

# November Calendar

- November 1: Daylight Savings
- November 2: HS Girls Volleyball vs Solid Rock (Home)
- November 4: Noon Dismissal!
- November 5: Noon Dismissal!
- November 6: Noon Dismissal! HS Girls Fairview Volleyball Tournament (Away)
- November 7: HS Girls Fairview Volleyball Tournament (Away)
- November 12: EMS Community Building Update Event
- November 19: HS Guys Basketball vs Faith (Away)
- November 21: Varsity Guys Basketball Tournament at Calkins Christian School
- November 25: Noon Dismissal!
- November 26-30: Thanksgiving Break!

## Thank-you

We would like to express our gratitude to the companies who have kindly sponsored the seniors in raising money for their senior trip by placing ads in the newspaper. More ads are coming next month, so please support these local affiliations! We understand this is a new concept, so if you have any questions or would like to place an ad or coupon next month, please reach out to Taryn Mellinger at 2021taryn.mellinger@ephratamennonite.com

- The *EXPRESSIONS* Team

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*Learning to Serve*

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 Ephrata Mennonite School



# Expressions



**EPHRATA  
LEGENDS**

Volume 9, Issue 2

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Student Publication

## Tricky Traditions

Jack-O'-Lanterns, candy, scary costumes, and weird yard decorations—as October 31st approaches, your neighborhood begins to look a little different. Do you take part in the Halloween festivities? This question has plagued Christians for ages. Some believe that dressing up in innocent costumes and carving pumpkins is acceptable, others, knowing the origins, refrain.

Halloween dates back some 2,000 years ago to the Celtic festival of Samhain. This festival marked the end of summer and the beginning of the Celtic new Year. The Celts believed that on

The night of October 31st, the boundary between the worlds of the living and the dead was the thinnest and ghosts returned to earth. They also believed that the presence of otherworldly spirits on this night made it easier for the Celtic priests to predict the future. They would build huge bonfires to burn crops and animals to their gods. Villagers would attend the fires in creepy attire to protect themselves from the spirits by trying to look like spirits themselves. This is where some of the tradition of wearing costumes comes from. There are many more traditions that we have today that seem harmless, but have a darker history than you may have imagined. Take for example, the origin of the Jack-O-Lantern. Jack-O-Lanterns originated in Ireland using turnips instead of pumpkins. They are based on a legend about a man named Stingy Jack. Stingy Jack repeatedly trapped the devil and only let him go on the condition that Jack would never go to Hell. However, when Jack died, he learned that heaven did not want him either, so he must wander the earth as a ghost forever. Jack was given a lump of coal in a carved out turnip to carry around as a light for his path. Eventually, locals began carving frightening faces in their own gourd to ward off evil spirits.

Halloween has been changed and combined with a number of different cultures over the years. Many years after the first festival of Samhain, under the reign of Julius Caesar, the Romans began war and took over the Celts. When the Romans ruled the Celtic lands, they began to infiltrate their



Photo by Laura Patches

culture and combined two of their own Roman festivals with the festival of Samhain. By the 9th century Christianity began to spread into the Celtic lands. The protestants then attempted to combine/replace the Celtic festival with a related church-approved holiday. Then Halloween came to America and meshed with the customs of the European and Native American as well.

As you decide for yourself what to take part in it is important to remember that your decision does not only affect you. You may decide that certain activities are

acceptable for you to participate in, but others may not come to the same conclusion. In Romans 14, Paul admonishes us not to partake in anything that would cause another person to stumble. Romans 14:13-15 says, "Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother. I know and am persuaded in the Lord Jesus that nothing is unclean in itself, but it is unclean for anyone who thinks it unclean. For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died." This is spoken in the context of eating meat that is considered unclean, but it can be applied to similar issues today.

During the Halloween season there is also an emphasis on fear. Haunted houses, ghoulish get-ups, and horror movies all are created to give a good scare. Fear in moderation is good. We do not want to become comfortable with the world's evil, but at the same time, we do not need to fear it. Ephesians 6:12 informs us that our battle is not against flesh and blood, but against dark spiritual powers. During the Halloween season we see vivid reminders of the presence of evil powers, but we can be assured in the knowledge that God who is within us is greater than the darkness that is within the world.

