



March 2022



VOLUME LIV

# Sword & Shield

JAMES MADISON MEMORIAL HIGH SCHOOL STUDENT NEWSPAPER



## March

2022



// *Allyship beyond Black History Month*

// *How to Register to Vote*

// *Euphoria Season 2: Another Realistic Take on High School! (no spoiler)*

// *Marry Me Review*

// *Things to Do Over  
Spring Break*

// *How to Study for  
the ACT*

## Happy spring, Spartans!

Hello all! We are the operations/layouts editors of Sword and Shield, so we are in charge of the editing the newspaper, social media, creating images, and lots more! March is finally here and you know what that means: spring is coming. There's a lot of exciting things going on this month along with spring coming, from St. Patrick's Day, Spring Break, and March Madness. Don't forget to support your Spartan family in all things spring sports like Track & Field, Girls' Soccer and more! Sword and Shield is always open to new members, so feel free to join us at the photo lab Mondays during lunch!



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**Mar.**  
**2022**

## What's happening THIS MONTH at JMM?

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| 1  |   |
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| 5  |   |
| 6  |   |
| 7  |   |
| 8  | ACT Test Grade 11-No School for grades 9,10 or 12 |
| 9  | Memorial Concert Band I and Wind Ensemble Concert |
| 10 | High School Evening Conferences                   |
| 11 | No School- High School Only; Conferences          |
| 12 |   |
| 13 |   |
| 14 |   |
| 15 |   |
| 16 | Orchestra Concert                                 |
| 17 |   |
| 18 | No School- Staff Only Day                         |
| 19 |   |
| 20 | Naw Ruz: Religious Holiday                        |
| 21 | Naw Ruz: Religious Holiday                        |
| 22 | Naw Ruz: Religious Holiday                        |
| 23 | Memorial All Choirs Concert                       |
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| 25 | End of 3rd Quarter                                |
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# STUDENT LIFE

## 6 THINGS TO DO OVER SPRING BREAK

By: Olivia Zhu

It's almost close enough for us to celebrate everyone! Spring Break will start on March 28th and end on April 4th. Need ideas as to how to spend those coveted and blissful seven days out of school? Here are ten things to do to get the most of Spring Break!

### 1. Start studying for AP exams

Although studying may not be the first thing to come to mind, Spring Break is a great time to review what you've learned since the beginning of the year, especially if your hectic school life hasn't given you time to prep at all. Remember, this year's AP exam dates are earlier than they were in 2021 and 2020--exams start as early as May 2nd.

### 2. Do some spring cleaning

For many people, spring cleaning is an integral part of the transition from winter to spring. In my own experience, spring cleaning is an excellent way to rejuvenate my spirits: nothing feels better than looking at an organized refrigerator or pantry or sitting in my dust-free bedroom. However, spring cleaning doesn't have to be an all-out deep clean of your home--it's whatever you want to do to freshen your home. Whether that's donating away some forgotten pants or vacuuming behind the couch, it's all up to you.

### 3. Take a break from screens

Try spending a day or two away from a phone or computer. We often stress ourselves from checking and receiving incessant emails and social media notifications. While spending an entire day without your phone may seem hard at first, you might be surprised by how refreshing it is when you step away from screens.

### 4. Go self-care shopping

Spring break is a great time to check in with yourself, both mentally and physically. Why not splurge on

a few items like a bullet journal or a mood tracker app? Use whatever you buy to help yourself recharge for one week!

### 5. Have a pajama and movie day

We all need to have at least one mega-lazy-couch-potato-day. Sleep in! Stay in your pajamas! Binge watch your favorite movies and TV shows! Prepare some comfort-food for yourself and kick back and relax.

### 6. Read

Many of us are too busy to read for fun in the school year--assigned textbook or article readings often get in the way of getting to the New York Times Best Sellers. Challenge yourself and pick up a book for fun!

## ACT STUDYING

By: Olivia Zhu

The school ACT will be happening March 11th! If you're a junior or a senior who's planning to take it then but are unsure what to do within the short time leading up to it, here are seven things you can do and to know about the ACT!

### 1. If you haven't started studying at all, take a practice test

If you haven't started studying for the ACT at all, go to [act.org](https://act.org) to find a free practice test to start prepping. Although you may not have enough time to hone specific skills in each section, familiarize yourself with how the test is setup (four sections: English, math, reading, and science; all questions are multiple choice except for an optional essay portion) and the kinds of questions that will be asked. If your first diagnostic test didn't turn out as well as you expected, don't despair--many people often score higher on their second try, which, in this case, will be the March 11th test.

### 2. If you've spent minimal time studying, take another practice test

Let's say you've been studying for one to two weeks



but you're still shaky on how to solve system of equation problems in the math section or you're not too sure how to correctly use semicolons, and on top of all that, are finding it hard to manage your time so you don't scramble around bubbling random answers for the last five questions. If so, first try to identify similar type problems that you know for sure you have consistent trouble with. Really try to understand how to recognize those problems and how to tackle them so that you're prepared for the real test. If the ACT solution explanations aren't helping, try finding YouTube videos that speedrun your practice test to see how others solve it. To get on top of timing, try not to dwell on questions are stumping you; instead, mark it and move on to the next question. You'll be able to cover more questions--and with the remaining time, go back to the questions you've marked.

### **3. If you've spent a month or more studying, brush up on select skills**

If you've been preparing early, good for you! Have confidence that you'll do just fine and remember that you can always retake the ACT if you don't reach your personal goal. With the remaining time left until March 11th, you can still go over specific skills to either improve accuracy or speed. If you've been keeping your old practice tests and answer sheets (which everyone should--they can be very handy!), go over the questions that are marked wrong and see if you can get them right. If you do, that's great! If not, don't panic! Ask yourself what you should do next time to get it right.

### **4. Get a good night's sleep before the 11th**

Be sure to get restful sleep on the night of March 10th--remember, testing will be in the morning, and you will most likely need to arrive about thirty minutes earlier to check-in. You're more likely to perform better and feel less anxious if you get more sleep--if this means turning off your phone earlier or leaving that homework assignment for tomorrow, then stick to it--your future self will thank you.

### **5. Eat a good breakfast**

On the morning of the ACT, it's very important to eat a full, well-rounded breakfast--you'll be testing for about three and a half hours after all. It can be hard to focus on an empty stomach, and eating sugary snacks is not the best way to get a sustainable source

of energy. However, a good breakfast doesn't have to be a gourmet dish--a boiled egg or two, whole wheat toast, and an apple should be enough to get you through the ACT.

### **6. Expect scores to come out two to four weeks after you take the test**

Unfortunately, it can take some time to receive your ACT scores! In the meantime, try not to stress yourself with the anticipation of seeing how you did. If it helps, tell yourself that you can always

#### **When do AP exams start?**

Unlike in the 2019-2020 and 2020-2021 school years, exams this spring will be earlier--the earliest is May



## **HOW TO FINISH 3RD QUARTER STRONG**

*By: Olivia Zhu*

Third quarter is a lot like Wednesday--we can celebrate the fact that we're halfway through the school year, but that's also the issue with this "hump-day": we're only halfway through the school year. Personally, third quarter is when my motivation is at its lowest; many classes have picked up the pace, but final exams are still seem far away. Here are five ways to finish 3rd quarter strong!

### **1. Set short term goals**

Short term goals shouldn't extend beyond one week--so when you're introduced to a new chapter in history or in chemistry, don't visualize the unit test as the final goal. Treat each assignment and each quiz as its own short term goal. Examples could be finishing up a worksheet two days before it's due, or taking notes from the textbook before that lecture in class. By setting short term goals, you're less likely to overwhelm

yourself and more likely to keep yourself motivated with little victories.

## 2. Reflect on progress reports

Many people dismiss progress reports when they come out--they're not going to affect your semester grade or your GPA, after all. However, I suggest treating progress reports as milestones to help you get through 3rd quarter. Week four progress reports have already been released, so try looking back at past formative and summative assignments. If you're happy with your grades so far, you can make a goal of keeping up the good work! If you're hoping to raise your grades, aim to do more preparation for the next summative assignment to bump up your grade.

## 3. Start using your assignment notebook

Every student at Memorial receives an assignment notebook--if you were put off by its spiraling spine or plastic cover, I urge you to dig it out of your drawer and start using it! The school assignment notebook is actually very handy--first, since you have it, you may as well use it. Second, if you're not inclined to create your own daily, weekly, and monthly spreads like you would have to for bullet journaling, then your neglected assignment notebook is perfect. Here's another bonus: it includes dates for school related events as well as state and federal holidays.



# ALL ABOUT AP EXAMS

By: Olivia Zhu

Is this your first time taking AP exams? Has life been too busy for you to navigate College Board's confusing website? Then this article is for you! Here are some frequently asked questions about AP exams, answered.

2nd, while the last day of testing is May 13. All of them start at either 8am, 12pm, or 2pm.

## Are exams virtual or in-person this year?

AP exams will be on paper, in-person this year (except for the AP Chinese and AP Japanese exams, which are always taken on computer). Exams are often held at testing facilities, like the Alliant Energy Center.

