

Echo.

“It may just be a shadow,

*moving in the corner of their eye, or the faint sound of whispers
when they are alone.”*

A Collection of Real Ghost Stories Experienced by UHS Stuents, pg 24

“Balancing schoolwork as well as the college application process can be challenging, but once a student is accepted into their desired college, the initial pressure is off.”

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FALL MAGAZINE

2017 UHS Echo Magazine Production

“What better way to welcome the new season than with a *new style?*”

Fall Hair Trends for 2017, pg 18



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The Echo

Urbana High School

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Urbana Welcomes New Teachers to UHS

Sam Reel
Staff Writer

The 2017-18 school year is in full swing, and our new teachers at Urbana High School are settling in. UHS has plenty of fresh faces, as we have welcomed fourteen new teachers this year to help Urbana students learn and grow.

New teachers might be starting their careers or taking on a new adventure here at Urbana, but a common theme among them is their commitment to students and their love for the diversity that Urbana brings.

“I think I got into teaching because I realized there a lot of people like me in schools and not a lot of teachers like

me. I’m a guy and there’s not a lot of male teachers. I’m also a person of color and there aren’t a lot of teachers of color, I saw it as a need,” says Markell Watson, English teacher.

Being able to connect with students is important to teachers as well, so much so that it was one of the main reasons that MarKeira Davis, English teacher, went into teaching. Her desire is to give students a teacher they could trust and connect with because “I remember that we didn’t have relatable teachers when I was in school and I remember saying to myself that I wouldn’t

be that kind of teacher.”

Roberta Westerman, art teacher, has an even more broad reason for becoming a teacher. “I decided to teach because I see it as the most effective way to change the society in which I live.”

Different reasons might have brought each new teacher into Urbana High School, but we are glad they’re here.

Welcome to UHS!

Welcome to UHS!



Ms. Pfister Special Ed. Ms. Howe Special Ed. Ms. Molloy Counselor Ms. Lee Math



Ms. Porter P.E. Mr. Blaton Special Ed. Ms. Strain FACS Ms. Salemo P.E.



Ms. Davis English Ms. Alpers Special Ed. Mr. Watson English Ms. Westermann Art



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Mr. Rodriguez Soc. Studies

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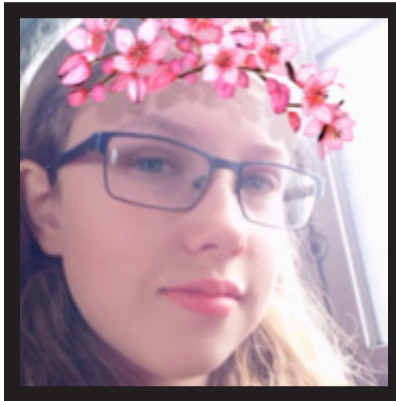
Freshmen Check Up

Natosha Williams

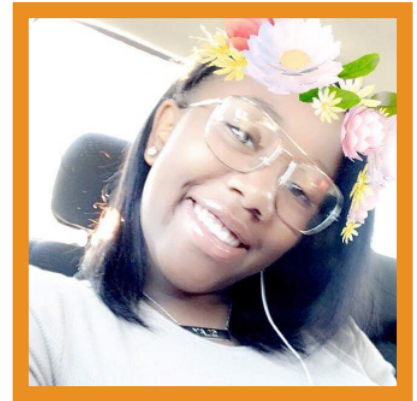
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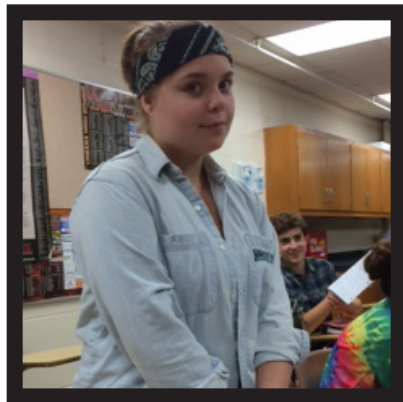
Caydence Anderegg



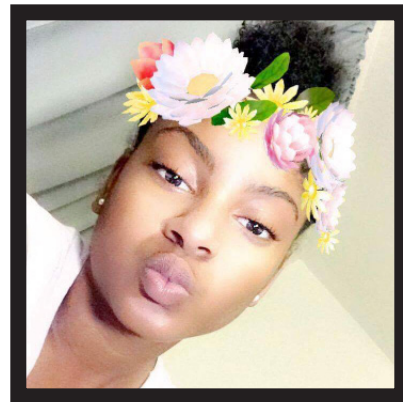
Corrine Kloster



Mikiyah Lucas



Hope Matejka



Indya Murphy

High school differs from middle school in so many ways: more time between classes, more people, more intensity, and a lot more activities to take part in both in and out of school.

One theme many freshmen noted was that with all the changes from middle school, to make it in high school, you have to set goals for yourself.

“I’m staying focused by worrying about myself and my work and not anybody else,” says Indya Murphy.

Freshman Hope Matejka agrees, saying that in high school, “you have to stay on your business.”

Students found it helpful to be organized and neat in everything they do.

“I have multiple binders which help me mostly to stay organized,” Matejka says.

Aryanna Rent has another strategy: “I use my schedule to get to class on time and which staircases to take.”

Despite learning from the different environment, not all experiences in high school have been positive.

“There’s a lot more people and the teachers are much more serious,” says Corinne Kloster.

“I don’t like the detention policies or how

the finals work,” says Aryanna Rent.

Murphy agrees with this sentiment, but admits “I love and like my classes.”

Caydence Anderegg agrees. “I like high school. The teachers are really cool and chill. I get to meet new people, and I like being on the volleyball team.”

Mikiyah Lucas appreciates the new privileges that come with getting older. “I love high school because I get more freedom than I was getting in middle school.”

Overall, freshmen seem to be having a successful time adapting to high school.

We’re glad to have you here!

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Olivia Rosenstein competing at the Lee Halberg invitational in Springfield.

Photo: Barker

Urbana Girls Cross-Country Aiming for State Meet

Andrew Kowalski

Staff Writer

The 2017 Urbana High Girls' Cross Country team is looking to build off of a strong performance last year, despite the forfeit of their Regionals Championship and State Qualification due to a residency issue, by qualifying and competing at the state meet this year.

The Tigers got off to a strong start in their first three meets of the season with all three races resulting in first and second place finishes by Libby Cultra and Olivia Rosenstein (who are both ranked in the top 15 for Illinois individual runners) and a first place team finish at the Decatur MacArthur Invitational with a strong performance from Chian Scott.

Last year, the team won regionals in Danville and was a runner up to Waterloo High School at the Sectionals meet in Decatur, earning them a place at the State Meet. At state in Peoria, they finished 10th in the Class AA race.

Due to an Urbana violation of the Illinois High School Association's residence bylaws last year, the team was forced to forfeit all of their meet wins and regionals championship, meaning they did not officially qualify for state.

Although it was a rather easy path to the State meet at Detweiller Park in Peoria last year, it will be much more difficult this year due to an increase in competition at both the regionals and sectionals meet.

"If we were in the same Sectional as last year the goal would be to win a Sectional title" said Olivia Rosenstein, Urbana's top

runner.

Rosenstein admitted that with tougher competition like Dunlap High School at Sectionals, it will not be easy.

Competing with these top teams in both regionals and sectionals will provide a tough challenge for Urbana to make repeat appearances in Peoria for the State meet, but the Tigers cross country team is remaining confident that they will officially qualify for state for the first time since 2009.

With plenty of running left to do this season, the times that the varsity girls are already running this season and the possibility of improvement leave Rosenstein and the rest of the team in a favorable position to be competitive not only at regionals and sectionals, but at state as well.

Seniors Entering the Final Stretch for College Applications

Andrew Kowalski

Staff Writer

“I’m excited to go to college and get out of high school and get out of my parents’ house,” says Cameron Trail, senior at Urbana High School.

