



Pleasant Valley Newsletter



Pumpkins

by: Amelia Glasgow

What's the first thing you think of in the fall? For me, it's pumpkins: orange, round, a brown stem, lumpy, and full of seeds. Maybe you think of the pumpkin's close cousins: squash and cucumber. But even though they are similar to pumpkins, they could never compare. In honor of fall, let's talk about pumpkins.

First, let's talk about the history of pumpkins, from where they come from to how they are used. Scientists say pumpkins originated in Central America somewhere between 7000-5550 B.C. The pumpkin, along with squash, were important foods to indigenous communities. Indigenous means naturally occurring or native to that area. The communities would grow squash/pumpkins with beans and corn along the river bank. This planting method was called, "The Three Sisters" method. This method would allow the crops to grow well because of the natural minerals from each other.

There are also many traditions involving pumpkins. One tradition is carving jack-o'-lanterns was brought to the United States by the Irish people. In Ireland, they would carve jack-o'-lanterns out of potatoes or turnips. After the Irish people arrived in North America, people started using pumpkins instead because they were a lot easier to carve. The tradition of the jack-o'-lantern comes from an Irish legend about a man named Stingy Jack who was an unpleasant character and became famous for playing tricks on people.

Another tradition is eating raw pumpkin seeds. This tradition came from multiple Native American tribes. The seeds were used for medicinal purposes as well as for their dietary properties. In South America, pumpkin seeds were widely enjoyed by the Aztec culture dating back to 1300-1500 A.D. This tradition spread worldwide. Now in India and additional areas of Asia, pumpkin seeds are used for medical and culinary purposes.

Pumpkin spice lattes, pumpkin pie, roasted pumpkin seeds, and pumpkins have become a symbol of fall. Pumpkins are loved by many all over the world. How do you use pumpkins in the fall?

Sources:

<https://www.universityofcalifornia.edu/news/10-things-you-probably-didnt-know-about-pumpkins#:~:text=Scientists%20believe%20that%20pumpkins%20originated,food%20staple%20among%20Native%20Americans.>
<https://be-still-farms.com/blogs/healthy-organic-living-blog/why-raw-pumpkin-seeds-part-1-history>



Volleyball

by Savannah Ward

Volleyball was invented in 1895 by Willian G. Morgan who was a physical director. A physical director is a person who gives instructions to people while they move. Morgan called volleyball, "mintonette" until a professor from Springfield College in Massachusetts noted the volleying nature of play. He proposed the name of volleyball.



Fun Facts about Volleyball:

1. In high school, the court is 60 feet by 30 feet.
2. Players cannot step across the center line while the ball is in play.
3. A tightly stretched net is placed across the court exactly above the middle of the centerline. It is about 7 feet high for women and 8 feet high for men.
4. A spike or kill is a common offensive move. It is most effective and with players near the net, with great power.

The Positions of Volleyball:

In the game of volleyball, there are only 6 players on the court at a time, and there are 4 main positions. The first two positions are the middle blocker and the outside hitter. The middle blocker's job is to block the ball from coming over the net. The outside hitter's job is to spike the ball over the net. The second two positions are the libero and the setter. The libero's job is to keep the ball in the air. The libero is supposed to do whatever they can to save the ball. The setter's job is to get the ball over, or pass the ball to a teammate by only using their hands above their head.

Additionally, the phrase "ace" is used in volleyball. Ace has two meanings. An "ace" is when a team gets a point on a serve, or the other team is unable to hit the ball back over the net. As a player, you get the nickname "Ace" if you continually serve aces.

Source:

<https://www.britannica.com/sports/volleyball/The-game>



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Thanks
giving

History of Native Americans in Central Illinois

by George Smith and Shamiya Abner

The history of the Native American people began 12,000 years ago. Asian Natives walked across a land bridge, in what we know today as Alaska. When explorers and colonizers from Europe came to the American continent in the 1400s, there were more than 50 million Native Americans on the continent. Today there are only 5.2 million Native Americans in North America. When Europeans arrived in the Americas, they carried diseases like smallpox, measles, and the flu. These foreign illnesses, along with inhumane treatment wiped out over 90% of all Native American people.



The two most predominant Illinois native tribes are the Peoria tribe and the Kaskaskia tribe. The Kaskaskia tribe no longer exists due to warfare and disease. However, the Peoria tribe is still alive with 3,713 members.

