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**COLLINGSWOOD HS**  
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**CHS at The Emmys**

By Maddox Morfit-Tighe

The Emmys awards were established to recognize excellence within the various areas of television and emerging media. At its basic structure it's a way of peer review

and peer recognition within the business. It's an idea that has trickled down to much smaller sections of the industry, but still goes on in the same fashion. Earlier this year, Collingswood's prestigious TV Production program, headed by Danielle Riggio-Armano, got on their best tuxedos and dresses. The students volunteered at the Mid-Atlantic Regional Emmys as presenters. The students got an exciting inside look at the industry when they dressed up and worked as presenters, giving out the official awards to the winners at the event. Not only did the TV students work the event, their work was submitted into it. Many of the school's upcoming filmmakers submitted their own work to the student section of the Mid-Atlantic Regional Emmys. While the results of the competition haven't been put out at this time, Collingswood's TV students are sure to show their best work at the competition and turn heads as per usual. Best of luck to all those who submitted their work.

## Mardi Gras at CHS

By Abigail Cislo

Mardi Gras is a French name for Fat Tuesday. It marks the end of the carnival season and is one last celebration before lent begins, a season of fasting. Most commonly known for its wild parades in New Orleans, Mardi Gras is celebrated in various ways. On February 21st, the Collingswood French community held its 7th annual Mardi Gras cake competition. All students and teachers were invited to attend but were asked to sign up prior to the event and bring something to contribute. This includes drinks, snacks, utensils, or can goods to donate to the Pan-ther Pantry. French students were given the opportunity to bring a cake or other dessert to enter into the competition. These desserts were primarily yellow, green, and purple; Mardi Gras colors, and some even included masks and beaded necklaces to represent carnival and Mardi Gras themed parades. Several teachers stopped by the French room throughout the day to vote on their favorites. By the end of the day, the votes were tallied and the winner was announced to the participants. Senior Morgan Callinan won first place, with freshman James Canon and Avery McGrath placing second and third. Overall, the desserts received great reviews regarding both look and taste. Once again, Collingswood High School's Mardi Gras celebration was a success thanks to the organization of Ms. Briggs and the students who participated in the competition.



## Blood Drive

By Sunny King

On February 24th the Student council conducted their annual blood drive. Student council went around the school the 4 weeks before the date rallying the students to donate. The student council made sure that the blood drive ran smoothly by making sure everyone knew where they were going, making sure that they had enough to eat and drink, and being there to talk to the people donating if they needed it. In all, the red cross was able to collect 89 pints

for patients in need in the community. There were 39 first time donors and there were also 32 power red donations! The red cross told us that the 32 power red pints will go directly to babies in need and patients in emergency rooms!

## Reindeer Games 2023



This year, the CHS Reindeer Games made their long, awaited comeback. The past two years, due to COVID restrictions, the games were postponed. Fortunately, this winter, we could finally compete again. Reindeer games are known for their creative challenges, exciting games, and the heated competition for one class to

win the spirit stick. One week before the games, Student Council organizes a spirit week, where classes have the chance to earn points for the games by dressing up for the assigned days and by decorating the hallways. The seniors, with their amazing, detailed Winter Wonderland hallway, crushed the competition with ease. Faculty wiped the floor clean with spirit week by winning Holiday PJ Day, Holiday Sweater Day, and Class Shirt Day. The freshman class, who are new to the games, surprisingly won the food drive. Faculty also won the relay, with seniors following close behind. In the knockout challenge, sophomores took control and dominated.

The pyramid, which may have been the funniest to watch, was won by the faculty. For the puzzle, Mrs. Silverman took the lead, bringing the faculty to first place once again. Chicken In The Hen House came down to which pair could be the best and quickest chicken, lover, bridge, piggy, cowgirl, and sailor, and the juniors succeeded. One of the most favored events, Tug of War, was overpowered by the faculty, keeping their streak alive. When audio problems arose during Musical Chairs, our own Mrs. Intocaso, took the mic and sang holiday tunes to keep the game alive, and the juniors won. Pack the Box, which was originally taken out of the games due to its safety risks, returned this year. The seniors impressively managed to squeeze and hold fifteen people on the box, beating the rest of the teams. In Trivia, the staff scored 17 points, earning first place with their broad knowledge, with the seniors following close behind. By the end of the games, people were sweating, cheering, and anticipating the results. The seniors, who previously owned the spirit stick from their success in hallway decorating and spirit week, unfortunately, had to give up their victory to the faculty. Faculty kept their long-lived first-place streak with a whopping 119 points, seniors placed second with 99 points, juniors took third with 82 points, sophomores placed fourth with 71 points,



and freshmen came in last with 54 points. It was great to have the games back and renew the school's tradition, and we can't wait to compete next year, hoping to finally break the faculty's winning streak.

## Students Protest Racial Inequity

By Ellie Tyler

On the weekend of February 3rd, several students took to social media to express their concerns regarding the treatment of students of color by administration, staff and fellow students at Collingswood High School.

As the weekend progressed, several stories were shared to the Facebook group "In The Wood" and by Tuesday, February 7th, a post from an activist based in Camden called for students to walk out of their classes and join a protest in Knight Park across from the high school. Students and staff inside the building were instructed to shelter in place while the activist rang the school doorbell and demanded to speak with administrators.

After school let out on Tuesday, students joined the man and held a short protest. The following day, students organized a protest at 12:30 p.m. and dozens of students filed out with signs. Some students gave statements about the treatment they have experienced or witnessed at the high school. Others chose to simply show their support with chants or signs. The walkouts continued on Thursday and by Friday had dwindled.

In the days following the protests, the administration began taking steps to address racism and discrimination within the school and to create an initiative called "One School, One Community," which aims to bring together students of various backgrounds. In an email sent out to students the administration stated "this will not be swept under the rug."





# Powder Puff 2022

By Tim Search

The senior powder puff team played an outstanding game both offensively and defensively winning with a score of 20-0. The offense was led by quarterback Chloe Wright who was two for three for 25 yards through the air while also rushing for 35 yards two touchdowns and a two-point conversion, Mia McConnell rushed for 70 yards and a touchdown and helped open up the offense with her great play fakes, and lastly Sidona Hackl-gerenstin who caught two passes for 25 yards while also rushing for 65 yards. The defense was led by great interior line play by Samyrah Berrios outside line play by Audrey Bosniak and great linebacker play by Alyssa Branch. They helped the seniors shut out the juniors. The game was sealed by a late sack by Hallie King which wrapped up the fantastic game played by all the seniors.



# Ginger Bread Houses

By Ean Steidle

Gummibären, Lebkuchen, Glasur! This year the Collingswood German class participated in their annual Gingerbread House creation contest. There were some pretty amazing designs across the board. Walter White and Jesse Pinkman's RV from "Breaking Bad" made an appearance, in addition to the Weezer band members! For seniors, this will be their last time participating in this Christmas tradition. "We look forward to it every year not just because we get to eat the icing," says senior Audrey Bosniak. Without a doubt this year included some of the best gingerbread houses we've seen in years. Good job German students! Glückliche Feiertage!

# Student Wellness Center

By Ariel Sage

Collingswood High School has secured funding for a new wellness center to help students and staff members experiencing stress and anxiety.

The Student Wellness Center is being made not just for students, but everyone in the school community who is going through rough times or experiencing depression, anxiety, stress and other mental health concerns. Students at Collingswood High School and humans all over the world struggle with keeping a healthy mental state. For years mental health has been a struggle to help others because we tend to find comfort in our bad times. Compared with past generations, more students on campus today have accessed mental health treatment before college, suggesting that higher education is now an option for a larger segment of society. Many schools are finding ways to incorporate a broader culture of wellness into their policies, systems, and day-to-day campus life. These efforts are intended to increase overall wellbeing, enhance intrinsic motivation, decrease disciplinary problems, improve academic achievement, and help students flourish in school.

Depression can cause social and behavior problems,

# TV Class and GMC Review

By Piper Wright

"Good Morning Collingswood, I'm Piper Wright here with your school sports report..." That's been the start of my day, almost every morning, since the start of this school year. I just started taking TV1 this year, and let me just say, it has been an amazing experience. The class has been interesting from the start, and the projects have been so much fun.



My favorite part of TV1 would have to be that there are so many different opportunities. For example, you could be on GMC (Good Morning Collingswood) every morning, but if that's not your thing, no need to worry because one of the chapters we learn is specifically about radio. Who knows, maybe you'll find your radio voice!

My TV1 is during the 7th period, so I get to start my day off and end my day with it. With that, I've also had the opportunity to be on PAWS TV. Overall, it has been just awesome. I will admit, sometimes it's a little hard getting up earlier in the morning, but it's all worth it when I get to the studio. I get to start my day by seeing my fellow anchors and tech friends, and Mrs. Armano! Special shout out to Mrs. A for being so passionate about her teachings and her students. She is preparing me for college with what she teaches, and I'm so grateful for that too!

This class has been an amazing experience so far and I can't wait to see what's next. I would totally recommend TV classes to any of the freshmen coming up this year. I didn't take TV1 my freshman year, however, I am SO glad I took it this year. So to all the freshmen out there... get a jump start! Not only to just freshmen, but I also recommend this to all grades honestly. It has been a great experience, and I hope everyone who reads this, really thinks about taking a TV class in the future.

poor performance and learning, neglective hygiene, poor self care and low self esteem. Depression is a serious and pervasive mood disorder. It causes feelings of sadness, hopelessness and worthlessness. Teen depression can have dangerous physical, emotional, and mental effects on teenagers. It can affect a teen regardless of gender, social background, income level, race, school or prior achievements.

Teenage girls suffer from depression more often than teenage boys. Depression can affect an adolescent's personal life, school life, work life, social life and family life. Most adolescents experience depression around the ages of 12 to 17. It could be caused by the recent death of a loved one, a breakup with a boyfriend or troubles at home.

Depression has been around for a long time and it often gets worse if it isn't treated, resulting in emotional, behavioral and health problems that can affect every area of your life. Examples of complications associated with depression include excess weight gain, pain or other physical illness.

The Student Wellness center can help children dealing with depression, anxiety and many other issues. With more students and counselors to help, hopefully the teen mental health crisis can begin to turn around.





# Celebrating Black History Month at Collingswood High School

By Britney Lopez

Every year, Black History Month is celebrated during the month of February. Black History Month celebrates Black joy, resilience, and achievements. It started during the Civil Rights Movement and was adopted as a national holiday in 1976. Here at Collingswood High School, we celebrated Black History Month every day by having Black students and staff be a part of a segment on our school's morning news broadcast, Good Morning Collingswood, called 'Celebrating Black Culture.' This segment was put together by Mrs. Goodall and the Black Student Union. Each day in February a new topic was discussed on air that contributed to Black culture with pictures and videos displayed. A few of the topics celebrated were Pan-Africanism, the Civil Rights Movement, the importance of HBCU schools and soul music.

In total, there were 28 individuals that anchored for this segment (with some recurring faces). A few to name are the advisor of the CHS Black Student Union, Mrs. Goodall, President of CHS Black Student Union, Ella Tyler along with members of the club including junior class president, Zion Herring, history teachers, Mr. Larmore and Mr. McClain and Collingswood Middle School assis-



tant principal, Mr. Jefferson. Every segment ended with "thank you for joining us today as we honor Black people, Black culture and Black history."

Even though Black History Month has come to an end, that doesn't mean we have to stop celebrating Black excellence. The care, support and love for the Black community should be everlasting. It was a pleasure to watch this segment every morning and it should be something that we continue to do every year.

## Benefits to Being Active In School Activities

By Alexandra Mullin

Participating in your school's extracurricular activities can be one of the most beneficial things for you and your future. Being involved in your high school's sports teams or clubs can have positive impacts on your mental health and creates a sense of belonging. Doing after school activities helps you stay active, make friends, and bond with your coaches and teachers. After a long day of school, some people prefer to go home, get their homework done, or just have some personal time. However, after school activities are beneficial for many reasons. To start off with the mental health benefits, prominently in winter, school can start to get difficult and stressful - which can easily put highschool students into a depressive mental state. If you participate in school activities, you have something to keep you going after school. Finding things you have a passion for can help ease negative feelings and stress during rough times. Additionally, school activities look great for yourself as a student! Colleges look for well-rounded students that have a strong academic and extracurricular balance throughout their lives. The more involved you are and leadership you exhibit, the better you look for colleges that you may hope to be accepted into. If you have a dream school or are attempting to make your high-school resume look good for college applications, make sure you are being active in afterschool activities! So, if you are looking to achieve any of these things, talk to your academic advisor, friends who are involved in the school, and family! Signing up for clubs and sports isn't hard - and you won't regret the memories you will make during these fun activities. There are so many extracurricular activities highschool offers.



Tree Lighting

The **Madrigals** sang at this year's Tree Lighting, continuing a tradition dating back since the beginning of the event more than 25 years ago. This event is the official beginning of the Madrigals gigging season that lasts until Winter Break and brings the singers all over the community.



## Winter Concert: Orchestra

By Riley Stacy

On Thursday, December 15th of 2022, the Collingswood High School orchestra held their annual winter concert alongside the Collingswood High School band. Taking the winter theme to heart, the orchestra performed some well-known classics, such as "Mary Did You Know?" and "How the Grinch Stole Christmas", while also incorporating some more unique arrangements of winter themes, like "A Glimpse of Winter" and "Fantasia on a Spanish Caro". They even performed a rendition of "This is Halloween" - from The Nightmare Before Christmas in order to hit all of the winter-holiday-bases in one concert.

