

IT'S TIMEEEE!!

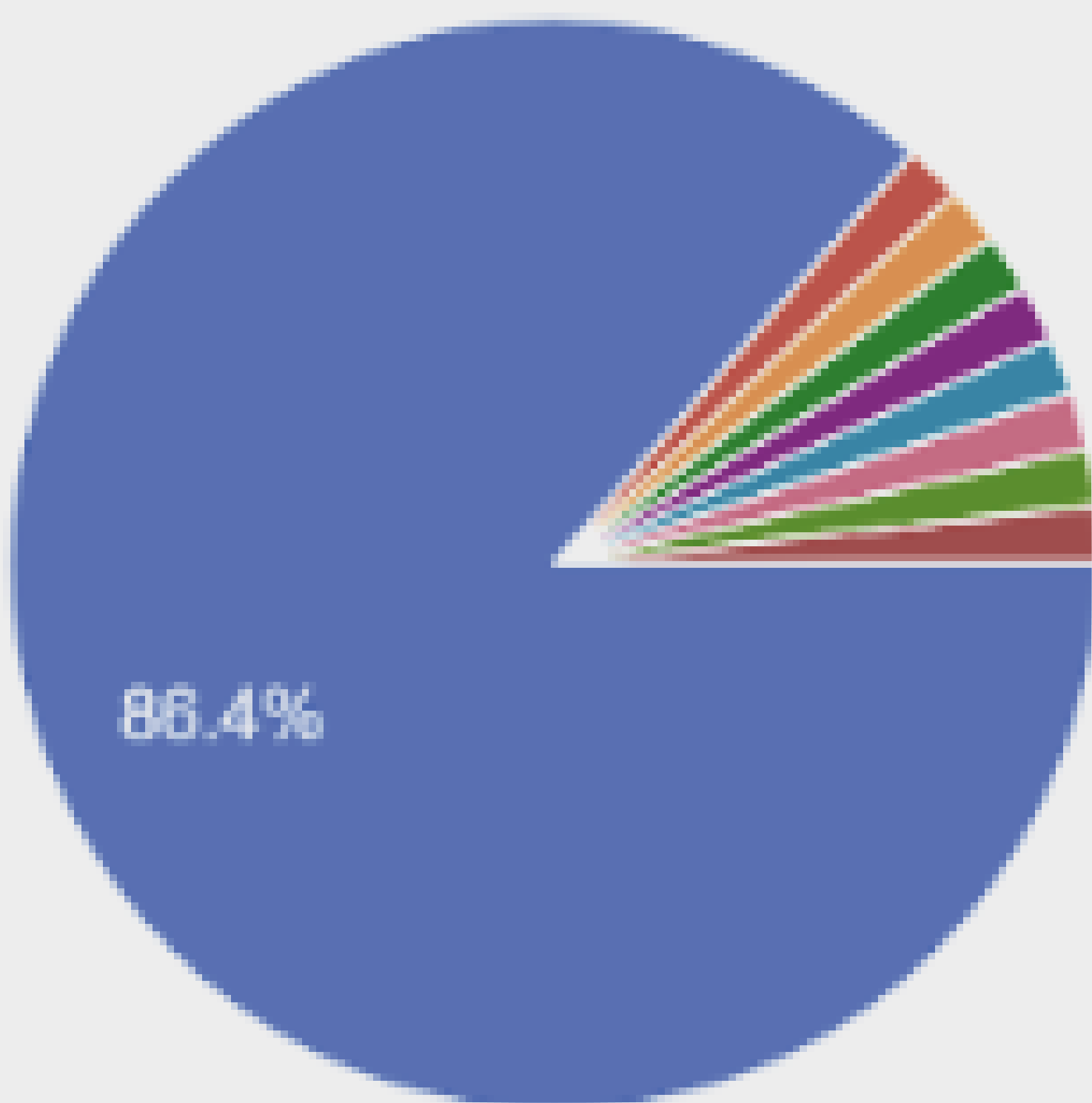


TABLE OF CONTENTS

Page 1:

Christmas Statistics

Page 2:

It's Never Too Early for Tinsel

Page 3:

