Verbatim

adjective | ver·ba·tim | 축어적으로 | literalmente | 逐字 | дослівно | 逐語的 | คำ ต่อคำ | 文字通り

Being in or following the exact words: word-for-word //A verbatim report of life at Cardigan

Editing Team

Daniel Joon Lee

Anson Li

Allen Liu

Bob Liu

Faculty Advisor

Mr. Langetieg

Contributors

Mr. Caprow

Eric Lee

VOLUME VI | ISSUE 2 **VERBATIM REBOOT** Tuesday , November 5th, 2024

CHAPEL HIGHLIGHTS: DAY OF THE DEAD

CARDIGAN'S HIDDEN HEROES

Eric Lee

Caridgan's First Hero



Greg Farrell

Chef Greg and the kitchen crew are the first heroes who work behind the scenes to be featured in Hidden Heroes. They work tirelessly to provide us with all the delicious meals we enjoy at school. Even though they're always hard at work, they are often out of sight in the kitchen, which means it can be easy to forget to thank them. So, let's make an effort to say, "**Thank you!**" whenever we see our heroes.

About Chef Greg

Chef Greg is an executive chef here at Cardigan Mountain School, and he often makes special meals to celebrate important days for the whole school community.

When and how did you start cooking? (How did you come to have a career as a nutritionist?)
"*I started cooking around the age of 15. It was a way to keep myself busy and out of trouble.I liked it and applied for an apprenticeship when I became 18 to the Hotel Hershey."*

How long have you been cooking at Cardigan, and what do you focus on most when planning meals?
"*I will be Starting my 10th year in January. I try focus on fresh and regional ingredients while staying in the budget."*

What is the process from purchasing ingredients to getting the food onto our plates?
"*Our company does lot of the vetting and contracts for us. I try to watch market trends and balance the menu between high value items and cost effective ones."*

Do you have any rules or habits you follow when cooking?
"*Clean as you go and stay organized. Mise en place(It refers to the discipline and organization a good chef exhibits in the kitchen)."*

Conversely, what has been the most challenging aspect of your work so far?
"*Being in the industry for almost 50 years it is probably the long hours, not being home and trying to find staff."*

Do you enjoy different cuisines? What is your favorite food?
"*Yes I do. My favorite cuisine has to be Italian followed by German."*

What has been the most memorable moment at Cardigan?
"*75th Anniversary."*

What would you like to say to children who dream of becoming chefs?
"*Think twice about. Before going to a culinary school, work at a few restaurants and see if you like it."*

What do you do during your break time?
"*I enjoy riding my mountain bike all over Vermont and spending time with my grandchildren from New Jersey"*

Finally, is there anything you would like to advise or say to the students?
"*Study!!!!!!!"*

EL DIA DE MUERTOS

Allen Liu & Daniel Joon Lee

How do people in Mexico celebrate El Dia De Muertos

- Make a Small Altar: Set up a table with photos of loved ones who have passed away. Add flowers, candles, and maybe something they liked (a favorite food or drink).
- Cook a Special Meal: Prepare a favorite dish of a loved one or make a simple treat, like pan de muerto (sweet bread), to honor them.
- Decorate with Flowers and Bright Colors: Use marigolds (a type of flower) and colorful decorations, like paper banners, to make the space lively and welcoming.
- Share Stories: Take time with family or friends to tell stories about your loved ones or past ones, sharing happy memories or funny moments.
- Visit the Cemetery (if you can): Bring flowers or candles to decorate their grave and spend a moment there to honor them with pleasure.

Reflecting

As Ms. Borek mentioned in the Chapel service last Thursday, the juxtaposition of "death" and "celebration" may be unsettling or awkward to many. However, El Dia de Muertos gets rid of the stigma behind death by personifying it, saying that the spirit of the dead comes and visits their homes on this day. At Cardigan, some students shared the names and photos of the past ones and took some time to remember them. Gerardo Gonzalez talked about El Dia de Muertos and how they celebrate it, with some basic information about the festival; he mentioned, "The day of the dead is not only a time for people to be sad but also to enjoy the festival itself ."

Mr. Langetieg also shared his experience with a death in his family, opening up about his relationship with his father (Dr. Terence Langetieg), and how his death affected him as a young boy. He talked about how suffering the loss of a loved one is tragic, but it cannot be dwelled on. He is thankful for everything his family has given him and honored the memory of his father by naming his son, Terry '24 after him. However, he believes that it is how he lives his life, with gratitude and in service of others, is how he honors his father.

