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# Purple Press

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## OWL switching to reusable breakfast bags

*Environmental Club pushes for less waste*

Kate Moe  
Staff Writer

On February 10th, plastic breakfast bags will no longer be the way OWL students carry their breakfast. OWL's Environmental Activism Committee has been advocating for reusable breakfast bags to try and reduce the amount of plastic OWL uses.

Ever since breakfast was introduced at SPPS schools, students have been using plastic breakfast bags as a way to transport their breakfast from breakfast station, to class, to trash. Let's paint a picture. What if just a third of OWL students used a plastic bag every day? Doesn't sound like a lot, just 150 bags. That one bag

kids take everyday, adds up to approximately 30,000 bags every year.

Every Monday, SPPS Nutrition Services will supply our school with roughly enough reusable bags for one week. Students will collect your breakfast in the bags as you did before, and when you're done, you will place the bags into red

collection bins located on every floor. These collection bins will only collect the bags. At the end of each week, Nutrition Services will come back to OWL to pick up the dirty bags. This will reduce OWL's plastic use greatly, by just replacing one item.

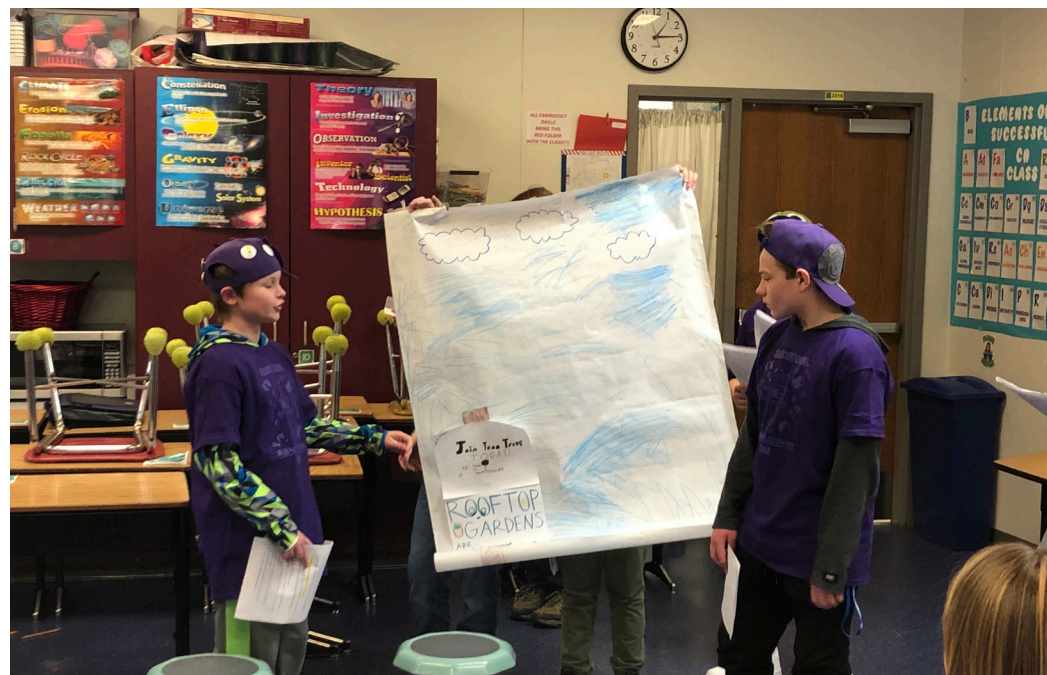
"The breakfast bags are an opportunity for us all to think

more deeply about what our collective impact on the ecosystem we rely on is. It's an opportunity to change our school community's culture and I hope (if we leverage this right) make a larger impact in our district. This is an important beginning step in generating the big, sweeping change that we need to address the climate crisis," said 11th grade environmental club member Emma McCarthy.



Purple Press Staff  
The new reusable breakfast bags.

## Brick Birds onto State!



The Brick Birds present their skit on rooftop gardens at the regional competition (left). The team watches their robot perform during the robot competition segment (right).

Grace Bellamy  
Staff Writer

One of OWL's LEGO League teams, the Brick Birds, qualified for the state competition after a successful show at the regional tournament Saturday, January 18.

The state competi-

tion will be Saturday, February 22, at Washington Technology Magnet School. The Brick Birds consist of eight middle schoolers and are coached by science teacher Megan Hall. Some OWL students also compete as a part of the N.E.R.D. Squad, a co-op Humboldt/

OWL team coached by Sonja Dunlap. The N.E.R.D. Squad received a Programming Award at the regional competition.

At the competition, the team was really surprised to win, said Megan. The Brick Birds were "so strong in so



OWL Staff Photo

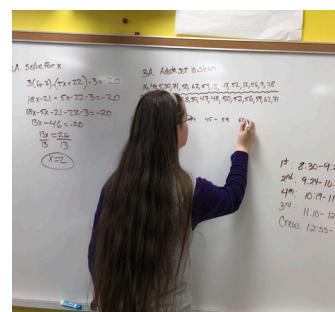
many different categories," she added, including robot design, programming, and performance, as well as the innovation project. At the competition, there are five runs of the robot: one practice, three graded, and one fun run. A highlight was the fun run of

the robot, in which the two 6th graders on the team took over the programming. It was very exciting, said Megan, because the robot did exactly what they wanted it to do.

Every year, FIRST releases a new challenge for both

Lego League, 2

## Mathletes are the real deal



Purple Press staff photo

Eighth grader Violet Wright works a problem at practice. Cooper Peterson Antin and Eddie Vang  
Staff Writers

Most students dread math homework, some don't even do it, but a special few students stay after school to do more math! These people are called the math team.

OWL hasn't always had math team. It was created in 2018 when math teacher Patti Hosfield introduced the idea because "participating in math team is an excellent way to learn new math skills, strengthen the skills you already have and math team is fun. It also looks impressive on a college application." This is Patti's second year leading the OWL math team.

Math team currently consists of six mathletes, including four 8th graders, one 7th grader, and one 6th grader. They have five meets during the year and they get together every Monday and Wednesday doing math problems that Patti assigns.

They compete in three rounds: two rounds of five math questions which are 10 minutes long each, worth 3 or 4 points each, and then the third section is a team section with 10 questions to answer and a time limit of 20 minutes. The team questions are worth 4 points each. There are topics for each meet which dictate

Math, 2



Max Muench

Lili and Tom Hobday are both enjoying leadership roles on Humboldt's varsity basketball teams.

