

THE MANNTRA

SPRING EDITION



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ACTIVITIES IN NYC THIS SPRING AND SUMMER

Sienna Tolani

A New York City summer is lively and vibrant. As the cherry blossoms begin to bloom, the sun sets later, and friends bring out their picnic baskets, New Yorkers embrace the warmer weather with high-spirited seasonal activities. This year, you should ensure that you are living an NYC summer to its fullest by participating in the various engaging activities available in sunny days ahead. However, as you research them and attempt to craft your ideal checklist, the countless tourism websites and influencer guides may feel overwhelming. To help, here are the Mantra's top picks to guarantee that your summer is the best yet.

Tribeca Film Festival

The Tribeca Film Festival was created by Robert De Niro, Jane Rosenthal, and Craig Hatkoff in 2001 with the original purpose of reviving the economy and culture of lower Manhattan post the 9/11 terrorist attacks. Since its establishment, it has showcased diverse artists and grown into a renowned celebration of film, TV, music, audio storytelling, games, and more. Its annual occurrence in early June in downtown Manhattan is typically star-studded and includes award-winning art, premieres, curated presentations, panels, and live performances. You can book your tickets on the Tribeca Film website. It will take place between June 5th-June 16th of 2024 and is truly the ideal opportunity to discover a myriad of innovative artistic expressions.



Governors Ball

New York City's annual Governors Ball, founded in 2011, is famously a beloved and exciting event to kick off the summer. The three-day long outdoor music festival located in Corona Park never fails to feature impressive headliners and performers who attract New Yorkers of all ages and music tastes. This summer, the festival will take place from Friday June 7th through Sunday June 9th. The exciting headliners consist of: Post Malone and Rauw Alejandro on Day 1, The Killers and 21 Savage on Day 2, and SZA and Peso Pluma on Day



3. Other notable performers include Sabrina Carpenter, Don Toliver, Dominic Fike, and TV Girl. Furthermore, buying a ticket is an easy task; simply visit the Governors Ball website to find the choice of buying 1 day, 2 day, or 3 day tickets, as well as different tiers. We highly suggest this activity if you are a live music lover as you can enjoy both the warm weather and your favorite artists simultaneously.

Smorgasburg Food Market

Smorgasburg Food Market, NYC's best food festival, has made its comeback in several locations across the city; it commenced during the first weekend of April and will be running through the last weekend of October. This year, there are three distinct locations, each on singular days and all central to the lower city: World Trade Center on Fridays, Williamsburg on Saturdays, and Prospect Park on Sundays. Although the timings are limited, the food selection is quite the opposite, boasting over 100 unique vendors with delectable and instagramable meals. A visit to the market is perfect for any foodie or if you are in search of an easy bite. Once you have your one-of-a-kind grub in hand, you are free to enjoy and lounge in the parks or continue your exploration of the market and lower NYC.



Bryant Park Movie Nights

For its 30th year, Bryant Park's outdoor movie nights return in partnership with Paramount+ beginning on Wednesday June 12th with a screening of *Almost Famous*. The movie nights will be hosted every Wednesday evening through August 21st with the lawn opening at 5pm and the movies beginning at 8pm. This tradition has quickly become one of New York's most anticipated since its creation in 1994, the lawn typically packed for each screening (so we suggest you arrive early to snag good seats!). It takes advantage of the warm summer nights and reintroduces everyone's favorite classics to the big screen. Whether you are a film fanatic or just looking for a leisurely evening activity with friends, we recommend that you grab some blankets, popcorn, and watch a movie in the park! And if you forget either of these movie night essentials, be sure to make a stop at Hester Street Fair outside the park on Fountain Terrace, anytime between 4pm-8:30pm.



REFRESHING SUMMER DRINKS TO BEAT THE HEAT

Malina Patel

Have you ever been under the sun on a hot summer day and craved a refreshing beverage to cool you down, but didn't know what to make? Well, we have answers! Dive into our exciting drink recipes to beat the heat and elevate your summer vibes. From fruity mocktails to incredible slushies, we've curated a collection of fun and easy-to-make beverages that will make this summer one to remember. Whether you're lounging by the pool, hosting a backyard BBQ, or simply chilling with friends, these recipes are sure to add a splash of flavor and a dash of excitement to your sunny days ahead. So grab your favorite glass, mix up a drink, and let the good times flow with our ultimate guide to summer sips!

Our first recipe is perfect, and even more refreshing paired with a cool watermelon slice! This **WATERMELON & STRAWBERRY ICED FRUIT SLUSHIE** can be made in under 10 minutes with just 3 main ingredients:

- 1 small watermelon
- 225g punnet of ripe strawberries with the top cut off
- Juice of 2 limes

The first step is to cut the watermelon the day or morning before you want to drink the slushie. Slice the watermelon into chunks and take out the seeds and skin. Place half of these chunks into a large freezable bag and leave in the freezer for a few hours before removing. The next and final step is to put the frozen watermelon, with the rest of the watermelon, lime juice, and strawberries into a food blender until you obtain a smooth and slushy texture!





Believe it or not, this next recipe is just as special and easy as the last! This fun and fruity drink referred to as **OCEAN WATER OR MERMAID WATER** because of its bright aqua-blue hue, can take your beverages to the next level. Once again there are only a few main ingredients:

- 24 ounces of Blue Hawaiian Punch
- 6 ounces pineapple juice
- 1 lime
- 12 ounces lemon-lime soda

The first instruction is to juice your lime. Then, mix all the ingredients in a pitcher and stir until well combined, and finally add some ice cubes.

