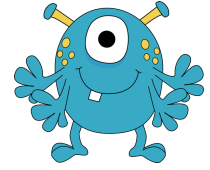




CARSON CHRONICLE



THE CARSON MIDDLE SCHOOL NEWSPAPER

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Editors: Anna Getz & Juliet Forrest

Fall 2021

CREEPY CHANGES

By: Paige Wetzel

Halloween is a holiday many enjoy; from trick-or-treating with friends and family, to dressing up to express your own unique style. Halloween has changed a lot throughout the years. Most people don't realize the big changes happening around them as the Halloween tradition thrives around the world.



Video - History of Halloween!

Halloween origins date back to the ancient Celtic festival of Samhain. The Celts lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and Northern France.

The word "Halloween" comes from All Hallow's Eve and means, "hallowed evening." Hundreds of years ago people dressed up as saints and went from door to

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PUMPKIN SPICE CRAZE

By: Ellen McLaughlin

Leaves falling, temperatures dropping, and pumpkins growing all signs that fall is here. Have you ever noticed that as the temperatures drop and school is back in session that there are an immense amount of pumpkin spice foods around you?

Each fall, people go head over heels for this ultimate comfort food. In all, Americans spend on average \$608 million every year buying pumpkin spice foods. The top three products that we buy are:

1. Pie filling leading with \$130.6 million
2. Starbucks pumpkin spice products with \$110 million
3. Dog food with \$109.5 million



Click on the picture Above for an EASY Pioneer Woman Recipe!

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ROASTED PUMPKIN SEEDS

By: Allison Guttendorf

During the Halloween season, one of the favorite activities to do is carving pumpkins! Most people probably dispose of the “guts” of the pumpkins, but you can use the seeds to make a tasty snack!

Prepping the seeds for roasting:

1. Separate the seeds from the pulp. The easiest way to do this is to transfer the seeds to a colander as you work, and then run water over the seeds, using your fingers to rinse them around. They may still feel a bit slimy from the pulp, but that's okay!
2. Shake off the excess water, then spread the seeds out on a baking sheet to dry. You would ideally allow the seeds to dry overnight to make sure there is no extra moisture, but sometimes that's unrealistic, so try to blot them dry as best you can if you want to power through on the same night!

Optional: soaking in salt water

Soaking the pumpkin seeds in a bit of salt water can help them turn out super crunchy. While it sounds counter intuitive, this same method is popular for homemade french fries and it really works!

If you decide to go this route, transfer the pumpkin seeds from the colander into a medium or large bowl and cover with fresh water and a bit of salt (about 1 teaspoon per 4 cups of water). Allow to soak overnight, then drain and dry as directed above.

Basic seasonings + other options

If you like to play around with some different flavors, I think you'll like at least one of the combinations below:

Ginger-Soy – This is a balance of sweet and a bit of a bite from the ginger.

Brown Sugar Spice – Combines dark brown sugar, with some spices and cayenne pepper. This one definitely has a kick to it, but you can omit the spice and use cinnamon instead for a sugar-cinnamon spin!

Maple Chipotle – Maple syrup is combined with chipotle chile powder and cumin, which gives the seeds a sweet and smoky flavor; not really spicy like the previous blend.

Storage and shelf life



Video Directions!

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SPOOKY PITTSBURGH ATTRACTIONS

By: Juliet Forrest

Around Pittsburgh, there are many well known spots to visit around Halloween to get in the spooky spirit. What about the places that aren't well known? Now, I'm not talking about your local haunted house, I'm talking about places around Pittsburgh that are really said to be haunted. Skeptic or specter, these are great places to visit to get ready for the frightening fun of Halloween.

The Homestead Carnegie Library And Music Hall

You're sitting in the Homestead Carnegie Library, reading in tranquility. When suddenly you hear a book crash to the ground. You go over to where the source of the sound came from, but when you arrive, no one was there.

The Homestead Carnegie Library And Music Hall supposedly is very haunted. Witnesses have reported

ghosts of steelworkers, shadowy figures, and disembodied voices. Other witnesses report them running a drill through the wall of the library, then suddenly the drill stops. Books flying off shelves have also been reported in the library. People have also insisted on seeing a person in the window early in the morning, and then once they blinked, the person was gone! So, go check out this creepy Pittsburgh stop.



