

Rivercrest Preparatory Online School

The River Current

Witches on Halloween by Kali Karrer

Have you ever wondered why children put on pointy hats and capes, pretending to fly around on broomsticks casting spells over the neighborhood? As young children, many of us were told stories about evil old hags, covered in warts and hunched over in an uncomfortable position. They were seen as a source of evil, conjuring up magic and casting spells over innocent people. Without question we perceived them as just that: witches. But, has there ever been a second where you stop to think where this name came from? Why these women were so feared? As it turns out, witches are not a recent phenomenon.

Thousands of years ago, people lived much more primal lives than we do today. Lacking the possession of modern medicine that we have today, there were women who would attempt to create a sort of medicine of their own to help the sick.

Many were successful, being wise in their knowledge of herbal remedies and different types of plant based medicines. During this time period, Christianity was becoming the primary religion in Europe, and many of the Christians did not have knowledge of herbal medicine. They believed that if you wanted healing you should find help from the men in the church, and they would help you to connect with God, who in turn would heal you. (They also believed that if you were sick, it could be God's way of punishing you for your misdeeds). Many of these "healing women" were accused of being anti-Christian, and were eventually deemed "devil-worshippers."

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Witches—Evil spell casters or healers of the sick?

Seg. 4 ends
Oct. 30th!

The River Current Editorial Staff

Kaitlynn Chavez
-college tips &
events

Jordan Reed—Art

Kali Karrer—
Contributing writer

Angelique Park
-Real Talk & Jokes

Holly Virgin
-Real Talk & Trending

Ms. Cortéz/la jefa
-Editor

Happenings at Rivercrest

ASB, Anime Club, and Travel Club are sponsoring a fun filled day on Friday, October 30th.

Dress up in your costume and enter the Costume Contest! We will take pictures and give out prizes for the cutest, scariest, and best anime. **REMEMBER: school rules apply.** Don't show too much flesh and no full face masks. We want everyone to be safe so we

have to be able to recognize you! We don't want any real goblins on campus!

If you don't have a costume, you can get some face paint or maybe a scar painted on by Anime Club. Cost \$1 up to \$3.

Goodies will be for sale—cookies, cupcakes, etc.

A cool painting will be raffled off/ \$1 per ticket or 6 for \$5. Your chance to own original art!

Scariest thing of all—the end of Segment 4 is also October 30TH! All tests must be completed at school that day before 2

Student of the Month for October—Cindy Rodriguez



Cindy Rodriguez is a junior who will graduate this year, mid term!

Cindy was nominated for Student of the Month by Ms. Saugstad because Cindy has taken her independent learning and her focus on goals to a whole other level. She has completed multiple classes and has worked hard to complete her classes with a goal of graduating early.

Cindy always has a smile on her face and always works when she is here on campus. She has put in many hours to complete her classes and to realize her dreams.

We are proud of the hard work Cindy has put in and know that she will meet her goals if she continues to work in this fashion.

CONGRATULATIONS CINDY!



Student Art—Jordan Reed in Top 24

This contest was part of the Long Night of Arts and Innovation which included all Riverside County High Schools

Jordan Reed, a senior here at Rivercrest, entered her watercolor painting “Morning in Paradise” in an art contest for all high schools in Riverside County. They art works were displayed as part of the Long Night of Arts and Innovation held on October 9th. The public voted and Jordan’s piece made it into the top 24, which is quite an

honor! Needless to say, we are all very happy for her and very proud of her accomplishment!



Witches on Halloween (continued from p.1)



The word Witch actually came from the word “Wicca” meaning “Wise One,” which definitely applied to these women who were only trying to aid the sick. While once considered people of importance and alleviation, these women were now seen as evil and dangerous. Once they were feared by the people and church, they were considered a threat and

had to be eradicated. These women were burned alive, hung, drowned, and killed in many other gruesome ways. This was the beginning of what is known as the “witch trials” and there are very famous cases in history (such as the Salem Witch Trials) that were so preposterous

and horrid that they are still discussed today. These women were sought after and killed for their knowledge of healing, and turned into ridiculous stories about evil old hags and their devil-worshipping. They inspired the iconic Halloween figure of the witch.

The Nut Butter Battle by Kaitlynn Chavez

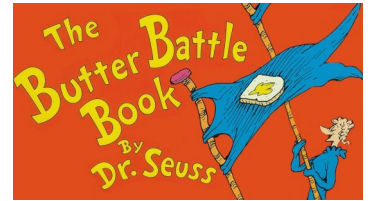
With almond butter's rising shelf space in grocery stores, many have been curious of the new and commonly organic product and how it stands to the traditional school lunch and pantry staple of peanut butter. On the surface the two seem identical, carbs, protein, and fat (the Macronutrients) all only grams off from one another. In terms of micronutrients though Almond Butter takes complete advantage over PB with double the

amount of magnesium and iron, triple amounts of the antioxidant vitamin E and four times the amount of calcium.