This last drink, a **MOJITO MOCKTAIL**, also known as a “nojito” is the perfect beverage if you're craving a minty fresh taste, bubbly fizz, and a sweet kick of flavor. In just 5 minutes, you can create this beverage with the following ingredients:

- 1 tablespoon of sugar
- Small bunch mint
- 3 limes juiced
- Soda Water

First, you must crush the mint leaves with sugar using a pestle and mortar or the end of a rolling pin and a small bowl. Next, fill two tall glasses with crushed ice and distribute the lime juice and mint mixture between them. Insert a straw and fill the rest with soda water to top it off, and now you're ready to indulge!



SUMMER SWEET TREATS

Cassandra Ortiz

The sun is out, the birds are chirping, and the flowers are blooming. Summer is right on our doorstep! One of the best parts of the summer is all of the refreshing sweet treats after a long hot day. However, finding healthy and nourishing treats can often be difficult. After a long hot day, the last thing you may want to do is make yourself something. Here are some quick and easy ideas that are perfect for summertime.

SUMMER AGUA FRESCAS

Ingredients:

- 1 cup of freshly chopped fruit — watermelon, pineapple, cantaloupe, and/or strawberries (I recommend watermelon or pineapple for the first time making it)
- 1 cup water (when using watermelon you don't need to use water)
- ½ cup lime (you can do more or less depending on how tangy you want it)
- 1 teaspoon of a sweetener of your choice (honey, maple syrup)
- OPTIONAL: 2 mint leaves

Recipe:

1. Blend your fruit and water until a juice consistency forms
2. Taste and add lime and sugar until preferred taste
3. Serve with ice and enjoy!



WATERMELON SORBET

Ingredients:

- 1 small seedless watermelon
- ½ cup raw honey, pure maple syrup, or sweetener
- 1 fresh lime juice and zest
- Fresh mint leaves (garnish)

Recipe:

1. Wash, peel, and cube your watermelon
2. Place the cubed watermelon in the freezer for at least 4 hours, or overnight, until completely frozen
3. Blend your frozen watermelon, sweetener, and lime (juice and zest) on a high speed until a smooth paste consistency forms. Continue to scrape the sides of the blender to make sure everything is incorporated.



4. Transfer this into a baking dish and place back into freezer for at least another one to two hours.
5. Serve and garnish with mint. Enjoy!

COCONUT AND FRUIT ICE POPS

Ingredients:

- 1/2 can of unsweetened coconut milk
- 1 cup coconut yogurt
- 1/3 cup raw honey, pure maple syrup, or sweetener
- 1 tsp vanilla extract
- 1 lb. blueberries or blackberries
- 1 lb. strawberries or raspberries
- Popsicle Mold (this is available at the Dollar Tree)
- Popsicle Sticks if needed

Recipe:

1. Rinse and dry your fruits. Puree half of the fruit until a smooth consistency forms. Chop the other half of the fruit.
2. Blend coconut milk, coconut yogurt, sweetener, and vanilla extract until smooth.
3. Put some of your fruit puree in the mold. Then, add in your coconut mixture. Add in a couple chunks of fruit to top it off.
4. Leave some space at the top of your mold to make it easier to remove.
5. Seal each mold (add in any popsicle sticks if needed) and place in the freezer for at least 4 hours. Enjoy!



SPRING FASHION TRENDS

Leila Dossani

Flowers are blooming and school is almost over, meaning it's time to revamp your closet with some trendy and timeless spring essentials! Here are some of my favorite fashion trends that you need in your wardrobe this spring.

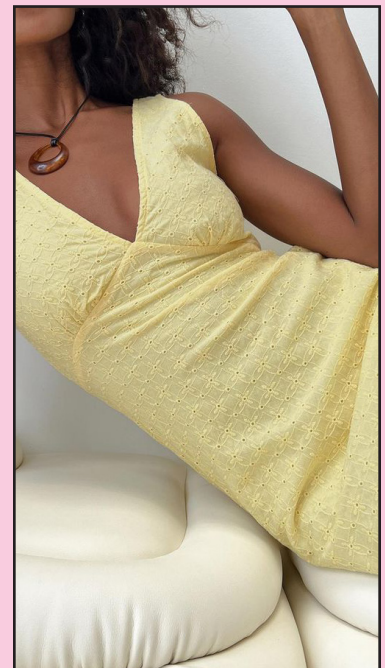


Linen pants

From striped to plain white, linen pants are a breezy and comfortable way to stay cool and stylish during the spring. If you're like me and find jean shorts too uncomfortable and jeans too hot, linen pants are the perfect alternative. They are extremely versatile and will soon become a staple in your closet!

The color yellow

This may seem very broad, but nothing brings spring vibes like a pastel yellow top or dress. Whether it's a simple cardigan or a cute tank, a soft yellow piece adds a pop to any outfit. People tend to avoid or shy away from the color yellow, but it makes a simple outfit more exciting and stylish.



Colorful/patterned bags

Nothing spices up a simple outfit more than a bright and colorful purse. Whether you're going to a nice dinner or just walking around your neighborhood, these patterned bags elevate any outfit. The brand "Staud" has unique and fun patterns for their shoulder bags, which would pair perfectly with a monochromatic white or black outfit.

