

**Miller Place**

**High School Newspaper**

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# SCHOOL NEWS

## Winter Wonderland

*By Nailah Rahman & Hailey Turner*



On Friday, December 15th, the Junior Class successfully hosted their second annual Winter Wonderland. From 4-7:00pm, the hallways of MPHS were filled with laughing children, Santa and the Grinch, the smell of fried chicken and homemade cookies, and live music. During the event, children went from room to room with a bag, each having an activity/craft with a collectible. In order to make this event as cheerful as possible, the Junior cabinet (President Lucy Chang, Vice President Taylor McHugh, Secretary Nailah Rahman, and Treasurer Bianca Zou) and their advisors (Mrs. Gelibter and Mrs. Saulle) started planning over a month in advance.

A huge part of any successful fundraiser is donations. MPHS students were able to donate a good amount of supplies for the rooms. Some contributed by baking cookies to sell in the lobby, and of course, many donated their time by decorating the lobby and running activities in their rooms. This year, Service Club, Athletes Helping Athletes, Tri-M, Robotics, Future Business Leaders of America, Drama Club, and the Freshmen, Sophomore and Senior cabinets were able to run their own rooms, such as the reindeer food room, boomwhacker room, and the snowball fight room.

A handful of Tri-M instrumentalists and singers took turns performing in the lobby, which really helped create a festive atmosphere. For dinner, the cabinet was able to sell Chinese food thanks to Ho Ming Kitchen in Miller Place.

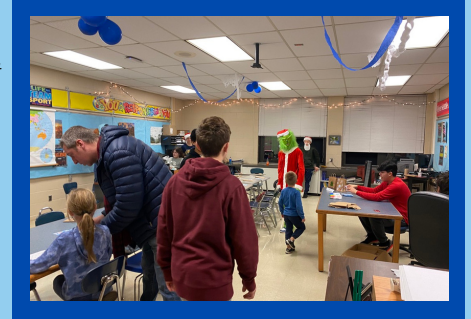
The Junior Cabinet is grateful for everyone who contributed to this event. It was magical to see the community come together in the name of spreading holiday cheer. Even Santa himself (played by Andrew McGuirk in the “Picture With Santa Room”) reported he “had a fun time, and I was glad to see that although there wasn’t a huge turnout, all the students running Winter Wonderland seemed to have had a great time” (McGuirk). If you missed it this year, be on the lookout for fliers next December to see how you can make the holidays special for the Miller Place Community. On the next page is a firsthand account of Hailey Turner’s experience with running the Nightmare Before Christmas craft and movie room:





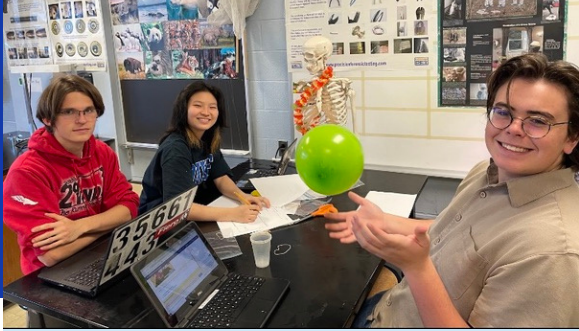
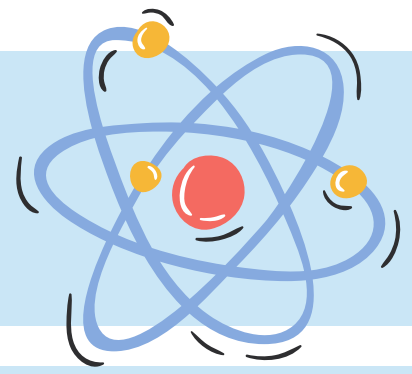
*“Winter Wonderland is the result of the community uniting through decorating the school, setting up crafts, and decorating their own rooms to unique themes such as the Nightmare before Christmas, the room I ran. During the event, kids crafted and colored snowflakes, had snowfall fights, went on scavenger hunts, had the chance to take pictures with Santa, and watched many movies. From personal experience, I encourage everyone to help out next year because this event will resonate with me for a while. It’s so cute to have a little kid run up to you and explore the classroom you spent hours decorating. I had the chance to take a picture with Santa myself. I also now know the Kidnap the Sandy Claws song from The Nightmare Before Christmas song by heart because of how long it was on repeat. By helping out with this event, I had so many wholesome interactions and witnessed a couple curious parents sitting to watch the movie to pass time. I saw quite a few people with sweaters that had The Nightmare Before Christmas on it and despite what I originally thought, it’s a very popular movie. It’s good to have many people helping to decorate your room because of two things: 1. you can explore the school to see what other cool things people came up with, and 2. your room will look amazing and you can get so much more done. My room only had three people and I will tell you right now, that is NOT enough people. Also to those thinking about volunteering next year... DO IT. A minor concern I had was that a lot of families seemed to miss the rooms at the end of the hallway, like the one I ran. Overall, it was an amazing experience and very much worth the time.”*

