



The Liberty Ledger

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Epilepsy Awareness

By: Noah Carneiro and Isabella Greenburg



**November
Epilepsy
Awareness
Month**

November is Epilepsy Awareness month. A lot of people may ask, "What is epilepsy?" This article will explain and bring light to this disorder.

Epilepsy is a seizure disorder in the brain and for different people, the seizures are caused for different reasons. For some it's for strobe lights, flashing lights, or even just watching Television in the dark. This disorder can be diagnosed at any point in your life, though it most commonly appears in your early childhood or later in your adulthood. A seizure can appear in a few ways like staring off into space and not knowing the reason why, or even passing out and beginning to convulse on the floor.

To give more insight on epilepsy, here are the words of the co editor of this article who is someone who suffers from epilepsy disorder.

"When I was in first grade got a headache. I thought it was normal and told the teacher. She told me that there was nothing she could do until the nurse came. Suddenly, my left eyelid began to burn. I, again, told the teacher and she once again told me to wait for the

nurse.

The more I waited, the worse it got. All of a sudden realized that I was staring at the closet wall instead of doing my work. After that couldn't remember anything so the rest is what I've been told. I was told I went unconscious and started shaking on the ground. My eyes appeared to be rolled back into my head, and when I woke up, it just felt like I took a nap.

None of my friends were with me in the room, just the teacher, the nurse, my parents, and even the police. After that, I was taken to a doctor and they diagnosed me with epilepsy. They informed me that the headache and eye burns were warnings that the seizure was coming.

They prescribed me medication and even told me the precautions to take. Since then, I have been fine and nothing has happened. So next time you're in the classroom don't turn off the lights. Please keep others around you in your mind. You never know who suffers from epilepsy.

It is extremely important to raise awareness for epilepsy because not many people know about it. So now that you do, the month for epilepsy is November, the color is purple and do whatever you can to spread awareness."

Here are some facts about the disorder according to [healthline.com](https://www.healthline.com) (2018) and [epilepsyhealth.com](https://www.epilepsyhealth.com) (2022).

Epilepsy Awareness ... Continued By: Noah Carneiro and Isabella Greenburg

- Most seizures, as long as they don't last for over two and aren't the person's first seizure, it isn't a medical emergency so don't worry too much.
- When experiencing a seizure or helping someone who's having a seizure, it's best to lay them on their side so they don't choke on their saliva!
- One in ten people experience seizures without being triggered, as seizures can be caused by many things! (though still get checked out if you experience your

first seizure, just to be sure!)

- Epilepsy is the fourth common neurological disorder, coming right behind migraines, strokes, and Alzheimer's

- 3.4 millions people across the united states have epilepsy with 470,000 of the cases being children.

We hope these facts and this article as a whole have brought life and educated you all as it has with me. When you wear purple or see someone wearing purple in November and every other month, we hope that you think of epilepsy!

Comic

By: Sianaa Wright

Credits to the [Incorrect Quotes Generator](#) for this comic script. Everything else is made me.



Sports! Recaps & Upcoming Games

By: Nikhil Oberoi and Tyler Vieira

Sports is a topic that millions of people around the world love to play and watch. There's tons of sports out there - baseball, basketball, football, golf, soccer, lacrosse, track, and so much more! However, there's too much to put in one article. Here's a recap of NBA, MLB, and NFL scores, stats, and games.

NBA



The NBA is just getting started and here are some current events that have transpired

through out the days.

Pre-Season

- Draymond Green pushes Jordan Poole during training camp on the seventh of October. According to TMZ "Draymond Green apologized to Jordan Poole, his family, and the Warriors Organization." Steve Kerr says he will be suiting up for the Warriors opening game and go to the ring ceremony.



The Celtics are performing pretty well - 11 wins and 3 losses!

On the other side, in the Western Conference, Utah Jazz is playing smoothly - 10-5!

MLB



The baseball season has ended! The Astros won,

but it was a tough season for a lot of the teams! The Padres had a tough loss against the Phillies on October 23rd. The Yankees also had to suffer against the Astros on October 23rd, too.



During the World Series, the Phillies battled it out against the Astros. Both teams tried their best, but in the end, the Astros received The Commissioner's Trophy. Here are some of the game stats from the Division Series, and the World Series.

League Championship Series

Phillies Game 1 - Phillies VS Padres, Phillies 2-0.

Yankees Game 1 - Yankees VS Astros, Astros 4-2.

World Series

World Series Game 1 - Phillies VS Astros, Phillies 6-5.

World Series Game 6 - Phillies VS Astros, Astros 4-1.