## Should I be studying for AP exams now?

Starting now is a great idea! You can flip back through your notes now and brush up on content that you've forgotten. Prepping some flashcards is a great idea too. Be sure to familiarize yourself with each exam you're taking because all of them are different. While it is true that every exam has a multiple choice and some sort of free response question, how many questions of each and how they are weighted differs for each exam.

## How should I be studying?

A good place to start is by taking a practice test to gauge what you already know and what you need to review on. If you're taking an AP class, you're most likely already in an AP Classroom--your teacher might have already assigned AP assignments through it for practice. Attempt a few practice questions from each unit to see how well you do--AP Classroom provides a score report that shows you how well you perform in each unit. Once you've figured out your strengths and weaknesses, start making flash cards or watching videos that'll help supplement and freshen your knowledge. If you would rather have a more organized studying strategy, try buying or borrowing a prep book from Barron's, the Princeton Review, or 5 Steps to a 5. Many of these books summarize key concepts and provide practice problems that are modeled to be just like the AP exam.

## How are exams scored?

All AP exams are scored on a scale from 1 to 5. According to the College Board website, a 1 represents no recommendation for knowledge of content, a 2 represents a possibly qualified demonstration of knowledge, a 3 represents a qualified demonstration of knowledge and is also equivalent to a B-, C, or C+, a 4 represents a very well qualified demonstration of knowledge and is equivalent to an A-, B+, or B, and a 5 represents an extremely well qualified demonstra-

tion of knowledge and is equivalent to an A or A+.

### **So how do I pass AP exams?**

Most colleges give credit for scores of 3 or above, but this does not apply for all colleges. Be sure to check the website of your university of interest if you're not sure.

### **Why should I take AP exams?**

Most colleges accept scores of 3 or above for credit. It means that you can take more advanced classes early on because AP credits often cover prerequisite courses.

## **SENIOR ADVICE COLUMN**

*By: Nadya Konadu*

As a senior, I find it necessary to share some of the advice I have learned in my four years at Memorial to anyone who needs it. Here are my top tips that I would like to share with new or current students at Memorial or in high school in general.

### **Get involved**

As cliché as it may sound, getting involved is one of the most important things you can do in high school. Not only does it look good on applications, but it's also a great way to lay the foundation for your friendships and career interests. Fortunately, Memorial offers many clubs, sports teams, etc. Trying new things and putting yourself out there creates the potential for a new interest, hobby or even friends.

### **Live in the moment**

Appreciating the time you spend at school and the time you spend with your peers makes a big difference in your high school experience. Especially with COVID, many high school students have missed an entire year of classes, peer interactions and activities. Take the opportunity to cherish the time you have in high school and enjoy every class, from the hardest to the most boring. Before you know it, you'll cross the

stage and move on to the next chapter of your life! Be yourself. Have fun and enjoy it while it lasts. High school is about growing up and discovering who you are. But it's also about doing what you love to do. Take risks by talking to your crush. If you fail, keep trying until you succeed. Maybe you've seen movies about high school and wished your high school life was like that too. Make it a reality. Don't just imagine it. You don't want to regret, as you reflect on your life, the things you wish you had done in high school. If you're an extrovert, this won't be a problem. But if you're an introvert, don't have many friends or are a one-man army, you should still go to prom or winter formal. Build very strong relationships with those around you, because the classmates and professors you see every day won't be around every day after you graduate. Go to your prom, even if it's not interesting, because that's what the school is known for. When you get there, dress better than everyone else, because you want to stand out. Try not to go home immediately after school. Explore and hang out with people you are comfortable with. Do all of this, but stay true to yourself.

### **Be grateful and enjoy high school**

Never forget how lucky you are to have such a great education and so many people to support you. High school is what you make of it, so keep a good attitude, work hard and try new things.

### **Advice for Seniors**

As graduation approaches, the thought of joining the adult world can be scary for graduating students. Whether it's a gap year or uncertainty about what they want to do, graduation can come with some stress but also immense joy. There are many things to remember as graduation day approaches, but here are tips to follow while we seniors are still in high school.

### **Don't fall into the "senioritis" trap**

Yes, you may very well be exhausted after 13 years of school. Yes, every day of the last half of your senior year, you may feel like skipping a lot of classes. But don't! If you plan to attend a four-year university after graduation, your grades will matter.

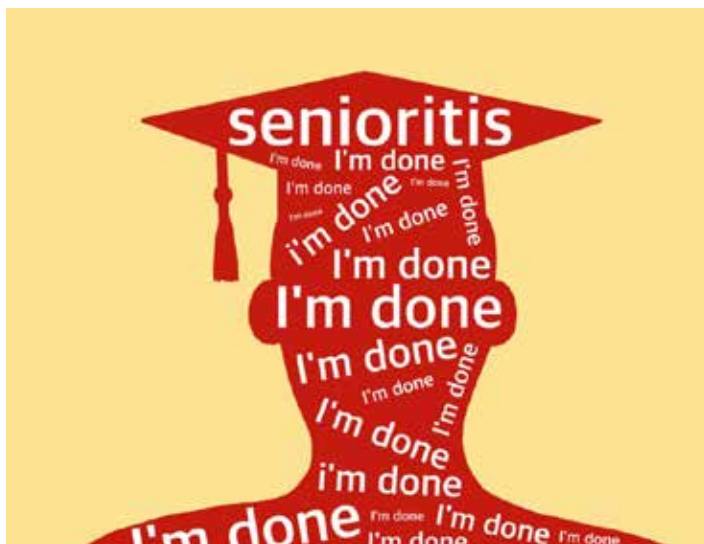
### **Never stop learning**

Even though the school year is ending, there are always new opportunities to grow and learn.



## Take time to stop, look around, and appreciate everything around you

This is a special time so take time to soak it in. Feel the joy of having accomplished something extraordinary. Embrace all the emotions that come your way and, most importantly, be proud of yourself for never having to experience a moment like this again.



## HOW TO REGISTER TO VOTE

*By: Olivia Zhu*

The spring primaries in Wisconsin are coming up! If you are 18 years old, you can and should vote in the upcoming election in April--your voice matters! If you are not registered to vote yet, this article outlines some steps to take to get registered. Even if you aren't 18, this article is still for you! Wisconsin allows individuals to register at any age and will be able to vote by the time they turn 18.

- **Registering online:**

1. Go to <https://myvote.wi.gov/en-us/Voter-Registration--register> 20 days before the election you will vote in if you are 18
2. Have your unexpired Wisconsin Driver License or your Wisconsin State-Issued ID with you
3. Verify that you meet voting eligibility requirements
4. Continue to fill in information (address, name, etc.) and print it out for mailing

- **The Madison Public Libraries will be offering voter registration assistance at the following times and locations until March 15th:**

Mondays: Goodman South Madison, 12:00 – 4:00 pm  
Tuesdays: Goodman South Madison, 12:00 – 4:00 pm, Hawthorne, 12:00 – 4:00 pm  
Wednesdays: Lakeview, 12:00 – 4:00 pm, Pinney, 12:00 – 4:00 pm  
Thursdays: Hawthorne, 12:00 – 4:00 pm  
Fridays: Meadowridge, 11:00 am – 3:00 pm  
Saturdays: Central, 11:00 am – 3:00 pm

- **Register at the Clerk's Office: 210 Martin Luther**

King Jr Blvd, Room 103, City-County Building, Madison, WI 53703

Office Hours:

Monday – Friday, 8:00 am – 4:30 pm

Licensing available until 4:00 pm.

Phone: (608) 266-4601

## JOIN CHEM CLUB!

*By Sophia Jiang*

"Chemistry club is an application of chemistry class and takes the experiments and dives deeper into the fundamentals of the world of chemistry." says Jian Wang, an officer for chem club. Chem club has done multiple fun experiments in the past, such as making cement floor sealers and alcohol to make bouncy balls, making borax slime, and superglue strings. The officers also do a tremendous job with tutoring chem students as well! Chemistry club meets on Thursdays at lunch in room 672A. Join!

## WANT TO WRITE FOR THE SWORD AND SHIELD?

Send in your articles to [memorialswordandshield@gmail.com](mailto:memorialswordandshield@gmail.com), or come to our next planning meeting on March 21 at lunch in room 521! We also accept comic strips, illustrations, promotions, and more! The Sword & Shield would love for you to join us and care about what you have to say!



# ALLYSHIP BEYOND BLACK HISTORY MONTH

*By Olivia Zhu*

Although Black History month usually lasts from February 1st to February 28th, educating yourself about Black individuals, history, art, music, and literature, and supporting contemporary Black individuals shouldn't be limited to only 29 out of 365 days of the year. Encourage yourself to take a look at and engage in the resources below!