Christmas Article

Page 4-5:

Extracurriculars

Page 6:

Editorial

Do you feel that when teachers decorate their classrooms for Christmas, you are happier? Photo By: Zoe Chitester

The Christmas Statistics

written by Zoe Chitester

With Christmas around the corner, Kennedy and I had a few questions about the holiday season. So, I asked students and teachers at my school their thoughts on the matter. I first asked students if they felt happier when their teachers decorate their classrooms for Christmas. An astounding, 51 students said YES, they do feel happier. One student said "it feels magical" and another said it makes them "VERY VERY HAPPY." Only one student said they do not feel happier with the decorations.

Another student said that it "doesn't matter to me". Overall, I would say that students like it when their teachers decorate to get them more into the holiday spirit. Now for the teachers, 71.4% said that they think their students are happier when they decorate their rooms for Christmas. Only 8.6% said that they don't feel that students are happier. A teacher said that she "thinks students just like my sparkling personality and don't care about my decor. But I think they also like my little tree I put up. Lol!"

See more on page 3



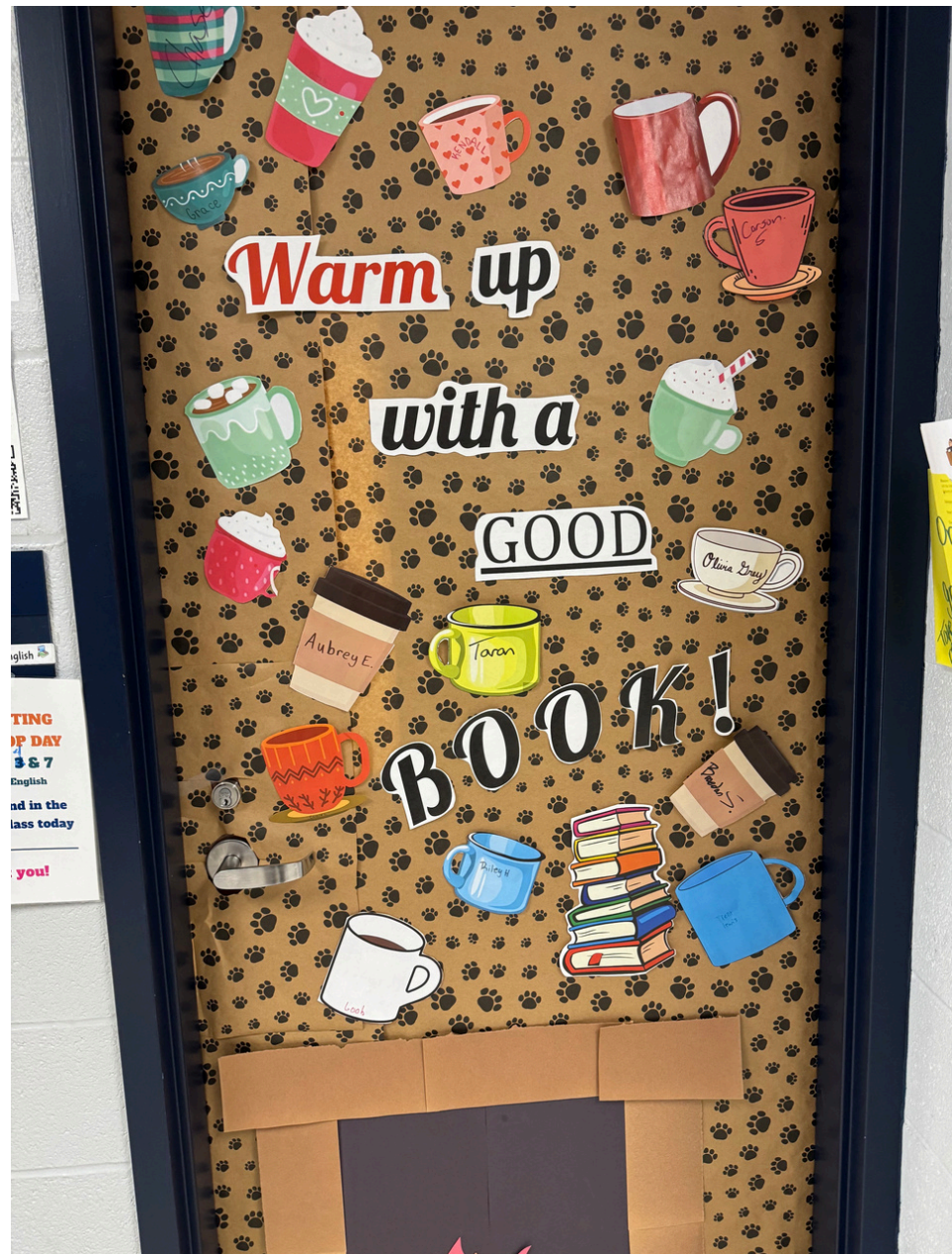
Christmas Information

It's Never Too Early for Tinsel

Written By: Kennedy Nelson

Christmas trees, tinsel, wreaths—it's merely impossible not to break out the Christmas decorations early! I mean, who could resist? Well, if you're someone who's overcome by the urge to deck those halls early, this article is for you. It has been proven by psychologists and a google form conducted by Zoe Chitester and Kennedy Nelson, that decorating early actually makes you happier. If that's not enough to convince you, I'll back you up with some