Trail is one of the roughly 250 Seniors at Urbana High School beginning to plan for life once they leave UHS. Whether the next step is college, work, or the military, there is no denying that in just over 7



Urbana High School's Graduation

Photo: Urbana School District

months, seniors will be walking across the stage in a cap and gown. Before any diplomas are handed out, there is plenty of work to do for seniors who are planning to attend college. The months of October and November are busy times for working on applications, essays and taking standardized tests.

“Applying to colleges takes too much time and it’s made to be pretty complicated but in the end, it’s all worth it” said Trail.

Some students apply to many schools in order to be able to choose the perfect one, including Trail who says he plans on applying to 10 schools including Wisconsin, Iowa and Minnesota. When each application requires essays, test scores, letters of recommendation, and transcripts, the

workload adds up. Students like Jenna Horner admit that applying to many schools gives them stress. Horner, who doesn’t plan on starting her applications until mid-October says she is applying to six universities.

Balancing schoolwork as well as the college application process can be challenging, but once a student is accepted into their desired college, the initial pressure is off.

Choosing the perfect university can also be challenging. Deciding between a big or small school, a close or far school, and deciding what your price range for a school is can be difficult.

While the big decision can be hard for some, it is easy for students like senior Sam Arend who says he’s known he is going to

the University of Illinois for a while “because of their great accounting program.”

The final stretch of the High School calendar includes Decision Day, which is the last day to commit to Universities. While May 1st is still far away, it can’t come soon enough for Seniors who are looking forward to their next step.

Trail, Horner, Arend and all other college-bound seniors admit that the process is long and tedious but the work will pay off in May when they will know that it was all worth it.

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Mental Wellness at UHS

Zoe LaVigne

Editor-in-Chief

Let's face it, high school is tough. It is especially hard when every teacher assigns an hour of homework each night on top of an already busy personal life and problems. An overwhelming schedule can lead to a person feeling pessimistic. This negatively alters mental health and can lead to developing mental illnesses such as anxiety and depression. Even if you do not have a mental illness, stress is harmful and affects the general quality of life and learning.

No matter your situation, school or social related, you are NOT alone and no problem you have is too small or unimportant. The job of every staff member in this school is to help you. They want to make sure you are in an environment where you can reach your full potential.

If you have any questions at all, please don't hesitate to get in contact with a staff member. Don't know who to ask? Here are some of the key people that can help you along with some general information that can help you decide who is best suited to assist you.

Nurse: Kathryn Kuethe

What they do:

"I patch up all the injuries from P.E. and just throughout the day," Kuethe says. As well as administering basic first aid, Kuethe gives daily medicine to students who need to take it during the day.

Why they chose their profession:

After getting a Bachelor's degree in Psychology, Kuethe found new love in a job as a nursing assistant.

"I just really loved it," she declares. "It's not the same thing every day. There's always something different and always something challenging. You just always have to be on your toes and ready to go."

Their views on the importance of good mental health:

Kuethe believes that mental health is extremely important in how the mind processes information.

"It's how you're able to take in all your surroundings. The way that you view it can really change depending on what kind of place you're in mentally."

She says both mental and physical illness are important and need to be taken seriously.

What types of things they address:

"I see anything from 'I hit my hand on the table and it hurts' to 'I'm having chest pain, I can't breathe'" Kuethe states.

She also says that students come to her to take medicine or just to get general education on a topic.

"I wouldn't say there are any specific qualifications for me to see a student," she discloses.

Advice to people who are on the fence about approaching a staff member:

Kuethe says asking for help is a hard step, but makes life easier in the long run. She advises students to come and talk if they need to get something off their chests.

"If you feel like you don't need to talk again, you don't, but there's always the option," she says. "There are always people here to support you, no matter how small the problem may seem."

Social Worker: Elizabeth Rich

What they do:

Rich is one of the two social workers at UHS. One of her main roles is working with the special education team. Her second role is with the general population.

"Both of us [social workers] have a policy that if we are here in our offices and our door is open, students are welcome to walk in."

She also provides outside connections for families if they need services that can't be provided at school.

Why they chose their profession:

Rich says that in fields of study like social work, people are driven by their personal experiences and she relates.

"It can be like a calling," she says. "That's kinda how it feels for me. I've had some personal experiences in life that people have helped me through."

It inspired her to do the same.

Their views on the importance of good mental health:

Rich believes good mental health is hugely important.

"We honestly don't talk about it enough sometimes," she says.

Rich states that mental wellness has a big impact on your ability to function.

"When your mental suffers, as students, it can be so much harder to get yourself to do what you need to do."

She says it is important to focus on yourself and your mental wellness during all states of being, even when life is going well.

What types of things they address:

Rich says she addresses anything from crisis, to mild disputes between friends, to basic advice by providing another perspective.

"[I] help students see different angles of the situation so they can make the best decisions for themselves."

Advice to people who are on the fence about approaching a staff member:

Rich stresses confidentiality. She also knows that it can be difficult to talk to a stranger. "We're here to help. We're not here to judge."

Her goal is for every student at UHS to walk out knowing that they have someone to talk to.

School psychologist: Ronda Driscoll

What they do:

Driscoll mainly focuses on students who may qualify or need special education. She does observations and classroom assessments. She also provides individual counseling.

"[They can be] for lots of different reasons, things that are affecting their performance here at school."

Why they chose their profession:

Driscoll always knew she wanted to work with children so school psychology seemed natural.

"Although, I had no idea a school psychologist was a career until I was a junior in college," she admits.

After getting a Bachelor's degree in psychology, she went back to school to become a school psychologist and hasn't regretted the decision since.

Their views on the importance of good mental health:

Driscoll believes that mental wellness provides the framework for overall wellness. "Without that mental wellness, everything can kind of start to tilt."

She says that balance is essential, but hard to achieve with only 24 hours in a day.

What types of things they address:

Driscoll says a lot of the time, many students come in for general stress. "Sometimes kids kinda take this on themselves, sometimes it's external," she states. "You just feel like you're wound up and stretched." She mentions that she also addresses specific situations such as trauma, self-harm, abuse, family problems, time management, and relaxation.

Advice to people who are on the fence about approaching a staff member:

"Why not?" Driscoll says. She says it's always good to know what your options are to get assistance. She also mentions confidentiality.

Counselor and Support Services Department Chair: Kevin Floress

What they do:

As a counselor, Floress helps students with their academics by making schedule changes, helping students look at options after high school, and providing personal social counseling.

"Sometimes I say I'm like a professional awkward conversation haver."

He says they're just conversations about whatever a student has going on in their lives.

Why they chose their profession:

Floress originally went into business and majored in human resources. "I knew I always wanted to work with people," he remarks. After a few years, he realized it wasn't for him and found his role as a counselor.

Their views on the importance of good mental health:

Floress believes it is critical. "If you go through the day with a broken arm, that's going to affect you. It's the same

with mental health." He mentions the stigma behind getting help and not knowing what to do could possibly be causes of people not asking for help.

What types of things they address:

"We're here to help with anything," Floress states.

He mentions some common problems are anxiety, stress, and a general state of feeling off. He says self-care is an .

Advice to people who are on the fence about approaching a staff member:

Floress says that each problem is individual, however counselors have probably dealt with similar situations. "If you are struggling with something, seek us out," he advises.

Dean: Cortney Thomas

What they do:

"As a Dean I help student with discipline and attendance concerns." Thomas says. "This could be anything from handling tardies and detentions, conflicts with other students, or helping students find better ways to be engaged in their classes."

Why they chose their profession:

Thomas says that she's always loved working with students and has found that as a Dean she is able to better help students. "I'm able to help students on a broader level find ways to be successful in all of their classes."

Their views on the importance of good

mental health:

Thomas believes having a stable mental states is crucial. "I think it is very important for students in the classroom, having a relaxed and focused mind helps students to be more engaged in their classes," she says.

What types of things they address:

"Deans work any student concern regarding discipline and attendance." Thomas also mentions that Deans are more focused on behavioral concerns, such as a conflict with a teacher, while counselors are more focused on learning troubles.