## Podcasts about Black history

Humanity Archive - Shares hidden Black stories in history, spotlighting individuals like Benjamin Banneker and Crispus Attucks

Historically Black - Features Black history from guest submissions of personal objects

School Colors - Shares how current teachers and parents are fighting for educational equity in Central Brooklyn

Blackbelt Voices - Explores Black southern culture

Witness Black History - Interviews important figures that were present and tied to big moments in Black history, including Rodney King and George Stinney

Black History Year - Features overlooked and "minor" figures in Black history, like Sarah Rector, a Black girl in the 1900s who became a millionaire

## Documentaries to watch

The African Americans: Many Rivers to Cross - Explores Black history and the Black experience in the US

Freedom Riders - Covers the story of the summer of 1961 when civil rights activists rode buses to the South to protest segregation

Slavery by Another Name - Reports on the systematic efforts to re-enslave Black Americans for 60 years after the Emancipation Proclamation

Eyes on the Prize - A series that overviews key moments in Black history, like the Civil Rights Movement, the Montgomery bus boycott in 1954, and the emergence of the Black Power Movement

The Black Power Mixtape 1967-1975 - A collection of news reporting footage during the Black Power Movement

Soundtrack for a Revolution - Features the freedom songs during the Civil Rights Movement and the history of its transformation from slave chants

Dark Girls - Shares the stories of Black women in the US and their experiences as mothers and sisters

## Poem Anthologies to read:

I Can't Talk About the Trees Without the Blood by Tiana Clark

Catalog of Unabashed Gratitude by Ross Gay

Kingdom Animalia by Aracelis Girmay

My Mother Was a Freedom Fighter by Aja Monet

The Collected Poems of Langston Hughes

I Know Why the Caged Bird Sings by Maya Angelou

## Black businesses to support in Madison:

Café CODA (1224 Williamson St.): Café and jazz club

CocoVaa Chocolatier (1815 E. Washington Ave. Suite 100): Exquisite chocolate store

Just Veggies (2817 E Washington Ave.): Barbeque vegan restaurant

Marie's Soul Food (1637 Monroe St.): Southern-style restaurant

Marla Bergh Photography (834 E Washington Ave Suite 302): Professional photographer offering stylized photoshoots

# OPINIONS

## STOP USING THE TAMPONS TO SMOKE (NO, THIS ISN'T SATIRE)

By: *Amira Pierotti*

**\*DISCLAIMER: the Sword & Shield does not advocate nor condone underage smoking or drug use.\***

To preface: no, you can't get high on or smoke tampons. But evidently, you can be industrious. Don't ask me, ask the boys in my study hall who were shouting about how they steal the tampons from the gender-neutral bathrooms. While a strange interruption to study hall, I am impressed at the evolution our school has made from avoiding all talk of periods at all to screaming about it. But this is your friendly neighborhood menstrual equity advocate here to remind you that yes, tampons are a needed health item, and no, wasting them to get high is not a good use.

A quick reminder: if you don't have period products you either have to skip school/ work/ life or use unsafe makeshift items. This is widespread across the globe, leading to period poverty. Tampons are taxed as luxury items and are rarely donated to shelters or food pantries. On the off chance you can grab a free tampon at school, you may have to wear it for long past the recommended time (risking serious infection and death) until you can come back to Memorial for another.

Taking tampons from the gender-neutral bathroom especially harms multiply-marginalized menstruators too. Transgender, nonbinary, disabled, bullied, and otherwise marginalized students most often need to use the gender-neutral restrooms as supposed to the gendered ones. These communities of menstruating people are more likely to be low-income or be unable to access period products from the women's restrooms. So misusing tampons from these restrooms is extra harmful.



While the title (and, well, actual story) are pretty funny, please stop taking tampons to smoke. It's weird to steal tampons for this. Like, WEIRD. But hey, I love your newfound support of the menstrual movement. Thanks for doing your part to destigmatize tampons! Although you could just come to a protest instead...

# WE ARE COVERING THE FIGURE SKATING DOPING CONTROVERSY WRONG

By: Amy Qiao

Approaching the 2022 Winter Olympic Games, everyone waited in anticipation for Kamila Valieva's Olympic debut. And in the Team Event, she delivered, becoming the first woman to land a quad at the Olympics. But that glory didn't last long, as just a few days after, news came out that Valieva tested positive for three different drugs, one of which was trimetazidine, a banned substance. She instantly became the face of a problem much bigger than her, with the story becoming the center of Olympic figure skating news. The strenuous and stressful days leading up to the International Olympic Committee's decision about the fifteen-year-old skater ended with the ruling to allow Valieva to continue competing at the Olympics.

Immediately, their decision faced significant backlash, especially from many former figure skaters. Former figure skater and gold medalist at the 2010 Olympics Yuna Kim wrote in an Instagram post, "Athlete who violates doping cannot compete in the game. This principle must be observed without exception. All players' efforts and dreams are equally precious." Olympic gold medalist Tara Lipinski and two-time Olympian Johnny Weir have been very vocal about their disagreement with the IOC's decision. But they also focus on another important aspect of the story: the fifteen-year-old at the center of the controversy is the victim of the story.

Many, including the IOC, have become incredibly concerned about the actions of Valieva's coach, Eteri Tutberidze, and her team. IOC President Thomas Bach expressed his unease about the situation at a news con-

ference, stating, "I was very, very disturbed yesterday when I watched the competition on TV."

But this is not a new occurrence. Several of Tutberidze's students have gone through eating disorders and/or painful injuries. Many might recognize the names Alina Zagitova and Evgenia Medvedeva from the 2018 Winter Olympics, where they placed first and second respectively. They dazzled the crowd with their countless triple jumps as well as incredible flexibility. But four years later, they are no longer competing. At only age 17, Zagitova announced an indefinite break from competitive figure skating due to a painful hip injury. Medvedeva, on the other hand, left Tutberidze's coaching team after the 2018 Olympics and started training under Brian Orser from Canada. Under Orser, Medvedeva has talked about having to change her mindset about dieting and weight along with relearning effective jumping techniques. But during

the start of the Covid-19 pandemic, Medvedeva was unable to continue training in Canada and returned to Tutberidze's coaching team. Now, at age 22, she, unfortunately, has had to retire due to permanent back damage leaving her unable to turn in



one direction. Besides Medvedeva and Zagitova, many other athletes have endured severe injuries and eating disorders while training under Tutberidze's coaching team.

Kamila Valieva may be the face of the story right now, but she is not to blame. Whether or not she was aware she was taking drugs, Valieva is the victim in this story. These drugs can have detrimental effects on her heart health, and the excessive amount of stress she has had to endure over the Olympic Games can not and should not be repeated. Her name is the one in the headlines, but she should not be at the center of the story.

# DON'T LOOK UP: HOW MUCH DOES THE MOVIE APPLY TO OUR LIVES?

By: *Jonathan Buscher*

*Don't Look Up* is a recent comedy and disaster film, directed by Adam McKay and produced by Hyperobject Industries, that startlingly, despite being a comedy, has an uncanny resemblance to the dire situation of our American society. Released in theaters on December 10, 2021, and then a few weeks later on December 24, 2021, this film features some of the most talented and well-known actors of our time, including Leonardo DiCaprio, Jennifer Lawrence, Ariana Grande, Timothée Chalamet, and Meryl Streep. A political satire, this film follows Dr. Randall and his Ph.D. Candidate Kate Dibiasky as they discover an extinction-sized asteroid is poised to collide with Earth in a little over six months. Going on a media tirade, as well as talking to President Orelan, the two attempt to convince the public that this

messages of *Don't Look Up* is that we must do something immediately before the disastrous effects of climate change become unavoidable. Right now, our nation's political climate is so divided, along party lines and belief systems, with no one able to agree. This holds true in the movie as well, with conflicting plans to deal with the asteroid, as seen later in the movie, emphasizing putting down others' beliefs before promoting one's own. One of these plans also revolves around economic greed, as a riskier approach to deal with the asteroid will (no spoilers) make the rich even richer. Our use of fossil fuels follows the same philosophy, with corporation owners risking the next generation for a quick buck.



asteroid exists, is a real threat, and that a plan needs to be made to save the planet immediately.

Without getting too much into spoilers for the film, the reaction to this approaching and extremely dangerous asteroid approaching Earth by the public is met, much as would be expected, with criticism and mistrust of data. This draws a clear parallel to both vaccine hesitancy and the questioning of climate change's existence. As for the asteroid itself, with its threateningly looming presence, a clear allegory for climate change is seen, as both issues pose a huge, and yet avoidable threat if dealt with immediately. The media's reactions to both issues are similar as well, with a lighthearted tone spun on both, and no real sense of urgency. One of the central

On the whole, this film seems to apply to so many different aspects of our lives, from the climate crisis we face to the apparent doubt of facts to a political system divided along party lines. If you haven't seen this movie yet, it truly is in your best interest to do so. While it is pretty long, having a run time of about 2 hours and 25 minutes, it is a hilarious comedy within a shell of disturbingly realistic circumstances. After seeing it, you will really start to contemplate your role as a consumer, in media intake, as a technology user, and in an increasingly divided political climate, all issues worth considering where you might stand.