Altogether, the heartwarming sound of an orchestra playing holiday songs was enough to bring family and friends together to support these hard-working student musicians and get into the holiday spirit.



## Winter Concert: Choir

By Sophia Mancinelli

In winter tradition, the Collingswood High School Choir convened for their annual concert. They showcased a range of songs that encapsulated the time of year. The concert started out with a winter classic White Winter Hymnal. Next, the choir performed Mary Did You Know featuring soloists Cassidy Reilly, Maddy Forrest, Ruby Rosato, Sasha Garvey, Finely Jenne, and Georgie Stone. The following song was Hanukkah Madrigal, a song to celebrate Hanukkah. Next, I'll Be Home For Christmas was performed. The last song performed was the alumni song, Carol of the Bells, in which many alumni happily joined in singing.

Following the choir a select group, Madrigals, showcased some songs. The first song was Farewell Dear Love, an example of a traditional madrigal song that expresses emotions of love and sadness. Next was Masters in This Hall.

The Madrigal Group closed with A Merry Christmas, and wished everyone on their way for a happy holiday season.





# OPINION

## Public Speaking

By Christopher Sanchez-Chavez

The fear of speaking in public can be a challenging task for many. The thought of all eyes locked on you, along with the thought of being ridiculed for a single mistake can be things that discourage one from speaking. Anxiety and especially social anxiety are other factors that stop people from being able to speak in public. However, taking a public speaking class can be beneficial to not only yourself but will help you in the real world as well. For instance, the ability to speak well and speak convincingly can persuade people to do as you like. This could be used in a good way or perhaps in more personal ways. It can also help you with making new friends, as that involves talking to someone unfamiliar. In school specifically, we are already required to present many projects for various academic classes. Though some students may present trustworthy



and phenomenal information, many times their presentation skills lack and some feel unprepared as well. Entering a public speaking class will not only help you prepare for presentations in other classes but also help you build confidence within yourself too. It may be difficult at the beginning, but so are many things in life. One doesn't learn to value the things they achieve unless they go through the hard times. Most of the beginning attempts may seem futile in your eyes, however once the act is done, you'll feel much better about yourself. As time goes on, you'll start noticing progress and the fear you once held will start fading away until it becomes first hand nature to speak in front of others. To prepare yourself for public speaking, remember to be respectful to your peers whenever they speak. Also practice and practice a lot of your speeches because practice does not make perfect rather it makes progress. Lastly, be yourself and go with the flow. Don't overthink too much because most often then not you'll forget your words or sound unnatural and most importantly, have fun.

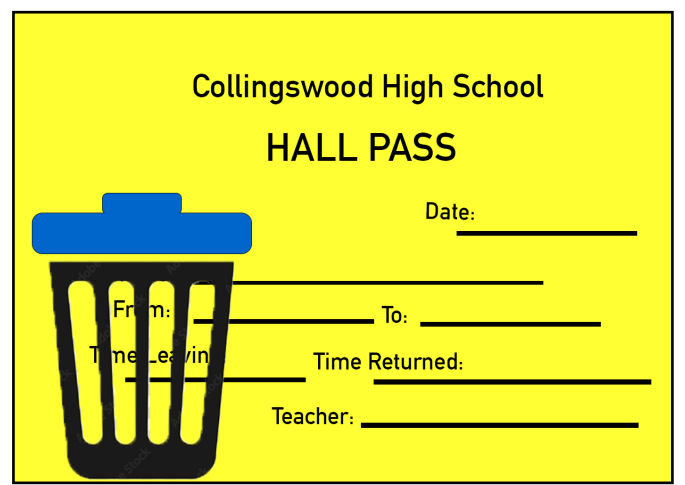
## Reasons Why You Should Stop Caring So Much

By Nevaeh Lewis

In this society, people are always worrying too much. Whether it is about their living situation, looks, or other things, life shouldn't require so much worrying. Why do people care so much about it? Is it due to social media, or is it just the people around you that make you feel this way? Well, I've learned if you stop caring about what people think about you, you live a better, happier life.

One of the first things you can do is to stop comparing yourself to the people you see on the internet. When you see your favorite celebrities doing all these cleanses, diets, and workouts, you think to your self why don't I look like that? You stare in the mirror for hours at a time picking at all of the things you don't like about yourself. Well, you need to stop all of it. Stop comparing yourself and thinking that you are lesser than the ones you see on the internet. Most of the things you see are edited, or fixed by surgery. So why try all of these unhealthy diets to try to make your body look like theirs? You only live one life, so why waste your time trying to starve yourself for a body that is unrealistic and unnatural? Get the idea out of your head that you have to look like the people you see on the internet.

I get how easy it is to feed into things especially when all of your friends are trying to as well. So, why are you doing this? To fit in and be like everyone else? Why care that much about what people think? You should be yourself and don't try and change just so people will like you more. To sum this up, when you stop caring about what people think, you get rid of a negative mindset that weighs yourself down, and you are able to accept and love who you really are.



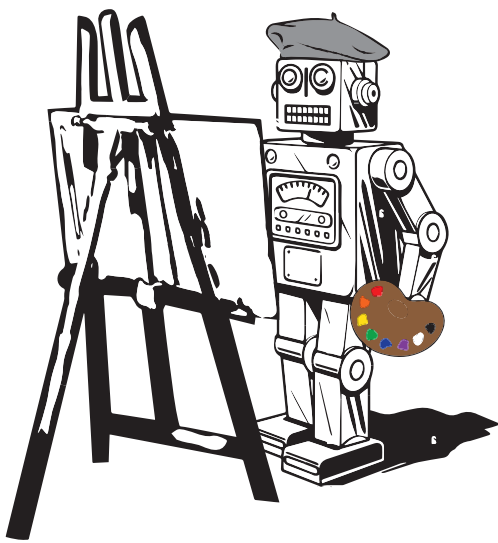
## School Passes are a Waste of Time and Paper

By Mya Fonseca

While teachers may think that passes are beneficial to hallway mandates and attendance, many may argue that it is just a waste of paper and time. Many are opposed to the idea of having to write out a pass due to the time it takes. For example, if you have a bathroom emergency or need to take an urgent visit to the nurse, why wait for a teacher to sign your pass? Then when you get back from said location, you just throw away the pass. Every time a student needs to go to a different location in the school, a pass is written. If we did not use passes, it could save a tree's life. Cutting down on paper/pass usage is the first step. Schools may think that passes are important to keep track of the time students are out of class, but isn't the student at fault for their time out of class? Why should other students waste their time waiting for a pass because others are irresponsible outside of the classroom? Teachers shouldn't send all of their students out of the classroom, but if a student has been waiting for a long time, let them go. Students that are skipping class are the only ones suffering from it. Teachers can deal with them later, but don't hold up other students. An anonymous source says that he waited a whole class period before he could go to the bathroom. The teacher said that the bathroom in the area of the school was closed, but other bathrooms were open. The passes show that there is a lack of trust floating in the school. Some students skip class and goof around in the halls; it doesn't mean that all students are the same. Schools need to develop trust in their students. It's a part of teaching students that they are responsible for their actions. Schools shouldn't need passes to do the teaching for them.

## Will AI-Created Art Replace Human Art?

By Diego A. Lopez



Have you ever thought about the possibility that our smart devices will outsmart us at any point in the near or far future? Many scientists across our history have theorized about this topic. One example of this would be Stephen Hawking and his famous quote, "The development of full artificial intelligence could spell the end of the human race. It would take off on its own, and re-design itself at an ever-increasing rate. Humans, who are limited by slow biological evolution, couldn't compete, and would be superseded." This was seen as something plausible, but we didn't expect for it to happen as fast as it is. In the last

decade, specifically in the last 5 years, many jobs were completely changed due to automation. Some examples of this are factory and manufacturing related jobs. Most of the big corporations that previously relied on human labor completely ditched their human workers as soon as they could, replacing them with AI-directed machines.

But before starting, what is AI? AI stands for artificial intelligence, a medley of code and information that emulates sentience, giving them the capability to perform tasks that before were only fit for humans. One of the many tasks that AI can now perform is art. Before we could only give simple directions to a machine, like to calculate something or move an object to another place, but now it is capable of essentially replacing one of the things that makes us human, our creativity. Over the last few months, AI that was capable of emulating human art came to light, raising big concerns across the art community. So far it doesn't appear to have cost anyone their job, but that could change as it has with other industries.

I got in contact with someone who makes a living as an illustrator, Kevin Sherry. He believes that "every human being is creative at their core," which is true, human beings have been creating art from the very beginning of our existence. "As long as there are humans, we will make art and there

will be artists," he affirmed. He also states, "We live in a capitalist country. If you can make money from something, you have to do it. No one else is going to look out for you. So I try to never look down on someone hustling to make money." He thinks that if this continues companies might start using AI-generated art pressed by their schedules and budget instead of hiring an illustrator, which could cause many artists to lose their source of income, as well as cause fewer people to pursue art as a career.

Artists losing their jobs is not the only concern with AI art. One of the main problems it presents is that it takes artwork from the internet and generates art based on them. It is even possible to entirely replicate someone's style by simply feeding the machine their work and with just a few clicks and a prompt, you can get an almost endless amount of artwork that you can sell as your own.

You could argue that it is just "Inspired" by artwork it finds online, just like artists are inspired by other artists' work, but that's not true at all, because AI can not be inspired. Basically, while an artist bases their art on a piece that they have seen, an AI just takes a bunch of them as samples and mashes them. This whole process happens in the blink of an eye, so it can make thousands of variations of a single artwork in a matter of seconds based on the artworks it has fed on. "AI generated images are a finished product without any production behind it, the ends without the means," Sherry said. The truth is that AI can't create something entirely new like a human can. Most artists agree on that. If Van Gogh could create a thousand of The Starry Night variations in a matter of seconds, would we really care that much about it? Would we really care about the story behind that glittery starred sky that he saw through his window while interned in an asylum? The answer is no, we probably wouldn't, when things are that easy to get, we usually take them for granted, "It's not about the destination, it's about the journey, the climb."

While it might not necessarily replace human artists, over time, AI art might become its own thing and might even make human art evolve. We have seen this before. With the introduction of photography, people didn't need to hire artists to paint portraits anymore, but that didn't make human art disappear. To the contrary, having photography as a competition, art evolved and branched into many surrealist and abstract styles, such as the works of Picasso or Dalí, styles that portray things that can't be seen in real life, thus being impossible to replicate by photography. And that also did not make realist art disappear, instead, it became something rare that only rich people wanted to have, making a traditional portrait artist's labor way more expensive than it was before photographs were a thing. And that's exactly what could happen, modern-day art might become something else due to the existence of AI. Maybe more people will be interested in traditional pencil art than digital, or maybe some measures will be taken against it. Maybe human art will become rarer making it more expensive. People may even develop more unique art styles that are harder for AI to replicate. We do not know what's going to happen, but something is going to change. That's for sure.



# Absurdity and Meaning

By Dashiell Grey

Life is not devastating. Life is simply simple, but we often forget that. We are blinded every day, and to those who are going through an existential crisis, and who believe that the world has no meaning; you are right. Every day, we live the “essentials” of life; school, work, etc. After a long day of what seems like infinite extraneous information and work, we retire home to only refuel for the next day. We cope in some ways. Some are artists, some are athletes, some are writers, and some just suffer. However, at the end of each day, we always think, “why?”. Let’s envision this scenario- You are working full-time to make money-Why are you making money? To buy a new band T-shirt? Why are you buying a new band T-shirt? Because you saw an attractive person wearing a shirt with the same band imprinted on it? Why do you want to possibly impress this person? Because you find them attractive and you might want to date them? Why would you want to date them? Because dating someone would make you happier? Then there’s the ultimate question; why would you want to be happy? Eventually, you reach this misconception; that nothing matters in the end. What is the point? Being conscious of your existence seems like a ball and chain. It feels like life is confessing to you too much. You do not understand life. It may seem like “life is not worth the trouble” but, let Camus’s absurdist be the bridge over troubled water for you. Albert Camus was a philosophical thinker from the early 1900s. He believed in absurdism which means that life is ultimately absurd. Camus argues against this existential crisis. Camus’s response to this is to revolt against life. To live on the edge of absurdity and not to make sense of any of it. Why should it matter? Consider yourself greater. Consider yourself the universe in which you are starving for coherence. But the universe does not think. It strives. It strives because it does not give up. It does not cry at the meaning of life. It creates its meaning. You are stronger than meaning. One Camus quote that resonates with me is, “In the midst of winter, I found there was, within me, an invincible summer.” Everyone has the ability to be happy. Your life will be better, you will be better when you believe that life has no meaning. Now you may be asking, ‘what about all the devastation and suffering?’, well, like previously said, you should revolt against it. Have disdain and sneer at the absurdity. Accept that nothing truly makes sense. This leads to another tale. The tale of Sisyphus; of whom Camus was inspired. Sisyphus was condemned for life by pushing up a boulder over a hill but, when the boulder was at the top, it rolled to the bottom again. The task is futile and strenuous. But, Sisyphus knows that his actions are meaningless and that he is stuck where he is. Sisyphus does not hope that his condition will get better. He does not wish the boulder to finally reach the top and stay there. He doesn’t turn towards god, he doesn’t turn towards suicide, instead, he relishes it. He espouses absurdity. By revolting against this absurdity though, he is contemptuous. In Camus’s words, “One must imagine Sisyphus happy”. But again, this is not where this ends, live your life. Embrace every day as a reminder that you get to do anything. Whether or not debating whether suffering is worse for some is pointless, for suffering is a greater reason to strive, to have compassion, to have sympathy. Ultimately, for you to be unique for no suffering is the same. Now, consider yourself a blank canvas, an empty desert, you must create! You must continue to push that boulder up the hill. Don’t strive for the boulder to reach the top for in suffering there is the fullest, most genuine, most beautiful life. And in that life, there is you.

