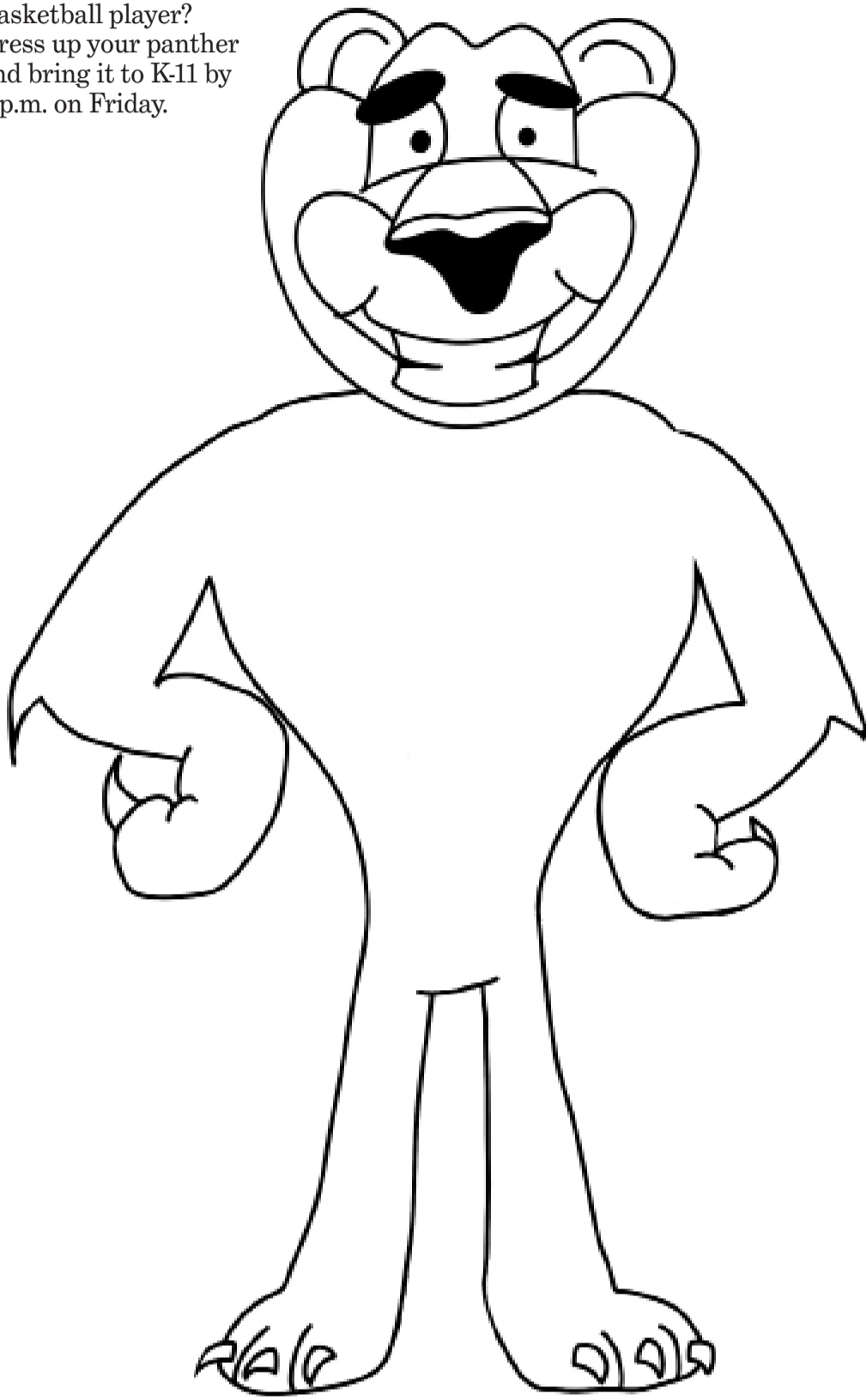


Dress the panther

Should the panther be a superhero? Chef? Basketball player? Dress up your panther and bring it to K-11 by 3 p.m. on Friday.



Wordsearch

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

POPULAR SONGS

- Brutal*
- STAY*
- Heat Waves*
- Happier than ever*
- MAMMAMIA*
- Levitating*
- Need to Know*
- Montero*
- Easy on me*
- Traitor*
- Kiss me more*
- MONEY*

EDITORIAL

Focus on mental health

Mental health affects how we feel, think, act, and it's so important to take time to focus on your well-being in times of stress.