Advice to people who are on the fence about approaching a staff member:

"Always ask for help!" Thomas states. "We are here to help students succeed." She says asking for help is an easy way for students to reach out and get the help they need to succeed.

No matter your situation, if you feel in need of assistance and you are not comfortable talking to your friends, family, or teachers, remember that there are staff members that can confidentially assist you.

(Note that mental health is a broad issue consisting of more than the time management, stress, anxiety, and depression that are addressed in this article. For more information on any other mental illnesses or specific situations, please talk to one of the people listed above.)

Urbana Early Childhood School (UECS)

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Top Eight Places to Fix Your Pumpkin Spice Cravings in C-U

Shauri Gonzalez
Entertainment Editor

Pumpkin spice and everything nice.

Pumpkin spice is worth the price.

Pumpkin spice will more than suffice:

Pumpkin spice is my advice.

If not obvious enough, I love pumpkin spice (and I bet, so do you!). Now that it's fall, take the opportunity to indulge. I visited way more places than I should have to provide you with the best recommendations to get your fix. Visit the top 8 and get your dose of fall!

8. Auntie Anne's



If you like the classic, plain, and simple taste of cinnamon then try Auntie Anne's pumpkin spice pretzel nuggets. With a taste similar to their regular cinnamon pretzel, but with a hint of pumpkin, this pretzel is just right for the casual pumpkin spice-lover. The easiest place to get Auntie Anne's is at the Market Place Mall right in front of Victoria's Secret and beside Journey's. If you

want to be adventurous, take a tour inside the Main Quad on campus.

7. Dairy Queen



I love ice cream, no matter how hot or cold it is outside. The Pumpkin Pie blizzard at DQ is exactly how it's titled: a pumpkin pie in a cup. What I enjoyed were the little pie bits swirled inside the ice cream, with a hint of nutmeg and to top it all off, whipped cream! Unfortunately due to the whipped cream, they can't turn it upside down, but at least it's more durable than actual pie.

So if you're driving through campus, don't forget to stop by Dairy Queen's drive through for a quick Blizzard!

6. Piato's



Like things that are mini? Like things that hit the spot without overdosing? Then try Piato's mini pumpkin spice cupcakes! Pumpkin cupcakes are a great fall treat since they have the pumpkin bread flavor without the hassle of making pumpkin bread! Also cupcakes are just way cuter.

My personal favorite part of the cupcake was the cream cheese frosting; it's the bow on this little wrapped present!

Find them located inside Lincoln Square Mall or look for their food truck on your next trip to the Farmer's Market.

5. Teavana



If you're a big fan of warm, soothing tea, then Teavana has a seasonal flavor for you! You'll love this tea if you're into savory pumpkin, creamy vanilla, cocoa-caramel and hints of toasty cinnamon-ginger spice. Get excited since they're giving out free samples at the Market Place Mall! In addition, if you fall in love with the sample, the Pumpkin Spice Brûlée Oolong Tea is on sale with a 30% off discount!

4. Steak 'n Shake



Craving the classic American meal? Burger, fries and a shake? Don't overlook Steak'n Shake's new fall menu for their milkshakes! For a limited time, S'mores, Salted Caramel and Pumpkin Spice flavors are for the taking, all with a great burger.

I thought the Pumpkin Spice shake was going to be so sweet that I had to order the kiddie drink. However, it had the perfect amount of sweetness and a pumpkin flavor was very apparent, without being overwhelming.

There's three Steak'n Shakes located in the Chambana area, but I like the one near the highway the best; either way, whichever restaurant you go to you'll still be able to get that retro vibe when dining in.

3. Starbucks



The most classic and basic place to get your coffee and located almost everywhere, Starbucks did not disappoint! Known as the PSL to the in crowd, people go crazy over the Pumpkin Spice Latte every year, and with good reason! A hint of cinnamon, nutmeg pumpkin mixed in with espresso coffee and milk is a great start made better by a topping of whipped cream and pumpkin pie spices.

If you're already seasoned in the PSL, try the frap instead. I ordered mine with a side of coffee, but it was unnecessary. Unlike most of Starbucks' frappes, this pumpkin spice one actually tastes like coffee!

If by this point you're needing a break from the Pumpkin Spice, I'd also recommend the Apple and Salted Caramel varieties as well. With a variety of tea, iced coffee, light options and warm coffees in seasonal flavors, Starbucks in the place to get your hint of fall in a sugary overdose.

2. Einstein Bros



Want more than just a drink? Try Einstein Bro's new fall menu; they have more than just pumpkin spice flavored lattes but bagels as well, alongside new fall sandwiches.

One located at the Illini Union, near Dairy Queen, Einstein Bros is the best fast food restaurant to get what you want on a speedy morning.

I had the pumpkin spice latte (of course)

and the new Bacon Brewhouse Sandwich as a breakfast one morning. It won over my heart because the latte wasn't too sweet and honestly the pumpkin flavor popped out the most; so if you're a huge fan of the flavor, get the latte!

1. TCBY



Love ice cream but want to pretend you're healthy by faking it with froyo? TCBY is the place for you!

In total seriousness, this is a better alternative to watch your calorie intake, sugar intake and dietary restrictions. Their frozen yogurt flavors vary every week and with all the toppings they have to make the treat treatier, it's a great place to go this fall. The entire season, TCBY will have pumpkin spice as an option, so no need to worry about missing a week.

What's great about the pumpkin spice at TCBY is that they have another seasonal flavor right next to it. As a bonus, you're able to mix the two by pulling the handle in the middle.

I partnered Pumpkin Spice with Graham Cracker, and honestly it's the best thing ever. Add salty pretzels and cheesecake bites, and you have the ultimate fall treat.

Pumpkin spice is the best flavor, but if you haven't converted yet, now is the time! Totally seasonal, you need to take full advantage of these treats before they disappear for another year.

Urbana Farmer's Market Review

An overview of a great Urbana tradition

Joey Wright

Broadcasting Editor

It is not yet dawn as I rise on this brisk Saturday morning in late August. Though not unseasonably cool, I know that the weather will require jeans and a light jacket, as opposed to my wardrobe of shorts and a t-shirt that I had worn all summer long. I don't complain though, as I know that in just over a month's time I will be yearning once more for a crisp morning like this as I sit huddled in a hoodie or under a blanket in my chair behind our table.

Such is the magic of the Market at the Square, where I can be found almost every Saturday morning helping my mom at our The Wright Soapery booth. But this article isn't about us; an article about our high-quality, handcrafted soaps that you're sure to love would run on for far too long. This article is about the other things that make

the market special.

Every Saturday from May until October, vendors from all across Central Illinois converge upon the parking lot of Urbana's Lincoln Square Mall to offer up the fruits of their labor to a wide range of customers. These fruits are in some cases quite literal for the many vendors who sell produce and meats, but you can find a vast array of other goods at the market, including candy, jewelry, woodwork, clothing, forgery, and soap. Food trucks from the Champaign-Urbana area even take up a row of their own, and on an average week at the market you can find four to

six trucks ready to feed the masses.

The market represents much more to those who sell there than merely an opportunity to make a quick buck. Vendors appreciate the chance to interact with customers on a personal level, and many of those customers show their gratitude by returning as often as they can to continue their support.

Jerry McElwee owns a local farm and is often right next to our stand at the market. He enjoys the personal aspect of the experience:

"It is very rewarding to hear back from my customers to find how satisfied they are with what I provide as I want to provide a product that all are happy with," says McElwee. "One of the things I really like to provide is information about what I sell. I also enjoy telling my customers about plant care when they purchase any of my live plants that I grow for market."

Come the chillier months of November through May, the market moves inside the Lincoln Square Mall for a more holiday-oriented shopping experience. Though produce and meat vendors are still present, it is the "makers," those who specialize in handmade goods such as jewelry, ornaments, and things of that nature, who take center stage. This provides shoppers with an opportunity to purchase locally-crafted gifts for the holiday season.

