



# The Potter Post



Issue 3 Volume 4

October, 2024

## Potter leaders: on campus, in the community, and in athletics! Go Braves!



Brooke Mobely, Pooh, and Yarezi Maldonado at Mike Choate Preschool. Alyah Lopez dances with Boo from Monsters Inc. Twins Jo Means and Auttumn Jungersen. P.J.H Ballet Folklorico at FHS Trunk or Treat.



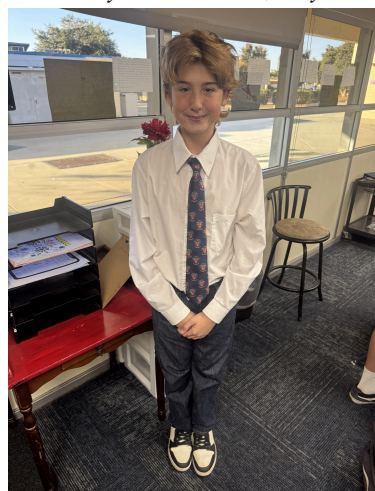
Anthony Zambrano runs for P.J.H Cross-country. Volleyball back row: Bella Bishop, Shae Traner, Vernice, Rae Rannells, Amani Tucker, Jesikah Cottom, Lucy Mitcheltree, Auttumn Jungersen, Lily Martin, Elin Gangnath Front: Millie Collins, Eva Lasha, Sofia Carboni, Kendra Del Razo. Isabela Juan runs, Josue Urrutia.



Annie Stelma as Max and Leo Pizano in The Grinch preview, Lorena Vasquez running cross-country, Lizzie Arwood and Ms. Peggy on swap day, Jacob green runs cross-country.



ASB sells candy grams: Alessandra Ramos, Graecie Gwynn, Ana Erb. Drama club: Nikki Marcum, Sofia Morales, Gianna Cannizzo, Evelyn Cortes, Leo Pizano, Annie Stelma, Addie Anderson, Itzel Favela. Cross-country: Colton Ross, Hayden Draper, Finley Hamblin, Marbella Rodriguez, Cora Montgomery.



Miguel Mendoza and Robert White dressed for success while P.J.H teachers swap as students! Mr. Escobedo, Mr. Person, Mrs. De Alba, Miss Gonzalez, Mrs. Seaux, Mr. Burrows and Mrs. Hunt all looking cool.

## Breast Cancer

### Awareness

Did you know October is Breast Cancer Awareness Month? It is important to many people who have gone through this disease, are sick now, and also to their family members to shed light on the disease. People wear pink to honor survivors and remember those who lost to the disease. The main purpose of Breast Cancer Awareness Month is to prevent lots of deaths each year by raising awareness about cancer and individuals across the world to take action against the disease. There are fundraising events especially during this time, such as 5 and 10K runs, school events, and health fairs. Women are encouraged to check themselves and go to the doctor for regular screenings. By: Shelby Aguirre



## Halloween History

Have you ever wondered what the history of Halloween is? It all started with an Ancient Celtic festival called Samhain, pronounced, "sow-in". This large event celebrated the end of summer, and the beginning of winter. Back in ancient times, winter was often associated with death, because of the extreme cold. So, as a result, the Celts thought October 31st was when the barrier between the living world and the ghost world was broken. The Celtic people thought that the spirits would destroy crops, but also tell predictions. So, on this night, they sacrificed animals and crops to the spirits to tell their fortunes while wearing animal skins. In the years coming, the Romans and other Europeans built upon this tradition to make the holiday the one we know today. By: William Daniels

## Outer Banks

As you know, the amazing show Outer Banks is finally coming out with the long-awaited season 4! I know Sofia and I have been waiting anxiously for this new season. The last three seasons have been filled with chaos, fun, and excitement. The two sides of the island in which the show takes place, the kooks, the richer side, and the pagues, the poorer side are constantly fighting over the gold that everyone wants to find. (spoiler warning) I know in season three the pagues end up finding El Dorado gold and become filthy rich, but in the trailer for season 4 we see that they end up spending millions of dollars. We don't know how, but that adds to the excitement and anticipation of new adventures in season 4. So if you want to watch this new amazing season of Outer Banks then mark your calendar for October 10. We hope you'll watch, I know Elin and I will! By: Sofia Carboni and Elin Gangnath