NFL

Insane Score Gap Between the Chiefs and 49ers

The Kansas City Chiefs did amazing against the San Francisco 49ers on October 23! The final score was 44-23.

Eagles lose their 8-win-streak

The Philadelphia Eagles have won eight Football games so far! However,

Sports! Recap & Upcoming Games ... Continued By: Nikhil Oberoi and Tyler Vieira

er, the Washington Commanders gave them their first loss on November 14 - 32-21! The Philly Eagles are still doing awesome this season!

Christian McCaffrey Trade

After San Francisco's horrifying loss to Kansas Chiefs (44-23) The 49ers used their last resort trading players to the Panthers. Kittle, a player on the 49ers, isn't so happy about this.

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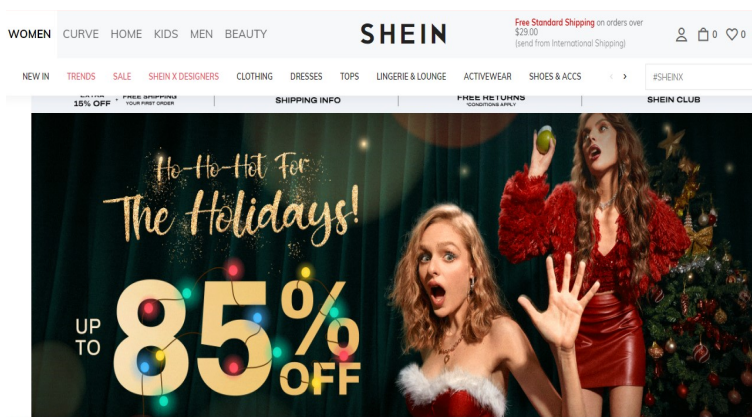
Fast Fashion Cons

By: Ayo Osayande and Christiana Bortey
Edited by: Amirrah R. Okosa

In the beginning, it might seem harmless. Buying clothes on sites like Shein, Forever 21, and H & M to follow a trend you might've seen on

Parasocial Relationships with Fast Fashion

When celebrities endorse fast fashion brands. Or when people wear these clothes it makes them feel as though they got this advice for them and only them or as if they're the celebrity. However, these clothes aren't just clothing manufacturing these clothes cause great harm to the environment.



TikTok or Instagram. You might think that it's no big deal and you're not hurting anyone but the truth is that you are hurting the environment and the people in these sweatshops. There are benefits and drawbacks to purchasing clothing from fast fashion brands.

Sweatshops and the treatment of the workers

To start let's define the word sweatshop: Noun- "a factory or workshop, especially in the clothing industry, where manual workers are employed at very low wages for long hours and under poor conditions." You may be asking what sweatshops have to do with fast fashion clothing brands. Well, sweatshops all over the world are where fast fashion clothes are made. Workers in factories aren't taken care of concerning their health because the higher ups don't take the right pre-

Fast Fashion Cons ... **Continued** By: Ayo Osayande and Christiana Bortey



cautions to make sure their employees are safe. The people work hours and hours for only about 2 to 6 cents. Al-

so, 85% of garment workers are paid below minimum wage means only 15% of garment workers get paid properly for all the hard labor they do.

Jobs

Fast fashion creates over 75 million jobs. Some jobs include reviewing jobs, working in sweatshops, and more. Fast fashion employs primarily people in third-world countries. In highly impoverished places. The workers have to work long hours with little pay.

Fast Fashion's Harm to the Planet

Fast fashion causes a vast amount of dam-

age to the planet. For one, the U.S alone produces 11 million tons of clothing waste. They waste a lot of fabrics, to make one cotton t-shirt. It takes 713 gallons of water (rounded) (2,700 liters) to make one cotton t-shirt. Another thing is the types of material used is 300 times more harmful than carbon dioxide. Fast fashion isn't doing anything to help this planet it's more like digging earth into an early grave.

Eco-Friendly Alternatives

Some other options are thrifting, slow fashion sites, and more, but sadly being eco-friendly doesn't come without it's cost since it's not very affordable.

Now that you know the facts will you continue to support the fashion or stop? There's no easy choice nor right answer. On one hand it's killing to earth, and on the other, without it, people lose their jobs and go into poverty if not already. Just remember there are always alternatives.

The Origin of Halloween

By: Camila Roncol



We know October 31st as day of dressing up in creative costumes

while collecting the best candy from neighbors as we hang out with our friends, but do we all know the origin of Halloween?

