

The October Issue is here! We dove into the lore of some cultural creatures from around the world, found local fun things to do this upcoming spooky season, sat down with our new teacher, Mr. Cerny, and brought some lessons to you for cultural awareness months.



Welcome Mr. Cerny!

By Raegan Rockenstein

For this school year, we have welcomed a new teacher. We are very excited to see what he can bring to MCAA. Mr. Cerny comes with vast knowledge in many subjects and teaches a variety of classes here at MCAA such as Senior Seminar, Chemistry, and Health. We asked him some questions to get to know him more.

Where did you go to college?

I went to UCLA where I graduated in 2020 with a B.S. in Psychobiology, USC where I received an M.S. in Applied Psychology, I received my Science Credential in 2025 at Biola University, where is also where I am currently getting an M.S. in Curriculum, Instruction, and Publication.

Why did you decide to teach at MCAA?

I chose MCAA because I resonated with the school's website, I appreciated the area, and I had a great feeling during the interview with the staff.

What do you hope to bring to our campus?

I hope to bring a unique sense of encouragement to each student backed up with a growth mindset, and clear intellectual tools that build students skills and knowledge to heights greater than students may think they can go.

What motivated you to become a teacher?

I have always resonated with school and being a student. Likewise, I love how teaching is a very multifaceted profession where there are countless skills and responsibilities, making it fun and trackable to always improve!

If there was one thing you could change about the world, what would it be?

I wish people would use metacognition; I believe that most social norms are rooted in dishonest harmony and if we were more self-aware and emotionally-differentiated, objective communication could be smoother and more helpful.

What is one piece of advice you would give to seniors and young adults?

Keep an open mind with what your calling is on this Earth. Never not try hard because you'll have nothing to regret if things don't work out (because you tried your best) and trying your best makes it more likely that you'll figure out not only what your true calling is but ultimately how to be successful in it.



Latin Lovers UNITE!

By Huitziloxochitl Valdesoto

We all love our Latinos, right? Well, I sure hope you do because this month is Latino Heritage Month! This is the time to give love to all Latinos (brown AND white) because they all deserve some extra recognition this time of year! National Hispanic and Latino Heritage Month starts on September 15th and ends exactly a month later on October 15th. It's the annual acknowledgement of Americans whose culture is rooted in Latin America or Spain; it brings awareness to the community and the contributions they've made to make us a more culturally diverse nation. The annual celebration of Latinos began in 1968 when President Lyndon B. Johnson signed and proclaimed the first National Hispanic Heritage Week, starting on September 15th until 1988, when President Ronald Reagan signed into law the 31-day acknowledgement period that we know today. September 15th was chosen as the start of the annual celebration because it marks independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, with Mexico's independence following on the 16th, then Chile's on the 18th.

Latinos have introduced us to new foods, holidays, and traditions that have been implemented into American culture and society! Did you know that Mexicans were the first cowboys? American cowboys were strongly influenced by the Mexican vaquero subculture that set the standard for what to wear, how to act, and how to look cool riding a horse. The people of Latin America were not only cowboys but they were inventors, cultivators, and mathematicians.

Chocolate? Ecuadorian! *Pumpkins?* Mexican! *Tomatoes?* Peruvian! I mean come on! *Color TV? Birth control pills? Artificial hearts? The number ZERO as a placeholder? SNOOPY?* All Latino inventions!

It's crucial to have monthly acknowledgements of people of various backgrounds because we are each so culturally diverse, there will never be somebody as eclectic as you and that is something worth celebrating. Our nation would not be the same without the help of its immigrants and the culture they share with us. Feliz mes, make sure to give your local Latinos some love this month!

Creature Feature: Monsters Around the World

El Cucuy

By Andrea Guerrero

You may have heard of La Llorona, but have you ever heard of El Cucuy? If you're a Latino kid, you might have heard your parents say "Te va llevar El Cucuy si no te comportas," or "The Cucuy will take you if you don't behave." To many children, this was a frequently said phrase that never failed to scare the life out of them.

El Cucuy is a Latin folktale that originated in Portugal and Spain, and spread into Latin countries through colonization. This tale is infused with indigenous beliefs of wild spirits and shapeshifters. This monster has no specific form and can be described as a shadow, a shapeshifter, or a hairy monster with sharp teeth. The name is often subjective to the person's geographical standpoint. Cucuy, Coco, Cuco, etc. are all examples of different names El Cucuy goes by in different areas. The folktale was created for misbehaving children. Often, when kids would refuse to go to sleep or listen to their parents, they would be threatened with the possibility of El Cucuy coming for them. This was to enforce good behavior and obedience by having someone other than the parent be a "bad cop." There are different variations as to what could happen to the victims, such as eating the bad children, kidnapping them, just hiding in the dark and scaring them, or dragging them to an underground prison. No matter which fate a child was threatened with, they definitely listened after it. Happy Halloween, and make sure to behave, or El cucuy te va llevar.

