



# KUNESTONE

FEBRUARY 2020 Edition Vol. 3

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*The American newspaper does seem to be dying, or at the least is pretty sick. Newspapers just don't seem to be reaching audiences the way that they used to. Between the ages of 18-34, only a mere 19% say that they still read the daily newspaper. So why is this happening?*



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# A New Start

Hi everyone!

We are ecstatic to be producing our 8th edition to share with you. We are thrilled to bring a color cover to the Runestone for the first time in its history! Unfortunately, we had to say goodbye to our former Editor in Chief, Izzy, and our former Layout Chief, Trunee, but we have an enthusiastic new group of leaders for this year's edition: Piper, Angel, David, and Grace! Additionally, so many new writers, editors, and artists have joined our staff – both under and upperclassmen alike. Check out all our new club members in the staff directory on page 2!

Happy reading,  
Piper, Angel, David, and Grace

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## 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 just finished my season with Pittsford Varsity gymnastics, 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 Angel, 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 in my free time, I love to knit and read psych books. I hope to be a clinical psychologist one day!

Grace Bennet: 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 everyone! I'm a senior, and I'm so excited to present this edition of Runestone! Outside of the club, I'm also a swimmer, Starbucks barista, violinist, and part of Math League and Science Olympiad. Outside of school, I like to teach violin lessons and hang out with friends, and I'm planning on studying Computer Science in college next year.



# Met Gala 2021: Bird's Nests and Taxing the Rich

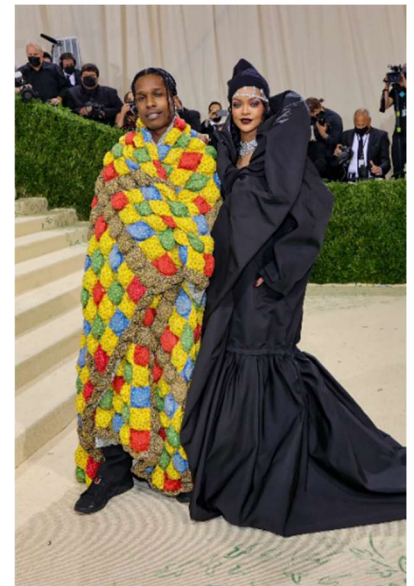
By London Lindley

September 13, 2021, was the day of the year for all fashion enthusiasts. The Met Gala - an event where celebrities walk the red carpet wearing selected designer brands - celebrated its 75<sup>th</sup> anniversary. It is a fundraising gala held annually to benefit the Metropolitan Museum of Art's Costume Institute in New York City and was co-hosted this year by Timothée Chalamet, Billie Eilish, Amanda Gorman, and Naomi Osaka. Due to the coronavirus, the event was held in September instead of May as usual.

This year, the event's theme was "American Independence," which was interpreted in diverse ways by each designer. Some celebrities wore something more obviously on the theme, while other celebrities interpreted the theme in more literal ways. This year, the Gala was attended by around 600 celebrities showing off the hottest fashion styles, brands, and designers.

## Rihanna and A\$AP Rocky

Rihanna attended the event with A\$AP Rocky, donning Balenciaga, while A\$AP Rocky wore ERL. A\$AP was cloaked in a quilt which he later took off to reveal a stunning black suit underneath. There is quite a story behind the quilt. Someone noticed that it was very similar, even identical to a quilt that Rihanna's great grandmother had designed and then donated to a thrift store. Turns out Eli Russel Linnetz (the designer of A\$AP's look) had found the quilt at the thrift shop and used it as inspiration for A\$AP's Met look.



## Kim Kardashian

Kim Kardashian also wore Balenciaga to the Met, and her outfit sparked waves of conversation. She was styled in a plain black dress that covered her head to toe, causing much confusion, as some did not see the connection between her outfit and the theme of the Gala. Others believe that it is hinting at ex-husband Kanye West's new album Donda, as she wore a remarkably similar outfit to his listening party in August. Another theory is that her outfit is trying to bring to light the American culture of criticizing and ridiculing people: though she is covered head to toe, people still found a way to criticize her. Although Kim has not directly

commented on the topic, she has reposted some tweets and posts that back up some of the theories behind the outfit. Many fans and famous designers are coming to Kim's defense claiming that she pushed the limits of art, praising her for her choice.

## Lil Nas X

Lil Nas X stole the show with his three extravagant Versace costume changes. To start, he arrived in a golden cape fit for royalty. Then with majestic grandeur, he removed the cape to reveal a beautiful golden bejeweled suit of armor underneath, which was then removed to display his final outfit, a gemmed golden bodysuit. I personally love this outfit, the costume changes, and the designer's creativity.



## Addison Rae and Dixie D'Amelio

Many, including myself, were surprised to see Addison and Dixie at the Met Gala. The Gala is usually very exclusive, and some felt Tik-Tok stars and influencers didn't deserve to be there.

Addison hit the runway with a new blonde haircut and a stunning red dress. Many fans noted how the dress was remarkably similar to that of a dress worn by Kourtney Kardashian, although Addison's dress has sleeves while Kourtney's didn't. The dresses are both from the same 2003 Tom Ford for Gucci collection, which could



explain the similarity. On the other hand, Dixie was styled by Valentino and her outfit also caused quite a divide. Some were comparing Dixie's outfit to "a bird's nest" while many others like myself liked Dixie's outfit and enjoyed the Audrey Hepburn inspiration.

## Congresswomen Alexandria Ocasio-Cortez (AOC) and Carylton Maloney

Legendary Congresswoman AOC made an appearance at the Met Gala and was styled by Aurora James. She truly made a statement with her gorgeous white dress with, in big red ink, "TAX THE RICH" imprinted upon it, and a red side bag with the same inscription.