*-Hailey Turner*



# Science Invitational

By Nailah Rahman



On Saturday, December 2nd, the Miller Place Science Olympiad team gathered in room 209 for the final day of Boyceville's 2022 Invitational at approximately 8:00 a.m. Prior to this chilly Saturday, some participants completed their virtual events during the weekdays leading up to it. Our invitational team included Jonathan Bang, Natalie Cervenka, Lucy Chang, Eliot Hornback, Jacob Huwer, Marc Lindemann, Taylor McHugh, Maya Murphy, Nate Neri, Virginia O'Hanlon, Evelyn Paul, Nailah Rahman, Mac Tchoubar, Stephen Ye, Luke Posner, Emily Darragh and Isabella Zaher. Participants from the invitational team mostly worked in pairs or trios to complete the events they chose to tackle. Competitors participating in build events such as Experimental Design and Air Trajectory were tasked with submitting videos that showed their creations in action. Competitors participating in test events such as Fossils and Forestry completed an online test consisting of multiple choice and short answer questions.

Juniors Bianca Zou and Evelyn Paul built their prototype for the Tower event out of balsa wood and glue. For the competition, their 25.4 pound tower was able to hold 29 pounds, earning Paul and Zou 6th place in their division. Additionally, Eliot Hornback, Lucy Chang, and Max Tchoubar placed 8th in the Chemistry Lab event.

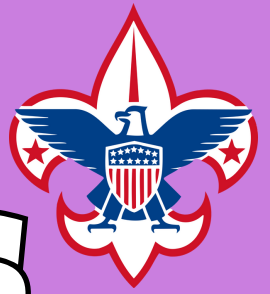
All of the members of the Science Olympiad Team agree that this online regional was a very eye-opening experience and was good practice for their regional competition on January 27th. Most of the competitors had already compiled all their reference materials for the events they will be completing at the end of the month, which left them with over a month to study their resources. The challenging online competition brought out the best of the Science Olympiad team. Dr. Skolnick's room the week of December 2nd was full of laughter and struggling smiles, accompanied by a box of Munchkins. Teammates motivated each other and pushed through the challenges they encountered together. Dr. Skolnick was proud of how his team performed, and has high hopes for the regional competition.







# SENIOR SPOTLIGHTS



These senior Girls Scouts and Boy Scouts have all shown passion and dedication through scouting for many years. Below, you will find some information about each of their project's and how they received or are working towards their Eagle Scout rank or Gold Award!



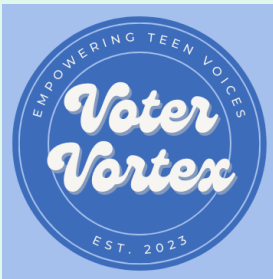
## AIDAN ELDER

Aidan has been involved in Boy Scouts for 7 years, as a member of Troop 204. To achieve the rank of Eagle Scout, Aidan has been working consistently to move up, and is finally working on his Eagle project! He is building a new bulletin for the Catholic Youth Organization at the St. Anthony of Padua Church in Rocky Point. This will provide the CYO with a great resource to help them further spread their mission!



## MOLLY CAUFIELD

Molly has demonstrated dedication through her past 12 years in Girl Scouts, successfully completing her Bronze and Silver Awards. She is now working towards her Gold! Molly plans to help her generation prepare for civic engagement through a "Voter Vortex". She is making a workshop to present to scouts to teach them the importance of their own voice in government and in their personal lives. She also plans to make a pamphlet to give out to her peers detailing how to register, how to vote in different states, and how to vote while in college. Additionally, she is working on a coloring book collection in order to make civic education accessible and fun for all ages!





## JACK SERRENTINO

Jack has been a committed member of the Boy Scout Troop 204 for the past 7 years. While approaching the Eagle Scout rank, Jack noticed the sign at the Port Jefferson Infant Jesus Chapel was in desperate need of repair, and decided to help repair it for his project. Jack replaced the old rotted posts with fresh ones, and repainted the entire sign to give it a fresh look. Now, the sign looks practically brand new, improving the appearance of the entrance of the Chapel immensely. All thanks to Jack's dedication to his community and Scouts, Jack received his Eagle rank in July of 2022.



