

RUNE STONE



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editor's note

Hello reader!

Here's to the 14th Edition of Runestone! We have a bunch in store for you this edition, including some movie reviews of some old-time favorites—Kung Fu Panda will always hold a special place in my heart—a few articles on the college application process as a farewell to application season, and the inside scoop on Mendon's very first Plant Club!

We have also decided on a little rebranding: we no longer are a newspaper, and instead, have decided to label ourselves as a magazine (of sorts). With all our op-ed pieces, we decided the best way to go about this was to rebrand, so...(drumroll please)...introducing Runestone! Just now without the newspaper part.

As always, we welcome you to submit to pmhsnewspaper@gmail.com. (Unfortunately, we cannot change our email address, but just know we are now just Runestone.) We would always love to feature your unique voices!

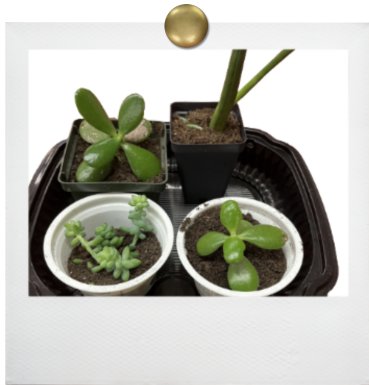
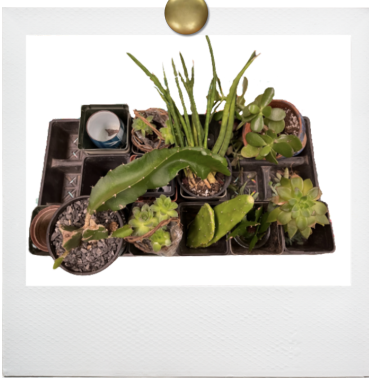
Now go read about why Cars is a masterpiece and then go watch it, so Josiah won't be disappointed in you.

Happy reading!

● angel tang '23
london lindley '24

plant club

London Lindley



New to Mendon is Plant Club! Run by Mrs. Waterbury, the club is an amazing group for anyone who loves plants or is interested in discovering more about them. Every meeting there is a new theme tailored to a specific skill or type of plant. You will learn how to properly cut and pot plants as well as how to care for them. Every meeting plants are taken home by the club members while others are dispersed around the school for everyone to look and care for.

I'm a part of Plant Club and in my opinion, the best part is the welcoming and supportive community and the collaborative and hands-on work that you do. Every meeting you are guaranteed to learn something new and gets your hands dirty.

When asked why she loves Plant Club, Mrs. Waterbury shared that "it's the only club [she's] been involved in that requires NOTHING (no money, no competition, no paperwork) but the love of watching things grow." She's noticed that "all students who come to the meetings may enter nervous about who they'll know there, but leave smiling.... It sounds goody-goody-simple but that's the joy!"

Next meeting will be held on **January 24th** in room 228! We will be doing a plant decorating activity. All are welcome!!



sincerely, lena

What is the best way to balance school life and friend life?

Being able to maintain high grades while keeping up strong relationships with friends can be difficult, as both can require a lot of work! Especially as the year goes on and work gets more intense, making time to spend with friends can become challenging. One way you can keep in touch with your friends while being productive is doing homework or studying with them! It is a very easy way to stay in touch while being productive. In my experience, doing work with a friend makes it easier and helps me stay on track, and still being able to talk and have fun makes it a win-win.

If you can't hang out in person each day to do work, you can always facetime! If working with friends isn't for you, the next best solution is to keep at least one afternoon a week that you know you will be free to spend time with friends. Whether it is a weekend or weekday, having time set aside for your friends will keep your relationship running smoothly. Although finding time to spend with them can be hard, friends are your support system, so it's worth it to find a way to do so!

How to tell if a door is push or pull?

A question that continues to plague humanity to this day. Some doors will specify whether or not to push or pull, but for the doors that don't it is a 50/50 chance. The best way to deal with this issue is to try both ways, if it doesn't open with a push, it is probably a pull! If it's neither, jump through a window.

Sincerely, Lena

COME FROM AWAY

The Remarkable True Story

Sarah Dailey

"Come From Away" is the remarkable hour and a half musical documenting the stories of the 6,579 airplane passengers that landed in Gander, Newfoundland after the events of 9/11. After the fall of the Twin Towers, the Federal Aviation Administration (FAA) shuts down airspace, forcing all flights inbound from Europe to land in Canada. 38 of the 4,000 planes in the air at the time land in a small town called Gander, with only 10,000 occupants. From the sheer kindness of their hearts, the 'Newfoundlanders' rush to provide bedding, food, and drink to the "Come From Aways" as they navigate the world after such tragedy. Cultures clash as the whole world finds shelter within the small town.

The short musical addresses many anxieties facing not only the United States, but the entire world post-9/11. Rather than focusing on the typical themes of American exceptionalism, the musical focuses on how the death and destruction brought on by the attack effected every heart the world.

With only a 12-person cast and 8-person band, it is remarkable how such an emotional story can be portrayed through so few people. Every tear, gasp, and breath of relief is felt by the audience through their emotional performance. The outstanding Celtic, folk-rock score is as addicting as the performance itself.

The themes of generosity, selflessness, and compassion remain in the hearts of the audience long after they have left the theater. During one of the darkest hours in history, humanity was faced with an unprecedented challenge, and it prevailed.

This musical is must-see. It left me crying, laughing, and everything in between. It's easy to fall in love with the actors and the people they play on stage. It's also easy to feel drawn into the story: most of the time I felt like I was on-stage with the actors. The music itself was beyond outstanding, and I cannot get the songs out of my head. The authentic, raw emotion of the musical follows you long after the curtains close. If you have the chance, I beg you to witness this remarkable story.



The cast puts their heart and soul into this remarkable story of selflessness.



Original cast member Jenn Colella in a scene from "Come From Away"



SPIRIT WEEK

by Leixi Chen

monday: RAINBOW



We started off the week with a fun and easy spirit day to partake in. Students wore tie-dye or very colorful clothes as they tried (and succeeded!) to truly encapsulate the "rainbow" aspect of Rainbow Classic

What was the idea behind your outfit?

Taylor: The idea behind my fit was tie-dye, since it's rainbow day. And for me, I definitely have a "go big or go home" mentality.

What was your favorite spirit day and why?

Taylor: My favorite spirit day was Mendon Madness, because a lot of people were matching, and it brought our school together in some way.



TWINTuesday:

Students wore matching outfits with a friend!



"We wanted to find something that everyone had in their closet, but also something comfortable."



WINTER WONDERLAND wednesday:



What was your favorite spirit day?

I think Wednesday was my favorite, because a lot of creativity went around with the sweaters. A couple of them lit up and it was cool to see them in the halls. I also don't mind being able to wear pajamas to school.

thursday: MENDON MADNESS



In preparation for the Rainbow Classic game, students wore their Mendon Madness shirts - as we get ready for Mendon to destroy Sutherland.

**LET THE MADNESS
BEGIN!**



Our mascot, the Viking.



Musical chairs challengers pose around their battlefield after the game.



A heated wrapping-paper challenge commences during the pep rally.



The pep band triumphantly plays as students trickle into the large gym.

ED

● EMERGENCY DEPARTMENT,
● OR EARLY DECISION?

