

# THE FLYNESTONE



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# Editor's Note

Hi everyone! We are thrilled to bring you this year's second edition of The Runestone! This edition, we are excited to introduce articles on food, mental health, and coffee: all one could ever need. We hope you enjoy!

Stay healthy, Mendon!  
~~ Piper, Grace, Angel, and David

## About the Staff

**Piper Wilson:** Hello! I am a senior this year and I am so excited to bring you this edition of the Runestone. I am a competitive dancer with Elite Studio of Dance in Fairport, and I work as a lifeguard and swim instructor. I recently joined Mendon's jazz ensemble, and outside of school I love to play the piano, read, and write! I hope to study Neuroscience or Math next year.

**Angel Tang:** Hey everyone, I'm a junior here at Mendon. Outside of Runestone, I am also part of Mendon's Math League, Model UN, and Computer Science club! I also tutor kids living in China in English, and I love to knit and read psych books. I hope to be a clinical psychologist one day!

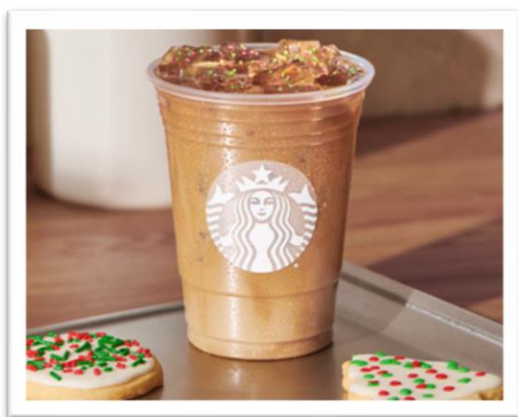
**Grace Bennett:** Hi all! I am a senior here at Mendon, I'm on the Varsity swim team, a link leader, and I am one of the design editors. Outside of school I work at *aerie* in the mall, I enjoy reading and baking cookies, and hanging out with friends! I am planning on studying Political Science and English in college next year.

**David Wang:** Hi! I'm a senior here at Mendon, I'm on the swim team, as well as the Math League and Science Olympiad teams. In my free time, I like to play violin and other instruments and hang out with friends. I'm excited to be studying Computer Science and Applied Mathematics and Statistics at Johns Hopkins University next fall!

# Starbucks Winter Drink Review

*By Yasmeeen Rifai*

During the wintry seasons, there is nothing better than cozying up with a hot (or in my case sometimes cold) coffee from Starbucks. But sometimes, with new and different drinks always coming out, all the whipped this and the frapped that is enough to make your head spin. Now, we all hate being that person whose only order is “uhm...” when it’s their turn in line. So, to help you avoid stumbling in front of the barista, your resident coffee connoisseur is here to tell you what’s worth trying, and when you’re better off sticking with your usual.



## **Iced Sugar Cookie Almondmilk Latte - 6/10**

This is a non-dairy latte made with blonde espresso roast, almond milk, sugar cookie syrup, and topped with green and red sprinkles. I was hesitant to try this drink, since the opinions on it are divided. However, I actually quite enjoyed it.

It definitely smelled like a sugar cookie and is not as overly sweet as I expected it to be. The espresso taste comes through, so if you’re not a fan of a bit of bitter, I’d steer clear. Otherwise, this latte is perfect if you want something refreshing yet still suiting for the season. Plus, the colorful sprinkles are a fun festive touch. Don’t like iced coffee? This drink also comes hot!

## **Caramel Brulee Latte - 8/10**

This latte has espresso, steamed milk, caramel brulee sauce, and is finished off with whipped cream and crunchy bits of caramel. They make this iced and as frappuccino, but I had it as a hot latte. This drink felt like a warm hug on a cold day. It had the perfect ratio of coffee, and I much preferred this dark espresso roast to the blonde. My only complaint would be that it was overly sugary, and I would have preferred that sweetness to come from more caramel flavor. But for a crème brulee in the form of coffee, I think it fulfilled its job. Hope this drink stays out long after the winter months.





### **Peppermint Mocha- 5/10**

This drink is one of Starbucks's recurring Winter drinks, and is made with espresso, steamed milk, sweet mocha sauce, and peppermint-flavored syrup. It's topped off with whipped cream and dark chocolate curls. I had this as a frappuccino, and this drink is like having a full dessert in a cup. It tastes a lot like a chocolate covered candy cane. This would be delicious to most people; I personally don't like peppermint. I do



understand the love for peppermint during the Winter though, so if you enjoy that minty flavor, I'd try this. This drink was also very sugary, but I think trying it hot or iced might balance that out more.

### **Toasted White Chocolate Mocha- 4/10**

This drink is made similarly with espresso and steamed milk but has caramelized white chocolate mocha sauce and is finished with whipped cream and crunchy sugar sprinkles. I tried this drink hot, and I wasn't really impressed by it. It mostly is the same as a plain latte, just much sweeter. It fell flat for me and lacked that cozy feeling that you want from a winter drink. Nothing inherently bad about it, but nothing wildly special either. I'd probably just go with a regular latte instead, as you wouldn't be getting anything much different with this drink anyways.



### **Chestnut Praline- 9/10**

This latte combines espresso, steamed milk, caramelized chestnut flavoring, and spices, and is finished off with a dollop of whipped cream and spiced praline crumbs. I had this drink as a hot latte, and I have to say it did a pretty good job living up to all the hype I heard about it. I'm a big fan of chestnuts in the wintertime, and this drink replicated that caramelized taste perfectly. That, mixed with all the warm spices that come through, makes this a very pleasant cup of coffee. The crunchy praline topping is especially wonderful. I'd be interested to see how all these wintry flavors translate to an iced version of this drink. I'll have to try that out in the future!

## Irish Cream Cold Brew- 10/10

This cold brew is made with Starbucks's classic cold brew, Irish cream flavored syrup, Vanilla Sweet Cream Foam, and is topped with a line of cocoa powder. This drink was for sure one of my personal favorites out of all the drinks I tried. It's made iced and was the perfect blend of being cold but still having that bold coffee flavor that you'd expect to get from a hot cup of coffee. Even though it's very simple, all the flavors being balanced makes this drink feel like a treat. If you like vanilla sweet cream in other drinks, it's made even better when added to this specific cold brew. I really don't think I'd change a thing about this drink. I will for sure continue to order this as long as it's out. A pretty perfect cup of iced coffee in my book.



# The Golden Arches of the Globe

*By Vinay Pendri*

Scrolling through YouTube at three in the morning, you find yourself clicking on a video titled *"Eating McDonald's Around the World."*

You see the familiar and iconic American "Big Mac" and fries and watch in amazement as dishes like the McKebab and McRice dominating foreign McDonald's' menus are shown as well. While these dishes are a marvel for Americans—who only know the classic American version of the menu— it is surprisingly common for American-based fast-food franchises worldwide to adapt their menus to local tastes and combine American flavors with regional cuisines to create unique fast-food dishes.

This all started with globalization: the process by which people, goods, and cultures diffuse across national

borders. Specifically, the movement of American culture and ideals across borders is known as Americanization. America's influence has impacted numerous cultures and changed billions of lives. But how has American culture spread around the globe so easily? Some say that American ideals of democracy and freedom resonate with those living under dictatorships or oppressive governments, while others argue that curiosity leads many to experience Western culture. But I would argue that it is food, a universal token of culture, that has unconsciously spurred the process of Americanization.