Personally, I prefer the warm and cozy confines of the indoor market over the weekly battle with the elements at the outdoor market. The ambiance is more festive, and on chilly or snowy mornings, it is nice to be inside such a warm venue.

Whether you're at the Market At The Square or the Market In The Square, be sure to check out all of the local vendors for great products and a great time!



www.farmersmarketonline.com

Phobias at UHS

Joey Wright
Broadcasting Editor

Halloween season is upon us once more, and with that we'll soon see the traditional "spooky" decorations and haunted houses that come with this time of year. But what about the things that scare people the rest of the year?

A phobia is defined as an "extreme or irrational fear of or aversion to something." Regular fears aren't necessarily phobias; a phobia is only something that interferes with common activities or a daily routine.

"I don't like bugs," says Andrew Ellis, senior. "Especially spiders."

The fear of spiders, arachnophobia, is one of the most widely held phobias in America. The American Psychiatric Association estimated in 2015 that around 40% of all phobias involve spiders and other insects.

Gage Curtner, senior, says his phobia is with winged insects, particularly with moths. This is known as Entomophobia.

"Seeing their wings flap really sets me on edge and sends a cold chill down my spine," he says lightheartedly. "Dragonflies and butterflies get to me as well. Butterflies scare me because of their proboscis. There are also flesh-eating butterflies in South America that I saw a kid. But I've learned to deal with them."

While insects and spiders are the two phobias that just about everyone has heard of, phobias exist for almost anything.

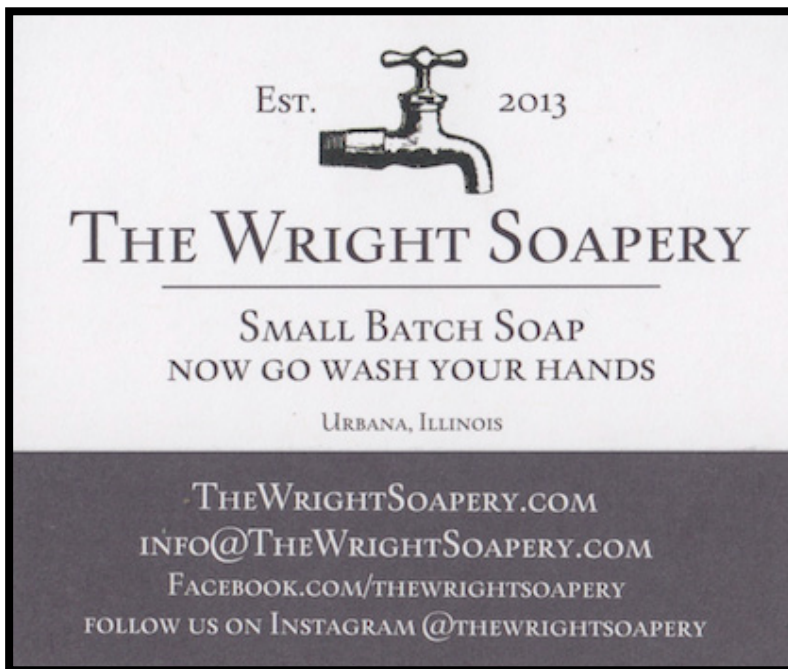
Senior Calvin Gatewood was able to overcome his fear of balloons, or Globophobia, through increasing his exposure to them.


"I overcame it by being around them enough so I got used to them. I'm not afraid of them anymore"

The fear of fish, ichthyophobia, is a phobia held by Lauren Matson, senior.

"I am deathly afraid of fish. They look, smell, feel, and taste weird. I freak out when they come near me when I swim in the ocean or a lake. When people eat them around me, it makes me want to throw up."

These are only few of the phobias held by UHS students. Even if we keep them secret, we all have our own unique fears. Just remember, you're not alone.



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NFL Reaction to Trump S.O.B. Statement

Miller Calhoun

Staff Writer

Donald Trump has offended a wide range of people during his time in office, stretching from Gold Star families who have lost loved ones in battle, to veterans by calling John McCain “not a war hero” because he was captured in Vietnam, to the Hispanic population for his plan to build a wall bordering Mexico and for repealing DACA.

Now, Trump can add the largest industry in North America to that list, including 32 of the wealthiest men in America: the National Football League. On Friday September 22, during an Alabama rally, Trump implored, “Wouldn’t you love to see one of these NFL owners, when somebody disrespects our flag, to say, ‘Get that son of a b**** off the field right now. He is fired. He’s fired!’”

This caused an immediate outrage, as NFL commissioner Roger Goodell called Trump’s comments “divisive,” while many prominent NFL players and owners took to Twitter to comment on what they felt were extremely disrespectful statements.

Richard Sherman, a cornerback for the Seattle Seahawks tweeted, that “he behavior of the President is unacceptable and needs to be addressed. If you do not Condemn this divisive Rhetoric you are Condoning it!”

Drew Brees, quarterback for the New Orleans Saints remarked, “I disagree with what the president said and how he said it. I think it’s very unbecoming of the office of President of the United States to talk like that to the great people like that. And obviously he’s disappointed a lot of people.”

These reactions carried over into gameday as members of three teams, the Pittsburgh

Steelers, Tennessee Titans, and Seattle Seahawks, decided to protest Trump’s comments by staying in the locker room during the National Anthem.

Other forms of protest stretched from players sitting on the benches, teams linking arms on the sidelines, players kneeling and raising fists, and some traditionalists simply putting their right hand over their heart. Owners even joined their players on the field by linking arms. Shahid Khan, Jacksonville Jaguars owner and University of Illinois graduate, was the first owner to participate by linking arms with the team.

The main message of the NFL players, coaches, and owners was to show unity in times of turmoil and make a point to the fans and the President that they will only be strengthened by this controversial comment of disrespect. Whether this strength will last, however, remains to be seen.



Steven Thompson, junior, models the protest form taken many NFL players

Girls Basketball Pre-Season Preview

Natosha Williams

Staff Writer

After losing many seniors from last year's team, this season of Urbana Girls Basketball is sure to be an interesting one.

"Losing our seniors will definitely be hard. They brought more numbers and good

minutes. Hopefully our incoming players will bring the same, plus more," says junior Amya Bahler.

"Man, the seniors, they were role models. They showed us what the game was really about. Losing them really took a toll on me because I looked up to those girls that left," says junior Takira Wilson.

Despite this, Wilson has hope for the program's future. "The new girls have just as much potential as the seniors. Encouragement, trust, compatibility, and effort will take us to the top."

Already, veteran athletes have noticed new girls stepping up and becoming leaders.

Senior Lauryn Cross says, "I'm excited to see where it

will take us. Of course having new people is always different and new, but as captain, I am excited to teach people new things and see them develop."

Kierra Bufford agrees: "Losing the seniors from last year makes me step up as a team player this year for the incoming freshman so that they can look up at me as a role model. The challenges are going to be tougher this year than they were last year. That's only going to make me better as a

person and player."

Setting goals for themselves is sure to make improvement from last season.

Bahler says, "My goal for this season is to make it farther than we did my freshman and sophomore year, be the best we've had in a long time. To manage those things I basically have to practice like it's my last and

and let the game take over me to play freely and aggressively, fair but hardcore, and be a good sportsman to my opponents. I want to work hard and never give up and let every loss that may occur impact me to get a win. Striving for greatness is the key."

The girls have different feelings about this upcoming season, but one thing they share is excitement for the future.



"I am very excited for this upcoming season, we have worked so hard together and individually to improve for this season. As a senior, I am excited to play my last year of high school basketball at Urbana High School with my girls," says Cross.

The girls are going to work together and start defying the odds.

Bahler says, "I feel like this season, we definitely will be underestimated, but that won't stop us from taking care of business."

"If we work together as one team and not by ourselves, then we can get something accomplished throughout the season," says Bufford.

Anyone interested in be-

play like it's my last."