## Varsity b-ball hopes to end season on high note

Paloma Leone-Getten  
Staff Writer

Basketball is one of the most competitive sports at Humboldt, however OWL is home to two starters. 10th grader Lili Hobday and senior Tom Hobday are excited to be returning for their third seasons on varsity.

Both teams are experiencing improvement this season. The girls varsity basketball team is off to a good start this season with a 7-3 record so far. Their only conference loss this year was to Como Park High School, last years undefeated

conference champions. "We've lost some of our games because we've played some pretty hard teams, but it's been going pretty good," said Lili. "We have pretty consistent scoring, our starters have scoring spread out between all five of us." The boys basketball season began with a 5-0 winning streak, before hitting a small rough patch and losing the next two. "One was against the number four team in the state and the other one we just played really poorly. But we bounced back and won the next game so we're doing pretty good," said

Tom.

Both Tom and Lili have transitioned into more of a leadership role this season. "I think I'm getting more confident when I'm playing, because I'm less timid and have become more of a leader as I've gotten older," said Lili. Tom is a captain this season and has helped organize practices and team bonding events. "I've really grown not just as a player, but as a leader," said Tom.

Being such a big part of Humboldt basketball is a big time commitment due to the many practices and games per

Basketball, 2





Purple Press Staff

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**Math, 1**  
the questions. For example, one question on a previous test was “what is the value of  $abc$  if  $ab = 5$ ,  $bc = 27$ ,  $ac = 15$ , and  $a > 0$ ?”  
St. Paul Math Team is a city wide event that encompasses many schools. If a school in the district has a math team they can compete in the five meets for their divisions. Depending on where schools are located they get placed against other schools for the meets.

After five meets there is a competition called MathCounts. In MathCounts many schools from the region come to complete in a mix of team and individual rounds. There is one round that is spoken and the first person to press a buzzer and answer the right question gets a point.

Eighth grader Violet Wright said that some of the reasons she enjoys math team are, “I enjoy winning, doing math, teaching math, and learning new math.” At first Violet actually wasn’t interested in math team, but Patti’s persuasive manner finally made her give it a try. She convinced her sister Hazel and they joined it together.

Violet says that some of the questions can get pretty challenging, including some from the pre calculus level. Violet’s goal for this year: “I’d like to get the highest score on all of the meets, at the end of the year you get like a first place medal, last year Hazel got that and I only got 2nd place so this year I’m hoping to get first place.”

**Basketball, 1**  
week. “Being able to come to practice ready to work, (is a challenge) because we have very few off practices, were always going and running stairs and doing all these crazy exercises. So you have to be both physically fit and in a good mental space too,” said Tom. However, both Tom and Lili feel it’s worth it. “Even though I’m from OWL, it feels like I’m still part of the family. It’s nice to go there almost everyday and feel supported. Everybody wants to be there so it’s always a fun time,” said Lili.

Both teams have big goals for this season and are on track to complete them. “Every year before we start, we go up to a board and list off what we want to do. One of ours was

to lose only 5 games this year, out of our 25 games,” said Lili. They are in a position to do that, with only 3 losses so far. The boys team also has their sights set on a goal. “Coming into the season, we’re a really senior heavy team, so we knew that this had to be our year. We won the city championship our freshman year and we’re



Lili playing in a game last year (left), and Tom shooting a free throw agasint Highland Park (right).

trying to do it again to close the circle senior year. We all came into the season with the mindset that we want to win the conference, we want to do well in sections and we want to go out with a bang,” said Tom. Both teams are in the middle of their regular seasons and are looking forward to sections at the end of February.



Purple Press Staff

Students defeat staff in volleyball



Senior Tom Hobday hitting the ball while teachers Tom Totushek and Jeff Steiner go up to block it (left), 11th grader Aiko Mattie serving in the first set of the match (right).



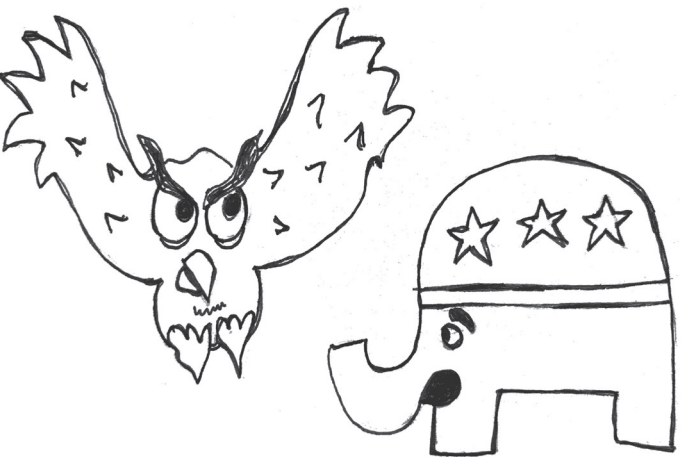
Nurse Jim Patterson gave social studies teacher Dan Sullivan a band-aid on the sideline of the match (left), and principal Dave Gundale getting ready to serve (right), senior Abby Davis serves during the first set (below).



**Kate Moe**  
Staff Writer  
On January 17th, staff competed with students in an incentive volleyball game as a reward for a 90% passing rate in quarter 1. The final score was 2-1, with students taking the win. This was an intense game for not just the players on the court, but people watching. The first game started out with students taking the lead. The staff tried to catch up, but

were not consistent for a long time. The students ended up winning the first game. The second game was be a little different. The students were up again in points but not for long. The staff made some changes to their lineups to improve their strategy. The staff caught up and ended up winning. “I was always trying as hard as I could. Damon probably varied his effort more based on what the score was,” said English

teacher Leo Bickelhaupt. The third game was all over the place for both teams. The students started taking the lead and then math teacher Damon Liberator’s serves sparked trouble. It started to go downhill for the students due to Damon’s powerful serves. After some time outs and strategies from the students, they ended up coming out on top and winning the game.



Emi Alperin

Political diversity at OWL

Henry Plaman  
Staff Writer

We all know that OWL is a left-leaning school on the political spectrum. “Historically at OWL, our students have skewed pretty left of center,” said Daniel Sullivan a history teacher, but exactly how left leaning is it?

As of October 2017, a Gallup poll found that 31% of Americans identified as Democrat, 24% identified as Republican, and 42% as Independent. OWL is more extreme than these results. According to a survey of 51 8th and 12th graders conducted by the Purple Press, 70.6% of OWL called themselves democrats, 11.8% called themselves republican and 15.9% said they were Independent. That means six of the students surveyed said they were republicans. “Six more than I thought,” said Leo Bikehaupt ELA teacher. Nationally Democrats are still the largest political party with more than 42 million voters compared

“Some of the opinions that I have expressed are not accepted at the school.”

with 30 million Republicans and 24 million Independents. But, what are the implications of this lack of political diversity at our school?