# I HAVE NO IDEA WHAT MICHAEL CERA IS UP TO- AND WHY I LOVE THAT

By: Amy Qiao

As I rewatch *Arrested Development* and *Scott Pilgrim vs. the World*, I am reminded of the sensational talent that is Michael Cera. Naturally, I started relistening to his 2014 album *True That* and did a quick Google search for his current projects. Unfortunately, many fans might be disappointed to know that *Lego Batman 2* has been canceled, and fans might also be surprised that Michael Cera doesn't have any social media. At first, I found this slightly annoying, as I wanted to support his future projects, but I have learned to love his absence of social media.

It's no question that Michael Cera would have plenty of followers and avid fans if he decided to create an Instagram or Twitter, but I think it's better he doesn't. British actor George MacKay, most known for his roles in *1917* and *Wolf*, also doesn't have any social media. In an interview a couple of years ago, he explains, "It's just not been for me." Without social media, he is "perfectly happy" and jokes that if he did, "[He'd] get [himself] in nuts if [he] looked at it." We shouldn't expect people to want or have social media, especially considering all of the excessive attention that comes with it.

Although Michael Cera doesn't have social media, he does occasionally do interview appearances, such as his *Hot Ones* appearance in 2018. And that's all I need to know. Michael Cera ate chicken wings four years ago, and his new show *Life and Beth* comes out in a few weeks on Hulu. That's the extent of our relationship, and, to the man who was essentially my childhood, I wish Michael Cera the best, and I hope he never feels pressured to get social media by anyone.



## FOUR REASONS WHY SPRING IS THE WORST SEASON

By: Sophia Jiang

When considering which season has the most pitfalls, spring takes the cake. Don't believe me? Look no further to read four reasons why (in my opinion) spring is the absolute worst season.

### 1. Allergies

If you are anything like me, your allergies explode during the spring because of all the pollen hanging around. You can't even enjoy the warm weather if you can't go outside without feeling miserable.

### 2. Daylight Savings

You lose an entire hour of sleep during the spring when the clock goes forward!

### 3. Bugs

Want to have a picnic? Better watch out for the mosquitos, flies, stinkbugs, ants, and every other insect you can imagine to torment you and try to eat your food.

### 4. Big exams

Spring is the time when finals and AP exams take place, so in addition to losing an hour of sleep, you also have extra studying to do!



## NATIONAL NEWS

### MIT TACKLES FOOD WASTE

*By Donghyun Vince Kim*

Inside the kitchen of the MIT Media Lab is a mounted camera, scanning the leftover sandwiches and pizza from a big meeting the other day. Within a few minutes, the whole table of food is cleared thanks to FoodCam, which posts such pictures of leftovers via Twitter, Slack, and a mailing list to inform nearby people of a new treat awaiting them. Creators Jon Ferguson and Will Glesnes were first inspired with this idea to tackle one of the biggest issues regarding the climate crisis: Food waste.

Roughly a third of the food produced in the United States never gets eaten and ends up as food waste, which accounts for over 2% of all US greenhouse gas emissions. On top of its noticeable impact on climate change, food waste is also a massive drain in resources like water, energy, land, and fertilizers used to grow and store these foods. Furthermore, it only raises more questions concerning the 1 in 8 Americans that still can't get enough food on their tables despite the untouched leftovers that wind up in landfills.

Nobody wants to waste food, but it has become a serious issue because we continue to overlook this factor in the climate fight. In other words, food waste is one of the easiest issues we can solve. One reason why we overbuy such foods is because of our refrigerators. Since 1970, refrigerators have increased about 15% in size, inviting us to overload fridges with unnecessary food. Psychologically, we don't want to leave white space hanging in our refrigerators, so we impulsively fill up our big fridges with more food. Most importantly, almost all US food waste stems from our desire to have the option of eating anything at any time regardless of whether or not the food will actually get eaten.

Some people have already noticed this and have created simple but effective solutions. In 2009, Univer-

sity of California Santa Barbara stopped using food trays in its dining hall to prevent overloading of food and altered the portion size of each meal to prevent overeating, which successfully reduced the food waste per person by 50%. Making these subtle changes by removing the trays or changing plate size carried a vast effect on human behavior and food waste as much as food cost.

Tons of safe, edible food that is misdirected to the landfills can instead be rerouted to the 10% of American households under the chains of food insecurity(USDA.gov). Contributing with solutions, whether it's creating compost or starting a food leftover donation program, creates a win-win-win situation for us in terms of health, money, resources, food, animals, and climate. Reducing food waste originally started as a building-wide leftover problem with FaceCam. This eventually grows into a city-wide project, which in turn will expand into a nationwide one that will be much harder to manage but yield a higher reward if we begin to take action by asking ourselves: Who needs my food?



# 3 MEN GUILTY OF HATE CRIME IN MURDER OF AHMAUD ARBERY

*By: Amira Pierotti*

**Trigger Warning: murder of Black man in hate crime, no graphic descriptions**

Nearly two years to the day since Ahmaud Arbery was killed, three men have been convicted under federal hate crime statutes. All three men were convicted in November of murdering Arbery and now face even longer sentences. The Arbery family, friends, supporters, and civil rights leaders have lauded the jury decision. "As a mother I will never heal," Wanda Cooper-Jones, Arbery's mother, shared. "They gave us a small sense of victory, but we will never get victory because Ahmaud is dead."

Arbery was a well-loved member of his community. His sense of humor and compassion touched the hearts of his family and friends. In high school, Arbery always sensed when his football coach was having a rough day so would step up as a leader for practice. While he had run-ins with the law, Arbery's family was impressed at his dedication to changing his life path. Arbery had plans to become an electrician.

On February 23rd, 2020, Ahmaud Arbery was killed while out for a run in Brunswick, Georgia. He, like other neighbors, stopped inside a house under construction before continuing down the road. Neighbors however, were concerned Arbery was the same Black man seen in the house prior to the 23rd who, they thought, might be a robber. While neither Arbery or the unknown Black man seen in the house prior to the 23rd stole anything from the house under construction, white neighbors made assumptions that Arbery was behind a recent theft of George McMichael's gun. Arbery passed McMichael's house where McMichael's and his son Travis began following Arbery with guns in their pick-up truck. Their neighbor William "Roddy" Bryan drove in his car behind them. The three men would later be convicted for murder after two juries ruled that they-- rather than Arbery --were the aggressors.

After police arrived at the scene, the McMichaels and Bryan were allowed to leave; it was later revealed a local DA-- who has since been indicted for her actions --pulled strings for Gregory McMichael, a former

police officer. The case jurisdiction was changed to the Waycross County District Attorney who announced the murder was justified, but it later surfaced that the DA had failed to disclose his prior involvement in the Arbery case.

Legal action was only taken after a video of Arbery's murder became public. While driving behind the McMichaels, Bryan had filmed the event on his cell-phone. Gregory McMichael, in an attempt to demonstrate Travis McMichael had been justified in firing his shotgun, sent the video to a local news site. The video caused an immediate uproar and within hours, the DA for the Georgia Atlantic District Circuit announced he would put the case in front of a grand jury. The Georgia Bureau of Investigations quickly found cause to arrest and charge the McMichaels in May.

Arbery's murder fueled the 2020 Black Lives Matter protests that rocked the nation. The apparent vigilantism in Bryan's video along with the police killings of Breonna Taylor and George Floyd triggered an outpouring of activism against and rage at systemic anti-Blackness. While the Black activists, the BLM movement, and countless families and friends have been working for widespread, grassroots change to the continued oppression of the Black community, the three similar and particularly graphic murders of Arbery, Taylor, and Floyd became the tipping point.

Both McMichaels and Bryan were brought to trial in state court months after the murder. After a long trial process, a jury convicted the defendants in November, 2021 of numerous charges, including felony murder. The McMichaels were sentenced to life with no parole while Bryan received 30 years with the possibility of parole. The Arbery family and supporters lauded the decision. The defendants' lawyers plan to appeal.

As the state trial was ongoing, the Department of Justice worked to prosecute their own case. The three men were charged in April 2021 under federal hate crimes laws for attempted kidnapping and violation of civil rights. The difference between the state and federal charges are intent: racism. If the jury believed with reasonable certainty that the defendants would not have murdered Arbery if he were white, the men would be in violation of federal hate crimes statutes.

Intent of murder, especially bigoted intent, is difficult to prove in court. Not only can prosecutors struggle with demonstrating either conscious or unconscious bias, but jurors and judges will bring their own



biases into the courtroom. Due to the uphill climb, many prosecutors will take any opportunity for a plea deal: a lowered sentence if the defendant(s) plead guilty. A plea agreement ensures a conviction and consequences for the defendant(s). The DOJ prosecutors were able to hammer out a 30-year plea bargain with the McMichaels, ensuring that if the state conviction were overturned, the defendants would still face time in prison. However, the Arbery family staunchly opposed the agreement. The family had been consulted throughout the processes but believed the sentence was too lenient and would force the McMichaels to stay in federal prison, which is commonly believed to be safer. While the judge did not give a reason for her decision, she sided against the plea deal, sending the case to trial.

Over the course of a week, the DOJ prosecutors outlined evidence to prove racist intent. The FBI, who had investigated the McMichaels' and Bryan's digital footprints, discovered many instances of racist and violent language about Black people. According to the National Public Radio, prosecutor Christopher Pererras argued the racist language demonstrated the defendants' mindsets when they cornered and shot Arbery. The DOJ argued the racism demonstrates that Arbery would not be dead if he were white, but the defense painted a different picture; claiming the defendants shot Arbery solely due to trespassing and Arbery attacking the men after they pulled out their guns.

