

The Chariot

ATHLETE DIETS + INTERVIEW WITH JACK CURRAN PAGE 1; PATRICK BABIARZ NFL PREDICTIONS PAGE 3; POETRY PAGE 6; GAMES PAGE 7

What to Eat to Win

Jace Carwll

For most athletes their training schedule is based around their diet, demonstrating the importance of eating and drinking properly when exercising. Majority of the time, athletes consume the same amount of food as those who don't exercise, just in higher quantities because of the amount of calories they burn. In some cases, however, athletes take diets to an extreme.

Covered in depth with Jack Curran, the top runner of the cross-country team, the meat and fruit based diet revolves around the consumption of highly nutritious meats, sprinkled in with the occasional fruit or dairy product. Nutritional studies suggest that this diet makes sense on paper, but has its risks if taken too literally. For example, beef is one of the go-to meals of this diet, but can cause electrolyte imbalances if eaten without high levels of salt. For people freshly starting this diet they might experience side effects of this. The health benefits of this diet itself depends on the person, but with little research into future effects of the diet, it's not highly recommended among healthcare professionals.

What's most interesting about these alternative diets is that in some athletes they work and in others they just don't. Jack, for example, tried a wide variety of diets and didn't find any benefits.



Now though, Jack praises his new meat and fruit diet explaining the positive physical and mental effects of sticking to it.

Scientists can't explain why the benefits of these diets vary so widely depending on the individual, but still push for classic diets in fear of future negative effects. Long story short, exploring alternative diets could lead to a healthier lifestyle, but when pursuing these diets make sure to listen to your body.



Schedule Change

Madison Gajewski

As we transition into this new school year we are getting used to the new schedule that the district gave us. This change was received in a variety of different ways ranging from loving the change, to hating it. Students and staff have told me their grievances and their praise for the new schedule change.

Students have had very mixed answers with whether or not they appreciate the change in their day.

When asked what they didn't like about the change I got many similar responses. A common thread has been the lack of time after school.

When getting help, or completing a test students have all of 25 minutes to complete whatever is needed.

Some have said it doesn't seem like this was taken into account when making the changes. Another thing that has come up is the amount of time between classes. People had struggled to get to classes on time with the old bell schedule so subtracting a minute has not made it any easier.*Some students are expected to get to opposite sides of the school within this time, although some teachers are understanding that isn't the case for everyone.

(Continued pg 2)

(Continued pg 1)

The breezeway has also seemed more chaotic, more pushing and shoving has been taking place with everyone trying to get up and down the stairs even quicker.

On the other hand many students have spoken on how extra time in the morning has helped. Whether providing them with the opportunity to eat breakfast or get extra sleep it has benefited a lot of our student body.

Teachers on the other hand have had mostly positive things to say about the new schedule. Mr. Uliasz says that kids in his first period class seem more alert and participate more. Further Teachers are experiencing less overall tardiness due to the extra time in the morning.

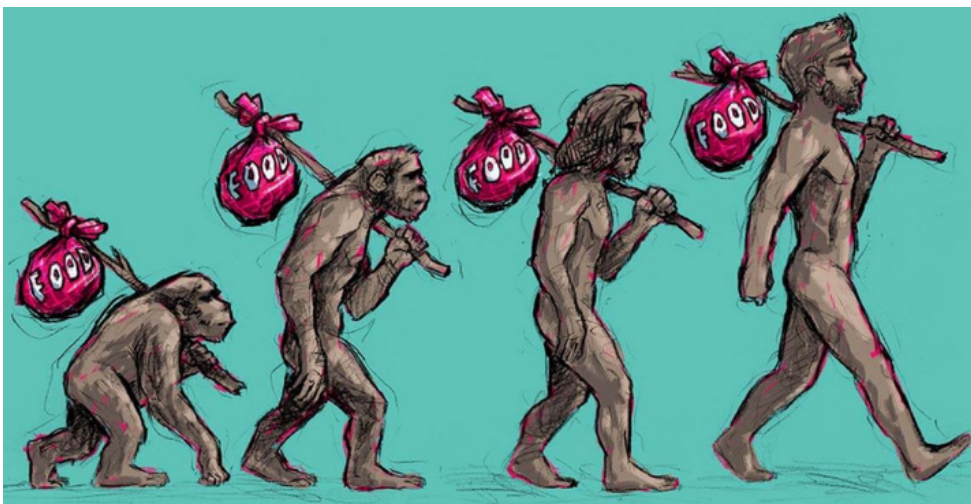
Many staff members said that the time given after school was not enough to complete assignments or tests. Many staff and students alike depended on this time for makeup work so when it was taken it made it more difficult for teachers to help students outside of class.