At a time when our country is growing more divided each day, it’s important to understand others points of view political diversity as a whole. Dan says “Not everyone in the country agrees with their (OWL students) point of view and, to be honest, they may not be right about everything. I hope what students can gain

is the ability to try their best to listen to and learn from others, even if they disagree with their perspective. They may not agree with the ideas the other side is presenting, but I hope they can better understand why they think that way.”

One advantage of a lack of political diversity is like mindedness, OWL students can mobilize effectively to battle big issues such as climate change. But as with everything there are cons; incorrect and even bad ideas are not challenged because everyone is thinking the same way.

An OWL republican is rare, but they do exist. Being a republican at OWL can be difficult. “The political diversity at OWL is most definitely more democratic with a few republicans and moderates scattered around in the bunch. It does bother me because I feel I can’t share my political beliefs,” said an OWL republican who did not want to use his name. Because of the overwhelming numbers of democrats at this school it can be hard for republicans to express their opinion and often not speak up at all. “I wouldn’t say they held me back academically but there has been some social stuff. I think that some of the opinions that I have expressed are not accepted at the school and I don’t like it,” Said Jonas Kammeyer-Mueller

Even though most OWL students are democrats it is important to know about the other side of the aisle and take each other seriously and respectfully. So what can you do if you want to strengthen your understanding of all political parties? One suggestion would be to increase your political knowledge by reading from diverse sources. This can help you filter out the truth and find a middle ground (even if it isn’t political).

**Lego League, 1**  
the LEGO league and Robotics competition. This year’s FLL challenge is the “City Shaper Challenge,” based around the theme of creating thriving, sustainable cities. The challenge is in two parts, a robot game and an innovation project. In the robot game, teams design and build a robot to complete missions, each worth a different amount of points. The missions represent real challenges in creating an efficient city, such as addressing a traffic jam. The innovation project identifies a local problem in your community, then designs and shares a solution.

At the events, teams share their solutions with judges. For their innovation project, the Brick Birds focused on the benefits of rooftop gardens, including improving mental health, reducing the Urban Heat Island effect, creating habitat for pollinators. They created a skit to share at the event, and are working to create a brochure to share with community leaders before the state competition. At state, they plan to perform an improved version of the skit and share the brochure with the judges during the interview portion of the innovation project judging.



# Senior Spotlight

## Grace Bellamy



**How many years have you been at OWL?**  
I've been here since 6th grade, so this is my seventh.

**What are your plans for next year?**  
College.

**What's been your favorite class in high school?**  
Probably newspaper, but I also really liked APES and AP Bio

**What extracurriculars are you involved in?**  
I was on the swim team, newspaper, and Outward Bound

**Favorite field work trip and why?**  
Du Nord for 11th grade fall fieldwork, because we had a lot of freedom to have fun, and the sauna experience was great.

**Fav book, movie or TV show?**  
There are too many to choose from, but some highlights are *Harry Potter*, *Oryx and Crake*, *Stranger Things*, and any BBC murder mystery.

**How tall are you?**  
I don't know.

**What's your favorite class so far and why?**  
Science because I'm really interested in physics.

**Who's your favorite senior?**  
Jedi.

**Where do you think you're going to go for college?**  
I dont know, I hope to go to MIT but it's probably not going to happen.

**What's the weirdest thing about OWL?**  
A and B days.

**What's your favorite school lunch?**  
I dont get school lunch.

**What's your favorite book, movie, TV show or video game?**  
*The Office*.

# That One Little Kid

## Arlo Northrop-Kiel



# Winter: the worst season

## “It’s garbage and should be cancelled.”

**Mercutio Takle**  
Staff Writer

I hate to be the bearer of bad news for you people, but sadly we are getting snow, and lots of it. Towards the end of November, a massive winter storm slammed the Twin Cities, dumping 7 inches of snow on us. Snow in late November is common in Minnesota, it's not unusual to get snow pre-Thanksgiving here, most winters unofficially begin around this time anyways. Unfortunately, this means that we will be hovering in temperatures of -1°C (30°F) to -19°C (-2°F) for the next month or so. Which can only mean one thing, the worst season is here. Now, as a self-proclaimed aspiring Meteorologist, I can give my professional opinion regarding any and all weather.

Meteorology in winter is bad.

Look, us weather people aren't ones for nitpicking, but the general consensus between us, is that Winter sucks. First of all, there's Ice, nature's slip and slide. There are many kinds of ice, including ice that you can't even see properly! Ice ruins a lot. In early January 2020, there was a massive ice storm that hit the Twin Cities that wreaked havoc on post-holiday travel. In 2018 there were 160,000 reported ice-related injuries in the Unit-

ed States. Ice also decimates road infrastructure, causing potholes that need to be repaired. Potholes ruin cars and other motor vehicles, causing even more costs in repairs. Ice can also build up on airplanes, causing them to be less aerodynamic, hindering their ability

*“Snow is the most unfortunate thing to ever exist.”*

to take off properly. The abundance of Ice also forces people to use de-icing salt, which in turn kills the water integrity of nearby water bodies. While people could be using a sand-based alternative, they don't. And the worst thing about ice is that it isn't even the most fun thing about winter. That of course being snow.

Snow is the most unfortunate thing to ever exist. Winter storms, one of the several banes of my existence, are the most deadly type of weather phenomena out there. Aside from freezing temperatures, snow and wind together create hazardous road conditions, typically halting traffic and causing more accidents than ice. These blizzards should be taken seriously, as typically power loss is associated with these storms. Also, cold swings

that follow these storms damage hydraulic systems like plumbing and heating. Energy sources are also limited, usually eliminating any chance for solar panels, wind turbines, and dams to operate correctly, if at all.

Snowfall patterns have stayed rather consistent in Minnesota since the mid 1950s, with December and early March being the most heavy in terms of total snowfall. Minnesota has had several deadly winter storms; the 1991 “Halloween Blizzard” dumped an average of 28 inches across the Twin Cities, breaking the metro dome stadium roof. Then in 2010, a massive winter storm ravaged the upper midwest, dropping an average



Purple Press Staff Photo  
**OWL students brave the snow covered way to school.**

# Time Crunch!

**Tess Campion and Elena Davis**  
Staff Writers

Soccer. 265 million people around the world play it. It is the most watched sport. It seems that almost everyone you know has played soccer for at least one season when they were younger. For Senior Micah Gundale soccer is more than just a sport, it is a part of his life. Micah spends around 8 hours per week practicing alone with his team, the St. Paul Blackhawks. Micah is very dedicated to soccer, he has traveled all over to play. From Sweden to Germany, to playing for the National Futsal Team in Columbia, where he not only played soccer with very skilled players, but he also got to do rope courses and other fun training opportunities.