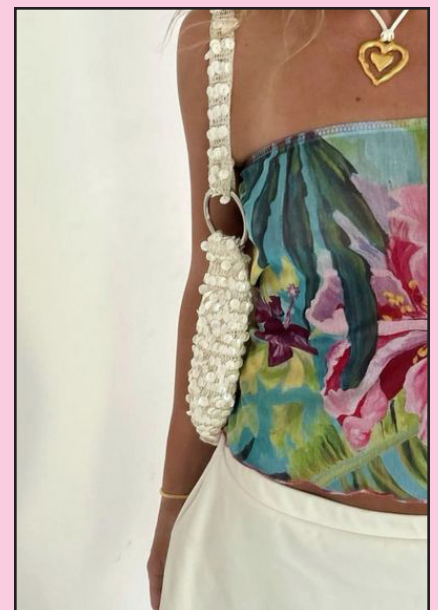


Boxer/striped shorts

If you're looking to be both comfy and cute this spring, boxer/striped shorts are perfect for you! These shorts come in a variety of colors, making them easy to pair with your favorite tank top. I also love wearing my striped shorts as a coverup to the beach during the summer.

Printed floral tops and dresses

To continue our colorful spring theme, I have been loving these bright, floral printed dresses and tops. A floral maxi dress paired with white heels is the perfect spring dinner outfit. For a more casual look, floral print tube tops or tanks are great with white skirts or linen pants!



COACHELLA OUTFITS

Evelyn Gross



Every year, the Coachella music festival is held in California, USA. It has food sellers, art displays, and a range of musical performers from different genres. Renowned for its bohemian and hippie atmosphere, the festival attracts a worldwide audience of art and music lovers. Articles about Coachella fashion have been featured in reputable publications like Vogue and the NY Post. As our media suggests, celebrity style holds a lot of weight.

So what should you wear to Coachella, then? Since the event is well-known for its fashion, many participants went to great lengths to design distinctive and striking outfits. People typically dress in bohemian-inspired clothing, such as flowing skirts, crop tops, shorts, and sandals, even though no formal dress standards exist. As the event is held in California, wearing practical, comfortable clothing that protects you from the heat is vital. Hailey Bieber, for instance, rocked sunglasses, loose pants, a white tank, gold hoops, and a gold necklace in 2023. Her outfit offered a relaxing and laid-back vibe while maintaining a sense of sophistication and luxury with the gold jewelry. Most importantly, the white colors on the tank top reflect sunlight rather than absorb it, the baggy pants allow for better airflow around the legs, and the sunglasses protect the eyes from harmful UV rays and glare.

Styles of the 1980s and 90s have significantly ressurged in the fashion world, with retro-inspired clothing making a considerable reappearance. Stars who donned flared jeans, huge denim jackets, vintage band T-shirts, and vibrant designs stood out for this year. Pink Panthers and Lil Nas X were well-known musicians who honored 90s fashion trends with their attire. Pink Panther's outfit, which included a denim skirt and a flowery tube top, wonderfully encapsulated the legendary spirit of the decade's fashion. At the same time, Lil Nas X was spotted wearing a zip-up top and a Chopova Lowena skirt. Sporty and casual attire was this year's second most popular theme, and many guests chose to wear it. The look was all about casual yet chic ensembles with sneakers, tracksuits, hoodies, and graphic t-shirts. Sporty styles were featured in celebrities like Saweetie and Emma Chamberlain. Sawtee was dressed in a Stinson Haus costume, while Emma was dressed in all white, complete with white biker shorts and a brown cross-body purse.

Many celebs, like Shakira, Emma Roberts, Kendall Jenner, Taylor Hill, and Karrueche Tran, wore dresses this year. The media has shown great appreciation for Kendall Jenner's wardrobe selections. Due to her selection of a TOVE elenour dress, she was recently included on the front page of Vogue's story on The Best Celebrity Coachella Outfits of 2024. It's important to note that, in contrast to the bohemian look she and her sister Kylie were well-known for in the middle of the 2010s, Kendall Jenner now favors elegant, simple designs. Low-key attire is a popular Coachella trend this year, following in the footsteps of last year's sporty and casual styles. This look has been seen on celebrities, including Billie Eilish and Hailey Bieber. Hailey's all-black outfit, which included an oversized leather jacket sans pants and an enormous T-shirt, gave her an easygoing, carefree vibe. Billie's characteristic athleisure look embodied a Los Angeles basketball shirt, baggy shorts, mid-calf socks, sneakers, and a baseball cap.

Coachella dress trends always change, reflecting each attendee's style and current fashion trends. These trends include bohemian-inspired ensembles, retro-style aesthetics, and low-key looks. All attendees, celebrity or not, can express themselves via clothes during the festival, and it's intriguing to watch what trends may catch on in the upcoming year.



THE BEJEWELLED LOOKS OF TAYLOR SWIFT'S ERAS TOUR

Ava Nikitiadis



Taylor Swift's "The Eras Tour" kicked off on March 17th, in Glendale, Arizona. Now over a year later, she's performed over 150 shows across North America, Asia, and South America. She's even released a concert film titled "Taylor Swift: The Eras Tour" which is now streaming on Disney Plus. However, the blonde singer is not done yet, with 69 concert dates remaining throughout Europe and North America for the last leg of her tour. The three hour show that spans across 10 different musical eras of Swift's life, has fans and everybody dying to get a seat inside the stadium. During the different eras Swift has many wardrobe changes, taking the stage in 16 different outfits that change depending on each city. Her tour wardrobe consists of pieces from iconic designers such as Versace, Roberto Cavalli, Nicole + Felicia Couture, Alberta Ferretti, and Christian Louboutin.