Congresswoman Carylton Maloney, who did not hesitate to steal the show with her ERA/suffrage-themed dress. She appeared in a suffrage theme colored coat and purse with "EQUAL RIGHTS FOR WOMEN" and "ERA YES" embroidered upon it. According to the NY Post, her dress was "an endorsement of the proposed Equal Rights Amendment, which would add a line to the U.S. Constitution prohibiting discrimination based on sex" (Chamlee). Her outfit was designed by Antonios Couture.





# Building the Habit of Hard Work

By Piper Wilson

Everyone suffers from bad habits. From procrastination to skipping breakfast, bad habits surround us. But what about good habits? Fun fact: you have these too. Maybe you've just never realized it, like brushing your teeth or making your bed. But one good habit we could all stand to build is the habit of hard work.

"But Piper," you say. "How am I supposed to do that?"

Valid question. You hear that "habits" are the best way to subconsciously change your lifestyle, from a nightly shower to reading your book every day. But how can you build habits? And why should you build habits?

Building habits is harder than it is often made out to be. It's best to take it slow: start with manageable tasks and work them into your everyday routine. For example, if you're trying to have cleaner teeth, start with a simple idea, like flossing. To create the habit of flossing more regularly, make a point to do it every day right before you brush your teeth. But the



*We are surrounded by habits: both good and bad.*

caveat is that it's important to remember every single time you brush your teeth: even one missed day can throw you out of the loop. The difficult part of making a habit is repetition. Studies show that you need to regularly repeat these actions for a minimum of 15 days to make something a habit, but

for more complicated tasks, the formation of habits can take months. The more you repeat your actions, the more acclimated these actions become to your routine. Without realizing it, you could find yourself after a month flossing regularly without a second thought.

"But why build habits?" you ask. "They seem to be more trouble than they're worth."

“The Habit and You become one and the same”

Astute observation. True, creating habits takes effort and work. Habits are difficult to create. But once created, they take such little effort to maintain. Think about the little things you might do without even realizing it. Putting both shoes on before tying either of them. Making your bed in the morning. Putting clothes on "the Chair" until the pile becomes concerningly big. We all know "the Chair" – imagine trying to break the habit of throwing semi-worn clothes on a random chair in your room. I'm not sure I could break that habit – it's subconscious. And this is precisely the point: once a habit is made, it takes effort to break it. But it takes such little effort to maintain. The Habit and You become one and the same.

"Okay. So, habits are important, and now I know how to build them. Why did you just tell me all that?"

Let's apply our newfound knowledge to an entirely different aspect of our lives (one that we all share): school. I can practically hear the groans. "Not school!" Yes, school! As you get older, classes don't get any easier. And if you stop trying freshman year, they definitely won't get any easier. So together, let's build the habit of hard work, step by step.

"But why work hard? It takes so much effort."

Take it slow. We mentioned school. We're already exhausted. Let's take a moment with nature and turn our attention to bees. Look at the bees. Bees spend their lives tirelessly flying

around to flowers, sucking up their nectar. They bring this nectar back to the hive and pack it into hexagonal shells, then dry out the nectar with their wings. And they do this over, and over, and over again. Each tiny hexagonal cell creates a hint of honey. But they've made a habit of inputting nectar and doing the work to get small doses of honey. They know that the more they work, the more honey they'll have.

Now, let's look back at school with this "busy bee" mentality in mind. Take it in small doses and make a habit of it. Take Geometry class. It's difficult. You don't understand what's going on. Start with one concept – say, the midpoint formula – and just for today, work on problems with the midpoint formula until you can understand it. Ask questions, about the midpoint formula. Look up Khan Academy videos, about the midpoint formula. Focus on one thing until you feel you've turned the nectar your teacher has given you into honey for yourself. Then, when you see it on your unit test, there's no anxiety – just sweet, sweet honey.

"But that's not quite a habit if it's only for one day, only for one class."

No. You're right. It's not. So, you must repeat. Repeat the process for all your classes: for Global, for Language, for English, for Science, for Business, for Art, for Technology, for any class you're involved in. Take the class slowly and at a manageable pace. Make sure you understand simple concepts early on, so you aren't rushing to make your honey nearing the end of the quarter. Take your classes in small chunks, and make sure to work on every class, every day. You can't make a habit if you skip a day, skip a class. These "small chunks" don't have to be big and time-consuming every day! But to make habits, you must put in work every day. In Spanish, you could make it a goal to learn the imperfect regular conjugation endings. Get the basics down one day; the next day, you can review when and how to use those imperfect conjugations, when you have more free time to dedicate to Language.

However, be forewarned: overworking is not the same as hardworking. There is a difference

between the two, and for many high school students, the line between them becomes incredibly blurry. Building the habit of hard work can be incredibly beneficial to your success in school; the habit of overworking creates unnecessary stress,



fatigue, and burnout.

But what is overworking? In its simplest form, it's taking on more than you can handle. This can be seen easiest with midterms and finals: when you cram units of studying into hours, learning new concepts the day before an exam, you may be overworking yourself. It takes time to learn new information, and not all knowledge can be absorbed through osmosis. Hard work is different – learning concepts in class, reviewing them shortly after class, and practicing in small increments before a major exam will result in lower stress levels and more confidence. If we think of stress like a curve, overworking creates a spike in the curve in the long run, even though it may diminish your current stress. Hard work flattens the curve.

Hard work is... well, hard work! But over time, building a habit of regularly putting effort into each class can make this school year less demanding in the long run. Remember the "busy bees" – work hard every day to make honey. Every ounce counts, and consistency is key. By building good habits, you can stay one step ahead and avoid feeling overwhelmed.