The Peoria tribe no longer lives in Peoria. In 1818, they were relocated to Oklahoma where they now reside. The name Peoria comes from the Native American word Peewaareewa. It means “comes wearing a pack on his back”. The Peoria tribe was once four separate tribes: Peoria, Kaskaskia, Piankashaw, and Wea. These four tribes united as one tribe in 1854, and called themselves the Confederated Peorias. The tribes came together because of their diminishing numbers caused by disease. Their tribal symbol is four crossing arrows, which represents the sun, water, soil, and trees.

Since then, the U.S. government has passed numerous laws against not only Peoria Natives, but all Natives. For example, the Removal Act of 1830 passed by President Andrew Jackson, stated that he would grant land to native tribes west of the Mississippi River if they surrendered their current homelands to the US government. This law impacted thousands of Native Americans. Oftentimes, President Jackson forced native tribes to sign the treaties with threats or bribes. The forced migration of Native Americans westward became known as the Trail of Tears. Thousands of Native Americans died on this trail from both disease and the hostile climates that they traveled in.

Today we are working to right the historic wrongs, but there is still more that can be done to help restore these tribes. Today, Native Americans are protected by the US government yet 49% of natives don't have access to clean drinking water, 23% live below the poverty level, and only 19% go to college. We need to continue fighting for the preservation of these historic tribes.

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<https://peoriatribecom/history/>

<https://history.state.gov/milestones/1830-1860/indian-treaties>

<https://encyclopediaofarkansas.net/entries/trail-of-tears-2294/>

<https://www.legendsofamerica.com/peoria-tribe/>

Scotland

by George Smith

Scotland has thousands of years of culture and conflict. Scotland was founded in the year 1320; however, its history goes further back than 1320.



Prior to Scotland's unification, it was inhabited by four main groups. The Picts, the Scots/Irish, the Britons, and the Angles. This all changed in 1306 when Sir Robert De Bruce was crowned King of Scotland. Fourteen years after Robert De Bruce was crowned king, he sent a letter to Pope John XXII declaring Scotland as an independent nation. This letter was signed by the nobles and barons from all across the country. This document was mostly a symbolic declaration; however, it is still an important one to Scottish historians worldwide.

Beginning in the late fifteenth century and continuing until the late seventeenth century, the Renaissance was an important time for art, education, architecture, politics, and culture. Not only in Scotland, but in the rest of Europe as well. Many religious wars were also fought during this time. One major religious conflict was the Scottish Reformation. This was a great religious reform that took place in the 16th century. During this time, the Scots started to break away from the papacy, or the pope. The pope is the prominent religious figurehead for the Roman Catholic religion.

In the year 1603, an event of great historical importance took place. It was called the Unification of the Crowns. When Queen Elizabeth the First of England died on March 24, 1603, with no heirs to the throne, King James the VI of Scotland, at only 13 months old, ascended to the English throne. He became King James of England, Scotland, and Ireland.

In 1688, King James II, a Roman Catholic king, was replaced with a protestant king. This led to conflict within the kingdom. A prominent group in Great Britain at the time was the Jacobites. The Jacobites were supporters of the Roman Catholic King James II. The Jacobites final uprising took place on April 16, 1746 at the Battle of Culloden. This was done in an attempt to overthrow the house of Hanover (the monarch at the time), and replace them with the house of Stewart (a Scottish royal family). The Jacobites were led by Charles Stewart, also known as Bonnie Prince Charlie. The Jacobites were defeated by the English Government, and were forced to flee. 1,250 Jacobites died at The Battle of Culloden, while only 50 English officers died.

SCOTLAND ARTICLE CONTINUED ON NEXT PAGE.



Scotland Continued

Following the battle of Culloden, the British parliament passed laws in an attempt to force the Scottish highlanders to conform to English culture. They made it illegal to wear traditional Scottish clothing such as tartan plaid. They also abolished Scotland's clan system. The English ransacked homes and killed the highlanders' livestock.

Today Scotland is a very peaceful place. It has a booming economy, and is very rich in resources like oil and fish. From 2011 to 2019, Scotland was number one in education worldwide. Scotland is also one of the safest countries in the world.