Although soccer is something Micah enjoys, he has to balance it with his schoolwork. “I have rest times between some of my practices, so I get whatever I can get done during that time,” Micah says. Soccer has been a big part of Micah's life. However, he has considered quitting, “For sure, last year was the lowest time of my life in my soccer career, I experienced some doubt in my identity because soccer is such a big part in my life and it is so time consuming,” he said. Micah's commitment has taken over lots of things in his life, including his social life. Most of Micah's friends are from his team, and it is hard for him to hang out outside of soccer.

In the end, Micah loves what he does and plans to continue playing soccer.



# Archery excited for another year

*The growing team hopes to continue finding success*

**Lili Hobday**  
Staff Writer

It's that time of year again! The bows are being drawn and arrows are flying, archery is back!

The team is one of the OWL's biggest extracurriculars

a team sport and an individual sport so we have different goals for different people. As a team goal I always want all my archers to shoot 200+ by the end of the season. I always hope we can get a kid on the podium at the state tournament. We have



Photo courtesy of Tom Totushek  
**Team members stand ready at a tournament in Faribault.**

and this year is so big that it's become hard to find tournaments that can accommodate them. “It is getting harder to get the kids into tournaments because our team keeps getting bigger and bigger and the number of opportunities to shoot in our region isn't getting bigger,” said coach Tom Totushek.

This year the team is strong, lead by Captains Ale Castrejón, Zoe Campion, Jacob Rohde and Hebey Bowring McDonough.

“As a captain, I usually help lead warm ups and help younger archers improve. My favorite part is watching other archers and helping them get better,” said Zoe

When asked about goals for this year Tom said, “archery is done this the last three years and we have a chance to do it again this year.”

Tom is excited about the potential of the freshman class and thinks that senior, Jack Goodrich has a good shot at medaling this year after starting the year very strong. In their first meet, The Faribault Falcon Classic, he ended 1st out of the seniors shooting and 2nd overall.

Every three years the team raises money to go to Kentucky for nationals, they are on track for this to be their year! They are also excited for their Regional competition on March 21st and the State competition on March 28th. “We're super hyped and excited!” said Ale.





# Reviews ‘n’ stuff



## Not just a face mask

*Self care is about “prioritizing personal wellness,” ultimately, doing what makes you happy*

**Eponine Diatta**  
Staff Writer

When I was diagnosed with depression, it’s something my therapist brought up a lot. ‘Self-Care.’ I was 14, and I had no idea what taking care of

thing.

Everyone in the 21st Century has probably heard the term ‘Self-Care.’ It’s become a buzzword with no clear meaning. For the sake of this piece, let’s say that Self-Care is any act

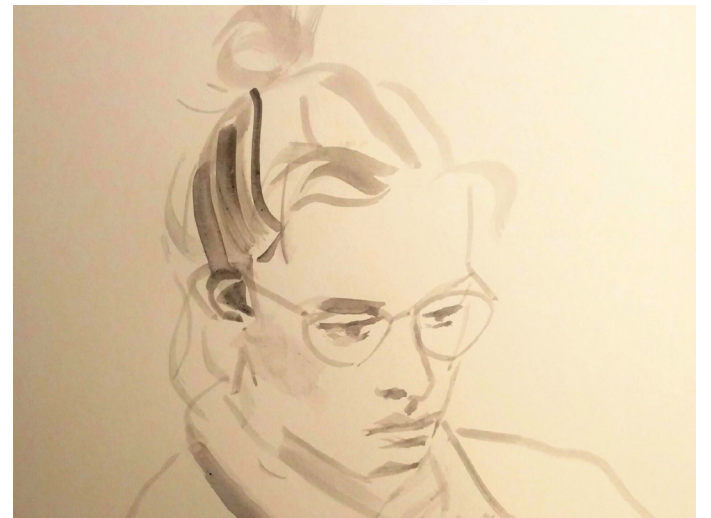
later. Think of it like getting an oil change on your car every couple months so your engine doesn’t seize. Self-Care is preventative maintenance for your mind. Though the term is new, the concept certainly

and more of a marketing term. Companies big and small have begun selling gimmicky self-care products ranging from floral bath-bombs to glittery water bottles. It was exactly the sheer quantity of items and activities being shoved down my throat in the name of Self-Care - that overwhelmed 14-year-old Eponine and made me feel like self-care was a hopeless cause.

In reality, these companies aren’t marketing their products to you because they care about you. They’re doing it for the same reason they do anything - their bottom line. Don’t get me wrong, it’s exciting to see conversations about mental health on such a global scale! Now more than ever, people have access to endless ‘Self-Care’ possibilities. But it took me a long time to realize that what ‘Self-Care’ is to me can’t possibly be defined by LUSH or Target, because the face masks they’re peddling are for a very broad market - the entire U.S. population, basically. That’s why I’m writing this, to tell you that even though ‘Self-Care’ in its corporate definition means random yoga subscriptions and hair care vitamins, it’s not what Self-Care needs to be for you.

So, if Self-Care isn’t buying the best face mask money can buy, what is it? Well hey, it could be. Self-Care is anything you want it to be. The whole point of Self-Care is to do something for you, that makes you happy. The real challenge in this, at least for me, was finding things that make me happy. We can all picture what makes happy in a broad sense. Money, our friends, maybe just food. But what about the little things? What are the small, everyday rituals you can do to make life a little better? That’s where I started.

Self Care, 6



## What can you can do to stop climate change?

**Freya Ebbesen**  
Staff Writer

Last issue, I wrote an essay criticizing the surface level, capitalism-driven response to climate change that many people in the older generations seem to have, a ‘cutesy ‘reduce reuse recycle!’ caricature of the climate change movement” that encourages its followers to buy a reusable grocery bag, but not do much else. As the climate disaster progresses, not only destroying our natural world, but also human lives, it is clear that reusable bags and metal straws are not the solution. This left some readers wondering: what is the appropriate response to impending climate doom?

If you have the privilege to (OWL parents: many of you probably do), then take public transportation (it releases 80% less CO2 into the atmosphere), quit your Amazon Prime subscription (as convenient as two day shipping is, it is terrible for our planet), and cut down on single use plastics and red meat.