# Simple Steps to Save a Polar Bear

By Angela Kodiyan

Since the Industrial Revolution, the global temperature has gone up 2 degrees Fahrenheit or about 0.13 degrees Fahrenheit every year for 10 years. This is due to the Greenhouse Effect – when carbon dioxide, methane, synthetic fluorinated gases, and water vapor collect in the Earth’s atmosphere, they become trapped, heating the planet. While natural climate change exists, it is much slower than the climate changes we’re experiencing, which are much more rapid and are a result of burning fossil fuels like oil, coal, and gasoline – all of which release greenhouse gases. Another reason for these rapid changes are our emission levels—the levels of production and discharge of something, especially gas or radiation – which are exceedingly high, mainly because we are overusing our supply of fossil fuels, and we will soon run out.

We all know that global warming is forcing us to say goodbye to the glaciers, as eminent heat waves are causing them to melt. But beyond just the destruction of the habitats of millions of species, which could quite possibly lead to the extinc-



*The greenhouse effect is when radiation from a planet’s atmosphere warms the planet’s surface.*

tion of these millions of species, if we allow global warming to continue to run rampant, asthma and allergies will be more common. There will be more



heatwaves and flooding, leading to agricultural destruction.

Countries around the world have recognized these detrimental consequences to global warming, and are working to slow it down, like with the Paris Agreement – a document written in 2015 to spur global climate action. It addresses our global warming dilemma and encourages countries to act against it. But the Trump Administration



*The retreat of glaciers since 1850 affects the availability of fresh water for irrigation and domestic use, mountain recreation, and the level of the oceans.*

pulled out of the Agreement, deeming global warming as a “hoax.” However, current President Biden has pledged to make sure the right measures are taken so we can resume our journey towards ending global warming. But even these measures, and documents like the Paris Agreement, are not working fast enough. And that’s where you and I come in.

So, what can we do to help stop global warming?

When looking for appliances, look for products with the energy star label. This label tells

us which appliances use less money to run and which appliances protect the environment. When you're not using lights, turn them off. You can also change your lights to LED, which use less power, last longer, and are cheaper.



*Recycling is the process of converting waste materials into new materials and objects.*

You can also recycle: if you look at the bottom of your plastic container, there is a number on it. If you search up this number, you can see if you can recycle the plastic in your state (it also tells if you can put the plastic in the microwave which is handy information if you



## Café Review:

### Main St Café By Lindsay Whitaker



The Town of Mendon is just a short trip down Route 64 from Mendon High School. It's a quaint town, with several restaurants and shops. Recently, the Main Street Café opened, so I decided to check it out.

As you walk up to the Main Street Café, there's a deck in front that has chairs and seating with a menu on the wall that's decorated according to the season. When you walk in, you're greeted by staff and there's a windowsill decorated with jars of candy, each individually wrapped for purchase. There's an open-door refrigerator, filled with an assortment of cookies, cakes, fruit parfaits, and drinks. I prefer their drinks over their food; their Half Moon Cookie reminds me more of a cake than a cookie. There's also a room to your left for indoor seating. Walking to the back of the café, there is a sitting room with two comfy chairs, a table with a refreshment bar, and merchandise on floating shelves. The restrooms were decorated nicely. As you walk out of this room you come upon outdoor seating for people to enjoy on those nice sunny days. When I stepped into the café for the first time, I was entranced by how cute it was. I loved how everything was placed, so accordingly and how there was even a corner dedicated to online order pickups. Everything was so simple, yet so intricate. There was a spot for everything. Would you come here?

I know I just threw a bunch of tips at your face, but even if you only do one, that's already making a difference. And who knows, maybe changing your lightbulbs to LED ones will lead you to carpool with your friends, and then you'll switch out your dishwasher for one with an energy star label, and then you may have very well just saved a polar bear.

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# Korean-American Perspective:

## Rising Popularity of Squid

### Game 오징어 게임 and

hood games. The show achieved No. 1 on Netflix in 90 countries, including the United States. Squid Game isn't the only South Korean content that has captured wide attention. K-pop and K-dramas have been continuously increasing in an international audience in the past few years, gaining a solid Western fanbase as well.

Now - how does this affect Korean-Americans? Let's start with the good. Representation in the media is huge. Espe-



*'무궁화 꽃이 피었습니다,' or 'The hibiscus flower has bloomed' is the first survival game the characters of Squid Game play.*

cially with the wide-scale popularity Asian content is reaching, it's amazing to see familiar faces and hear Asian languages on screens. People become exposed to Asians being able to perform in deeper roles, being able to represent something more than reused stereotypes. Pride is such a powerful feeling, a surging emotion that fills the ca-

hales you are marveling at someone who looks like me, you are realizing how thrilling my people are, you are becoming familiar with my culture. With shows like Squid Game, in which the characters compete in Korean childhood games to win money, specific cultural aspects are delivered and exposed to the viewer, allowing them to understand certain values of the country.

However, a problem occurs when people only see Asians as the ones in dramas and pop groups. K-pop especially produces a manufactured image of Korean pop singers that are marketed to be appealing and familiar, as a fanbase is a significant factor of popularity in K-pop. This develops unrealistic expectations and often skews how people define Asians. The common perception of Asians often excludes South and Southeast Asians. Most of the time, it is difficult to receive basic respect and

equality as an Asian-American - we are acknowledged only when an aspect of our culture is deemed as praiseworthy or trendy by America.

It's quite awkward when sudden interests in another show or pop group or various aspects of culture, delivered in abrupt increase of mentions in mainstream news/trends, are cut up and tossed at my feet; hastily sewn together in a gesture of: *Here, see? I know and accept entertainment from your country. From the land of your people, thus including you. I respect you because of my interest in your country's con-*

Pride is such a powerful feeling

tent.