-Much guidance and admiration attuned to Sisyphus 55

## Mental Health in Student Athletes

By Gabby Verdone

Prioritizing mental health is a crucial part of an athlete’s success. While athletes may feel the thrill of competition, most student-athletes also experience the added stress of maintaining good grades and balancing a social life. Mental health in student-athletes often goes unnoticed. They juggle school, going to sports events, and club sports, while also making time to get their schoolwork done. This can be very challenging and super overwhelming. Athletes are highly driven, independent individuals which may cause them to feel more anxiety than others and feel like they cannot ask for help. Constantly training is not only mentally tiring, but it can also cause burnout in their sport, affect how they learn in the classroom, and often they suffer in silence. Data shows that up to 35% of elite athletes suffer from a mental health crisis. Student athletes’ self-worth and self-esteem are usually determined by their playing time, success, rankings, and coach and parent validation. This pressure can lead to high levels of anxiety and depression in a student-athlete. Injury can be one of the hardest things mentally and physically for an athlete. When a player is injured they are given the opportunity to rest, sit back, and recover, which is a normalized thing that isn’t looked upon or questioned. It should be just as acceptable to take days off or take a step back while going through mental health challenges so that they can recover and perform better when returning. Mental health in student-athletes is a very underlooked subject that should be taken more seriously and talked about more. Understanding an athlete’s mental health can make a huge impact on their athletic performance and their performance in school as well as feeling seen and supported.

## My Take On Why Presenting Is So Scary

By Sienna D’adamo

Collectively, many students struggle with public speaking and presenting projects or assignments. I am one of those students. However, I also consider myself to be pretty okay at going up to people and talking to them. That’s why one of the reasons I chose to write this article is that I also want to figure out why I may be having issues with public speaking. I believe that anyone who has trouble speaking in front of crowds, or even small groups of people, can agree that it’s not a very enjoyable experience. I’d like to possibly try and help others by addressing this question, in hopes of giving them some answers, helping them not feel alone, and maybe helping them gain some solutions as well.

I’m not a scientist, nor did I take any polls on anyone’s experiences with public speaking, so I don’t have any solid claims as to why presenting is scary. However, I do believe that some of the things I experience are not uncommon, so hopefully, if I explain how and why I struggle with public speaking, then others will be able to identify with it a little bit.

One reason why I think it’s very hard for people to present or speak in front of people is that it can be embarrassing to show the work that you’ve completed or made. I know that I have low self-esteem when it comes to thinking that something I have made is impressive or that other people will like it. This causes me to be embarrassed because I think that it may look stupid, or maybe I did something wrong with the assignment, or I forgot something that made it turn out bad. This connects to the fact that I also worry about someone or multiple people disliking my project or work, and I’m scared to hear the negative feedback that I’m so convinced they are going to have. Another reason it’s difficult is that I’ve noticed that a lot of people nowadays don’t have very high self-esteem or confidence, then again I could be wrong, and there are definitely some very confident people out there.

# Mental Health Days For Students

By Jillian Logeren

Mental health, by definition, is “a person’s condition with regard to their psychological and emotional well-being.” The National Alliance on Mental Illness (NAMI) states, “One in six youth aged 6-17 experience a mental health disorder each year.” In a smaller sense, this means that out of your thirty person class, at least five of them will have issues with their mental health. Along with this, NAMI also states, “Some students may not necessarily have a mental health condition but are having a challenging day or week where their mental health is suffering.” This explains how everyone is impacted by mental health, and it’s something that is just as important as one’s physical health.



So, should students have excused mental health days?

This question was first brought to light in 2019 when the New York Times asked students about their feelings towards the idea. At large, the student responses indicated that not only should we have mental health days, but that they are a necessity. Along with this, twelve states have already recognized the need for mental health days: Washington, Utah, California, Nevada, Arizona, Kentucky, Colorado, Maine, Illinois, Oregon, Connecticut, and Virginia. To continue, NAMI states the benefits of mental health days, stating, “School policies that recognize mental health symptoms and treatment as an acceptable reason for absence can help students take the time they need to care for themselves, restore their health and help minimize additional symptoms. This can help normalize the conversation around mental health, which can in turn promote understanding and empathy and create a greater willingness to seek help if they need more intensive support.”

On the contrary, there are arguments as to why students should not have days set aside for their mental health. Numerous researchers of the Child Mind Institute, worry that students may take mental health days as a way of avoidance - whether that avoidance is running from anxiety induced from school or dodging schoolwork- both can hold negative impacts. Also, several students across the nation believe that teens would take advantage of excused mental health days- students would skip school simply because they do not feel like attending. Some believe having mental health days could be used to procrastinate on assignments.

However, these arguments are futile, as there are potential solutions to them. For example, having limits as to how many mental health days one can take could discourage students from skipping. To add on, one article, contemplating if Philadelphia should instate mental health days for students, provides realistic safeguards to prevent the misuse of days. It essentially states, once a student exceeds the number of mental health days granted, parents, teachers, or counselors can step in to determine if the student needs greater help or if they’ve been abusing the privilege.

Mental health is health. Allowing students to utilize mental health days has many benefits. By excusing absences for mental health purposes, the stigma around it could reduce significantly. This could also lead to people being more comfortable with seeking help. Along with this, academic and athletic performance could increase, as students would have the opportunity to rest, recharge, and take care of themselves. When a student is physically ill, attending school is discouraged - so why isn’t this the case when one is mentally unwell?

## Giving Underclassmen Study Halls

By Tonio Guglietta

Prior to this year, had my mandatory, yearly conversation with my school counselor about my schedule for the upcoming year. I had previously planned on having a study hall because I thought it would be useful to be able to utilize it in order to get my homework done in school. However, my counselor, Mr. Friedman, told me, this year underclassmen are not allowed to have study halls this year. I was surprised and I disagree with limiting the underclassmen’s privilege to have them.



Many people, especially underclassmen, are known to misuse study halls, and just abuse them as free-time to be on their phones or hang out with their friends. Although this may apply to some, there are many underclassmen, like myself, that would use study halls the way they are intended to. If an underclassman happens to have a strong academic schedule, I believe they should be permitted to have a study hall. Study halls are useful, not only for upperclassmen, but for younger students too. They are great to meet with teachers, finish work, or even meet with your school counselors. If their study hall teacher feels that they are being a distraction or not using the study hall properly, they can always be removed from the class, instead of entirely taking away the option for underclassmen.

Another reason students might want study halls is if they participate in after-school activities. Many students spend their after-school hours participating in sports, clubs, or working. I know from personal experience that sometimes after wrestling matches, I don’t get home until after 9:00 pm. Once I get home, the last thing I want to do is schoolwork. Having a chance to get schoolwork done in school by having a study hall, would be a massive help for myself and many other students.



# ENTERTAINMENT



## Blonde Review

By Joshua Mason

In 2016, Frank Ocean released one of the best albums of the decade. The multi-genre album features many hits such as "Self Control", "Pink + White", "White Ferrari", and "Nights". Frank Ocean sold over 1,140,000 copies of his album and in the first week of release, Blonde debuted at number one on the US Billboard 200. The songs on the record have been streamed more than 65.4 million times and are a

daily listen for many people.

Why should you listen to Blonde? Blonde should be in your playlist for many reasons. The album captures some of the catchiest vocals of the 2010s with songs getting stuck in your head repeatedly. Frank's singing on the record is nothing less than perfect. The album is also very experimental and is nothing like what was released in 2016 or what is being released now. In the songs "Nikes" and "Self Control", Frank's voice is pitched up which I think made the music that much better. With an R&B and rap influence it mixes for a perfect album.

What is the best song on the album? First, let's go through each track. The first song to start off the record is "Nikes". I give "Nikes" an 8/10 rating, the best part about the song is the catchy drums and vocals. The second track on the album is "Ivy" which I rate 7/10, what makes this song special is its instrumental with the guitar. The third track is "Pink + White" which gets a 9/10, the song's instrumental is amazing featuring guitar, piano, and the noise of birds chirping. The next track is "Be Yourself" which I rate 4/10 because it's not really a typical song and more of an artistic message about being yourself and not losing yourself to drugs and alcohol. The next song is "Solo" which earns an 8/10, "Solo" features catchy lyrics that will get you hooked. The 6th track of the record is "Skyline To" which gets a 7/10, the most unique part of this song is the drums. The song "Self Control" gets a 9/10. "Self-control" features amazing guitar riffs by Alex G and beautiful lyrics. The next track on the album is "Good Guy" and I rate it 5/10. "Good Guy" is not a typical song either like "Be Yourself", and is a message about Frank Ocean's sexuality. The 9th track on the album is "Nights". "Nights" deserves a 10/10, the song is very unique and has an amazing beat switch. The next song on the album is "Pretty Sweet" which I rate 6/10, what makes this song special is the high-tempo drums at the end of the song. The next track, "Close to You" I really think is underrated. I rate this song 8/10, what I enjoy about this song is the vocal effects used on Frank's voice which are very similar to the end of "Pyramids". The next song on the album is my personal favorite. "White Ferrari" is a clear 10/10, what I like about this track is the synths in the back and how lyrical it is. The 15th track, "Seigfried" is a 7/10. The vocals are the stand-out factor in the song. The next song, "Godspeed" is definitely the most emotional song featured. You can really hear the heavy RnB influence and is an easy 9/10. The last track on the album is "Futura Free", I rate this song a 7/10 and my favorite part about the song is its piano.

Ultimately, Blonde is one of the best albums of the 2010s and is worth listening to the whole thing. There are many parts of each song to enjoy. The record is also a perfect album for summer and I would recommend spending your summer listening to it.

## Grooveground Review

By Xavia Bitar

Amongst the many shops in the small town of Collingswood sits Grooveground, a quaint coffee bar and cafe on Haddon Ave. Grooveground opened in 2002, immediately attracting loving and loyal customers with its coffee, teas, salads, paninis, and freshly baked goods. Grooveground is recognized for its "funky little space," as described in a five-star review from 2015. The interior of the shop isn't astoundingly big, but it provides a cozy, heartwarming atmosphere to its customers. To go with its picturesque look on the inside, Grooveground sells a plethora of things other than food and coffee. You can find things like records, handmade jewelry, coffee cups, clothes, etc. In addition to the safe environment Grooveground provides, the employees will make you feel incredibly welcome. I have personally gotten to know many of the baristas at the cafe, and I simply cannot describe the care they put into making each drink, no matter how simple the recipe is.

As much as I can go on and on about the general aspects of this adorable coffee shop, I hold Grooveground in a special, more personal place in my heart. I've been a regular customer since 2006, before I could even talk. Throughout these 16 years, I've made so many memories and created so many beautiful friendships.

When I think of Grooveground, one of the first things that come to my mind is Regan Burke. Regan is one of the most important people to ever come into my life. She has sat with me at those small tables for hours, while I nearly had a mental breakdown over my AP chemistry summer work. She has sat with me on those couches and talked me through life's struggles, all while paying for my drinks almost every time. Regan is just that person- my person.

To end the review of one of the most important places in my life, I want to say thank you. Thank you for being the breeding ground for the most beautiful friendship I have ever had the pleasure of witnessing.



grooveground

## A Review of "The Strange Case of Dr. Jekyll and Mr. Hyde"

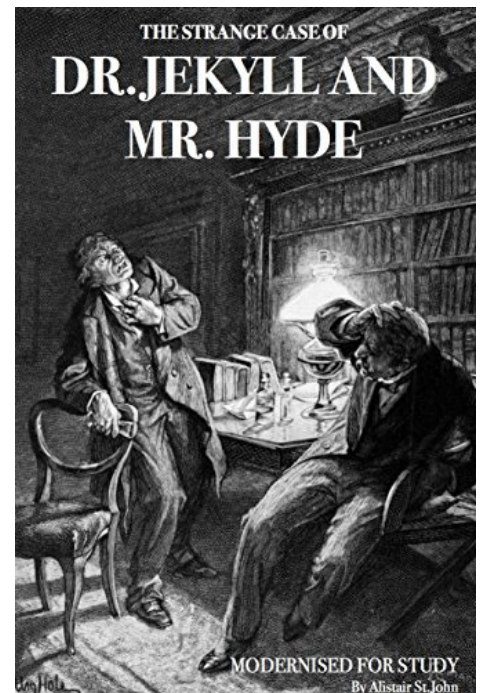
By Elias Albright

"The Strange Case of Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson is a short story novel in the genre of mystery written in the style of gothic literature. It is an interesting and well-written narrative that leaves you wanting more by using intriguing language and dialogue.

Throughout the story the reader follows the protagonist, Gabriel Utterson, who in a conversation while on a stroll with his cousin, Richard Enfield, hears about a mysterious sour man who had trampled a girl one day. With this little piece of information Utterson begins to search for this man who goes by the name of Edward Hyde. He picks up more and more information as you get closer and closer to the end of the book.

In regards to the theme and main idea it gives an interesting view on the common archetype of good and evil. Rather than the typical biblical argument that external forces such as demons corrupt a person, the text gives a new idea illustrating, via the emergence of Hyde's consciousness and form from that of Jekyll, how the power to corrupt oneself lies within all of us. This is mainly shown by the fact that Hyde isn't entirely the antagonist as Jekyll confesses to having urges to partake in such violent and hateful actions beforehand. It is only the concoction that disintegrated Jekyll's conscience that allowed Hyde to prevail.