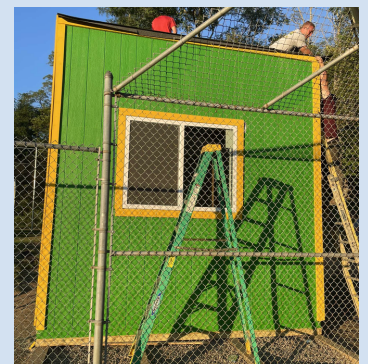
## SARAH DIPERSIO

After joining Girl Scouts in Kindergarten, Sarah has shown unwavering commitment to it, helping her community thrive throughout the years. Currently working towards her Gold Award, she has successfully completed her Bronze Award and her Silver Award in past years. Sarah is partnering with the Miller Place Fire Department to help local children learn about safety and first aid, and plans to teach the kids how to make their very own first aid kits. She also plans to donate spare kits to help out the rest of the community. Sarah will make fliers to spread her mission to a larger demographic, and get more people prepared for any situation where first aid is needed.



## SAM WENIG

For the past 7 years, Sam has been an important and active member of Troop 204. Through hard work, he has successfully achieved the coveted rank of Eagle Scout. Sam built and designed a press box for the North Shore Little League this past summer, allowing the league to more easily distribute information to parents and spectators this upcoming season, and welcoming more people to spectate games. Once he receives his confirmation paperwork, he will officially receive the Eagle Rank!





## LAUREN SOREIL

Lauren has been an active Girl Scout since 1st grade, showing up for her community through service projects like her Bronze Award. In order to start working on her Gold, Lauren completed 2 Journeys. Her project is called “Enhearten”, and is a program dedicated to helping children on their journey of self discovery. She plans to partner with a local library to create a workshop for children so that they can be equipped with the tools to find their passions and express their individuality. This is a huge step towards preventing children from feeling the need to conform to social media and their peers.

# COMMUNITY NEWS



## TEENAGERS AND SLEEP ZZZ

Studies have shown that about 50% of teenagers are night owls and less than 10% are early risers. This means almost all highschoolers are going to bed extremely late on school nights, yet still waking up at around five a.m. and six a.m. to go to school. The result of this is going to school for seven hours while surviving six hours of sleep or less. A continuation of this has made on average 70% of students in the U.S sleep deprived. Sleep deprivation can cause trouble with learning, focusing and reacting. It can also make teenagers develop psychological disorders like depression and anxiety. One big factor of this lack of sleep teenagers have is due to their extremely busy schedules. Between school, extracurricular activities, part time jobs and

socializing, it can become difficult to stay loyal to the recommended amount of sleep per day. Students going to school without the required amount of sleep (8-10 hours) can make their academic and extracurricular performance much more efficient. But why is it that teenagers need so much sleep, even more than a baby? Teenagers' brains and bodies are developing rapidly and without enough sleep they cannot grow properly. Teenagers sleep provides them the energy to grow taller, develop muscles, and have their brains mature.

During the teenage years the brain is also trying to soak up every bit of knowledge it can contain. Sleep helps consolidate and organize all the information, making it easier to remember



and learn new things. Even if it is difficult to have a stable sleep schedule, teenagers always find a way to use their phones before bed. To them, it's a time of relaxation which allows them to settle in. But in reality, the blue light emitting from devices can mess with the body's natural sleep signals. The blue light can suppress the production of melatonin, a hormone that helps you regulate sleep. Giving yourself breaks before going to bed, away from electronic devices, will allow melatonin production to be constant and help you sleep once you actually decide for bed. This along with creating a consistent sleep schedule, a relaxing bedtime routine, and a calm sleep environment can all help with getting rid of the sleep deprivation experienced by teens across the US.

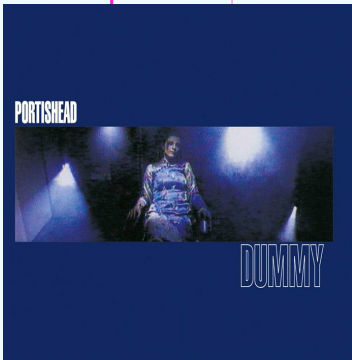
# ENTERTAINMENT

## MUSIC

*By: Maksym Chase*



### THREE ALBUMS YOU SHOULD LISTEN TO THIS WINTER:



#### **Dummy - Portishead**

"Dummy" by Portishead is an electronic trip-hop album filled with psychedelic and cold songs. The album ranges from being mellow and jazzy on songs like "Biscuit" and "Mysterons" to containing soulful and melodic moments on songs like "Glory Box" and "Strangers"