American fast-food globalization began in the early 1970s and has grown into an international empire.

Today, major corporations such as Domino's—with almost 40% of sales from international locations—and McDonald's—with around 50% of sales from international locations—are at the forefront of the global fast-food business. Sales like these have fast food companies



racings to tap into food's expanding international market. This commitment to their international sales has created an entirely new food culture based on mixing and matching popular food items from local areas with signature American elements. Some examples of this new culture of creativity are hybrid foods like the Fizzy Pop Chicken at a Singaporean KFC or the Kuro Ninja Burger at a Japanese Burger King. As a result of these unique fusions, a new term has been created that embodies this process: "glocalization." Originally from Japan, "glocalization" describes the process of adapting to local preferences while maintaining a global presence. Large corporations follow this methodology of "glocalization" to maximize their popularity in target communities.

However, American food comes with American problems. Fast food has brought obesity and diabetes epidemics internationally like never seen before. The lower cost of business means that fast food is cheap in foreign countries. Therefore, as occurred in America, fast food has replaced healthy homemade meals with quick, delicious, and inexpensive food options.

A place where people eat out two or even three times a day, Kuwait is one of the many countries that have been negatively impacted by the health repercussions of American fast food. 40% of Kuwaiti adults are obese and approximately 11% are diabetic. Even worse, an estimated third of the population has undiagnosed illnesses related to unhealthy diets. Complications from these diseases, such as obstructive sleep apnea, cancer, and heart disease, are common among Kuwait's citizens.

Another study showed that the "body mass index of adults around the world from 1975 to 2014 showed a spike in obesity rates" alongside rapid growth in the number of fast-food restaurants in lower-income countries like China, India, and Brazil. This disturbing side effect of fast-food's globalization has experts concerned for the health of future generations and on the hunt for new solutions to combat the unhealthy side effects of fast food.

To tackle this problem, we need to understand whose responsibility it is to make sure that people do not get sick from fast food. Is it the populace for making unhealthy choices, the government for not educating its citizens, or the fast-food brands that have marketed themselves so successfully to the public?



The responsibility lies with all three groups. Consumers need to make their own choices because the government cannot tell them what they can and cannot eat. But governments should not be completely hands off. They need to be educating their citizens on healthier alternatives to fast-food and on the impacts of adverse dietary restrictions. Lastly, fast-food companies need to make their healthier options more appealing and affordable as well as be open to their customers about what is in their food. This approach is being implemented in one country up to the challenge: Jamaica.

In Jamaica, government programs have enacted measures to encourage fast-food companies to source more ingredients locally. Like many other countries' situations, "24% of students were overweight and 9% were obese" in Jamaica. A culture of valuing local goods gave public policy the authority to "[draw] in local goods and...[expand] the availability of healthy and affordable options." The Ministry of health decided to intervene "via health promotion strategies" that aimed to address the growing health problems due to unhealthy eating.

The results of this experiment are promising: 50% to 80% percent of food products used by fast-food brands were sourced locally, and fast-food chains have switched to offering healthier options, displaying calorie counts, and informing customers where they sourced their ingredients. The Jamaican food service sector had about \$700 million USD growth from the previous year—proof that healthier and more profitable alternatives to current systems exist and

can be implemented in nearly every community negatively impacted by fast-food.

Whether we like it or not, American fast food has permanently changed the world. From fantastic food creations in Japan and Singapore to the growth of obesity in Kuwait, fast food's legacy is observable in every facet of global culture. Fast food has led to major health issues worldwide, but through government and local intervention, these problems are constantly overcome with innovative programs that promote healthier eating. In addition to addressing the negative dietary aspects of fast-food, American fast-food companies have positively impacted local communities. For instance, in Egypt, Coca-Cola "has constructed 650 clean water installations to provide

potable water to local areas" and, in India, "[has] renovate[d] and improve[d] school facilities across the country." In China, "Ronald McDonald's Houses" provide shelter for seriously ill children and financially struggling parents.

The exposure to new cultures that fast food brings to new or isolated areas of the world amplifies understanding between different cultures, religions, and ethnicities. This increase in global consciousness is thanks to companies like McDonald's, Dominos, and Burger King. So, the next time you take a bite of your Big Mac or dig into your 14-inch pan pizza, take a second to think about how many other people across the world are enjoying that same bite of heaven just as you are.

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# Swimming: The Inside Scoop

By Nakai Chinogwenya

This swim season was better than last. Less restrictions, better practices, and all around more organized. However, it wouldn't be possible without our amazing captains: Sutherland senior Nora Smillie, and Mendon seniors Linnea Braun and Paige Romanick. Their effectiveness in leading the team aided in the season running smoothly. Coming into the season, there were a lot of doubts in terms of performance and overall morale following last year. But that was the farthest thing from the truth. When sectionals rolled around not only did we win, but everyone exceeded expectations, even more so with states. Additionally, we had



a lot of young people this year, which many could categorize this as a flaw; flaw is the wrong word. With young talent comes depth and extremely high hopes for the future. With this, we are all quite excited for what next season will hold.

“Everyone exceeded expectations.”

The best way to capture this experience is from the swimmers themselves. Sarah Kunze, 8<sup>th</sup> grader at Calkins recounts this perfectly. Starting in 7<sup>th</sup> grade, she joined the team during a time when we didn't know what the next day would hold. For her, the stress of expectations—both internal and external—negatively took a toll on her. Swimming with older girls caused her to doubt herself and her speed. When she wasn't swimming times as fast as the older girls were, she started to question her abilities. However, she was grateful for this opportunity. Once she got out of her head, she improved, and this season was her best by far. With the unconditional love from her teammates and she was able to make sectionals, states, and swim best times at both.

After interviewing the captains, I finally understood what is meant to be one. It takes grit and perseverance, especially in a time like COVID; I can tell there was a lot of pressure to lead the team. They all shared similar thoughts: “leading the team through COVID was an added stressor, but the resilience of the girls helped take some of that stress away.” One captain shared that “from growing up on the team and seeing the ‘behind the scenes’ to being captain helped [her] carry our long-lasting legacy.”



They've summed up this season perfectly: even with all its ups and downs, I can say that it was an extremely successful season, and I have high hopes for the future.

*Sincerely, Lena*

*Q: My friend is in a relationship with that I think is a bad influence on her. I am really worried—this relationship has a lot of red flags and seems toxic. I want to say something to my friend, but I don't want to overstep or upset her. What should I do?*

A: The best way to handle this situation is to talk to your friend about the relationship. It may be helpful for your friend to see another perspective. If she is in a difficult situation, then she may be looking for someone to talk to about it. In the long run, your friend will appreciate your honesty and will be grateful that you're looking out for her. It's important to stay respectful and constructive during your conversation: speak with your friend privately to avoid making your friend uncomfortable in a group setting. Remember that in the end, the choice of what to do in that relationship is not up to you. But discussing this with your friend is the right thing to do! If your friend is truly in a harmful situation that seems to be getting worse, you can always speak to a school counselor or parent for advice on how to proceed. Sincerely, Lena

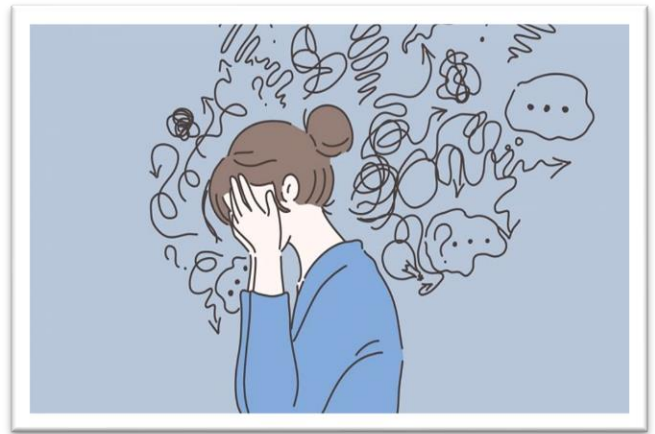
# How are you doing? Me, I'm doing ok.