In the past, Halloween was celebrated on November 1st but it wasn't called Halloween it was called the ancient Gaelic festi-

val of Samhain. This festival was usually kicked off the evening before which to us is considered the earliest known root of Halloween traditions. This day of year was also a pivotal time where the seasons would change. Most observers also believe that the boundary between our world and the next world would become thin during this time of the year which would make us able to connect with the dead.

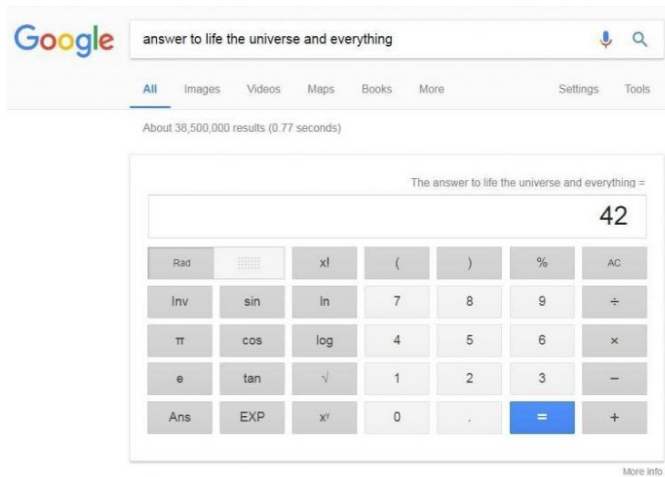


Top Ten Google secrets!

By: Sanaa Wright

Did you know that Google has a lot of secrets we didn't know? I'm going to show you the top 10 Google secrets in history!

1. The True Answer to Life, the Universe, and Everything



For those who read The Hitchhiker's Guide to the Galaxy by Douglas Adams. In his book, he wrote that "the answer to the ultimate question of life, the universe, and everything is 42." A lot of fans tried to decipher what was the secret meaning of the number, but Douglas Adams himself said: "The answer to this is very simple. It was a joke. It had to be a number, an ordinary, smallish number, and I chose that one. Binary representations, base 13, and Tibetan monks are all complete nonsense. I sat on my desk, stared into the garden, and thought 42 will do. I typed it out. End of story." This is of course why some people who have ACTUALLY read the book find this Easter egg the coolest.

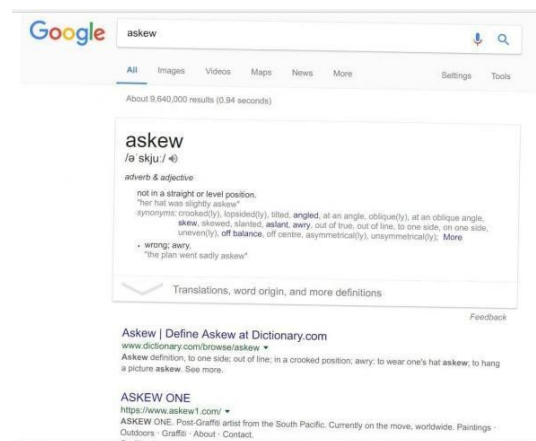
2. The Baker's Dozen

If you go to the search bar and look for "baker's dozen", you will see the number 13

on the calculator. A baker's dozen, a long dozen, or a devil's dozen is 13 and this comes from the practice of medieval English bakers giving an extra loaf when selling a dozen. This represented insurance against the items being lower than the statutory weight, or of lower than usual quality, which could cause the baker to be fined. The thirteen loaves were never called by the number and were described as a "baker's dozen" because of the "unlucky 13".



3. Everything's Askew!

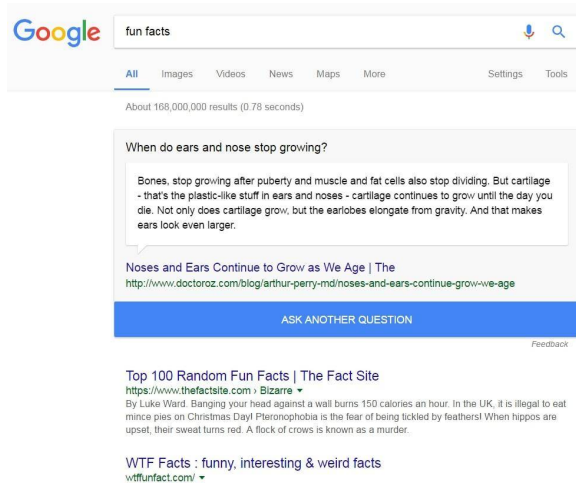


Askew means not in a straight line or level position. But if you are to search up the word askew, guess what happens. The search engine will tilt the screen for you. This is one of the display Easter eggs that