Careena Sondhi

Mid-December. For most of you, you're counting down the days until winter break, or pulling all-nighters studying for tests. Maybe you're decorating for the holidays or exchanging gifts with your friends. But the Class of 2023—our beloved senior class— is stressfully checking every email notification and logging into application portals everyday looking to see if they've been accepted into the college of their dreams. You're probably wondering why I've mentioned the Emergency Department. Obviously, the shortcut is ED, but for anyone who's ever had to go there, it's a chaotic place. Just like every senior's brain right now.

For those of you who haven't yet had to endure the struggle, ED stands for "Early Decision." When applying early decision, not only are you applying earlier than everyone else and hearing back earlier, but if you get accepted into that college, you are legally bound it go there. This is why most counselors recommend only applying ED for the "college of your dreams," as ED shows that you are in a higher level of commitment than others. Also, the number of students who apply ED is much smaller than Regular Decision, and sometimes, this means you have an "easier" chance of being accepted as there are less students to compare you to, but it really depends on the college.

There's also an ED I and ED II. If you apply ED I and don't get in, then you can apply ED II to a different college. ED I applications are generally due around November 1st, and notifications of acceptance are around Mid-December (the week I'm writing this). ED II applications are due around December and notifications are in January. Regular Decision is a lot more variable: Cornell's regular applications are due January 2nd, but SUNY Geneseo's are March 1st. With Regular Decision, students will be notified of their acceptance sometime in spring (March-April).

Now that you know what's going on in the land of college application hell, let's check in to see how my classmates are doing (for those of you who don't know me, I'm also a senior). *(See receipt to left)*

COMMENTS FROM CLASS OF 2023

QTY ITEM

- | QTY | ITEM |
|-----|--|
| 01 | "I'M FEELING REALLY NERVOUS, BUT I THINK I HAVE TO GO INTO IT THINKING I'LL GET DEFERRED. MAYBE THEN IT WON'T BE TOO DISAPPOINTING WHEN THAT ACTUALLY HAPPENS." |
| 02 | "I HOPE EVERYONE GETS IN, AND IF YOU DON'T GET IN, IT'S BECAUSE THAT COLLEGE DOESN'T DESERVE YOU." |
| 03 | "IT'S PRETTY STRESSFUL. I APPLIED ED TO NAZARETH SO I'M PRETTY SURE I'LL GET IN, BUT YOU KNOW, ANYTHING COULD GO WRONG!" |
| 04 | "IT'S SO STRESSFUL!!" |
| 05 | "NOW THAT THE DECISION IS A MERE FEW DAYS AWAY, THE STRESS IS RAMPING UP. I HONESTLY JUST DON'T WANT TO GO BACK TO APPLYING TO A BUNCH OF SCHOOLS AGAIN - THE PROCESS IS SO DRAINING, AND THE FACT THAT SO MANY PEOPLE KNOW WHERE I APPLIED EARLY AND WILL KNOW I'VE BEEN REJECTED JUST ALSO SEEMS SCARY." |
| *06 | "WELL IF YOU DON'T GET INTO THE COLLEGE YOU WANT, YOU CAN ALWAYS COMMIT ARSON!" |

ITEM COUNT:

6

RUNESTONE DOES NOT CONDONE ARSON OR ANY OTHER CRIMINAL ACTIVITY

CARD #: **** * 2023

CARDHOLDER: CAREENA SONDHI

THANK YOU FOR ANSWERING!



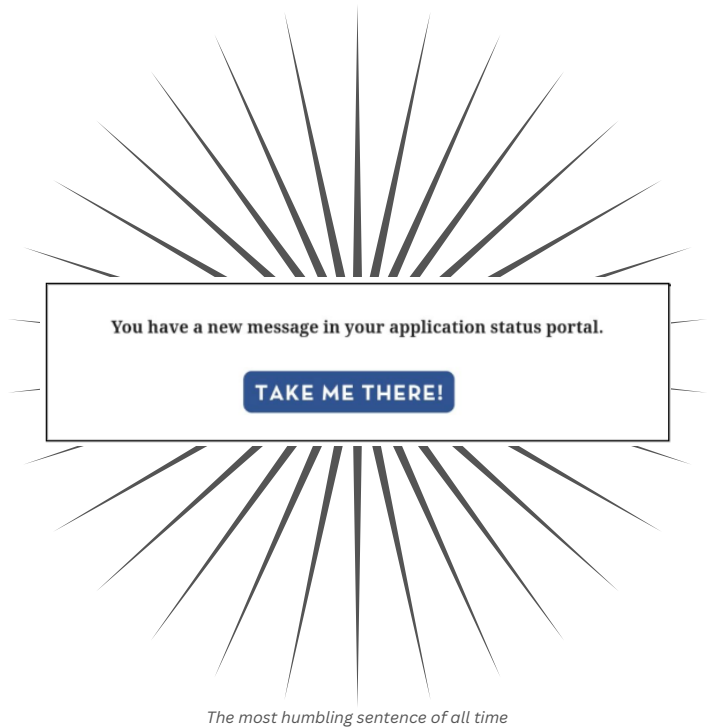
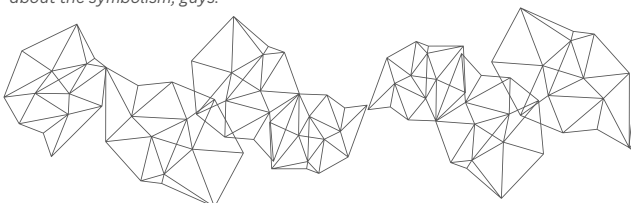
Yikes! Those are some stressed seniors! The ever-increasing problem with college and their applications—aside from the cost but that’s an article for another day—is the stress. Especially at Pittsford, where students face high standards, the chaos of emotions are only exacerbated. Most of the people I know have applied to at least one Ivy League, if not more. Knowing that in itself spikes the pressure of “What if I can’t get in?” but also, and more importantly, “What if I can’t get into a top-class school?”

It can be hard to feel good for getting into a SUNY when one of your friends got into an Ivy League, but either way, you both got into college! At the end of the day, you’re both receiving an education that will fuel your career, whatever that may be. And yet, some students feel embarrassed about going to a SUNY, despite some of the very real benefits that come with them.

Everyone here seems to go for the “top” schools, which also come with a top-class price tag. Many other seniors have expressed feeling that they’re applying to certain schools because they feel like they have to. Whether because of parents’ friends, or the school environment, we crave validation through the number of AP classes we’re in or the college we get into. Even I crave that validation of getting into a difficult school, and just feeling that I was good enough for them - even though college applications aren’t rejected because you’re “not good enough.” It’s a confusing whirlpool of feelings; you feel bad that you sound so arrogant and prestigious, but at the same time, you feel that you’re lower than everyone else if you don’t get into the fancy school, even if you know that’s not true.



The ambulance represents every senior the second they get an email. It's all about the symbolism, guys.



Getting rejected from a college, or even applying to non-Ivy colleges can make students feel bad, which is crazy! (And yes, I’m a hypocrite for saying this even though I feel differently when it applies to myself). We have to stop focusing so much on what college you didn’t get into, and more into the one(s) you did. The Class of 2023 is filled with amazing people, and they’re not amazing because of the school they’ll get into, but because of who they are. It’s easy to lose sight of this in such a stressful time when people are literally crying over college admissions.