I have anxiety. I always have. It's consistently been there, ebbing and flowing like waves over a beach. I've always thought I could control it—that it wasn't “that” bad. I never let it show at school; it didn't impact my life.

Then the pandemic hit.

At first, I was fine. I was home all the time, instead of being at school: I was in my safe space. Even now, looking back on that time, I see myself calm and relatively happy. However, upon closer evaluation, I notice cracks in my well-concealed anxiety.

Like so many people, I turned to social media to get my mind off the loneliness that was setting in. But on social media I found conspiracy theories. They foretold the end of the world in different ways. One conspiracy insisted the Mayans declared the end of the world on December 12, 2020. If I had my anxiety in check, I would've been able to take control, and tell myself that's not going to happen, it's unreasonable. Instead, I stayed awake for 24 hours that day, awaiting the end of everything.



By the end of the summer, I had had two anxiety attacks. Anxiety had become a familiar companion, constantly peering over my shoulder.

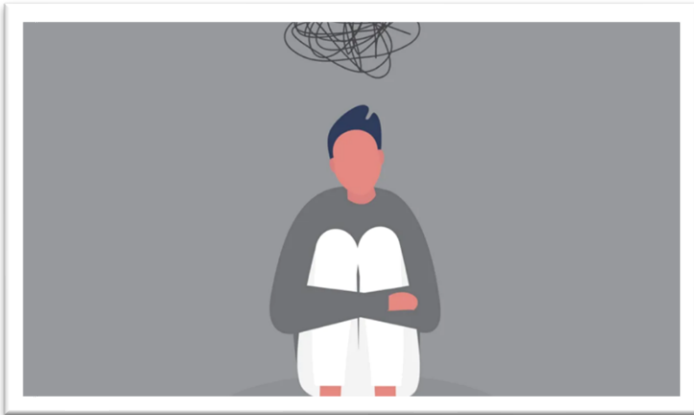
“Anxiety had become a familiar companion, constantly peering over my shoulder.”

The next school year, in hybrid, seemed to fly by. I'm sure it didn't, but looking back on it, I can't believe it's already over. That's not to say it wasn't riddled with spurts of perseveration and hardship. It was. I was regularly looking over my shoulder at mounting worries. It started keeping me up at night, which only intensified my fears. The doom of the world seemed to be drawing ever so near, and I was sure I wouldn't make it to the next year. Despite my fears, summer came, and peace filled my days. The summer also flew by. It was one of the better summers in a while, and I could feel my mental health healing from the lack of school and the anxiety school caused.

By the time summer was over I couldn't wait to get back to school. I was excited to see people in person again, excited for all the benefits in-person school gives us. But a few weeks before school started, that familiar dread settled in. By the time the first day of school came, I was so nervous to go back. Nervous that I was constantly being judged by everyone, scared that I wasn't going to fit in enough.

But I pushed my nerves away. “Everyone is in the same boat,” I told myself.

A few weeks into the school year, my anxiety started conflicting with my school life. I stopped going to classes because I got so nervous in a classroom. Eventually, after missing two weeks of classes, I started going back. It was painfully difficult: I'd constantly feel lightheaded, the walls would feel like they were closing in at times, I would be unable to concentrate for more than a few minutes, and I was constantly suppressing the urge to flee. But I continued to persevere.



Now? I'm doing better. I have a long uphill battle to be where I was, but I'm taking it a step at a time. There's still a ton of things I can't do, but I don't focus on that. "Take it one day at a time" I like to say to myself. If that's too much, take it period by period, hour by hour, minute by minute. I've learned a ton along this journey, and I'm still learning. I don't mean to sound cheesy, but it's true: the support system I have is amazing, and I wouldn't be where I am mentally without all of them.

And, you know what? Anxiety sucks. It really does.

But I won't let it define who I am. And neither should you.

Why?

Because we are more than our anxiety, way more. Believe me, I know. And I know that the fight against anxiety is a long and hard one. I know the pressure is super intense and sometimes it can feel like you're alone.

But you're not. I swear that you're not.

There are a ton of people dealing with problems that you have no idea about. One of the lessons I've learned is that you never know what someone else is going through. Remember that. We're all fighting our own uphill battles.

Be proud of yourself. Yes, I know that's hard. But look around you, look how far you've come. If anything, know I'm proud of you.

Now I'll stop the cheesiness. This isn't really about my story, it's not about my anxiety. Nah, it's about you. You got this.

You have no idea  
what someone else is  
going through.

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# Behind the Counter: Interview with Jess Hafner-Ventura

By London Lindley

Every day, you are greeted with smiling faces from the other side of the counter in the lunch line. At the end of the line, you will find a lady who knows your name, your order, and will do whatever she can to make you smile. This is: Lunch Monitor Jess Hafner-Ventura. We can all agree that she is the sweetest person – everyone loves her. So, I talked with her and asked her a little bit about herself!

## Why do you love your job?

Jess: The kids here at Mendon are amazing. It's such a gratifying experience that I can have a connection with every single kid!

## How do you remember everyone?

Jess: I've always had a pretty good memory, and I can usually remember faces, sometimes names, usually what they order, and I've always been pretty good with numbers.

## Why did you choose this job here at MHS?

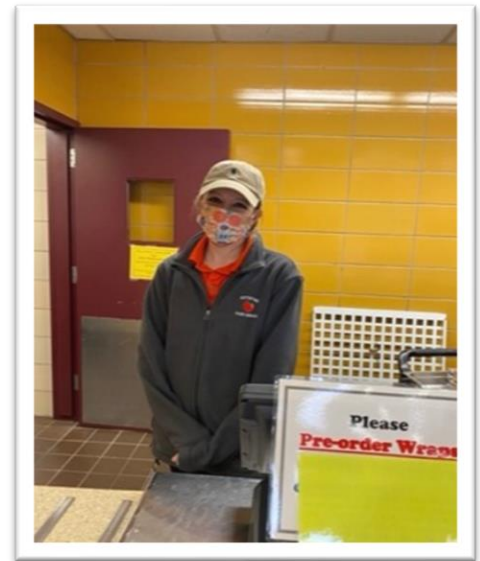
Jess: Well, I've been in many different positions like assistant manager, cook manager but I really found my calling here! I love working in a school with all the kids and energy here! As a parent I love the hours and summers!

## What is your favorite food that you serve here?

Jess: Definitely the Taco Tuesday, especially the cheese sauce!