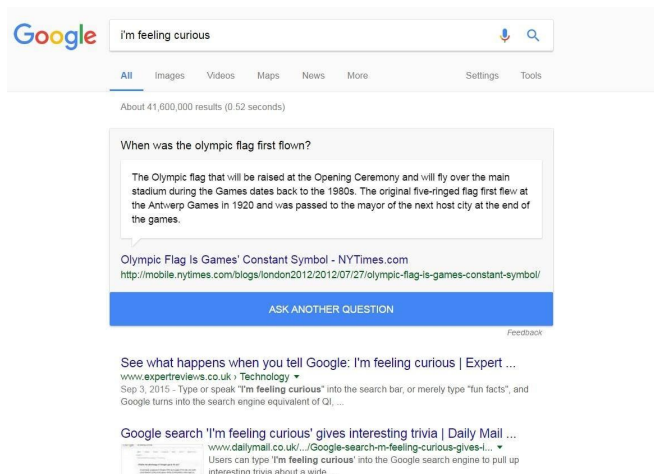
Top Ten Google secrets! ... Continued By: Sanaa Wright

Google has. Everything else still works as it should and if you look for anything else the search results page will go back to normal.

4. Fun Facts and its related brother, Feeling Curious



Do you know when ears and nose stop growing? If you feel like you want to learn something new, go to the Google search bar and write down "fun facts" and be amazed. There are over a thousand fun facts that you could learn.



Now, we have Fun Fact's brother, Feeling Curious. This one is pretty similar to fun facts. If you like trivia questions or you get bored, this is really useful. Google "I'm feeling curi-

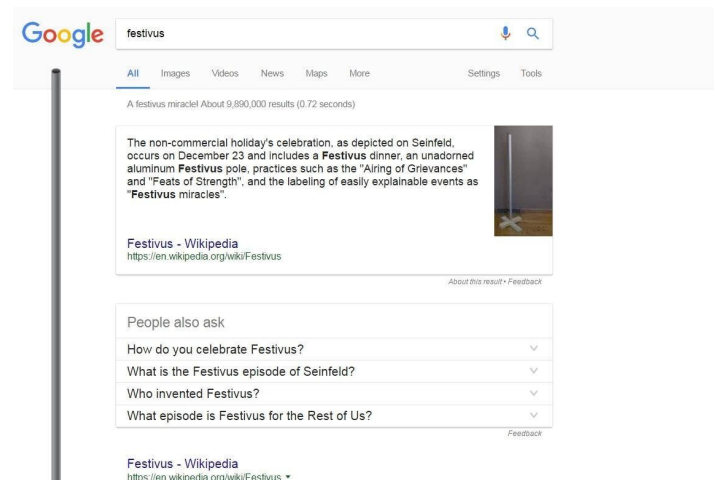
ous" and the search engine will show you a random question and an answer that will teach you something new every single day. When you click "Ask Another Question", it will give you a different question & answer. However, sometimes it may stick to the same question. But don't worry, Google might have already fixed this little issue.

5. Blink HTML & Marquee HTML

The Easter egg hidden here is quite interesting. Type "blink HTML" or "<blink>" in the search box in order to activate it. You will notice that the words "blink" and "HTML" will actually blink on the SERP.

Another interesting secret hidden within your Google page can be seen when looking for "marquee HTML". You will notice that the results count will slowly move from right to left on the page. Check it yourself and see.

6. "Mom! The Festivus pole is sticking out on my google search page again!"

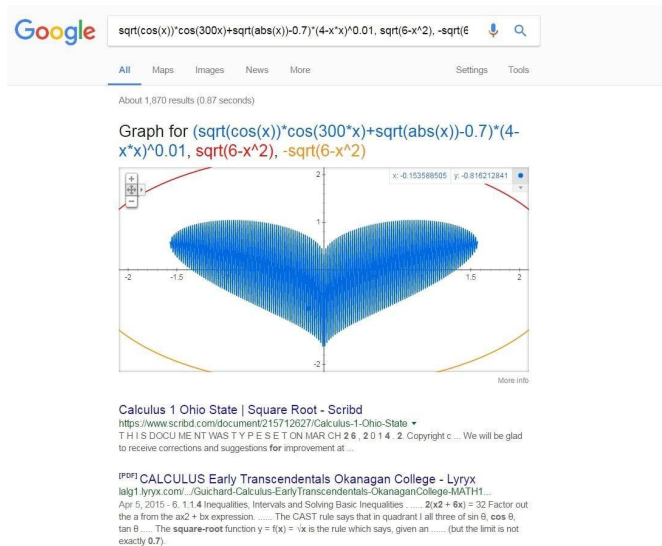


It seems that Seinfeld fans will get a nice treat by typing "Festivus": an undecorated aluminum Festivus pole. Festivus represents a parody and also a secular holiday that is celebrated on December 23. It represents an alternative to the pressures and commer-

During the Gay Pride Parades, users that search for keywords like “gay pride,” “marriage equality” and other LGBT rights terms will see a rainbow-themed SERP. The colorful results will differ and sometimes even the Google logo will change, as a sign of support for the LGBT community. If you search “LGBT”, you’ll find this heart gif that you can click on!

