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Can School Affect Mental Health?



By Gianna Azzinari
Tusker Tribune Staff

When you wake up in the morning, you either hop out of bed or, like me, try to fall back asleep. Everyone loves summer. Summer is when you get to sleep in as much as you'd like. No alarm clock telling you to wake up early for school, no rushing to make sure you don't miss the bus, no worrying about being late for class. Summer is awesome. But once September gets here, all the drama starts.

If you wake up at 6:00 or 5:00, that's perfect. If you wake up at 8:00 or anything later than that, you're doomed. When my alarm clock goes off I always hit snooze but then I'm late to school. For me this is an easy fix. For others, it's a real problem and causes health problems, too. For example, waking up late and being late to school can make someone have a panic attack where they start to freak out because they don't know what to do. If this ever happens to me, I would just try to relax and have one of my parents drive me so I have more time to calm down.



People will also go nuts about popularity and gossip. Some people will do anything and everything just to be a little popular in school. And don't even get me started on all the drama that can happen. One little rumor about a person can get around very quickly. Once the teachers find out, someone will definitely get in trouble and it'll be a whole big deal that you'll probably get dragged into. School can also be very helpful. It is educational and can make some students feel confident if they are good at a subject. It can also make kids feel organized by

putting their supplies neatly in their desk or in their locker, too.

Some people really like school because they get to see their friends and hang out with the people who make them feel happy. They also may like school because they are really interested in a subject. Or maybe they like the bus ride and think it's calming. There are so many reasons people can like or dislike school. These are just some of the ones I can think of. I personally switch between dislike and like. It depends what's going on in school at that time.

Music's Positive Impact on Our Lives



By Cassidy Newman
Tusker Tribune Staff

"Hey Alexa. Play Taylor Swift." Every morning, I wake up to get ready and listen to music. It helps me wake up.

I am sure it does for all of us, especially an upbeat mix. It also helps us with our emotions, mental health, feelings and so much more. I like music because it makes me feel happy. Some types of music can make you sad, calm, or even angry. For example, if you are listening to slow music that is peaceful, you might feel calm. If you are listening to music about something hard that you went through, you might feel sad.

Also, let's say you are listening to hard rock. You most likely will feel angry or really energetic. When you play music, whatever type of music it is, that is the

emotion or feeling you will have. One cool fact is that when you listen to music, it releases dopamine which is the feel-good hormone.

People can also make their own music. I make my own music. It relaxes me, and it is incredibly fun and calming. You can make your own melody, words and so much more!

I recommend listening, playing, or even making your own music to help with your mental health feelings and emotions.



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Try Some Fabulous, Fun Fall Activities



**By Isabella Nevsky
Tusker Tribune Staff**

Fall is finally here! The weather is getting cooler, the leaves are turning yellow, brown, and orange, it's becoming sweater weather, and Halloween is right around the corner!

There are so many fun activities and things to do in fall like going to a pumpkin patch, hosting a fall picnic and so much more. Fun fact: pumpkins originated in Central America and are both fruit and squash!



Some other fun activities to do in the fall are going apple picking, going to a corn maze, going to a farmers' market, carving pumpkins, decorating with fall decorations, going to a football

game, eating apple cider donuts, having a pumpkin spice drink, and going to a haunted house.

I remember going to a haunted house with my family and it was so fun and scary! I really recommend going to one if you haven't been to one yet. Watching a scary Halloween movie and making Fall treats is also such a fun thing to do during October!

My favorite Halloween movie is the first Hocus Pocus, but there are so many Halloween movies to watch, like The Nightmare Before Christmas, The Addams Family, Halloweentown and more! As you can see, fall has so many fun activities that you should try!



Academic Habits for a Successful School Year



**By Isabella Nevsky
Tusker Tribune Staff**

Now that school is getting more stressful and busier, everyone probably has had tests, quizzes, assessments and other graded assignments. It can be stressful but having good academic habits will help reduce the stress.

Having good habits helps students have a better academic life and performance. A big part of having good academic habits is organization and time management.

You should have a planner to write down tasks that have to be done, for example homework that has to be completed. We all have misplaced things and forgotten where we last put things. To prevent this from happening, you should have folders with different colors for each subject or have a binder with a designated section for each subject. And if you have a lot of misplaced documents and files, make a folder for each subject and put the documents in them.

You should also name each document, so you don't submit the wrong one. After you get a worksheet or paper for one of your subjects, put it into the designated spot, so you don't lose it. We all have forgotten something at home that we need for school, so to stop this from happening before you leave for school, look in your backpack and

make sure you have everything you need for the school day.

If you know you have a quiz in advance, you should start studying for the quiz the day that you find out about it. You should study for 15-20 minutes each day, but you shouldn't wait until the day before the quiz to start studying because it isn't very helpful and effective.