In my hometown, China, we have a tradition of remembering our past by visiting the cemetery and burning paper money or paper golden ingots for our lost ones to use in their world. We call this day Qingming Jie or The Qingming Festival, which is every year from April 4th to 6th; if we lose a family member, they will all need to go to the lost grave on the Qingming Festival, and we will put all of the paper money and paper golden ingots on their grave, and we will light it up with fire. When the fire is lit, everyone will need to do three Kowtows, meaning that we kneel and bow so low as to have one's head touching the ground. This action shows respect to the lost ones and is also considered the highest sign of reverence. After the smoke goes out, the family members are allowed to leave.

In the U.S., people remember their lost loved ones in various ways, mixing personal touches with traditions. A common way to honor someone is through memorial services or gatherings for anniversaries. Many families come together for meals or just spend some quiet time reflecting when the anniversary of a loved one's passing comes around. Some choose to hold a memorial service or church ceremony, especially on that first anniversary, to bring everyone together and share memories.

In Korea, Jesa is an annual memorial service held on an ancestor's death date. People cook food and place fruits in front of the ancestor's posthumous photo. They believe that the spirit of the ancestors will take away the food and fruits to eat.

Finishing Strongly

Anson Li

With Thanksgiving break around the corner and the fall trimester ending, the Verbatim team decided to put together some tips on how to finish up this trimester strongly, thanks to Mr. Caprow's helpful advice. To begin with, try to finish the homework as soon as possible, and use the advisory and evening study halls wisely so that you can have more time to work on other assignments, whether a task correction or a group project. This way, you can stay ahead and won't feel so nervous. But remember, if you're unsure about something or feel you might miss a deadline, don't hesitate to ask questions. Self-advocacy is a powerful tool that can make all the difference, empowering you to take control of your learning. It is essential to understand the concepts taught in class.

Furthermore, when studying for tests, remember that you can do it little by little. This approach can help you absorb the material more effectively and reduce the stress of last-minute cramming. Also, talk with classmates about what you are learning in your classes, as they might have ideas about what you have learned that may help you as you study for tests. Finally, try to avoid bothering your classmates while they are learning so that they can use their time efficiently.



Fun facts Jamboree

By: Zibo Liu

1. *Once a chicken lived for 18 months without its head.*
2. *Ketchup was once sold as a medicine.*
3. *The Eiffel Tower was made initially for Barcelona*
4. *No letter before the number a thousand contains the letter "A"*
5. *Your brain burns about 400-500 calories each day.*
6. *The Eiffel Tower can be 15 cm taller in the summer.*
7. *Humans share 60% of their DNA with bananas.*
8. *Banging your head against a wall burns 150 calories an hour.*
9. *Wearing a tie can reduce blood flow to the brain by 7.5 percent.*
10. *A horse has typically more than one horsepower.*

New Community Perspectives

Daniel Joon Lee

For this week's issue of "New Community Perspectives," we will take a look at a student who resides in the Brewster dorm, and has positively impacted the Cardigan community right on the bat as he joined– especially in the aspect of athletics. Eugenio Sanchez Garcia is an 8th grader, and has shone for Cardigan soccer, making it into the Varsity soccer team as one of the youngest players on the roster.

Eugenio Sanchez Garcia (8th Grade)

Q: How did you get to choose Cardigan?

A: Three of my older cousins came to Cardigan, and my parents and I both decided that going to Cardigan was the best move for my academic and athletic journey– and I wanted to go try out a new academic experience away from home.

Q: How's dorm life in Brewster?

A: Living in Brewster II has been great, and I've been making a lot of friends within our dorm as well. I've bonded with my roommate a lot, and he's been pretty kind to me as well. The dorm parents are really nice as well, and we often convene in the common room to chat with each other at the end of the day, or in the weekends. In Brewster, we are all friends, and we can all rely on each other.

Q: How do you find the academics here at Cardigan?

A: Classes at Cardigan are a pretty unique and cool experience. They're very immersive, and since I have many classes with my friends as well, they're a lot of fun as well. The teachers are very nice and supportive, and I love that fact that I'm able to challenge myself in my classes, particularly in my French class, which was something new to me. My favourite class is my maths class, because I really like my teacher, Mr. Doherty (shoutout to him!) Whenever I have a question he answers it in a way that I'm able to comprehend and understand easily. It's a great place to learn from reliable mentors– and from my peers around me.

Q: You're a part of the Varsity Soccer team– how is it?

Pretty good, got to be good friends with teammates after playing with them and travelling to matches a couple times. the games are definitely hard, as I am the youngest, and physically on the smaller side, but I always try the best, for my team, and myself. I got the chance to score 2 goals in family weekend in front of everyone, so I'm definitely making great memories as a part of the team as well.

Q: Do you think you're going to stay at Cardigan next year?

A lot of Mexicans like me come to Cardigan for one year just to have a new experience in the USA, but for me, I'm considering staying at Cardigan for one more year just because I love it here so far.