## Bullying Prevention



Did you know that October is Bullying Prevention Month? Initiated in 2006, in the wake of school violence throughout the world, this movement is committed to providing all students with a safe and supporting learning environment. From the words of the DoDEA, "Every child is entitled to feel safe in a classroom, in the hallway and on the playground and buses. Bullying, verbal harassment, and cyber-bullying interfere with a student's ability to learn. All of us, teachers, administrators, students and parents, must work together to eliminate unacceptable bullying and harassing behavior. Together we can make our schools safe places to learn, grow and thrive." Bullying prevention hopefully will become a priority for every school across the country and world. By: Heaven Baez



## Celebrating Halloween

Halloween is a fun and spooky holiday, and there are many ways to celebrate it! The most evident thing to do would be to go trick-or-treating in a costume. There are many different things you could dress up as whether it's scary or not. You could have your own unique costume, or match with some friends. Another way to celebrate Halloween is by going to a pumpkin patch and carving pumpkins. The designs you can make are endless! Some people like making spooky designs while others enjoy making funny or cute ones. You can also have a horror movie marathon, but you can always watch some classic funny Halloween movies if you don't like horror movies. Visiting haunted houses is a great way to celebrate Halloween. You can also go to amusement parks such as Knott's Scary Farm and Universal Studios Hollywood Horror Nights. But remember, it doesn't really matter how you celebrate Halloween as long as you have fun! By: Zoe Guzman

## Savory and Spooky



It's spooky season and it's time for some spooky foods. Halloween is a time of year for scares and treats but which food are the best? Some you might have are pumpkin pie and Halloween cookies, but there are some you've got to try like brain cupcakes, mummy pigs in a blanket, and zombie burgers. How about some spooky treats like candy apples, gummy zombie fingers, witches hat cookies, and ghost ice cream sundae? So start making these spooooky dishes and try them for your self. By: Jacob Green

## Pumpkins

The Halloween pumpkins origin goes way back in time. The word pumpkin originated from the Greek word "pepon", which means "large melon." Back in the 1800's is when they started to carve pumpkins into jack-o'-lanterns in Britain and Ireland, but before that they would use turnips. They would also use potatoes and other root vegetables, but large turnips were the most common. Creepy faces were carved to ward off evil spirits, such as Stingy Jack, a trickster who was punished after his death to roam the earth with a lit piece of coal to light his way at night. A fun fact about pumpkins is that the heaviest pumpkin in the world ever recorded was 2,624 lbs in 2016. By: Lev Becker



## Classic Flicks

October means it's time for scary movies! So many films celebrate this season from genres like horror, comedy, and animated movies. Many movies that are well known are created by Tim Burton or Stephan King, but there are many more famous filmmakers as well. For example, there's Scream, Corpse Bride, Halloween Town, Trick or Treat, and many more. Family favorites include Ghostbusters, Hocus Pocus, Coraline, The Nightmare Before Christmas, Casper, and The Addams Family. Now let's get some student's opinions on favorite Halloween movies.

Gracie Campbell said, "My favorite Halloween movie is ET." Abigail Espinoza shared, "The Nightmare Before Christmas is my favorite Halloween movie." Jessica Castillo states, "Hocus Pocus is my favorite." Lastly Isabella Monge Jimenez says, "I love jigsaw, it's not scary but, yeah." All in all, Halloween movies play a significant role in the yearly tradition of this holiday. There's nothing like snuggling up with a bowl of popcorn in the dark and watching your favorite Halloween movies. Without them a piece of Halloween would be missing! By: Abigail Espinoza & Lucero Amparn



## Forest

On a dark and eerie night, as the clock struck midnight, a group of friends gathered around a bonfire deep in the heart of the forest. They told spooky stories competing to outdo each other with their tales. As the fire crackled and cast eerie shadows, they heard a distant howl that sent shivers down their spines. Suddenly, a figure emerged from the darkness, its eyes glowing with the evil light. The friends were frozen in fear as the figure approached, its ghostly form seeming to flow above the ground. As soon as it seemed as if the figure was about to attack them, their friend jumped out behind the tree and yelled, "Gotcha, you should have seen the look at your faces!" As their other friend took off his mask, relieved they all laughed, but little did they know that the real chills were yet to come. The true creature in the forest was still lurking... By: James Russell

## Villains

With Halloween coming soon, Enzo and I walked around Potter asking people: Who is your favorite villain?