The girls just want to better themselves in not just in basketball skills, but as people. "My goal this season is to make sure I better myself as a basketball player and better my teammates. I will do this by setting them up to where they can set up something on offense or throw the offense off when we're on defense," says Bufford

Wilson says, "I would come out of my shell

ing a part of the rebuild should come to open gyms. They will be held Tuesdays and Thursdays in the afternoons from 3:30 p.m. to 4:45 p.m. and Wednesdays and Fridays from 6:30a.m. to 7:30 a.m. in the small gym.

Tryouts for girls basketball will be held October 30th and 31st after school. Stay tuned for the time being.

For more information, feel free to email Coach Chris Mennig at ChrisMennig@gmail.com.

Flavorful Fall Food Trends

Miller Calhoun

Staff Writer

Food trends are like Silly Bands and Fidget Spinners; they're fads. They do not last for very long, but are extremely popular when in season. Many of these food trends can be found on social media, where people share them, eventually spreading into the restaurant business and onto your plate.

The changing seasons heavily influence the type of food trends that are most popular. For example, a few months ago grilling everything for a dish was huge, but now we move into more comforting, warm fall flavors. Common fall flavors include warm spices like cloves, cinnamon, and coriander in things like coffee, pumpkin soup and pie, and chili. With people's focus on the cooling temperatures, these comforting spices help create hearty meals made to keep you warm.

Food trends are not only just things changing the flavors of food based on the season or dishes changing based on food that is available, but performing new techniques or trying new dishes or styles of food. This includes anything from creating house-made condiments like sriracha ketchup or spicy mayonnaise to chefs utilizing new cuts of meat in their restaurants in attempt to provide diners with an inventive culinary experience.

This fall, diners will be adjusting their palates to new cuisines, most popularly street-food inspired dishes, like kung pao chicken from China and chicken shawarma from the Middle East. Be on the lookout for African-inspired dishes as well. Previously undiscovered and underutilized in American restaurants, African dishes are becoming very trendy.



In the Champaign-Urbana area, one restaurant that utilizes food trends through seasonal menus is V. Picasso in downtown Champaign.



V. Picasso is a farm-to-table dining experience through a seasonal menu based entirely on what is available locally. Through their partnership with Willow Creek Farms in Urbana, V. Picasso receives everything from meat, vegetables, and honey that they collect to create a menu full of fresh, rustic flavors.

Silvercreek restaurant in downtown Urbana also uses food trends through seasonal menus and weekly international specials.



The seasonal menus at Silvercreek highlight the celebrated flavors of each season in an out-of-box presentation: crème brûlée becomes pumpkin spice creme brulee in the fall season. Silvercreek is unique in that it offers is international week, where for a

week at a time chefs highlight one specific global cuisine from around the world, such as African, Chinese, or Caribbean.

Bacaro restaurant in downtown Champaign bases their entire menu on food trends determined by the season.



They specialize in upscale fine-dining through simple preparation, but with a certain elegance that is perfect for special occasions. Bacaro turns simple ingredients like carrots or pumpkins into elegant soups or desserts that highlight the flavor and simplicity of each ingredient. For example, a warm carrot soup with cinnamon and cardamom notes, caramelized carrots pieces and fried carrot strips on top for garnish. A pumpkin spice cheesecake with graham cracker crust with fragrant spices like cinnamon and cloves ends this fall-inspired menu.

Food trends have become a vital part of the culinary industry across the nation, not only in large metropolitan areas, because people want to be able to try the things they see on their social media pages. The most successful restaurants either perfect a certain craft that is so good it makes people want to come back, or they adapt their menu based on public interest, which constantly changes.

Restaurants constantly update their menus to fit the season and the evolving culinary industry of food trends. Check out your local restaurants because you might miss the next food trend and you do not want to be the last person to try these innovative new dishes!

The Addams Family Preview

Brittney Willams-Poke
Art and Design Editor



The theater program's first production this year will be *The Addams Family*, a modern interpretation of the classic cartoons by Charles Addams.

The Addams Family depicts a ghoulish American family with a disturbing, gothic way of life and will take place November 8th through the 12th. The musical cast will highlight upcoming talent, as many roles were earned by freshmen.

"The Addams family was one of my favorite movie series to watch, so to be able to be in the play makes me really happy," says freshman Diego Carillo, cast as patriarch Gomez Addams.

While the freshmen are excited because this is their first show, seniors are nostalgic as this is their last.

"I'm really excited about being able to play Morticia, she's one of my favorite characters. But, I am a little sad that this is my last first show," says senior Saskia Bakker.

Not only representing a "first" for freshman, this musical marks the first stage

production of this beloved family.

Although many film, television, and print adaptations of these characters exist, it wasn't until 2009 that Charles Addams' comic creations were licensed for the stage. The Addams Foundation reportedly insisted that the stage production create an entirely original musical based on the cartoons, not on previous television or film productions.

While it is too late to join *The Addams Family*, you can still take your first stab at theater by joining UHS Theatre, which accepts new members year-round.

UHS THEATRE
2017-2018

The Addams Family
A NEW MUSICAL COMEDY
November 8-12, 2017

NOEL COWARD'S
Blithe Spirit
February 14-18, 2018

INTO THE WOODS
April 25-29, 2018

Fall Hair Trends for 2017

Desiree Bryant
Staff Writer

It is time to leave behind the beach waves and sun-kissed tresses. Fall is approaching and what better way to welcome the new season than with a new style?

The following styles are designed for both everyday wear, but can easily be adapted for special occasions. Easy to create, these styles are perfect for those in a hurry to get somewhere who still want to look their best.

For each look, all you will need are the basics: hair ties, bobby pins, and hairspray.

Enjoy!

#1: Short-Haired Loose French Braid



Olivia Miller, freshman

Instructions:

Step 1: Take a section of hair (preferably include your bangs)

Step 2: Carefully and as gently as you can french braid that section of the hair loosely (Make sure your hair can hold this braid).

Step 3: Leave half of your hair down.

Now you're ready to show off your new look!

#2: Short-Haired Braid with Messy Bun



Carrie Winkler, Hope Springs Employee

Instructions:

Step 1: Take a section of hair (Again preferably include your bangs, but if you want leave your bangs out.)

Step 2: Braid as far as you can.

Step 3: Then take two sections and bring them together.

Step 4: Then tie the two and the braid together.

Step 5: Then part your ponytail and tuck it under and out of the part. Do this 2 times.

Step 6: Then take the rest of your hair then also undertuck it.

Then you have your messy bun. Enjoy!

#3.) Side Braids and Messy Bun:



Desiree Bryant, junior

Instructions:

Step 1: Make two braids on the sides of your hair so that they can meet in the middle.

Step 2: Then tie it so it will hold tight (Don't get frustrated when it doesn't stay tight in the end, it's supposed to do that).

Step 3: Then take the rest of your hair and overtuck it (Basically the same as an undertuck except in this case it's without the hair tie).

Step 4: Make sure the ends of your hair stick out a little after you overtuck it so that your messy bun becomes more pronounced.

#4.) French Braid Into a Bun:



Danielle Wheatly, Senior

Instructions:

Step 1: Take your bangs and section them out into a braid at first.

Step 2: Every time you bring a section over add hair until you get to the middle of the back of your head.

Step 3: Then tie it so that it's a small bun like in the picture below.

Step 4: Then take the ends that are sticking out and pull them a little so that it looks like a messy bun. (But it actually isn't! ;))

#5.) Braid-Ponytail Undertuck:



Emma Fristoe, freshman

Instructions:

Step 1: Take a section of hair at the top and braid it to the end of the top of your head.

Step 2: Then take the sides of your hair and bring it into the classic half-up-half-down.

Step 3: Then undertuck it.

Step 4: Then take portions of the rest of your hair and undertuck it so it hides the hair tie.

Now go get your pumpkin spice in style!

Summer is over! Let's get out the fall colors!

Fall Fashion 2017

Daniela Ntedika

Staff Writer

Summer is over, the wind is blowing harder than usual, and the leaves are changing colors and falling off of trees. It is autumn, the season for pumpkin spice, Halloween, scary movies, and of course, hot cocoa.

The favorite season of the nation, fall is known not only for the food and holidays, but also for fashion. The season brings out the dark colors in your closet and the different ways to style them.