Haunted Pittsburgh story on WTAE News

McConnell's Mill State Park

At first glance, this seems like a nice park and wooded area. You can even go for a long walk and enjoy the playground. While haunted woods are a cliché in horror movies, it is a rare occurrence to actually live close to an authentic haunted forest that you can visit!

Some legends say that if you park your car above the mill, a shadowy man can be seen walking down the hill towards the mill. It is said that when he enters the mill, a light turns on,

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CREEPY CHANGES

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door, which is the origin of Halloween costumes and trick or treating.

Anoka, Minnesota officially started Halloween in the US and declared itself the "Halloween Capital of the World", as it was one of the first cities in the US to put on a Halloween celebration that discourages people from playing tricks or causing trouble.

Although many places celebrate Halloween, not all do- for example in New Zealand as in neighboring Australia Halloween is not celebrated to the same extent as in North America. Although in recent years the non- religious celebrations have been achieving some popularity especially among young children in these countries. Trick or treating was not something that was first originally associated with Halloween. Trick or treating did not make a US appearance until 1932, Samhain was a time to celebrate the last harvest of the year and the approach of the winter season. It was also a festival for honoring the dead. One way Celts may have appeased the spirits they believed still walked on the earth was by leaving treats by their doorsteps. When trick or treating you may see carved pumpkin throughout the different houses. Why did pumpkin carving start? Pumpkin carving all started in Ireland, The Irish carved turnips and placed them at their homes to keep all bad souls away from their environment. In today's century, **we call carved pumpkins Jack O'lanterns**. You might wonder how and why did that turn out to be its name?

The name of Jack of lanterns comes from an Irish folktale about a man named stingy Jack. Irish immigrants brought the tradition to America, home of the pumpkin, and it became an integral part of Halloween festivities. Costumes have changed throughout the years of Halloween just like a lot of other traditions. Classic Halloween costumes have evolved dramatically over the last century. Classic costumes like nurses, witches and ghosts have gotten evolved over time. Other costumes like clowns have gotten creepier thanks to the advancement in technology and art. Some of the most popular costumes now are witches, superheroes, clowns, movie characters and self made costumes.

Children all around the world trick or treat, but why do kids say "Trick or Treat?" The phrase is a subtle suggestion that if a treat like candy is given then the child will not perform a trick on the owner of the house. This popular Halloween custom has its origins in the ancient practices of "souling and guising". Halloween is a major part of American history and many people around the world couldn't imagine their lives without this spooky scary holiday.

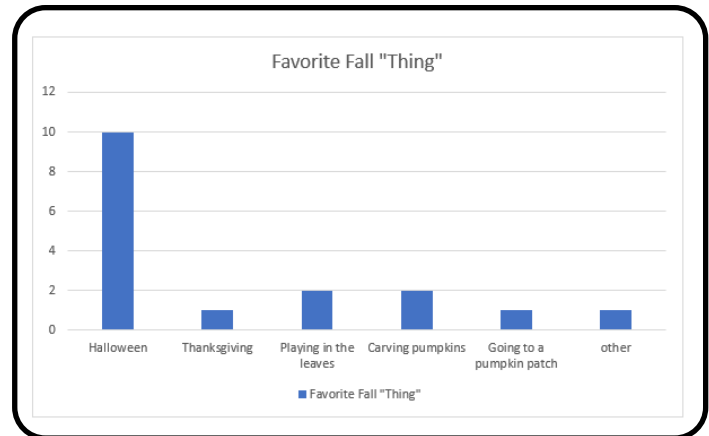
(Don't forget- Have your parents help when carving pumpkins!)



FAVORITE FALL "THING"

By: *Sophie Newton*

I polled seventeen CMS students to see what is their favorite part of the fall season. The results may surprise you. Take a look at the graph. What do YOU like to do in the fall?



HOW DID HALLOWEEN REALLY START?

By: *Grace Gavran*

There are many different discussions people have about Halloween, like when was the first Halloween? Where was the first Halloween celebrated? Did people always dress up?



