Garrett Hodak's kill of the year!

BACK STORY BEHIND THE WISHBONE — AND HOW TO WIN THE BREAK!

Hailee Rodgers

What is the wishbone?

The furcula, more commonly known as the wishbone, is located between the turkey's neck and breast. I clavicles at the base of its sternum. The wishbone is crucial for the bird's flight mechanics because it serve energy while the bird flaps its wings. Some say that the wishbone provides linkage between the anatomy of a turkey and that of the dinosaur. **How did the wishbone earn its name?**

The wishbone originated with the Etruscans, an ancient Italian Civilization who believed birds were future-predicting oracles. When the Etrucans slaughtered a chicken, they would harvest its wishbone and set it out in the sun to dry. By doing this, they were hoping to preserve the chicken's divine power. An observer passing by would pick up the bone and hold it in his hand. The passerby would then stroke it softly while making a wish upon it. This is how the furcula got its name the 'Wishbone'.

How did breaking the wishbone become a tradition?

The Romans came into contact with the Etruscans later on in time, and adopted the custom. As legend has it, today's ritual of breaking the wishbone emerged due to a supply and demand problem. There were so many Romans that wanted to make wishes upon the furcula (wishbone), that there weren't enough wishbones to go around for everyone. Therefore, two Romans shared the wishbone, each grabbing an end and pulling. They believed that whoever broke off the larger part of the wishbone would have their wish granted. The Romans then passed the wishbone-breaking tradition along to the English, who brought the ritual with them over to Plymouth Rock. At Plymouth Rock, there was an abundance of wild turkeys which provoked a switch in the fowl, from chickens to turkeys. The wishbone tradition became a part of Thanksgiving around the mid 1800s when President Lincoln declared Thanksgiving a national holiday. Many students here at Cambridge Springs also participate in this long going tradition. Makenzie Yanc says that her family breaks the wishbone every Thanksgiving, and it has become a family tradition in their household.

Tips + tricks for winning the wishbone game!!

- 1. <u>Dry Hands</u> Sweaty post-Thanksgiving food hands aren't going to do you any favors. Try washing your hands or wiping them on a towel. If you are really serious and have an important desire, you may even consider coating your hands in rosin.
- 2. <u>Proper Hand Placement</u> Proper hand placement is key. You'll want to grasp the wishbone between your thumb and your forefinger, and as close to the center point as possible. Choose the thicker side of the bone (this puts more stress on the other person pulling).
- 3. <u>Leverage</u> In order to gain maximum leverage, hold the wishbone in your dominant hand. Use your non-dominant hand to press back against the counter or some other nearby surface.
- 4. <u>Endurance</u> Sometimes breaking a wishbone takes more than just an instantaneous yank. Be prepared for the battle to rage on for several seconds and even up to a minute!
- 5. <u>Be Sneaky</u> You may want to slip away from the dining room table when no one is looking to assess the wishbone. Which side appears stronger? Make sure that you're on the strong side of the wishbone when you break it.
- 6. Three Equal Pieces It is said that if the wishbone snaps into three equal pieces, both wishbone holders would get their wish.

<u>Winter Jobs</u>

Madora Melnick

Saying goodbye to the warm summer months and school vacation can be sad but the winter provides great opportunities for lots of fun. Just like working at the ice cream shop in the summer or spending hours on the beach lifeguarding; winter brings tons of frosty winter specific jobs that are just as equally and maybe even more fun than those summer jobs.

The most common and most profitable (but maybe least fun) winter job is shoveling snow or if you have the facilities plowing people's driveways.

After a snowstorm or even just a chilled snow filled night the people in the neighborhood need the snow and ice scraped off of their cars so they can get to work. All you need is \$10 or \$20 dollars to invest into a quality snow scraper, don't worry, you'll make your money back in no time and have lots to spare.

Even though it's sad to see the Christmas tree go, we can't keep them forever. After the holiday festivities people who either aren't physically capable, don't have the time, or just don't know where to dispose of the tree need someone to remove the Christmas tree for them. You can even charge extra if they want you to remove the decorations.

If all the manual work isn't your thing you could be a gift wrapper, one of the most festive winter time jobs. Gift wrapping is fun and creative and you'll be able to get lots of great ideas of what to gift your friends and family.

Even if you're sad the summer is gone and you miss your days working at the ice cream shop you still have lots of great opportunities for jobs, you just need to go out and find them!