It’s been a rough ED week for many people, but also a great one for others. Congratulations to all those who got into their schools: you’re amazing! And to all those who didn’t get into their top schools, guess what? You’re just as amazing! You’re not worth any less for not getting in, and trust me, we all get like 30 emails a day from colleges that beg us to apply, I’m sure we’ll get accepted somewhere.

And for those of you that aren’t seniors, give the seniors you know a hug, or some chocolate (preferably both). Be a little extra kind to us this time year, as we scramble to fill out more college applications, and get ready to receive more notifications come this spring. But now that ED notification week is more or less over, please take the winter break to relax and just have a nice time. Seniors or not, we all deserve a break from high school. Yes, even our teachers. Happy Holidays everyone!

MHS WINTER FASHION

A Season of Unlikely History and the Revival Y2K

Elena Lesniak

Dearest Reader,

In the previous edition, I focused on a different type of fashion: runway fashion. However, I think it's time that we look at what's most popular within MHS. With so many varying aesthetics and styles, I thought it would be fascinating to take a deeper dive. I hope that you're able to take something from this article, even if you wouldn't wear any of it.

PUFFER JACKETS

Originating in the mid 1930s, the puffer jacket was originally designed as a means to keep warm for extended periods of time. Specifically, the OG puffer jacket was not designed by Aritzia (surprisingly), but instead Eddie Bauer.

Named "The Skyliner," Bauer designed puffer jackets to keep the wearer warm amidst frigid temperatures. They "encased down feathers within quilted fabric [and it] was created out of personal necessity after Bauer nearly lost his life to hypothermia whilst on a fishing trip in mid-winter" (Marshall). However, it saw many revivals before becoming the piece that we know it as today.

Following its creation, the puffer jacket continued to serve as a utilitarian piece during the 1940s. But it wasn't until far later that it became the statement piece we know today.

In a homage to Bauer, Charles James designed his own rendition of the puffer jacket in 1937, featuring incredibly puffy shoulders and sleeves. Accentuated by the model, the design (*image to right*) appears to have almost been made of a sleeping bag. The jacket mimics a bed quilt that had been popular during the 30s. After experiencing an explosion of popularity in the 70s, many designers followed after this iconic design.

Designer Normani Kalami created her own puffer jacket out of a sleeping bag on a camping trip. In a moment of chilliness and panic, Kalami cut her own sleeping bag up, making it into a wearable coat to keep herself warm. It was dubbed "the sleeping bag coat." Ultimately, her witty thinking and eccentric design forever changed the puffer as we know it with puffy bold panels.

Approximately 10 years later, the 80s street style embraced this design with brands such as Moncler, and Armani. Furthermore, many Italian brands began to embrace a style mimicking Americana. As the name Americana suggests, many Europeans rocked an American-esque look that was far more popular in the West: with bright colors and patterns, these "modernized" sweater vests mimic what we see today.

Fascinatingly, these jackets for heavy duty warmth and workwear evolved to become fashion pieces, moving away from its initial functionality between the mid 80s to the 90s. It's become more of a statement, now, than a necessity.

In recent years I've noticed the puffer jacket become more and more popular. And quite honestly, I commend anyone that's been able to wear that without feeling like a marshmallow. While I can't rock one, why not give you a few suggestions on my personal favorites!!



Aritzia Super Puff Shorty \$225

Daily Ritual Mock Neck Jacket \$46

The North Face 1996 Retro Nuptse Short Jacket \$280

H&M Hooded Down Jacket \$149

UGGS



LL Bean Scotch Plaid Flannel Shirt \$60
 UO Brendan Drapey Flannel \$54
 Mango Checkered Frilled Blouse \$30

FLANNELS

As a consumer myself, I feel like finding the balance between comfort and fashion is important. Sometimes the most expensive option isn't the best one—and other times you pay for what you get. However, flannels provide the most amazing sensory experience, and often not for too much!

The warm yet light fabric of flannels provides an immense amount of comfort. Made from wool, synthetic, fiber, or cotton, the flannel has a long history. All the way back to 17th century Wales, flannel was created to keep textile workers warm. They created this piece by thoroughly brushing left over sheep's wool: the loose weave leaves a soft and warm texture for the wearer. As textile workers continued to make this design, it eventually spread to comfort farmers and eventually the rest of the working class.

As time progressed, this design proved to be of necessity and Hamilton Carhartt brought this from the UK to the US to improve the modern workwear of Americans. By 1890, Carhartt opened a factory in Detroit, Michigan to service the needs of blue-collar workers and industrialists.

As time moved forward, the flannel was associated with a "hard working man." Furthermore, during WWI, the flannel was utilized for undershirts, belts, and even for parts of the four-button uniform. Many soldiers had flannel sewn into their field jackets to provide comfort and warmth on the battlefield.

Representing pop culture and classiness, the flannel has lived many different lives: it became a quintessential part of grunge culture during the late 80s-90s, as well as business attire in the 1950s. In the early 90s, bands such as Alice in Chains and Nirvana popularized flannel as everyday wear. The "grunge-era" flannel continues to live on, even for outdoor wear.

While the modern flannel certainly does not serve its original purpose, it has evolved to be more adventurous and eye-catching than ever. Playful necklines, patterns, and buttons ultimately show the growth of the 17th century Wales flannel.

Ah finally, the last item: Uggs. While some people call them ugly, I think the right outfit can really show them off. Uggs were insanely popular in the early 2000s – it appears that Uggs have come back to stay for a while. I appreciate Ugg boots, and how they can create so much versatility and comfort within an outfit. However, for the price they're at, I wish that they had better weather or waterproofing.

The Uggs are the most recent piece of clothing that has truly left a mark on Gen-Z. Arguably, puffer jackets and flannels are nice; however, they lack nostalgia.

For the quite steep price, the inside of the Ugg is made of merino wool, while the outside is made of Grade-A twin-face sheepskin. In recent years many activists have reprimanded Ugg for their poor animal treatment and abuse. But the company denied these claims, stating their actions of monitoring animal welfare standards and understanding their environmental impact. Though many celebrities continue to place Ugg under fire for their animal cruelty claims, they don't appear to be lessening in popularity.

Uggs were originally created in Australia as a surfing shoe to warm their feet after surfing. Founded in 1978 by Brian Smith, the company became popular among competitive surfers and Australian teens alike. The inspiration for Uggs allegedly stems from sheep shearers, who wore shoes with wool insides. The purpose of it was to protect the feet of shearers from wool yolk, a tough wax.

In fact, when they were banned in public, they even became an act of rebellion among young individuals. But the biggest marketing move was bringing Uggs to the USA, where the classic boots became a part of the SoCal surfing culture. Similarly in 1994, the U.S. Olympic team wore Uggs, demonstrating their international outreach and impact.

While the majority of Ugg owners do not surf professionally, Uggs have become a sign of wealth and a fashion statement. Below, I'll include some of MHS' favorite pairs of Uggs and some more accessible alternatives!