**Personal Favorite Song** - Sour Times

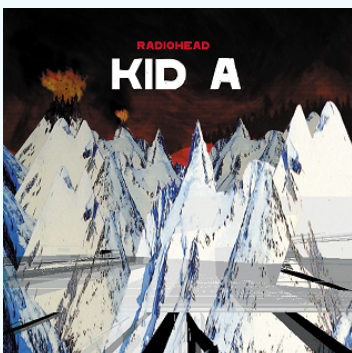
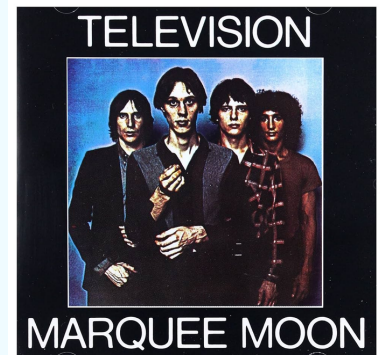
**Most Popular Song** - Glory Box

#### **Marquee Moon - Television**

"Marquee Moon" is a classic Art-Punk album by legendary New York band Television. The album is incredibly technical and rhythmic while simultaneously featuring anxious and poetic vocals/lyrics by frontman Tom Verlaine.

**Personal Favorite Song** - Marquee Moon

**Most Popular Song** - Marquee Moon



#### **Kid A - Radiohead**

The fourth studio album from the legendary British band Radiohead, "Kid A" is hard to pin down as one genre because of its diverse yet cohesive nature. It features influence from IDM artists such as Aphex Twin and Autechre, but also takes inspiration from the greatest jazz musicians of all time, such as Charles Mingus, Alice Coltrane, and Miles Davis. The whole project is cold and nocturnal, and is an intricate take on modern music.

**Personal Favorite Song** - Everything In Its Right Place

**Most Popular Song** - Everything In Its Right Place

# TOP TEN SAD MOVIES

By: Gianna Ingenito & Aubrey Earle



## 1 The Notebook

The Notebook - This movie, deemed a tender story, is about the enduring power of love, starring Rachel McAdams and

Ryan Gosling. A man & woman fall in love but cannot be together. The man keeps a notebook with him, journaling all his life and significant times with the woman. In the end, she develops dementia and everyday, he reads her the notebook to render her memory of their times together.

## 2 Dead Poets Society

This 1989 coming-of-age film starring Robin Williams, playing the new English teacher in an all-boys prep school. The school is known for its high standards and old traditions and as a result, the boys are under a great deal of pressure from their parents and teachers.

## 3 My Girl

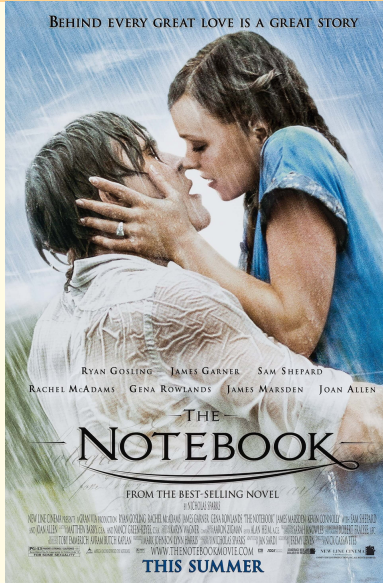
Vada's mother passed away giving birth to her. Her father runs a funeral service at the family's house. The kids at school think she's weird, but she has one best friend, Thomas. However, as the story progresses, Thomas is met by some unfortunate events...

## 4 A Dog's Purpose

A dog discovers the meaning of life through various reincarnations and what it is like to experience love and laughter. In one of his past lives, he meets his owner from his first life all over again and realizes the feeling of love.

## 5 I, Tonya

This movie is based on the true story of Tonya Harding, a dramatic film starring Margot Robbie, and covers her sports scandal that "rocked the world" during the 1994 Olympic Winter games. After her skating rival was clubbed in the knee, Tonya and her ex-husband Jeff Gillooly fell under suspicion.







## 6 The Perks of Being a Wallflower

This Coming of Age film is a personal favorite and highly recommended. Charlie starts at a new highschool in his freshman year and struggles to make many friends until he befriends Patrick (Ezra Miller) and Sam (Emma Watson). Accompanied by a sick soundtrack, It focuses on Charlie's adolescent experimentations and every aspect of his new life in an unfamiliar environment.

## 7 Me Before You

A heartbreaking love story following the life of main character Louisa Clark, a bubbly 26 year old girl with a wild fashion sense. Her whole life is changed when she is hired to work for a wealthy, paralyzed man who has no interest in living any longer. He seems perpetually angered at the world until Clark turns his life around and they fall in love.