*Squid Game is a children's game that is uniquely violent by nature.*



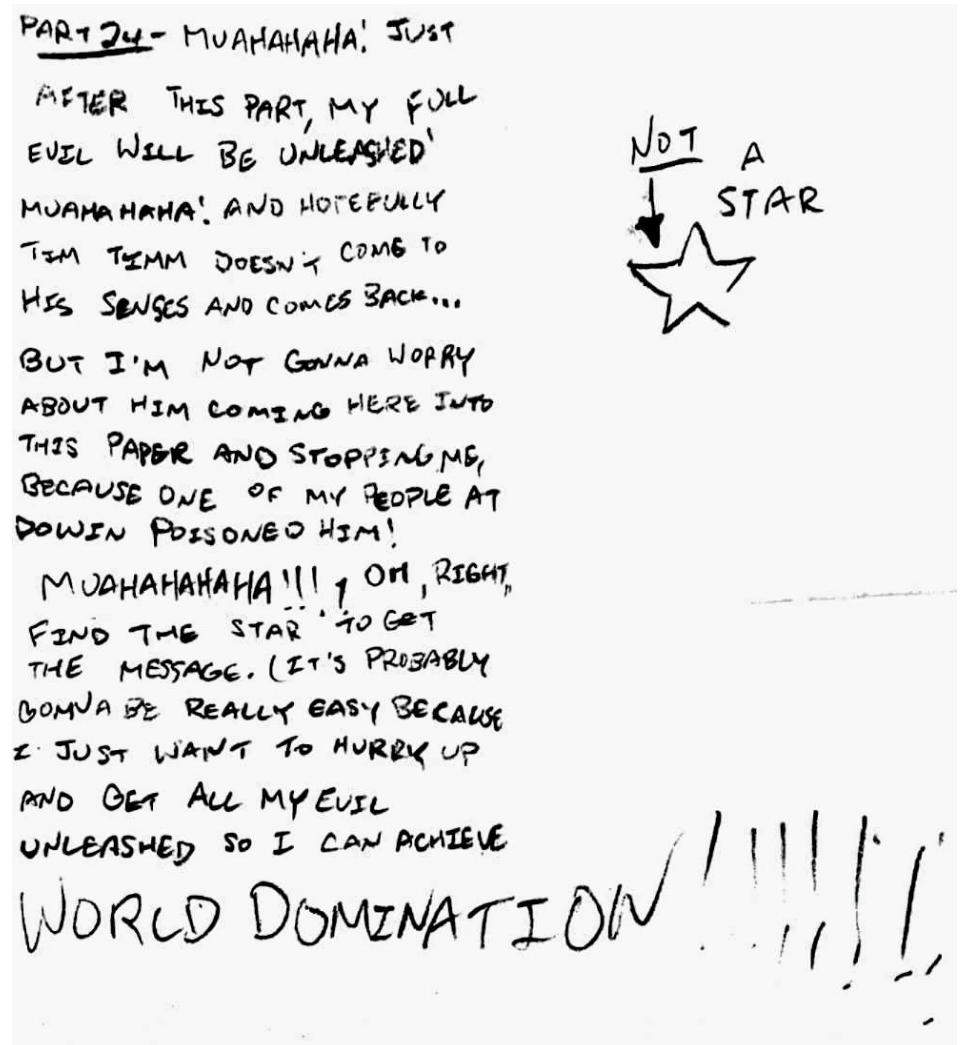
There are no mentions of before Asians were a trend, when we were dog-eaters and job-threatening laborers and carriers of heavy accents and diseases. When we were exotic and submissive women, gullible and unappealing men. When we were children taught to laugh at ourselves, to mock our heritage while others were allowed to be proud. "Were" isn't exactly the right word – Asians are consistently placed into old, worn stereotypes, even after Asian content has gained attention in Western audiences. It's a heavy whiplash: threatened and fetishized, beaten and idolized.

How can I make you understand this frustration, this wall of stereotypes and unintentional ignorance – a construction blind to its impact on Asian-Americans? Maybe I'm being too possessive. Or defensive. What gives me the right to be angry after being ridiculed and constantly taught that I am an unwelcome, weird, undesirable foreigner who has no place as an equal citizen in America? Doesn't everyone go through the same thing?

I'm not trying to stop people from consuming Asian media. I'm an American who enjoys it too, especially with better accessibility now that popularity is rising. What am I trying to say? Most of the time, I'm not really saying anything. Just hoping to an empty

audience that people will understand that an entire ethnicity is not a couple of characters on a screen. Hoping that Asians will be emptied from the labeled boxes of harmful stereotypes. Hoping that people won't view Asian content from an Asian country with American/Western lenses. Hoping people use subtitles instead of dubbing, if able to (though that's another article by itself). Maybe just trying to let some readers know that I am thrilled to see people who look

like me on social media feeds, delighted to see people interested in my culture, yet hoarding this aching feeling of bitterness? resentment? when my precious childhood is taken and only known as a creepy doll and a violent show. I do appreciate the interest, though. It excites me too, this pride of hearing my language, seeing my people hold international media in their grip. In the unique twist of our tongues.



READ  
ALL OF  
IT

IT'S DOMINATION TIME!  
I'M GONNA TAKE OVER THE  
WORLD WITH MY EVIL CONTRACT  
AT DOWN! BECAUSE THE  
WORLD HAS NO CHANCE  
AGAINST MY EVIL FORCES!

READ  
ALL OF  
IT

MUAHAHAHAHAHAHAHA!



I AM HERE TO STOP YOU!  
I PLANNED OUT ALL OF THIS TO TAKE YOU DOWN! LITTLE KNOWN FACT: I CAN TELL IF SOMEONE IS GOING TO TURN EVIL AND WHAT THEY WILL DO AS A VILLAN! SO I HIRED YOU ON PURPOSE JUST SO I COULD TAKE YOU OUT. RIGHT HERE! YOUR LITTLE FRIEND AT DOWN!