One of the biggest questions is around the date of October 31st. Some of the history I have read stated that a long time ago, people would leave their houses after dark wearing masks to avoid ghosts that visited the Earth each October 31st. The ghosts would mistake the people wearing masks as other ghosts and not bother them.

The first Halloween was celebrated in the United States in the 1840's in the New England states. People would dress up and walk around the town asking for treats instead of doing tricks, which included opening pasture gates and tipping over milk bottles that were on the porches awaiting delivery in the morning. The people are also wondering where the carving of jack o lanterns came from. The turnip was the first jack o lantern. People would carve turnips as a way to ward off evil spirits. What traditions do you have with your family?

ROASTED PUMPKIN SEEDS

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Storing Roasted Pumpkin Seeds – Once the pumpkin seeds have cooled, transfer to an airtight container and store at room temperature for up to 1 week, or in the refrigerator for up to 2 months.

Freezing pumpkin seeds – Once the raw seeds are thoroughly dried, you can transfer them to an airtight container or freezer zip-lock bag for up to 12 months before roasting.

Freezing Roasted Pumpkin Seeds – Once the seeds have been roasted and cooled completely, you can freeze them as directed above.

(Credit: <https://www.browneyedbaker.com/how-to-roast-pumpkin-seeds/>)



OCTOBER FUN!

Liviana Fanelli



The month of October is almost over, and you may think that October means only Halloween, but it's much more than that. There are many fun things to do, and time left to pick a few to experience!

If you like scary movies, here are a few that you **MUST** watch! ***Scary Stories to Tell in the Dark*** is a good one that is about a group of kids who find a mysterious book, open it, and they read how each of the kids reading the book dies. Another fun movie is ***Goosebumps***. This is a series of movies and it's about this dummy who is possessed and causes disruption to a whole town. A Christmas and Halloween movie is ***Nightmare Before Christmas***. I very highly suggest it. Many people have seen it before, and if you haven't, it's about a Halloween town trying to take over Christmas. It's a good movie to watch with your friends, family, etc.

There are many activities to do, like Halloween bingo, making your own scary stories, carving pumpkin challenge, pumpkin catching contest, and many more. Those are just some ideas.

As you can see, there are many activities to do, many movies to watch, and many pumpkins to carve. From carving pumpkins, to cuddling up on the couch and watching your favorite scary movies! Make sure to ask your friends to do some of those fun activities I named, and make sure to have fun while it lasts!

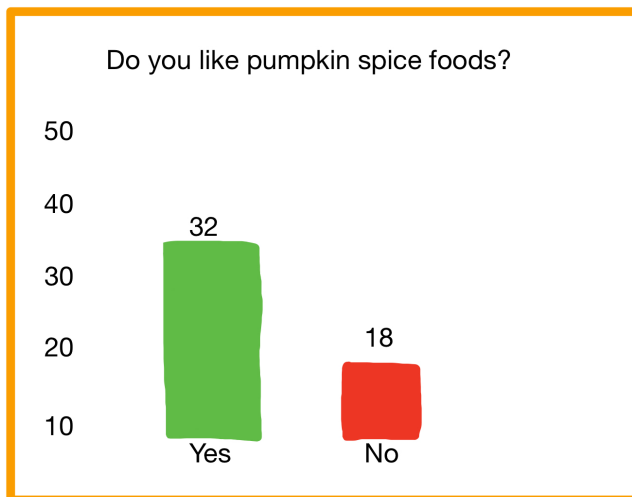
FOR THE LOVE OF PUMPKIN SPICE

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You might be thinking that pumpkin spice is only found in foods like coffee, bread, cookies, and pancakes. What's so crazy about it? Well, have you ever heard of pumpkin spice Pringles, candy corn, and salmon?

Here are some crazy pumpkin spice foods that are not so common. Pumpkin spice: almonds, hummus, corn, cheese, pretzels, Oreo's, macaroni and cheese, popcorn, Twinkies, yogurt, and Jello!

Are you convinced now that there is a pumpkin spice craze ?



HEALTHIER TREATS!