The singer kicks off every one of her shows with the Lover Era, wearing a custom Atelier Versace bodysuit and pairing it with Christian Louboutin sparkling knee-high boots. She has 4 different variations of this outfit from the same designers that she rotates throughout her shows. The different outfit variations include a pink and blue bodysuit, a blue and gold one, a purple one, and a pink bodysuit. Before singing her song "The Man," Swift adds either a silver, black, or blue bedazzled Versace blazer.

For the Fearless era, Swift dons three variations of an iconic gold fringe dress from designer Roberto Cavalli. The look pays homage to a similar dress she wore during her Speak Now Tour in 2011. She pairs her look with a pair of shorter bedazzled Christian Louboutin boots and a bedazzled guitar.

For Swift's Evermore set, she has two different dresses that match the withy vibe of the album. She primarily wears a yellow Etro dress that includes detailed beading and a corset top. To begin her set, she starts with her hit song "Willow" and adds a matching cape made by Etro. During her first New Jersey show on May 26th, 2023, she debuted the new dress for the Evermore set. The new burgundy dress featured a sweetheart neckline and a sparkly fabric. It was created by Marco de Vincenzo for Etro.

For her next era, Reputation, Swift has consistently performed in one bodysuit throughout the entire length of the eras tour. This is the only era to not have any outfit variations, and many fans speculate that it's because she's going to introduce a new outfit for the reputation set when she finally announces, Reputation (Taylors Version). The long sleeve black, sparkly bodysuit was created by Robert Cavalli and includes delicate red beading, creating a snake down the singer's right leg. The bodysuit is reminiscent of a specific black sequined long sleeve bodysuit that Swift wore to kick off every show of Reputation Stadium Tour.

Although the Speak Now set may be short, Swift definitely makes up for this with her gowns fit for a princess. She wears variations of 6 fairytale ball gowns while singing her songs "Enchanted" and "Long Live." The gowns are from a multitude of designers including Ellie Saab, Zurhair Murad, and Nicole + Felicia Couture. The gowns are incredibly similar to a Valentino one she wore during the Speak Now Tour back in 2011.

During the Red era, Swift recreates a look from the music video of her song "22" where she wears a shirt saying, "Not a lot going on at the moment." However, for the concert, the Singer changed the wording to "A lot going on at the moment." She has two variations of this shirt that read, "Who's Taylor Swift anyway. Ew." As well as, "We are never getting back together. Like ever." The custom Ashish shirt is always paired with Christian Louboutin loafers and a black Gladys Tamez hat. When performing her songs "We Are Never Getting Back Together" and "I Knew You Were Trouble," The singer removes her t-shirt and hat, donning a red and black sequin Ashish romper. When performing her song "All Too Well (10 Minute Version)" she comes out wearing a matching coat from Ashish.

For her Folklore set, she wears a multitude of flowy, boho dresses to encapsulate the summery, whimsical theme of the album. She rotates between 5 floaty, floor-length Roberto Cavalli dresses throughout her shows. The dresses feature cape-like sleeves, sheer material, and sequin detailing. All of the dresses are paired with flats.

For the 1989 era, Swift pays homage to her 1989 World Tour by recreating the sequin sets she wore. She dons a beaded matching Roberto Cavalli top and skirt that are paired with the same color Christian Louboutin boots. Her outfit variations include pink, orange, green, and blue versions of her Roberto Cavalli set.

For her acoustic set, Swift plays one guitar and one piano surprise song. During this short period she wears a flowy Jessica Jones dress with cap sleeves. The color of this dress matches the color of whichever version of the 1989 set she's wearing. So the variations include a pink, yellow, green, and blue dress.

For her final set, the Midnights era, the singer comes out wearing color variations of an Oscar de la Renta long crystal t-shirt and an Oscar de la Renta faux fur coat. During her song "Midnight Rain," Swift has her last quick wardrobe change of the night on stage, and under an umbrella. She takes off her coat and t-shirt to reveal a bejeweled, midnight blue, custom bodysuit with intricate beading. She has 3 variations of this bodysuit from designers Zurhair Murad and Oscar de la Renta. The look is always paired with a matching garter and knee-high Christian Louboutin boots.

AGEISM

Sadie Katzenstein

Ageism is stereotypes, prejudice, or discrimination against someone because of their age. It is a pervasive issue that affects individuals across generations, yet it is so intertwined with our society that it often goes unnoticed or unaddressed. Ageism basically teaches us to discriminate against our future selves. While ageism can affect younger people and older adults, it has a stronger effect on older adults because they cannot grow out of it like younger people can. When promoting healthy aging, ageism remains a significant barrier to achieving a prolonged lifespan and healthspan.

Children begin learning the idea that “young is better than old” at the ages of 3 or 4, meaning they learn this by observing the world and people’s interactions with each other, not in school. This is because, the majority of the time, ageism is an implicit bias that people express without even realizing it. Consider the common phrase “for your age” used in compliments: “you’re so smart for your age,” “you’re in such great shape for your age,” “you’re so active and energetic for your age,” the list goes on. Despite the intent behind these compliments, they can actually be quite offensive and perpetuate ageist attitudes.

Ageism manifests in various ways in our daily lives, some more subtle than others. In the workplace, older individuals may be fired or not hired or promoted due to ageist assumptions about their adaptability or willingness to learn new skills, such as technology. This results in limited career opportunities and training options for older adults, ultimately impacting financial security and overall well-being.