## 8 The Florida Project

A poignant and raw drama that explores the lives of marginalized communities living in the shadows of Walt Disney World in Florida. The film follows the adventures of a precocious 6-year-old girl named Moonee and her young mother while they navigate poverty, resilience, and the harsh realities of their transient lifestyle in the vibrant but precarious world of budget motels. The film beautifully captures the innocence of childhood and is juxtaposed with the struggles of adulthood, offering a powerful and emotional glimpse into a rarely seen side of the American dream.

## 9 The Boy in the Striped Pajamas

A heartbreaking Holocaust drama that revolves around the unlikely friendship between an 8-year-old German boy, Bruno, and a Jewish boy, Shmuel, both imprisoned in a concentration camp. The film explores innocence, ignorance, and the tragic consequences of prejudice as it unfolds through the eyes of the two young boys. The movie ultimately delivers a powerful and devastating commentary on the horrors of war and discrimination.

## 10 Titanic

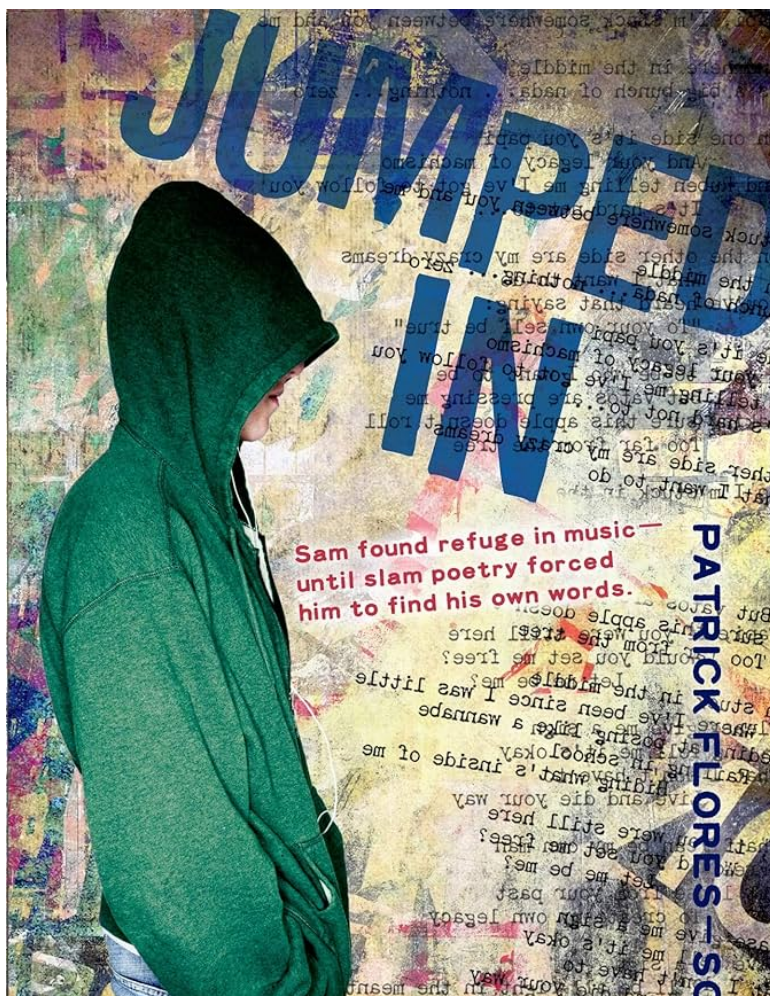
An epic romantic drama directed by James Cameron, set against the backdrop of the ill-fated maiden voyage of the RMS Titanic. The film follows the love story between Jack Dawson, a penniless artist, and Rose DeWitt Bukater, an upper-class young woman. The grandeur of the ship, a tragic iceberg collision, and the heartbreaking sacrifices made for love contribute to the film's iconic status in cinematic history.



# BOOK REVIEW

**Jumped In, by Patrick Flores-Scott**

Jumped In, by Patrick Flores-Scott, is about a boy who has become very shy after many tragedies, making it his personal goal throughout highschool to become completely invisible. Sam (the main character) was stripped away from his comfortable life in his childhood town where he and his friends grew up fascinated by old bands and fantasized creating their own band. Having to adjust to a new school with classmates and teachers he had never met before enabled him to pursue his new goal of becoming invisible. His homeroom teacher, Mrs. Cassidy, teaches poetry throughout the story, but Sam was too focused on the rules he had created that would allow him to go completely unnoticed to pay attention to her lessons: Don't be late to class, don't ever look the teacher in the eye, and develop your blank stare. He had never broken any of these rules until a new character, Luiz, was introduced. At first, Sam was angered by Luiz's arrival but soon after, he realized Luiz had the same goal as him: to become invisible. Luiz is portrayed as a dangerous gangster with a "gangster scar" on his face, which frightens Sam and the rest of his classmates. Throughout the story, the reader is given little snippets of poetry all signed "Luiz Cardenas", giving the reader insight into Luiz's life. Sam's world was turned completely upside down with Luiz's actions affecting Sam's ability to stay invisible. The two of them begin to get noticed more and more when one day, a big project is announced called the "Poetry Slam". Mrs. Cassidy begins to catch onto their attempts at becoming invisible and makes it her goal to get them to participate, so she begins to call on them every day. Luiz catches on to her scheme and turns to Sam, who is petrified of Luiz, and asks/tells him they are going to work together on the poetry slam. Against his better judgment, Sam agrees and begins to regularly work on the project at Luiz's house. Sam gets to know him better and eventually, they become friends. Luiz challenges Sam to face his fears and