While it is a good read, you can easily see how the story ends without finishing it. Mainly due to the not very cryptic language that is used. Though, in my personal opinion, this is mainly due to the many pop culture references to the book that have appeared throughout the years.



## Show Season

By Sienna Hoban

Get a peek into how equestrians prepare for show season.

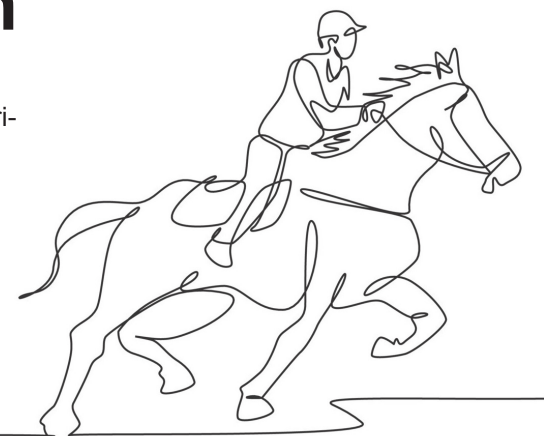
During show season equestrians have a lot to prepare for. I asked a couple of my friends to answer some questions about how they deal with show season. The 3 equestrians are Kate who is in 7th grade, Anastasia who is in 8th grade, and myself, a 9th grader. When it comes to showing there are a lot of things to keep track of. It is important to make sure that you don't forget something and also make sure that you have everything planned out. This is how these three equestrians deal with getting ready for show season.

First up we have Kate. She is a skilled, talented rider who has been riding for a while. The first question that I asked her was "How do you prepare the night before a show?" This was her response, "I run through all of the potential things that will be in the show and I clean EVERYTHING." I find this so true because it is important to make sure that you have everything for the show the next morning. Next I asked her, "What training do you work on before shows?" She said that she works on little stuff like bending, strides, and seat habits. This is very important because this is some of the criteria that you will be judged on. An important thing is figuring out what you have to do to prepare your horse for a show. She said that she bathes her horse, stretches, loosens, and schools. These are very important things for a show. Kate said she wakes up very early because she is paranoid and doesn't get home until late because she goofs around too much and spends time with her horse. This is relatable because we are having so much fun and celebrating after a long day of wins. When I asked her what the most important thing was to bring to the show she said the horse. Of course, because how are you going to be in the show without the horse?

Next up is Anastasia. Anastasia has also been riding for a while and is very skilled. When I asked her the six questions she had some great responses. When I asked her how she prepares the night before a show she said that she watches YouTube for some more tips on what can help you have more success at a show. When I asked her what training she works on before shows she said she works on transitions and makes sure that Millie will listen to her at the show the next day. As others have noted, when it comes to what she does the night before, she cleans anything that needs to be cleaned and makes sure that she has everything that she needs. Anastasia says that she wakes up 2 hours before having to leave for the farm and gets home around seven. She says that the most important thing to bring to the show is her tack.

Last but not least is me. I have been horseback riding for almost 3 years now and have just started showing. I have learned that it is easiest to clean and pack everything the night before so that you do not forget anything and you can double check in the morning. I will give the horse that I am riding a bath and ride the night before to make sure that everything is okay and good for tomorrow. I do wake up really early I would say around five because I am just so excited that my body wakes me up really early. I usually get home around eight thirty. Last but not least I think the most important thing is your horse and then your tack. But if you don't have your horse then you can't be in the show. So, overall, you NEED your horse.

We all have our different experiences to help us with your schedules and how we prepare for shows. We love show season but we just have to make sure that we are organized and prepared to make sure that everything goes smoothly. This is a sneak peek of how 3 equestrians get ready for show season.





# Preacher's Daughter Review

By Lily Guerin

"Preacher's Daughter" is a concept album by Ethel Cain that came out in 2022. Hayden Silas Anhedonia created the character Ethel Cain and "Preacher's Daughter" is the story of her life. It follows Ethel through her religious upbringing all the way to her untimely demise. It's a very ambient, story-driven album that tells you a tragic tale if you listen close enough. The track list is gorgeous and heartbreaking and overall impressive.

My favorite track off the album is probably either "Thoroughfare," "Sun Bleached Flies," or "A House In Nebraska." "Thoroughfare" is almost a love song and differs from the sound of the rest of the album. Even lyrically it's very different. It starts with Ethel meeting a man named Isiah and him offering her a ride across the country. It follows them on their journey while they fall in love slowly after traveling for so long together. But if you listen closely you can see the foreshadowing in between the lines. "Sun Bleached Flies" is sung by Ethel from beyond the grave. It's about mourning what her life could've been and what it ended up being. It also talks about the way she was raised with religious trauma and how it's a never-ending cycle for Christian mothers, preachers' daughters and the like. "A House In Nebraska" is about Ethel's first experience with love. It left her heartbroken with how it ended and she grieves it because she knows she can't have it back. She spends her life looking for that kind of love again but she won't be able to find it.

There is a beauty to stories that let the listener fill in the missing gaps and that's what Ethel Cain does. Although there are interviews with her talking about the missing pieces and what they are, it makes it a more intimate and personal experience if you draw your own conclusions. The album is extremely sad and dark but it's beautifully told and an experience I would give anything to have for the first time again. It transports you into an eerie and ominous world and I find that very very impressive. I can't wait for more music from Ethel Cain and I really hope you check it out.



# The Top Books of 2022 From Each Genre

By Sophia Vassalluzzo

By the end of 2022, I read multiple books in different genres, but there were 4 books out of 4 genres that had the most impact on me including the "Shadow and Bone" series, "The Sun is Also a Star," and "Monday's Not Coming."

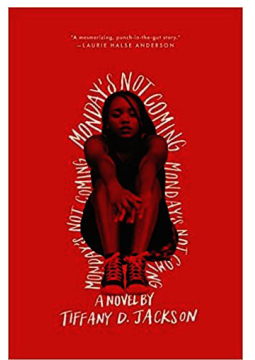
The "Shadow and Bone" series written by Leigh Bardugo, is a 3-book fantasy series that came out in 2012, but recently started becoming more popular. The series takes place in a made-up world with people called "Gri-sha" who are types of people who have special powers. The main character, Alina Starkov finds herself gaining powers and going to fight in the war against the "Fold," a giant black wall that separates the multiple sides of the Kingdom of Ravka being controlled by the Darkling. As the series progresses she meets new people that help her fight in the war such as Nikolai, her best friend, Mal, and others. This series is very good and easy to read for people who haven't read any fantasy books before. Leigh Bardugo also does an amazing job world building so there doesn't feel like anything is missing and everything makes sense.



"The Sun is Also a Star" by Nicola Yoon is a YA romance novel about immigration set in the present. The main character is Natasha whose parents had illegally immigrated from Africa before she was born and now, years later, their whole family is getting forced to move back to Africa and so she goes to a lawyers office to see if there's any way her family would be allowed to stay. While she is on the way to the office she meets a boy, the same age as her, named Daniel. Daniel is waiting at the same office

for a job interview and they get bored and start talking to each other. Daniel makes a bet that he can make Natasha fall in love with him in just a day and the rest of the book takes place over the rest of the day. This book was amazing for multiple reasons including how Nicola Yoon switches perspectives between the characters so the reader knows what both of them are experiencing and despite the ending being heartbreaking, it was very well written.

"Monday's Not Coming" by Tiffany D. Jackson is a YA mystery thriller about a young girl's best friend who goes missing. Over time she notices that nobody else has really acknowledged the fact that the girl is missing. The book switches between "2 weeks before" and "2 weeks after" until it reaches the middle and finally reveals what happened to the missing girl. This book was very good, but at the same time, extremely unsettling. In spite of that, it made me want to keep reading.



## Review: "Unedited Footage of a Bear"

By Michelle Cass

"Unedited Footage of a Bear" is a short horror film from Adult Swim that features Jacqueline Donelli, a very underrated actress who took the role to play Donna. This short horror film is one of the many infomercials that Adult Swim offers in their program; this one in particular speaks on drug abuse by a suburban single mother who abuses the allergy drug Claridryl and finds an evil doppelganger of herself that destroys her life.

There are a lot of small details that need to be unpacked in this short film. To start off with, the mother, Donna, is struggling with addiction. It's likely there is some kind of amphetamine in Claridryl. She tells everyone that it is just an allergy medication and it helps her. It's somewhat implied her husband left her or she may even be a widow (she talks about seeing a new guy at one point) so she may have started taking the drug as a way to cope. The version of her that gets attacked and ran over is her real self, the woman struggling to keep it together. The "Evil Donna" is her having succumbed to amphetamine psychosis and the version of her that is abusive to her children (and possibly kills them too). The ravaged, sickly looking Donna who calls on the phone is her sanity, trying to snap her out of her psychosis, but is unsuccessful in doing so.

She's sick and damaged from all the drug abuse, which is why she has trouble using the phone and reaching out. The ending is Donna coming down after a bender having done something horrible to her children (most likely killing them). The police have arrived to arrest her and she keeps telling them she doesn't have a gun, possibly a way to maintain innocence. In the end, Donna succumbs to her addiction and loses her mind. Overall, this film is definitely not a walk through a park to watch. The first time I watched it I was very confused as to what had happened in the film. However, I loved watching it as it was a perfectly disturbing short horror film I didn't realize I needed to see.



## Everywhere at the End of Time: An Album You'll NEVER Forget

By Derek Wilson

Dementia isn't just forgetting names, what you were going to say, or why you walked in to a room. It is losing friends, family, memories, and it comes in many different forms. Why is this relevant to an album review, you may be asking? Everywhere at the End of Time by "The Caretaker" (A.K.A.) Leland Kirby, is a six and a half hour long story detailing the horrors that come with dementia through music, sounds, and even some imagery. The album is separated into 6 stages, each divided into further sections, which are then divided into even smaller parts. For example, the first song is "Stage 1 - A1 - It's just a burning memory". Coincidentally, you may have heard this specific song online before as it is by far one of the most popular things to come out of this album. In this article, I will be discussing the ways that this story is told, and even some ways to further enhance the listening experience.

To begin, the music brings many different emotions to the listener throughout the experience. At the very start, I found the music calming, almost, if it weren't for the near constant static playing over it. However, the music is the real star of the show in the first few stages. The music is mostly sampled, however a few creative liberties are taken to bring in the full effect to represent how you should feel in the moment. Songs end abruptly and skip, or repeat several times throughout. The static brings a sense of fear that makes for great ambiance and really adds on a lot to the scariness of it. As the stages progress, all of these smaller details become a lot more prominent, as well as some other things being added in to the mix. For example, a few of the later songs sample the opening of the first song, just to seemingly represent remembering something, but very faintly, and not even being sure if it is correct, and the songs are great at getting that point across. Eventually, loud notes play, almost at random, throughout different songs, and it is truly startling, especially the first few times it happens, as it is unfamiliar, and unexpected. Later on, the music begins to slowly stop being music, and just turns into noises with brief pauses of silence in between. Some wouldn't even consider the final stage music, as it is mostly just noises. Finally, the album ends off with distant, angelic voices (the first and only vocals heard throughout the whole album) and it ends with a single minute of silence.

This album is honestly very interesting to say the least. It can bring a sense of dread, or sadness to a listener without almost ever using voices or actually telling you what is going on. It is very impressive how strange this album makes the listener feel and is genuinely worth at least a try if you are even considering listening to it. It tells a story you could never tell with words, and there are so many aspects that I could add into this article that still wouldn't even do it justice (I didn't even START to talk about the titles of the songs which is a whole other can of worms). Although not for the pleasure of the listener, it is a lot of fun to experience because of how unique it is. So, if you take away anything from this article, go give this album a try, it might just surprise you.

## Dune 2021 Review

By Theo Burdenski

The movie Dune, based on the book adaptation of the same name by Frank Herbert, is a Sci-fi epic was released in 2021. I will answer the controversial question of whether it is boring in my review of Dune. Dune is about a young Paul Atrides, played by Timothy Chalamet, who is a gifted young man haunted by a vision of Chani. Chani is a girl in the Fremen and played by the masterful Zendaya. Him and his parents, who are played by Oscar Isaac and Rebecca Ferguson, must move to the most dangerous and valuable planet in the universe, Arrakis. Arrakis is a planet with dangerous high heats and even more dangerous natives called the Fremen. Arrakis is rich in Spice and is heavily wanted by many powerful nations. As conflict begins

to unfold on Arrakis, Paul and his mother must venture out into the desert in search of the Fremen. Dune is a dense two and half hour ride that is broken up with tense action scenes and provides a beautiful cinematic spectacle. Dune as a whole is a slow burn filled with deep mythological lore based heavily from the book. This could lead to many audience viewers finding Dune to be very slow and boring as it is about the history and lore of the story rather than the big Hollywood action hero. While Dune is not a dumb Hollywood action movie such as Bullet Train, Nobody or a big budget superhero movie of the previous years; Dune is much more thought out and is meticulous in its script and decisions. Dune is much more focused on its technical elements, so much so that the film achieved six Oscar wins, sweeping in the 2022 Oscar ceremony. The director of Dune, Denis Villeneuve is most famous for his acclaimed sci-fi movies like Arrival and Blade Runner 2049. Dune Part Two was greenlit in 2021 and will be released this coming October.