Roblox

by Seshagopalan Sridhar

Roblox (/rəʊblɒks/) is an online game platform and creation system developed by Roblox Corporation. It allows users to program games and play games created by other users. It was created by David Baszucki and Erik Cassel in 2004, and was released in 2006. The platform hosts user-created games of multiple genres coded in the programming language, Lua. For most of Roblox's history, it was relatively small, both as a platform and as a company. Roblox began to grow rapidly in the second half of the 2010s, and this growth accelerated during the COVID-19 pandemic.



If you love playing Roblox or are new to the game, here are 5 tips to help you out.

1. Playing an obby is a good way to practice your controls: you have to get used to using w,a,s,d or the arrows, so you can play advanced games.
2. Try some hand-to-hand combat: this will help you with battling simulators like the Sorcerer Fighting Simulator.
3. Avoid lagging on games: this will mess up your progress, and it will lag you everywhere.
4. Always use a shift lock: this will help you when you are on a balance beam or straight beam with a big canyon underneath it.
5. If you are in combat, be sure to keep moving so you can be less damaged.

Another feature of Roblox is building games. You have to download this feature. Follow these steps if you would like to do this. 1. Go to a new tab and search Roblox Studio. 2. Then you need to download it with your account. 3. You will get a free experience to use so you can work on your own game. 4. If you want to upload things, you need Roblox currency called Robux. You can buy Robux with money.

Fall Snacks

by Arnaja Salazar, De'Mijah Lowery, & Davonne Taylor

CHEWY CARAMEL-COATED POPCORN

Ingredients:

- 1 1/2 cups of butter cubed
- 2 2/3 cups of packed light brown sugar
- 1 cup of golden syrup
- 1 teaspoon of vanilla
- 24 cups of popped popcorn



Directions:

1. Line two 15x10x1-in. pans with parchment paper.
2. In a large heavy saucepan, melt butter over medium-high heat.
3. Add brown sugar and syrup, stirring to dissolve brown sugar.
4. Bring to a full rolling boil. Boil and stir 1 minute.
5. Remove from heat and quickly stir in vanilla.
6. Pour caramel mixture over popcorn; stir lightly to coat.
7. Using a rubber spatula, press popcorn into prepared pans. Cool. Pull apart into pieces.
8. Store in airtight containers.



POTATO CHIP CLUSTERS

Ingredients:

- 9 ounces of white baking chocolate, chopped
- 2 cups coarsely crushed ridged potato chips
- 1/2 cup chopped pecans

Directions:

1. In a large microwave-safe bowl, melt white chocolate.
2. Stir in potato chips and pecans.
3. Drop by tablespoonfuls onto waxed paper-lined baking sheets.
4. Refrigerate until set.



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Queen Elizabeth II

by EJ Luncsford

Queen Elizabeth II was born on April 21, 1926. Her father was forced to become the king when her uncle died unexpectedly. She was 18 when she joined World War II, and was trained as a driver and auto mechanic. Her parents and everyone else didn't want her in battle, but she didn't take no for an answer, and joined anyway. She became queen at the age of 25, after her father died in 1952.



Her coronation took place on June 2, 1953. It was a historic event because it was the first coronation that was broadcasted live on TV. At the time of her coronation, Princess Anne, who was two at the time, was deemed too young to attend the service. During her reign as queen, she visited over 100 countries with France and Canada being the two she visited most often. She owned over 30 Corgis in her lifetime, as it was her favorite breed of dog. Her husband, Prince Philip died in April of 2021. Queen Elizabeth II died on September 8, 2022 after 70 years on the throne. She was the longest reigning monarch in British history. Over 2,000 mourners went to say goodbye to the queen. The queen's final resting place is at King George VI Memorial Chapel in Windsor Castle. She is buried next to her husband, Prince Philip.