"When I think about fall, I see maroon, olive green, and all the dark colors. I also think about costumes, fuzzy socks and all the comfortable clothes," says Ananiyah Justice, former UHS student.

Fall fashion is all about the comfortable clothes, from over sized sweaters with flats or vans, to leggings and boots, always a classic. For those without a focus on comfort, fall gives us the chance to bring out heeled boots, heavier fabrics, and leather detailing.



This outfit is worn by Mikayla Johnson, senior, represents an elevated fall look. Heeled ankle boots add some class and add interest by contrasting with the dark color of her dress. This dress shape embraces her body, showing off her confidence and style.



"Fall is all about what you can add to your outfit to make it look good," says Daesha Winston, senior.

Winston says that fall is her favorite season because it is "all about having fun with the comfortable clothes". Here, she illustrates her ideal fall outfit: it is full of deep colors, practical for daily wear, and has layers that can easily be added to as the temperature begins to drop.

No matter your style, fashion is about creating what works for you, about what you feel comfortable wearing. Use the new season as inspiration, and see what you can make!



Fall Recipes

Desiree Bryant and Olivia Miller

Staff Writers

All the way back to the days when humans had to hunt and gather their food, seasonal eating has been important. Your body naturally craves seasonal foods because they help your body adjust to changing temperatures and weather. Make your body happy with the seasonal recipes below. One bite and you will be craving more!

Caramel Apple Brownie Cheesecake (Yields: 8 Servings)



Ingredients

- 3/4 cup chopped pecans
- 2 (8-oz.) packages cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 4 large eggs, divided
- 1/2 cup firmly packed light brown sugar
- 1/2 cup butter, melted
- 1 cup all-purpose flour
- 1 teaspoon ground cinnamon

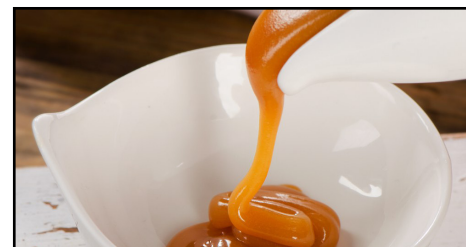
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 1/2 cups peeled and diced Granny Smith apples
- Caramel apple topping/sauce

Directions

- 1.) Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until lightly toasted and fragrant, stirring halfway through. Reduce oven temperature to 325°. Sprinkle pecans over bottom of a greased and floured shiny 9-inch springform pan.
- 2.) Beat cream cheese, granulated sugar, and vanilla at medium speed with a heavy-duty electric stand mixer until blended and smooth. Add 3 eggs, 1 at a time, beating just until blended after each addition.
- 3.) Whisk together brown sugar, melted butter, and remaining egg in a large bowl until blended.
4. Stir together flour and next 3 ingredients; add to brown sugar mixture, and stir until blended. Stir in apples. Spoon batter into prepared pan. Carefully spoon cream cheese mixture over batter.
- 5.) Bake at 325° for 1 hour and 10 minutes or until set. Remove from

oven, and gently run a knife around outer edge of cheesecake to loosen from sides of pan. (Do not remove sides of pan.) Cool completely in pan on a wire rack (about 2 hours). Transfer to a serving plate.

6.) Meanwhile, prepare Caramel Apple Topping and Caramel Sauce. Reserve 1 cup Caramel Sauce for another use. Spoon topping over cheesecake; drizzle with 1/2 cup Caramel Sauce.



Epicurious

Taco Ring (Yields: 8 servings)



Ingredients

- 1 tablespoon oil
- 1 lb chicken
- 1 package taco seasoning
- 1 cup shredded cheddar cheese
- 2 (8 ounce) packages refrigerated crescent dinner rolls
- Toppings (optional): sour cream, green onions, salsa

Directions

- 1.) Heat oven to 375°F. Spray 14-inch pizza pan or large cookie sheet with nonstick cooking spray.
- 2.) Cube chicken
- 3.) Heat oil in medium skillet over medium heat until hot. Add chicken; cook 5 minutes or until no longer pink in center, stirring frequently.
- 4.) Add in taco seasoning and stir
- 5.) Remove from heat and stir in cheese
- 6.) Unroll both cans of dough; separate into 16 triangles. On ungreased large cookie sheet, arrange triangles in ring so short sides of triangles form a 5-inch circle in center. Dough will overlap. Dough ring should look like the sun.
- 7.) Spoon chicken filling onto widest part of dough. Pull end points of triangles over filling and tuck under dough to form ring. (Filling will be visible.)



- 8.) Bring each dough triangle up over filling, tucking dough under bottom layer of dough to secure it. Repeat around ring until entire filling is enclosed (some filling might show

a little).

- 9.) Bake 20 to 25 minutes or until dough is golden brown and thoroughly baked. Cool 5 to 10 minutes before cutting and serving

Microwave Apple Crisp

(Yields: 8 servings)



www.recipediaries.com

Ingredients

- 6 to 8 medium tart apples peeled and sliced (8 cups)
- 3/4 cup packed brown sugar, divided
- 1/2 cup all-purpose flour, divided
- 3/4 cup quick-cooking oats
- 1 teaspoon ground cinnamon
- 1/2 cup cold butter, cubed

Directions

1. Toss apples with 1/4 cup of brown sugar and 2 tablespoons of flour; place in a greased 8-in. microwave-safe deep-dish pie plate.
2. In a bowl, combine oats, cinnamon and remaining brown sugar and flour. Cut in butter until crumbly; sprinkle over apple mixture. Cover

with waxed paper.

3. Microwave on high for 6-8 minutes or until the apples are tender.

Thank you to the Urbana High School EACS department for these tasty recipes!



**Get ready for
Halloween with
The Echo's
spookiest
stories
starting on the
next page!**

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*Halloween Decorating
Tips pg. 23*

Ghost Stories pg. 24

*Monster Quiz and
Halloween choose your
own adventure pg. 25*

Horror-scopes pg. 27



Trendy Halloween Costume Ideas

Shauri Gonzalez

Entertainment Editor

In America, Fall is the best season to be in. Crisp, cool weather, fall holidays that all revolve around food; it's the best! The best holiday this time of year has to be Halloween. Halloween has candy, spooks and costumes, duh!

Halloween is not just for little kids to have an excuse to get a cavity, but for having fun with friends and dressing up. Halloween gives you that one day to dress up to be whoever you want. A scary, yet fashionable you!

Halloween costumes get pretty expensive when going out shopping for a specific costume, so why spend too much money on a one day thing when you have a closet full of opportunities?

Making a modern day version of Halloween costumes is a cheaper alternative since you're just pulling most things out of your closet. It also makes it more personality-based since you're taking your daily wardrobe to a whole new level.

Making a modern day Disney Princesses, vampire, werewolves, zombie and superheroes are easy costumes. When picking a character, focus on color choice, iconic hair styles or logos, and stereotypes of the character to lead to a most successful makeover.

Modern Day Princess

When dressing up like an iconic princess, it's ideal to make it almost obvious you're trying to dress up like them or it can turn into a total flop; which is why color scheme and stereotypes are most important to having a successful personification of your favorite princess.

For instance, Snow White is centered around apples, kindness and tweety birds. Her colors are primarily yellow and blue because of her iconic dress; copying these elements will lead to a modern day replica of Snow White.



If you're thinking more outside the box for a princess, Ariel is the perfect choice. To modernize your mermaid look, play with the idea of sea life or the typical beach girl.



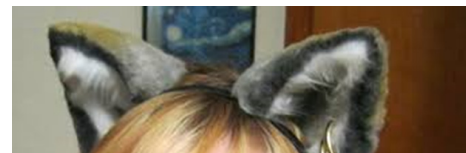
See how using the princess's color scheme makes the costume more believable? Props are helpful too! We all know Ariel's fork scene in the movie, play with it and pretend it's a brush just like Ariel did!