## How do you maintain a positive attitude every day?

Jess: I can come here every day with that positivity because I know that I can make someone's day a little bit better by just being nice! Everyone has their bad days and struggles, and a happy greeting can really cheer someone up! I feel that my nice manners are being reciprocated to me by the students here and I notice more "please and thank yous" everyday! You can get further in life by just being kind, which I try to teach the students here!



Anyone who talks to her automatically recognizes her electric positive attitude. Personally, she always makes me feel like someone is happy to see me and it brightens my day! Her actions are affecting every student with a little bit of positivity each day. So, thank you Mrs. Hafner-Ventura for all you do!!

## 2021 Movie Review, by Angela Kodiyan:

### Eternals(PG-13):

Superhuman immortals reunite to battle Deviants.  
Rating: 4/10  
I know some people like Marvel movies, myself included but I didn't understand this one. Maybe it's because I haven't watched the other movies.



### Ghostbusters Afterlife(PG-13):

A family moves to a new town and realizes they have a connection to the original ghostbusters.  
Rating: 8/10  
I really like the original Ghostbusters, and I really enjoyed watching this movie.



**The Last Duel(R):** A noble assaults a knight's wife, and the knight and the noble go head-to-head.  
Rating: 2/10

The time period when the movie takes place was unappealing to me, and it felt like I was in Global. No offensive to Global teachers, but I didn't think it was interesting.



**House of Gucci(R):** House of Gucci (R): When an outsider marries into the Gucci family, it brings murder and betrayal to the family.  
Rating: 8/10

I heard this was good, and the movie ended up being interesting. It also brings drama with it, and I love drama shows.



### Power of Dog(R):

A rancher's brother gets married, and along with his wife comes a son.  
Rating: 3/10  
I didn't get the movie that much and the description made it way worse: it's filled with unlikable characters and toxic masculinity.



# Filial Piety in the Modern Era

*By Jisu Oh*

Filial piety is a Confucian principle that instructs respect for one's elders. This concept is strongly prevalent in East Asian cultures, providing a structure within families and broadly extending its influence within societies. Commonly observed signs of respect would include bowing, formal language (speech specifically altered when addressing elders), allowing elders to initiate movement/speech, and others. The persistent influence of filial piety maintains a hierarchical power system within families and societies. For many Americans of East Asian descent, this concept is heavily rooted into our actions and thought – we are expected to behave with deep reverence to our parents and other adults, which may ultimately prevent natural, easy communication between children and their parents.



Filial piety is associated with authoritarian parenting. Children are expected to obey and follow their parents at all times as a sign of respect, which causes mutual communication to be rather difficult. A lecture or a series of reprimands from a parent (which, in my experience, is usually quite harsh and traumatizing) would have to be received with no complaints or objections – such a reaction would result

in probably yet another lecture for talking back and going against the significant system of respect. In my experience, it is common that children learn to hide emotions of discontent and struggle within Asian households to avoid being perceived as disrespectful, weak, and incapable of being self-reliant. Being overly emotional is immediately associated with being weak: calm, collected, emotionally controlled are desirable – no, expected characteristics. Because of our learned impossibility of speaking out, Asian children are often incapable of properly communicating feelings to parents. Confrontations are always one-sided, and by the time – if it ever arrives – children grow up to become independently functioning adults with a sense and

“I have never thought to voice my own opinions.”

responsibility to express their opinion, it is difficult to overcome the childhood of silence and repressed thoughts and actually speak out against their parents – even as a full-grown adult.

My experience (similar to other Asians' experience, I assume) has mostly consisted of simply listening and

dealing with the harsh brunt of accusations and lectures, simmering in an adult's wrath – I have never thought to voice my own opinions, swallowing down any kind of speech that would bring upon more anger and punishment. Any kind of attempt of expressing how I really felt when they berated me or during confrontations would be awkward and stunted, my true meaning stuttering and stumbling out of my mouth as incomprehensible fragments of sentences.

How jarring it is, then, when I am hit with the residue of broken, repressed emotions – when I am forced to gather the unspoken words, the forbidden defense – after I have realized how I have never been apologized to; how I have never had the chance to forgive when I all I ever did was spill mindless sorrys and I won't do it again, I'll get myself together out of my meaningless mouth; how I have only heard an attempt at atonement and redemption through awkward, hastily cut birthday cards. I was never allowed to communicate my feelings, and consequently barred myself from trying to understand them myself. Now, by the time I realize how difficult it is for me to express my own opinions and feelings amongst others – to my parents but also to people outside of the family, to teachers and friends and peers – it is hard to even try to understand



them, much less actually express and communicate them. I think that I am angry, most days. I think that I am so full of anger, like a bottle of Thanksgiving sparkling juice meant for the children, corked for too long with a subdued temper fizzling underneath. I think I am so angry but too tired to do anything about it. If the bottle is ever opened, it'll just sizzle depressingly and taste like bland, third-rate Kool-Aid.

Respect is one of the most important values to have, to learn it forwards and backwards and inside out. It can be terribly useful most of the time. It's beneficial in countless ways to be respectful to your elders and peers, to be gentle to the world so it would be gentle to you – all whilst maintaining a distinct sense of strength, and undeniable, shameless capability to define your own opinions. Likes and dislikes, comforts and discomforts, emotions and decisions. Who else will speak for you, if not yourself? Self-respect,

I assume, will be the ending of this article. You are endlessly important for your well-being. Push away the plate of cut fruit if that apology isn't enough for you. Say, that's not good enough. I deserve better. Because you

do. Doesn't everybody?

“Being overly emotional is immediately associated with being weak.”

Have a story idea?  
Want to submit a guest opinion?  
Hope to become a staff member?

# RUNESTONE NEWSPAPER

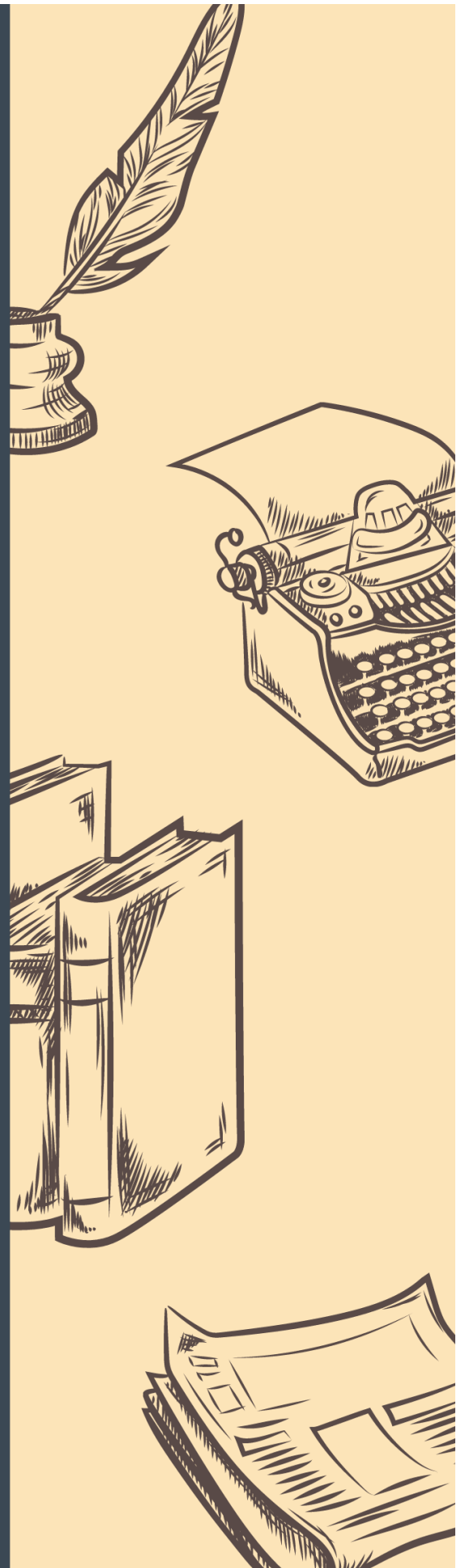
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Meetings every Friday, room 126



# A Champion Crowned, Hearts Broken

*By Josiah Thomas*

“Max Verstappen, you are the world champion, the world champion!”- Christian Horner  
(Red Bull Racing Formula One team principle).