HE IS ACTUALLY MY LONG TIME BUDDY-O-PAL THAT FAKED HIS OWN DEATH JUST TO GET CLOSE TO YOU! HE DIDN'T ACTUALLY POISON ME! OH, AND MY CHEESE PLACE? WELL... THAT PART WAS TAKE... BUT NONETHELESS! I AM STILL HERE TO STOP YOU! AND I WILL FIND YOU! YOU ARE GOING DOWN!

WELL, I SEE YOU HAVE PLAYED ME WISE... BUT WHAT YOU DIDN'T KNOW... I HAVE A SECRET WEAPON UP MY SLEEVE... WARRA KNOW WHAT IT IS? YOU ARE NOT GONNA WEISBVG IT. IT'S MY MOST LOYAL FRIEND, JOE! SQUISHY-PANTS, YES, THAT'S RIGHT, I GOT HIM ON MY SIDE NOW, TSM TIMM. HE WAS MOST HAPPY TO JOIN MY SIDE.  
MUAHAHAHA HA!

YES... I HAVE TURNED ON YOU! JIMMY OFFERED ME A DEAL I COULDN'T REFUSE. THE OFFER OF HAVING POWER OVER THE WORLD! NOW I AM TURNING EVIL. AS SOON AS THIS PART IS OVER, WE WILL BEGIN OUR PLAN. WE CAN NOT GO THROUGH WITH OUR PLANS WITHOUT JIMMY'S FULL EVIL POTENTIAL. ONCE HE GETS HIS FULL EVIL, HE WILL GET IDEAS...

JOE! HOW COULD YOU HAVE DONE THIS? YOU REALLY BELIEVE JIMMY WILL GIVE YOU POWER? HE'S JUST USING YOU TO ACHIEVE WORLD DOMINATION! JUST COME TO MY SIDE! COME ON! ANY EVIL PERSON WOULD WANT POWER TO THEMSELVES! THEY WOULDN'T WANT TO SHARE IT! JOE!  
STOP THIS!  
JOIN ME!  
THE STRIP IS GONE BECAUSE TIM TIMM LOST HIS STRIP!

JOE WOULD NEVER BETRAY ME! NOW! I WILL ATTACK YOU! TSM TIMM! YOU!  
HAHA! I KNEW YOU WERE NO MATCH FOR ME! TSM TIMM! YOU WOULD BE A DISGRACE TO THE HEROES! NOW I HAVE WON THIS BATTLE, AND NOW I WILL CONQUER THE WORLD!! MY EVIL WILL REIGN! SUPREME!!!

MUAHAHAHAHAHAHA!

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

# RUNESTONE NEWSPAPER

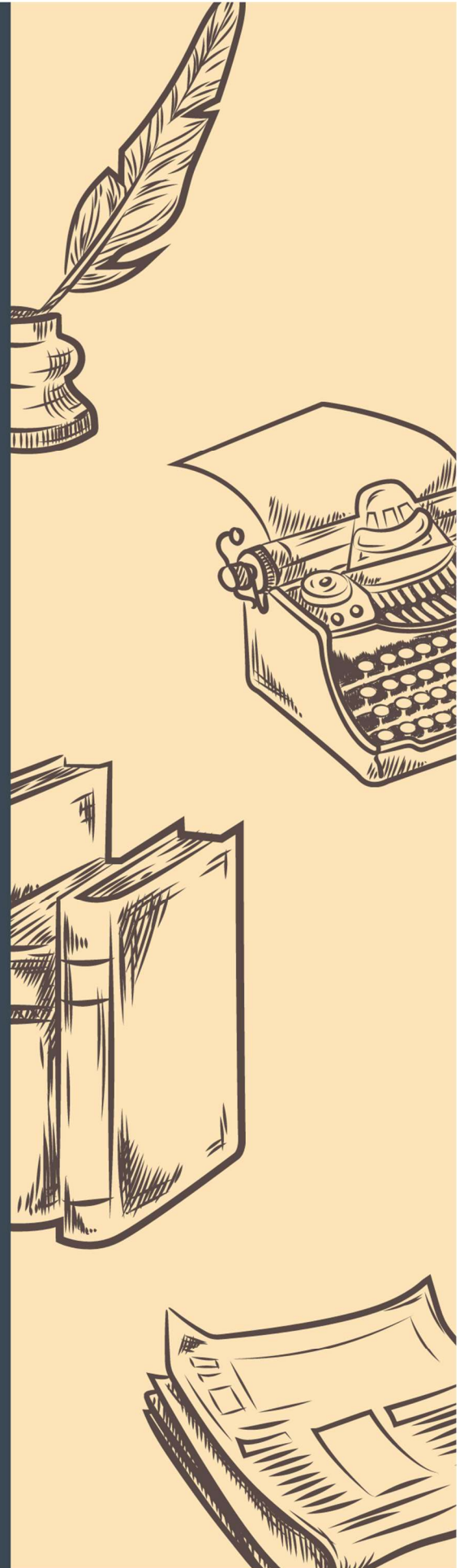
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Meetings every Friday, room 126





# Mendon's Need for Unity

By Muhammad Mbowe

Right now, Mendon needs unity. The video incident at Sutherland, the soccer game with Greece Arcadia, and other recent racist events have angered many people, and frightened students of color. But more importantly, they have divided us: people simplify these situations to black and white, simply choosing a side and pitting themselves against each other. This divide is not healthy for our community here at Mendon. We cannot represent these racist incidents.



*Muhammad Mbowe, speaking at the Erie Canal.*

We hang out, text each other, and share ideas. But it's not always pleasant – I'd be lying if I said it was. I have been called the n-word. As a Muslim, I have been told to go blow up a building. While most people are respectful and look past differences, there is still a problem, clearly exemplified by the recurring racist incidents. We cannot allow ourselves to ignore what's going on or resort to calling them "one-time occurrences," because they are not. We need to take care of these issues as soon as they happen so that one day, they will be one-time occurrences.