evidence. Psychologist Deborah Serani stated, "I think that anything that takes us out of our normal habituation, the normal day in, day out...signals our senses, and then our senses measure if it's pleasing or not." She even noted that the bright lights and colors are what trigger the release of dopamine. Dopamine is the hormone that makes you feel pleasure, happiness, and any feel-good emotions.

It's also true that the early decorating stirs up feelings of nostalgia. The sweet smell of freshly baked cookies and the shine of the Christmas lights, can be enough to bring back that sense of nostalgia. These factors bring back the happiness and excitement you may have felt as a child during the holiday season. Studies show that nostalgia is actually beneficial for calming anxiety, enhancing social bonds, and even helping you find more meaning in life. This could be the reason why so many people love decorating their homes early—the desire to relive their happiness felt as a child. Decorating early also shows others that you are upbeat which spreads a more positive message—thus spreading more holiday cheer. Research has shown that it even makes you seem more friendly and approachable to your neighbors. People with festive homes appear more welcoming, so decorating early just might be the social boost you need! There you have it, the perfect excuse to spread some early holiday cheer this season!



Mrs. Burns's Door
Photo By: Cordelia Rodgers



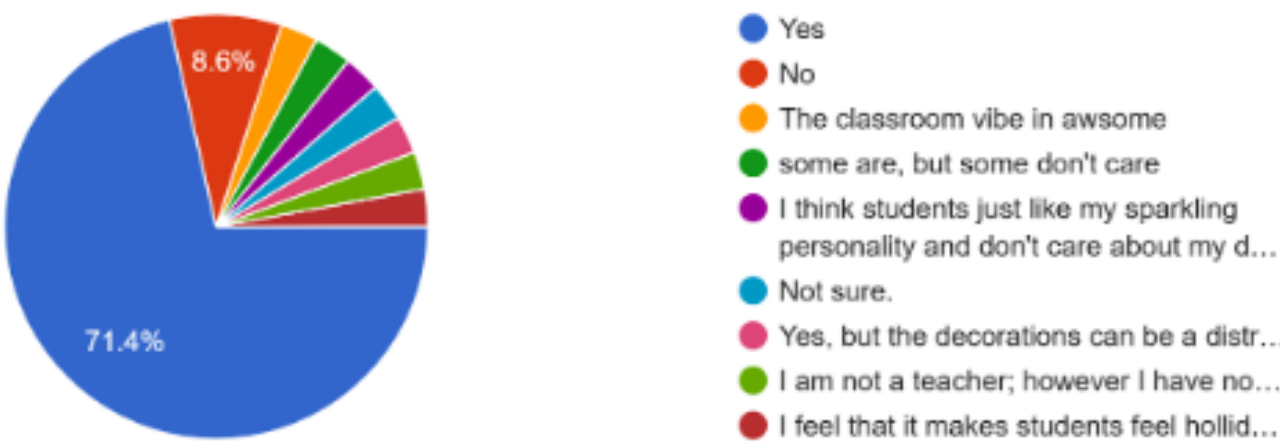
Mr. Sposato's Door
Photo By: Cordelia Rodgers

Christmas Information

Christmas Statistics continued from page 1

A different teacher cautioned that the “decorations can be a distraction. So, you need to be strategic with placing them in your room and how many you put out.” But they still think that students are happier when they decorate.

