



Bullis Student Tutors' Monthly Newspaper

The Torch

Our Stories, Our Community



MARCH EDITION

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Contribute your perspective to the paper! [Email us.](mailto:BST@bullis.org)

Upcoming BST Programs

Join Us!

What?	When?	Where?
One-on-One Tutoring	Schedule w/ BST@bullis.org or fill out the Tutor Request Form	Flexible
MS E Block Tutoring	2-2:45pm every Tuesday	BDC Room 222
BST Homework Hotline	Monday-Thursday, 7pm-8pm	Jamboard Link Here
BST End-of-Year Awards Ceremony	April 24th from 3:30-4:00pm	BDC Studio Theatre
Lower School Homework Club	Mondays, Tuesdays, and Wednesdays 3:30pm-4:15pm	Meet in Academic Center
Witness Shining Voices in Jovi Greene's "I Am" Playlist on the BST Youtube Channel!		

BST Leadership Applications Now Open

To apply to become a BST Co-Director or Program Head, complete the application [here](#). Applicants must currently be Bullis Student Tutors in good standing.

Bullis Lunch Behind the Scenes: Exclusive Interview with Dining Hall Supervisor Ms. Chung

“You see people are happy and well fed and that brings me joy after a hectic day.” | Ms. Chung reveals what working in the Bullis Dining Hall is like

By Andrew T. '24



Image Source: Bullis School

Food connects all of us; here at Bullis, we have the opportunity to eat some spectacular food. Given this, most of us only trudge through the Dining Hall and eat our lunch for the thirty minutes we have. We don't really look deeper into the people or the processes behind the food. This is why I decided to interview a member of the Dining Hall staff. The individual that I had the opportunity to interview was Ms. Gillian Chung, a veteran of the food industry and a current catering and Dining Hall supervisor. Despite being a veteran of the industry,

she has only been working here at Bullis since November 2022 but has enjoyed every moment. I interviewed her to get further insight into her daily life.

According to Ms. Chung, her daily duties include morning meetings with the chef and director to make plans for the day. She also ensures the lunch buffet food is checked for allergens to make sure the menu is correct and safe for people with food allergies to eat. After that, she assigns buffet line placements and explains the menu to the rest of the staff. When the students finally arrive, she does whatever is needed to support her staff. After this, her day is not over. Ms. Chung then begins catering for any other events happening on campus, like the APID Luncheon that happened this past week.

In addition to all of this, one of her main tasks is making sure that everything is fully stocked for a smooth lunch rush. This helps make sure that we, the students, are able to go through the buffet with efficiency. When asked about what inspired her to work in this industry which she treasures so much, she noted that she loves the challenge and fun that she has while on the job. She described her experiences as incredibly rewarding and never having a dull moment. Ms. Chung reminisced about how happy seeing other people well-fed and joyous made her feel.