Ugg Tazz \$120



Birkenstock Melrose Shearling Bootie \$200



Caramel Crowd Vegan Suede Shearling Boots \$46



Dearfoams Shearling Fur Slippers \$50



Ugg Classic Ultra Mini \$140

A BEGINNER'S GUIDE TO

FORMULA ONE

JOSIAH THOMAS

The pinnacle of motorsport. The fastest cars in the world. The most prestigious racing lineage. The greatest drivers of all time – welcome to Formula One. Boggling you down with the boring details of the sport (like the physics and engines and whatnot) won't be mentioned much here. This is the bare-bones basics of the sport: only what's essential to know before you gather your friends to watch the next race. First and foremost, no one really calls it Formula One in passing conversation – call it F1.

CARS

Starting with what makes this sport different: the cars. They're worth up to \$15 million, going over 200 miles per hour and cornering at ridiculous speeds. These cars don't look like the average road car: there are no doors, no windows, no center rearview mirror, no extra seats, and no fenders. The engines are turbocharged V6 hybrid engines which make approximately 1000 horsepower. The cars accelerate from 0 to 60 in about 2.5 seconds. The Drag Reduction System (DRS) is on the rear wing of the car. There are only very specific times when this device is allowed to be used: when a car is following by less than one second, and in DRS zones. The cars are filled with a maximum of 110 kg (242.55 lbs) of fuel which must last them the whole race.

DRIVERS

The drivers are (mostly) the best of the best, needing extremely fast reaction times in order to maintain their safety. Almost all of these drivers are professional because of their incredible abilities and successes in lower-tier racing. Why mostly? Because some people actually buy their way into the sport. This is not cheap, costing the “paid driver” a minimum of ten million to get a seat. Even with this money, they can only get into lower teams. The skilled drivers prove themselves and get seats with great teams. The highest paid drivers earn \$50 million per year, while lower ones approximately \$500 thousand per year.

TEAMS

The drivers race as teams of pairs. They have \$130 million to spend per year on research and development (R&D), which doesn't even include the salaries of drivers and team principals. Team principals are similar to a coach, but they manage every detail throughout the race and have full control over what happens. Underneath the principals are the race engineers who call out strategies and listen to analysts, who state other teams' strategies, in order to base their own strategy. If you ever hear “box, box” or “box and pit confirm, box and pit confirm,” this is the race engineer telling the driver it's time to come into the pit lane and change tires.

PIT STOPS

For these pit stops, there are crews who work on the car before and after each race, and the pit stops during the race. These crews consist of 20 people working on one car. With pit stops lasting approximately 2 seconds, it requires absolute precision and knowledge of where parts are. Pit stops vary in time due to a speed limit in the pit lane for safety reasons.

TRACKS

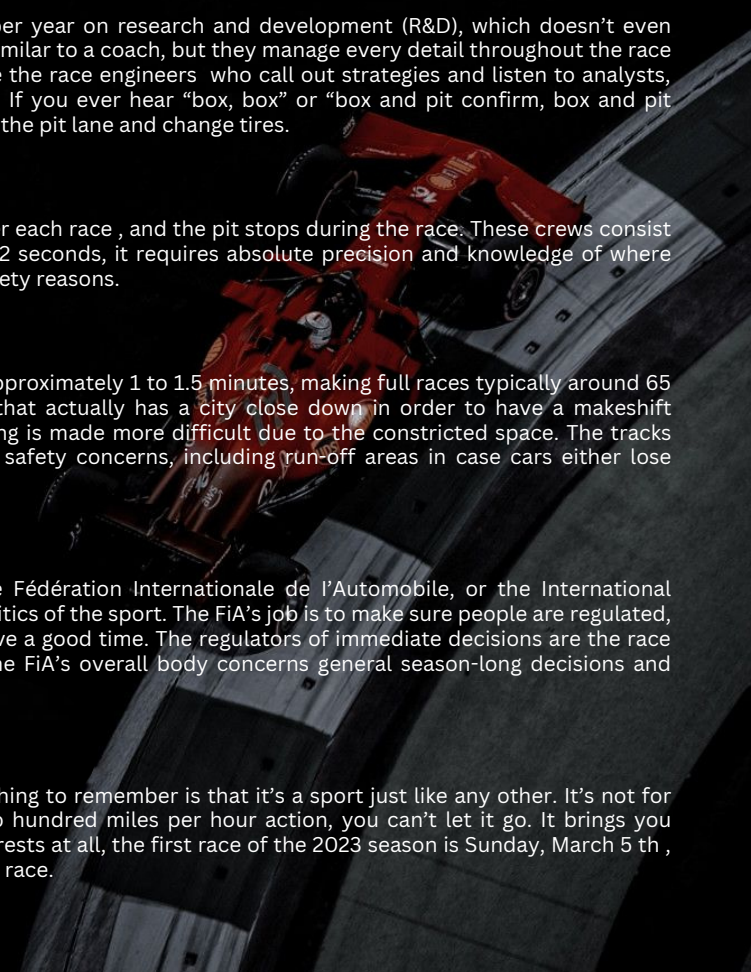
The tracks are several miles long, and a lap is usually accomplished in approximately 1 to 1.5 minutes, making full races typically around 65 laps. There are regular and street circuits. A street circuit is a track that actually has a city close down in order to have a makeshift racetrack. Races in street circuits are usually less entertaining as passing is made more difficult due to the constricted space. The tracks need to pass International Automobile Federation (FIA) standards for safety concerns, including run-off areas in case cars either lose control or crash.

GOVERNMENT

Well, not technically a government. The governing body of F1 is the Fédération Internationale de l'Automobile, or the International Automobile Federation (FIA): the very reason a lot of people hate the politics of the sport. The FIA's job is to make sure people are regulated, safe, and that the sport is fair. Their job is NOT to make sure people have a good time. The regulators of immediate decisions are the race directors and the “stewards,” which are the equivalent to referees. The FIA's overall body concerns general season-long decisions and appoints race directors and stewards.

THE FUN

Now I know this is a lot to take in all at once, but the most important thing to remember is that it's a sport just like any other. It's not for everyone, and that's okay. But once you're hooked on the rush of two hundred miles per hour action, you can't let it go. It brings you screaming at the TV in excitement and pure joy. If I've sparked your interests at all, the first race of the 2023 season is Sunday, March 5th, at 10:00 AM. I hope you enjoy it as much as I did when I watched my first race.



CARS

A MASTERPIECE FILM

Cars, a Disney Pixar film that came out in 2006, takes place in a world full of anthropomorphic cars and follows the journey of young hotshot Piston Cup racer Lightning McQueen as he tries to win the Piston Cup. Now I won't give away too much of what goes on, as I believe the plot is what gives this film its feel-good message. However, Lightning goes on a magnificent character arc during his journey towards his final race of his rookie season.

You're dropped into the final race of the Piston Cup: Lightning McQueen starts off as the most flashy and prideful of all the racers, as seen through his actions towards his competitors as well as towards his own teammates who are trying to help him win. He's so full of himself that drama ensues during the opening scene between him and his team, causing them to quit. Yet he's so confident that other people will want to work for him that he's not even worried about his team quitting.

Then, before the results of the title-deciding race come out, he starts daydreaming of his dream sponsor, all while ignoring the advice that racing isn't a one man show. McQueen doesn't even care that the advice came from a 7-time champion Strip "The King" Weathers, based off (and voiced by) Richard Petty, a real NASCAR champion. As time progresses and the results of the race are revealed, Lightning's self-centered behavior worsens, further focusing solely on being the first rookie to win the Piston Cup. Yet during a scene based off the first *Fast and Furious* movie, Lightning winds up in Radiator Springs, where his character arc finally takes off after he's been arrested for almost destroying the town. He starts to truly learn the meaning of success and that loneliness really isn't all that fun.