However, as I mentioned in the last article, unless you are a governor, insanely wealthy and/or the CEO of a fossil fuel company, your individual choices will not make a huge difference in the climate change movement. Stopping large corporations is what will stop climate change. The solution to stopping these

companies: divestment. On a personal level, stop giving your money to companies that will use that money to hurt the planet. If you’re able to, switch your home’s energy source to a wind or solar powered option. On a systematic level: call your legislators and pressure them to divest from fossil fuel companies, and invest instead in renewable energy sources. Yes, you read that right--the MN government is giving money to fossil fuel companies (learn more and sign the petition at [divestinvestmn.org](https://divestinvestmn.org)). But, with household and statewide investments in renewable energy, we will be able to create an economically and environmentally sustainable future.

Here’s my final and arguably most important tip: listen. Listen to the indigenous people who have been warning against climate change for decades. Listen to the people in black and brown neighborhoods who are being targeted by waste management companies (race is the number one indicator for the placement of toxic waste facilities). Listen to the young people. Spotlight their voices, and help them to lead the way to a climate-conscious future. Although buying a reusable bag is easier and provides more immediate gratification, working to enact systematic change is a million times more impactful.



myself really meant. So, obviously, I googled it.

‘Self-Care.’ Immediately, I was met with article after article filled with avocado mask recipes and Bath and Body Works discount codes. Frankly, it was overwhelming! How was I - an emotionally unstable teenager - supposed to know what would make me feel better? I couldn’t really process how some biodegradable goo in a jar was going to motivate me to get out of bed. Or do my homework. Or anything. So, I didn’t explore it anymore. I figured ‘Self-Care’ just wasn’t my

committed intentionally for your personal health, mentally or physically. In my opinion, I think this is the most clear and helpful way to define it, because in reality, ‘Self-Care’ is just a quick way of saying ‘prioritizing personal wellness.’

In the last 10 years, we’ve made incredible strides in destigmatizing conversations around mental health; and through that we’ve been able to see the merit in doing things purely for the sake of our own happiness. Taking time for yourself gives your mind time to reset, so you don’t burn out

isn’t. People have been doing things for their own good vibes for years.

“I made music. Drank a lot of coffee. Spent time at the local diner with friends.” Those are just some of what English teacher, Kevin, did for ‘Self-Care’ before ‘Self-Care’ was a thing.

Math teacher Patti has had the same ritual for years. “I walk my dog! Go to the dog park and throw frisbees.”

Unfortunately, ‘Self-Care’ has become less of a call to action concerning mental health and personal wellness,

## Lily’s guide to social media

*The best choices for teens and what’s best left to those over 30*

**Lily Hennessee**  
Staff Writer

Picture this: it’s 6:30 in the morning, and your alarm goes off. For many of us, one of the first things we do in the morning is check social media. Often, many of us lay in bed on snapchat for like 15 minutes before we even get out of bed.

In fact, it’s something that we spend a good chunk of our day doing. I recently took a peek at my screen time analytics and was shocked to learn that I spend upwards of 2.5 hours per day on social media. It was even worse during the summer, with my total time on

social media being around 4 hours per day. My point being, social media has pretty much taken over the way we live. I figured, what better thing to review than different social media apps, the things I (sadly) spend the most time on?

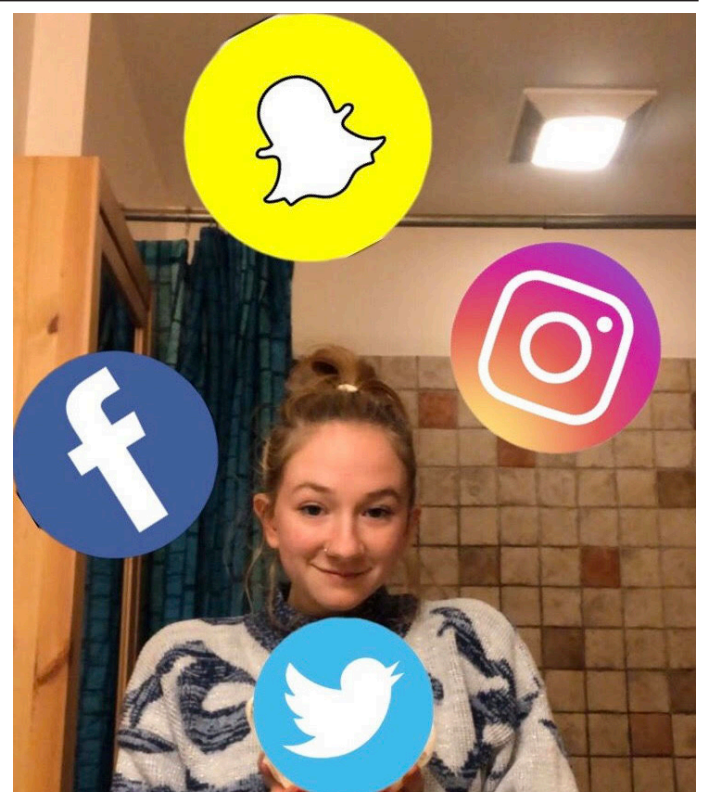
First up: Facebook. I know, it’s almost pointless to review since almost no people under the age of 30 have a Facebook. Now I’ll admit, I do have a Facebook, but only because my mom made me get one so that she could tag me in photos. However, I’m not proud of having a Facebook account, and I rarely check it. Now may-

be you’re thinking, “Lily, how can you give a fair and accurate review of Facebook if you never even use it?” Well, the truth is that you don’t actually have to go on Facebook very many times to really figure out what it’s all about. I’ve quickly realized that Facebook is a place for weird and usually old memes that aren’t funny, or it’s a place for families to publicize their political opinions. Now, maybe I just haven’t found the “good” part of Facebook (does that exist?), but from what I’ve gathered, I can tell that I hate it and that I will only go on it when I’m procrastinating and

have checked every other app on my phone, even the stocks app.

Next: Instagram! Out of all the different forms of social media out there, Instagram is by far one of the most commonly used. I mean, if you look up someones name on Instagram, there’s a pretty good chance you’ll find them. Personally, I think Instagram is a pretty good app. You can share photos from your life, and see highlights of other’s lives too, which is always interesting. However, I think Instagram is one of the most

Social Media, 5





# The Shining is a terrifying classic

Otis King  
Staff Writer

The Shining. A terrifying take on the classic haunted house style movie. I say classic haunted house, but this movie is way more original than just that. It's a great blend of mystery horror, and that classic Stephen King weirdness. Stanley Kubrick takes this story and evolves it into something truly his own.