On February 22, 2022, the jury convicted the men of all counts. Arbery's family walked out of the courtroom with their arms raised above their heads in triumph. The defendants will be sentenced at a later date.

## THE GLOBAL MICROCHIP SHORTAGE

*By: Jonathan Buscher*

Since COVID-19 shut the world down in early 2020, supply chain issues have been constant, with the most impactful being the global microchip shortage, which continues to have rippling effects. The primary cause of this shortage was an increased demand for items using microchips, particularly cars, computers, phones, and other electronic devices, during the height of the COVID-19 pandemic. However, this spike of need was exacerbated by previous data predictions going into 2020 before the world shut down. With a steady decline of semiconductor sales in 2018 and 2019, data analysts predicted a continuing trend, influencing an increasingly limited supply of microchips in order to account for the likely drop in demand. However, with the COVID-19 pandemic, the need for these microchips grew by 6.5%. This upward trend continued into 2021 as well, with a 26% increase in sales in May of 2021 compared to the previous year according to the Semiconductor Industry Association. To add to the struggle to keep up with demand, other factors regarding the factories producing these microchips have slowed the output process, starting with the need of workers to stay home early during the COVID-19 pandemic to stay safe. Now, with the COVID-19 vaccine being rolled out, and a safe return to work being achievable, other conditions have affected the issue, including a drought in Taiwan, which impaired

the critical use of water in the microchip construction process, a blizzard in Texas, a fire in a Japanese factory, and the Suez Canal blockage just about a year ago in March of 2021, prompting a supply chain backup.

There are several different areas and products that are being affected by this issue currently, the first being cars, trucks, and other automobiles. An average car requires between 50 and 150 microchips, meaning that for motor vehicles alone, billions of microchips are needed yearly, with an approximate 14 million cars being sold in 2020. The shortage has prompted companies such as Ford to cut down their production by 1.1 million cars, losing around \$25 million. Among impacts on consumers are inaccessibility to certain models, price jumps of about 1-3%, and fewer deals on new vehicles. However, it is a good time to sell used cars, as with a shortage of new vehicles, older ones are becoming more popular. The technology and computer sector is also being affected, with Apple losing \$3-4 billion dollars in the first quarter of 2021 alone. Product delays such as TV's, Sony's PS5, and other household appliances are also expected, with microchips representing key components in all of these devices. Similar to the automotive industry shortage, consumers can expect price jumps and certain models going out of stock. With the effects of shortages bleeding across years, just as the microchip shortage continues to affect us throughout 2022, it is clear that many unforeseen issues caused by COVID-19 will persist long after life has returned to "normal."



# GOOD NEWS

## COWS START WEARING SMART WATCHES

*By: Jonathan Buscher*

Stellapps, a tech-startup company in Bangalore, India, which was founded in 2011, has begun using and developing a digital web of tools used to track milk from cows, all the way to the hands of consumers around the world. Part of this initiative includes using Fitbit-like smart devices on the cows of over 3 million farmers in the area. Called the “MooON,” Stellapps has found that monitoring cow’s activity levels can help ensure the health of the animals, discovering sickness before it becomes an issue, and yielding higher quality milk. This tracker, however, is only one part of a much larger puzzle, with digital scales, ultrasonic sensors, and other techniques in order to grade and sort milk, then sending the proceeds directly to farmers using Stellapps’ “mooPay” platform. With \$18 million being raised by the Dutch Nutreco company, in collaboration with the Gates Foundation and others, Stellapps was able to expand its efforts in October of 2021. Stellapps does not charge farmers for its services, instead charging slightly more to both cooperatives and insurance companies, and through them consumers, to make a profit. While sounding like a ridiculous idea, this work of integrating MooON devices and other technology into the milk industry is ensuring the nutritional value and safety of much of the Indian milk supply.

## WORLD RECORD BROKEN BY LEMON BATTERY

Using a simple scientific experiment that many students perform in schools, Guinness recently announced a world record recognizing the 2,307.8 volts of electricity created by a lemon battery as the highest voltage from a fruit battery to date. This startling new record, made on October 15th of 2021, was achieved by the Royal Society of Chemistry in Manchester, England, and beat out the previous voltage record of 1,521 volts by an astonishing margin. Putting together such a device was no small task either, as not one, ten, or even hundreds of lemons were used, with the grand total being 2,923 lemons included in the battery. The process of creation was simple, beginning with cutting each lemon in half, and copper and zinc strips then being inserted into each end. With lemon juice acting as an electrolyte, ions were able to flow between the zinc and copper electrodes, creating a flow of electricity like a real battery. Increasing the voltage when packed together, the battery produced an amount of energy to start a small pyrotechnic display using an LED, light sensor, and relay, packing a real punch, despite only being made out of simple metals and a fruit you could find at the grocery store. Following their usage, the fruit was recycled with the liquid used in bio-fertilizer, and the energy being transferred into the National Gas Grid by a company called Refood.

## BRITISH HORSE SAVED FROM SWIMMING POOL

In early February of 2022, the Fire and Rescue department of Northamptonshire, Britain, received a call in regards to a trapped horse, to which they responded by sending a specialist team for animal rescue. Upon arriving in Grendon, where the horse was stuck, the team discovered a few things, the first being that there was a horse which had confined itself to an empty pool, and the second being that this horse’s name was Wizard. After theorizing that the animal had entered the cleared swimming pool through the 1.5-foot shallow end, and gotten stuck in the 5-foot deep end, growing concern from the property owner meant that rapid action was necessary. Luckily, a plan was quickly put in place, with Phil Jones and Ben Stone, utilizing nearby wooden pallets to construct a staircase which the horse could use to climb out of the pool. These two Watch Managers also ensured that a veterinarian was present in the event of Wizard becoming stressed, providing sedation if needed. Fortunately, this was unnecessary, as the rescue crew used treats, including sugar cubes, hay, and of course carrots to successfully guide the animal out of the pool. Such an absurd circumstance prompted many to speculate that Wizard entered the pool using a teleportation spell. However, with further investigation, the rescue team discovered that in reality, the horse had gotten into the area as a result of a broken gate.

# SPORTS

## OLYMPICS RECAP

*By Vince Kim*

With the 2022 Beijing Winter Olympics coming to a close on February 20th, athletes wrote down another chapter in Olympic history full of both awe-inspiring victories and heart-wrenching losses. Here are some of the highlights that certainly defined this year's Games.

22-year-old skater Nathan Chen redeemed himself from a disastrous 2018 Pyeongchang Winter Games after giving one of his all-time performances in the men's single skating competition, breaking the record for the highest short program score. Through his five flawlessly executed quad jumps and other high-difficulty moves, Chen soared his way through the rink while skating to an Elton John medley and claimed a well-deserved gold medal. The Olympic gold medalist expressed his satisfaction on how he can move on from his failure to reach the podium and earn a medal in 2018 and stay "proud of and fulfilled by" a great redemption night.

While entangled in some extreme controversy due to a drugs test scandal, Kamila Valieva, a 15-year-old skating prodigy who was expected to breeze her way through to a gold medal, stumbled several times in her final individual skating event and ended her performance in tears as she failed to claim a single medal. Last December, the Russian had tested positive for trimetazidine, a drug that apparently increases one's heart rate, but the test results weren't revealed until after she had won a gold medal in a team event for the Russian Olympic Committee. Valieva was allowed to continue her Olympic run due to her status as a minor. She did write history as the first woman to land a quad jump at the Winter Olympics, a total of four spins midair, but goes down as one of the most controversial figures in Olympics history.

In her debut Winter Games, 18-year-old freeskier Eileen Gu tallied a total of three Olympic medals, two of which were gold, and dominated in each of her performances. Off the snow, Gu faced a load of criticism due to the fact that she was born in the US but played for China. Despite her controversial decision, Gu did not fail to impress viewers and became the first

freestyle skier to claim three medals at a single Games. With her new accomplishments, she has now officially become the face and national hero of China.

In the 2018 Winter Games, a 17-year-old gravity-defying snowboarder medaled an Olympic gold in halfpipe. Now in Beijing, Chloe Kim defied the laws of physics once more to win another gold medal in 2022 and become the first woman to win two Olympic gold medals in the halfpipe category at just 21 years old. Though she told reporters that she had a really rough practice before entering the snow, none of that was shown in her amazing winning performance.

Two-time Olympic gold medalist Mikaela Shiffrin had fans on their heels for this year's Games, but ended her events in a rather disappointing fashion. After 3 DNF's (did not finish) in each of her individual games and placing fourth in the mixed team parallel event, the 26-year old American skier never reached the podium and received criticism from viewers in the midst of her hardships. Shiffrin still commented that her experience at the Games was not a bad one and hopes to get back up and continue playing like a champion.