While this new schedule will tackle some getting used to in the upcoming year I believe that it will benefit our students and faculty alike.

*Editor's note: I witnessed our own Dr. Jones attempt to make it from Mr. Nugent's classroom to Mrs. Gernert's in three minutes—he was late.

Our Innate Instincts Shape a Diet That Aligns With Human Evolutionary Needs **Jack Curran**

For humans to have survived and thrived as a species, known as Homosapiens, over the past 300,000 years, our ancestors had to rely on specific foods that sustained us, particularly during challenging periods



like extreme cold. The fact that we are still here today, demonstrates our resilience in overcoming these hardships.

A crucial aspect of this survival was our consumption of evolutionarily appropriate foods—those that our species evolved to eat. This implies that if humans have consistently consumed certain foods throughout the majority of their existence, these foods are likely what humans require to function optimally.

To uncover the foods that are instinctually ingrained in humans and provide evidence of the foods humans are evolutionarily designed to consume, I conducted an experiment with the specific aim of addressing this question.

This experiment involved a total of 144 subjects, each presented with the same question and a list of choices. The question posed was, “Which food do you naturally desire most when seeking to gain the most energy?” The available choices were as follows: Only vegetables, Only nuts & seeds, Dairy, Grains, Fruits, Meats, Seafood, and Meat Alternatives (e.g., Beyond Meat). (Continued pg 3).

Society's Need for Drama **Cecilia Renenger**

Recently a convict escaped in the surrounding areas of our county. This issue blew up; becoming a widespread topic among friends and in classrooms. The convict did not affect most people gossiping about him, but everyone in the community felt involved. This is a great example of society's need for drama; a constant thrive humans have within a group and within themselves, yet why is this? You constantly see teenagers stereotyped for mocking others or trying to dig into people's unwanted business for laughs and gasps, but this occurs within every age group. This is due to two major factors, the mind's undying curiosity and the irrational fear of being inferior.

Humans are naturally curious creatures; from birth we are constantly looking for information to cure the disease of boredom. We have special interests that we enjoy learning about and participating in. By pursuing such subjects and (Continued pg 4).

(Continued pg 2).

The results of my study were in alignment with established scientific literature that underscores the foods demonstrated to be optimal for human consumption. To provide contextual background, it is important to recognize that humans have evolved on a dietary framework that incorporates items such as meat (harvested from land or water), organs, fruits (when in season), and honey.

In our experiment, the outcomes closely mirrored these historical dietary preferences, as detailed above: (1- Vegetables) 1%, (2- Nuts & Seeds) 3%, (3- Dairy) 4%, (4- Grains) 9%, (5- Fruits) 37%, (6- Meat) 40%, (7- Seafood) 5%, and (8- Meat Alternatives) 1%.

Notably, the selection of choice (8) indicated the presence of dietary restrictions among a subset of participants.

Particularly intriguing are the participants who chose a 'meat alternative.' Our research suggests that, on a conscious level, these individuals may view meat as potentially harmful. However, their innate drive for vitality still seems to translate into a desire for meat.

When personal beliefs prevent them from consuming meat, they tend to favor substitutes. This underscores a compelling observation: individuals in this category seem to possess a natural appetite for meat, even though their personal convictions sometimes prevent them from following their evolutionarily adapted dietary instincts.

The data presented reveals that 82% of the participants opted for foods in line with the dietary choices our species has evolved to consume, a combined total of meat (40%), seafood (5%), and fruit (37%). Truly the data would equal a total of 83%, to include the subjects that chose a meat alternative (1%), which indicates their strong survival instincts.

For further supporting evidence, take a look at a study called "Food Processing and Emotion Regulation in Vegetarians and Omnivores: An Event-Related-Potential Investigation on PubMed. In this intriguing study, researchers placed electrodes on the heads of both vegetarians and omnivores. They split the participants into two groups: one that ate meat and one that didn't.

What they found is quite interesting: In the parts of the brain responsible for conscious thought and forming opinions, vegetarians seemed to have a dislike for meat. However, in the deeper parts of the brain like the brain stem, omnivores appeared to have a positive response to meat in both the conscious and deeper areas.