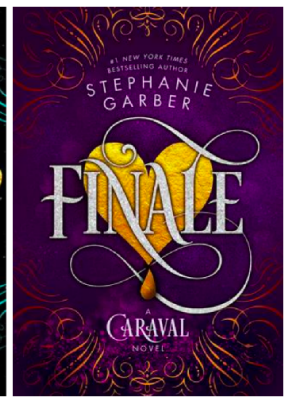
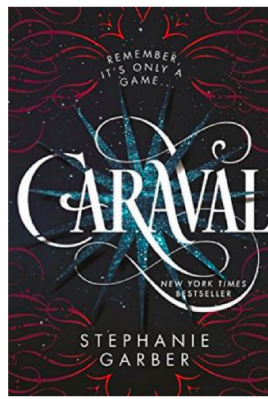


ironically helps shape him into someone who actually does homework and is no longer home in bed sleeping at 6 every night. Eventually, the day of the Poetry Slam rolls around, but Luiz is nowhere to be found. The last thing anyone has heard from him is from a letter left on top of a recorded disc. Luiz explains how he cannot make it but he encourages Sam to go on alone, alongside the disc he made for Sam. Sam faces his fears once again and presents his poetry for the class, feeling proud and accomplished but also sickly worried about Luiz. Days go by and Luiz does not return, so Sam and some classmates hang up posters and call the cops to try to find him. Sam goes back to Luiz's apartment, but he is nowhere to be found. Instead, he is greeted by many new people. One in particular tells Sam that Luiz occasionally is at the hospital. Worried, Sam immediately sets off to the hospital only to find out Luiz has passed. It was later revealed that the scar on his face was from a tumor, the cause of his death. Sam carries on with the life lessons Luiz had taught him, became closer with his family, reconnected with his old friends, no longer tries to be invisible, and is writing poetry in memory of his first friend in his new school district.

# Lynch's Corner



BOOK REVIEW



Caraval takes us on a wild ride into a dangerous world filled with magic, mystery, and deception. The setting of this story is a legendary and immersive game. Scarlett Dragna knows of the game from her grandmother. Her sister, Tella, becomes involved with a mysterious stranger and Scarlett has to embark on a quest to find her within the enchanting and perilous confines of Caraval.

Garber's writing draws the reader in with her vivid imagery and intricate world-building, transporting the reader to a place where nothing is as it seems and every twist and turn keeps the characters (and the reader) guessing. The author blends together elements of fantasy and suspense to create a spellbinding atmosphere that is both alluring and dangerous.

At the heart of the story are some complex and compelling characters each with their own secrets and motivations. Scarlett, as the protagonist, takes the reader on a journey of self-discovery that is both relatable and poignant. Her relationship with her sister, Tella, adds an emotional depth to the narrative, increasing the stakes higher as Scarlett tries to navigate the treacherous game of Caraval.

Caraval is a mesmerizing story that will leave you breathless with its twists and turns and also quite possibly wanting to read the next installments in this exciting series. These two titles that follow Caraval are *Legendary* and *Finale*. Garber has crafted a dazzling tale of magic and adventure that is sure to capture the imagination of any reader. I know it did for me (and for many in our book club!).





## Movie Review

# NIMONA

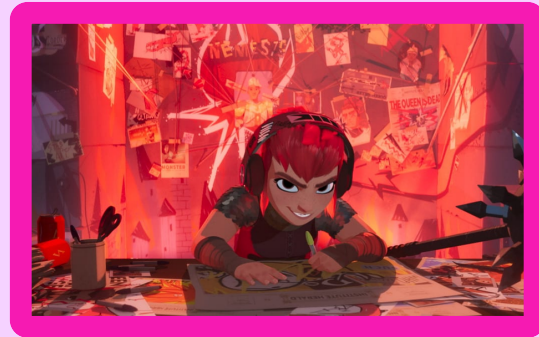
Josie Attisano

Released in 2023, the Netflix produced film *Nimona* is a stunning, touching, and hilarious breath of fresh air. Starring a shapeshifting and spunky villain with vibrant pink hair, it follows the story of Nimona and her new acquaintance Ballister, an underappreciated goody-two-shoes knight who works for the Institute - the government of the massive city. After an unexpected event, Ballister, becoming public enemy #1, teams up with Nimona as they traverse through a city whose leader is out to get them.