There were your typical answers: "Michael Myers." From Carla Wico. "Uhh Probably, Jack Skellington." From Kevin Cruz. "Freddy Kruger" Alek Gurrero. Your not-so-typical answers: "The guy from Saw" from Ms. Hunt. "Ghostface" from Laylon Chrespin. "The Boogeyman" Seth Woodward.

The thing mostly everyone said, is they are dressing up and hope to get lots of candy trick or treating! By: Jaxson Schuman and Enzo Hendon

## Real-Life Ghosts

It's that time of year again: scary decorations, costumes, candy, and spooky stories! I will tell you about some local haunted areas and their ghosts, and go into depth about one of the craziest and most credible ghost stories out there. First off, here in San Diego, the ship that we maybe visited during field trips in elementary school, the USS Midway! All that really happens there are visions, sounds, smells, weird sensations, and very heavy air. Sometimes you'll see a person, but it's mostly civilians and not sailors and when they are, they aren't evil or mad. Next is one you've heard if you're a horror movie geek or just like your spirits, The Conjuring House. The story in the movie is mostly true, even the real family who experienced the paranormal activities, the Perron's, visited the set of the film! For those who don't know the real story, in 1971, the Perron family moved into this haunted house in Harrisville, Rhode Island, unaware of its history. It had been the epicenter of many tragedies including the acts of Bathsheba Sherman who was believed to be a witch. When they moved in, the paranormal activity wasn't anything bad, but then it escalated. The Bell Witch is the only ghost who has been confirmed to have killed a person and for it to be on their death certificate. The story goes that in 1817, for 4 years, a family, the Bell family, was haunted by a demon called The Bell Witch and it eventually took the father, John Bell's life. If you go there now, you can still experience these paranormal events yourself like being scratched, or slapped across the face so hard it leaves a red mark. When the

## Froot Loops

Today was normal, like any other day, but I got an eerie feeling. It was probably nothing being that it was my favorite class. When I got to school, everyone was quiet, even the feeling was off when I got to my friend group but I continued to ignore it. As I was heading to my first period, math, I saw someone I had never seen before at this school and his appearance scared me. He was tall but looked dead as in really pale skin, what you'd think a zombie would look like. I started to back up into people, they gave me crazy looks but I ran the opposite way he was going. I was finally at my math class five minutes late, I took my seat and saw the same boy I'd seen in the hallway. I turned to my friend who was sitting behind me and said, "Do you see that kid right there!" "No, what are you talking about? There is no one in that seat" said Ashley who was now thinking I was

## Pumpkin Patch

Pumpkin patches are a delightful fall tradition where families and friends can enjoy the crisp fall weather, and pick out the perfect pumpkin. These patches are often located on farms and offer a variety of pumpkins in different shapes, sizes, and colors. Many pumpkin patches also provide fun activities such as corn mazes, petting zoos, and hayrides.

In addition to picking pumpkins, visitors can often find seasonal treats like apple cider, chai tea, caramel apples, and pumpkin flavored desserts. The vibrant orange of the pumpkin and the fall leaves creates the perfect fall setting, which is great for taking photos and making

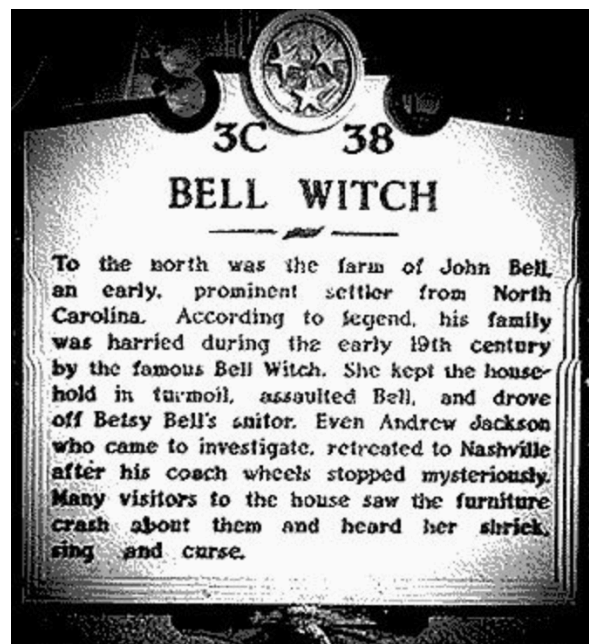


messing with her. The class finally was over, but the boy in that seat was still there just staring at the wall. I figured I was just seeing things and trying to calm myself down. I started walking to ELA class thinking this day couldn't get any weirder but suddenly I saw that boy walking into my next class but with a bag of Froot Loops? I hesitated to go into class but when I did my seat was taken by him. WAIT FOR PART TWO NEXT MONTH...