If you continuously let stress consume your life without trying to ease it or calm it down, it could lead to more severe mental health problems.

According to mentalhealthliteracy.org one in five young people suffer from a mental illness.

Mental illness can make things you do from a day to day basis difficult. Going to school, socializing, and getting out of bed can feel like a task when you're struggling.

I can't speak for all teens when I say this, but I believe school is definitely one of the main factors as to why teens' mental health can take a major decline.

Tests, essays, projects and the pressure to have those perfect grades are all factors that play into the result of stress.

I think as teens we get so caught up in the pressure to do "perfect" in school, but the truth is no one is perfect.

Yes, some may move faster than you at something, may get a better grade on that one test than you, or may seem like they have their whole life together.

The truth though, is that we all struggle,



some more than others and that's OK. Take some time to yourself and find things that help distract you from the negative thoughts.

Journaling, bubble baths, listening to music, or watching your favorite show are some subtle ways to calm you down in times of stress.

While those may help some people, it doesn't help everyone. others may need to reach further for help.

I strongly encourage opening up to someone, whether it be a therapist, a friend you trust, or a family member. Find someone to talk to who can help.

It can be tough to open up or even reach out about your struggles with mental health, but I can't stress enough about how important it is to do so.

What we think and how we feel has an impact on our overall lives. So pay attention to yourself, your friends and your family.

- Aimee Penka

Breaking down the contestants on Bachelorette, Season 18

Spoiler alert. Michelle Young's round up of men on this bachelorette season isn't half bad.

Neither is she. Compared to other bachelorettes so far, she is chill and has already put one guy in his place. Which automatically bumps her up.

Bless Ryan for already bringing the



drama to the first episode. He had me in the first clip we get of him riding shirtless on a tractor through a farm, but his hair could use a couple inches off the top.

Props to the effort but having a whole strategy script on how to win is just a tiny bit weird. Not sad to see him go.

Nayte is my man, he is the husband material. By far my biggest ship with Michelle they match each other's energy. I already know this guy is going to be the most unproblematic. I think he will stick around for a while.

Michelle stays smart when she gives him the first impression rose.

Joe is my number one walking red

flag. He had his chance when Michelle was in his DMs but he ghosted her. All of a sudden he wants her now? Sounds like a big no to me. He should have gone home the first rose ceremony.

My honorable mention men that didn't get any spotlight that should have are Chris S and Rodney.

Rodney showed up dressed as a whole apple. And he is quite literally a whole snack.

If I'm jumping way ahead my prediction is Nayte and Rodney are securing that ring.

- Reese Cowden

Thanksgiving? Please, start playing Christmas songs right now

As soon as Nov. 1 arrives, Mariah Carey's, "All I Want For Christmas Is You," starts climbing up the charts at a startling rate.

It has been a big joke on TikTok that Mariah Carey "defrosts" on Nov. 1. Carey herself has joined in on the joke by posting a TikTok of her smashing a pumpkin with her hit song playing in the background on Oct. 31. She also



tweeted out, "Ready? Let's go! #MariahSZN," on the same day.

However this marketing move has met disapproval because of how premature it is. Stoneleigh P, a bar in Dallas, Texas, has even went as far as banning the song from playing in their bar until Dec. 1. Even after Dec. 1, the earworm can only play once a night.

So, this begs the question, when is the right time to start playing Christmas music?

And an even bigger question needs to be answered, am I #excited for #MariahSZN?

For a little bit of context, I am a Buddhist. But, Christmas is my favorite holiday. Which is the biggest paradox, but I choose to avoid that.

Christmas for me is more about

giving presents and milking as much money as I can from distant relatives.

Aunt Tiffany if you are reading this, look away.

The winter holiday is probably the best thing white people have come up with next to Love Island and the phrase, "See you later alligator"

You get the point, I love Christmas. So the earlier I get to celebrate the better. As soon as the temperature drops below 60 fahrenheit, I am ready to hear Carey's song infest every department store nationwide.

Why wait until Thanksgiving to start celebrating Christmas? Thanksgiving is obviously one of the weakest holidays.

But real talk though, have you ever heard anybody say their favorite holiday is Thanksgiving? Exactly.

- Alyssa Lai

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UPCOMING

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Nov. 26 Black Friday
Nov. 29 swim @ Campus
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