Words cannot begin to describe the events of the Formula One 2021 championship race. The stakes, tensions, nerves, and determination from the championship contenders were high. Only one driver would win. That win, controversially, went to Max Verstappen: the first ever Dutch world champion.

## It's Lights Out and Away We Go:

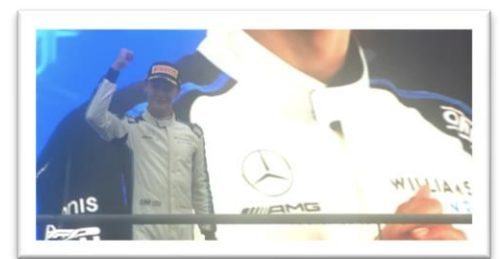
The 2021 Formula One championship was an incredible season with an amazing title fight, excellent driving, record-shattering performances, the introduction of sprint qualifying and heartbreak. The season started out in Bahrain with a powerful start from Lewis Hamilton of Mercedes-AMG Petronas, an already record-tying seven-time Formula One world champion, winning the race with Max Verstappen following up behind him in second place with less than 0.75 seconds between the two at the finish line. Moving on from Bahrain to the home of Scuderia Ferrari and Alfa Romeo Racing, the Formula One teams arrived in Italy for the Emilia Romagna Grand Prix with Verstappen sailing away with a win while Hamilton came in second, leaving Hamilton with a one-point lead over Verstappen in the championship standings. Hamilton retained his lead in the championship over the next two races until the fifth Grand Prix of the season at the historic track, Monaco. Verstappen asserts a slim lead in the championship with this race as he wins and a disappointed Hamilton finishes in seventh place, as he just couldn't keep up.

## The British King:

The home of Hamilton is where sprint qualifying is introduced, a record is broken, and Verstappen gets hospitalized. Sprint qualifying is a race spanning a little over one hundred kilometers and finishing positions of this race determine where the drivers start on race day. Verstappen was sent speeding into the wall after a racing incident in the first lap concerning a first-place battle with Hamilton; Verstappen got out of the car and was flown to a hospital for a check-up and recovery where doctors cleared him with no injuries thanks to the safety measures taken when designing these cars. With Verstappen cleared, ready to race, and a little annoyed, he was ready to try and beat Hamilton at the next race: Hungary.

## Mid-season Battles and a Stunning Spa:

The race astounded all as Esteban Ocon of Alpine taking the win, Sebastian Vettel of Aston Martin Cognizant taking second (yet being disqualified for not having at least one liter of fuel remaining in his tank for post-race testing), giving Hamilton second place and Carlos Sainz (Jr.) of Scuderia Ferrari third; a crushed Verstappen finished ninth Hamilton held onto a slim lead in points after the race, leading Verstappen by eight points into the Belgian Grand Prix at the legendary Circuit de Spa-Francorchamps (or Spa for short). Hamilton and Verstappen were both thought to qualify well, but unexpected weather threw them both for a loop. When George Russell of Williams Racing—usually a slow car that stays below or at the top ten marker—took second place in qualifying and second place at the race finish, it left Verstappen and Hamilton first and third, respectively. Due to unsafe weather the race was delayed three hours. The race left everyone with half the points usually distributed, as only two laps of the race was completed, both under safety car. Hamilton held onto the championship lead by three points into the Dutch Grand Prix.



## Dutch Flips the Script, McLaren Masters Monza:

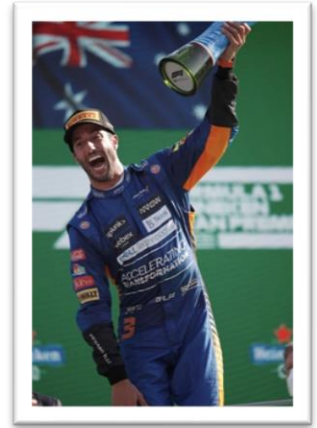
Welcome to the homeland of Max Verstappen, and the place where he will regain the lead from Hamilton. Verstappen keeps that lead into the second race in Italy—the Italian Grand Prix at Autodromo Nazionale Monza—a race with extreme results. After a pit stop from Hamilton on lap twenty-six, Hamilton comes out of the pit lane with a slim lead on Verstappen. Going into turn one, Verstappen collides with Hamilton, knocking both



championship contenders out of the race. Verstappen's car lands on top of Hamilton's and Verstappen proceeds to foolishly try and drive his way off the car, but in doing so, almost does a burnout on Hamilton's helmet. There were no points for either driver. On the other end of the spectrum, Daniel Ricciardo and Lando Norris, both of McLaren, were able to dominate the rest of the race. The results left Ricciardo first, Norris second (his highest ever finish), and the whole McLaren team—and every McLaren fan—immeasurably joyful.

#### Norris's Heartbreak, and a Switch:

Monza would not be Norris's last great joy for the season, as he qualifies first and lands his first pole position in Formula One. And it's not only Norris who gives some competition to the contenders: Russell returns to the top three in qualifying, placing third for the start of the race, and Sainz starts in second. Hamilton placed fourth for the start, and Verstappen, bewildered, started twentieth on the grid. The officials of the FIA (Fédération Internationale de l'Automobile) announced that he had to gain a three-place grid penalty for causing the collision with Hamilton in the prior race. The lights go out, and it's off to the race. Norris, after holding up Hamilton for a very long time, makes a devastating mistake and loses out on his first potential victory. Verstappen, on the other hand, seemed to be in a jet rather than a car as he soared to second place from twentieth, but it wasn't enough to maintain his lead in the championship. Hamilton snatched the lead by two points.



#### Another Switch, Extended Edition:

Hamilton's two-point lead would soon dissolve as the championship continued to the Turkish Grand Prix where Valtteri Bottas of Mercedes-AMG Petronas, teammate of Lewis Hamilton, would win the Grand Prix, leaving Verstappen in second. Hamilton gave a less than ideal performance, landing him in 5<sup>th</sup> place. Over the upcoming four races, Verstappen would attempt to extend his lead over Hamilton in the points. His best efforts were successful for the first two of the four, gradually, Hamilton closed the gap. Hamilton closed the gap under unbelievable of circumstances in the home track of his Formula One hero (three-time Formula One world champion Ayrton Senna): Brazil.