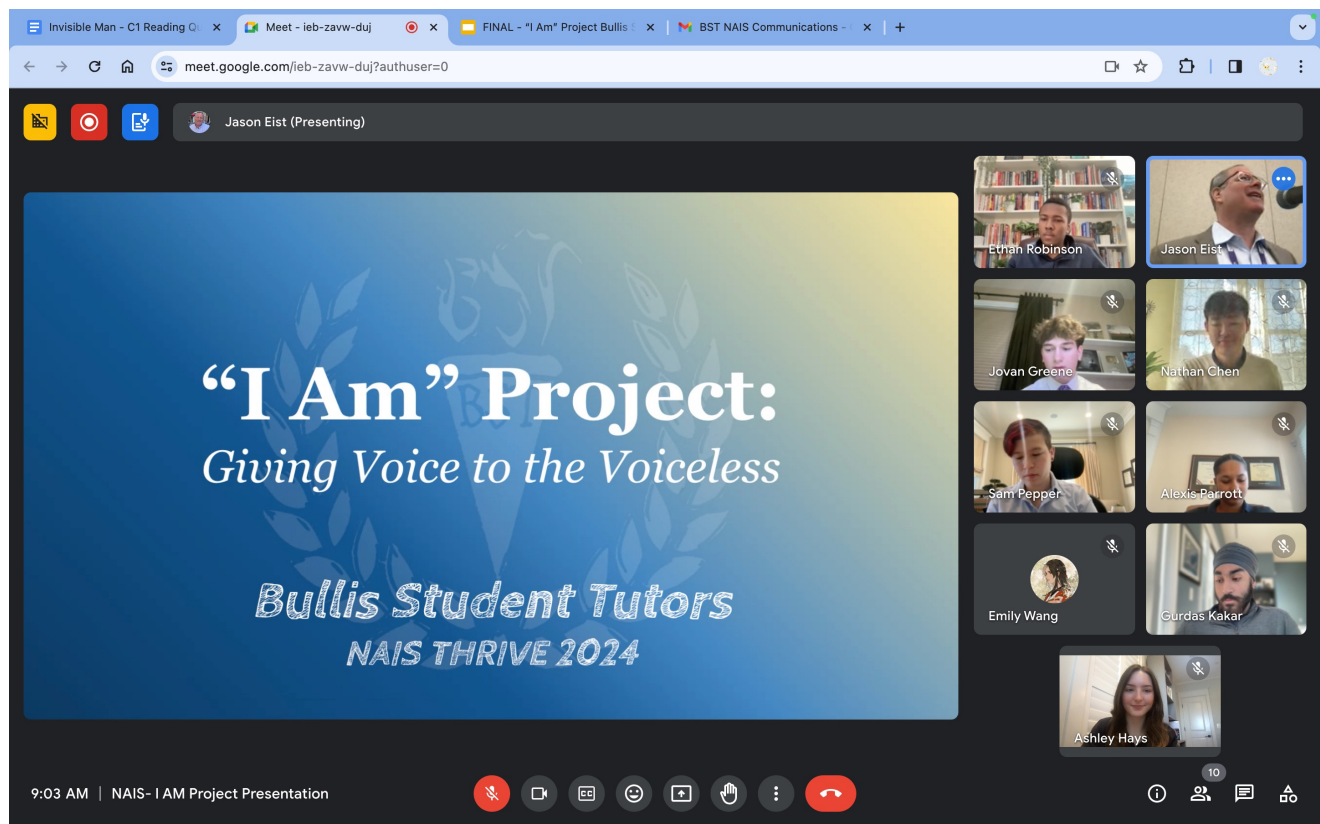
To get a little more insight into who Ms. Chung is outside of her job, I asked some fun oddball questions. Her answers were as follows: she loves Disneyland and Disney in general. She also loves to listen to music.

Given all that Ms. Chung and everyone on the Dining Hall staff do for us, make sure you say thank you next time you see them around.

Bullis Student Tutors Speaks at National Association of Independent Schools' Annual Conference

BST leaders spoke about the importance of student voice, demonstrated through the "I Am" Youtube Project

By Nathan C. '24



BST Student Panelists at NAIS Conference

This month, a group of Bullis Student Tutors spoke at a nationwide conference held in St. Louis. The conference was held by the National Association of Independent Schools, or NAIS: a nonprofit association that serves more than 2000 schools in the United States and abroad.

The student panelists joined virtually to present a presentation to an audience of teachers. The BST panel consisted of the following students:

- ✦ BST Co-Directors Alexis P., Ashley H., and Nathan C.
- ✦ BST Youtube Channel Leaders Emily W., Ethan R., and Jovi G.
- ✦ “I Am” Project Stars Gurdas K. and Sam P.

Mr. Eist, the BST Faculty Advisor, attended the conference located in St. Louis in-person to coordinate our presentation from the stage. The panel focused on the “I Am” project on the Bullis Student Tutors Youtube Channel, a collection of short-form videos that highlight the diversity and complexity of student voices around campus. One of the videos focuses on Fisher O. and his feelings surrounding how others treat him as “the wheelchair kid,” as well as his desire to push beyond the label and pressures others place on him. Another video shines a spotlight on Sam P., who discusses their queer experience and expresses their desire to be seen for more than who they choose to love. The final video shown in the conference focuses on Gurdas K., who shares a devastating experience he had at the airport, encountering racial profiling as a Sikh man.