We probably have all procrastinated something in school. To overcome procrastination, it helps to take on a big task when you break the task into smaller steps. For example, if you have to get a project done like a poster about a topic, you should first make a list of all of the information that your poster must include. Next you should research the topic, then decorate and add finishing touches to your project.

You should definitely start doing these habits to have a great school year!



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Never Too Early to Talk Up Halloween



**By Gianna Peanamanda
Tusker Tribune Staff**

Halloween is coming up soon, so let's talk about the holiday! Halloween is on October 31st every year. Kids or adults usually dress up and go trick-or-treating on the holiday. There are so many cool fun facts so let me tell you some of them.

Did You Know Jack-O'-Lanterns weren't always made from pumpkins?

Jack O' Lanterns came to the U.S. through Irish immigrants in telling the story of Stingy Jack. According to the story, Stingy Jack was a creepy guy who would play tricks on the devil. When Jack passed away, neither God nor the Devil wanted him so according to the legend, Jack now roams the earth as a spirit with a lantern to light his way (The Jack O Lantern). People then



decided to start making Jack O Lanterns to try and frighten Jack away as he roamed by their houses.

Did You Know Candy Corn is more than 100 YEARS OLD?!

The first time candy corn was invented was in the 1800's. Candy Corn's three-colored appearance was cutting-edge at the time because it needed a little bit of labor and innovation, as they didn't have the machines we have doing things for us today. Lots of people like Candy Corn, but just as many dislike it. Still, it's a fun decorative candy to have, (especially on Halloween!). These facts you probably did not know but now you do! Be sure to have a safe and spooky Halloween!

Editor's Note: Halloween this year is on Thursday, October 31.

The Dream Team 2.0



**By Logan Ticker
Tusker Tribune Staff**

Going into the 2024 Paris Olympics the USA men's basketball team was looking strong until star vet Kawhi Leonard dropped out of the Olympics. Why, you may ask? Leonard and his team decided that it would be best if he withdrew from the games to rebuild strength for the upcoming NBA season.

The absence of Kawhi left a spot open for another player to replace him, and there was one guy for the job.



After an impressive season with the Celtics and winning the finals, Derrick White stepped up to fill in. The USA made it to the playoffs with flying colors, going undefeated going into the playoffs.

After beating Serbia and Canada in the quarterfinals and semifinals with LeBron James having impressive performances in both, they were going head-to-head against France in the finals. It was a thrilling game, with the Warriors' sharpshooter, Steph Curry, leading the game with 24 points and helped USA get the win over France.

Do you think this is the greatest team of all time?

Yankees Hope for Different Outcome in This Year's Playoffs



**By Cole Michael Dolan
Tusker Tribune Staff**

The New York Yankees have made it back to the playoffs after missing last year's postseason and are hoping to make a long term stay this year.

For the past five years, the Yankees have made four out of five playoffs with two AL championship series exits, one wild card exit and one division series exit, with elevated expectations from the fans and organization. Another early exit could be costly for the manager Aaron Boone, as well as



with the Yankees' young stud, Juan Soto, going into free agency this year. Getting to the world series could really help the Yankees' chances at getting him back for a long term contract. But that is a separate issue that, as a fan, it pains me to say they are not doing well enough on defense. More effort needs to be shown from Gleyber Torres with many plays taken with minimal effort, leading to errors.

With all of this, there are many positives. The hitting is at an all-time high with the most home runs in the league led by the captain Aaron Judge, along with "electric" Jazz Chisolm, Jr. and Juan Soto. Let's Go Yankees!!

October Leads Off on Celebrating Cookies



**By Olivia Pelhank
Tusker Tribune Staff**

If you have read some of my stories, you would know that I like to focus on national holidays coming up. Last week, I did National Homemade Cookie Day. But did you know that the whole month is a month to celebrate cookies?

October is my favorite month for many reasons, but this just adds to the list! It is a month where you can bake some cookies or purchase them from a store or a bakery. I didn't realize how many national cookie days there were! November has two cookie holidays and December has four, so I will be filling up on cookies these next few months!

Cookies are a beloved treat that began in Persia in the 7th century. October is Cookie Month because it is known for all the sweet treats, like for example, Halloween! This month is to celebrate the



yummy treat that gives joy to people of all ages and brings people together.

The exact origins are unclear, but it is a wonderful month for all cookie enthusiasts! Originally, cookies were made of nuts, honey, and spices. Over time, people added other ingredients like butter and eggs. The oldest known cookie is named "Pizzelle", though chocolate chip cookies are the most popular cookie in the U.S.

Some people believe that an Oreo is the number 1 cookie, but I personally don't believe it's even a cookie. I believe it is a delicious snack. Chocolate chip cookies are claimed to have originated in the U.S in 1938, but they were made by accident. The Oreo was created in 1921, and it was originally called an Oreo Biscuit.