Ageism also affects the healthcare system. There are significantly fewer geriatric physicians and gerontology researchers compared to other fields. This means that a lot of older patients are treated by doctors who lack a strong understanding of the aging process, leading to countless missed and incorrect diagnoses. Doctors will usually send away older patients, dismissing their complaints or health concerns as a natural part of aging rather than addressing them seriously and providing them with proper medical attention. Ageist biases have been identified strongly in cancer screenings, diagnoses, and treatments. Additionally, in the mental health field, professionals receive less training on how to work with older patients.

Within families, ageism can influence how older relatives are perceived and treated. Stereotypes that older relatives are overly dependent, cognitively and physically impaired, lonely, and helpless lead family members to treat all older relatives like all these traits apply to them. Internalizing these stereotypes and experiencing ageist treatment from family members can contribute to a negative self-image, depression, and anxiety among older adults, impacting their mental health and overall quality of life.

Industries like media, entertainment, beauty, and wellness heavily promote ageist stereotypes. The media, movies, and TV shows usually portray older adults in limited, stereotypical roles, such as grandparents, wise mentors, or comedic figures, that reinforce negative perceptions and prevent older adults from having diverse, complex characters that they can connect with on their screens. The beauty and wellness industries use marketing strategies and product designs that emphasize that aging is undesirable and needs to be reversed or minimized. They use terms like “anti-aging,” “youthful glow,” and “age-defying” that suggest that aging is something to be fought against. They profit off of society’s fear of getting older, which they helped create, by promoting anti-aging creams and serums, botox, and filler.

These ageist stereotypes and barriers not only impact older adults’ social interactions but also have tangible effects on their health. Research has shown that internalizing negative age stereotypes can contribute to memory loss, dementia, Alzheimer’s, and other health issues that affect physical function, cardiovascular health, stress levels, and overall well-being. It is essential to challenge ageism at every level, from personal attitudes and interactions to institutional policies and societal norms. Embracing aging as a natural part of life, without fear or stigma, can lead to healthier outcomes for individuals and communities alike. After all, aging is a universal experience that transcends generations. It is a gift that we get to age and gain more experiences. Addressing ageism is crucial to promoting a society that values and supports people of all ages.

THE DOWNWARD SPIRAL OF OVERCONSUMPTION: HOW SOCIAL MEDIA FUELS THE FIRE

Bea Monti



In an age where scrolling is the new normal and swiping is second nature, it's no secret that we live in a society deeply entrenched in over-consumption culture. From the latest gadgets to trendy fashion pieces, the desire for more seems insatiable. But what's driving this relentless pursuit of material items, and how is social media exacerbating the issue? Enter social media, the stage where lifestyles are curated and envy is cultivated. Platforms like Instagram have become virtual shop windows, showcasing not only products but also entire lifestyles. Influencers, with their carefully crafted posts and perfectly filtered images, create an illusion of perfection, enticing followers to buy into the dream.

Take the rise of the "Instagrammable" culture, where experiences and possessions are valued not only for their intrinsic worth but also their shareability (Woolums, Lexie). From rainbow-colored lattes to picturesque travel destinations, every moment becomes a potential marketing opportunity. The pressure to keep up is palpable as users strive to outdo one another in a never-ending quest for validation. Meanwhile, TikTok has emerged as the new frontier of viral marketing. With its algorithmic prowess and bite-sized content, the platform has a knack for turning obscure products into overnight sensations. Remember the surge in sales of feta cheese and Stanely cups thanks to TikTok's influence? It's a testament to the platform's power to dictate consumer behavior, one 15-second clip at a time.

Yet, behind the glossy facade of social media lies a darker reality. Overconsumption isn't just a personal indulgence — it's a global phenomenon with far-reaching consequences. From environmental degradation to social inequality, the true cost of our consumption habits is staggering. Fast fashion exemplifies this paradox perfectly. The relentless churn of trends and the pressure to constantly update our wardrobes have led to an industry notorious for its environmental footprint and exploitative labor practices. The allure of cheap, disposable clothing comes at a high price, both for the planet and the people who make them.

So, how do we break free from the cycle of overconsumption? The solution lies not in deprivation but rather in mindful consumption. Here are a few steps we can take to cultivate a more sustainable relationship with the things we buy:

- 1. Practice Conscious Consumption:** Before making a purchase, ask yourself if you truly need it or if it's just a fleeting desire fueled by social media. Consider the environmental and ethical implications of your choices
- 2. Embrace Minimalism:** Quality over quantity should be the mantra. Instead of chasing the latest trends, focus on building a wardrobe or a home filled with items that bring you genuine joy and serve a purpose.
- 3. Support Sustainable Brands:** Seek out companies that prioritize ethical production practices and environmental sustainability. Vote with your wallet to drive positive change in the industry.
- 4. Disconnect to Reconnect:** Take regular breaks from social media to separate yourself from consumption. Spend time outdoors, engage in hobbies, and nurture real-life connections beyond the digital realm.
- 5. Ultimately, overcoming overconsumption culture requires a collective effort, but it begins with individual choices. By reevaluating our priorities and redefining what it means to truly thrive, we can pave the way towards a more sustainable future—one mindful purchase at a time.**



The Superior Wake-Up: Matcha or Coffee?

**Marlowe Ross, Evelyn Gross,
Mischa Abend, & Tamsen Stafford**

Matcha and coffee are two different ways to start your day; which is really better? With the stress and exhaustion of everyday tasks and responsibilities, we sought to put to the test which source of caffeine is more suitable to carry you through your day. We set out to try iced matcha and coffee from three different stores with different reviews, prices, and levels of convenience. We found that the benefits of coffee included its convenience and taste. However, we also found that it causes jitteriness, increased anxiety, and possible insomnia. coffee is often at a much lower price point and can be made at home in addition to restaurants/cafes.