#### Hamilton's Magic Mercedes:

Sprint qualifying was once again induced for the Brazilian Grand Prix at São Paulo. Hamilton was forced to start twentieth on the grid—a twenty-place grid penalty—for the start of the sprint qualifying race due to a broken regulation of his rear wing. He was able to blast up to fifth place during the sprint with a new engine. The engine seemed to burn on rocket fuel with how quickly Hamilton was gaining position. Yet his struggles on his hero's track were far from over, as the new engine gave him a five-place grid penalty for the race start, forcing him to start tenth. This was only a struggle on paper as Hamilton started flying through the field and quickly caught up to Verstappen, who had taken first from Bottas after the start of the race. After an intense battle with Verstappen, Hamilton would ultimately come out on top and claim victory in the home country of his hero, waving the Brazilian flag on the podium.

#### A Champion's Return, a Snail's Race:

With a lightning quick switch of scenery, the championship now moves to Losail International Circuit for the Qatar Grand Prix. Losail was where Fernando Alonso of Alpine, a two-time Formula One champion, would return to the podium after several years and an excellent drive finishing shortly behind Hamilton and Verstappen. The two contenders come even closer in the points with the race leaving Hamilton only eight points behind, but on that night, no one seemed to care, as Alonso had returned to the podium triumphantly. His glory was short lived, however, as the next race would soon make the title contenders hog the spotlight once again at the Saudi Arabia track, Jeddah. The qualifying session proved it to be a fast track, but this didn't hold up on race day: after several collisions, controversies, two red flags, and a safety car, the main race stayed between Hamilton and Verstappen. Verstappen would be told to give first place to Hamilton after cutting a corner and gaining a significant advantage, which caused another collision between the two after some miscommunication.

Hamilton executed a controversial win, Verstappen in second, and both drivers tied for the points going into the championship race, the Abu Dhabi Grand Prix.

### It's Lights Out for the Season:

The entire season, either driver had some lead over another, but it wouldn't matter now. They both had accumulated 369.5 points each; no one knew what the possible outcome would be. People had their speculations, but Verstappen qualified first, Hamilton second, all that mattered was the fight between these two kings of the season. The race was off: Hamilton gained an early lead and started to pull away, but going into turn seven, the two almost touch, and Hamilton is forced off track while maintaining his lead. Even after several drivers had to retire their cars due to technical failures or damage that couldn't be repaired in time, Hamilton kept his lead for a long time. He seemed to have the championship in the bag for most of the race, with a perfect pit stop, and enough speed to keep pulling away from Verstappen even through lap traffic. Hamilton made his victory almost certain once he had cleared what seemed the last lapped car he'd have to deal with before the end of the race. Then disaster struck. Nicholas Latifi of Williams Racing, who was in last place,



“All that mattered was the fight between these two kings of the season.”

nowhere close to the pack, and had no business trying to overtake Mick Schumacher of Uralkali Haas (commonly referred to as Haas), yet Latifi tried it anyway. Latifi raced too recklessly with only five laps to go, crashing out and bringing out the safety car. Latifi got out and was cleared with no injuries almost instantly, and the race looked like it would end in a safety car as there was only one lap to go and the marshals had only just finished cleaning up the track. Micheal Masi changed all of that with one, abrupt decision. He allowed for only some of the lapped cars, the cars which had been passed by the leading car after already being behind the car, to pass by under the safety car. Considering the track was cleared, this would be allowed under normal circumstances.

However, these were not normal circumstances, as there was only one lap left, and the Sporting Regulations (Article 48. 12), which according to Mercedes, states that, “...once the last lapped car has passed the leader, the safety car will return to the pits at the end of the following lap”. Under the circumstances, there would be no following lap, meaning that the lapped cars would have originally had no right to go past the leaders and have at least one lap of actual racing. Masi overrode the rules and allowed only some of the lapped cars to pass through, which also is violating Article 48. 12 of the Sporting Regulations according to Mercedes as, “...any cars that have been lapped by the leader will be required to pass the cars on the lead lap and the safety car”. Masi trumped both points and put the entertainment of “real racing” above the rules. Masi understood that Verstappen had better tires, due to his later pit stop, and would certainly win if given the opportunity for a final lap race. His call allowed for Max Verstappen to become the Formula One 2021 World Champion. Max Verstappen deserved to win a championship, but this championship was not won by only his own skill, but the assistance of Masi's foolish decision. I will give my congratulations to Verstappen as he truly is an amazing driver, so he deserves to win on his own skill and not some irrational decision by a race director, but this win was Hamilton's, and he was robbed.



Although we say farewell to the 2021 season, it has been one of the most wonderful seasons to watch. High hopes remain for next season's title fight, and I hope you'll tune in.

# How Are the Children?

The traditional “How are you?” greeting is abandoned in the Maasai culture in favor of a greeting that more accurately represents their community. *By Piper Wilson*

Emphasis is placed on the wellbeing of the children – of the future. If the children are thriving, the community is thriving. And so, they ask: “How are the children?”

How are our children? Stressed. Overworked, unrested. Generally speaking, we’re exhausted.

And why shouldn’t we be? We’ve had a wild few years. Yes, so has everyone, but ours has been heightened by our lack of prior long-term memory. Long-term memory storage kicks in around 7 years old, and the eldest of us students are 17 or 18. This means we’ve had about 10 years of memory stored – most of which we forget instantly – and the pandemic has raged for almost 2 years now (two years on March 14<sup>th</sup>!). Do some math, and we realize that the pandemic takes up 20% of our long-term memory.

And that figure is amplified the younger you are – our young freshman, still 14 years old, have almost 30% of their long-term memory overrun by COVID-19. By contrast, 40 to 50-year-olds will have between 5.4% and 4.25% of their long-term memory interlaced with COVID. 95% of their memory – completely normal.

No wonder it’s difficult for adults to understand the strain we’ve been under. This is a blip in their lives: it’s become ours. It’s unfathomable to adults to understand what a major event this is for us. 20% of their long-term memory would be Obama’s presidency. 20% for us? The COVID pandemic.

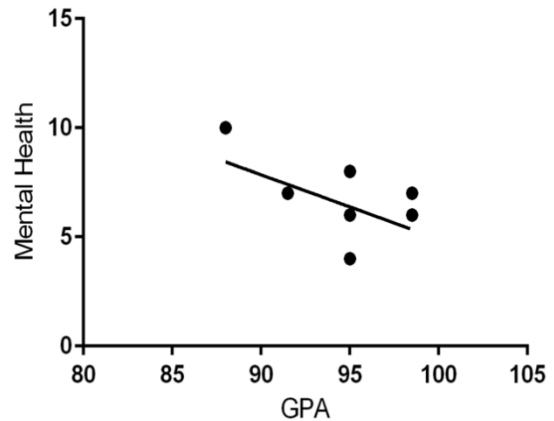
“Normalcy isn't a term we really understand.”

Now that we’re no longer hybrid, to adults, it seems normal to jump back into “everyday life”. But at our age, “everyday life” changes every year, so much so that normalcy isn’t a term we really understand. If we’re really supposed to go back to the last “normal” year of school we had, I should really be back in 3<sup>rd</sup> grade. So, this normal isn’t “normal”; it’s another “new normal” that we’re still struggling to adjust to. Sure, it’s easier, being with friends and talking during class, but somehow, we have 3 extra days in school, and we still move at the speed of sound. It’s so much, all at once.