Lastly, I wanted to know if people in Frewsburg are happier when they decorate their homes for Christmas early. 85.6% said YES! This has been studied by phycologists, and a great research project for Kennedy and I. So, how does Frewsburg’s data compare to other studies? Happy reading and have a magical holiday season!



Do you feel happier when you decorate your rooms, and are students are in better moods?
Photo by: Zoe Chitester



Do you feel you are happier when you decorate your home for Christmas?
Photo By: Zoe Chitester

Extracurriculars

Women In Stem

Written by: Zoe Chitester

Mrs. Mole selected a few girls in high school to attend a field trip to learn about women in engineering. They left for Penn State Behrend in the beginning of the school day. Once they got there, they were introduced to the organizer of the program and carried on to their first station. Female employees from Erie Insurance were there to explain parts of their jobs. Their next station was with people from Zurn Elkay. The students learned about a tensegrity structure, something that is held up by tension of ropes or wire. They got to make one of the structures using popsicle sticks and string. At their last station, they got to solder an electrical circuit board. This was challenging for many students, but some were able to get their LED light to glow.

During lunch, the students got to listen to a speaker from National Fuel and a graduate of Penn State Behrend. She went to school to become an engineer at Penn State and shared her experiences leading to her job. All of the students got to see new parts of engineering that they may never have thought of before. It was a great adventure for women, with engineering in mind for their future.