On the other hand, matcha contains a significant amount of antioxidants, which can reduce stress and support cellular health. These antioxidants, especially EGCG (epicatechin gallate), are essential in lowering the risk of chronic illnesses and promoting general health. Matcha is an excellent option for productivity without the jitters since it provides prolonged attention and mental clarity, in contrast to the sudden energy boost and subsequent collapse linked with caffeinated beverages. However, matcha can be more costly than coffee due to its labor-intensive production method and the high quality of the leaves utilized. Ceremonial-grade matcha of superior quality can be expensive, ranging from \$8-\$10. Additionally, in the U.S., it's hard to find high-quality matcha, and this variation in quality may impact the matcha's flavor and health advantages.

At Dunkin, we ordered an iced latte and matcha with almond milk and one pump of vanilla. When tasting, we noticed the extreme sweetness of the matcha latte and the coffee. As we watched the baristas make the drinks, we observed how most of the cup was filled with milk. While the vanilla was mixed well with the coffee, the matcha was not mixed well, with the remains of the powder visible at the bottom of the cup. We noticed that the coffee was overly sweet. We believe that the addition of vanilla contributed to its unnaturally thick and syrupy consistency. Coffee can be drunk daily and will serve as a pick-me-up to help start your day on a good note. While on occasion a sugary coffee can be nice, this order definitely isn't an everyday drink. However, it can be easily altered to your liking. Dunkin Donuts is very accessible and if sweet coffee is something you like, this order is perfect for you. Similarly to the coffee, the matcha was also very oversweet. At Dunkin, a little sweetener goes a very long way. It overshadowed the benefits of matcha. If you order this matcha we recommend only drinking it from time to time as a sweet treat because in our opinion it is too sweet for an everyday drink. This is very much based on personal preference and again if you like sweet matcha, this is perfect for you. We rate both drinks a 7/10.

At Blank street we again ordered an iced vanilla latte with almond milk. This time it was much less sweet, with more subtle flavors in comparison to Dunkin. The blank street coffee also would have paired well with a croissant, and could definitely be consumed more regularly than the ones from Dunkin since it wasn't as sugary. Overall we found that the Blank Street coffee tasted much better and made us feel better overall, leading us to rate this delicious latte at an 8/10.

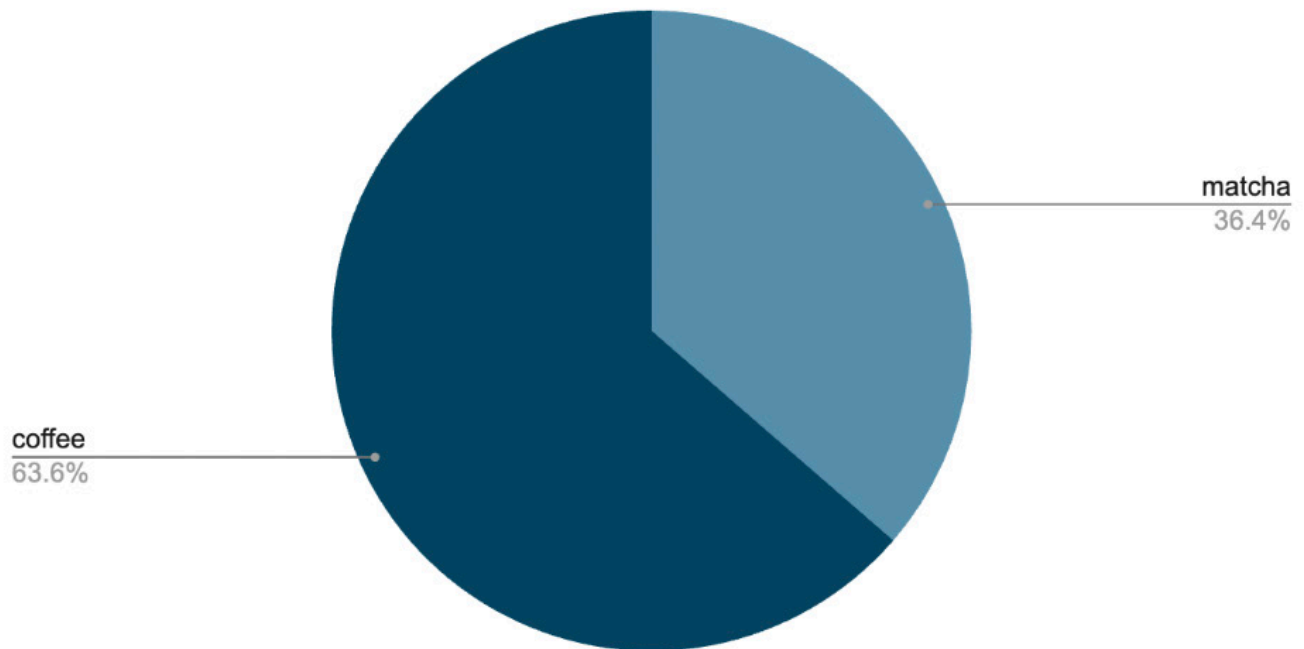
Similar to the coffee at Blank Street, their matcha wasn't overly sweet like Dunkin's and was incredibly tasty. The barista seamlessly blended the almond milk with the matcha powder, providing a delightful pick-me-up and energy boost as I enjoyed it around 4 pm before starting my homework. Its refreshing taste made it suitable for any season, whether a chilly winter afternoon or a scorching summer day. It has a sweet but subtle aftertaste that lingered pleasantly on my palate. I would rate this a 9/10.