Halloween might not be the best time to discuss healthy eating, since there will be kids trying to get as many candy bars and juice pouches as they can on trick or treating, **BUT there are alternatives to the candy bars and other sweets.** There's a lot of



Click on the picture for more ideas from onmykidsplate.com

discussion these days about fit kids. Being fit is a way of saying a person eats well, gets a lot of physical exercise, and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Kids can take charge when it comes to health. Here are five rules if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days like Halloween might be an exception...just don't have too many exception days!

1. Eat a variety of foods, especially fruits and vegetables. You may have a favorite food, but the best choice is to eat a variety of foods. If you eat different foods, you're more likely to get the nutrients your body needs. **Tip: Substitute salsa for chip dip!**

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WITCHING HOUR

By: Jenna Parker

On October 31st, kids walk down the streets asking for candy dressed as zombies, ghosts, and you guessed it- witches. We think of witches as old women with long noses, warts, and pointy black hats who live in broken down shacks with black cats, stirring potions



in cauldrons. But, from the 1300's to the 1700's, people were executed for being accused of being a witch. One of the most famous series of witch hunts and trials in the United States were in Salem, Massachusetts. From June of 1692 to May of 1693, 19 women were hung as "witches", while many others were imprisoned in what is now Salem, Massachusetts.

In 1689, a man named Samuel Parris moved to Salem Village to become the new pastor. He brought his wife, three daughters, a niece, and two of his slaves. At some point, Samuel's daughter, Abigail, niece- Betty, and one of their friends started fortune-telling motivated by voodoo tales told to them by one of the slaves, a woman named Tituba. In January of 1692, Abigail and Betty started acting very strangely. They had fits where they started screaming, throwing things, contorting their bodies around, and

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HEALTHIER TREATS!

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2. Drink water and milk. When you're really thirsty, cold water is the No. 1 thirst-quencher. If you're looking for some variety, don't overlook milk. Kids need calcium to grow strong bones, and milk is a great source of this mineral. **Tip: Try to limit sugary drinks, like sodas, juice boxes, and fruit punches. Sugar just adds calories, not important nutrients.**

3. Listen to your body. Stop eating when you feel full. **Tip: Sometimes people eat too much because they don't notice how much they're eating while they are doing something else.**

4. Limit screen time. We all have to spend time on our ipads, but the more time you spend on this, the less time that's available for active stuff, like soccer, bike riding, and swimming. **Tip: Put down the phone!**

5. Be active. One job we have as a kid is that we get to figure out which activities we like best. Maybe your passion is karate, or kickball, or dancing. Find ways to be active every day. **Tip: Get outside and be active!**

SPOOKY PITTSBURGH ATTRACTIONS

Continued from page 3

then screams can be heard. A ghostly spirit of a caretaker has also been said to chase visitors away from the mill.

Legend has it that if you park near the Slippery Rock Creek Bridge, turn your car lights off, and honk three times, the ghost of a girl will appear in the rear view mirror. When you turn around to catch a glimpse of the girl, she will vanish. So be sure to watch out for ghosts on your hike!



The Blue Mist Trail

North Park is home to many trails, such as The Rachel Carson Trail and The Green Trail, but The Blue Mist Trail stands out from all the rest. The trail is also referred to by name of the road it sits on, "Irwin Road". This trail is said to be haunted. There are many tales of ghosts and witches shrouding the trail in secrecy. The road is uneven and very rocky. A cemetery sits just off of the trail, which helps to give a creepy feeling while walking.

Multiple tales of this trail have arisen over the years. One tale insists that if you visit the trail during a full moon, you will catch a glimpse of the spirits from a husband and wife dancing on the trail. Other ghost stories suggest that if you honk three times while on the road, it will summon the spirits who haunt the area! Some tales even speak of a half man, half dog, that



roams the trail. What makes this legend even more creepy is that it is only 15 minutes away from Carson! So if you're interested in mysterious, haunted trails, grab your parents and check it out!

These are nearby spooky places that you can go to to get in the Halloween spirit! Although to fulfill your ghost hunting dreams, you may feel the need to run amuck in these places screaming the "Ghost Busters" theme song, please be respectful. People may visit for a walk or to find a place to read a good book, so bring your manners along with your proton blaster. Have a spooky Halloween season Tigers!