By: Abigail Espinoza

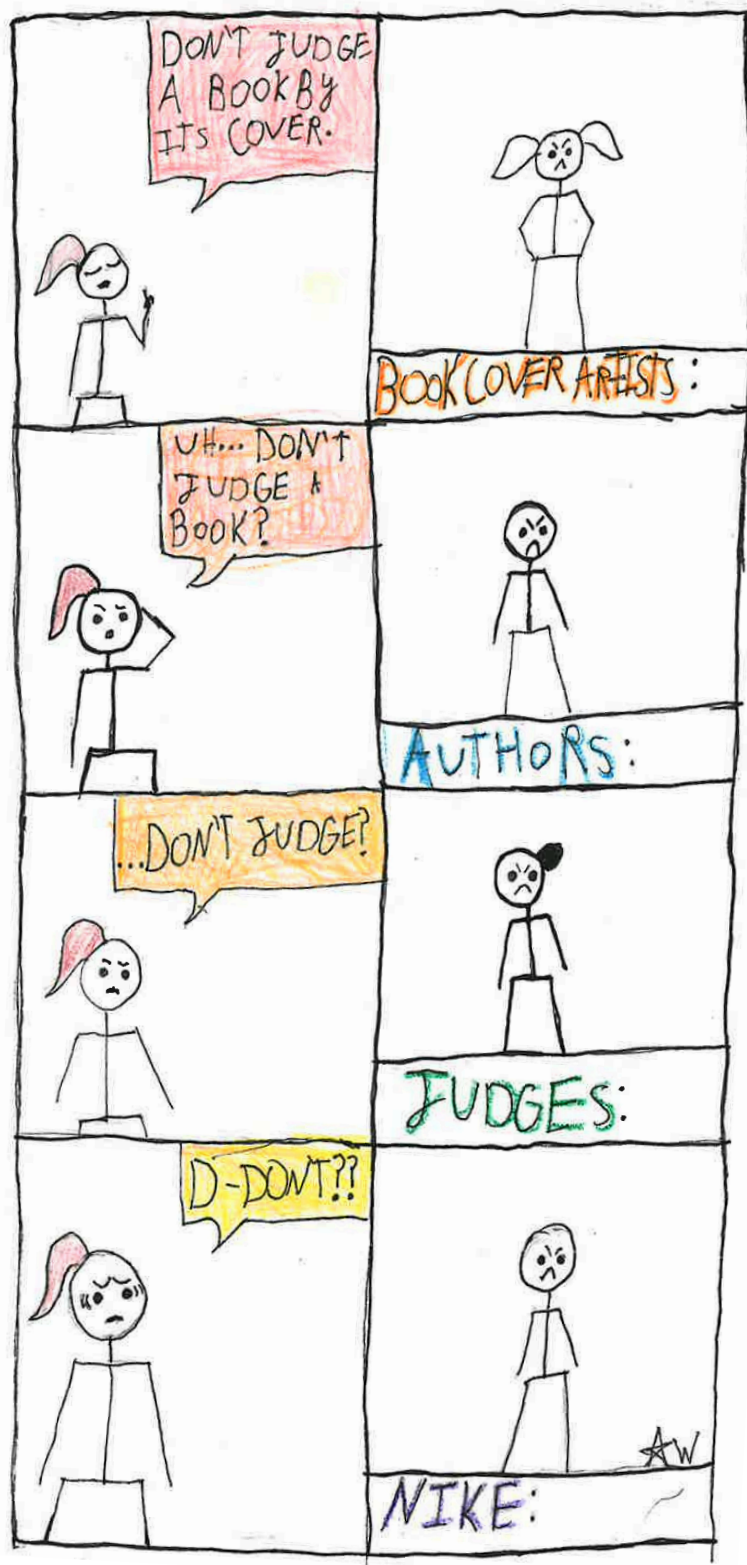
memories. For those who enjoy crafts, many pumpkin patches also offer pumpkin carving stations and decorating supplies, allowing you or your family to create your very own jack-o'-lantern.