And to close off with another historic feat, with the end of the Games on a Sunday, Norway finished with a grand total of 16 gold medals in Beijing, becoming the nation to win the most gold medals in a single Winter Games. While claiming most of their gold medals in events like biathlon and cross country skiing, the country has now earned its spot as one of the leaders in the Winter Games after topping the medal table at Pyeongchang as well.



# SPARTAN ATHLETES ANSWER

*By Lydia Lenz*

Spring sports are upon us! For our March issue we looked to ask some of our talented winter athletes questions about their favorite moment this past season. Let's see what their most memorable moments were for themselves and their teams this past winter...

Our Girls Basketball team senior captain Sydney Weier responded with her highlight of the season saying "The best moment during my winter season was when our girls basketball team beat Middleton at their home court for the first time". A popular response for our varsity basketball team this season was about the game against Middleton. Senior captain Lauren Sparks elaborates with her view of the game also being her season highlight saying "Beating Middleton at Middleton for the first time ever. We were up 29 at half and we ended up winning by about 14. It was the best win of the season!". We're proud to see our Memorial Girls basketball going far and always dominating new challenges!

Memorial Boys Wrestling has had nothing but success this season. Senior Brody Weiler responded that "one of my favorite moments was winning regionals which was my first ever tournament win. Everything about that tournament was really fun. Besides that, being able to beat East and win City was really cool, especially since nobody really thought we would win." Even though we may have been the underdogs there's nothing wrestling wasn't able to prove that Memorial wrestling is where it's at! Senior Josh Schwartz said his biggest highlights of the season were "winning All-City and getting second in conference." Clearly the boys wrestling have nothing but hard work and dedication to show for this season.

Girls Gymnastics senior captain Ciara Haas said, "The best moments that I have experienced during my gymnastics season is our meet against Madison West where Varsity and JV scored a season high. Another moment is our floor rotation at conference because it was the last time I am going to be together with my entire team since it's my senior season." The Memorial gymnastics team had an eventful season against some pretty tough teams, but have done nothing but impress.

The Boys Hockey team officially made it to the playoffs this season that was well deserved for their intense playing. Even though we had to end on a low note with a playoff defeat, there were many highs during the seasons on and off the ice. Senior Haeden Turner responded to our question saying that "the best part of my season has been just hanging out with the guys. We've really succeeded playing as a team and holding each other responsible. The biggest moment this season was when we played Waunakee for the playoffs." We hope to see them in the playoffs again in 2023 and make even more impressive performances against highly ranked teams.

Boys Swimming has been swimming circles around the competition this year. While there have been some amazing memories and accomplishments in the pool there's nothing more important than team bonding outside of it. Senior captain Jack Barden says "My favorite moment has been the casino night with the team. We have an annual party on New Year's Eve where we go to a team member's house and play casino games (with chips) for 3 hours then pick prizes based on how many chips you ended up with. This past year we had some differing strategies with how to spend or not to spend, there were some like Sam Guise who said he wouldn't spend a chip the whole night, then ended up losing all his money and doing push-ups and planks for chips. Or others just got plain lucky like Charlie House who ended with over 660 chips and cleaned house on roulette".

Fellow senior swimmer Zach Strobel had some positive things to say about the team's season as well saying, "I can't say that there are any specific moments, but seeing everyone on the team improve and drop time during the swim season was definitely a great part of the season. Everyone swam well at their taper meets, which was super exciting to see." As we can all see, the swimmers' fun and energy has been through the roof!

All of the Memorial sports that have taken place this winter season have brought our student athletes with endless memories and games Memorial students have watched and cheered along with. We hope to see the rest of the school continue to support our spring sports as they start rolling out soon. Thank you to all of our athletes that have performed well and helped answer our question this month!



# MARCH MADNESS APPROACHES

*By Nolan Sullivan*

With Selection Sunday approaching, the race for first place in college basketball conferences across America is only heating up, and teams are gearing up for lengthy tournament runs during the coming month. On the West coast, Gonzaga has a firm grip on the WCC and looks to head into March Madness with the #1 spot in the country as well. With their only two losses coming against ranked teams, many question if the Bulldogs can hold their own against top teams from the Power 6 conferences in college basketball. Also out West, 2nd ranked Arizona has begun to run away with the conference as well. Sophomore Guard Bennedict Mathurin has taken an impressive scoring leap this season, which has been essential in the team's consistent rise.

The majority of the other major conferences have much closer races down the stretch. In the Big East, the Providence Friars look to close out the season strong and win their first conference title in school history. In an intense triple overtime win at home against Xavier, which had delays due to leaks in the arena's roof and technical difficulties with the replay monitors, Jared Bynum dropped 27 points to keep their hopes alive. The SEC, which most people typically know for football success from teams like Alabama, LSU, and Georgia, has also been entertaining this year. Projected NBA lottery pick, Jabari Smith, led the Tigers to first in the nation at one point, and it will be interesting to see how Auburn fends off its conference foes like Kentucky and Tennessee.

Lastly, the Big Ten regular season title race is by far the most anticipated in college basketball, especially here in Madison. At this moment, Purdue, Wisconsin, and Illinois hold a three-way tie atop the conference after pulling away from schools like Ohio State and Michigan State. While it seems like it may come down to Purdue at Wisconsin on March 1st, you can never write off the upsets pulled in the Big Ten. The Illini have to face two ranked teams at home, Ohio State and Iowa, along with a game at Michigan where the Wolverines will look to play spoiler. Purdue has to travel to East Lansing and take on Michigan State, and Wisconsin to the RAC to face Rutgers, which may end up being the true deciding games of the regular season.

# AUSTRALIAN OPEN ENDS WITH A BANG

*By Sophia Jiang*

On Sunday, January 30, Rafael Nadal became the record holder for men's grand slam wins, with 21 titles under his belt. He overcame many tribulations such as a foot injury that hindered his performance, as well as COVID-19, which he recovered from right before the Australian Open started. After beating the 2021 US Open Champion, Daniil Medvedev, in a thrilling 5 set comeback, the audience erupted into applause and excitement, knowing what he achieved. "After those two months being at home, when I came back, it has been very challenging since that. But here I am and I can't be happier, to be back here in Australia in this amazing stadium, it's just fantastic for me. It means a lot." said Nadal during the post-match interview.



Another record was broken, this time by Ashleigh Barty of Australia. Barty, who won the championship in 2 sets against American Danielle Collins. The World no. 1 won her 3rd grand slam title on home court and was the first Australian woman to win the Australian Open since 1978. Barty, however, wasn't only focused on her win, she was centered around the audience who made the tournament even more exciting. "As an Aussie, the most important part of this tournament is being able to share it with so many people. You guys today in the crowd have been nothing shy of exceptional. This crowd is one of the most fun I've ever played in front of and you guys brought me so much joy out here today." she exclaimed after her win.



# WORLD SOCCER LOCKOUT

*By Vince Kim*

Danish footballer Christian Eriksen is returning to the Premier League with Brentford FC after suffering a cardiac arrest in the Denmark-Finland Euro 2020 match last June. Leaving the pitch and surviving by a miracle, Eriksen said he is now “not far off” from putting on another football performance. His ICD (implantable cardioverter defibrillator) prohibited him from playing with his former Italian football club Inter Milan since playing with an ICD is not allowed in Italy, and this subsequently resulted in his six-month contract with Brentford. The Danish footballer hopes he can regain his status as a playmaker like he was at Tottenham and Inter, stating, “I feel like me so I don’t see a reason why I can’t get back to the same level.”

Meanwhile, across the Mediterranean Sea, Senegal emerged victorious after defeating Egypt in the Africa Cup of Nations on February 6. Senegalese star Sadio Mane sealed up a wonderful win for his home country with a penalty kick in the final shootout and brought them to their first continental championship. The overall match was very tight with no goal scoring opportunities appearing for both teams. A foul committed by Egypt that allowed Senegal to take the lead was quickly shattered after Mane’s penalty was saved by Egyptian goalkeeper Mohammed Abou Gabal. Their later encounter in the shootout gave Mane a chance at redemption, which he surely didn’t let slip, and by taking home the trophy, Egypt still stays hungry for their first continental title.

With nine months to go until the Qatar 2022 World Cup, football national teams — one by one — are now passing qualifiers and are set to perform this November in a once-in-a-lifetime stage. So far, 15 national teams have qualified for the world stage, leaving 17 spots left in the group stages. In Europe, a play-off draw for three more spots is taking place, with countries like Italy, Portugal, Wales, and Scotland fighting for such opportunities. Meanwhile, Canada, USA, and Mexico are the leaders in CON-CAAF, with Panama and Costa Rica just trailing off by a few points. Asian Qualifiers consist of two groups (A & B) where Iran and South Korea have already qualified for the Cup in Group A, while the qualification status for Group B countries like Saudi Arabia, Australia, and Japan remain unclear. For

South America, Brazil and Argentina have filled two of the qualifying spots while Uruguay, Peru, Ecuador, and other CONMEBOL nations fight for the remaining spots.

Finally, our closing topic is the UEFA Champions League. With the group stages that have been completed last December, February and March will consist of the knockout rounds (16 & 8) that each feature two legs. The most exciting matchup will most likely be Paris Saint-Germain against Real Madrid CF, two of the world’s biggest clubs going head-to-head. PSG has already won 1-0 against Real in Leg 1, so be ready for another clash in the following weeks. Follow UCL on CBS or Univision.