While *Nimona* was released in June of 2023 on Netflix, it originated as a Webcomic on a social media platform called Tumblr. The original Webcomic was produced by ND Stevenson in 2012 and immediately gained a huge fan following throughout its gradual releases. Seeing it progress from humble beginnings on Tumblr to getting its very own Netflix movie must have been an incredible experience for Stevenson. This in itself is very inspirational for independent artists who are looking to make their names and stories heard.

The artwork in this movie is absolutely incredible. The original Webcomic's style is really visible in the 3D movie's artstyle, and it has been advanced even further than it was, in a really tasteful manner. The character designs of this film are made incredibly expressive, through the excellent and fluid animation. With tons of action, the setting of the movie is beautiful and unique, it being a futuristic city full of medieval influences.

This movie is full of comedy, action, fun, beautiful visuals, and heartwarming moments of acceptance of who one truly is. I completely recommend this film and it is honestly such a refreshing watch that will leave you with the same floating feeling that you get when you leave the movie theater.



**Oscar-Nominated Best  
Animated Feature!**



# NARUTO

-ナルト-

# REVIEW

This action and fantasy story *Naruto*, written by Masashi Kishimoto, quickly became popular and for a pretty good reason. This story has won many accolades such as: The Spanish Manga Barcelona award for the shonen category in 2010, the Quill Award for graphic novel in 2006, it was nominated as favorite Manga series in Nickelodeon Magazine's 2009 Comics Awards, and nominated in 2015 for the 19th Tezuka Osamu Cultural Prize. The series has sold more than 250 million volumes in print globally. *Naruto* is a very captivating read that takes you into the life of 12 year old Naruto Uzumaki. With this manga, it is almost impossible not to get attached to all the characters and, in my personal experience, I had a deep connection to each and every one of them. The story takes place in a village called Konoha, where Naruto and his companions learn and train to become shinobis and kunoichis (male and female ninjas). It takes you through all the missions and journeys Naruto goes through as he tries to become the Hokage (the leader and strongest of the village). He makes many friends while facing death at almost every corner. Naruto is assigned to a team with his sensei Kakashi, his rival Sasuke, and his crush Sakura by the ninja academy. As the rivalry continues, ironically, their friendship begins to grow. Naruto trains to climb the ranks within the village, as he clashes with many rigorous opponents. He becomes a Genin (junior ninja), and begins his first official mission: having been tasked with protecting a civilian in danger. The different missions rank from D, C, B, A, and S, increasing the difficulty in this order. This particular mission was a C ranked mission, but that seems almost too easy for the clueless but fearless Naruto Uzumaki. People of all ages should definitely give this story a read as it enables you to experience Naruto's life and can teach you many valuable life lessons. For example, It teaches you that improvement will take time. Failing once doesn't mean you should give up. Learning from your mistakes and failures is what makes you stronger. It also teaches you the values of trust, loyalty, and reliability of those around you. It teaches you that sometimes you need to walk in someone else's shoes to truly understand their life and learn not to be judgmental of people based on how they express themselves. It teaches you that nobody is ever truly alone. That hardwork and dedication can get you immeasurably farther in life. See where his story takes him as he travels across 5 treacherous nations, meets many new people, and embarks on his journey to become the strongest shinobi!





# BREAKING BARRIERS



Many people have played with or bought a Rubik's Cube in their life, but most have never solved it thinking it was impossible. Max Park is currently the Cubing World Champion, smashing many cubing records and holding the 3x3x3 world record with a 3.13 second run. But how exactly did Max get to fame?

## The Beginning

When Max was young, he would never listen to anything his parents told him and he was always hyper-focused on whatever he was doing. Max' parents, Schawn and Miki Park, believed that something was wrong, so they took him to the hospital to see what was causing all of this. When Max went to the

neurophysician, he officially diagnosed Max with Autism. His parents found this devastating, as they thought that Max wouldn't have a future ahead of him due to his condition, and that he would need assistance for the rest of his life.

Miki Park, Max's mom, would try to talk with him, but that wasn't easy as Max was in his own world. She knew that there was a reason for all of this and that she shouldn't give up, even though he would completely ignore her. So instead of trying to interact with him, she would just copy what he did, and by doing this she would be showing Max that she was there for him, and would always be there. Later, when Max and his mom were playing with a toy telephone, he started to say "Hello!" and he held her hand. This showed that he was starting to open

up to her, and would be the point where Max started to open up his world and interact with people. His parents were very happy now that Max would play with them and that they could understand each other.