October is a very busy month, not just being the cookie month, but also Pizza Month and Pasta Month. My favorite is the cookie part. What about you?

Take Advantage of Fall by Being Outside!



**By Isabella Nevsky
Tusker Tribune Staff**

Since the weather is getting so nice, not too cold or not too warm, it is the perfect time to do something fun and entertaining outside.

So, if you ever want to go outside, but don't know what to do, here are some fun outdoor activities!

Walking your dog, playing sports outside, going to a park, going on a bike ride, having a picnic, going hiking, having s'mores by the firepit and catching fireflies are great activities. Also, if you have a lot of homework or have to study for an upcoming test, studying outside is a fun way to be outside but also to get work done. Fun fact,



being outside in the morning can provide an opportunity for mindfulness practices and it can also help with sleep improvement.

More fun activities to do outside are fishing, camping, watching a movie or show outside, going to a lake and reading. Reading outside can help improve mental health by reducing stress and anxiety.

Being outside can also help improve your mood, focus and concentration. It can give you a boost of vitamin D, increase your energy, boost creativity, lower your blood pressure, make you feel happier and healthier and being outside is good for your eyesight. Nature has many benefits and fun activities that you should try!

The Sun Will Set on the British Empire



**By Leo Mundis
Tusker Tribune Staff**

A recent agreement between Mauritius and the United Kingdom (UK) settled the issue of the British Indian Ocean Territory.

The BIOT, made of seven islands called the Chagos Archipelago, were formed in 1965 by the UK when they split the Archipelago from Mauritius as well as three other islands from the Seychelles (Aldabra, Farquhar, and Desroches). Its original purpose was to set up a military base for the UK and US



during the Cold War, but has still been under British control beyond 1991. Even though Seychelles received their islands back in 1976, the Chagos Archipelago was still under dispute.

From 1968-1973, the UK expelled the 1,500 Chagossians there to make way for the military base on the largest island, Diego Garcia. In 1972, the British government granted the government of Mauritius \$650,000 as compensation, but never directly compensated the Chagossians.

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Spirit Week is Coming Up!



By Giuliana DeMartino
Tusker Tribune Staff

Spirit Week is super fun. The 2024 fall spirit week will start on Monday, October 28 and end on Friday November 1.

On Monday October 28 the theme is sports day. What to wear:

- You can wear your favorite sports team jersey or a jersey of a team you play in. Hats, shirts and more of a team is the perfect way to dress up for sports day.

On Tuesday October 29 the theme is tropical Tuesday. What to wear:

- You can wear some colorful sunglasses, a flower lei, and a trendy sun hat. You can also wear or dress up as thing that reminds you of summer like dressing up as a red, white, and blue ice pop. These are some examples of what to wear on tropical Tuesday.

On Wednesday October 30 the theme is rhyme without reason. What to wear:

- You and your friends can match up as a rhyme. For example, PJ and DJ or wild west and prin-

cess. If you are confused on the theme, you and your friend can be matching like twins. I hope this gives ideas for rhyme without reason.

On Thursday October 31, the theme is wear your Halloween costume or Halloween inspired outfit. What to wear:

- It's kind of in the name, so wear the costume you will wear to go trick or treating in. If you can't wear you costume to school, you can wear a Halloween or fall inspired outfit, your costume from last year or maybe you can make a school costume like

put sunglasses and a cowboy hat. Have a Happy Halloween.

On Friday November 1, the last day of spirit week, the theme is pajama day. What to wear: This theme is very easy. You can wear plaid or comfy pants. You can also wear a pajama set, like roller rabbits.

I hope you have a very fun spirit week and a Happy Halloween.

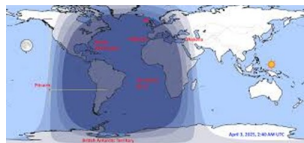


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A year later, hundreds of Chagossians petitioned the government to divide the money they received amongst themselves, as they were forcibly removed from the islands. The Mauritian government only did this four years later, in 1977.

Apart from this small sum of money, the US and UK refused to give more reparations despite many lawsuits and petitions.

The ICJ finally acted on this in 2019, stating that the UK both didn't and shouldn't have authority over the islands, and should be granted to Mauritius as soon as possible. Then, after a vote, the UN General Assembly gave the UK six months to start the process. Only a few days ago (October 3rd), the UK announced that the ownership of the islands



will be handed over, but since a treaty hasn't been written yet, we aren't sure when.

Whenever that happens, that means the sun will soon set

on the British Empire (apart from it not technically being an empire anymore)! The UK, after losing this territory in the Indian Ocean, won't have enough territories to cover enough time zones such that somewhere will always be in light. Consider the takeaway to be that colonization deserves to be left in the darkness.