<u>Pitchfork Makes</u> Facebook

Raegan Higgins and Hailee Rodgers

As many of you know, the Pitchfork has been around for a while, but do you know what it used to look like? A few weeks ago Shaunna Crecraft, a local Cambridge Springs resident, posted a photo of a 1949 Pitchfork that she found at an auction! Crecraft stated that, "Had these memories for about 30 years. My husband used to go to auctions and estate sales..all these memories were in a box that was purchased." Kathy and Art Walton, a Cambridge Springs Alumni, commented on the post, "I saw my brother's name (Tuttle) mentioned in the article. All the players mentioned were his friends." As you can see, the Pitchfork has been spotlighting many of the students, and many enjoy looking back at the fun times they had in high school. The Pitchfork has been around for decades, and it's really neat to see what it looked like then compared to now! If you ever have the chance to get your hands on a Pitchfork, save it! It may be worth something one day, and hold precious memories for others as well!

Crystals & Essential Oils— Do You Want to HEAL Yourself?

Haulea Thompson and Audreu Bullock

Crystals and essential oils—topics most people typically know about...but do you really? The various uses for each crystal and essential oil are vastly diverse from one to one, although they also come with their cons as well. The use of crystals for protection, healing, health and more actually began in early Egyptian times. It was believed that crystals and their energies and vibrations helped to do different things depending on the type of crystal. Crystals were also used cosmetically, often ground to a powder to use for eye shadow. They were used for meditation in ancient Egypt as well as in Buddhism and Hinduism. Crystals were commonly found practiced in rituals in these religions, an example being a quartz being placed on a Buddhist's altar to symbolize Buddhist purity. Similar to crystals, essential oils can be seen first about 5,000 years ago in ancient Egypt and Mesopotamia, where oils were extracted from various plants to be used in rituals. Mummies were buried with things like essential oils and crystals as well. So now that you know the history behind why crystals and essential oils are popular, you can learn specifics if you'd like to give them a try. Or, maybe you just like collecting pretty gemstones...either way, There are millions of different kinds of crystals and essential oils...so we are only going to take an in depth look at a

A common crystal is rose quartz, also known as Hyaline quartz. Rose quartz has a meaning of love and compassion, which is often paired with its appearance—pale pink overtone with different shades of blushing colors, as well as a vitreous transparency. Rose quartz does not just simply rest in the romance part of being, it has also been known to bring purity to self love, deepening bonds, etc. Rose quartz also has many healing properties—from physically to mentally. Rose quartz is said to also help thrombosis and heart attacks, and improve your circulatory system. It has even been said that if you sleep with it under your pillow, it can attract your love interests or bring a new sense of welcome/love into your life.

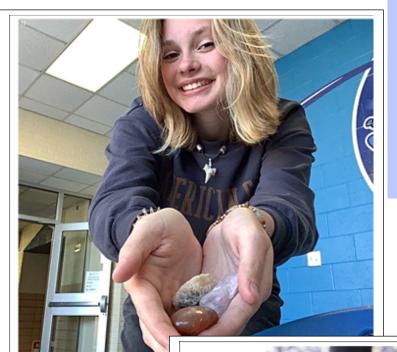
The stone with purple hues with slight reddish undertones, amethyst, is a stone of symbolic peace, calming and cleansing sensations, and security.



The meaning of amethyst is attached to serenity, understanding, trust and grace. This stone is known to help with anxiety, enhance sobriety, help with insomnia, increase hormone production and boost the immune system. Many lawyers and people who commonly work in a business area, are found to wear amethyst to help with stress and help them for when they take on big cases/arguments. Amethyst is also commonly paired with other crystals to intertwine meanings into one.

Jasmine is an essential oil with a very rich, sultry, floral scent. When used aromatically, it can help create a more positive environment and can also be used as an antidepressant. Jasmine can also create healthier looking hair as well as provide nutrients for the scalp and prevent acne and blemishes on the face. Physically, jasmine can help with fading scars and reducing a cough.

Tea tree is also a commonly heard of essential oil—specifically in the beauty and self care world. Tea tree helps with dry skin, hair growth treating dark spots, reducing inflammation, preventing acne, antiseptic for cuts, and also as a disinfectant. When tea tree is put into an oil diffuser, it can help boost immunity, fight infections, and help with congestion as well as reduce anxiety.





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