Even among vegetarians and vegans who consciously avoid meat and believe they don't like it, their deeper brain regions unsurprisingly reacted positively to images of meat. This suggests a complex relationship between our conscious choices and our brain's deeper instincts when it comes to food preferences.

While further research is necessary to reach conclusive findings, this data suggests a consistent trend throughout our species' history—our enduring pursuit of the most cherished and nutritionally valuable foods for human consumption. Based on this

research, along with numerous other studies, it can be concluded that incorporating these foods into one's diet, either as a primary component or as an addition, can have a significant positive impact on one's quality of life.



October NFL Predictions

Patrick Babiarz

The first month of the NFL season is in the books and don't get me wrong, there have been a lot of surprises. Now that we have seen three weeks of professional football, it's time for me to make my predictions for the next month.

A transition in New York:

On the fourth snap of the New York Jets season, Four time MVP award
(Continued pg 5).

(Continued pg 2)

activities we not only become focused on a topic which takes up our free time, but we find joy from participating in something that interests us. Similar ideas can be presented in the form of drama or gossip. Drama takes up the free time humans have in unenjoyable aspects of our life such as boring or complex school activities. In addition it intrigues us to focus on something not about ourselves; separating us from bland and upsetting aspects of our lives. Drama is a talking point which connects a community together, similarly to a tv show which comes out every week; it allows humans to feel a part of something exciting that everyone surrounding oneself is delved into. When an entire group is interested in the same subject it creates a point of friendship and permits a reason to be around each other furthering curing a person's boredom through being surrounded by people who share the same interests. This is the main reason why people chase drama as with any other intriguing subject, to cure the boredom included in being a human.

When a group of people are gossiping about others they know, typically in a degrading way, it is a clear sign of their fear of being inferior. Humans feel the need to prove themselves to others they know by tearing someone else down so they do not become a target themselves. Self esteem issues are present in everyone due to society's high modern standards. Gossiping is a never ending cycle of feeding inferiority in its victims and not

creating a long term solution for the perpetrators. Drama such as these can be caused if one feels jealous of another, but it is typically due to the victim not being considered socially normal. By defining others as weird or different one can feel secure as they view their position as normal aiding their insecurities where they feel abnormal to others. Although it is messed up, this kind of drama is highly common in places where people do not choose the people who they are surrounded by.

Drama may seem a small part of an individual's life, but it is a necessary need for society to function properly. Drama provides an outlet for humans to express their emotions and connect to each other as a group. In addition, gossip surrounding the second point of self image issues allows all individuals in the situation to grow and mature either through strengthening oneself through suffering or learning the consequences of making fun of another person, most likely in a situation one can relate to. Without drama or gossip humans could not connect to each other through interests and societies would feel detached. The human mind without drama would endlessly wonder and judgment would be casted silently making an exemplified feeling of fear someone might be judging one back. Drama is an agathokakological*; connecting humans in both bad and good ways and allows individuals to evolve and grow as functioning members of society; a society intertwined by drama.

*This fun word means "Composed of both good and evil." :)

The Change of the Seasons

Waking up to the chill running down your body in the morning. Putting on sweaters and coats to walk to school. Walking home, now warm, with a coat in hand staring at the beautiful green leaves as day by day they change into bright beautiful colors. Into red, orange, and yellow; each is unique, different. Soon the trees will be bare, covered with piles of snow and yet again they will grow. Grow back into the same beautiful green leaves seen just moments before. Fall is the weirdest season of them all, cold in the morning but warm by afternoon. The light breeze going through your hair as you try to savor the last few days before it all becomes dark. Just a few weeks is all you get to see the beauty of the leaves. The streets are fields with bright colors yet at the same time they are dying. How can it look so beautiful? You know that once again the leaves will come back and the flowers will bloom once again. It never lasts forever. The warm long days come and go like the passing and birth of those around us. Despite the sadness surrounding death it is so unique to each person, different. Everyone relates on this level. It is a crucial part to live. No one can truly live without death in the corner. Life constantly changes like the weather one day hot, another cold. In some places people are in desperate need of water and in others cities fill to the brim with it as many wish to escape. No control. We can't control what is around us. We can't control the change of the leaves. What we can control, however, is us. How we decide to react and you have the power to affect someone else. To brighten their day, bring a smile to their face. (Continued pg 5).