Soldering Station

~ Photo by Zoe Chitester



Women in engineering

Photo by Zoe Chitester

Extracurriculars



Women in stem

photo by: Zoe Chitester



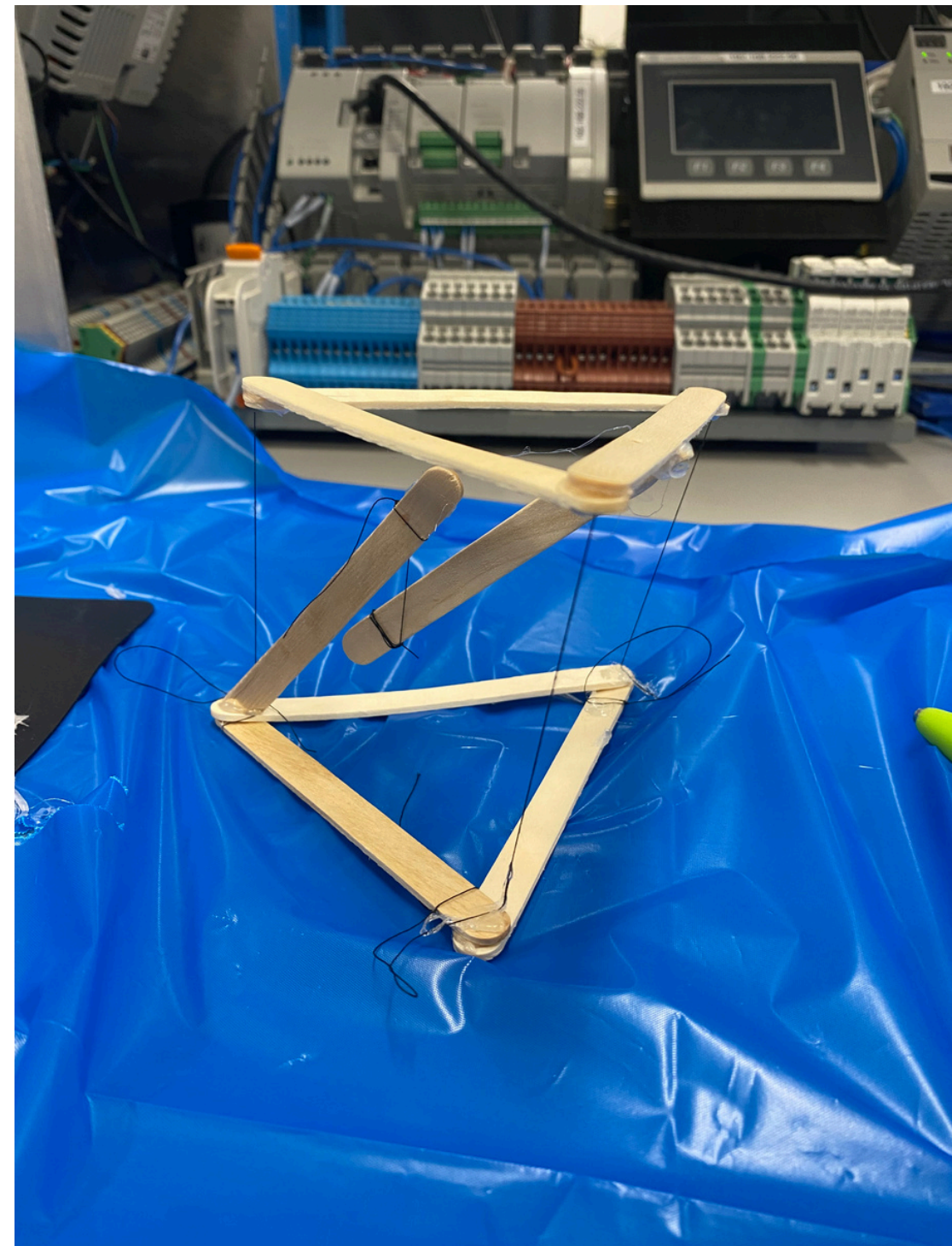
Tensegrity station

photo by: Zoe Chitester



Tensegrity station

photo by: Zoe Chitester



Tensegrity station

photo by: Zoe Chitester

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Thank you to all who make this paper possible!

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Dear Frewsburg,

Letter From the Editor

As a re-introduction, I am Cordelia Rodgers, the editor-in-chief of *Frewspaper*. Since the last editorial went out so well, I thought this next one would be perfect. Last time you got to learn more about me, but what about my other wonderful staff members? In this editorial, you will learn about our wonderful secretary and treasurer. WARNING: she's pretty amazing!

Our secretary/treasurer's name is Zoe Chitester, a 10th grader at Frewsburg Central School. Zoe is the daughter of Amanda and Mike Chitester, with twin siblings Hattie and Finley in 6th grade at RHJ. Being a part of our wonderful *Frewspaper* staff (of course), she leads/fills out the notes/minutes for our meetings. To be honest, without her, it would be hard to know what we did at the meeting previously. This means she has done 2 years of Frewspaper, with many more to come! So, we are very grateful to have her as a part of our team. She is involved with Camera Club as well, getting *Frewspaper* some good shots, too. Along with *Frewspaper* she's also involved with the girls swim team. She's had great scores this past season and is definitely planning to continue this throughout her high school career. As well as swimming, she snowboards in the winter and is currently training for triathlons. As for school, she has a very high GPA of 4.0, which pushes her on her way to National Honor Society in the future. She is involved in advanced classes, including advanced algebra. Her best advice for underclassmen would be, "I would say try to make school fun. If you can find something you like about school everyday you will be happier there and more willing to come." Keep this in mind underclassman; it will be very helpful in the future.

I am definitely grateful for the help I have received with *Frewspaper*, because every issue has been a direct result of the hardwork of our staff. This is crazy that it's already the second editorial out of five I am doing this year. Thank you all so much for the love and support towards the Sep/Oct issue, when you see this one, it's just as amazing as the one before! Now, let's change up the ending...

To making new friends,

Cordelia Rodgers
FCS Senior/Frewspaper Editor-in-Chief

Bearly Podcasts



Do you like watching the news? How about if it's more entertaining? The Frewspaper is officially announcing the creation of our first podcasts! Watch for daily news about our highschool and amazing entertainment from our students/podcast team! Enjoy!