According to Mr. Eist, several teachers in the audience shed tears after watching the “I Am” videos. After listening to our presentation, the teachers noted that they gained insights about how to better support student voice and expressed a desire to forge a connection with Bullis Student Tutors.

I had the privilege to speak at the conference, and it was personally an incredibly rewarding experience. I was able to reflect on what student voice means to me as a second-generation immigrant, and I was glad to have had a part in shaping how other schools view student voice.

The “I Am” project aims to preserve the honesty and complexity of student voice; it’s multi-faceted, it’s nuanced, and it’s beautiful. I encourage you to check out the “I Am” videos on the BST Youtube Channel. Click this [link](#) to see Gurdas’ video.

If you have a story you’d like to share with the world using the BST Youtube Channel, please contact BST@bullis.org.

Wellness at Bullis | An Interview with Ms. Borrelli about reducing stress and her work as Director of Wellness

By Henry S. '24

There's always a lot going on around campus, and it's important that we have ways to reduce burnout and stress. That's why I interviewed Ms. Borrelli, our Director of Wellness, to find out more about counseling in the health and wellness department. I learned a lot of useful information that might help you to reduce your stress and finish the year strong.

What does your day-to-day schedule look like? Do you spend a lot of time talking with people or just sitting in a lot of meetings and seminars?

"Mine is a little bit different than the day-to-day counselor because I oversee K-12. I would say 50 percent of my time is direct meetings, 30 percent is in administrative-type meetings, and the other 20 percent is administrative stuff, like calling parents, calling therapists, writing emails — that type of stuff."

What are some of the initiatives that you have started or plan to start in the health and wellness department? I know we have wellness programs leading up to exams, so what are some other programs?

"Over the last three years, we've redone the health curriculum for grades four through ten. All of that curriculum has been revamped over the summers, and we are looking at the latest trends and research about what's impacting adolescents. I would say every year, I try to have two or three speakers that come to the school to talk about various topics. This year, my umbrella theme was based around healthy habits, so we had two different substance abuse folks come in and talk. We are having a mandatory parent education night in March around



Image Source: Bullis School

pornography and its effects on adolescents' brains. We aim to create a new theme every year based on what we saw the previous year in counseling."

If a student is feeling overwhelmed and stressed from academic workload, what are some things they can do to mitigate that stress? How can they best manage a heavy workload?

"The first thing I would recommend is seeing a learning specialist. Go see a learning specialist and actually scaffold your work — don't try to do it all at once and make a mountain of work, try to plan out when you're going to do things and how. I would also say to think about when you're refueling; I don't think we talk enough about that. Adolescents are always outputting. Whether it be at school, during homework, sports, or activities in the evening, we're outputting so much, but when are we refueling through downtime, relaxation, sleep, or fun with our friends? I think things like that get pushed aside to achieve, and this is not always the best way."

How do you recommend students reduce anxiety before big assessments such as the upcoming AP exams?

"I would say find times for fun, number one. When are you having fun every day? Find a scaffolded approach to how you're studying. Don't cram, make a plan that's a week-long to prepare. Know yourself and your strategies — how you study and what makes it work. Everybody retains information differently. Do you need to study in a group? Do you need to just study notecards? Figure out what works for you and make a concise plan. Get enough sleep. Sleep before studying, get a good eight or nine hours of sleep before the test."

What is the most meaningful thing to you about working as a counselor?

"Definitely the kids. I love the interactions that I have with the students. I also feel really lucky that students feel like they can bring me their worst or their most embarrassing and other things they don't want to tell people in their life and they can talk about it in here, and it stays in here. A lot of times when you're going through something hard, just saying it out loud and getting it off your chest makes it feel a lot better. I am so glad I can be that space where people can do that."

What are some of the biggest challenges you have faced as a counselor? How did you overcome them?

"Some of the biggest challenges for me personally are problems that I can't solve. I can see the problem and I can talk to the student, I can talk to their family, or I can talk to their provider. Just seeing people stuck when there's a solution but for some reason or another, they won't access support."

What are some of the best things about the new counseling office in Founder's Hall? How is the new office being used to maximize the potential of the health and wellness department?