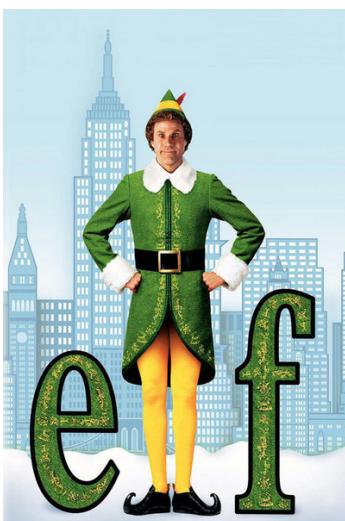
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Movie Review: Elf

by Amiyah Brown



Directed by: Jon Favreau

Amiyah's Rating:

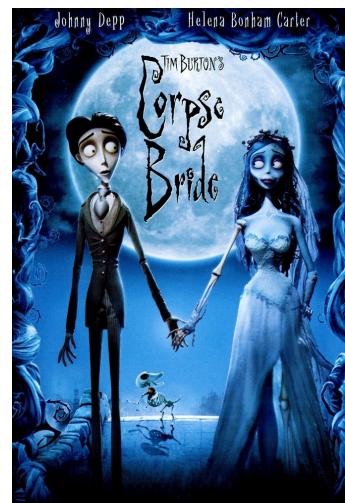


The movie *Elf* is about a guy named Buddy who believes he's an elf for his entire life. As a young adult, he overhears Santa saying he's a human. Buddy decides that he needs to find his real family. He goes on an adventure to New York City in his elf clothes. He walks around in New York City yelling in excitement at every new thing he experiences. It takes a couple days to find his dad and in the process, he sleeps in a window of a toy store. When he finds his dad he yells, "Dad! Dad! Dad! I'm here! I'm your son! It's me, dad! I'm here!". His dad doesn't believe that Buddy is his son, so he sends him away. Over time, Buddy builds a bond with his dad, step-mom, step-brother, and new friend, Jovie. Buddy takes the whole crew on adventures to help save Christmas.

Movie Review: *The Corpse Bride*

by Amelia Glasgow & Nashaya Bennett

Corpse Bride is a thrilling story filled with jealousy, revenge, plot twists, and romance. This movie will leave you teary eyed and wanting more. Victor, played by Johnny Depp, was practicing his wedding vows in the eerie woods. While reciting his vows, he carelessly placed the ring for his future wife, Victoria (Emily Watson) on a branch strangely shaped like a woman's hand.



But little did he know, he was now married. The branch that he once put the ring on was now a snowy woman who arose from the sleet covered ground. Her skin was as blue as a blueberry and as thin as paper. Her left arm and leg were as bare as a skeleton. The woman's name is Emily (Helena Boham Carter).

After she was stood up on the day of her elopement, Emily was brutally murdered. Emily was excited to be with her new husband, Victor, but he was not as excited. Especially after him and his soon to be wife's wedding was in a few days. The only problem was that Victoria and Victor are being forced into an arranged marriage. The question at hand now is who will Victor choose: Emily or Victoria?



New York City

by Shamiya Abner

New York City traces its origins back to a trading post founded on the southern tip of Manhattan Island by Dutch colonists in 1624. The settlement was named New Amsterdam (Dutch: Nieuw Amsterdam) in 1626 and was renamed as a city in 1653. The population of NYC in 2020 was 8,804,190. In 2019, New York City was voted the greatest city in the world per a survey of over 30,000 people from 48 cities worldwide, because of its cultural diversity. NYC is also the most photographed city in the world.

Located at the southern tip of New York State, the city is in the center of the New York metropolitan area. It is the largest metropolitan area in the world by urban landmass. New York is an important center for international diplomacy, an established safe haven for global investors, and is sometimes described as the capital of the world.

The Statue of Liberty is an iconic statue that is commonly visited and photographed in New York City. It was donated to the United States by France in 1886. NYC is also home to many professional sports teams such as the Buffalo Bills, Yankees and New York Mets.

Puzzles and Riddles

by Arnaja Salazar, De'Mijah Lowery, & Davonne Taylor

FALL WORD SEARCH

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

BEGINER SUDOKU

		3				2		
	6		9	8			4	3
4	9			3	1			6
9		7				8	6	
	4			9	8			
		5	4		7	1		9
6				3	9			5
5		8	1				7	2
2	9		5	6		3	8	

JOKES/RIDDLES

What starts with a P
and ends with an E
and has a million
letters in it?

Post Office!

What breaks when
you say it?

Silence!

.....

Knock Knock!

Who's there?

Butter!

Butter who?

*Butter let me in or I'll
freeze!*

Sudoku Rules/Hints:

Use Numbers 1-9

Don't Repeat Any Numbers

Don't Guess

Use Process of Elimination

Each row, column, and box need to
have the numbers 1-9. There can be
no repeats in each of the rows,
columns, and boxes.