All of this is worsened by the burden of expectations. Unintentional expectations, but expectations just the same. We should be able to go back to normal. We should be able to regard the pandemic as a blip in the past – and I’m sure, someday far in the future, we will – but now? Masks and social distancing are all we know. And all these things take a toll on everyone’s mental health: distancing yourself from your close relationships so you don’t get sick has the unintended consequence of ruining these relationships. I felt like I sat so far away that it was uncomfortable to speak last year. I

didn't talk. I'm a quiet student, generally, but I'm never silent – if we had a class together last year, you'd never know that.

On another note, there is some expectation that when someone's grades are good, their mental health is good. Let's be clear: the two variables are not linearly related. In an observational study on mental health and GPA, where GPA was measured on a 100-point scale, and mental health was self-reported on a scale of 1-10, I found an R-value of  $-0.51$ . For those of you not in AP Stats, the R-value tells you how closely the two variables – mental health and GPA – are related. With an R-value of  $-0.51$ , we know that GPA and mental health are only somewhat correlated – if there's any correlation, it's a negative relationship between the two. Students with lower GPA values generally recorded a better mental health state.



There is such an emphasis on having a good GPA and getting strong test scores, and such little importance placed on coming to school in a good mental state. People come to school exhausted: while the majority (approximately 40%) said they were able to get an average of 8 hours of sleep per night, another 40% averaged 5.5 hours of sleep a night. To us, it appears as though the message is sent out that a 98 on a test is more important than getting a good night's sleep beforehand. I've seen this in action: me, my sister, and my brother have all stayed up past midnight to cram for a test (that we generally do poorly on, since we were ready to fall asleep mid-2<sup>nd</sup> period).

The importance placed on being a well-rounded, smart individual is so extreme that we do not acknowledge the part that'll stay with us past college: our minds. We must take care of ourselves. We don't get to get rid of ourselves. We're stuck with us. It's certainly a much more impressive demographic to say that the school has a 98% graduation rate and an AP enrollment rate of 50%. There's a 1 out of 2 chance that you, yes you, reading this, are in at least 1 AP class. But what's the purpose of being in an AP class if it stresses you out? If it exhausts you? If it confuses you? If we're amid a pandemic and you need stability, why would you pick up harder classes? This isn't criticism: I've done it too. But why?

I don't know.

It seems the school – the community – wants to come across as perfect. But we're not. We have flaws. Everyone does.

What are we supposed to do? Yes, the children are not well. And what?

It seems futile, but there are actions we can take. We can normalize mental health days – it's okay to take a day to yourself (with permission from your family, of course) and destress. Avoid last-minute work and get things done early – this sucks, but it helps you in the future. The most important thing is to advocate for yourself! Go to your teachers and request a small extension to finish a paper or project. Not everyone will say yes, but it never hurts to ask and lift a weight from your shoulders.

What should we ask of adults? It's certainly unreasonable to put our entire mental health on authority, but we should be able to ask for help sometimes. Find an adult in your life whom you trust – a parent, grandparent, tutor, coach – and make time to talk with them. This will strengthen your relationships, inherently improving your mental health, and will give you a chance to talk about what you've been going through. While you're there, take a minute to ask about what they've been struggling with, too.

We have to acknowledge that although our experience in the COVID-19 pandemic has been amplified, we aren't the only ones in the world. Every single person is going through this together. And being isolated can deteriorate anyone's mental health – not just children. But it's hard to remember this when no one talks about it.

Several students said that they wished mental health became a normalized discussion topic. It's such a taboo subject, discussing depression and social anxiety, among other things. But it's not an uncommon experience: depression affects 1 in 10 people in any given year, and as for social anxiety? Being around twice as many people is enough to make any introvert feel claustrophobic. They're more integrated into our community than we realize.

“Being isolated can deteriorate anyone's mental health – not just children.”

Many asked about WIN days, and some exciting news on this front: they'll be back! Second semester, WIN days will make their long-awaited reappearance. But over half of the school doesn't know what WIN days are: the sophomores and freshman joined our Mendon community with no WIN days in their foreseeable futures. So, my lovely underclassmen, let me enlighten you.



WIN: What I Need. Clever, right? These days, we are given an X block schedule where teachers can hold classes. These classes range from fun, low-stress activities to study halls and added learning periods. I remember attending a WIN Day where we learned how to write a DBQ, and another where we did some meditative coloring. They're fun. You'll love it.

How are the children? We're struggling. But we're working at it.

If we want our community to improve – help the children get well – it can't be done alone. The Mendon community is not just the students, not just the teachers, not just the administration. It's all of us.

We need to come together. This is a challenging time, and now more than before, we need support. Students need support so we can make our school a better place. The strength of Mendon comes from all of us, and we can't be STRONG without a foundation: a resilient student body.

We need to be well before we can be STRONG. And someday soon, we hope to be able to shout from the rooftops: Our children are well.

# SUDOKU PUZZLE

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***ANSWERS ARE ON PAGE 25***

# GIF OR JIF?

By Angel Tang

It is one of the most hotly debated topics of the twenty-first century, a discussion that has dominated intellectual debate for more than three decades. From renowned linguists and big-name brands to the Oxford English Dictionary and even the President of the United States, some of the world's finest minds and organizations have weighed in on the matter. Despite 30 years of intense argument, controversy, and division, we are still asking ourselves, is it "gif" (as in gift) or "jif" (as in jiffy)?

On the surface, the answer seems clear. Recall, the term G-I-F stands for Graphics Interchange Format, and if "graphics" uses a hard G, G-I-F must be pronounced "gif." Case closed. But the 32% of the world that pronounces the word as "jif" would declare otherwise.

The Graphics Interchange Format was created in June 1987 by CompuServe programmer Steve Wilhite. The format's capacity to handle brief, looping animations made it immensely popular on the early internet, and its popularity only grew over the next two decades, with the Oxford English Dictionary appointing it their 'Word of the Year' in 2012.

The word's originator, Wilhite, should be the first and last authority on its pronunciation. So how does he say it?

"Jif."



Yes, despite all evidence to the contrary, the designer of the world's most popular embeddable animation format persists on pronouncing it with a soft G. Wilhite claims the term is an intentional allusion to the iconic peanut butter brand Jif; indeed, he and his coworkers were often overheard saying "choosy developers pick JIF," a play on the business's famous tagline "choosy moms choose JIF." Since then, he's stuck to his guns. When honored with a Lifetime Achievement Award at the 2013 Webby Awards, Wilhite used his 5-word acceptance

speech – delivered, naturally, in the form of an animation – to declare: It's pronounced "jif," not "gif."

"The Oxford English Dictionary accepts both pronunciations," Wilhite said in a subsequent interview with the New York Times. "They are wrong. It is a soft 'G,' pronounced 'jif.' End of story."

In response to Wilhite's Webby Award acceptance speech, many other prominent figures and organizations have openly endorsed the hard-

G pronunciation. The White House established its Tumblr account in April 2013 with a graphic boldly proclaiming that its material will feature "Animated GIFs (Hard G)," and during a 2014 meeting with Tumblr CEO David Karp, President Barack Obama tossed his hat into the ring, declaring: "[It's pronounced GIF.] I'm all on top of it. That is my official position. I've pondered it a long time."

So, if common sense and ordinary usage aren't enough to resolve the argument, what about the English language's rules? In

English, nouns that begin with a G and end with an e, i, or y, such as giant, gem, or gym, are often pronounced with a soft G, but all other words are spoken with a hard G.