“We need to listen and learn from each other.”

Many times, schools send out a statement about how they will “formulate and implement diversity and inclusive policies.” However, as soon as the incident dies down, as soon as people stop paying attention, they put everything on hold or shelve these policies permanently. Therefore, it is up to us, the students of Mendon, to enact change. We must prioritize education, awareness, and diversity. We cannot allow this cycle of prejudice, disingenuousness, and negligence to continue.

That is why Diversify Pittsford (a youth organization that I run with a few other Pittsford students) organized the walkout on Wednesday, September 29th at MHS and SHS. It was a movement meant to shine a light on the racial issues in Pittsford, as well as give students of color a platform to share their stories and perspectives. We don't need policies that never see the light of day – we need to start having conversations. We need to listen and learn from each other to end this



*A Sutherland High School student holding up a sign at the September 29th walkout.*

divide. We need to educate family, friends, and even strangers. And who better to educate us than our teachers at Mendon?

Since starting my education in the Pittsford school district, I have never had a Black, Asian, or Hispanic teacher. This problem is not unique to Pittsford: it is rampant across our country, where there is little diversity when it comes to teaching staff. This lack of diversity in staff can be connected to the plethora of current racial issues, for it has been proven that a lack of diversity amongst teaching staff reinforces racial biases. It sends a subconscious message that people of color (POC) are not good enough to be teachers, leading to a lack of racial awareness and a sense of false superiority. If white students don't see POC as their teachers, how can they see classmates, coaches, and strangers they pass on the street as their equals? A study from Johns Hopkins University also found that even one black teacher can completely change the course of a black student's educational journey, with a higher percentage of black students graduating high school and going onto college. However, PSCD completely lacks this necessary diversity – not only are they educating their students in igno-



*Two Sutherland students holding a "Black Lives Matter" sign.*

rance, but the district potentially harms the futures of the black and minority students. PSCD should make diversity in teachers the top priority.

But we as students also need to take the initiative. We are more similar than we are different. We need to recognize each other, help each other, and learn from each other. We, the students of Mendon, need to unite and respect each other's differences because, at the end of the day, we are all one race—the human race.

## Sincerely, Lena By Lena Tan

Feel like nothing's going your way? You're in luck! Mendon High School's very own advice column is here to help you with your problems!

Q: I feel like I'm drowning in assignments and tests. In middle school, I never had to study, but this year is different. My classes are much harder and faster paced. I know I need to study but I'm not sure how. I am already having trouble turning things in on time- there are just so many assignments. What is the best way to tackle the workload and make sure I'm prepared for assessments?

A: The high school workload is much greater than middle school, especially coming from our Covid school year. In my experience, the best way to study is to do a little bit each day for every class. Then, when you have a test or quiz, there is no need to cram because you will have been preemptively preparing. If that doesn't work for you, try breaking the content up. Study half of the material one day and then the rest the next; on the third day, review both sections, and you should be sufficiently prepared. Make sure you are studying efficiently: if you already know and understand a concept, review it, but spend most of your time focusing on the topics that you find more difficult. I recommend using Quizlet or Castle Learning to help you study. Don't be disheartened if neither of these works for you; it will take some trial and error to find which study methods work for you!

Regarding assignments, it's important to not let them pile up. For long-term assignments, I recommend working on them a little bit each day: you don't want to be stuck rushing through them the night before they're due. As for short-term assignments, you just have to buckle down and do them each day. Easier said than done, but the truth hurts. Try not to procrastinate. Make a plan each week to stay on top of things.

Sincerely,  
Lena

# The Death of Printed News- Why Being a Journalist Isn't a Thing Anymore

By Yasmine Rifai

People in suits and trench coats rush around the room. They wear hats with the word "press" on their heads, have cigarettes in their mouths, and hold notepads full of scribbled words in their hands. A monster of a story has just broken, and with the paper coming out tomorrow, they must hurriedly piece together a cover story. Telephones are ringing like crazy, and the frantic clackety clacking of typewriters is heard at every desk. Everyone is buzzing with stress, caffeine, and excitement. But that's just part of daily life in the newsroom.

Cut to the present — the newsroom is now people's living rooms, and the workplace uniform is pajamas. Stories are discovered by scrolling through Instagram or watching things unfold on TV. No need to go to work;



everything can be done at home and through email. By the time the paper does come out, the only thing people haven't seen already is the Sunday crossword. Oh well. Who can compete with the internet anyways?

Now, this is the extreme version of certain tropes and stereotypes regarding journalism.

However, this isn't all that far from reality. The American newspapers such as The Washington Post and The New York



newspaper does seem to be dying, or at the least is pretty sick. Newspapers just don't seem to be reaching audiences the way that they used to. Between the ages of 18-34, only a mere 19% say that they still read the daily newspaper. This form of media has become almost

archaic to young people, and even older generations seem to prefer online news to the paper kind. With readership so low, the newspaper business model just doesn't hold up anymore. They would usually rely on advertisements, but ad revenue is down 30% from 2019. Their main income is now from online circulation, but this is only helpful for large

Times. Smaller newspapers stand no chance against the

“The American newspaper does seem to be dying,”

competition when it comes to the web. Regardless, with the prices of online subscriptions rising, this isn't much of a cure to the problem for either of them.