“It's so much better because it is a chill space that students can go in and not have to wait in the hallways of North Hall outside a counselor's door if they need help. That can be embarrassing for some students or they don't want to do that. When we meet with families they can just check in in Founder's Hall and walk down, so there's no question of why your parents are at school and them being seen by peers. Having the third office that's empty as a relaxation spot is useful; it can be used by kids who have therapy during the school day in their study halls. They can sign in and do telehealth with their therapist while they're at school and have a designated private space to do so, which is a game-changer.”

For students who are interested in a future career in counseling, what advice would you give them? How should they get started?

“I would say take a lot of psychology and sociology classes when you're in your undergrad, and figure out what you like about it. It's a career that has a significantly high rate of burnout, so figure out why you like it and hopefully, you will be able to connect it to a personal value. This will make you less likely to burn out. I also recommend taking advantage of internship opportunities and getting some counseling of your own. A lot of people go into counseling because they have some of their own problems, and you have to get that figured out before you can be an effective counselor.”

This interview has been edited for length and clarity.

Exclusive Interview with our new Dean of Student Life, Mr. McGowan

By Ethan Y. '25

Every day, Mr. McGowan stands out not just as a teacher but as a testament to the impact of influential and passionate educators. His journey from a biology major and an athlete to a passionate US History teacher demonstrates a story of resilience, adaptability, and a desire to pay it forward.

Mr. McGowan's academic journey was not straightforward. He shares, "I was not the strongest of students," underscoring the extraordinary nature of his current role. His inspiration to teach was ignited early on by his fifth-grade teacher, Mrs. Pyne, who masterfully balanced structured learning with student autonomy, a method that left a lasting impression on him.

High school further solidified Mr. McGowan's admiration for the teaching profession, instilling a desire to emulate the educators who had so profoundly impacted his life.

Despite Mr. McGowan's initial aspirations in the sciences, life had a different playbook in store. He recalls, "I actually started out as a biology major in college because I loved physics, and I wanted to be a physics/science teacher."



Image Source: Bullis School

However, balancing academics with commitments to basketball and rugby teams in college proved challenging, especially with the rigorous demands of science labs and the absence of online course alternatives.

Reflecting on this period, he notes, "I fell behind... I couldn't make up the labs or anything like that... so I basically looked at my options."

History seemed like a viable alternative, a subject he had always enjoyed and one that resonated with him due to the influence of his high school teachers. "I had some really good history teachers," Mr. McGowan recalls, attributing his shift in academic focus to the impact these educators had on his appreciation of the subject.

Transitioning to history education, Mr. McGowan embraced his new path with enthusiasm. He sees history not as a mere recounting of past events but as a vital tool for understanding the present and shaping the future. "I've seen this a lot, is some of the most educated leaders and best leaders that we've had know their history. They knew where they came from or what other people did before them that was similar. They saw the patterns, and they figured out."

Mr. McGowan's story is a vibrant narrative of finding one's calling amidst the chaos of life's demands. It's a reminder that the path to discovering one's passion is always multi-layered. His transition from aspiring science teacher to a history educator underscores the unpredictable nature of career paths, where interests evolve, and new passions emerge.

Beyond his personal journey, Mr. McGowan offers insights into the broader significance of history. He challenges the stigma that history is merely a recollection of past events, emphasizing its relevance in understanding patterns and lessons that shape our future.

Mr. McGowan's journey from the sports field to the classroom is a narrative of transformation and discovery. His story highlights the power of education to change paths, the impact of dedicated teachers, and the significance of history in our lives. In Mr. McGowan's classroom, history is more than the past; it's a lens through which we can view and influence our world.

As Bullis SGA steps into a new era, we're lucky to have such a spirited and passionate leader who will help pave the way forward.

The History and Traditions of the Lunar New Year, and an Interview with Chinese Teacher Mrs. Nie

By Andrew T. '24



Image Source: [history.com](https://www.history.com)

Last month, the Bullis Community celebrated Lunar New Year through our assembly. Now, let's dive deeper into what Lunar New Year truly means to the communities that celebrate it.