I won't give any more of the plot away, so, moving on to the voice acting. Which was stellar. Particularly, the dynamic between Owen Wilson (Lightning McQueen) and the late Paul Newman (Doc Hudson) is phenomenal. The dialogues are natural and flow easily, heated debates create some plot-building tension, and the comedic interactions bring joy to all.

Overall, *Cars* is a masterpiece not only for its plot but also for its innovation in animation. I must give props to the animators who nailed the visual representation of real emotions on the metal faces and modification of bodywork on all the cars. All the movements the cars perform are strikingly similar to those performed by the average person. Human mannerisms were actually analyzed by Pixar executives and implemented into the movie in order to bring even more life to these cars—and clearly this extra work paid off.

The level of emotion displayed in *Cars* is a big step up from *Toy Story*, which was released 11 years prior to *Cars*. The movie vividly paints the details of emotion for each individual character through its exceptional animation, and I don't just mean the main ones. Every side character or little interlude with background characters displays an insane amount of detail. To see a car from 1951 scoff at an insult is not usually the first thing that comes to mind

JOSIAH THOMAS

when discussing detail, but that scene was so natural and just adds to the prowess of the movie.

The plot of this movie has a true character arc and represents the essence of a feel-good movie that leaves you with a warm love and connection for all the characters as if they were your own friends. Flashbacks to traumatic events, high flying action, soul searching, self-awareness, love, anger, and fear are all packed into these characters to the point where their emotions become your own.

I loved the movie so much I watched it several times over – I think everyone should experience the heartfelt emotion while watching the final race and seeing all of the skills and lessons really being put into action. *Cars* is a movie that should be watched at least once (if not ten times).



Rena Li

QATAR

As the **2022 World Cup** drew its curtains to a close on December 18th, 2022, millions, and perhaps billions of people held their breaths during a nerve-wracking final. In what almost seems like a fairytale ending, or the end of a Hallmark movie, Argentina was the team to take home the coveted trophy. A variety of sources and fans on the internet have touted this final as not just one of the best finals, but one of the greatest football matches of all time. But it's hard to forget the other 63 matches, played across a span of 29 days. Some games were decided by mere seconds on the clock, with upsets stunning the world and new players making their name known.

In all, there's way too many games to describe them all. But one thing's for certain: the upsets of Qatar 2022 will surely go down in history. Only 3 days into tournament, Saudi Arabia stunned Argentina, the future winners, in the first game of the group stage. Saudi Arabia had previously been ranked 51st in the world, with Argentina at 3rd. Ignoring these numbers, Saudi Arabia managed to net 2 goals as compared to 1 from Argentina. The winning goal, scored by Salem Al-Dawsari was a contender for best of the entire tournament. He wrapped up the team's victory with a backflip right on the field, earning cheers from millions in the crowd.



WORLD

Another upset came from a hard-fought Japanese victory over Germany, a team with 4 World Cups under its belt. Takuma Asano's winning goal in the 83rd minute sealed the win, shocking the 2014 World Champions. Japan continued to blaze past Spain in the final group stage match, beating them 2-0 and entering knockouts as the top ranked in Group E. Germany would sadly be eliminated in the group stage for a second year in a row, but 2026 may bring higher hopes for their team. Two more upsets happened against Portugal, a team with the iconic Cristiano Ronaldo at the helm. South Korea unexpectedly beat Portugal 2-1, a high stakes game that would determine the group winner. In deciding the team to advance to semifinals, Morocco managed to beat Portugal 1-0 and send Ronaldo and the team home with a shocking loss. They were the first team to advance to the semifinals, a historical first on the world stage.

CUP

Another unforgettable game from the group stages is none other than England vs USA, accompanied heated debate over the correctness of "football" and "soccer" and comparisons to the Revolutionary War. This game became the most watched match on US grounds, netting 15.4 million viewers on FOX. Though this 1776 rematch ended with an anticlimactic 0-0 tie, a younger USA team managed to hold out against a stacked English roster, giving the nation hope for its future. The 2026 World Cup will have matches played on US soil, and the players would get their time to shine at home.





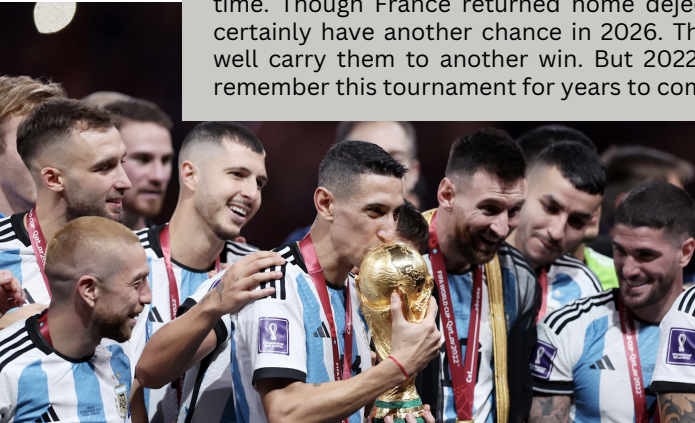
As its name suggests, the knockout stages were one chance to move on, a decisive outcome for the team's fate in the tournament. These stages were accompanied by more narrow victories and tragic losses. Netherlands and Argentina battled it out to a full 120 minutes, partly due to Weghorst's two game-tying goals and a last minute, under the wall free kick. The two teams would settle the battle in penalties, Argentina squeezing by with a narrow 4-3 penalty kick win. Penalties would go less favorably for Brazil, one of the top contenders to win the entire tournament. Brazil and Croatia were locked at a 1-1 tie, with overtime goals from Neymar and Petković. In penalties, Croatia won 4-2 and effectively brought an end to Brazil's glorious run in the World Cup. Just as a personal interjection, this was probably the saddest loss in the entire tournament for me. However, it was a well-deserved win for Modric, who would be playing in his last World Cup, and his team.



2022



I'm sure that everyone knows the outcome of the finals, given that the entire population rushed to repost Messi lifting the trophy. In my opinion, and many others may agree with me, this was one of the best endings to the best World Cup I've watched. Argentina faced off with France, the defending champions, in a hard-fought game almost reminiscent to their bout with the Netherlands. It seemed safe for Argentina, 2-0 at halftime, before Mbappe managed to net two tying goals within a minute. Though Messi would bring that score up to 3-2, Mbappe pulled off the unthinkable and scored a hat trick with a penalty at 118 minutes. The 23-year-old has often been called one of the best players of the new generation, and it was none other than Mbappe who almost single-handedly carried France to another victory. The game went to penalty kicks, and Argentina won 4-2 in a nail-biting session. Celebrations erupted around the world, with millions storming into Buenos Aires and crowds flooding into venues in other countries. To see Messi finally lift the World Cup, in his last game, was a flawless ending to a long journey. The idol of so many people around the world had completed his mission as one of the best, if not the best player of all time. Though France returned home dejected from their loss, the young team will certainly have another chance in 2026. Their strong roster and star player might as well carry them to another win. But 2022, was Argentina's time to shine, and we'll remember this tournament for years to come.



new year, same food

Careena Sondhi

Happy New Year everyone! I hope you've been enjoying the first Newspaper edition of 2023, and I'm here to welcome you back with another collection to my "Festive Foods" series. This time, it's all about the international foods of New Year's celebrations! Personally, my family just buys a cake or another sweet treat, but all over the world, there are long-held traditions to welcome the coming year. I will not be able to mention all of the foods and traditions, and there is definitely variation in how people celebrate across the world, so take this with a grain of salt. Let's get started!