Jack Nicholson plays "Jack" a struggling writer, who is a recovering alcoholic. Because Of that he is very on edge. His wife Wendy is probably the least developed of all the main cast. Regardless of this Shelley Duval is able to work this character really well. Danny has a "little friend" named Timothy that lives in his mouth. Timothy is Danny's shining. An ability to allow him to see the future, and to be more in tune with supernatural forces. This is not a power that is unique to Danny, it is a power that many people have. The family has taken the job of upkeeping the massive hotel because jack wanted space to write and they were told it would be a nice peaceful experience.

But that is not the case.

Things start happening fast. Danny is the first to see things due to the shining. He sees such things as the two famous twins. It is my belief that when Jack starts to see things and these things start to affect him so, is because the entities in the hotel know that he is weak at this moment. And that is why he is so easily driven insane. I believe that Jack has never actually been mentally sound, it's just the hotel that finally cracks him. And when he finally does crack that his when the movie throws everything at you in an intense and crazy climax.

This movie is impossibly well acted. Jack Nicholson delivers an iconic and career defining performance. Little Danny Lloyd also does a good job as a child actor, making us really believe that he is just a scared child. This is especially showcased in the scenes where he is running through the hotel from his crazed father. Shelley Duvall delivers a realistic portrayal of a scared and confused wife. She is able to really make you believe that she is a mother in peril. Especially when she is immediately ready to sacrifice herself to save Danny by sending him out of a window



that she can not fit through. She will do whatever she can to protect her child, but also herself. I personally felt horrible for her the whole movie. Jack was never kind to her and she was always doing the best she could.

This is also a very strange and masterfully executed movie on Stanley Kubrick's part. The master filmmaker perfectly contours the horror of being stuck in a massive empty hotel in the middle of nowhere. The way he was able to work with the actors as well. He was very hands on and would be constantly thinking of new shots to add to the movie.

This is one of my favorite movies ever, perfect for a winter watch. 9/10

# The Mandalorian review

Alex Cowles  
Staff Writer

The Mandalorian tells the story of an armored bounty hunter taking care of an adorable alien child. It reuses western cliches in a new setting. It's a western... but in space. The result is an incredibly fun show. The Mandalorian isn't great even though it's cliché and campy. It's great because it's cliché and campy.

The Mandalorian is a space western tv series created by Jon Favreau (Director of Iron Man, Elf, and the live-action remakes of The Lion King and the Jungle Book.) It stars Pedro Pascal in the lead role. It premiered on November 12th on



Disney+.

The Mandalorian takes place five years after The Return of the Jedi and twenty-five years before The Force Awakens. It follows a bounty hunter in the outer rim of the galaxy. We know very little about the protagonist. He is unnamed and never takes off his helmet.

The first episode follows this character on his mission to acquire a special bounty. On the way, he teams up with various allies such as an alien vapor farmer played by Nick Nolte and an assassin droid played by Taika Watita (Director and star of Thor Ragnarok and Jojo rabbit)

After the Mandalorian discovers a 50-year-old infant that resembles Yoda. He faces the moral dilemma of doing his duty as a bounty hunter and giving up the baby or betraying his allies to protect the child.

The best part of The Mandalorian is obviously Baby Yoda. However, there are

ously which just adds to the fun.

I really enjoyed The Mandalorian but it's not perfect. The plots tend to be very simple and straightforward. I think every individual episode was very good. However looking at the show as a whole, it feels like not enough happens. This can make the show feel like less than the sum of its parts. It can also be hard getting used to a main character who you know so little about. You can never read any of his facial expressions with the mask over his face which makes it hard to connect with the character.

Despite these small flaws I really liked this show. The western aesthetic combined with the Star Wars setting really works together. Pedro Pascal's performance is impressive given that you can't see his face. The guest actors are always great. Comedian Bill Burr makes an appearance in episode 5 and Jason Sudeikis plays a stormtrooper in one episode. The Mandalorian is blatantly fanservicey but in a good way. It's maybe the least hated live-action Star Wars since Empire Strikes Back. Whether you see The Mandalorian as the next great western or just fun Star Wars, at least it was better than The Rise of Skywalker.

**Social Media, 4**

toxic social media's to exist today. While the whole point is to see the highlights of people's lives, it's sometimes easy to forget that Instagram is most definitely not real life. This can often make other people's lives seem unachievable or unreal, making people feel bad about themselves or about their own

life. But other than that it's great!

Next we have Snapchat, the app of disappearing pictures and the original "stories". To be honest, I don't really have any problems with Snapchat. It's like texting but more fun, and it's good for being secretive. In fact, I wouldn't be surprised if the CIA had their own version

of Snapchat where the messages disappear after they're received. The great thing about Snapchat is that it's super casual, even when you're sharing things to your story, because you know it'll just go away in a day regardless.

I decided to save the best for last: Twitter. The thing about Twitter is that not very

# Marriage Story is depressing, realistic

John Cheatham  
Staff Writer

In the beginning of Marriage Story, Charlie and Nicole read what they love about each other. They talk about big parts of their persona and sweet little things. This heartwarming scene makes the divorce between these characters even harder to digest in the most emotional movie of 2019.

Marriage Story was directed by Noah Baumbach and stars Adam Driver and Scarlett Johansson. It was screened August 29, but was released November 26 in theaters. It being a Netflix movie, it could be digitally streamed on December 6th. It was filmed in New York and L.A. It was shot in a 1 by 1 aspect ratio.

Marriage Story is the tale of Charlie and Nicole, a couple living in New York. Charlie is a screen director and Nicole acts in most of his plays. After years of marriage and having a kid, they don't love each other

Marriage story, 6



# Star Wars sequels don't live up to originals

Elizabeth Hallanger  
Staff Writer

I don't think I'll ever forget the first time I saw The Force Awakens, it was my first real experience with watching a Star Wars movie in theaters, and boy did I love it. I marathoned all of the movies, watched hours of Star Wars theory videos, and I'm pretty sure I begged my mom for every piece of Rey merchandise there was. However, if you're an avid fan of Star Wars like me, one thing that can't be ignored is the controversy.

The new trilogy has sparked some intense debates, especially among reviewers and hardcore fans. People have claimed the quality of the new Star Wars movies have dropped, and I've seen heated arguments spark up around them over problems with directors, bad writing and blaming Disney. While it's true the previous movies have flaws that hinder the films and the trilogy as a whole, I see The Rise of Skywalker as a sort of make-or-break for the 3 films. If it's good, it'll solidify the trilogy as the rightful sequel to the originals. Staying faithful to the general feel of the franchise, and providing a way for newer generations to experience Star Wars.