The Chinese New Year or Lunar New Year depending on where you live is a celebration of the new year. In traditional China, the calendar was based around a lunar cycle so the celebrations are never on the same day. The origins of the Chinese New Year are shrouded in mystery. An ancient legend says that there was an ancient beast named Nian, or "year" in English, who would go around towns terrorizing the communities. One day, the communities learned that Nian was terrified of the color red and loud sounds. So, that's why fireworks and red banners that you hang outside your house were created.

Despite the disagreements about the origins of Chinese New Year, every year Chinese people and communities celebrate it. We at the Bullis community had a spectacular opportunity to immerse ourselves in the celebration through the Lunar New Year assembly. We got to see both traditional celebrations in the dragon dance and more modern ones like the songs that were performed. While our celebration only lasted an hour, traditionally they last for fifteen days in China, with things such as dragon dances, family reunions, and firework shows. This is all capped off by the lighting of lanterns.

To learn more about this holiday, I interviewed one of our local Chinese teachers Mrs. Nie also known as 内老师 as she is a native Chinese Citizen. Through our conversation, I came to learn that she views the Chinese New Year as a holiday based around family reunions because she said she has found memories as a child every year of her family gatherings. Before her Family's Chinese New Year celebrations, her family would put up red banners all around her home to bring good fortune to her family. Her family gatherings included getting red envelopes filled with money from her older relatives and a big feast capped off by a fireworks show. She said that during her family feasts, delicacies such as dumplings(饺子), Noodles (面条), and fish(鱼) are all eaten. Even though she left China many years ago, she still celebrates the Chinese New Year every year and this year was no different. She said that this year she put up her usual red banners, did a spring cleaning, and had a feast with her family. She also celebrated with her students by handing out red envelopes with special treats inside and watching a Chinese traditional movie. Hopefully, through this article, you've learned a bit about the history and traditions of Chinese New Year!

LLS Students of the Year: Bullis Teams Raise \$237,000+ for Blood Cancer Research

By Emersyn M. '26



Image Source: Leukemia and Lymphoma Society

This weekend, thirty-seven teams of high school students came together to celebrate their success over the past two months. From January 13th through March 2nd, students from across the DMV campaigned to raise money for the Leukemia and Lymphoma Society. Each team competed to raise the largest amount of money by reaching out to friends and family, as well as local and national businesses for sponsorships. Students in the LLS campaign demonstrate and learn leadership skills that will be translated to future endeavors in the real world. The most successful team in the DMV was recognized that evening. This team's candidates (team leaders) hope to become the Student Visionary of the Year (the nationwide team recognized for raising the most money out of any team across the US).

Although all the teams compete against each other, they are all working together towards a greater cause. Attendees at the event heard from several members of the community who have been impacted by blood cancer. At the gala, honored hero Rajan Patel, a high school student who battled acute lymphoblastic B cell blood cancer, told his story of his battle. Hearing from these individuals who have been affected by blood cancer moved everyone in the room. This was a special touch to the night.

Overall, teams in the DMV raised over 1.9 million dollars for the Leukemia and Lymphoma Society. This money will go directly to finding a cure for different types of blood cancers and helping fund treatments for individuals who are fighting blood cancer. Bullis had 3 teams who all made a significant impact. Bullis teams raised over 237,000 dollars! Some of the Bullis team candidates included Zaynah C., Liv P., Taylor B., and myself. Personally, fundraising made me closer to peers on my team and my community. Let's be the generation who puts an end to cancer!

Inside Look: Medical Minds Club at Bullis Nurtures Future Healthcare Leaders

By Andrew P. '25

Medical Minds is an engaging club at Bullis, providing an environment for students interested in pursuing careers in the medical field or simply wanting to expand their knowledge of medicine. Led by Ava S., Kyla H., Alexis P., and Christina A., the club focuses on education, discussion, and community service. This club offers unique opportunities for members to explore various aspects of healthcare while making a positive impact on the community.

At the heart of Medical Minds are its dynamic meetings, where students gather to delve into intriguing topics related to medicine. From learning about complex diseases to exploring different healthcare professions, these sessions serve as a platform for intellectual growth and exchange of ideas. Led by passionate student leaders, each meeting promises to broaden horizons and inspire future healthcare leaders.