# The Wall Film Review

By Tre  
Ramsburg

A l i a n  
Parker's 1982  
experimental  
film The Wall,  
based on the  
1979 double

album by British progressive rock band Pink Floyd, is a psychedelic rock opera that deals with themes relating to fascism, mental illness, and empathy. The film and album use unorthodox storytelling techniques and rely very heavily on symbolic imagery in a way that makes The Wall a chaotic mess that coalesces into something of a gut punch. It presents a postwar world in which nothing matters, yet where everything is unbearably overwhelming. With significant oversight from the album's visionary Roger Waters and featuring spectacular animated sequences by Gerald Scarfe (the man behind Disney's Hercules), this collaboration is well worth its 95-minute runtime.

The film opens in media res on a hallucinated fascist rally imagined by the main character, "Pink". Pink yells at his audience that they're worthless, which is met with thunderous applause. We're then thrown into a scene during the Second World War, in which Pink's British father loads a gun to prepare for an upcoming battle (in which he is subsequently killed by a bomb). We see the young Pink looking at his father's war memorabilia. He doesn't fit in his father's clothes and, symbolically, fails to fill the void left by his father when he dies. He cannot become a well-adjusted man with his goals set out for him, just an aimless musician. We continue to see scenes from Pink's life in which he fails to find any purpose amidst a landscape of pointless commercialized art and mindless consumption. We see him as he continues in the same emotional state he's always been in, just a little who can't quite fit in like normal. He doesn't get over the loss of structure marked by the loss of his father, and he wastes away as his unhappy marriage collapses around him. We hear, in the song Mother, his youthful conversations with his overbearing mother. She controls his life such that it's safe, but also meaningless. She makes it such that he has no room to make mistakes or mature very much, in just the same way that his boys' school relentlessly tries to whip him into another unfeeling, unthinking cog in industrial society. In The Happiest Days of Our Lives and Another Brick in the Wall (parts 2-3), we see his authoritarian headmaster beating unruly children, including Pink (for writing poetry). The visuals in this part of the film include the children

marching around in expressionless masks as they are herded into a meat grinder, symbolically killing their real personhood to extract value from them. The school, according to the film, exists to produce productive workers who will follow the orders of any man in charge of them.

Pink describes this process, in which any individuality is crushed in favor of rote memorization and unthinking ascension, as being "just another brick" in the metaphorical, emotional "wall" he's built between himself and society. Alienated already, he takes control of the only thing he really can. He gives up the trappings of individuality, trying to superficially stop feeling. He shaves his entire body and sits obsessively in front of a TV in his hotel room. However, what neither he nor anyone else understands is that one can never really stop feeling. There's always a part of you that's human, the part of you that overprotective parents and abusive schoolteachers set about to kill. We see this feeling part of him break out when he brings a groupie to his hotel after a concert of his. He sits listlessly in front of the TV flipping through old programs while she tries to talk to him. There is a sense of positivity and security in the shows as if they're from a time when everything was certain and there wasn't such a mess in everybody's heads. Snippets of the traumatic moments that have brought him to this point in his life (set against the backdrop of prewar media), he has an emotional breakdown in which he completely destroys the room. He tries, to no avail, to put it back together. Far from destroying the wall, the part of him that can feel anything only feels hatred. His wall is totally built.

With nothing left in his life for him, Pink falls depressed in his hotel room and is found by his manager on the eve of a big concert. He is drugged and has a hallucinatory episode in which he remembers what it was like to feel human but realizes he doesn't really care that he's so soulless now. He has become, as the overlaid song says, Comfortably Numb. He then laments the loss of simplicity and sureness that Britain had had during the war, in which there was a common goal to which the whole country was committed. Where, he asks, is Vera Lynn? Where is there anything of which to be sure? Where is the singularity of the wartime effort? Finding no certainty such as he believes the world once had, Pink turns his emotions to rage and hatred once more.

In a drug-induced hallucination, Pink enters the concert to find it as the fascist rally at which the film opened. His fans, once rockers, are now his followers. Their lives as British schoolchildren already primed them to follow orders and conform. They, too, felt the hole left in a postwar world in which the flaws of the world are revealed to its people. They become the acolytes of a strong, charismatic man. The film's boldest claim is made here: in a neoliberal world there is little difference between a rock star and a dictator. In a world where nothing means anything to anybody and in which the systemic effects of institutional hate are ignored, it's very easy for some strong man to make his fans round up undesirables, as Pink does in In the Flesh.

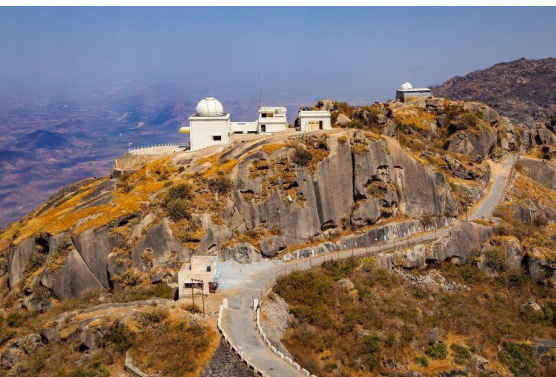
Pink and his followers marched through the streets, following orders he gives on a megaphone. Eventually the shots of them marching meld into animated sequences of rows and rows of hammers goosestepping. The symbol of two crossed hammers adorns the uniforms of the live-action fascists, symbolizing the tendency of far-right ultranationalists to reduce their people to their utility toward the actualization of a singular goal: A return to past greatness and stability by exterminating internal enemies. The men are literally reduced to hammers, blunt objects of violent utility. Fascism is, according to the film, the blinding process through which tradition and fear drive a unified effort to self-objectify. When presented with a world that doesn't fit cleanly into the hierarchies instilled in them by society (including their schools), they have to make those hierarchies make sense. Their "rebellion" against this world can only really reflect their emotional immaturity and their inability to let go of what it once meant to them. This idea is explored further when Pink's mental breakdown reaches its climax, during which he puts his own mind "on trial". He hallucinates all the people with whom he's had bad interactions as testifying against him in front of a huge magistrate. He hallucinates his mother as a bomber plane (not unlike those he earlier hallucinates pointlessly killing his father during Goodbye Blue Sky), and his ex-wife as a monstrous flower and his teacher as a butcher. He can't conceive of anybody hurting him for any other reason than they wanted to. Even if he can rationally see his own responsibility and the ways his own actions have led him to this point, he's still emotionally stunted to the point he can't get over his rough childhood. All his emotional depth and intelligence come from his exploration of his own depravity. During the aforementioned Goodbye Blue Sky, Pink once again laments the absence of meaning in anything after the war. He sees a faceless soldier die and become one among the countless headstones marked with a cross. Blood drips down it and just runs down the gutter. The cross, a symbol of meaningful sacrifice, loses any meaning when it makes up a sea of men killed for no real reason. There is nothing important or special about the sacrifice of any one of these men. There is nothing left of their Union Jack but the gravestone hidden in its cross. What else, asks the film, facilitates fascist nationalism? When the only meaningful signifier of your nation is its death machine which strips men of individuality and leaves them to die, what is left for anyone except their destructive utility? Where can we even go from there?

The answer lies, as the film's closing credits posit, somewhere Outside The Wall. We must reject the social conservatism that turns people into dead, soulless shells. We must accept the "bleeding hearts and artists" that the headmaster rejected when they eventually make their stand. No, it's not easy, but the only thing that's really between us and freedom is the wall we build for ourselves and each other. Please, reach out and form a community. Stay human. If nothing else, the film tells us that humanity is worth more than any nation or its economy.

## Tourist Locations in India

By Yasti Patel

Tourist magazines go on and on about the same places that everyone has already heard of, like the 7 wonders of the world or popular cities like Paris, Bangkok, Istanbul, or Tokyo. What you don't hear about are the wonderful places in many countries that go unbeknownst to most people. Last year, I had the chance to visit my family in India and got to see some of these wonderful locations in person. Among the top of these places were Mount Abu, Kumbhalgarh, and Mahabaleshwar. I would definitely recommend visiting these locations as they are definitely be worth your time. India offers plenty of other wonders, like the city of Ahmedabad, Poicha, Ambaji, the Statue of Unity, etc. but for now, the focus will be on these three.



Mount Abu is a well-known hill station that's surrounded by forests. Even the view while driving to Mount Abu is absolutely amazing. With a good climate, a great marketplace, and a spectacular view from the top, it's an ideal place to go. When I was there, I had some great food and got to go shopping. It was a really fun trip with my family that I'll never forget. We made sure to go early and find a perfect spot at Sunset Point because it's said to be something to look forward to. To all the sunset lovers, this was the most wonderful sunset I've ever seen. As the sun went down, it glowed a beautiful crimson-red color that left all viewers watching in awe. Photos can't do it justice, but knowing I've seen something like that is rewarding all on its own.

Kumbhalgarh Fort, also known as the Great Wall of India, is about 22 miles long and is the world's second-largest wall. I won't bore you with the statistics, but there are a lot of interesting facts about this place. With a quick tour around, you can learn about the historical significance it holds. There was also a laser light show at night that was fun for both adults and kids. It explained the history of the fort in a fun story-telling way. After climbing up the fort, you have access to an amazing view of the surrounding mountains and landscape. My



family went to visit there a few years ago and I still remember how the view felt like something you could only see in photos on Google. The photos from that day and the cherished memories both prove that the time we spent there was truly enjoyable.

Mahabaleshwar is a popular hill station and another favorite of mine because there are many things you could do there. We made so many fun memories and going with a large group of family made it even better. We went to a nearby waterfall, drove up the mountain, and found excellent spots for the best views. I remember my dad saying that we can touch the sky, which felt real because of the fog and the fact that we were so high up. Not to mention the fun experience of going there.

We saw so many monkeys on the sides of the roads and a variety of other wildlife too. The greenery surrounding the entire area made it feel serene. It's just not common for us to see such marvels where we live. If you want to experience things like this, you need to go out into the world and see them for yourself.



Describing these places in words is difficult to do because words alone cannot fully express the true experience. Traveling and sightseeing places like these is something that I will always love. When you travel with family and friends, it brings out another side of the people you know and love. The memories you create are unforgettable and precious. Traveling can also offer you a new perspective on life, showing you that there is more to the world than you know.



## Why You Should Listen To Ctrl by SZA

By Madeline Golia



To me, SZA's Ctrl is the feeling of girlhood and encapsulates the experience of love and heartbreak. It is about truly being in control of your life, who you spend your time with, and who you are. I think each song on this album is perfect and to listen to the whole album is like listening to a story for the first time. The songs I will be mentioning are some of my favorites on the album including: "Supermodel", "Love Galore (feat. Travis Scott)", "Drew Barrymore", "Go Gina", "Normal Girl", and "20 Something".

Ctrl starts with "Supermodel", a song about wanting to be perfect for a man and not being confident enough. She sings about trying to move on from her ex by getting with other people but still wishing she was with him. She wishes she was comfortable by herself, and to stop needing a man to be happy. She wants to be his supermodel and be perfect for him. She asks why she is so easy to forget, which connects to a later song in the album "Normal Girl".

The next song, "Love Galore (feat. Travis Scott)" is about love and how she regrets loving this man but at the same time she still loves him. She reminisces about the summer and how they would meet up on weekends. She also reminisces about how he ended up having another woman and she wonders why he bothered her even though he knew he didn't love her.

A few songs later and one of my personal favorites is "Drew Barrymore". This is arguably one of the saddest songs on the album. It is about again, not being good enough for your partner and not being enough for society's standards. SZA talks about not knowing how to love and not knowing if

her partner loves her for her or if she is being used. She talks about how her ex has a new woman and how she feels like she isn't as good as her. This song is named after and inspired by the actress Drew Barrymore and her troubled childhood.

Another favorite is "Go Gina", where she talks about being yourself. She tells her ex to mind his business and that she belongs to nobody which is part of her getting over her ex. This song has my favorite melody and the mood of the song makes it one of my favorites.

One of the hit songs off of this album is "Normal Girl" and I would recommend it to every girl reading this. I think everyone can relate to this song of just wanting your parents to be proud of you and wanting to be a normal girl. Wanting to be the type of girl who your partner would want to show off. Towards the end of the song, she talks about in a year how she won't remember his name and she will be better off without him. She then closes out the song by saying, "Before that, you figured out that I was just a normal girl", which shows her conflicting thoughts because she wants to be a normal girl to please everyone but interesting enough for a man to love her for being herself. This connects to the song "Drew Barrymore" when she asks why she is so easy to forget.

She ends the album with the track "20 Something", which is about being in your twenties, having no accomplishments, and feeling alone like you are going nowhere with your life. She sings about missing her ex and just having no one to talk to anymore. At the end of most of the songs on the album, there is a voicemail from her mom which ends at the end of this song. I think the voicemails in each of the songs really tie the album together and tells a separate story of wisdom from her mother.

Of course, this is the album at a surface level and this is just my opinion and how I interpret the album. I had Georgie Stone listen to the album and here are her thoughts on it. "When I first heard Ctrl by SZA, I immediately fell in love with the production and lyricism. My favorite song would have to be «Miles» from the deluxe version. I love the melody and this song is stuck in my head constantly. This album is one that I can't seem to stop listening to once I start. In the car, on the way to class, or with my friends, there's a song that fits every moment. I would recommend this album to really anybody because I feel like it's so diverse and versatile». This is why you should listen to Ctrl and if you like that then I would recommend Ctrl (Deluxe) which, in my opinion, is the better album. I think everyone can relate to this album which makes it so good.