This year, as the half-buried skeletons, creepy inflatables, and sticky cobwebs haunt your community, don't let them haunt your heart. We are children of the light so let us walk accordingly.

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Laura Patches, Expressions Writer

# In A Flash

As a way to showcase the photography talents of the secondary students at EMS, the Expressions team held a photography contest. First and second prizes were awarded to the winners and three runner-ups were chosen. Thank you to all who participated in the contest.

## 1st Place



Photo by Olivia Smucker (10th)

## 2nd Place



Photo by Candace Fox (9th)

## Honorary Mentions

Compiled by Lauren Martin and Cassidy Zimmerman



Photo by Ethan Zimmerman (Teacher)



Photo by Nandri Weaver (12th)



Photo by Ellie Nolt (12th)

# Letters to the Editor

Dear Editor,

I struggle with addiction. I don't think it is major, but I feel like I'm addicted to technology. Is that a thing? How do I overcome that? I see a lot of teenagers complaining that they have no time to do homework but spend 3 hours on TikTok. Am I crazy for feeling this way?

Yours truly,  
An Apprehensive Adolescent

Dear Apprehensive Adolescent,

You are not crazy. Technology is fast becoming one of the major downfalls in society. And not just with teenagers. The amount of time that I see some adults spend on media is sickening. But allow me to make one thing clear. Technology can become an addiction. Now it may seem different than drugs and alcohol, but frankly, it is not. If you put some time into doing a little research, you will learn that a chemical reaction occurs in your brain from being on media. For example, when receiving a text message a chemical called dopamine is released throughout our body. Dopamine is also released while taking drugs or drinking. No wonder it can lead to addiction! Our body actually craves the dopamine. We fill this need by wasting time on mindless scrolling. Technology is still new to humans and we do not know the long-term effects it could have on our brains. It could be dangerous, and we are just indulging daily in countless hours on our phones. Now you asked, "How do I overcome this addiction?" One way is to just go cold turkey. Go back to how they did it in the "old days" and use a flip phone. Now in this time and age, the possibility for this is lessened. We have become reliant on apps like our calendar, reminder, and maps. A second, more reasonable option is to fast from social media. In 8th grade, our English teacher made us fast from all media for a week. It was one of the best weeks of my life. Living without media made my life so stress-free. Try it for a week. See if you are more productive. A third idea to decrease your media time is leaving your phone out of your bedroom. It is scientifically proven by the US National Library of Medicine that being in front of a screen before sleeping decreases the amount of rest you get. Leaving your phone in another room will decrease the temptation to be on it. A

fourth idea is to set up a certain amount of screen time for an app. An app timer will allow for a set amount of time and will shut it off once the limit is fulfilled. It will not renew its timer until the next day. You can also ask someone to hold you accountable. It can be a friend, parents, teacher, or pastor. Reducing the amount of time spent on your phone allows time for other activities. Spend more time taking a deep dive into the Bible, read a book, clean your room, or do your homework. Filling your time with productive activities will leave you feeling much happier! Choose wisely how you use your time.

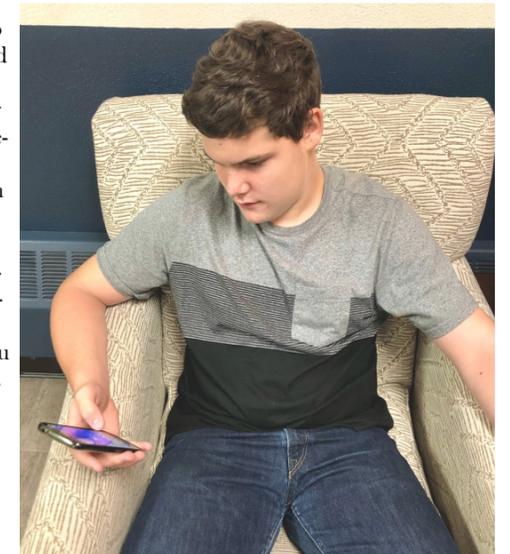


Photo by Cassidy Zimmerman

Best regards,  
The Editor

Now Hiring!