Currently sitting comfortably while sharing a shelf with peanut butter, almond butter can be intimidating especially for first time tasters and consistent buyers. Almond butter can cost up to \$13.00 for the same size or smaller jar of peanut butter but what most don't realize is that that jar of almond butter consists usually of only one ingredient: dry-roasted, unsalted almonds.

butter, directions are as follows: Using a food processor and an "S" blade, pulse and process until nuts enter transitioning stages of chopped, crumbly, finely ground and finally creamy. Keep in mind the almonds will warm while processing and you will likely need to stop and scrape down the sides. Keep in my mind the state of your processor as it will need to run awhile so give it a couple of breaks as needed. This will ultimately help make your almond butter creamier as the oils are released.

When your fresh batch is done feel free to add salt, spice, or honey depending on your personal taste.



REAL TALK by Holly Virgin

"How do you get away from someone who only wants one thing?"

You might not want to jump to the conclusion that someone only wants to use you, talk to them and ask them about it. If your suspicions are confirmed, the best thing for you to do is to keep contact with that person to a minimum. Even if you really

enjoy being around that person, you have to understand it will probably not get better.

You are worth more than to let someone use you like that for any reason.

Best of luck. I hope this helps.

You, too, can get your questions answered.

Leave a note in the blue box in the office.

Anonymous and confidential!

Did you know...?

Candy Corn was first made in 1898 by the company that makes Jelly Bellies, the Goelitz Confectionary Company. Originally, it was called "Chicken Feed" because corn was fed to chickens.

The story



isn't all sweet, though. Candy Corn was responsible for the biggest candy-related fire ever! In 1950, while the company was preparing for the Halloween rush, the New Jersey factory caught fire, destroying 2,000 pounds of candy and a building a block long.

Did you know that it takes 4-5

days to make a piece of candy corn? The base has to be cooked, the pieces molded, and then polished with an edible wax coating.

Did you know that more than 9 BILLION pieces of Candy Corn are made each year?

Did you know that Oct. 30th is National Candy Corn Day?



Why don't you celebrate by guessing how many pieces of Candy Corn are in the jar in the office? Your donation will help the Travel Club and you could win a whole jar of this delicious, famous, historical candy and a prize.

It's a win-win!

Important College Application Dates:

- CSU and UC priority application deadline for fall 2016 admission is 11/30/2015
- SAT— Oct. 3 scores available 10/22/15 online
- Nov 7. SAT—late registration last day is 10/27 (the late fee is \$28)
- **Last available SAT for Fall 2016 applications is Dec. 5.** Register w/o late fee by Nov. 5.
- There is only one remaining test date for the ACT for Fall 2016 applications. This test date is Dec. 12; register w/o paying a late fee by Nov. 6

Don't wait till the last minute to sign up! Everyone else will and sites will crash from too much traffic.

Moving FORWARD to Learn and Lead in the 21st Century



Important College Info Especially for SENIORS by Kaitlynn Chavez

Most 4 year colleges require students to submit SAT or ACT scores. These tests must be taken no later than December.

The SAT has three major sections: math, reading and writing (this includes a written essay)

The ACT has four major sections: English, math, reading and science (and an OPTIONAL essay section).

The ACT without essay totals \$39.50 and with the essay is \$56.50. The SAT test totals \$54.50. Prep books for these tests are available in the office. Sign up for the SAT at sat.collegeboard.org and the ACT at actstudent.org. For those who qualify, fee waivers are available for the SAT and the ACT (up to 2 each).

See Ms. Chavez for more information.

The SAT also has 20 SAT Subject Tests available in five general subject areas: English, history, languages, math and science. Some colleges will grant exemption from or credit for a freshman course requirement if a student does well on a specific SAT Subject Test. What you are considering as a major can help you to decide what test(s) are best for you.

CSU and UC priority. The CSU application fee is \$55 and the UC application fee is \$70 per school. Fee waivers are available to those who qualify (this pays the fee for up to four UC campuses and four CSU campuses of your choosing). If you are filing the CSU admission application through CSU Mentor (sign up at csumentor.edu) your fee waiver re-

quest is included in the process. UC applications are filled out through the UC Admissions website: admission.universityofcalifornia.edu and the fee waiver application is also included online.

Most other four year schools use the Common Application; to find out the application deadline for these schools sign up online for the common application at commonapp.org.