## NATHAN CHEN’S PHENOMENAL GOLD MEDAL PERFORMANCE

*By Amy Qiao*

Four years ago in PyeongChang, South Korea, Nathan Chen made his Olympic debut. He delivered a solid performance and, although he had a few falls, placed 5th overall. But Chen has trained these past four years to get the only title he has yet to gain: the Olympic Gold Medal. Chen has been training with his coach Rafael Arutyunyan for the past eleven years, and in the past few years, they have worked immensely to not only have a consistently high technical score but a captivating artistic component as well.

And it paid off. In the Team Event, Chen nearly broke the world record for highest score awarded in the men’s short program, achieving the second-highest score ever recorded. In his individual short program, he broke it. His short program to Charles Aznavour’s *La Bohème* scored an overwhelming

*CONT...*

113.97 points, featuring a triple axel two quads. Chen didn't stop there. His free skate to an Elton John medley scored 218.63 points with Chen bringing both his technical and artistic talents to the ice. In his long program, Chen landed another triple axel along with five quads, and his performance-ending boogeyman choreographic sequence couldn't help but capture the cheers of everyone watching.

A performance of this grandeur could only be properly congratulated by Sir Elton John himself. After Chen's gold medal performance, Elton John tweeted a congratulatory message to the new Olympic champion, saying "Congratulations @nathanw-chen for winning Gold skating to Rocket Man in the free skate finals in Beijing."



## MLB LOCKOUT UPDATE

*By Vince Kim*

Last December, MLB managers across all teams initiated a lockout, locking out players and putting baseball to a stop until a new agreement is negotiated between the players' association, MLBPA, and the league. However, little progress had been seen between both groups around the turn of 2021-2022 at a new CBA, collective bargaining agreement, which allows for the resuming of operations. With the weeks drawing nearer toward the MLB regular season and the lockout status staying tight, the league must take action to prevent any losses associated with potential postponement of the start of the season.

Certainly, this lockout hasn't been the first time baseball temporarily ceased operations. The most recent time it encountered such work stoppage was close to three decades ago in 1994, when players organized a strike that August and caused the cancellation of that year's World Series. The difference between then and now is that the 1994 MLB strike forced a work stoppage by the players whereas the 2022 lockout was forced by the team managers. In both situations, there are certain consequences that follow in case there is no agreement reached by both groups.

With the lockout seeping into February, a spring training delay is becoming more evident. Although MLB commissioner Rob Manfred hasn't made an official announcement about the spring training status, it is now virtually impossible for players to arrive at the originally scheduled time, February 16. But the league is much more concerned about something else: MLB Opening Day on March 31st. If the league doesn't settle the lockout issue by the start of March, it will be hit with a great loss in revenue that will follow with other disastrous consequences.

But why are MLB players in disagreement with the league in the first place? The answer largely revolves around money. The league's revenue in recent years has soared by the billions, but players' median salaries have rather dropped. On top of the salaries not keeping up with the increasing revenue, players believe that MLB needs to raise pay for younger players and prevent teams from spending more on older players who are no longer elites. If the league fails to meet up with these demands in increasing pay in their next economic proposal, it will only fuel the players' union to drag the lockout into the regular season.

Thankfully, there has been some agreement made that could potentially lift lockdown. Manfred agreed to implement a universal designated hitter into the league, meaning that the National League will now have DHs like the American League. There also exist talks of 12-team to 14-team playoffs being implemented into the next season, a possible alteration to the current 10-team MLB playoff. Only time will tell whether there will be successful negotiations that can hopefully bring a nice start to the upcoming season.

# FIGURE SKATING UPDATE: HISTORY MADE AT THE OLYMPICS

*By Amy Qiao*

Figure skating history has been made at the Olympics, some good, some unfortunately worse.

First, with all that has happened at the Olympics, there hasn't been too much focus on Team USA's silver-medal-winning performance in the Team Event and the hard work from the athletes that got us there. Karen Chen delivered a virtually flawless performance in the ladies' division. Madison Chock and Evan Bates skated to a Daft Punk medley, placing first in the free dance event, and Madison Hubbell and Zachary Donahue put out a phenomenal performance to place first in the rhythm dance, leaving Team USA in the first place position in ice dance. Alexa Scimeca-Knierim and Brandon Frazier scored 128.97 in their Team Event pairs free skate. Nathan Chen's remarkable short program performance nearly broke the world record with a score of 111.71. Vincent Zhou's free skate performance, although containing a couple of falls, helped the US secure the Team Event silver medal. Even though he later tested positive for Covid-19 and was unable to compete in the individual events, Zhou's team event performance was a key component of Team USA's silver-medal victory.

Kamila Valieva became the first woman to land a quad at the Olympics. However, she later tested positive for trimetazidine, a banned substance. Valieva was still approved to skate by the IOC, and, although the decision faced plenty of backlash from the figure skating community, it is important to note that she is the victim of a problem much bigger than her.

The 2022 Olympics was a history-making event for figure skating. As we move forward, we should celebrate the triumphs made at the Games while looking for ways to ensure a safer sport for future figure skaters.

# SUPER BOWL CHAMPIONS

*By Nolan Sullivan*

The Rams are Super Bowl Champions! After going "all-in" this offseason and at the trade deadline, acquiring players such as quarterback Matthew Stafford, receiver Odell Beckham Jr., and pass rusher Von Miller, the Rams proved that giving up large amounts of draft capital can ultimately pay off. Their opponent, the Cincinnati Bengals, took a much different approach. After drafting Joe Burrow with the first overall pick last season, the future looked bright in Cincy. Despite many analysts insisting that they must draft a lineman in the 2021 draft, the Bengals decided on receiver Ja'Marr Chase out of LSU. In the end, Chase finished the regular season with just under 1500 yards and 13 touchdowns.

After the Rams went up 13-3 early in the second quarter with two touchdowns through the air, on top the Cincinnati defense showed few signs of being able to stop LA, it began to look like Super Bowl LVI was going to be a one-sided affair. However, Joe Burrow & co. responded with 17 unanswered points of their own, including a 75 yard touchdown to Tee Higgins at the start of the 3rd quarter. Unfortunately for them, an Evan McPherson field goal on the following drive would end up being the final points they would score all game. Down 20-16 with just a few minutes left, the Rams took a methodical 15 plays to drive down the field 79 yards, culminating in a one-yard touchdown pass to Cooper Kupp. Kupp, who already won NFL Offensive Player of the Year, added Super Bowl MVP to his collection of accomplishments by the end of the night.

It was a very emotional victory for a handful of long-time Rams, including offensive tackle Andrew Whitworth and defensive lineman Aaron Donald, both of whom were members of the team during their Super Bowl LIII loss. Whitworth, a 4x All-Pro 40-year old likely in the last year of his illustrious career, was up against his former team in this game. Donald, who was drafted by the Rams in 2014, won NFL Defensive Rookie of the Year when the franchise was in St. Louis, and followed it up with three Defensive Player of the Year trophies. The pair embraced after the game, with tears streaming down their faces, having finally accomplished the ultimate goal in their careers.



# ARTS & ENTERTAINMENT

## EQUITY IN THE ARTS DURING WOMEN'S HISTORY MONTH

By Ava Kenney

Over the centuries, gender inequity has been a prevalent issue in a variety of societal roles and career areas. Especially for women, Art has been a particularly disproportionate field, largely due to the anonymity associated with an artist's work. A piece of visual art may be falsely credited to another, music hidden from the public ear, or even a job as a conductor or composer biased towards gender norms. Nonetheless, a variety of arts organizations have blossomed in response to the injustice. In light of Women's History Month, here are a few of these incredible groups that continue to promote equity through the arts and uplift communities of female artists:

- National Museum of Women in the Arts - NMWA is a nonprofit organization dedicated to empowering women artists around the world in visual, literary, and performing fields. Based in Washington D.C., they established a museum to uplift women's artwork, engage with their surrounding communities, and most importantly shift society's view on art. A variety of virtual tours and exhibitions can be found on their website ([nmwa.org](http://nmwa.org)).
- Women In Music - Based in NYC and, this organization strives towards equity in society and particularly in music by bringing together a community of musicians, audio engineers, arts managers, and entrepreneurs from around the globe. They host a range of panels and events geared towards empowering modern musicians and combating gender-related oppression in the field ([womeninmusic.org/events](http://womeninmusic.org/events)).
- Women's Studio Workshop - WSU's mission has been providing a variety of residencies, internships, workshops, and grants, career building opportunities for rising artists who identify as female, trans, nonbinary, or genderfluid. They offer programs

both virtually and throughout the city of Rosendale, NY, do outreach in area schools, and even rent out studios to local artists.

- The Women's Philharmonic - Through an all-women orchestra solely dedicated to promoting works of other female composers, this organization has become a nationally renowned ensemble, receiving over a dozen ASCAP awards along with recognition from prominent record distributors including NAIRD. Over the past forty years, they have been performing, professionally recording, and even creating databases to uplift these underrepresented composers and performers.