First, we'll focus on European countries. First up, **Spain**! Now you may have learned about this if you take Spanish, but this food isn't exactly the first that comes to mind when you think of celebration. The food eaten for New Year's is grapes! Specifically, twelve grapes. The same way we broadcast the dropping of the ball on television, Spain broadcasts their clock tower. For every month of the year the bell tolls, and with each toll, people pop a grape into their mouth. If you only ate grapes on New Year's, after 30 years, that's 360 grapes! The beginning of this practice is believed to have started at the turn of the 20th century, which was about 1,476 grapes ago if I did my math correctly. The idea came from grape farmers, as in 1999 they'd had an unusually abundant crop, and what better way to celebrate the New Year's than making money, eating grapes, and possibly, drinking wine?

From Spain we'll travel East to **Germany and Austria**. We last visited Germany to discuss gingerbread, and this time, we're discussing a very different food. It's called a Marzipanschwein or Glucksschwein if you prefer. These little delicacies are shaped in the form of little pigs made of marzipan, as the name implies. They're a wonderful finish to the very real suckling pig that Germans and Austrians have for New Year's and Glucksschwein are known as "Good luck pigs". These little treats take animal crackers and dinosaur nuggets to a new level.

Interestingly, most pictures of these German delicacies show the pigs holding a leaf with a red spotted mushroom.



We now saunter up North to the **Netherlands**! We almost never get to hear about them during our history class, but maybe you can bribe the social studies office with these sweet New Year's Goodies. Their celebratory dish—called the Oliebollen—is similar to the American doughnut hole, except possibly better. Oliebollen are little spheres of fried dough, commonly filled with currants or raisins, and then dusted with a fine layer of powdered sugar. They're sold as a street food during other holidays and celebrations as well, and in Amsterdam, you'll find Oliebollenkraams, which are little huts that will sell you as much lovely fried dough as you need to keep warm on a cold Northern European night.

Right next door, we got **Denmark and Norway**! This dessert towers high like the skyscraper of desserts and is an impressive geometric feat. I present to you, the Kransekage: a tower of increasingly small cake rings that are perfectly shaped to sit atop one another to form a cone like shape. The cake is often made using marzipan and can even hold treats in the center! Often, the towers are decorated with ornaments, flags, and other celebratory decorations. It's perfect for a party where guests can just grab a ring and go mingle, although the person who gets the first cake won't be nearly as happy as the person who gets the last cake.



Top 10 most patriotic desserts right here.



Warm and fluffy spheres of fried dough covered in powdered sugar. I wonder why these aren't sold at any U.S. state fairs yet, because honestly, they should be.

Now that we've taken a nice travel through Europe, let's head over to Asia and see what savory and sweet dishes are cooked up as the world celebrates the New Year.

We're starting with **Japan**, and I for one, think their New Year's dish is amazing. Frankly, I'd eat it more than just once a year. Japan's special dish is soba noodles! Soba noodles are noodles made from buckwheat, and the noodles are supposed to be longer than the regular noodle. The dish is eaten at midnight to ring in the New Year, and the longer noodles are supposed to symbolize longevity and



Why not eat grapes from a wine glass? Grapes create wine, don't they?

prosperity for the new year to come. The tradition dates back to the 17th century. There's actually another New Year's tradition in Japan, and this one has to do with making mochi. The tradition is called mochitsuki, and family, friends, and more spend the last day of the new year pounding mochi rice cakes. The rice is steamed and then pounded into small flat discs which are later turned into small buns for dessert. Each member of the group will pinch off of the rice after pounding it into flat discs, and those smaller pieces are used for the dessert. What a great way to celebrate; just be sure to not pound somebody else's fingers in the process!

Some of the next countries dishes relate to the Lunar New Year specifically, which will be celebrated on January 22nd this year. From Japan, we're headed over to the trade hub of **Singapore!** The celebratory dish here is Bak Kwa which roughly translates to dried meat. Barbecued meats are marinated with sugar and other spices and then are dry roasted over a charcoal oven. I can almost smell the barbecue! Bak Kwa are shaped into small squares and turn red once roasted, and the red is supposed to symbolize luck and fortune. Many Americans have barbecues to celebrate the 4th of July, but I think a winter barbecue would be fun. It would be cold, but what better way to warm yourself than with a barbecue?

We're traveling back up North for this dish is **Hong Kong**. Here we find chewy rice dumplings called Tong Yoon, which roughly translates to soup balls. Tong Yun also sounds like the phrase "tun yun" which is translated to "reunion" in Cantonese, and the New Year is a great time to get together with friends and family! These dumplings can have a variety of fillings, ranging from black sesame paste to chopped peanuts. The filling makes a great pairing to the ginger soup that the dumplings are traditionally served in, creating a warm and delicious combination of flavors. To me, the dumplings look like little pearls or full moons.

We've had a lot of sweet rice dough dishes, and **Korea** is not different. In Seoul, Koreans celebrate the New Year with a dish called Tteokguk. As many of you may know "tteok" means rice cake, and another Korean dish called "Tteok-bokki" has become a sensation as of late. The dish starts with a broth base made from simmering beef bones, and from there, people can add different ingredients based on their personal tastes. Some people add beef pieces to emphasize the flavors, others add soy sauce, kimchi for a crunch, and even others add kelp and anchovies. I've never had kimchi, but this dish may inspire me to try some! Tteokguk is traditionally eaten on New Year's Day because it's believed that eating the dish will grant the person good luck as with each bowl of Tteokguk, the consumer gains wisdom and age. Having Tteokguk seems like a great way to celebrate getting older, but I still prefer birthday cake.



I can already imagine the steam from the soup fogging up my glasses.



See? They look like little pearls!



I feel like this is the kind of snack that you can't help but eat 10 at a time.



There's a lot of variation with this dish, but they all have beautiful arrangements!



I feel like most people either like, or hate coconut. So you'll either like, or really hate this dessert.

This article is getting a bit long, so I have room for just one more country, this time, from Africa! Our journey takes us to **Nigeria!** I bet you probably didn't know that there are 527 different languages spoken in this country, and therefore, traditions are likely to vary across each family. According to my research then, there isn't a singular dish representative of New Year's, but rather, there is a plethora of food. Some families have lentils, others have fish stew, and because dessert is a must everywhere in the world, there are also coconut candies to be had. The lentils represent prosperity—a recurring theme of international celebrations—while fish stew is more common along the coastal communities due to the increased supply. And coconut candies are a delicious way to finish the meal, and a sweet way to start the new year!