According to this rule, "G-I-F" should be called "jif," as Steve Wilhite originally meant. Yet there are several exceptions to this rule, including gift, giving, rage, and margarine.

To try and end the debate once and for all, University of Montreal linguist Michael Dow performed a poll in 2020 of all English words that comprised the letters "G-I," classifying them according to pronunciation. The findings showed that the soft G is more frequent in many words, with around 65 percent of people preferring it to the hard G. However, this argument overlooks many of these soft-G terms, like as elegiac, flibbertigibbet, and excogitate, are rarely employed in regular dialogue. When word use frequency is considered, the number of regularly used hard and soft-G terms is roughly equal. Even if this percentage is not as balanced, English evolved in a rather chaotic manner without the guidance of a central regulatory authority like the Académie Française, and thus a word's pronunciation is largely determined by its specific etymology, common usage, or even

the geographic region in which it is spoken. As a result, when it comes to the "gif" or "jif" issue, the linguistic jury is still out.

Of course, it wouldn't be America if a large corporation didn't weigh in on the topic. Jif brand peanut butter went to Twitter on May 22, 2013, immediately after Steve Wilhite earned his Webby Award, with a simple message that read: "It's pronounced Jif®."

Seven years later, the company joined up with gif website GIPHY to offer a limited-edition peanut-butter jar called "GIF" rather than "JIF." "We think now is the time to declare, once and for all, that the word of JIF should be used exclusively in reference to the peanut butter brand, and the clever, funny animated GIFs we all use and love should be pronounced with a hard 'G'." said Alex Chung, founder and CEO of GIPHY.

Despite these efforts to reach an agreement, the dispute rages on and shows no indications of ending anytime soon. In my opinion, "gif" with a hard G is and always will be the correct pronunciation, but if you're a die-hard peanut butter enthusiast, go ahead and call it "jif". Just know that when I hear you say that, in my head, I will be whacking you with a wad of peanut butter.





# Dunkin' VS. Starbucks: An End to the Debate?

*By Rena Li*

We're probably all familiar with these two; you can find them anywhere, everywhere. Perhaps the two most famous drink companies present at our very own school, instantly recognizable by unmistakable logos and plastic cups scattered across desks. With the fame and popularity of both Dunkin' and Starbucks, it is only human nature to inquire – which brand is better? Which is more popular? It can be assumed that those of you who frequently order are loyal to one or the other. Of course, consumer loyalty is to be expected from some people. You buy from one company for so long that it becomes your go-to, and you could never imagine betraying them. Every morning at 7:40 am, you sit down in first period with a Dunkin' (or Starbucks) iced coffee and a headache like always. However, this doesn't apply to everyone, and you may like trying out things from different brands. To settle this debate, we're going to pit the two coffee powerhouses against each other. Only one will emerge victorious, so which will it be?

“Starbucks presents itself with a more “eloquent” approach.”

To start off, I'm sure everybody has an idea of what these two companies are. Both are known for selling a variety of drinks, as well as baked goods. In Dunkin's case, donuts (it's literally in the name of the company). Comparing their menus, both of which are ridiculously large, Starbucks ends up being the store with more items, and more customization to your drinks. In terms of pricing, Starbucks is pricier than Dunkin'. Even when you think about how the stores are designed, Starbucks stores tend to cater to a more refined, modern “coffeehouse” approach. These details can manifest themselves in form of excessive wood furniture, fancy

lights, a large floor area, and meticulously prepared displays for overpriced water bottles. Dunkin' stores are designed like your classic fast-food restaurant with bright colors, products shown in glass displays, and a smaller, busier space. Perhaps it is true that the ingredients used in the drinks are the same or very similar, but Starbucks presents itself with a more “eloquent” approach, as they can even make ice and water look fancy.

Additionally, Starbucks is arguably the more famous of the two. With an extremely popular lineup of seasonal drinks which everyone's probably heard of, as well as several that have gone viral on social media, they're well known around the world. Remember

the Unicorn Frappuccino? Writing your name wrong on the cups like a rite of passage for new employees? It's not something I'm proud of, but I used to post heavily filtered pictures of Starbucks cups on Instagram and pretend it was coffee. It can be argued that Dunkin' is extremely popular as well, especially among teenagers. Can this success be attributed to a certain Tiktok personality? You know, the one who always has a Dunkin' cup in her videos? It's hard to know for sure, but Starbucks ends up being the bigger brand of the two considering worldwide revenue and locations.





Next up, the food and drinks themselves. It is truly hard to compare the two with such an opinion-based topic, but in general, I'm going to say that Dunkin' coffee tastes better. From the coffee I've tried from Starbucks, some varieties have been bitter, while others left bad aftertastes. I do think that the Pike Place Roast is decent though, and it kept me awake on morning practice days. There's really no other reason why I would willingly drink bitter bean water. Dunkin' has great iced coffee and brewed coffees, and those are honestly just better. For non-coffee drinks such as tea and miscellaneous menu items, I firmly believe that Starbucks is the winner here. I've had about every Frappuccino and refresher from their menu, as I was simply a child obsessed with high sugar content. Out of the Dunkin' drinks as well, there was a location under

my apartment in NYC. In my opinion, the Dunkin' refreshers and frozen drinks were too sweet, yes, TOO SWEET, and some were questionably neon-colored. I can vaguely remember my cat sniffing a blue raspberry Coolatta and literally gagging seconds later. This is coming from my cat, not me (not Dunkin slander). There's a difference between the two as Starbucks refreshers were more...naturally flavored? The Dunkin' ones taste a little artificial—like gas station slushies. It's likely that they both were artificially flavored to some extent unless my senses fool me. Now from the food items, I'd say Starbucks wins this one. Of course, I love donuts, but if it's basically the only food item sold apart from breakfast food, it starts to get repetitive. Some donuts I've had from Dunkin' have been really dry or blandly flavored, and I can see why they are generally better known for their drinks at times. Additionally, Dunkin donuts are no different from your average donut in terms of flavor or uniqueness. Now for Starbucks, they have your basic menu items like scones and muffins, but the lemon loaf is one that stands out. I HIGHLY recommend that everyone try the lemon loaf at least once in their lives. I seriously advocate for Lemon Loaf appreciation. But since we're mainly focused on drinks here, let's move on.

To wrap this one up, I can confidently say that most of you have at least tried something from Starbucks or Dunkin in your lives. Of course, there are many varying opinions on which one's better, which one's worse, etc. For those of you who work at either store, maybe you secretly support the enemy—who knows? But in the end, I can confidently say that I have my biases, and so do you. Since I'm not a big fan of coffee unless I need it to keep me awake through school, I always tend to go for other menu items. And considering this, my obvious winner is clear - Starbucks! Now cross your fingers that I get free drinks and a sponsorship.

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Letters to the editors may be submitted electronically to our email. Letters may be published in our print editions and may be edited.

## ABOUT US

Runestone is the official high school news publication of Pittsford Mendon High School, an open forum by students, for students, distributed four times a year. This is the Winter 2021-2022 Issue – our 9<sup>th</sup> edition!

## DISCLAIMER

*This newspaper is a student-made publication of Pittsford Mendon High School. The publication is produced entirely by students – henceforth known as “staff” – under the supervision of staff advisors in a club learning environment. Students and editors are responsible for the content of this student publication, which may contain controversial matter.*

*Thanks for Reading!*