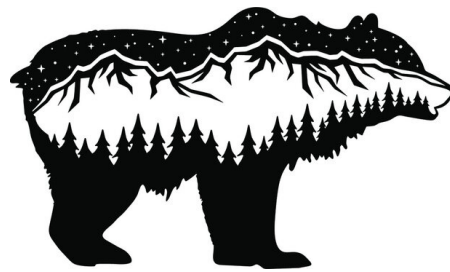
## The Decline of Native Animals

By Mason Jantzi

Over the last hundred years, humans have expanded and advanced further than any known creature. We have explored almost every place on the planet and control huge parts of it. The mass expansion of people has led to climate change, overpopulation, and the loss of thousands of different animal species. In America especially we have lost or seen the decline of many native animals.

This article will go over a few of those cases. One example of a sharp decline in native range is the Grizzly bear. Originally, these animals could be found in most Western states. Their range stretched from Alaska, down the Pacific coast, and into Northern Mexico. After hundreds of years of hunting, habitat loss, and other human-caused issues, the range of the Grizzly bear has moved much more North and is now mostly located in the wilderness of Canada and Alaska. This was matched by a decrease in population throughout the Continent. Another example is the population of wolves. At one point they inhabited most of North America besides the southern states such as Alabama and Mississippi. Due to years of targeted hunting and bounties, just like the Grizzly bear, the population and range of wolves have greatly decreased. At this point, wolves in the United States are mostly found in nature reserves or the wilderness in western states. Wolves were especially targeted because of the danger they posed for settlers and so their population numbers dropped significantly throughout the 19th century. Greater than both of these examples, however, was the drop in the population of the Bison. Caused by hunting and loss of habitat, the Bison population dropped from an estimated 30-60 million before European settlers to around 1,000 by 1890. The current range is even smaller for Bison. They once roamed all of inland North America but are now found in small herds in the great plains or in livestock farms. This staggering drop in population is one of the greatest examples of just how much of an effect people can have on the world around them.

Despite this, however, another commonality between these three species is their slow but steady recovery. Due to new laws that prevent hunting and more people becoming aware of the effects of climate change and habitat destruction, all three of these animal populations have been increasing. Although there is still a long way to go before they reach their original size, it is a good trend that can be seen across the world. It is a sign that even though people do have a lot of effect on the world, it doesn't have to be bad.



## Alfredo Review

By Quincy Brown

In May of 2020, after finding success in his previous album, Bandana, Fredrick Tipton (better known as Freddie Gibbs) knew he had to deliver something big to outdo himself. He decided to collaborate with famed record producer and former business partner, Alan "The Alchemist" Maman. They worked together on a 10-track, 35-minute album and titled it Alfredo, both as a combination of their names and to bolster



the overlying theme of gangs, particularly the Italian mob. The prominence of the mob in the album is also shown on its cover, which resembles that of the logo for the Godfather franchise.

The album features a psychedelic kind of sound using reverb and melodic backing tracks. The instrumentals are in stark contrast to the vocals, which

feature Gibbs's low, raspy voice rapping about themes such as violence, gang affiliation, and narcotics, all while a guitar gently strums in the background or a distant voice sings a looping melody. The vocals of the featured artists Benny the Butcher, Rick Ross, Conway the Machine, and Tyler, the Creator, possess similar traits. Most of the tracks feature sampled dialogue at the beginning or end of the song from movies and shows such as Breaking Bad, Chappelle's Show, and The Black Godfather.

The lyrics and themes of the album tend to consist of Gibbs leaving behind his past life of dealing drugs and running with gangs in Gary, Indiana. There are also several mentions of repentance and wishing for forgiveness, making references both to Christianity and Islam. In the 6th track, Something to Rap About, Gibbs says, "I'm tryna live to 93 and see the old me/When I touched that crack, I let them crackers take control of me" which refers to the negative cycle that selling and doing narcotics can put someone into. The premise of the song is Gibbs wanting to be able to grow old and not lose what he has worked for.

The album was met with critical acclaim. It was given an 88/100 on Metacritic (tying his previous album Bandana for his highest Metacritic rating), ranked 15th on the Billboard 200 (his highest Billboard ranking), and was nominated for Best Rap Album at the Grammys in 2021 (his first Grammy nomination).

In my opinion, this is Freddie's best work. I rarely find myself skipping any of the tracks and the features & beats were certainly not wasted. I would give the album a 9.5/10 with my only complaint being that the album is only a little over a half-hour long and would benefit from a couple more tracks. My favorite song on the entire album is Babies & Fools, which has one of my favorite instrumentals in all of hip-hop, meaningful lyrics, and a well-placed feature from Conway the Machine.



## Osaka Review

By Riley Mcsweeney

Osaka is a hibachi restaurant on Haddon Ave in Collingswood. You can sit at a normal table or you can sit at the hibachi tables. At the hibachi tables, they cook the food in front of you and do all kinds of tricks with it. Sometimes they will make a heart or 'pac man' out of the

rice, roll an egg around the table, or even light the stove on fire. The chefs also will throw food in your mouth for you to catch. The food is amazing, with all kinds of stuff like fried rice, shrimp, chicken, and steak. Every meal also comes with a soup and salad but if you're like me, you'll be getting two soups instead. The tables can fit a lot of people so it is perfect for a dinner with your team. My teammates go here all the time for both basketball and field hockey. When it's your birthday, they have lights and music while they bring you out a big boat of fruit. Hibachi at Osaka is not only fun and perfect for a team dinner but also has the best food.



# Freaks and Geeks Review

By Astrid Lobanov



series has grown a bit of a following over the last two decades. But what really makes this show so special? What makes it a so-called cult classic?

The show follows Lindsay Weir, a teenage girl in 1980-1981 Michigan as she finds where she belongs in society and the social scene of McKinley High School. A former mathlete, she befriends a group of burnouts- the "freaks"- and goes through their fair share of trials and tribulations. The story also follows her little brother Sam and his two friends, Neal and Bill. Considered the "geeks", they deal with bullies, cheerleaders, D&D, and gym class. The idea of another coming-of-age show in a sea of dozens of them just seems overdone. Not all, but most of them seem to only touch on surface value issues while fulfilling overdone stereotypes. Personally, I think this series is the opposite of that.

Firstly, Freaks and Geeks represent two different groups of adolescents that have either been misrepresented or not represented at all in these types of shows and movies. Geeks, nerds, outcasts, and burnouts are almost always the side characters there to further the story and to be one-dimensional. The nerds' only personality traits are being good at STEM, liking Sci-fi, and being socially awkward. The burnouts are only interested in smoking, hanging out in each other's basements, and doing anything but being in class. This show goes deeper into its characters, and gives them many real dimensions.

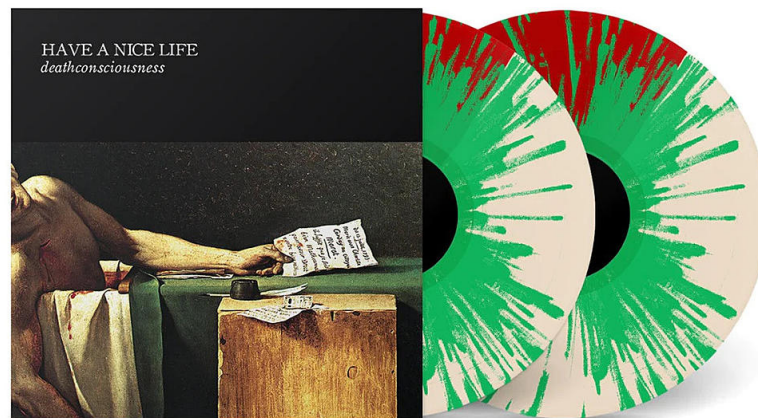
One thing that draws people to F&G's is that it gives a true perspective into what high school is actually like- or at least what it was in 1980. Even though it is set in the past and there is a sense of nostalgia at play, that doesn't mess with the fact that it is so relatable. After all, the soundtrack still holds up. Pink Floyd, Billy Joel, The Who, Styx, the Moody Blues, Van Halen, and many other bands that your dad probably loves are featured. Another factor that plays into this is the technical work of the show. For the most part, the simplified camera work and editing allow for the actors to be on full display. There's nothing to hide behind, and it allows for people viewing it to easily make connections with the characters. Speaking of characters, this show was where a few big-name actors got their start. Before the live action Scooby Doo as my personal favorite Velma, Linda Cardellini had her first major success as Lindsay. Other, more niche actors who you may have heard of, also had a bit of a break out; such as Jason Segel as Nick, James Franco as Daniel, Seth Rogan as Ken, and Busy Philipps as Kim. Furthermore, the show has a beautiful duality of comedy and sincerity. My favorite group is Sam, Neal, and Bill who all crack many jokes. With an idol like Steve Martin in The Jerk, how could you not? But, they are always there for each other when they need support. Their dynamics, in my opinion, ground the show and really make it what it is. They go through the good and the bad and their friendship somehow never wavers.

After many rewatches of this show, the ending is always bittersweet. It never loses its emotional and artistic value. To me, that is what makes a great show. It may not be a perfect one, but for what it is, it's considered a classic in my eyes.

# The Walking Dead Online Review

By Nikita Palermo

The Walking Dead is a popular show that originally came out in late 2010 and it instantly created a die-hard fan base that caused the creators to make ten more seasons and other spin-off shows. The first season starts off with the main character Rick Grimes getting shot on duty as a police officer in Kentucky. When he is shot, he falls into a coma and is placed in a hospital. When he awakens, he calls for help but it never arrives. He gets up, explores the hospital he was in, notices many dead bodies, and starts finding these zombie-looking creatures roaming around this new world. He decides to go back to his house and that's where he meets a man and his son who inform him of the state of the world. He calls these new creatures walkers. These walkers are people who were bitten which causes them to get a very high fever and die. After these people die, they come back again as walkers and the only way to kill them is either hitting or shooting them in the brain. When Rick looks around his house, he notices that all his family portraits, as well as his wife's and son's clothes, were all gone. This makes him realize there might be a chance they are alive so he decides to find them. The first season has a lot of plot twists and tragedies which causes all viewers of the show to want to continue watching. Right now I am on the fourth season of the show and it is still really interesting and continues to surprise me which keeps me watching to know what happens next.



# Deathconsciousness

By Courtney Myers

The Deathconsciousness album is played by a band called Have A Nice Life. This band has only two members; Tim Macuga sings the vocals and Dan Barret plays the instruments. The album had been recorded for five years from 2002-2007 and was finally published in January of 2008. Some songs were even added through 2016-2022. Two sides of this album were written, the first being called "The Plow That Broke The Plains," consisting of seven songs, and the second being "The Future," consisting of six tracks. With a total of thirteen tracks on this album, all are worth listening to.

The first side, "The Plow That Broke The Plains," is a total of forty-five minutes and twenty-one seconds long. It withholds my personal favorite song, "Bloodhail." The song begins with a fifty-three second instrumental intro, having a guitar start only twenty-six seconds into the song as well. It continues during the first vocals, creating the feeling of being alone with thoughts. This song has a strong and powerful chorus as well; while the words may be hard to understand, the song still manages to make listeners feel something. The power held in this song isn't just in this song, for it goes throughout the entire album. Another song on the first album, titled "Hunter," has the same feeling and power held in it. It starts with mostly drums playing, and vocals come in thirty-eight seconds into the song. It remains mellow and without much of a beat to it for almost half of the song later on. It seems as though it's about to end, but about six minutes and eleven seconds later, it begins to pick up the pace. The song is nine minutes and forty-four seconds long, managing to reach in to the brains of listeners, forcing them to think of ways to solve their problems.

The second side of the album, "The Future," consists of six songs, lasting a whole of thirty-nine minutes and forty-two seconds. The total length of the album adds up to be one hour, twenty-five minutes, and three seconds. My personal favorite song on this side of the album is "I Don't Love," which begins with a slow introduction, lasting fifty-one seconds. The lyrics in the first minute say "I don't want to live like this," over and over, while slightly changing the phrases up. Once the song continues, it carries into the strong sound of bass and drums. The vocals continue, still repeating similar lyrics. The six minute song once again carries listeners into a new world, where only your thoughts can be heard. It's a very sad song, although it fits perfectly into the album since each song is just as sad. Like, "Earthmover," which is another song on the second side of this album. This is the longest song on the entire album, being eleven minutes and twenty-eight seconds. It starts out with guitar, not sounding as sad as the rest. The guitar introduction carries throughout the first minute of the song, which is then when drums are added. While this song may not seem as sad as most, reaching the halfway mark of this song may change a listener's mind. The second verse reads, "An army of golems is stalking, now, the heart's land / Eating all reality / Producing only dust and sand / Nothing hurts them / Nothing gets under their skin / And when their earthen mouths will open up / And just what words will come out but / "We wish we were dead." This may not seem as sad as it truly is. The words are showing how one could be living what seems to be a perfect life; they are unstoppable, and nothing can ever knock them down, but there truly is no such thing as this person. Everyone has emotions, and no matter what, no matter who, words will always hurt.

While I could sit here and explain why each and every song is so beautifully written, the album altogether consists of more than just great songs. To start, the cover of the album is a darkened version of the painting The Death of Marat, created by Jacques-Louis David. The original picture consists of a man that had been writing letters having a cut along his chest. On this album's cover, the face of the man is not in the frame, and the coloring is much darker, creating a feeling of emptiness and despair. The cover artwork could not have been more fitting with the songs. It leaves a sense of loneliness like the man writing letters had a purpose but was unable to accomplish it before it was too late. Now, the artists in this band are what make this album exist, obviously. Macuga is the vocalist, and that couldn't be more perfect. Having the sound effects put over top of his voice makes the songs have more emotion in them. His voice has sadness in it, which only adds to the songs, making them more powerful. The words they write are just as good as the way Macuga sings them.