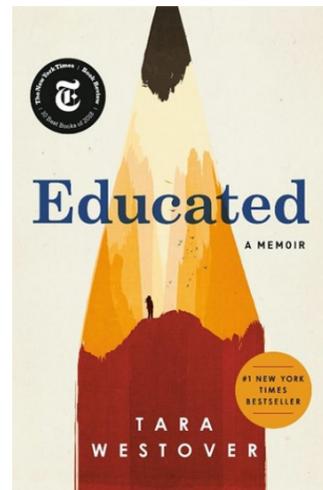
- Monday to Wednesday 4:30 - 10PM
- Saturdays 8 - 3 PM
- Starting wage is \$10/hr
- Please contact Geneva Stoltzfus at 717-768-7443 if interested.

## Learning to be Educated

When I was assigned our 12th grade memoir project by our literature teacher, Mr. King, my interest level was not necessarily piqued. Reading a book about another person's life did not bring me the same enthrallment as being given a fantasy novel. As the teenage self that I am, reading books beyond shallow morals and large print frankly sounded boring to me. Once my class finally accepted the fact that there was no deterring Mr. King from his assuredness that we were to learn and not be driven to boredom, we all buckled down and began the reading process. For myself, I learned. The book "Educated" blew my preconceived notions of memoirs to nonexistence.

Tara Westover, the author of "Educated", shines a light on the effects of mental illness in a family. She starts readers on a trek through her childhood. Now I am sure you have seen some odd families in the past, but none like this. Born into an extremely conservative Mormon family, Westover's parents taught their children that success was measured by how hard one worked. And work they did. Every day - except for the Sabbath - all who were capable in the Westover family worked long hours at a junkyard, separat-

ing and recycling metals. Her parents believed in neither education nor professional medical attention. Education came from her father's beliefs, and medical healing



came by the grace of God and her mother's essential oils. Westover's family experienced many scarring, life changing tragedies, such as car accidents and explosions, none of which were treated at a hospital. Westover encountered physical and verbal

abusive attacks by her brother Shawn. When she later revealed these happening to her family, it divided them in two. Neither of her parents were on her side. She decided enough was enough and after much convincing from her brother Luke, she applied for college. It was there she learned of Bipolar disorder. Every symptom described her father down to a tee. Westover finally had an explanation for all the paranoia over the government and family image her father had forced the Westover family through. Tara Westover takes a deep dive into how it affected her family in later years, her own mental state, and how she overcame all of this to receive a PhD in history.

This book is a must read. The truth it conveys on mental illness and the long term effects that are described should be known by all. While some of the language is a bit extreme and the book looks at some ideas that are not for immature readers, the issues it brings up are vital. Understanding key factors about mental illnesses in a family should be crucial in learning to better help and serve those around oneself. All of which were written about with expertise by Tara Westover in her book "Educated".

*Kassidy Zimmerman, Expressions Writer*

## Ingenuisism in a Bottle



*Drawing by Ezekiel Oberholtzer. Edited by Natasha Hoover*

## Stuco Update

Since kicking off Stuco in September, a few events have occurred. With the opening of the Stuco snack stand recently, students have been faithfully supporting Stuco and fulfilling their cravings with snacks like gummies, coffee, and candy. On October 15, Stuco had its first official event: a high school gym night. A night filled with volleyball, basketball, Spikeball, and other random activities, the high school enjoyed an evening with friends outside of a normal school day. Additionally, on Tuesday, October 20, during flextime, Stuco offered iced coffee and donuts for purchase, a much-loved happening for the secondary students. Lastly, Stuco is planning for the upcoming annual barn party in November!