The Wendigo

By Sophie Ambriz

Have you ever wondered what could be lurking deep in the woods? The Wendigo is a mysterious creature from Indigenous folklore that has scared generations. Over time, the legend has made its way into popular media. But where did the legend really come from? And why are people still so fascinated by it today? The Wendigo is often described as a terrifying creature connected to hunger, greed, and selfishness. Different native communities have different versions of the legend, with some native lore claiming that it was once a human warrior who bargained with an evil being for the fighting abilities to defeat his enemies and protect his tribe, which transformed him, causing him to be banished by his people and become the cannibalistic entity. Cannibalism is often associated with the creature and its hunger is insatiable. The tale was often a tool to stop cannibalism during trying times of famine and struggle, especially during harsh winters.

The Wendigo has familiar features, but there is no single description. It is often described as giant—more than double the size of a person but that varies, and sometimes they are bigger—with glowing yellow eyes, claws, sharp teeth, and long tongues. The creature is emaciated, which connects to its desire for human flesh. Modern media has described it as a tall wolf-like creature with antlers, but that is not based in any of the actual mythos, it's just a way to Hollywood-ize something into a visual horror. Whether you believe in the Wendigo or not, there's something about a mysterious creature hiding in the woods that makes the legend hard to forget. So next time you're walking through the woods and feel like something is there, you know why...



Local Haunts

By Sophia McAllister

One of the best things about the spooky season is the adrenaline rush of a haunted house. There are so many things about haunted houses that make it worth the screaming. Some of the best attractions in our area are the Sacramento Scream Park, Country Pumpkins, and Winchester Mystery House.

The Sacramento Scream Park is located in North Highlands, California at 4909 Auburn Blvd Ste 3, CA 95841. It is usually open September 12th through November 7th and typically open on Fridays and Saturdays from 7pm to 10pm, with ticket pricings varying from \$19.99 to \$38.99. Some of the most popular attractions include 4 award winning haunted houses, food trucks, line entertainment, photo opportunities, and a horror boutique for merch and oddities.

At Country Pumpkins, 7152 CA-32, Orland, CA 95963, you can expect to see a 5 acre pumpkin patch (priced from \$1-\$50 depending on size & variety), haunted maze, a regular corn maze, petting zoo, a hay pyramid with a slide, and a beautiful gift shop full of delicious treats and more. One of the most exciting attractions is the haunted corn maze, which comes alive with vampires, ghosts, the walking dead, and the grim reaper. Most aspects of Country Pumpkins are cash or check only, with very few things using cards. The regular corn maze is only \$5 per person, with children under 4 being free. The whole place is filled with live actors, food, and entertainment, and all of the other fun attractions are completely free.

The Winchester Mystery House is a mansion located at 525 S Winchester Blvd, San Jose, California 95128. It was the personal residence of Sarah Winchester, who had construction done for 36 years to make it perfect for her late husband, who also happened to be a gun maker. This only fueled her fear of people coming after her husband, which they did, this led to Sarah doing extensive work on the house to make sure her husband could get through and escape easily. Many of the entryways were only about 5 feet high to accommodate for both of their height. You can book a 60 minute tour that takes you through 110 of 160 rooms in the house, the most famous one being the seance room, and for only \$42 you can take an extensive look into the history of Sarah Winchester. You'll not only see the rooms, but you will also see the enormous amount of paranormal activity, ranging from distant voices to full body apparitions. And you might even get to perform a makeshift seance.

There are a few more fun and interesting haunted houses that were rated a little lower so make sure you go check them out. They are the Valentine Haunt in Sacramento CA, Cemetary Haunted House in Roseville CA, and The Gauntlet Haunted House in Roseville CA. Have a happy spooky season!



Get Lost! (On Purpose)

By Genia Moretti

It's that time of year folks! Autumn here in sunny California means we have gone from wearing t-shirts to wearing t-shirts with a light zip-up jacket. There's plenty of places with corn mazes close to Marysville for you and your friends and family to get lost in!

