

THANKSGIVING PREP

BY NHAT NGUYEN AND BRADY SWAIN

Fall is a season of many activities and holidays. One should not forget the holiday that can bring relatives from the other side of the world as a tight-knit family annually: Thanksgiving. Since the 17th century, Thanksgiving has evolved into the traditional event of harvest and family gatherings. A day of celebration, unity, gratitude and blessing of the many years in the past and in the future. Thanksgiving can give joy throughout the home and happiness can bloom momentarily in greatness on the eve of celebration. Thanksgiving in America is celebrated on the fourth Thursday of November. This year it falls on November 23rd! Although it is a little bit away, you should start preparing for when the big day comes.

- **TIME TO FEAST ON 'EM FOODS!** Some of the more traditional dishes include roasted turkey, cranberry sauce, mashed potatoes, turkey stuffing, pumpkin pie and glazed ham, but you can add to that list anything you or others want! That way, dinner tables aren't just your basic Thanksgiving meal.
- **GIVING THE THANKS OF LIVELINESS!** A holiday celebration can't be just laying around and doing nothing! There needs to be something lively about it, so do some fun and exciting activities. Activities like, playing an icebreaker game, doing a scavenger hunt, singing karaoke, making a family tree, playing several board games, the options are limitless! Anything that can help you connect with your family, friends, and relatives is a guaranteed help in creating a memorable Thanksgiving.
- **GOBBLE UP THE KNOWLEDGE!** We all know the story of the first Thanksgiving, where pilgrims in the early America's had a meal with the Native Americans but did you know that we were outnumbered by Native Americans more than 2:1. That year's winter was difficult on the pilgrims, only 22 men, 4 women, and 25 children enjoyed the Thanksgiving meal. Also, the food we enjoy during our Thanksgiving celebration were not available. They enjoyed food such as, turkey, duck, geese, and swan as well as vegetables and fruit. They did not eat corn on cob, they turned it into porridge. Well, now you know more about the very first Thanksgiving.
- **CHOOSE TO STAY, OR GO!** Celebrating the day at home would be satisfactory to some folks, but to others, it can be elevated even further when it is not just about being home. Travel somewhere one is hosting Thanksgiving related events and spend it with buds and family! Such public occasions involve eating in a new restaurant, viewing a Thanksgiving parade, joining in a public-hosted festival, or volunteering to help these occasions become a reality. These are a few examples of fun you can experience besides being under the roof of your house, and the thing to note is to give it your all at these events you go to!

There is more than meets the eye when it comes to the ways of enjoying Thanksgiving. These points are just some examples of it. Don't take this lil' wall of texts for granted, as there are many different ways of creating an unforgettable Thanksgiving for you to treasure. The important thing, however, is to spend it with the people that give you meaning in life so that you can share these special moments together.

Disability Awareness

Cognitive Impairment



Cognitive just means thinking. With cognitive impairments, people tend to have trouble thinking or learning. People with a cognitive impairment may need help getting dressed and feeding themselves while others just need more time learning new things. You can be born with an impairment like Down Syndrome or you can develop one through old age or head injury.



Wakulla High Times Word Search

I	A	T	R	A	D	I	T	I	O	N	S	I	E
U	N	S	N	O	S	A	E	S	O	S	Y	B	S
I	F	O	O	T	B	A	L	L	O	T	S	G	A
P	I	O	Z	S	P	I	D	E	R	S	G	N	U
N	I	L	O	T	O	R	A	N	G	E	A	I	T
R	O	E	M	I	Y	T	L	B	B	A	B	V	U
O	O	I	B	N	E	I	S	K	A	H	E	I	M
C	B	C	I	I	C	I	H	O	R	O	W	G	N
Y	L	S	E	C	H	I	L	L	Y	L	B	S	I
D	L	B	N	I	K	P	M	U	P	I	O	K	S
N	A	L	G	H	O	S	T	P	O	D	C	N	F
A	F	N	O	V	E	M	B	E	R	A	U	A	O
C	D	T	S	B	L	Y	U	N	R	Y	K	H	H
R	E	B	O	T	C	O	O	A	C	S	B	T	F

FALL
AUTUMN
PIE
NOVEMBER
HOLIDAYS
TRADITIONS
ZOMBIE
FOOTBALL
SEASONS
OCTOBER
PUMPKIN
THANKSGIVING
GHOST
CHILLY
COBWEB
SPIDERS
ORANGE
CANDY CORN



Program of the Month

MEDICAL ACADEMY

BY ZACHARY SMITH AND ELLA WREN MOODY

Wakulla High's Medical Academy was established in 2009. Medical Academy's current teacher, Kristi Lawhon, has been leading the program since 2010. In this article we will provide some answers to commonly asked questions about the Academy.

What is the teacher's background? - Mrs. Lawhon has been practicing in the medical field for 27 years. She joined the medical field, to put it in her own words, because she has always enjoyed helping and caring for people. She says, "It was just a natural fit."
What does it offer? - The medical academy introduces students into the medical field while giving them the idea of what it is like to work in specific occupations in the broad scope of medical work. Students that go through all 4 classes and pass a test will obtain a certified nursing assistant certification (CNA). Many students go on to become well equipped in medical based careers.

What does class look like? - With it being a 4-year program, the work ranges from bookwork in the early years, to more hands-on work as one progresses through the program. Eventually, students in the program get to do interactive activities such as: ambulance ride-along, clinicals at Eden Springs, working with mock patients, and participating in a mock mass casualty incident. A poll of WHS medical academy students shows most enjoy labs, the environment, and practicing skills in real life situations.

Why do students join? - Students join for a better understanding of everything the medical field has to offer. Many students will go off to become nurses and doctors. Although all students don't necessarily join for these specific careers. Blakley Wright, a junior in the Academy, said she wants to become a veterinarian and that learning human anatomy will help in learning animal anatomy. This is one example of a student who has utilized this program for other career options.

What if I didn't sign up freshman year but wish to as a sophomore? This is possible! By talking to Mrs. Lawhon and guidance, one could work out a way to join by doubling up on classes sophomore year.



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