(Continued pg 3

winning quarterback Aaron Rodgers, the newest member of the Jets roster, went down with an Achilles injury and is out for the season. Now that Rodgers is unavailable, the Jets have turned to their 2nd selection in the 2021 draft, Zach Wilson. Wilson's first three starts in 2023 have been really ugly. Besides a week one miracle, the Jets haven't been the team that we were expecting. Many people, including myself, blame the embarrassment that is Zach Wilson. If the Jets want to find themselves in the postseason, it's time for them to find a new QB1. With good wide receivers like Garrett Wilson and Allen Lazard, the Jets could go big and make a trade for Vikings quarterback Kirk Cousins whose contract is set to expire by the end of the year. Looking outside the box, the Jets could go to former Super Bowl winning quarterback Nick Foles, who is famous for coming in mid-season and leading his team to the top. They could look at an experienced quarterback like former Falcons great Matt Ryan, or do the unthinkable and pull the greatest of all time, Tom Brady back out of retirement. The Jets better look to a new quarterback now until it gets too late.

Don't Sleep on Dallas:

After two blowout wins against the Giants and Jets, the Dallas Cowboys headed to the desert to take on the Arizona Cardinals. When the clock hit zero, the scoreboard read

Cardinals:28,Cowboys:16. Honestly, I think a lot of people overreacted to

the Cowboys' Week 3 loss. Sure they didn't look great, but it is way too early in the season to give up on the always difficult Cowboys. Back to my question, "Is Dallas a Threat?" I think the answer still remains unknown. In October, the Cowboys have to play the Patriots, 49ers, Chargers, and Rams. After these games are over, I will have a good feeling of what this Cowboys team is made of. My advice to all NFL fans, tune into the Cowboy-49ers game on October 9th. That game could have the potential to be the game of the year.

Dominance continues in Philly:

Getting off to a good start is key in the NFL, and that's exactly what the Eagles are doing. Not only was Philly 3-0 in September, but their October schedule looks pretty easy. Besides what should be a bloodbath against the Dolphins on Oct. 22nd, the Eagles play the Rams, Jets, and Commanders in the month of October. If Philly can exit October with at least a 5-2 record, they might be guaranteed a playoff spot.

An Unexpected Run:

My biggest sleeper team headed into October is the Houston Texans. Houston is coming off of a big win against the Jaguars where their two first round picks Will Anderson Jr., and quarterback C.J. Stroud looked great. In October, the Texans will face the Falcons, Saints, and Panthers. All of those are winnable games. If you are looking for an underdog team to cheer for, check out the Texans.

A Scare in Cincy:

Talking about teams that need to have a big October, the Cincinnati

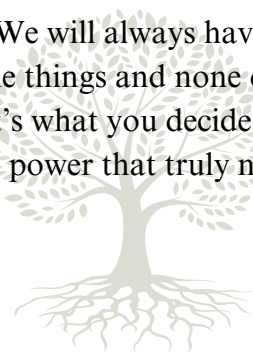
Bengals need to begin winning games before their division begins to run away from them. If Burrow and company can't find the winning column, the season will just become harder and harder for the Bengals because instead of playing division leader, they will be playing catch up. Watch out for Josh:

In my opinion, Josh Allen is going to have a big October. Allen, the Bills quarterback, got off to a mediocre start to his season, but now it's his time. Allen has weapons like Gabe Davis, and Stefon Diggs, and will likely utilize them like he has the last couple of years. The Bills play the Jaguars, Giants, Buccaneers, and Patriots. All of those teams are field day worthy for Josh Allen. The expectations have become lower for Allen because of his mediocre September, but be ready for him to exceed all expectations.

Those are my predictions for the month of October in the NFL. Now while you are watching the NFL this month watch out for, a big transition in New York, an unexpected run in Dallas, and Houston, dominance in Philly, and a breakout month for Allen.

(Continued pg 4)

At the same time we have the power to cause others sadness, pain. There is no line of what we can and can't control. We will always have power over some things and none over others. It's what you decide to do with that power that truly matters.