If it fails, however, it'll probably mean that the trilogy will forever be seen as a terrible set of movies by the fanboys,

ones that you sweep under the rug along with the prequels and that one Christmas special from the 80s. So, all that brings us to our main questions, what did I think of it? Did the series gracefully make its exit, or did it trip and fall down the stairs on it's way to the door?

The plot of the movie was fine, and I didn't hate it, but personally, I thought it brought up a lot of questions that go unanswered. The movie starts with Kylo Ren on the planet Exegol, and reveals the fact that Palpatine is back. He then shows Kylo his fleet of star destroyers, and offers control of them to him if he kills Rey. The fact the Palpatine is back brings up a load of questions, was he alive the whole time? Or did he actually die? If he did die, how exactly did he get resurrected? And how does he have enough followers to pilot hundreds of star destroyers?

Meanwhile, back at the new resistance base, They figure out through the spy that Palpatine is back, and with the help of the Jedi texts, Rey and

her friends begin their quest to get to Exegol on the desert planet, Pasana.

From there the plot follows the gang getting a dagger leading to a wayfinder, the way to get to Exegol, They get the dagger on Pasana, C3PO's translation on Kajimi, where Poe has the side plot with his love interest Zori, and the wayfinder on the Death Star ruins. Kylo crushes the wayfinder which makes the journey seem like a waste, but there was one in Kylo's ship. After that, everybody heads to Exegol where Kylo gets redeemed, Rey and the resistance defeat Palpatine, Rey skywalker, roll credits.

I generally enjoyed the characters, and feel like the movie wrapped up most of their storylines. I do think they had a bit better character development in the previous movies, but I still managed to enjoy them as a whole, despite having a few gripes. Starting with Rey, I enjoyed the focus she got in the movie, and how they added a lot more to her

Star Wars, 6





# Little-known instruments

“I can almost guarantee you’ve heard it before”

Milo Zimmerman-Bence  
Staff Writer

I’m going to give you the name of an instrument: celesta. It’s probably not incredibly familiar to a lot of you, but I can almost guarantee you have heard it before. Ever heard the *Harry Potter* theme? Then you’ve heard it; it’s the glockenspiel-like sound at the beginning. As it happens, there are a lot of instruments like that, where either you’ve heard it but don’t know the name or know the instrument but are misconceived as to what it is capable of. This is a list of those, for future reference if you somehow find it useful.

Erhu: The *erhu* (Mandarin for “two strings”) is essentially composer shorthand for East Asia. It’s hard to hear it and not immediately think of China. It’s the instrument that gives the piece “Lovers” from Shigeru Umebayashi’s soundtrack for Zhang Yimou’s film *House of Flying Daggers* its melancholy drone and Manaka Kataoka’s dragon music in *The Legend of Zelda: Breath of the Wild* its sense of majesty.

Güiro: This is one instrument many of you are likely

to have had some experience with. The güiro can best be described as a pair of sticks with grooves on them that produce a sort of grinding sound when rubbed against one another. Even though it’s very simple and rather common, finding a

piece of music that uses it is surprisingly difficult, and I wasn’t able to find one to use as an example here, so I would recommend simply looking it up if you’re interested.

Xylophone: Now, I know that you’re probably thinking: “Milo, I already know what a xylophone is! I had to learn about it in elementary school!”, and you’re WRONG! DEAD WRONG! Okay, that’s not necessarily true.

Chances are, what you are familiar with is a school xylophone, which sounds more like a marimba due to xylophones requiring a level of maintenance that schools just can’t achieve. Makes it weird that they’re so common in such settings, huh? When a xylophone is properly cared for, it has an incredibly

sharp, almost metallic sound. Many composers love using it, among them John Williams, who has made extensive use of it over his career, such as in “The Droid Invasion” from *The Phantom Menace*, in which it makes its appearance around the fifty-second mark.

Recorder: Keeping with the theme of instruments tarnished by their existence in elementary schools, the recorder, when played by someone with skill, is a far cry from the squealing cacophony that the internet has made it famous for being. Any time you’ve watched a fantasy movie or been to a Renaissance Festival and heard a flute that wasn’t the kind found in a typical orchestra, chances are it was either the more recognizable pan flute, or a recorder. That medieval association has been used by many a composer, like the group Two Steps from Hell, who used it to give the opening of “Flight of the Silverbird” its whimsical beauty, Ryou Nagamatsu, who used it in all of the Milk Bar song rearrangements in *The Legend of Zelda: A Link Between Worlds*.

Dobro: This is one of my more recent discoveries, and also one of my most fulfilling. The dobro is an instrument that is used extremely

rarely as a main melodic or harmonic voice, instead just being used as a bit of color or embellishment. It’s sound can best be described as the cliché Caribbean “twang” ubiquitous across cartoons portraying an exotic location.

Tubular Bells: Out of all of the instruments on this list, this one is among the most likely to be known, but it was relatively recently that I learned about it, which was kind of embarrassing seeing as how tubular bells are pretty much standard equipment for any self-respecting orchestra. In music, it’s generally used as shorthand for Christmas or just winter in general. It’s also

“Even though it’s very simple and rather common, finding a piece of music that uses it is surprisingly difficult.”

frequently used as an accent to emphasize certain moments in orchestral music, such as at the start of the piece “City of Hope” from last year’s *Spidder-Man* game.

Hyoshigi: This is an instrument with an extremely recognizable sound, but I almost guarantee you haven’t heard of it. Although *hyoshigi* is the

“true” name, it is also commonly referred to as “*kabuki clappers*”. It is a pair of layered bamboo bricks connected by a cord that produce a sharp, sort of clave-like sound when struck together. It’s pretty much synonymous with feudal Japan much in the same way that the erhu is synonymous with China. It can be heard in countless video game soundtracks looking to capture a Japanese setting, like the Kakariko Village theme in *The Legend of Zelda: Breath of the Wild*.

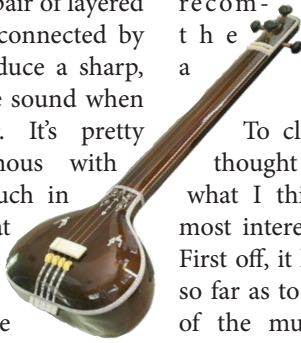
Tanpura: There are many different variations on the name of this instrument that it is commonly referred to as, including “tampura”, “tam-

bura”, and “tanbura”. Like the dobro, it is essentially never used as a melodic voice unless you’re a crazy person. Instead it provides a steady backing drone in a lot of Indian music, frequently accompanied by a sitar and tablas. Unfortunately, I can’t find many pieces that feature it, because of that

extremely limited range of applicable scenarios, so I would recommend, much like the güiro, looking up a sample of one.