*Photo by Lauren Martin*

*Lauren Martin, Stuco Secretary*

## Sports Update

### Volleyball (Girls)

	MS	JV	V
Legends vs Fairview (10/2/20)	Loss	Loss	Loss
Legends vs Upper Bucks (10/13/20)	Loss		Loss
Legends vs Faith (10/22/20)		Win	Win
Legends vs Schaefferstown (10/27/20)			Win

### Soccer (Guys)

	MS	JV	V
Legends vs Gehmans	Girls: Win Guys: Loss		
Legends vs Fairview (10/20/20)		Loss	Loss

## Building Update

**Township Approval Update:** Two weeks ago Pioneer submitted the various agencies EMS Subdivision Plan (for the land we are buying next spring) along with the final Land Development Plan for the lot. This is the result of about 2 years of work and represents something to really thank God for. We are expecting final approval in the near future! We will then be cleared to purchase the land and to build on the site.

**Building Design and Construction Update:** Joshua Good and Keith Zimmerman continue to meet with Hoover Building Specialists designers to refine the school print and work on getting detailed plans and pricing for the mechanicals (HVAC, electrical, plumbing, flooring, etc). We are very happy with how the building design is coming together. On October 23rd, Josh and Tonya Good met with the Cornerstone Architectural specialists and interior designers to plan the color themes for the new building as well as work on the coming 3D images and virtual tour.

**Fundraising up-date:** Praise the Lord this week, "out of the blue," EMS received a \$50,000 anonymous donation to the building fund! In addition to that we have received numerous other gifts in the \$10,000 and under range. Joshua Good also has met with about 10 different parties (grandparents, business owners, etc) over the last two weeks to gain prayer support and multi-year financial commitments to our building project. He would like to meet with you as well. Please email him at [joshua.good@ephratamemomite.org](mailto:joshua.good@ephratamemomite.org) to set up your visit. He won't "hard sell" you, but will invite you into a time of prayer and consideration for how God would lead you to be involved in supporting the work of discipleship and Anabaptist education.

**Community Event:** Please remember to invite grandparents, church leaders, business leaders, former students, et al to our special [Building Project event](#) on November 12th at 7:00 PM at EMS. We will unveil in detail the current EMS building print, as well as include "virtual tour" of the entry way and display new 3D images of classrooms, cafeteria, gym. And last but not least, great hors de vore by the EMS students!

**Prayer Points:** Please pray that God would continue to guide this project. We pray that he would raise up prayer partners and able donors to support this work. Specifically we are praying that we can begin construction next summer, if the Lord wills it. That way the following year, we could be out of the modulars, the old building, and into the new space.



*A possible representation of the future EMS building*

*Joshua Good, Principal*

# True Beauty

“What is true beauty?” or “What makes a person truly beautiful?” These questions have plagued mankind from the beginning of time. The world gives people a lot of images and standards to live up to and many examples of what society wants them to look like. There are voices coming at us from all directions that sometimes drown out the sound of one’s true identity, but what if these voices mean nothing in the long run? What if beauty isn’t merely skin deep, but derives from the core of our very being? The world’s image verses God’s image of people are two very different subjects.

First, God created each of us with a purpose, and each with amazing gifts to help us achieve that purpose. The world, on the other hand, wants to tell us that life is about self and personal feelings. The magazines coating the interior walls of stores are proof enough of that. If we chose to be controlled by discontentment for the rest of our lives, the fulfillment of that discontentment will be your one aim in life which leaves no room for God’s purpose. If your primary aim is to satisfy this selfish discontentment, you will realize that it is all you can think about and that it consumes your energy, time, and money.

Next, God says “You are fearfully and wonderfully made.” That means when he created you, he saw you—your imperfections, mistakes, and shortcomings—and said you were wonder-

fully made. He didn’t say that you would be wonderful if you had this, that, or the other thing. He saw you for who you were created to be. Unlike what the world will tell you, beauty is not merely skin deep. I realize embracing these things is easier said than done. How many times have you looked in the mirror and were unsatisfied with what you saw? Well, I believe a mirror, unless you have the uncanny ability to look in your eyes and see your soul, is basically a small reflection of yourself seen through the eyes of the world. That brings me to my third point, servanthood and kindness. Servanthood is a big part of true beauty. Irving Berlin once said, “The song is ended, but the melody lingers on.” You will not live forever. Details of what you looked like will fade until they are not even mentioned. The kindness you show others from a servant’s heart is what will define you. The way you inspired others and loved others will be what outlives you.