Pumpkin patches are not just about the carvings and activities, but they are about experiencing the joys of the fall season with your loved ones. Whether you're looking for the ideal pumpkin for your Halloween decorations or just want to enjoy a day outdoors, a visit to a pumpkin patch is a classic fall activity. By: Shae Traner



Bell family was living there, it was able to levitate the children and eventually take John's life. However, the hauntings didn't start when they first moved there, they actually moved there in about 1804, but it was in 1817 that they started to notice strange things across the property. The first of which was when John went out hunting on his property, he saw this wolf-like creature, and it's head was that of rabbit's. Things only got weirder and worse over

time. At first, it was faint knocks, then it was a huge bird dematerializing in front of them. The knocks got so bad it started to sound like thousands of mice were gnawing at the walls. It was clearly a trickster entity because whenever they would ask who it was, it would either lie or tell a new story. The one major difference between The Conjuring House and The Bell Witch is that it isn't based on the account of one family, but hundreds to thousands of people who came to their house when they started to tell the town. Even Andrew Jackson tried to go to this house and stay for a weekend, but he left after the first night because as his group pulled up to their property, their carts stopped working with no sign of anything broken, it just wouldn't budge. Then, one of the people who came with him and was a skeptic was thrown to the ground and beaten badly. Andrew Jackson even stated, "I would rather take on the British army again than stay another night at the estate." How this spirit works is like the main villain of the horror movie, Nightmare on Elm Street, Freddy Crouger. The more people visit, the more powerful it gets. Remember the knocks? They turned into whispers and then full-on disembodied voices when more and more people came. It got to the point where it even stated it came specifically to kill John Bell. This story is so wild, and I recommend doing your own research if you want to learn more. If you want to see the real thing and see ghost hunters investigate, I recommend watching Sam and Colby on Youtube. By: Allan Curley



## Comics Corner By Adelyn Wilson



### Clown Motel

Would you stay at the Clown Motel? The Clown Motel in Tonopah, Nevada was built in Honor of Clarence David who had an odd fascination with clowns. He had a collection of 150 clowns. Leona and Leroy, his kids were the builders, who honored it to their father. If you were to stay there you would see visits from clowns throughout the day or night as well as clown themed rooms. On the property there is a cemetery. Those who lay there are the victims of the 1905 Tonopah Plague and the 1911 Belmont Fire, as well as Sheriff Thomas Logan who was shot and killed while trying to save others in a local brothel. Rumor has it that the clown statues act as vessels for the ghosts that live there. The ghosts will then 'possess' the doll and make them 'come to life'. There are about 5000 clowns that are there to horrify those who choose to stay. Guests of the Clown Motel have to be over the age of 21 and can book a room the day you go in. Not many people stay so there are plenty of rooms open. The cost of a one night stay would be around \$100 to \$200 depending on size of room you want.

So the question is would you stay at the Clown Motel? I found that lots of the students here would like to stay at the Clown Motel. Those who would like to stay there would stay for the experience and for bragging rights!

By:Jo Means

### Candy

Many people are going to be getting massive amounts of candy this Halloween. What are your favorite candies this year? Reese's peanut butter cups, M&M's, Snickers, who knows, so let's see what candies are favorites to the Potter Braves. Allen says, "I like Candy Corn." Candy Corn is so delicious. It is super sweet and it hits the spot when you want something sugary. Another Potter Brave said, "My favorite is Hershey's Chocolate." Xenia is right, Hershey's Chocolate is so tasty and has so much flavor. It melts in your mouth and if you have one you have to have more. Dariella says, "I enjoy getting Twix." This candy is amazing and is so well liked. Almost everyone likes Twix. People all around Fallbrook and other communities will be getting their favorite candies in the coming days. I hope all Potter Braves get their favorite candies this Halloween. By: Hailey Manion



### A Call to Action

The world is facing unprecedented challenges that threaten the very existence of our planet. From climate change to deforestation, the signs of environmental degradation are all around us. We must take immediate and decisive action to address these issues before it is too late.

The impact of human activity on the environment has reached a critical point, and urgent measures are required to reverse the damage. We must prioritize sustainable practices, and conservation efforts, in the protection of endangered species to ensure a harmonious coexistence with nature.

As individuals, we can contribute to preserving our planet by making conscious choices in our daily lives. Whether it's reducing our carbon footprint, supporting eco-friendly invitations, or advocating for environmental policies, each action can make a difference, no matter how small. It is time for all of us to come together and prioritize the well-being of our planet. By raising awareness, fostering a sense of responsibility, and embracing sustainable practices, we can strive to create a better world for future generations. By: Allen Shearer