So why is this happening? Well, the most direct cause is obviously the internet/social media. Why would people wait for the paper to come out when they can read quick Instagram stories summarizing complex world events and issues in one post? And who can blame them? Social media is an efficient, accessible, and convenient way to consume news. We've all found out things that have happened in the world from a friend's post. I personally have heard about important bills being passed, crises in other countries, and even natural disasters all through social media, only getting led to a news source if I felt the need to read more. When it comes to speed, the internet can outrun newspapers any day. Something happens, and whoosh! By the time your page has been refreshed, the same

20+ years are getting let go before they can even think of retiring. Most of those who are kept on is moved to work social media and are called "content marketers" instead of journalists. The amount of actual writing is brief, mostly short paragraphs that could fit in a caption. The days of deep diving into a story are long gone. Sadly, very few writers are currently still doing what they set out to do in college. Current college students are in a dilemma as well. More and more students are graduating with degrees in journalism, while the projected job growth for journalists is -9% over the next ten years. Because the supply is much greater than the demand, competition for jobs is extremely high, leaving lots of graduates with no options.

Although this all seems

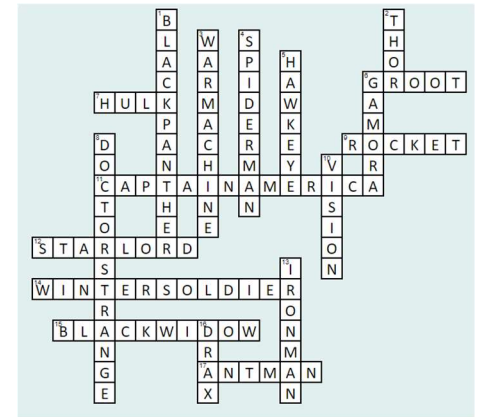


major headline will fill your feed.

Unfortunately, a struggle for newspapers means a struggle for their journalists. Writers are constantly having to worry about being laid off due to huge budget cuts, with firing in the industry increasing almost 200% each year. People who have been working for their companies for

also be useful for a myriad of different jobs, such as an editor, copywriter, and news broadcaster. The industry has many categories, and an overarching major like journalism can teach you what you'll need for all of them. One must keep in mind that the industry is rapidly evolving, so prospective workers need to

be flexible and open-minded. I myself had wanted to be a journalist when I was young, but after learning more, I realized I was 20 years too late for the job I wanted. But that doesn't mean that this new version of a journalist isn't relevant or important. We need the news now more than ever in these chaotic times. After all, there will always be news to hear, just new ways to hear it.



# An Attack on *Attack on Titan*

By Tamara Dorval

When entering the world of anime, people often dive into the most popular show--even those who don't watch anime have probably heard of *Attack on Titan*--but is that really the best way to get into anime culture? Some would say yes, but as a veteran fan, these shows will numb you to other anime television series. Yes, *Attack on Titan* is definitely worth watching down the road, but due to budget cuts, the production and animation quality of most other anime series may not be up to par with that of "Anime of the Year." Instead, a show like *Death Note* would be a good place to start-- although the animation is different from current anime, the plot hooks you in immediately, while also giving you a solid intro into various anime genres.



*While Hunter X Hunter is a lengthy series, it's totally worth the time commitment.*

most popular genres--but don't let it outshine other anime categories. Isekai, a genre that often intertwines reincarnation with romance, will leave you in shambles from its show's shock factor. This category pulls on your heartstrings: it's Slice of Life combined with Horror, particularly aimed at an audience that can handle gore. These genres barely scratch the surface of all the other sub-genres that branch off from the mainstream ones.

There are also anime series that are the result of many distinct categories combined, creating an endless library in which anyone can find a show that suits their taste. But these endless possibilities can quickly become overwhelming if you dive in with either high expectations (such as having only watched *Attack on Titan*) or a low tolerance for shows with multiple seasons. So, starting small with low-key shows will set you on the right path towards enjoying longer, higher-quality anime series such as *Jujutsu Kaisen*, *Demon Slayer*, *Attack on Titan*, and more.



*Attack on Titan. The one anime that everyone knows but might not be worth watching as your first anime.*

Another good starter is *Hunter X Hunter*: the show is lengthy but completely worth the time commitment. The first season runs a little slow, but it picks up with its second season. *Hunter X Hunter* is a great introduction to longer anime series, which usually have better storylines, characters, and world-building compared to shorter anime series that don't have the time to fully develop.

These anime series are split into various categories, with Shonen Jump being one of the



# College Board's Sugar Daddy *By Angel Tang*

Hello all. I am back. As a junior, I shouldn't even have the time to write this. But here I am, doing this instead of taking a practice SAT. At this point, I've studied so much that I am searching for grammatical errors every time I see a group of underlined words. I've also studied so much that when I do the Reading Comp questions, I'm like, "this is the answer CollegeBoard likes, but it's not the answer I would choose." I am in Collegeboard's head, that's how much I've studied. Honestly, is the SAT torturing me or am I torturing it. We're both torturing each other. We love an equal relationship. The only red flag is the 500 dollars I spent just to take my APs. Am I Collegeboard's sugar daddy? Quite possibly.

I apologize for starting this off with something so grim. You guys are not here for grim. You guys are here for stolen bathroom doors and soap dispensers. Our first time all together again in eighteen months, and we certainly came back to Mendon with a bang. Or rather, a revocation of bathroom privileges in the Commons.



*Turns out bathroom stalls with no doors are a thing, and the school has just been wasting its budget on doors.*

School administration forgot to ask me or anyone else that is sleep-gifted about their thoughts on coming back full time and therefore we are in the sticky situation of having to wake up every day. Not even waking up at 6 every day, just having to wake up in general. Just a refresher, all last year, I barely woke up and floated in the space between conscious and unconscious and blindly did my remote attendance. But moving on from the nostalgia, back to having to deal with clogged hallways every day, which makes getting

out of a classroom like turning left on an intersection during rush hour (unfortunately I am at the age where I have this thing called a permit because New York State forgot to account for those who will crash into every mailbox on planet Earth as well as her garage and didn't put it in their legislation to keep us from going on the