Medical Minds is actively reaching out to medical schools to secure a guest speaker who can provide valuable insights and guidance to its members, offering them an opportunity to learn firsthand about the journey towards a career in medicine. At the end of each meeting, Medical Minds engages its members in a Kahoot created by the National Institutes of Health, fostering friendly competition while reinforcing key concepts discussed throughout the session.

One distinctive aspect of Medical Minds is its commitment to charity. Through fundraising events and community service initiatives, this club actively contributes to causes that align with their values and interests. During the meetings, the members decide which organization to research and donate to as well as organizing the fundraisers and deciding who will take on what roles. By donating to organizations such as the American Sickle Cell Anemia Association, students have the opportunity to make a tangible difference in the lives of others while building their leadership and teamwork skills.

For those considering a career in medicine, Medical Minds offers invaluable resources and guidance to help navigate the path ahead. From its meetings to its fundraisers, the club provides a solid foundation for students to pursue their aspirations in the medical field.

Quick Update with Pop Culture 2024

By Lucy K. '26



Image Source: Variety

We are only three months into 2024, and so much has happened in the world of pop culture! Here are some of the biggest headlines so far this year.

Music

- ✦ Taylor Swift won Album of the Year for the 4th time and announced her 11th album
- ✦ Miley Cyrus won her first-ever Grammy
- ✦ Beyonce made a surprising shift to country music
- ✦ Olivia Rodrigo started her Guts World Tour
- ✦ Kanye released a new album

Film

- ✦ The new Mean Girls has gotten harsh reviews
- ✦ Billie Eilish won Song of the Year for her song “What Was I Made For?” from the Barbie Movie

- ✦ Timothee Chalamet and Zendaya star in the new movie Dune 2
- ✦ Ryan Gosling performed “I’m Just Ken” at the Oscars
- ✦ Oppenheimer has continued to dominate award shows and recently won ‘Best Picture’ at the Oscars

Sports

- ✦ Chiefs beat the 49ers in the Superbowl
- ✦ Jason Kelce has announced his retirement from the NFL
- ✦ The Boston Celtics are dominating the NBA
- ✦ Houston is ranked #1 in men's basketball, while South Carolina is ranked #1 for girls basketball

The Origins of Valentine’s Day

By Megan B. '25

We all know of Valentine's Day, a day of chocolates and flowers and longing hearts. Every February 14th, people across the world show their love through gifts and handwritten notes. But most people don't know the origins of what is now such a passionate and capitalistic day. Theories range from paganism, saints, a party, and an execution. So how did this romantic holiday come to be?



Image Source: National Geographic Kids

The most accepted explanation is that it originated from the Roman Pagan festival of Lupercalia, held in mid-February. This feast celebrated the coming of spring with animal

sacrifices and nude, wine-filled fertility rituals that involved young Roman couples pairing up. As the Roman Empire became less Pagan and more Christian, Pope Gelasius I renamed it St. Valentine's Day and the Catholic Church recognized it as a Christian holiday in the fifth century. The popular holiday was named St. Valentine's Day after a martyred saint named Valentine, but confusingly, there may have been more than one Valentine. Legend says that Emperor Claudius II executed two men — both named Valentine — on Feb. 14 in different years in the third century. However, there is very little reliable information on either St. Valentine, and it is possible that they were the same person.

As the centuries went by, the day grew sweeter and less violent. Chaucer and then Shakespeare romanticized Valentine's Day through their poems, and it slowly gained popularity throughout Europe and later the US. The first recorded Valentine's Day card dates back to 1415, mailed from a prisoner in the Tower of London. Mass-produced factory-made cards grew from the Industrial Revolution in the 19th century. Since then, Hallmark and modern media have taken the idea of Valentine's Day and run with it. Americans were projected to spend \$26 billion on Valentine's Day this year, up from \$23.9 billion in 2022, according to the National Retail Federation.

Helen Fisher, a Rutgers University physical anthropologist who studies the evolution of human sexuality, says, "It's a night with very profound extra meaning that hits primitive parts of the brain linked with wanting."

