

Purple WHO?

Sports

The HMS football team is doing great this year! They are undefeated 8-0, and we're on track to stay that way!

The HMS volleyball team's season ended and they won 11 out of 16 games! Last week, on the 19th, we won our last volleyball game against Hellen Tyson. Go Hellstern!

This week on October 27th we have a championship Cross Country meet at Sonora Middle School. Come out to support our Hellstern runners. October 28th we have an away football game against Rogers Elmwood at 5:30. Hellstern boys basketball games start on November the 9th. The first game is an away game at Huntsville, girls basketball starts on the 11th and the first game will be at Central! Lets go and cheer ALL these Athletes on!

We have soccer tryouts coming up in the coming weeks so if you are interested in trying out check the Hero happenings page for more information.

They did What?

Where did all of the soap go? Why would they take that?

This is do to social media trends. One of these trends is called

Devious Licks. This trend is encouraging students to steal things from school specifically in bathrooms. This trend is not okay at Hellstern or any school for that matter. . So bottom line is don't lick deviously, lick the candy you get this upcoming halloween.

Other trends include trends that do good like the ice bucket challenge which was to raise awareness about ALS also known as Lou Gherig's disease. There is also angelic yields which is the polar opposite of devious licks where people return things back to the schools in place of people taking them. People do this on Tik Tok to gain popularity and followers. The main thing is that you do not let these trends affect who you are and what you do. You need to be yourself and be **UNIQUE**.



Purple monster or Eater of Purple People

Is it a purple monster? Is it a purple person? The controversial Halloween song "Purple People Eater" has everyone wondering what it is. Two HMS students are going to tell you what they think and maybe we'll finally figure out what it is...

Annie thinks the song says PURPLE people eater, meaning the monster is purple and eats people. They think this because before the singer says the word purple, he talks about the traits of the monster (ex. One eyed/one horned). It wouldn't make sense to so abruptly change subjects instead of staying on topic. Plus, in the 1988 purple people eater movie, the monster was purple and the people were NOT! Let's see what Elliot has to say!

Elliot thinks that the song is referring to a creature or being of some sort that eats purple people as in the song due to the alliterate pacing of the words(alliteration). Plus, there's more factual evidence... In fact, in Tyre, Lebanon purple people did used to exist, so don't think purple people never existed! In the song it even says: "Eatin' purple people and it sure is fine". Seems pretty solid!

That's what Annie and Elliot think, but now let's see what the students think! Earlier in the week we went out a google form about the purple people eaters. 66.2% of you agreed it was talking about a purple monster, rather than a purple person. I guess maybe Annie was right! What do you think it says in the song?

Sugar



Sugar is a very important part of Halloween and since this holiday is coming up, let's talk about candy! Candy is very big on Halloween and normally kids will gain about 3,500 - 7,000 calories from candy, and will consume around 3.5 pounds of it. Around 9.9 BILLION dollars are used each year on candy, in the U.S alone, 3.3 billion dollars are spent on candy. Eating too much candy can cause tooth decay from the bits left in your mouth, so if you don't brush after eating it by the age 40 you'll lose your teeth.

Although a lot of candy is bad for you, the worst candy to eat is sticky candy. This is because 90% of sticky candy is sugar, and even though it's still not great for you, harder candy does not contain as much sugar as sticky candy does. Plus, candy has no nutrients (things your body needs to fuel itself).

Eating candy also makes your blood sugar skyrocket, which is what a lot of people call a "sugar high". After the sugar high wears off, you reach the dreaded "sugar crash" which causes high anxiety levels. Too much candy can also permanently damage your blood sugar levels. It's very hard to get back to a normal and healthy blood sugar level.

In conclusion, eating candy every now and then isn't horrible but an excessive amount of candy, like how much candy most people consume on Halloween, is way too much.

