

The Weekly Eclipse

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EGS Presents

Holiday History



## Halloween

By: EGS Sugarmama V

The holiday Halloween comes from the ancient Celtic Festival of Samhain that was celebrated at the end of summer and then the harvest was November 1st. The Celtics believed the boundary between the living and the dead blurred during this time, so they lit bonfires and dressed in costumes to keep the ghosts away.

During the 18th century the Catholic Church made November 1st All Saints Day to honor the saints. The night before became All Hallows Eve, which throughout the years was shorten to Halloween.

Irish and Scottish immigrants bought many of these traditions to North America during the 19th century. Through the years it evolved into what Halloween is today.

Today in North America we celebrate Halloween by dressing in costumes and going trick or treating as well as carving pumpkins into awesome faces or designs.

Today we celebrate Halloween but dressing up with scary costumes or superhero or pop culture characters then go trick or treating as well as carving faces into pumpkins.

A popular game that is played at Halloween parties are bobbing for apples while the house is nicely decorated for Halloween.

Hope you all enjoyed reading about how Halloween came about. How do you celebrate Halloween??

EGS Holiday Recipe



## **Jack o lantern Stuffed Peppers**

By EGS Sugarmama V

What you need

6 Orange Bell peppers Whole

1 pound of ground meat of choosing

1 Cup of Cooked White Rice

1 onion chopped

4 Cloves of Garlic Minced

1 tablespoon of Salt

1 tablespoon of black pepper

Olive oil for sauté

12 ounces of Tomato sauce

## **Directions**

- 1. Add Olive oil, onions and garlic to your cooking pan, once the onions and garlic are cooked down add your ground meat salt and pepper.
- 2. While the meat is cooking cut tops off of orange peppers and gut out the peppers, then in front of your peppers cut out a Jack o lantern face in the pepper.
- 3. Once done cutting your faces add the whole pepper to a pot of boiling water and boil peppers for 5 minutes
- 4. Once the ground meat is browning and cooked move to the side and mix in your cup of cooked white rice, and tomato sauce, set aside

- 5. Get a baking sheet and set oven to 350 degrees
- 6. Take your peppers and start spooning in your filling, once all peppers are filled place pepper tops on top of pepper and cook for 10 minutes
  - 7. Once cooked take out of oven and serve!!
    - 8. Enjoy!!