What is true beauty? It is most certainly not the superficial mold the world gives us. True beauty is the constant denial of one’s self to find people, see the need, and do something about it. It is the part of you that draws people to yourself long after all external beauty fades. It is the light of Christ shining brightly out of a heart of pure gold.

*Brianna Stoltzfus, Expressions Writer*



*Photo by Nandri Weaver*

# Creamy Peppermint Hot Chocolate Mix

*Micah Harnish, Expressions Writer*

- 1 Package (30 oz.) Cocoa Powder
- 1 Package (25.6) Nonfat Dry Milk Powder
- 2 ½ Cups of Sugar
- 1 Cup Powdered Nondairy Creamer
- 25 Peppermint Candies (Crushed)

*In a large bowl, combine the ingredients and mix well! Store in an airtight container for up to 6 months. To prepare, pour 1/3 of a cup of powder for every 1 cup of hot milk or water.*

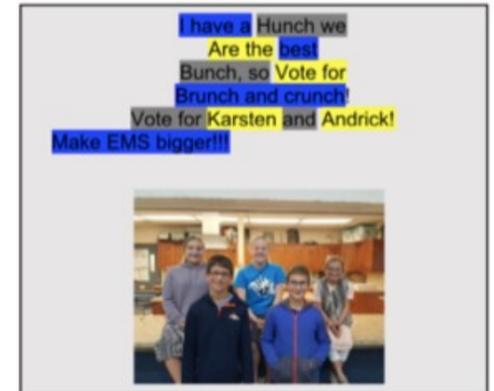
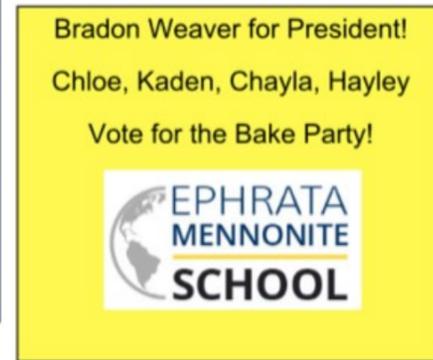


*Photo by Cassidy Zimmerman*

# Articulate Enterprising



For the past two years, various 6th grade classes have worked energetically in separate 'political' parties to create a short video and ad outlining their strategy to raise money for the new school. Catch these clips in our upcoming SNP October video release! On election day, grades 3rd through 5th vote on the party they believe will do the best raising awareness and money for the building project. Once the votes are in and the party chosen, all parties will collaborate to make the winning plan a reality! All funds raised will benefit the school. May the best party win!



*Taryn Mellinger, Expressions Editor*

# Assiduous Alumni

*Laura Patches, Expressions Writer*

This month the Student Newspaper will be highlighting two Ephrata Mennonite graduates from the year 2020. The first spotlight will be on Krista Wenger. Krista is keeping herself busy by working three part-time jobs, one of them being with Willie’s Lawn Service. When she is not working, Krista also enjoys spending time with family, friends, and classmates. In addition to hanging out with friends, Krista is staying active by playing Frisbee and other sports. Krista has many dreams and plans for the future. She intends to go to Colorado with her youth group in the near future. She also hopes to go on a work trip with her family to a foreign country. One long-term goal she has is to someday run a marathon. We enjoyed Krista’s cheerful presence at Ephrata Mennonite and wish her God’s blessing as she continues to spread her sunshine outside the school.



*Krista Wenger*

Our second spotlight is on Rondre Weaver. Rondre has found himself in uncharted territory through a new lifestyle involving his career, altered day-structure, and dating. Rondre is a full-time employee at Lanco Mechanicals where he works as a plumber. He assists in installing new plumbing systems in brand new houses. Apart from work Rondre enjoys spending time with friends and doing other activities like outreach in Reading with his guy classmates. He is also dating former senior, Kya Synder. As for future plans, Rondre says, “I hope to gain a full understanding of plumbing and electrical and am also open to see where God may call me next.” We appreciated Rondre’s assiduous attitude while a student at Ephrata Mennonite and wish him the best as he continues to follow God’s will for his life.



*Rondre Weaver*