At Ralph's, the most expensive store we went to, we once again ordered a vanilla latte. We noticed the bitter taste of the coffee, which was not as pleasant as the nutty blank street latte. We found the coffee the direct opposite of the surgery dunkin latte, a taste that we did not find particularly satisfying. The coffee however was quite energizing, invigorating us for the rest of the day. The strength of the coffee will prove effective to last one

throughout daily activities. We believe that though this coffee is the strongest, its taste was our least favorite, our rating being a 5/10.

The matcha at Ralphs was delicious. It was slightly bitter, balanced by just the right amount of sweetness. The texture was smooth and creamy. The nutty flavors from the almond milk were strong but not overwhelming. It was light and made us feel energized afterward unlike the matcha at Dunkin Donuts. However, it is much more inaccessible than Dunkin donuts. 8 dollars is a lot of money for a matcha, so it's just not realistic for most people to have everyday. There are many other places that deliver the same quality matcha for much cheaper. Even though this matcha had a wonderful taste we believe that it is overpriced, so we rank it an 8/10.

Matcha vs. Coffee based preferences amongst our classmates



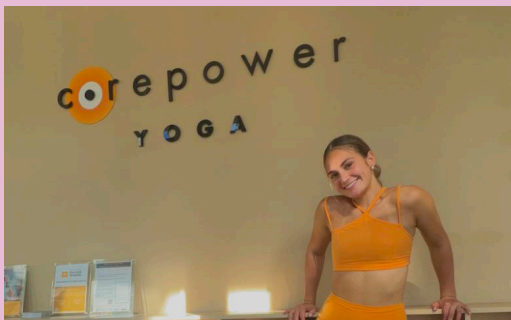
We asked 24 students which drink they prefer in the morning.

WHAT NYC WORKOUT CLASS YOU SHOULD TRY NEXT

Ava Nikitiadis

Whether you prefer HIIT, yoga, cardio, or weights, working out is incredibly beneficial for your mind and body. Workout classes are such an amazing way to start getting active if you're unsure where to start. In general, these instructor-led classes help you find community and increase motivation. There are an array of different types of workout classes in NYC that suit all interests

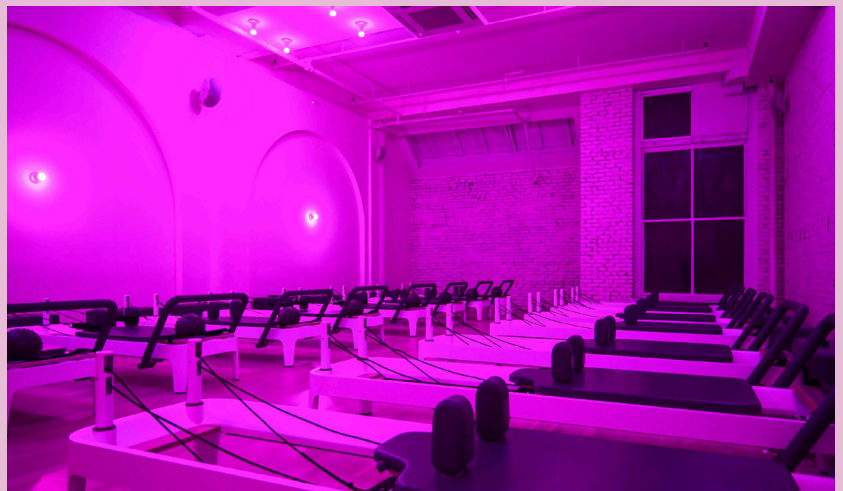
Starting off with one of the most popular workout classes around the world with a cult following, SoulCycle. SoulCycle classes feature an instructor led workout class on stationary bikes. The room is typically very crowded and plays a variety of music throughout the 45 minute ride. The class focuses on providing a high intensity and toning workout. It's a very fun class that's like a party on a bike.



CorePower Yoga is a workout class with a large variety of workouts, ranging in intensity, for both beginners and experts. These workouts range from relaxing candlelit yoga to Strength X classes with high-intensity strength training. Their workouts require little to no equipment, using only a yoga mat and optional weights. The classes feature a mix of yoga, cardio, and weights. The different classes take place inside a room with varying heat levels. CoreYoga is a great option if you're interested in diverse workouts incorporating mindfulness, stretching and strength-training.

Pilates has risen in popularity over the last couple years because of its ability to transform your body and mind. It helps to improve your posture, flexibility, and strength using a reformer. Although pilates can seem intimidating at first because of its complicated equipment, New York Pilates is a great place to start. The instructors are incredibly kind and helpful, and make sure to create the best vibe during the class. They'll make sure to create a workout that will leave you sweating and feeling good both mentally and physically.