First off, the place that you're probably most familiar with- Bishop's Pumpkin Farm. Located in Wheatland, California, Bishop's is home to hayrides, petting zoos, trains, slides, play areas, sunflower fields, amusement rides, corn mazes, and more! The corn maze has 3 levels: The Tiny Farmer (kiddie size), the Gentleman Farmer (medium size), and the Tractor Drivin' Farmer (giant size). This season's theme for the maze is a tribute design dedicated to the late Dolly Parton and a portion of the proceeds for the maze went to Yuba County's Imagination Library nonprofit. Historically for me, I always found the Bishop's Maze to be easy to get out of, but this year... I think I was stuck in there for almost an hour! I definitely recommend doing it in the dark, it makes it so much more daunting.

If you want more corn mazes, check out Dixon's Cool Patch Pumpkins, which has earned a world record for its past mazes. It's an hour from Marysville but has a huge "Founding Fathers" themed maze this year. There's also Dave's Pumpkin Patch in West Sacramento, which is home to a 10-acre corn maze! And lastly, Dutch Hollow Farms in Modesto, a pumpkin patch with attractions and mazes in 12 acres of corn!



Lots to Do, so Little October

By Kennedy Apperson

There are many fun things to do during October, around us, here are a few worth checking out.

The 5th annual Golden Harvest has many fun and festive things to offer, such as Sue's Louisiana Gumbo cook off, a Lego brick building competition, a family friendly parade, and a kid zone with many fun games. This event takes place on October 24th from 10:00 AM to 4:30 PM in downtown Sacramento with the parade going from 9th street to Capitol Mall. This is definitely a fun event you should all check out if your schedule allows.

The next event also happening in October is Bobby Dazzler's Pumpkin Patch and Milo Maze in Woodland. The pumpkin patch features a bounce house, corn maze, cow train and many spots to take beautiful photos. They are open Monday-Friday 12:00 PM - 7:00 PM and Saturday to Sunday hours being 10:00 AM - 7:00 PM until October 31st. Entry is free, activities cost an average of \$8.



Salamat, You Too!

By Danica Giongcos

Ever wonder where the Asian baddies are? Where do they come from? And how do we celebrate them? Filipino-American Heritage Month is October. The Philippines is part of Southeast Asia and is made up of 7,600 islands. After the US helped the Philippines defeat the 300-year-long Spanish reign, the Philippines thought they would become an independent nation. Nope! The US colonized them right after WWII! And then the Japanese right after that! The Philippines only gained independence in 1946. The Philippines has had a long tie with America for various reasons, but most recently is known for the 1965 Immigration Act. The 1965 Immigration Act encouraged many Filipinos to immigrate to the US as healthcare professionals. There is a 100% chance you've had a Filipino nurse in your lifetime! Even though you may have grown up not knowing who Filipinos are and constantly mistook them as Chinese or Mexican (Filipinos come in many different ways), they're everywhere!

Did you know that Zuko from Avatar: The Last Airbender is Filipino? Well, his voice actor is. Did you know that Olivia Rodrigo is Filipino? As well as Bruno Mars? Did you know that Troy Barnes is into Filipino baddies? That's because Vanessa Hudgens is Filipino. Did you know that Mike Inez, the bassist from Alice in Chains, is Filipino? Did you know that Joey Santiago, the lead guitarist from the Pixies, is Filipino? Did you know that Anthony Padilla from Smosh is Filipino? Yeah, that's right, the "Padilla" is Filipino. Did you know that Valkyrae is Filipino? Did you know that beabadoobee is Filipino? Did you know that Bretman Rock is Filipino? Okay, you probably did know that one...

To celebrate Filipino-American Heritage Month, acknowledge the influence Filipino-Americans have had on American culture. The reason we have months specifically to honor certain peoples and cultures is because it is important to highlight the unique backgrounds we have, especially in a country like the US. So, to celebrate Filipino-American Heritage Month, try some Filipino food like lumpia (springrolls), sinigang (tamarind soup), or sago (refreshing fruit sweets)! Or watch a movie with your favorite actor you didn't know was Filipino! Or watch the new Dreamworks movie Forgotten Island! Or even get a gentrified ube latte!

There are many other fall activities happening this October but the last one I'm going to talk about is Cool Patch Pumpkins located on Dixon Ave W, Dixon, CA 95620 with business hours 9:00 AM to 8:00 PM. This pumpkin patch has many fun activities to participate in but most famously it has the title of the 2nd largest corn maze in the Guinness Book of World Records, spanning over 40 acres and has a completion time of roughly 2 hours. The pumpkin patch also features pumpkins at prices as low as only \$1 as well as hay rides and food stands with tri tip sandwiches and warm drinks. General admission to the maze is \$22 while the hay rides \$5 and food prices vary.