Nyckelharpa: To close off this list, I thought I would go with what I think is one of the most interesting instruments. First off, it looks weird (I’d go so far as to call it the frogfish of the musical world); like someone got drunk, looked at a violin, guitar, and piano, and thought to themselves, “what if I merged them together?”. Secondly, most people have never knowingly heard it, yet immediately think of Northern Europe when they do. Its sound is melancholy and sonorous, sort of like a deeper version of the erhu, and just feels Viking-y. Perhaps unsurprisingly, it can therefore be heard in “Twilight of the Gods” from Mark Mothersbaugh’s score for *Thor: Ragnarok*, providing an appropriately solemn tone for the scene of Odin’s passing.

So that’s a short list of some instruments that you are likely to have heard or be familiar with in some way, but know practically nothing about. Now that I’ve gotten that out of the way, from next issue onwards, I will be getting back into the actually interesting analytical stuff. See you then!



## Self Care, 4



First, I started incorporating self-care into my life by making myself a cup of tea each morning. It seemed silly, but I’d always really loved chai and it gave me something to look forward to. After I made a habit of that, I remembered that I really liked art class in middle school. So, I bought some paints and brushes and started painting. After that, I just started picking up random things. Cooking, cuz I really liked food. Playwriting, cuz I really liked theatre. I thought about what I already knew I

enjoyed and just kept connecting it to other things. And it didn’t cost me a lot, at all. Honestly, it felt good to learn how to ‘Self-Care’ without the help of a huge company. Take that capitalism! hahahHAHA!

That being said, I can’t tell you how to take care of yourself. I have no list of recommendations, no products to review. It’s easy to get frustrated, especially when trying new things, but the truth is that the only way to find a successful ‘Self-Care’ journey is to put in the work and get to know yourself. I know it sounds preachy, but cliches are cliches for a reason. Self-Care is important. At the end of the day, putting time aside for yourself is just another life skill we all have to practice. You won’t ace it on the first try, but the journey there can actually be tons of fun. So this New Year, practice some ‘Self-Care’ and focus on your own good vibes. No face mask required.

## Star Wars, 5

character. I mostly liked her relationship with Kylo Ren. The final scene with them together caught me a bit off guard the first time, but from watching previous movies, I can see where it comes from. I really didn’t like the plot about her lineage however, because it brought up more questions than answers, and disregarded info from The Last Jedi.

With Kylo Ren/Ben Solo, I enjoyed his character, and his redemption arc, but at the start of the movie it somehow went backwards? Going in from The Last Jedi, it was pretty easy to tell that he was getting a redemption arc, and I expected it to continue immediately into TROS, but it didn’t, and it seemed like his character was back to how it was in The Force Awakens. Personally, I think it felt weird and unnatural. His redemption arc in the second half did overshadow how I felt about him in the first half

though. It was infinitely satisfying to watch every scene, especially the last ones, with Kylo being redeemed. Overall, I enjoyed his character, I just think that in the first half, it’s a little wonky.

Finn and Poe didn’t exactly do much in the movie from what I remember. Finn just kind of yelled “Rey!” And then it was revealed he was force sensitive. Poe didn’t really have a solid character arc, all I can remember about him in the movie is that he used to be a spice runner, and that he was the one who said “Somehow Palpatine has returned.” Rose got written out of the movie entirely, which is disappointing, because I was eager to see more of her character.

I enjoy the trio dynamics though, and I think they all work well together as a group, but their isolated character arcs were a bit disappointing in my opinion. I don’t think the characters were bad enough

for the movie to be ruined, because I did enjoy some things about them in this movie. Despite the things I liked, I still think The Last Jedi did have slightly better character arcs.

So, what were my thoughts? Did I come out of the theater satisfied? Or did I come out wanting to flip the closest trash can I could find? To be honest, I left the theater somehow feeling both. I don’t think the movie is terrible, but I don’t like it as much as I feel like I should have. The movie had a lot of things I liked, a lot of

things I disliked, and a lot of questions that go unanswered. In my opinion though, the good outweighs the bad, and I do have a generally positive view of the movie. The ending and a few other concepts I don’t like, however, and I think if they had been changed or removed, it would be a solid movie in my eyes.

Should you see it? I’d say yes, just to see some of the good parts. But personally, the movie gets a 6.5/10 from me.



## Marriage story, 5



**Marriage Story is an accurate portrayal of an experience many people go through.**

divorce. Nicole goes to L.A. to live with her family while Charlie stays to direct his play. After Charlie visits Nicole they

start to finalize the divorce. They try to talk it out peacefully but end up involving lawyers. They get into an

ugly battle about custody of their kid and hate each other more. Meanwhile, both are trying to juggle their jobs and everything gets worse.

This was a heartbreaking, crushing, depressing, realistic and incredible movie-going experience. It was hard to watch but was so so good. This movie was the best of the year in some categories, namely acting and screenplay. It also hit every emotional beat possible, becoming one of the only movies I’ve cried in. It’s also on Netflix, reaching a huge demographic of millions.

The first thing I should talk about is the acting, which in my opinion is the best of the

year. I fell in love with both Driver and Johansson’s characters. They pulled off their characters so well that I couldn’t decide whose side to take. While both performances were great, Driver really stole the show. He brought a realness to the character that was extremely hard to pull off. He doesn’t want this marriage to end but he knows it has to, which added a ton of depth to him. The movie also shows his devotion to his son and the length he will go to stay with him. One example is on Halloween. After tons of prep, he made an awesome Frankenstein costume for his son an invisible man for him. Due to

the divorce, Halloween is split 50/50 and Nicole takes him out first. When he’s done, he’s exhausted but Charlie takes him out. There’s no candy and the Frankenstein costume doesn’t get used. Charlie is devastated, which Driver portrays really really well.

This movie also had the best screenplay of the year. Noah Baumbach, writer and director, wrote some of the best and most realistic dialogue I’ve ever heard in a movie. Johansson has a 5 minute monologue about her divorce and under normal circumstances this could drag out with bad dialogue and lousy pacing. However, through Baumbach’s

writing, the movie sucks you in without losing any momentum. Another huge example was the fight at the end of the movie. In the scene, Charlie and Nicole both scream at each other to exemplify how little love there is in their relationship. The dialogue here is crushing but never “I hate you more”, “I hate you more”. It is written to destroy each character individually and works as intended.

Overall, this is a must see. Not just for people who like bummer summers but for everyone. This is one of the most real movies this year and I give it 10/10 asshole attorneys.