Modern Day Monsters:

Dressing up like a monster is a classic last-minute get together; even if you don't plan on buying a makeup kit or doing a little crafting, you can be a believable monster with the clothes in your closet (although those additions will really add life to your costume!).

To be a vampire, use the stereotypes of goths, medieval and pale with an obsession for blood to get you started. Dressing in all black is an easy choice of clothing. Add some frilly accents and jewelry to help you fit that medieval classic.

As for a werewolf, you cannot shave for a few days and just show up in shorts and be fine. Just kidding, modern werewolves would probably shave! To be a werewolf, think animal prints, faux fur, and ears. Crafting the ears yourself will give you an advantage. Remember, to avoid the cat resemblance, create the ears to be extra furry and pointy; if you like earrings you can fancy it up with giant earrings on your werewolf ears. Wear an animal print or a faux fur coat and call yourself a werewolf!



Zombie costumes focus on the makeup and looking, well, dead, so some sleepless nights can help you avoid spending money on makeup. If you can't imagine a night without sleep, use makeup you already have to create dark circles under your eyes and a paler complexion. Add some ripped and stained clothes, and you'll be looking drop-dead awesome.

Modern Day Superhero

Superheroes are famously known for their superpowers, logos, and color choices. To be Superman, incorporate a large "S," and be sure to wear red, blue, and yellow. Batman more your style? Wear black, grey, and yellow and make a bat logo for your shirt or dress.

To go the extra mile, imagine these superheroes in the real world. The Flash has super speed as his power, so reflect that power as a track star with running shoes. Again, wear red and incorporate a lightning bolt. The best part is your logos only have to last one night, so bring out the construction paper for a quick addition!

Halloween Decorating Tips

Darian Younggren-Halliday

Staff Writer



Actors of Down's Haunted House in Downs, IL pose for a picture

Photo: Down's Haunted House

October is Halloween season. During this time, many get into the spirit by decorating their houses. A lot of homes choose family-friendly decorations, so to make people boo-lieve your display, take a page from the book of haunted houses and make it spooktacular.

"We start our planning process in January every year. In March, we go to a haunted house convention in St. Louis for haunt owners/operators; this is where we buy the bulk of our props and get new ideas," states Cyndi Miller, manager of Down's Haunted House in Downs, IL.

Although if you're reading this, you may not have started planning your decorations yet, you can follow Miller's lead by taking inspiration from others.

Below are some tips for achieving the perfect Halloween decorations, inspired by Down's Haunted House in Downs, IL: One tip from a haunt master is to always

add some gore and blood. Gore always makes someone's stomach twist, which is the key to Halloween decorating. Don't just stick to the props, either. Get creative with window decals or stickers. With just some white glue, a few drops of dish soap, and food coloring, you can even make your own! Simply mix the three together, paint onto a plastic sheet protector, and allow to dry overnight. Gently peel back your design, and you're ready to decorate!

Another way to ensure your house is the spookiest on the block, is to use techniques standard in the haunted house business, but less common in residential homes: fog machines, moving lights, and music. These special effects can be found at a lot of local stores, including Party City, Walmart, and Target.

Finally, take a tip from the pros and get your friends and family involved! It isn't the holiday season yet, but the more the merrier!

Whether you have a large scale or small scale haunt, one thing that always remains is the fun that your decorations will bring. And if you still aren't interested in making your own haunt, visit a local haunted house instead!

Want to figure out what monster is hiding deep inside of you?
Take our monster quiz on page 25!



A Collection of Real Ghost Stories Experienced by

UHS Students

Wren Wheeling

Managing Editor

Almost everyone has seen or felt something that they could not explain before, regardless of their belief in the supernatural.

It may just be a shadow moving in the corner of their eye, or the faint sound of whispers when they are alone. Little things happen that send a shiver down their spine and make them question whether or not they are truly alone.

Sometimes, people believe that they are being looked after or visited by loved ones who have passed away. They believe that the spirits of family members are innocently trying to touch their hearts from beyond the grave.

Other times, however, people experience something completely bone-chilling and dark. Something so intense and out of the ordinary that it can only be described as supernatural and, often times, evil.

“The Trap Door Would Be Open”

“I lived in this house and, in one of the closets, it had a trapdoor that led up to the attic. At night, I still don’t know why, I always heard pounding above my room (in the attic) and in the walls. I decided it was nothing and I just went to bed. But when I would get up the next morning, the trap door would be open. I never opened it.”
Evan Brown, Junior

“The Eyes Had Moved”

“I used to stay and sleep in my sister’s room when she wasn’t home. One night, I noticed something. She used to have all these boy band posters on her wall. One day, I saw that she had a new Bow Wow poster and he had dark red eyes or something. As I looked at it, the eyes moved, as if he was scanning the entire room. I screamed and my mom came in to ask what was wrong. I told her what happened and she looked around and was like ‘what poster?’ I looked around, too. There was no poster. She later left to

go pick up my brothers and sisters from the Boys and Girls Club as it was only like 7 p.m. and I used to go to bed hella early. About an hour or so after she had left, I heard steps in the hallway. I ran out of the room and the door closed behind me. There were no fans or open windows in that entire room, so it couldn’t have been wind, and we didn’t have any pets. I went to go to the bathroom and when I came out I swear I saw a shadow running down the stairs. I checked all of the 12 rooms and the house and there was no one there besides me, a terrified nine year old. Later, my sister came home with the family, carrying the same Bow Wow poster. She said she had just won it in a dart contest while she was gone.”
Malliek Green, Junior

“My Friend Had This Doll...”

“My friend had this doll. It was a pretty porcelain doll but [my friend] and her mom didn’t like it, so they threw it in the garbage can outside. The next morning, they found it sitting in the middle of the couch in the living room. They tried smashing it with multiple things but, even though it was made of glass, it wouldn’t break. Then they tried burning it and that didn’t work, except the hair and eyes. They put it in the garage locked up in a chest, and found it in pieces the next day in their living room. They moved that day...”
Anonymous

“I Sort of Thought it Was My Grandmother”

“When I was around the age of eight, my grandmother had just passed away. I was lying in bed, it was kinda late, and I looked into my hallway and I sorta just saw a figure of light. Not like a really strong figure of light but like... I don’t know. I sort of thought it was my grandmother.”
Sophia Billerman, Junior

Bonus: The Fourth Floor - A story from the writer

All students at UHS know the myths behind the mysterious fourth floor. Many years ago, two classes used to be held there, but now it is off limits to students. It is said that the floor is haunted by the ghost of a

teacher who killed herself tens of years ago. Another story involves a student who killed himself up there after being rejected by the girl he loved.

This story was originally just going to be a retelling of those legends. However, after visiting the tower myself, I’ve decided to share my personal experience up there instead.

I was allowed to visit the fourth floor by Mr. Stark, along with two other Echo writers. We expected to see simple dark rooms, worn down by time and neglected. We expected to take our pictures and return merrily to class before the end of fourth period.

Instead, we witnessed the truth behind the myths, and what we saw left us breathless and terrified.

As soon as the door was opened, revealing the dark stairwell that led up to the tower, my classmates and I were intrigued. We were led up to the abandoned room by the principal, our cameras ready. At first glance, it seemed harmless. It was dark and very clearly old, but it appeared to be nothing more. As we began to walk around, however, the tower’s strange characteristics began to reveal themselves.

Loud noises, grinding and whistling, could be heard throughout the room. There were cobwebs and bugs crawling over the walls, and an unusual odor filled the entire floor. This could all be brushed off, of course, considering how long it has been since the tower was last put to use. But what really got to us was what happened when we tried to take our pictures.

We did manage to get a few before it started, but after only a few minutes of being in the room, both of the cameras we had brought with us began spazzing out. One of the screens even turned green, and the other stopped working entirely. It may have been our own paranoia or anxiety, but it quickly felt like we need to get out. (Stories are edited for grammar and clarity)



Halloween Choose Your own Adventure

Olivia Miller
Staff Writer

Part One

On a foggy Hallow's Eve, far away in a small town, you find yourself shivering against a cold wind. In the distance, you can hear the church bells. They just barely let out ten echoing rings. In anticipation of a big haul of sweets this year, you and your friends set about preparing the perfect plan. Suddenly you can't remember how you got here, away from everyone and everything you knew. At least you can see the faintly glowing lights of houses ready for Trick-or-Treat-er's farther down the road. You think about what to do next.