Top Ten Google secrets! ... **Continued** By: Sanaa Wright

Bonus: Valentine's Day Easter Egg



Do you feel the need of giving your heart to someone? Google made it easier than ever. You can [click here](#) and see an Easter egg that might work well for valentine's day. And if it doesn't work well for Valentine, at least you will impress the other with a complicated mathematical calculus.

For more information, visit: <https://cognitiveseo.com/blog/13616/google-easter-eggs/#3>

Keep Our Planet Green Art Contest

Montclair State University's Clean Energy and Sustainability Analytics Center (CESAC) sponsored its 3rd Annual "Keep our Planet Green" Student Artwork Contest, during this year's Clean and Sustainable Energy Summit!

Students in New Jersey submitted their artwork based on a future running on clean and sustainable energy.

Congratulations to **Paige Rawls** for placing 3rd place in this year's contest!



Getting to Know... Ms. Jordan

By: Nikhil Oberoi & Gabrielle Williams

What do you like best about your job?

Being able to share her love for science with the younger generation!

What do you like least about your job?

The short lunch break.

If you had to choose another job, what would it be?

Professional Photography.

What college did you graduate from and what was your major?

Villanova University; chemistry major.

What do you do outside of school?

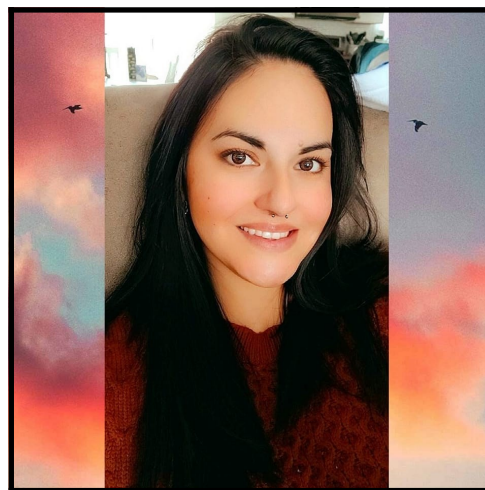
Spend time with kids, take pictures, cake decorating, editing photos.

Do you have a hobby?

All of the outside-of-school activities.

Do you speak another language?

Spanish.



What are your favorite movies and/or tv shows?

Young Sheldon, Big Bang Theory, Matilda, Hook, The Godfather.

What is your favorite food?

French Fries!

What do you like best about your students?

The students are funny and make her laugh!

LMS Mental & Physical Wellness

By: Naomi Coleman

I hope your day has been going well, and if it hasn't that's ok! We always have chances to be happier. Did you know that exercise does more than just strengthen your muscles? It also strengthens your mental health! It boosts self-esteem and lowers feelings of anxiety and depression :D. And exercise is easy too! Its

not always lifting weights or yoga. A short 15 minute walk every day can help your mental and physical health a lot! Stay healthy!



Always remember to stay hydrated!

DIY Doughnut Earrings

By: Avalyn Lee, Imani El & Naomi Coleman

Make your very own doughnut earrings by following the simple step by step instructions.

The following materials are needed for this DIY:

- Keychain rings
- Brush
- Eye pins
- Acrylic paints
- Clay
- Modge Podge



INSTRUCTIONS

Step 1. Flatten your clay into a donut shape, then use your tool and insert your tool into the now flattened clay.



Step 2. Paint your donut a polish color.



Step 3. Then mix your two colors, any colors, to make the icing for the donut. Apply it to the top of the donut.



Step 4. Cut your eye pins halfway, then twist it in the shape of an earring.



Step 5. Insert your eye pins into the top and bottom of the donut, Until nothing but the circle is showing, Then let it dry.



Step 6. Get some more clay and make it into a line, then paint it black and cut it into little pieces. (these will be the sprinkles)



Step 7. Add the sprinkles to the doughnut.



Step 8. Then add them to your donut and add bits of Mod Podge to the top of the donut.



Step 9. Repeat this process 2 more times then connect them to the Previously made donuts with keychain rings.

Step 10. Enjoy your fashionable earrings.