Whoa, that was a lot of countries! Even those of you who traveled this past winter break didn't do as much traveling as we just did in the past five pages. All of these dishes go to emphasize that there's so much more to learn about a country than what's sitting in our history books. You can learn history from school, but you can learn a culture from cuisine. The foods we make a community make us in turn and looking at dishes—from the most regal to the most traditional grandmother's dish—offers an intimate view into the lives of people more than any history class every could. I implore you to do research, read cookbooks of your favorite cuisines, and perhaps give one of these recipes a try. You'll be surprised what you'll find, for there is an entire world of knowledge just waiting for you, even in the smallest bite of food.

HAPPY NEW YEAR'S!



the beauty of KUNG FU PANDA 1 and 2

jisu oh

It's undoubtable that the *Kung Fu Panda* series has a solid foundation: an unassumed hero, found family, assimilation, martial arts, Hans Zimmer soundtrack, and Jack Black. Jack Black, with a funny script. This DreamWorks Animation franchise holds a great deal of nostalgia for many people, obviously including myself. But what makes a martial-arts-fighting panda so loved? I mean, the fact that there's a panda fighting kung fu explains most of it. But why, then, are the movies so memorable? What about them deserved several Academy Award nominations?

The animation is stellar, of course. It's DreamWorks. The voice actors are great. (Jack Black!) But the true backbone of the movie is the gorgeous arc of story. Children's movies have to be a multitude of things all at once: funny, as to suit childish humor; quick-paced, to accommodate to children's short attention span; memorable, because no one watches one movie over and over again like children do. But most importantly? They need to tell a story. Seems obvious, that a movie needs a story, but children's movies in particular require some kind of inspiration: the idea of being special and overcoming adversity with a specific talent. It needs to be blatant – just in-the-face enough that kids get the gist.

Kung Fu Panda (2011) checks off all the boxes, and then achieves even more: the overarching motifs of identity and complex family create deep meaning uncharacteristic of a typical children's movie. Of course, all works of art can be scrutinized and wrung out dry to interpret meaning out of it. But with this particular movie, unconventional symbols are constructed and purposefully laid out to solidify the story.

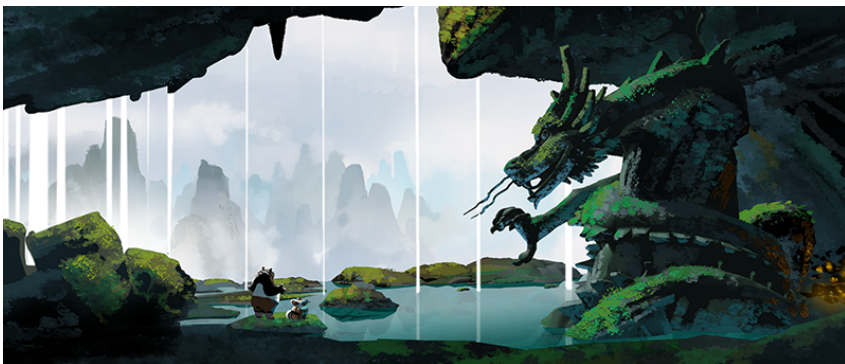
Po, the main character, is constructed with a realistic model: he is not good at kung fu. Even at the end of the movie, it's clear that he still has much to learn. But the movie achieves the arc of improvement in a moderate, realistic manner, which makes Po so much more accessible to the audience. Po is painfully eager, slightly embarrassing, but earnestly hopeful. His character isn't the cliché, "all you have to do is love!" kind of deal, either. He slips into your favor through his consistent, reliable presence of humor and honesty.

Po is surprisingly selected to be the Dragon Warrior in the first movie, when he had no experience with kung fu and only a bumbling set of fireworks to projectile him in front of the kung fu masters. But just because Po was selected doesn't make him magically good at fighting. It's not a quick process, either, and there's no explanation for his selection: no magical backstory or ancestral destiny. It's explained to be fate – circumstances that can never be changed, no matter how hard one may try.

And a particular leopard with anger issues tries *very* hard. Tai Lung is the adopted son of Shifu, a kung fu master who eventually trains Po in the martial arts. Tai Lung's relationship with his father sculpts one of the major plot points in the movie, as well as a very effective motif of daddy issues. The leopard grows up to be extremely powerful and talented enough for his adoptive father to believe that Tai Lung could end up being the Dragon Warrior (before Po was selected). The father and son visit Oogway, a wise, old turtle master, who sees the darkness in Tai Lung and rejects his appointment as warrior. This enrages Tai Lung, who attacks both his father and Oogway and destroys an entire town. He's locked up for about a quarter of the movie before he breaks out of prison and comes back to avenge his "rightful" position as Dragon Warrior.

Tai Lung is constructed as a foil to Po: they are both trained by Shifu, and desire his affirmation. Shifu's pride for Tai Lung clouds his judgement and ability to see how his son has changed; how he's become exploited by an aggression and selfish ambition. Tai Lung vied to master kung fu in order to become a source of pride for Shifu, who never voiced his love. (Classic Asian dad.) Tai Lung believes his rejection from Dragon Warrior solidifies his inability to please his father, and becomes bitter and thus vengeful to Shifu for causing such turmoil. Po, on the other hand, has always experienced vocal love from his adoptive father (who also happens to be a goose). He never had to doubt whether he was loved, and still wants to learn from his father – rather opposite from Tai Lung, whose insecurity fuels most of his evil.





Initially, Po is determined to change his identity in order to become “cool” and admired. He believes his actual persona (fursona? pandasona?) would never be capable of holding a title such as the Dragon Warrior, and thus strives to change himself into the practices of the other kung fu trainees. Eventually Po realizes that he was selected as the Dragon Warrior because of his identity and unique capability to succeed beyond adversity: he uses creative solutions and visualizes obstacles as food in order to achieve success.

The movie, then, neatly wraps up its continuing theme of accepting fate and one’s identity: there is

no need to change yourself, says *Kung Fu Panda* (2008). You must accept that some things are out of your control, and for the better. The universe will find its place for you, with a prosperous path if you retain integrity to yourself.

You will never fulfill your destiny until you let go of the illusion of control.

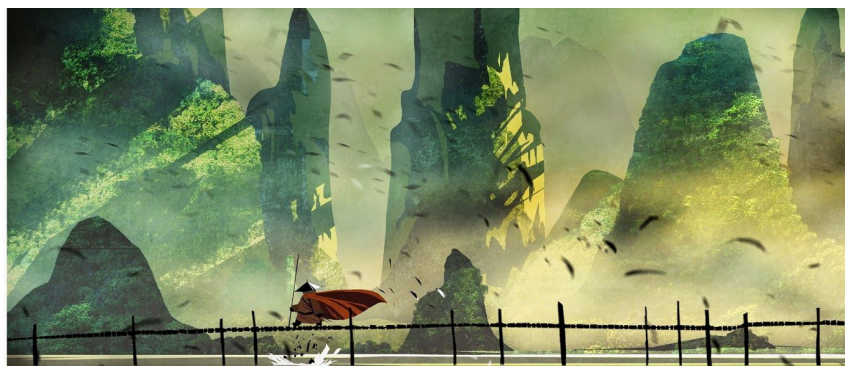
–“Oogway” *Kung Fu Panda* (2008)

Kung Fu Panda 2 (2011) begins with the established foundation of Po, now the esteemed Dragon Warrior, fighting battles alongside the Furious Five and helping out at his father’s restaurant to eat all of the remaining noodles. The second movie of the series also introduces the motif of inner peace straight from the beginning, creating a similar arc to tie smaller conflicts and resolutions together in a build-up to solidify the concept of inner peace.