## THE CUPHEAD SHOW REVIEW

By Felipe Rey

After the massive success of the Cuphead video game, Netflix has created an animated series following the titular character alongside his companion and brother, Mugman. Though the series shows promise, in its first season's 12-episode run, it felt overly reliant on slapstick and leaned towards an overly immature version of the characters.

The basic premise of the show is just Cuphead and Mugman going on little adventures, with some slight overarching stories going on involving his feud with the Devil, who wants to steal Cuphead's soul. The show doesn't really follow the story of the games, though it uses many of the characters from there, expanding on them often in a very fun and entertaining way. For example, one of the first battles of the



game takes place against a group of vegetables, and those same vegetables appear in the show, looking for a good spot to throw a vegetable-filled party.

For me, my favorite episodes were the ones where in-game characters or ideas were fleshed out into a more interesting idea or story, such as with the vegetables or with another villain in the games, the frogs. They don't rehash the stories of the games, but rather put a spin on it that still keeps the essence of the characters alive.

While their comedic tendencies can get a little tiring after a few episodes, it still occasionally does land a joke, and the stories are entertaining enough where the childish humor (which to be fair should be expected, considering it's a kids show) can be mostly put aside in service of a solid short story. With 10 to 15-minute episodes, it's very breezy viewing, reminiscent of episodes of *Over the Garden Wall* or classic 1920's and 30's cartoons

The finale of the season definitely left the show on a very open note, and Netflix has already commissioned another 36 episodes, so *The Cuphead Show* is not anywhere near done. With a decently sturdy foundation for season one, I'm excited to see what they can bring with their next two seasons.



## MARRY ME REVIEW

By Felipe Rey

Out of the many exciting upcoming films in the next few months, *Dune* stands out as one of the most anticipated of the year. *Dune* is directed by Denis Villeneuve, someone often considered to be the greatest working director alive, and director of recent critical hits such as *Arrival* and *Blade Runner 2049*. The film is based on the novel of the same name, a sci-fi epic taking place on the desert planet of Arrakis. The film

tells the story of Paul, the son of Duke Leto Atreides, whose family takes control of Arrakis. Arrakis is the only place in the universe where melange can be found, a rare substance that enhances life expectancy and mental capacity, and therefore is a highly coveted area, despite its otherwise barren land.

This is the first film of the two-part *Dune* movie adaptation, and is reportedly very faithful to the book, hence why it was split into two movies. Though it has already succeeded critically at Venice International Film Festival, its financial success is up in the air, as it is being released on October 23rd in theaters and on HBO Max simultaneously, which will likely damage its box office numbers. Denis Villeneuve is also known for previously making *Blade Runner 2049*, an excellent (and expensive) movie that flopped financially, and some suspect Villeneuve may repeat this effect with *Dune*.

Despite the concern, many still eagerly await the release of the book adaptation packed with a stellar cast, fantastic effects, and a story that many have been waiting years to see properly executed on the big screen.



## EUPHORIA SEASON 2: ANOTHER REALISTIC TAKE ON HIGH SCHOOL! (NO SPOILERS)

By Mihika Shivakumar

*Euphoria* season one ended in a bang, and with a break longer than a year (with two special episodes in between,) season 2 was long awaited.

So far, season 2 has not disappointed, and at the time of this article there's only one episode left of the season coming out.

***How is everybody doing? My current ranking:***

***Most annoying character: Cassie Howard!***

***Most spectacular character: The man of every hour, Fezco.***

***Most character deterioration: Jules Vaughn. After a spectacular filler episode, Sam Levinson decided to ignore all the progress made.***

***Most underrated part: Maybe not underrated, actually. But the first fifteen minutes of season 2 episode 3? Spectacular.***

***Who deserves the Emmy? Zendaya is getting one, but don't take Sydney Sweeney out of the running!***

***Euphoria Season 2 has explored and discovered new sides of all the very loved (and not so loved) characters of season one. Following a stunning first season, Sam Levinson and the cast had some big shoes to fill. Did they succeed? We have to wait until the season finale to find out!***

the desired wax shape (ring, sculpture, keychain, etc.), put the wax in a metal tube, fill the tube with the plaster, evaporate the wax and voila you have a mold. Here comes the fun part: heat the metal way too hot and spin it way too fast so it fills the mold. We do this with a centrifuge (think a spinning bar with your mold and a cup of molten metal attached to one end). Then, you have a 3D piece!

What is a recent project that you particularly enjoyed creating?

I am currently working on 3D luna moth earrings. They are made out of copper, turned green, and have gems on the wings. Right now the project is a little messy but it will look better when finished.

What are you inspired by in your own artwork?

I often draw inspiration from nature. I love doing organic designs and creating things seen in the natural world. The creativity and ingenuity found outside never ceases to amaze and provides unending possibilities. Much of my other inspiration comes from my communities. For instance, I made a ring of a trans person last year.

Do you hope to pursue this art professionally or possibly continue it into your future in some form?

I doubt I will pursue metalwork professionally, but I hope I continue to use metals as a form of expression and creativity!



## ARTIST OF THE MONTH: AMIRA PIEROTTI

*By Ava Kenney*

What form of art are you currently passionate about, and what inspired you to start?

I am currently passionate about metalwork. When looking at course descriptions for 9th grade, I thought Art Metals & Glass sounded fun and chaotic. I was interested in trying an art form that required minimal drawing. Plus, the promise of using fire and acid to create something new is hard to resist! I have taken an Arts Metals & Glass class for the past four years.

What is your favorite medium, tool, or technique in Arts Metals & Glass?

My favorite technique is casting. You start with a block (or other shape) of wax. You can get moldable wax that is shaped like clay or hard wax that is carved. The wax will later be surrounded by plaster and will evaporate, leaving a mold for your metal. Once you have

# GETTING CURIOUS WITH JONATHAN VAN NESS REVIEW

By Felipe Rey

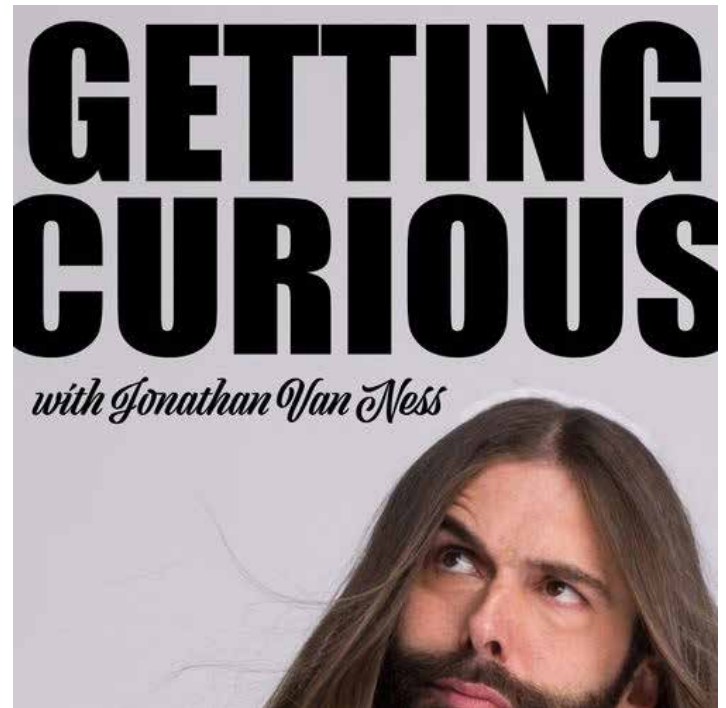
Jonathan Van Ness's new show, *Getting Curious*, a visual version of the podcast of the same name, has recently landed on Netflix. In this series, Jonathan Van Ness opens every episode by asking a question, and embarking on an informational journey to find his answer. Though it's by no means a terrible show, it does falter somewhat and fails to find a unique angle on certain topics.

While there are certainly some excellent moments in the series, it often feels a bit bland, with Jonathan Van Ness's zany energy giving it only a slight push away from a very specific class lecture. Especially the episode on bugs and the episode on sugar, there is very little he seems able to add to the discussion, and while the people he's interviewing often do have some fun tidbit, more often than not, it feels like I could have found the same amount of information with a few Google searches and I would have had only a slightly less enjoyable experience.

For me, the quippy and offbeat comedy bits that Jonathan Van Ness brings to the series were not great. Maybe his style will work for other people, but I usually found it to be tolerable or unfunny. However, the series often veers away from comedy, and it is all the better for it. In episode 3 in particular, Jonathan Van Ness has a discussion with several other nonbinary individuals, and it's one of the best moments of the series. They discuss the issues they face in day to day life, and he seems to have much more genuine comments to make, which elevate the moment high above some entire episodes.

If you're a Jonathan Van Ness fan, you may find this entertaining, but based on audience reviews, it seems as if this show would have fared better if it was aimed for a slightly younger audience instead of the older group it reached with its TV-MA status. All in all, the show is still somewhat enjoyable despite its shortcomings, and if it did get renewed I would watch the next season.

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