## Picking Up the Cube

As a kid with autism, Max lacked fine motor skills, which meant that he had a hard time using his fingers to do normal stuff like picking stuff up and writing. So Miki decided to go on YouTube and teach Max how to, you guessed it, solve the Rubik's Cube! This would be great as this not only served as therapy for his fingers, but a fun hobby that Max did to connect with his mom. Max easily got glued to Rubik's Cube's and got better and better the more he did it. Max's ability to solve the Rubik's Cube showed that even someone with a life-hardened condition can be great at something.

When Max was around, he had trouble performing proper social cues like eye contact, friendly gestures etc., so this made it hard for him to make friends. But at Cubing Competitions, it was different because Max was able to talk to people who also cube and understand what he loves to do. This place where you have friendly people of similar interests all joined under one roof made all the difference for Max. He was able to not only better socialize with people, but also learn how to make eye contact, something that was very uncomfortable for him. One friend that was important to Max was Felik Zemdeg. He was the only other person to be able to beat Max's world records, beating each other's records left and right. Even though they were shown as the two biggest rivals in cubing, they maintained a strong friendship.





## The Competition

In 2019, when the 10th World Cubing Championships were held in Melbourne, Australia, Max Park had gotten 5 World Records already in previous events. The last event, and the biggest one, was the 3x3x3 average. This event has you solving 5 cubes and the time will be the average of them all. Max, despite dominating in the other 5 events he did, got 4th place in this event. He beat his friend Felix by .01 seconds, making Felix 5th place. Although Max had already won 5 events, his mother noticed how he looked at Felix. Max could tell that he was upset that he didn't win any event. When she saw this, she realized that Max cannot express what he wants to say to him as he couldn't find the words to what he wanted to say. This shows that despite winning many records, Max cared for Felix since he felt sorry for him, and this was where Max was able to understand other people and how they felt. This experience with cubing was not for Max only to win, but to help him connect with other people, understand them and to know that he has people who care for him.



## Recipes from the **Krusty KROB** *Energy Bites*



### *Ingredients*

- Shredded Coconut
- Creamy Peanut Butter
- Ground Flaxseed
- Chocolate Chips
- Honey
- Honey
- Vanilla Extract
- Chia Seeds



### *Directions*

1. Stir all ingredients in a large mixing bowl until fully combined
2. Cover the mixing bowl and chill in the refrigerator for 1-2 hours
3. Roll the mixture into 1 inch balls
4. Serve and enjoy! It is recommended to serve immediately

You can also make this mixture into energy bars. If you're having trouble rolling them into balls add a bit more peanut butter. You can also omit peanut butter and add a different nut or seed butter if you prefer.

# Recipes from the **Krusty Krab**



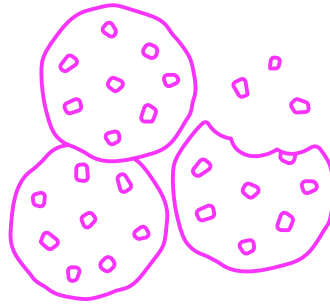
## **Vanilla Butter Sugar Cookies**

### *Ingredients*

1-1/2 cups butter, softened  
1-1/2 cups sugar  
2 large eggs, room temperature  
2 tablespoons vanilla extract  
4 cups all-purpose flour  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon cream of tartar  
frosting:  
1-1/2 cups confectioners' sugar  
3 tablespoons butter, softened  
1 tablespoon vanilla extract  
1 to 2 tablespoons 2% milk

### *Optional Ingredients*

Food coloring  
Sprinkles/ Sugar Pearls  
Colored sugar



### *Directions*

#### Cookies

Cream butter and sugar until light and fluffy, 5-7 minutes.

Beat in eggs and vanilla.

In another bowl, whisk flour, salt, baking soda and cream of tartar.

Gradually beat into a creamed mixture.

Refrigerate, covered, for 30 minutes.

Preheat oven to 350°. On a lightly floured surface, roll dough to 1/4-in. thickness.

Cut with floured 2-1/2-in. cookie cutters.

Place 1 in. apart on ungreased baking sheets; chill in refrigerator for 15 minutes.

Bake 10-12 minutes. Cool on wire racks.

#### Frosting

Beat confectioners' sugar, butter, vanilla and enough milk to reach desired consistency. If desired, add a few drops of food coloring.

Cut a small hole at the tip of a pastry bag or in a corner of a food-safe plastic bag; transfer frosting to bag.

Pipe decorations. Sprinkle with colored sugar or decorate with sugar pearls.