This album has been my favorite album for the past six months, and listening to it only makes the songs get better. I have yet to get tired of it and hope that soon Have A Nice Life will write more songs just as good as the ones on Deathconsciousness. This memorable album will always be shuffled into my playlist, ready to force thoughts into my head.

# Black Panther: Wakanda Forever Movie Review

By Madison Bunnell

Black Panther: Wakanda Forever was a roller coaster of emotions for marvel fans worldwide. The movie was a sequel to Black Panther and a tribute to Chadwick Boseman who unfortunately passed away in 2020 from colon cancer, two years after the release of Black Panther in 2018.

The film begins with a beautiful memorial remembering the life of King T'Challa and Boseman. Throughout the film, Wakanda fights to protect their kingdom from combining forces with mutants while mourning the loss of their king at the same time. The villain of the movie is Namor, a mutant who is the leader of a secret underwater nation called Talokan. Namor's motive is to protect his home, vibranium, and most importantly to join forces with Wakanda against

the rest of the world.

Black Panther: Wakanda Forever isn't the typical marvel movie. The film deals with a real-life tragedy as it mourns the loss of Chadwick Boseman and King T'Challa. Unlike any other marvel movie, the death of Boseman is a shared grief that the audience and actors can mourn together, allowing the film to be so much more meaningful and sentimental.



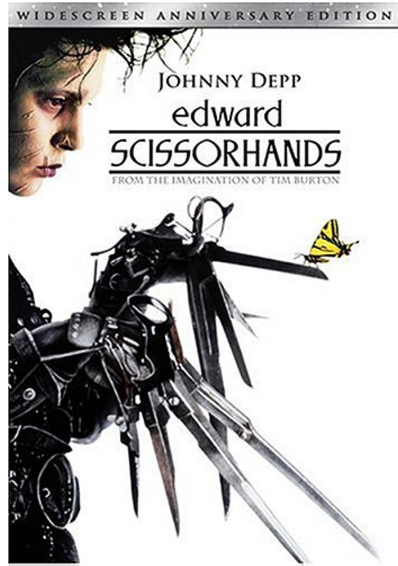
Wakanda Forever was a very successful movie that broke many records. The movie is officially the highest-grossing female-led movie in the United States, starring actors like Letitia Wright, Angela Bassett, Lupita Nyong'o, Dominique Thorne, and Danai Gurira. The movie is also the first film to spend five weekends at number one since Spider-Man: No Way Home.

In my opinion, Black Panther: Wakanda Forever was a great closing movie for phase four of the MCU. I loved how the audience was able to connect with the actors on a personal level as they mourn and remember Chadwick Boseman and the impact he had on so many people.



# Edward Scissorhands

By Mia Ramsburg



Released the same year as *Goodfellas*, *It*, and *Pretty Woman*, this film had to be phenomenal to live up to the same standards. In my opinion, *Edward Scissorhands* did just that. Directed by Tim Burton, *Edward Scissorhands* tells the dramatically romantic fantasy story of a humanoid man with blades for hands. This motion picture has an all-star cast, featuring Johnny Depp, Winona Ryder, Anthony Michael Hall, Dianne Wiest, and Alan Arkin. Edward is the unfinished creation of an inventor who raised

and homeschooled Edward before he died.

The film opens with an older woman telling the story of Edward Scissorhands to her granddaughter before she goes to sleep. Moments later, the movie sets into Peg Boss, a saleswoman, struggling to gain income from her neighbors in the classically suburban area. Desperate for a sale, she makes the unanticipated decision to go up to the gothic mansion she stumbles upon in the side window of her car. After entering the mansion, she discovers Edward. Obviously initially frightened by Edward's violent appearance, she offers to leave, but Edward tells her to stay.

The non judgemental and warmly kind Peg chooses to take him home and introduce Edward to her husband. The following scenes depict his fascination with the neighborhood's pastel houses, beautiful gardens, happy people roaming the streets, and the way all different kinds of people are interacting with each other. The similar-looking and cliché houses are important to the development of the story as Edward's interest in them exemplifies how he has never before been able to experience what real life outside of the abandoned mansion is like. After arriving at the house and meeting Peg's husband, Edward is asked to stay in their daughter Kim's room because she is away from home for a few days and wouldn't be occupying the space. She does come back soon, though, and when she enters her room that night, she is met with Edward laying in her bed. Predictably, at first, Kim is absolutely terrified of the man with blades for hands as she finds him resting in her bedroom. After this poor initial interaction though, Kim is able to get past it and respect him. From the very first time he sees her, Edward thinks Kim is so beautiful. He even felt this strongly about her when he saw a picture of her in the house. While she is kind at heart like her mother, Kim is simultaneously embarrassed to be seen with Edward. More than she is horrified by Edward's looks, she is actually more terrified of what people, especially her toxic and controlling boyfriend, Jim, will think. Neighborhood housewives and husbands are understandably curious about this very special character staying in the Boggs' house, so they decide to host a barbeque event where everyone can meet him. Despite Jim's hate, the majority of these interactions are positive, and people are fascinated by Edward, and the skills he has with trimming hedges, cutting hair, and grooming dogs. Jim is very jealous of everyone, most especially Kim's interest in Edward.

Due to this complication, Edward finds himself in a lot of predicaments as the rest of the story unfolds. By the end of the film, though, the viewer watches an unpredictable romance between Edward and Kim occur. After confessing her love to Edward, Kim realizes that he will never truly be safe in the real world. She accepts that it would be selfish to try to pursue this love with him. In an immature society that could not get over his looks, it was not ever actually possible. Kim makes the correct decisions to keep Edward safe and protect him from all of the hatred and danger in our real world- where she is also unable to see him ever again. This bittersweet and not necessarily happy ending of the movie is very important. With this, the viewer learns that making dangerous and scary sacrifices for the people you love can be ultimately worth it to keep the person you love, and your mutual love safe. Tim Burton considers *Edward Scissorhands* to be his most personal work. Burton has discussed multiple times how this film was a way for him to express how he felt as an isolated teenager who struggled to communicate with others while in a suburban area. He explains how growing up, it was extremely difficult for him to form and keep meaningful friendships. Burton says it always felt like there was something wrong with him like there was some sort of barrier between him and everyone else that caused society to shun him. *Edward Scissorhands* unpacks a man dealing with the same issue, just with physical differences in appearance that hold him back. This is obviously an ironic way to make fun of society's biases and a reference to humans' unfair default emotion being judgement. Through Edward's curious and passionate nature, Burton does an excellent job of explaining to the viewer what it is truly like to be a quiet person with a loud mind. The most peculiar character in the most incredible fairytale ultimately unravels to demonstrate how all different kinds of people are capable of experiencing strong emotions. A beautiful story about true love- I would recommend this film to just about anyone.

# Review of Steve Lacy's Gemini Rights Album

By Victoria Chang

Steve Lacy's *Gemini Rights* was released on July 15, 2022. There are ten songs in the album with different genres, such as indie, funk, and R&B. Steve Lacy's biggest accomplishment for this album is his song "Bad Habit" reaching No. 1 on the Billboard Hot 100. The song is nominated for Song of the Year, Record of the Year, and Best Solo Pop performance for the 2023 Grammy Awards. *Gemini Rights* has also been nominated for a new category: The Best Progressive R&B Album. The rhythm of each song can be warm and upbeat, but the themes Steve Lacy creates are about heart-break and his zodiac sign, a gemini.



Everyone's favorite song from the album, "Bad Habit", is a song about missed opportunities and what could have been, while being hesitant to make the right decision. "Bad Habit" is Steve Lacy's first hit that caught the attention of fans by strong vocals, warm tunes, and amazing guitar riffs. The first lyric, "I wish I knew you wanted me" catches the attention of fans and intrigues many other people to listen to the song through social media platforms. When he sings "Is it too late to pursue?" many people are able to tell it's the right person, wrong time concept. Listeners are able to identify the bad habits Steve Lacy expresses are due to his gemini personality. Another lyric in the song is "I bite my tongue, it's a bad habit" which explains how it's in a gemini's nature to be hesitant before engaging into a relationship. Many people find this song very relatable to their own situations which is why Steve Lacy has gained so many listeners over the years.

The idea of being a gemini that Steve Lacy demonstrates is also conveyed in his song "Mercury". The song lyrics explain how hard it is to be in relationships when he has multiple sides of himself. A lyric that caught my attention and I strongly relate to is, "Little of Heaven, little unpleasant", in which Steve Lacy is explaining the way he lives with these several personalities. Sometimes it can be heaven and sometimes hell. Overall, this is one of Steve Lacy's best works and I definitely recommend this album to people who like Indie and R&B.

## The Transformation of Persephone

By Amanda Blum



You may or may not know Persephone, the Greek goddess of Spring, infamous for her kidnapping and marriage of the King of the Underworld. This mythological tale is often depicted in modern media as a love story, one where Persephone uses Hades to get away from her controlling mother, which is just one way her story is distorted. What you do not know is that this is not the first time Persephone's image has transformed.

In the common interpretation of the Greek myth, Persephone is the daughter of Zeus, King of Olympus, and Demeter the Goddess of Agriculture. Despite having many affairs and children, Demeter never married. Persephone is raised by her mother in the mortal realm, having no contact with her father or other Gods. One day she was spotted by Hades who instantly fell in love with her. Not knowing what to do with his newfound love, he went to his brother, Zeus for advice. Zeus knew that Demeter would never consent to a relationship between the two, so he suggested kidnapping, which was a decision very on brand for Zeus's poor treatment towards women. Hades kidnaps her, and because the decision was made by Zeus, this kidnapping is turned into an arranged marriage. Demeter, now missing her precious daughter, looks everywhere for her, thus neglecting her duties as the goddess of agriculture. This creates the first winter because Demeter refuses to let anything grow until she gets her daughter back. This leads to Zeus negotiating for Persephone to be allowed to leave the underworld in spring. This agreement causes Demeter to grow plants when she is with Persephone, but not when Persephone is in the underworld, which results in winter. Meaning Demeter is the true goddess of spring.

Persephone's prior image was similar to a goddess of death. For starters, in ancient Greek texts, she is usually referred to as "Dread Persephone," and never "Goddess of Spring". Similarly, her name translates to something along the lines of "The Dread Slayer". However, back in Mycenaean Greece, (which is what the ancient Greeks would consider ancient Greece) the matter of her name was even more severe. She was known as Kore and Desponia, which are vague names meaning, girl or mistress. Persephone's name was avoided due to the taboo that comes with talking about underworld gods.

Something else that supports this ancient form of Persephone, is that unlike many other Gods, Hades, the current God of the Underworld, does not have a Mycenaean form that he would have developed from. In truth, despite being the God of the Underworld and one of the three kings, Hades is a rather shallow character who rarely shows up in any of the mythos or practices of Ancient Greek religion. He does not even play a big part in his main myth, the kidnapping of Persephone. Most of his domain was contributed to either Poseidon or Persephone in Mycenaean Greece, who along with Demeter were worshiped together as the main Gods in the older version of the religion. He really had nobody to develop from or a reason to exist.

So, now you understand how the images of most Gods change over time, especially Persephone, who goes from Goddess of death to Goddess of spring all while her husband is created to take over her mantle. Together they are being reinterpreted as a love story. If you want to know more about it, "Overly Sarcastic Productions" has a great Youtube video on it, that has been an incredible source for this article. Why did this happen? My personal theory is that Mycenaean Greece just generally had a deeper respect for women than Ancient Greece. Ultimately I want you to come up with your own conclusion now that you have all the facts.

## Better Call Saul Review

By Pierce Lawrence

Last year on the Paw Print, I reviewed the world-renowned show *Breaking Bad*. This show told the story of Walter White, a chemistry teacher turned drug kingpin who cooked meth with his former student Jesse Pinkman. This show had a character named Saul, a lawyer who assisted Walter and Jesse with legal problems and money laundering. He served as comic relief and was a loved part of this iconic show. Two years after the last season of *Breaking Bad*, a spin-off called *Better Call Saul* was created. In *Breaking Bad*, Saul is introduced as a defendant, who has committed many crimes. *Better Call Saul* takes place in his earlier stages of life before he was introduced. This is prior to Saul's criminal activity, where he began as a normal lawyer. His brother Chuck is a successful, intelligent lawyer who works at a well-respected law firm called HHM. Jimmy and Chuck's mutual resentment towards each other, trouble with the Cartel, and his relationship have built up a boatload of trauma for Jimmy. In response to these, he switched his name to Saul Goodman. Saul Goodman is another persona of Jimmy, he is less sympathetic and caring, with more cruelty and greed. He transforms into a lawyer to defend guilty people and assist hardcore criminals with laundering money. This transformation does not feel sudden, the series of events prior cause it to make sense. Along with this amazing writing and gripping storylines, this show offers an array of excellent characters. These characters consist of Kim Wexler, Chuck McGill, Mike Ehrmantraut, Nacho Varga, Howard Hamlin, Hector Salamanca, and so many more who are all unique. Due to the numerous intriguing characters and storylines, I would grant this show a 9.5/10. Contrary to popular belief, I would say overall, *Better Call Saul* is a better show than *Breaking Bad*, and I would definitely recommend it.