WITCHING HOUR

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complaining of feeling like someone was pinching and biting them. Shortly after, Tituba and two other women were blamed for causing these fits and accused of witchcraft.

This is just one of the stories from the Salem Witch Trials where someone was blamed for witchcraft with no solid evidence. At that time, no one really had a good medical understanding of things such as seizures, which could have caused many of the "fits" people were having. Other times, someone could have simply been faking to get somebody they didn't like imprisoned.

As for Tituba's trial, she first pleaded innocent, but later confessed to being visited by the devil and making a deal with him. That was exactly what the court wanted to hear. Tituba's confession was most likely due to the constant pressure from the court, while she was in the vulnerable position of a slave. The other two women claimed to be innocent and were set free. This trial set off hysteria in the village, leading to the other trials throughout the next year.

As we now believe, none of the women accused during the Salem Witch Trials were guilty. Family fights, church politics, children who were easily spooked, and medical conditions led to the uncanny idea of witchcraft. Sadly, punishment was distributed worse to those who claimed to be innocent. People who confessed to being witches were not punished by the court because the Puritans believed that they would receive their punishment from God. But, if someone said they were innocent and there was evidence against them, they were punished very harshly. Furthermore, no one spoke out against the unfair court rulings. They were worried that they would be accused of witchcraft if they raised objections.

So, when you see trick or treaters carrying broomsticks and wearing pointy black hats, remember that "real" witches didn't actually brew potions in their cauldrons. And, if you look close enough, you might just see the ghost of a young Salem "witch" hunting for revenge.

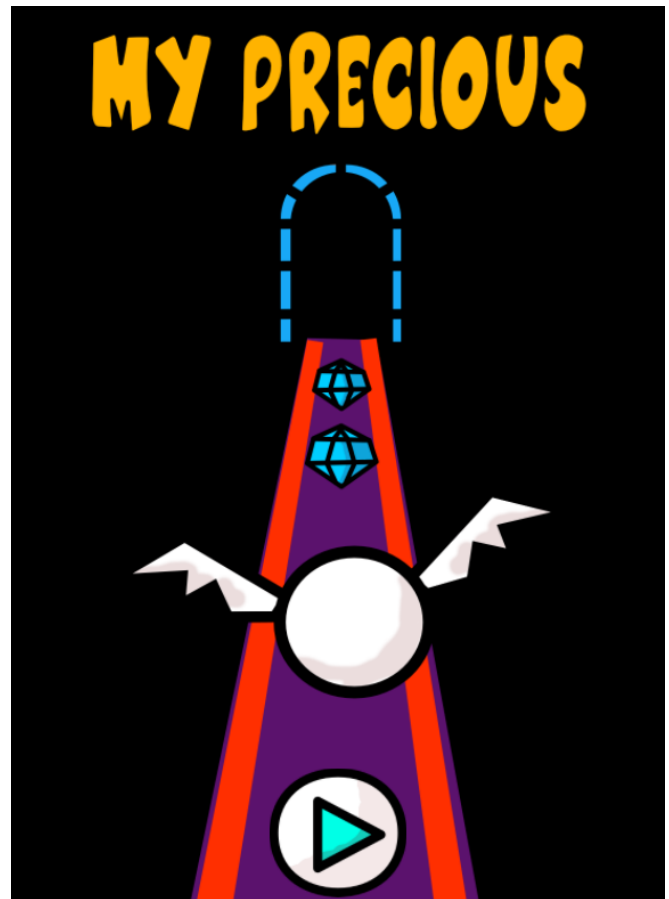


HALLOWEEN GAMES!

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I	E	D	E	T	S	R	W	C	O
R	B	O	N	E	S	I	T	G	S
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LANTERN DRACULA FLASHLIGHT
 BONES TRICK WITCH
 PIRATE GHOST FRIGHTEN

Halloween Word Search at safekidsgames.com



Halloween Bat Flying & Gem Collecting at safekidsgames.com

HALLOWEEN BUBBLE SHOOTER



Halloween Bubble Shooter at safekidsgames.com