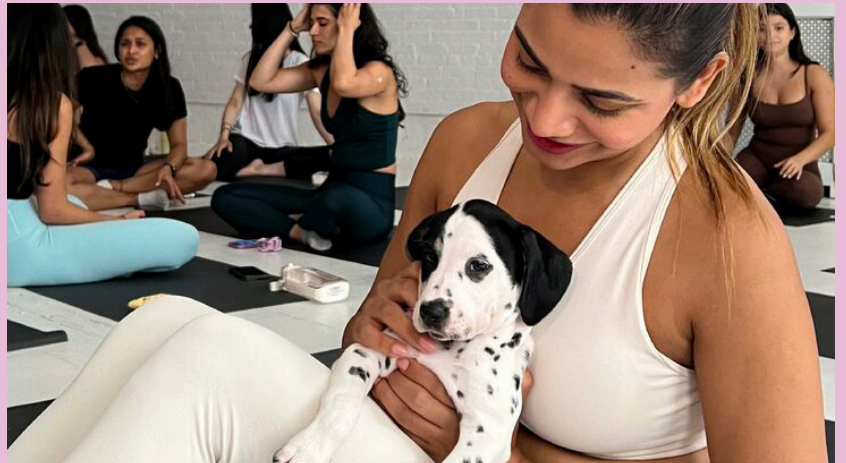
There is a common misconception that Solidcore is a pilates class, however it is not. It uses a machine inspired by a pilates reformer,





called the Solidcore “Sweatlana” machine. It’s larger than a typical pilates reformer in both width and length. The workout consists of resistance-based strength training and is more physically intense than a typical pilates class. SolidCore is not the ebay place to start as a beginner, due to the fact that the classes often work your muscles to failure. There are a variety of classes that are very fast paced and focus on strengthening your core, lower and upper body.

If you’re looking for a workout that also includes a fun aspect, then Puppysphere is great for you. This is a company that holds puppy yoga classes in both Brooklyn and Manhattan. The class consists of 45 minutes of yoga and 30 minutes of chill time with a litter of adorable puppies to help you relax. In my opinion, this is ultimately the best workout to increase mindfulness and bring joy to your life. The workout is beginner friendly and the company provides you with any equipment necessary.



WHY THE PROS OUTWEIGH THE CONS OF SCHOOL SPORTS: FROM A LACROSSE PLAYER

Ryan Nikitiadis

I have played lacrosse at my school since 7th grade (I am now in 12th). A lot of my friends do not play any sports due to the amount of schoolwork they have. Sports are very time consuming which forces a lot of students to quit. Sports practice is usually every day after school for about two hours, and there are usually a few games per week that last a few hours. Some people argue that it is impossible to balance hours of schoolwork—especially those who procrastinate. It is also difficult to go to sleep early due to the late start on work, therefore creating a cycle of tiredness and focusing issues.

While I do agree that sports are time consuming, I would argue that for most, including myself, committing to a sport is more beneficial than detrimental. I read an article from Help Guide that supports my argument as well. Exercise has a positive impact on various mental health disorders like ADHD (combatting the focus issues talked about earlier), anxiety, depression, and PTSD. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

Exercising regularly, which happens when you are committed to a sports team, is one of the most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Exercise works in the same way as ADHD medications such as Adderall because physical activity boosts the brain's dopamine, norepinephrine, and serotonin levels which all affect focus and attention.

Exercise is a natural and effective anxiety treatment. Release of endorphins relieve tension and stress. Another helpful part of sports is its mindful quality that allows you to focus on your body as you exercise. Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication, without the side-effects. “As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%.” Research also shows that maintaining an exercise schedule can prevent you from relapsing into depressive states. Most importantly, exercise promotes all kinds of changes in the brain, sort of like some antidepressants, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, energizing and “feel good” chemicals. Exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that serve depression.

Evidence suggests that by being mindful as you exercise, you can help your nervous system become “unstuck” and begin to move out of the immobilization stress response that characterizes PTSD or trauma. People can focus on their bodies instead of what is going on in their minds. Exercises that involve cross movement and that engage both arms and legs are some of the best options. Many outdoor activities have been shown to reduce the symptoms of PTSD such as hostility as well. Another symptom can be social isolation which group sports can help combat.

You don't need to have any named mental illness to reap benefits from exercise. Even if you are just feeling stressed or overwhelmed, it can help. Exercising is an effective way to break the cycle of physical and mental effects of stress like tight muscles, overthinking, and a tight chest. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better too, so will your mind. Regular exercise can also help boost your immune system and reduce the impact of stress on your body and mind. Sports teams definitely don't seem practical. However, if you begin thinking of physical activity as a benefit and necessity for your mental well-being, you will adjust to the harder parts of it and learn better time management for completing other tasks. Although sports

can help distract you from mental illnesses, some people without these just need a distraction from their busy lives, especially students.

Sports serve as an effective solution especially during the school week when the issue of tiredness comes into play. When you're tired it seems that working out will just make you feel worse. But the truth is that physical activity is a powerful energizer. Chances are, once you get moving you'll have more energy and be able to play the sport longer than you thought. As a student, you might worry about memory loss and brain fog that comes with tiredness. Exercise actually creates sharper memory and thinking. The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. When you go to sleep that night, even if it is seemingly a little less, it will be better quality. Exercise can help regulate your sleep patterns. Athletes might worry about tiredness leading to a loss of energy. Exercise actually has the opposite effect. Increasing your heart rate several times a week (or in the case of my school, every day) will make it easier to wake up and get ready.

I find that playing lacrosse allows me to make more friends and devote time to having fun and socializing daily. This can immensely improve your emotional health. Friends are not the only factor that contributes to this. When faced with mental or emotional challenges in life, exercise can help you build resilience and cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately worsen your symptoms. Participation in sports can also help boost confidence and self esteem. Getting and staying in shape can help you feel happy for yourself and have a better sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance. This will prevent feeling bad about yourself or hopeless. By meeting even small exercise goals, you'll feel a sense of achievement and body confidence. No matter what your body looks like, it will always feel better when in a cycle of exercise. Exercising with a team can make you feel like you are all on this body and mind journey together. I know that my body feels so much better when I am in shape for lacrosse season. I am able to run for a while without getting out of breath, and am overall more athletic. This motivates me to exercise more throughout the year and maintain these beneficial feelings.

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