POETRY

Leaves of Love Harper Ostrich

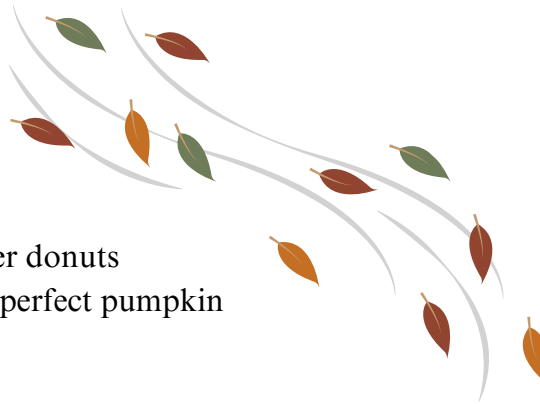
Love falls like leaves
It dies but gets picked back up
even though it's broken and brittle

Love finds its way back to the broken
sometimes to destroy
sometimes to heal

Fall reminds me of the love I have
but also the love that I do not
posses anymore

Love that held me
then let my fall like I was nothing

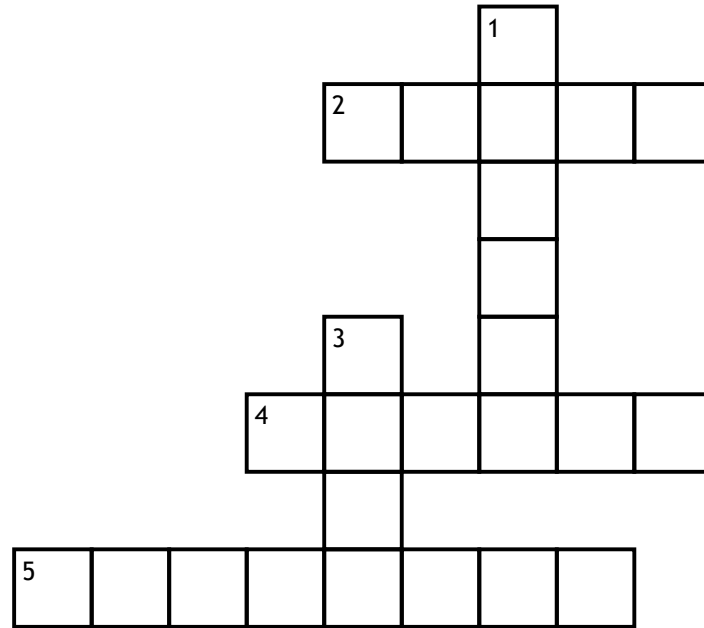
Love should be the warmth of apple cider donuts
and the smiles that come from finding a perfect pumpkin



Falling

Falling fall leaves
Ferns of ivory green
Pumpkin spiced things
Lifted with a light breeze
Kids excited for trick or treat
Pumpkin carvings throughout the street
Family gatherings
Telling old stories
Struggling through some days
Fighting through the pain
You fall you get back up
Trusting it all on luck
Snow is on its way
The sun will shine each day
Leaves crumpled on the ground
They grow back even more profound
Falling faster fleeting mind
Flying higher eagle cry
It is all in respective time
Remember the small joys of life
Of pumpkin spiced things
And falling fall leaves

GAMES & INFO



Across

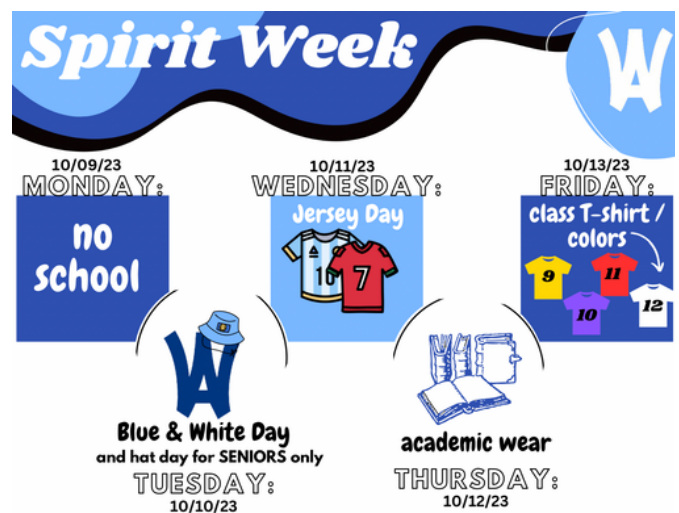
2. Society shows an innate inclination to
4. Day 3 of Spirit Week dress code
5. Amount of autumn leaves in this publication

Down

1. Don't sleep on
3. Jack's favorite type of food



*Come see Jeilyn Patience, Adeline Cosentino, Amelie Martinez, Katie Scantz, Maggie Steber, and Amarillys Torres perform next month!



Happy Fall