You decided to be what for Halloween?

- A. Werewolf
- B. Witch
- C. Vampire

(Go to the next page)

**Want to continue your
adventure?
Check out the rest of
this great story at
www.uhsecho.com**



Monster Quiz

Find out what Halloween monster is lurking inside you

Jesus Morris
Staff Writer



1) What is your favorite thing to do?

- A) Hunt
- B) Sleep
- C) Work
- D) Scare people

2) When are you most active?

- A) Full moon
- B) Night
- C) Dawn
- D) All day and all night

3) What's your favorite color?

- A) Brown
- B) Red
- C) White
- D) Purple

4) Who do you hate?

- A) Vampires
- B) Werewolves
- C) Humans
- D) Everyone

5) Where would you rather live?

- A) The Woods
- B) A Mansion
- C) An Abandoned House
- D) Another World

6) What do you like to eat?

- A) Meat.
- B) I prefer to drink.
- C) Nothing. I don't eat.
- D) Everything

7) Which would you prefer to wear?

- A) Shorts and a tank top
- B) A nice suit or dress
- C) Nothing.
- D) A hoodie and a hat

8) Where would you rather spend time?

- A) Outdoors somewhere
- B) A dance
- C) A museum
- D) The Library



Turn the page to get your results!

Halloween Choose Your own Adventure



1A- Werewolf

A pair of fake wolf ears adorn your head, black face paint on your nose and tracing across your cheeks to form whiskers. Your clothes slightly torn, tufts of fake hair sticking out through the tears. You and your friends were going as a pack, but you guess you're now going lone wolf. An encouraging howl in the distance, you set off down the dusty dirt road, making your way through the thick fog towards the dim lights.

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1B- Witch

Suddenly, you're not in Kansas anymore. Your pointy hat stretches up to the sky, a fake black cat sewn on the brim. You wear a black cloak, hiding the rest of your black themed outfit. Two fake black moles stick out between your nose and mouth. A perfect Witch, you'd be proud to walk through Salem, or any other old town, on a foggy evening like tonight. With a tap of your broom against the ground, you set off down the dusty dirt road, making your way through the thick fog towards the dim lights.

CONTINUE YOUR ADVENTURE AT WWW.UHSECHO.COM



1C- Vampire

The fake blood dripping down your chin, fake fangs uncomfortably rubbing against your gums, you think to yourself how disgusting drinking other people's blood actually is. Your face is pale, smeared with white face paint. Your friends insisted on lots of dark eyeshadow, bringing out your eye bags from lack of sleep. You wear fancy black clothing, very victorian era goth. Wiping the fake blood on your chin with your sleeve, you set off down the dusty dirt road, making your way through the thick fog towards the dim lights.

CONTINUE YOUR ADVENTURE AT WWW.UHSECHO.COM

Mostly A's: You're a Werewolf!

You hunt animals and people, hate vampires, and stay close to nature. Your senses are twice as strong as that of typical humans, so you are always paying attention to detail. You work well in groups and teams (or packs!) and never back down from a fight. At night, especially during the full moon, you become a wild beast! Don't let it out too often!

Mostly B's: You're a Vampire!

You're out for blood whether it be humans or vampires, which you also hate. You like to be alone, preferring to be far away, even if it is just mentally so. You have speed and strength above that of humans and werewolves, making you an excellent sleuth. You also move fast; just make sure you don't lose your stamina!

Mostly C's: You're a Ghost!

Sorry, you're dead. On the plus side, you still have a life! You are constantly haunting others with your presence, even if you might still feel alone. Use your control to move people or objects and to make yourself seen and heard. You deserve some attention! Plus, imagine all that you can do now that you're invisible!

Mostly D's: You're a Witch!

You have magic, that's clear. Now it's for you to decide whether you use it for good or for evil. You have the power to protect and to destroy---choose wisely. Remember, too, that working together with like-minded individuals will only make you stronger. Through your coven you can unlock even more magic to transform not only yourself, but the people and objects around you.

Too close to tell? You're Frankenstein's Monster!

Don't feel too bad. Of course you had all types of answers, you're made of leftover parts, after all!

Horror-scopes

Don't read unless you have a cheesy sense of humor

Wren Wheeling and Zoe LaVigne

Managing Editor and Editor-in-Chief

Aries (March 21 - April 19)

You're known for being passionate, Aries, but recently an event, or just general doubt, has made you question what you've been fighting for and caused you to make rash decisions. It's time to step back, take a deep breath, and reaffirm your intentions. Mass murder is never the solution, so get a refund for that Jason mask. Seriously, stop.

Taurus (April 20 - May 20)

Someone close is becoming distant. It seems that they are slowly fading out of your life and that scares you. You must act quickly, Taurus. If your friend vanishes completely, they will be lost to the void forever. Find a way to turn them back to normal as fast as possible. The fate of your loved one depends on you.

Gemini (May 21 - June 21)

It's okay to be sheltered sometimes, but now is the time to leave your cave. Your fiery breath keeps you warm and you rely on it during the winter, but have you noticed that it hasn't gotten any colder? Get off your pile of gold. Take a risk and go explore the world around you. You might just like it.

Cancer (June 22 - July 23)

You're going through a tough time right now, almost like your body is being pulled apart. Even if you happen to lose a bolt or screw, an appendage or two; keep your head up. Remember that you've got people on your side who can help stitch you back together. You might not be the same as before, but you'll be whole again.

Leo (July 24 - August 23)

You feel hopeless right now, Leo, and maybe a little bit alone. Building relationships has been very different ever since you... turned. Do not be discouraged, having a thirst for blood does not mean you're not allowed to have a thirst for affection. Your heart may

not be beating, but you can still find love.

Virgo (August 24 - September 22)

Walk under any ladders recently? It seems like you've been getting the short end of the stick. However, your luck at this point might just be luck. Don't go out of your way to avoid your superstitions. If you want to pet a black cat, go ahead and do it. In some cultures, a black cat can be good luck. Keep your mind and possibilities open.

Libra (September 23 - October 22)

At this point in your life, you need to accept that you won't be able to help everyone. Your friends choose their own paths, and sometimes there is nothing you can do to alter their fate. It is time to give up your search for the dark witch hidden within the forest. She doesn't have the power you seek, and she will not be able to help your friends.

Scorpio (October 23 - November 22)

You may be feeling lonely, Scorpio. You may be feeling invisible. You are trying to find a way to receive the attention you desire, a way for people to notice you again. It is clear that you don't enjoy the life of a ghost. Have you tried not dying?

Sagittarius (November 23 - December 21)

You are generally a happy and caring person, and your friends enjoy that about you. However, it is acceptable to be angry sometimes, and you don't need to try to hide it. Just... stop letting your hair flame up every time you experience negative emotions in the extreme, random fire tends to scare people around you.

Capricorn (December 22 - January 20)

Spreading secrets about your friends is a quick way to start conflict. When someone shares a secret with you, telling other people will hurt your friend and damage their trust,



and often warrant revenge. But that isn't your biggest issue, Capricorn. Your friends are different than most. Your friends are... hungry. Watch your back.

Aquarius (January 21 - February 19)

You are very intelligent, but the stress of recent events has been bringing you down and affecting your decisions. You feel like an entirely different person now. You feel dead inside, because you are dead outside too. But you can still take control of yourself, be the person you were before you were scratched. Reach out to your friends again, and keep up with your studies. Use your brain, Aquarius, and don't eat other people's.

Pisces (February 20 - March 20)

You generally adapt well to changes in your environment. You are good at camouflaging, so you easily fit in. This can be a very good thing, of course, but it can also confuse your friends. They are never sure what type of person you will be each day, and it can be difficult to trust you. This is the downside of being a shapeshifter.