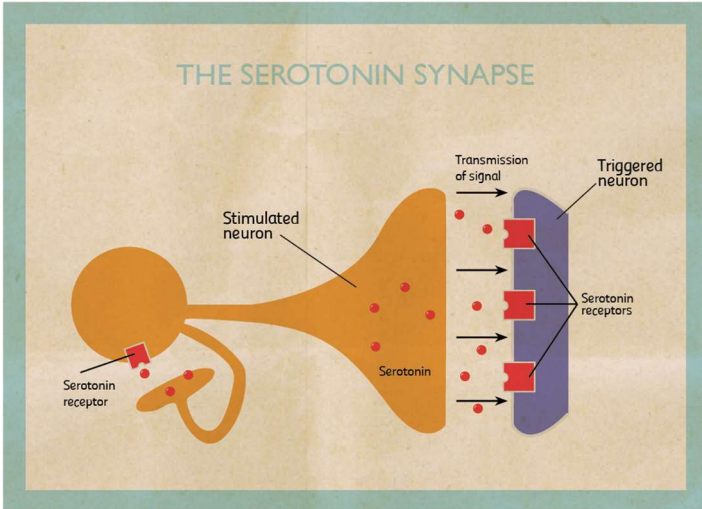
*These. These make grandmas precious.*

road). Oh, I almost drove over a grandma once, and I've never seen someone scuttle off a crosswalk faster. I felt so bad that I ruined her day. Moral of the story, grandmas and their purse candy are precious so always look in front of you before you turn right. But back to the hallway. I keep looking for a gap in the kids so I can cut through and get to the other side of the hallway because I'm a good driver, but there is no gap because we're *all* bad drivers, so I just charge, and bowl down 10 freshmen (strike) ('cause they're short and skinny and very similar to mailboxes) because I'm a bad driver and get to the other side of the hallway and reach my next class on time because no one cares about the journey, it's all about the destination, and so honestly, I'm a great driver. Just don't look at the camera footage.

“Honestly, I'm a great driver, just don't look at the camera footage.”

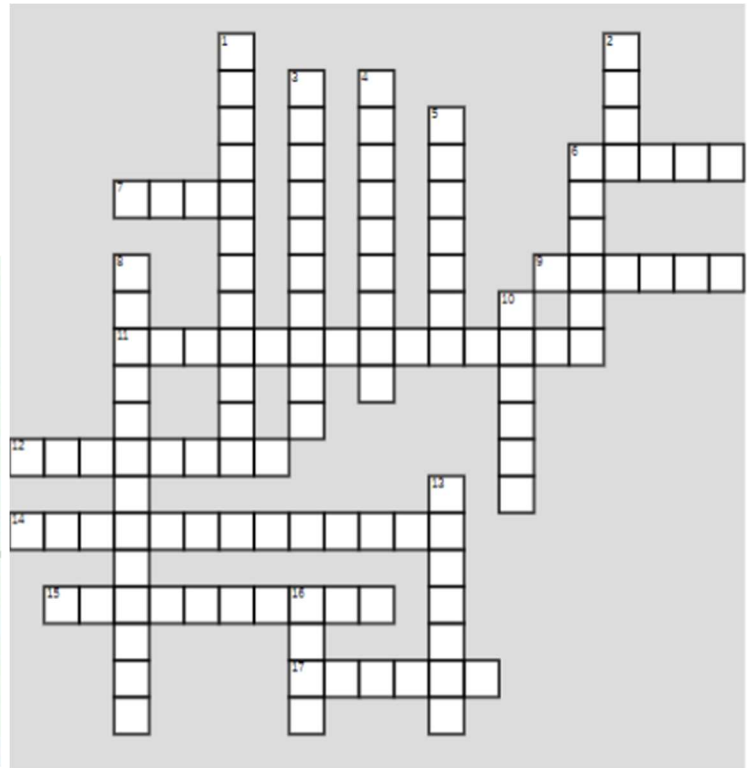


Oh, I'm taking AP Psych this year, and I now know why I like to bowl down those kids. It's because serotonin is released when you do something you enjoy. I'm also doing great in the class. So great that for my "Who Am I" essay (the very first assignment of the year where we have to look deep within ourselves and reflect on our yearnings and mull over our



*My brain when I bowl down freshmen and mail-boxes.*

desires and find inner peace and cure cancer and then slap that onto an essay which we will revisit throughout the year as we change and develop and grow—though I have been 5'4 for the last 2 years and AP Biology tells me I'll probably be 5'4 for the next 2 years so), I talked about how BuzzFeed quizzes deemed me as a Smores Frappuccino personality. Which is very accurate, mind you, that's why I wrote about it. I also don't think that I will ever not be a Smores Frappuccino, so I really don't know why we must revisit the essay. Also wrote about how I am a starfish (courtesy of another BuzzFeed personality quiz) because I honestly do love getting my arms cut off and growing them back. BuzzFeed quizzes exposing another one of my fetishes.



- | Across  | Down   |
|---|--|
| 6 The Guardians of the Galaxy's wooden member | 1 Wakanda's Leader & Defender, Wakandas King                           |
| 7 "SMASH!"                                    | 2 God of Thunder   |
| 9 The Guardians of the Galaxy's racoon        | 3 Iron Man/Tony's best friend. Also a wears a high tech suit           |
| 11 Partner Bucky, Past Soldier                | 4 Web-slinging, Teen Genius  |
| 12 Guardians of The Galaxy's leader           | 5 Genius Archer, 2 Personalities, Ronan                                |
| 14 Past Soldier gone rogue, lived in Wakanda  | 6 Guardians of The Galaxy's only female member                         |
| 15 Super Spy-woman                            | 8 Magician, Past Surgeon, has a "Strange" last name                    |
| 17 The Avenger's growing member               | 10 Mind Stone, Human Alias   |
|   | 13 Multi-Industry, Genius, Billionaire                                 |
|   | 16 The Guardians of the Galaxy's strong, crazy barbarian type attacker |

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