Po tries to combat all his battles through practices that have worked before: strategies and coordinated attacks with his team. And it does work, to an extent – until his abrupt flashbacks disrupt his ability to fight. Po strays for a while, becoming mentally weak and lost in a fervent desperation to understand his past before he was adopted by his goose father. There’s a particularly emotional sequence in this movie where Po remembers how he lost his parents, and the circumstances of a panda genocide that caused him to be found in a basket of radishes.

Similar to the first movie, Po works around with fate. He understands once again that some things cannot change, and that fate is inevitable. Consequently, Po is able to control his confusion and anger and fear by accepting everything he’s learned – by understanding his belief in himself despite where he came from; by understanding that his parents loved him so much that they had to leave. Po is able to control himself so well, in fact, that he can deftly slip a fiery cannon ball from one arm to another, and gently into the waters (which were beautifully animated, by the way) as easily as he can control the flow of a dew drop. Now that’s a must-see scene in this movie.



Shen, the villain of the second movie, is an arrogant peacock (literally) whose fighting style is uniquely tied to hurling sharpened feathers at other animals. It works, somehow, and it looks very cool. Shen has discovered nuclear weapons – actually they’re just a fusion of cannons and powerful fireworks, but in this context they’re basically nuclear weaponry tossed into the setting of ancient China. He’s the evil behind the panda genocide that killed Po’s mother: Shen attempted to reverse the fate of a prophecy, in which he was told that he would be defeated by a panda. His solution? Killing all pandas. And, well. We know how

trying to avoid fate turns out: you’ll meet your foretold end no matter what. Shen might have been able to control his rage like Po if he tried. But the curious thing about this villain is that Shen doesn’t want to understand or accept his circumstances. Po offers him a chance at redemption and some pretty damn good life advice, to which Shen stubbornly refuses and tries to kill him again. Shen doesn’t want to get rid of his grudges and resentment, find inner peace, or understand what kind of person he could choose to be. Anger has been all he’s known, so why would he rid of it, be tamed and cast away everything he’s channeled energy into? The one thing Shen accepts at the end is his death. He’s content in the fact that he remained unchanged despite Po’s best convincing, firmly sticking to his rage until his crushing death.

They’re gorgeous movies, truly, that envelop you with a comforting warmth, a childhood belief that anything can be conquered if you try hard enough. But they also elicit a pang of loss, an empty shape of a youth you thought you’d have forever. But I guess that’s what rewatching old childhood movies gives you. Warmth, hope, loneliness, a craving for a time when all you did was watch a movie and hope for the villain to fall – when you never caught hidden symbols made by adults living an adult life; when all you could be was a child.

DECEMBER 13, 2022

ANGEL TANG

THE NEW BC

Hello. I am back again and more miserable than ever (which I didn't expect was possible because I sat through a whole year of Health with Hedler being the only female in the class but waiting for early college decisions to drop is like that on crack—horrendous and worthy of even more eye-gouging). It is officially ED week (Everyone Wants To Die week), and after getting rejected, I will very much Endless Downward spiral until I forget myself and the fact I thought I could ever get into an Ivy (that girl who submitted that REA application was a different Angel who had hopes and dreams and a very extreme lack of self-awareness). But moving on from my pity party, SAT scores also drop the Friday after ED day, so Mendon will 100 percent be on its period Monday, with all the crying teachers are about to see. Except, in this case, it's perpetual depression that doesn't fade after 2 days of cramps.

I've decided December 15th is officially the new B.C.: Before College decisions, and A.D. is now "After Decisions." Jesus, you've been kicked out because God's plan sucks if me getting rejected from college is part of it. No, I don't want a character growth moment right now, I just want to know that I'll have somewhere to live next year, thank you very much. Unless you can perform a miracle and somehow get me accepted into college, which sounds harder than turning water into wine, please just keep making the wine so at least I can forget about my rejection.

Decisions haven't even dropped yet, so before I literally write my own rejection letter (which I'm strongly considering actually doing to mentally prepare myself for WW3 on Thursday, in which I will be dropping all the nukes on my own head), let's move on. To other crying creatures—i.e., the Mendon bathroom sinks. Does anyone care to psychoanalyze why they feel the need to spray water so aggressively? You agitated little monsters—calm down. These Karen faucets need some mindfulness Monday. Do they have an issue with my "Vaccines don't give your kids autism" shirt? It's like their parents refused to let them be artists (because the job is "unstable"—and well now so is your child) so now they're old grouchy faucets who can't retire until age 80, are burnt out, going through a mid-life crisis, and lashing out at everyone. Go see a plumber honey, and work through the fact your parents didn't get you a built-in soap dispenser for Christmas 1998.

Also, I'm so tempted to just drop all my classes after 1st semester. Key word being tempted here. (Mr. Englerth, please don't come after me) But senioritis is getting worse, to the point where the only class I can even remotely keep up with is AP Spanish and that's because we're watching Coco in class this week. Oh, and PIG, and that's because I'm doing a public policy project on psychedelics, and I have a strong passion for my fungi you know. The current record of teachers who've specifically told me to not do drugs is 2 more than my parents would prefer. I also have a strong urge to switch out Human Anat 2 with Ceramics for 2nd semester as the one brain cell in my head still remembers what a bowl looks like, and that's about it.

Also, the number of times I've called "I got" in volleyball and then proceeded to not get the ball is disturbingly unathletic, and I once thought football was played with a bat. Also, after just one day of volleyball, I had already started developing bruises on my skin—I looked like I had gotten into a fight with a ball and lost—which is precisely what I did. I fell to the floor diving for a ball and the ball bounced away happily onto another court and proceeded to take out a 2nd person.

We just finished "Much Ado About Nothing" in Lit and let me SparkNotes the SparkNotes for you: the play is much ado, about nothing. It's pretty much what happens every day on any elementary school playground: 1st grade Claudio enlists his friend to confess his feelings to Hero at the swings because he can't face rejection head-on (even I can Claudio, and I'm getting rejected by an Ivy, Hero is just some girl who shared her animal crackers with you one day and as a result, you fell head over heels), but then some 3rd-grade bully decides to meddle and accuses Hero of accepting the cereal bracelet of another 1st grader, but then a 1st-grade witness steps out and clears up the misunderstanding and Claudio and Hero tie the knot at the parallel bars over a ring pop.

We also had to translate a passage of Much Ado into modern language, and I think that script is my proudest life achievement so far—let me just say, Hero really went from Otto von Rizzmark to Adolf Rizzler—what an L move. I'd include the whole script here, but most of it is not appropriate for little freshmen ears.

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7	8	5	2	1	6	3	9	4
6	4	2	9	3	7	5	8	1

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2	5	3	9	6	4	1	7	8
4	8	1	3	7	5	6	2	9
6	7	9	1	2	8	3	5	4
9	4	7	2	5	1	8	3	6
8	3	6	7	4	9	2	1	5
1	2	5	6	8	3	9	4	7
7	6	8	5	3	2	4	9	1
5	1	2	4	9	6	7	8	3
3	9	4	8	1	7	5	6	2

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