Valentine's Day is celebrated across the world in the US, Argentina, Britain, Mexico, France, South Korea, Canada, and others. It is the most common wedding anniversary in the Philippines. So while Valentine's Day has an obscure past full of poems and Pagans, Christians, and death, what is most important is the way it is celebrated today and in the future. Valentine's Day increases in popularity every year, as the market for love is infinite.

Sources: National Geographic, NPR, New York Times, Britannica

Movie Review | 'Little Women' and the Importance of Family

By Natalie M. '25

Little Women released in 2019 highlights the life of the March Family. Specifically the lives of Meg, Jo, Beth, and Amy. Originally a book published in 1868 by Louisa May Alcott explores the importance of family and self sacrifice. The 2019 movie directed by Greta Gerwig is a coming of age story following the chaotic lives of the four sisters. As the sisters all go in different directions the one thing that brings them back together is the importance of family. Jo lives in New York and is a writer, Amy studies painting in Paris, Meg marries a school teacher, and Beth stays at home with her mother. All living very different lives they all come together because of the significance of family.

The setting and time period is during the civil war in Massachusetts. Their father has gone off to war leaving them all at home. This only brings them closer together and creates an environment where they all love and support each other. Their mother is left to provide for them and she needs a lot of help. They all work together, but with four sisters in the house drama is common. Two of the sisters begin to fight over a boy and this causes a divide between them. Years later, they realize fighting over a boy is not worth losing their love and support for each other and sacrifice their feelings for him in order to remain a close-knit family.

The cinematography in this film is immaculate. In a New York Times article the author writes, "Gerwig has fashioned a story that feels at once entirely true to its 19th-century



Image Source: IMDb

origins and utterly modern.” Gerwig has directed films such as the recently released Barbie, Lady Bird, and Isle of Dogs. Her creative vision and choice of actors truly highlights her abilities as a director. She makes sure to stay true to the authenticity of the story, while adding a modern twist that the audience can follow.

On Rotten Tomatoes, critics rated the movie a 95%. This is incredibly high showcasing Gerwig’s abilities. Critic Victoria Luxford from BBC.com states, “A gorgeous and very warm film.... What makes this version impressive is that it brings a different perspective without losing the magic of the novel.” This comment encompasses the power of Gerwig’s film making highlighting the different perspectives she takes, but at the same time keeping the originality of the novel. I would highly recommend this film to anyone who is interested in a coming of age story that showcases the themes of independence, self-sacrifice, ambition, friendship, and family.

Student Recipe: Rebecca's Gluten Free Chocolate Chip Cookies

By Rebecca E. '25



Killer Word Search

Test your skills with this murderer-themed word search! (Answer Key on the next page)

By Ellie C. '25

M	C	L	P	Z	X	F	T	D	Q	I	M	R	O	Y	C	Z	U	S	M
J	A	C	K	T	H	E	R	I	P	P	E	R	U	V	D	G	I	C	V
J	I	Q	N	K	E	B	J	X	C	K	A	K	V	Q	N	L	Y	R	M
W	D	E	H	U	A	R	J	I	L	O	E	Y	U	E	R	T	E	E	A
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K	Z	P	G	X	Z	I	N	Z	H	N	H	Y	B	S	E	Q	T	F	X
W	E	I	L	E	E	N	W	U	O	R	N	O	S	V	O	A	I	E	L
F	N	O	I	J	O	X	C	D	E	C	V	I	Z	A	U	V	F	J	R

Answer Key:

M	C	L	P	Z	X	F	T	D	Q	I	M	R	O	Y	C	Z	U	S	M
J	A	C	K	T	H	E	R	I	P	P	E	R	U	V	D	G	I	C	V
J	I	Q	N	K	E	B	J	X	C	K	A	K	V	Q	N	L	Y	R	M
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K	Z	P	G	X	Z	I	N	Z	H	N	H	Y	B	S	E	Q	T	F	X
W	A	I	L	E	E	N	W	U	O	R	N	O	S	V	O	A	I	E	L
F	N	O	I	J	O	X	C	D	E	C	V	I	Z	A	U	V	F	J	R