# One Direction Solo Albums Ranking

By Jade Wilcox

## Heartbreak Weather - Niall Horan

Niall Horan's second album Heartbreak Weather is an amazing 10/10 album. This is by far my favorite solo album by any artist from One Direction. The songwriting, vocals, and production exceeded all of my expectations after his debut album. My favorite tracks on this record are basically all of them, but if I had to choose three, "Still," "Put a Little Love on Me," and "Everywhere." The closing track, "Still," is such a masterpiece and in my opinion one of the best songs I've ever listened to. This album feels like an early summer morning, and makes you feel so much joy and eagerness towards love and nature. Every single song on this album is great, but if I had to choose a least favorite it would be "Nice To Meet Ya." This is still a song I love so much, it's just probably the weakest out of all of them. This album truly solidifies Niall as my favorite member of One Direction.

## Icarus Falls - ZAYN

Icarus Falls by ZAYN is a very solid 9/10 album. It would be a perfect album if the last five songs on the record were cut. Once you get near the end, it winds up feeling too long, and almost seems like he just threw a bunch of features onto the end of the album and it got messy. The highlights of this record are "Satisfaction," "Flight of the Stars," and "Let Me." The overall feel of this album is late-night hopeless romantic insomnia. It has moments of high energy, and also some very relaxing moments. My least favorite song on this record would have to be "No Candle No Light (feat. Nicki Minaj)." It seems like it doesn't belong on this album and the production sounds very cheap. ZAYN's vocals really shine through on this record, and he proves that he holds the spot of one of the best vocalists of our generation.

## Fine Line - Harry Styles

Harry Styles' sophomore album Fine Line is a 9/10. It fully embodies all of Harry's talent in one record. This album contains some of his biggest hits and was deservedly a massive success. It is such a perfect mix of fun pop songs and powerful heartbreaking ballads. This record has some of his best songs on it, including "Fine Line," "Falling," and "She." There really is not one bad song on this album, but if I had to choose a least favorite it would be "Sunflower, Vol 6." simply because it can feel boring at times. If I were to describe this record, I would say it is a fun summertime rock-pop album. This album is so impactful, and just makes you want to get up and dance. I would definitely say this is the pinnacle of his career.

## HS1 - Harry Styles

HS1 by Harry Styles is an incredible 8/10 debut album. It introduces Harry as a solo artist in a perfect way. His vocals and songwriting really stand out on this album. The highlights on the record are "Sign of the Times," "From the Dining Table," and "Sweet Creature." The lead single, "Sign of the

Times," was the absolute perfect way to start off his solo career, and I believe it is still potentially his best song to date. I would describe this album as a collection of powerful pop-rock break-up songs. Although I would say every song is good, my least favorite would have to be "Woman." It just feels slightly repetitive and off place on the album, but it is not necessarily a bad song. Even though this album is only ten tracks, it still proves Harry's success and potential as a solo artist.

## Flicker - Niall Horan

Niall Horan's Flicker is an outstanding 8/10 debut album. Niall's introduction to the music industry as a solo artist could not have been any better. The strongest songs on this record are "This Town," "Flicker," and "Too Much to Ask." These songs really prove that Niall shines through with his slower emotional ballads. My least favorite song on this album is "Own My Own." Although it is not at all a bad song, the Irish song just feels off place on the album. The general feel of the record is being with yourself and reflecting on old memories. This album establishes Niall as a solid artist in the music



industry and is filled with addicting heartbreaking songs. Ultimately, Flicker demonstrates Niall's extreme potential vocally and songwriting wise.

## Mind of Mine - ZAYN

Mind of Mine by ZAYN is a good 7/10 debut album. It introduces ZAYN in a unique way that is very in line with his style. The album provides calm and powerful songs with incredible vocals. My favorites on this record are "BLUE," "fOoL fOr YoU," and "iT's YoU." They create such a relaxing atmosphere and aesthetically pleasing ambience. My least favorite song on this album would probably have to be "INTERMISSION: fLoWer," simply because the lyrics are in Urdu. It feels hard to relate to this because I don't understand the words, but it still sounds beautiful. This album definitely has some room for improvement, but overall is vocally and production wise a fantastic record.

## Walls - Louis Tomlinson

Louis Tomlinson's debut album Walls is a 7/10 in my opinion. The second half of the album definitely stands out more than the first half. My favorite songs on this record are "Always You," "Fearless," and "Walls." The overall feel of this album is confident romance. The only flaw about this album is that it doesn't necessarily feel like anything special; the vocals, production, and writing is all pretty average. My least favorite song on this record is

"Kill my Mind." This opening track has a punk rock sound, almost sounding childish, and I don't think it fits with his voice. Ultimately, this is a pretty decent debut album with some great highlights, but he definitely has better potential as an artist.

## Nobody is Listening - ZAYN

Favorites - "Outside," "Better," "Calamity" Least favorite - "When Love's Around (feat. Syd)" I would give Nobody is Listening by ZAYN a 7/10. The first few songs on the album are really what make it. My favorite songs on it are the first three tracks, "Outside," "Better," and "Calamity." Nearing the end of the album can get a little boring, which isn't a good sign for an eleven song record. My least favorite track would have to be "When Love's Around (feat. Syd)" just because it doesn't really build up to anything and feels very boring. Nobody is Listening gives off chill late-night calm vibes. It's a great short album to listen to when you're in a certain mood, and ZAYN once again proves himself vocally.

## Harry's House - Harry Styles

Harry's House by Harry Styles is a pretty decent 7/10 album. While it has many great songs, something about the production feels off, and you really have to be in the right mood to listen to it. Being able to hear this album live definitely made me appreciate it more, but I still don't find myself loving it. There are some great highlights on this album though, including "Satellite," "Matilda," and "Little Freak." I would describe this record as a modern late night pop album. There really are no objectively bad songs on this album, but I would have to say "As It Was," is my least favorite simply because it was overplayed. This is not at all a bad album, but I do think it lacks personality and is his weakest album. Overall, it is a great album to have on in the background or if you want something to relax to.

## Faith in the Future - Louis Tomlinson

Louis Tomlinson's recent album Faith in Future is a 7/10 in my opinion. I think that this is objectively better than Walls, although I personally prefer Walls. The stand-out tracks on this record are "All This Time," "Silver Tongues," and "Bigger Than Me." This definitely feels like an album that would be amazing live, and I am interested to see how my opinions change on it after I see him live this year. The overall vibe of this album is fateful dark hopeless-romance. My least favorite track on this album is "She is Beauty We are World Class." It feels like such a boring song and ruins the flow of the album. This album definitely showcases Louis' songwriting, but his vocals feel weak in some areas. Overall, it is a pretty solid album just not quite suited for my personal taste as some of these other records.

## LP1 - Liam Payne

LP1 by Liam Payne is just an overall horrible album and really doesn't give you anything special at all. It is such an unmemorable album and I really have absolutely no takeaways from it. Liam really disappointed me as a solo artist, and is undeniably the worst solo artist from One Direction.

## Yellowstone Review

By Andrew Schell

The show Yellowstone is set in the beautiful state of Montana. The show is looked at through three different perspectives: the perspective of the



Montana ranchers, the New Yorkers' who want to move in and turn it into a city, and the Native Americans who are fighting to get their land back. John Dutton, a local rancher who has the biggest ranch in Montana, has a lot of people trying to buy, steal, and take his land to build airports and cities on it. Along with, the Native Americans who believe that it rightfully belongs to them. John Dutton controls the politics in the state. He ran for governor with the slogan, "Progress Stops With Me", which shows he is against more people moving in. Throughout this show, John reveals that he only wanted to be governor to protect his own land. However, Mr. Rainwater, the head chairman of the Native Americans, is coming for John's land without him even knowing. Mr. Rainwater uses the tactic of, "keeping your friends close but keeping your enemies closer". Meanwhile, the New Yorkers' are trying to build an airport with the help of John Dutton's son, who betrayed him after getting kicked out of the family. This show makes you question what family truly means because John doesn't love his family the same way he loves his cowboys. However, John wants and tries to keep the family tradition of living on the ranch. This show makes you question what is right and what is wrong. I recommend this show to anybody who is interested in, action, adventure, or the wild west because this show realistically depicts the Wild West. It also features comedy, with lots of jokes inside the Bunkhouse, where the cowboys stay. I would give this show a 9.4 out of 10, and would definitely watch it again.

## Prosthetics a Brief History and the Now

By Leo Lin

Prosthetics, or prosthesis, is a word to describe an artificial body part. Human beings have been using artificial limbs in order to substitute broken or amputated ones for a long time. Such as an Egyptian prosthetic toe made out of leather and wood, or Rome's usage of prosthetic limbs on those who lost their original limbs in war. In the 1500s knights, such as Götz von Berlichingen, had iron prosthetics. Meanwhile, Pirates iconically used peg legs and hand hooks for their own injuries.

Prosthetics have always been a part of history, but it wasn't until Ambrose Paré in the 1500s, that prostheses started seeing a turn for the better. The start of using materials like paper and leather, along with adding harnesses, and knee locks greatly improved their functions. In 1975, Ysidro Martinez further improved prosthetics by increasing friction and balance. Additionally, the use of modern materials like carbon fiber, made prosthetics lighter and more durable than before.

However, the question that remains is, what about now? The improvement of materials in prosthetics, the bettering for comfort and stability for those prosthetics, but what does it all mean? For the majority, it means that those who are born without proper usage of their limbs, and those who have lost limbs in accidents and in wars, get a chance to live a new-normal life. Instead of having a permanent limb loss, they could have something made to replace it, and hopefully, regain a resemblance to their old life.

Even now we see an improvement in prosthetic limbs, and that improvement will only continue in the future. Prosthetic arms, such as the potential Atom Hand, have the ability to be moved in premade motor patterns and have sensors that give tactile feedback. The media depicts life for prostheses in the future, as a time when prosthetic limbs are impossible to differentiate from natural ones. From examples like Atom Hand, current prosthetics are quickly approaching that expectation. Hopefully, soon enough those who experience limb loss may find an easy and efficient alternative.





# Ski Mask the Slump God's Sin City The Mixtape Review

By Santiago Caballero

Why?

I picked this project because I listened to it last year and remembered enjoying it. So I thought to myself, why not listen to it again? Since there was a lot to take in the first time I listened to the EP, I figured I would listen to the project again to get a more in-depth experience.

Ski Mask The Slump God - "Intro"

The song started mellow and dramatic in a sense. I liked all of the airy vocals and chord progression that the beginning of the song followed. After a dreamy introduction, the beat brusquely switched to a new school, aggressive beat that contained none of the elements from earlier in the song. The tempo switch, change of pace in the vocal switches, and the cuts and pauses in the song made the production shine through the mix for an exciting first listen.

Ski Mask The Slump God - "DR. SEUSS"

This song started with a trap bounce from the gun. With it's simple bell pattern, an 808, some hi-hats, and a clap. This distorted instrumental easily caught the attention of the listener. Ski's unmatched flow fits perfectly in between the beat and truly ties the song together for another great track.

Ski Mask The Slump God - "ADMIT IT"

This beat is my favorite on the EP because of its catchy bell rhythm and distorted, "in-your-face" beat. The repetition of the phrase, "ADMIT IT" makes the listener more likely to remember the song and it's use certainly works. This is one of my favorite tracks on the project.

Ski Mask The Slump God - "The Matrix"

This 808-heavy track is a favorite for many. The beginning of the track starts differently than most, leaving the hi-hats as the main focus. The thick, warm, 808 is then brought in just after a recognizable producer tag by hitmaker Ronny J. I liked this song a lot as it kept me on my toes the whole time. Ski's energy is truly on another level in this song as his use of yelling and exaggerated breathing makes it feel like the listener is in the same room as him. Overall, I enjoyed this song as it's production was on point and the lyrics were second to none.

Ski Mask Slump God - "Ya!"

This bouncy, slow beat left tons of room for Ski's raspy singing and quick rapping which I personally thought complimented the instrumental perfectly. The production on this beat was one of my favorites on the EP as its simple patterns and dark undertones made this song unforgettable. I would recommend this song and would definitely listen to it again.

Ski Mask The Slump God - "Merlin's Staff"

This tune samples the classic Missy Elliot track, "Work It", a revolutionary track in the hip-hop scene. Industry producer Kenny Beats, brings the classic sound of the early 2000s hip-hop back to life through the art of sampling. The two-minute-classic presents a refreshing new sound to the EP and gets the listener excited for the rest of the project.

Ski Mask The Slump God - "Lost in Time"

This song was a little slow for my liking. Ski's raspy, airy vocals take the spotlight in this track. I could see this being in a short film due to its melancholy chord progression and the fact that there aren't any drums throughout the song. This is a good break from all of the high-energy tracks on the album, but overall, this was my least favorite song on the project.

Ski Mask The Slump God - "Fire Hazard"

The rolling two-step-rhythm hi-hat patterns return! This song wastes no time getting straight to the action. I loved the intensity and vibrance throughout the track. Ski's obnoxious use of onomatopoeia and contrasting soft tones are able to highlight all of the percussion and drum elements to make for a fun listen. Overall, I enjoyed this track and would listen to it again.

Ski Mask The Slump God - "Mental Magneto"

This song was similar to "Lost in Time". I was not a fan of the rapping in this track. If I'm being honest, the guitar melodies were a bit off-putting. The singing didn't really fit the rest of the project, it actually stood out as a bit random to me. Overall, this was not what I was expecting for an outro to a generally high-energy project.

Thoughts

This project had a ton of energy and lots of good songs. I recognized a lot of the producers and enjoyed most of the beats. I didn't get too bored on this album as most of the tracks were very upbeat. The only negatives I would take away from this were that there were no features on the EP, and the slower songs could have used some work, but other than that, this was a solid project. I liked how short it was and although it's not Ski Mask the Slump God's most popular work, I think it's one of his best. Overall, I'd rate this project an 8.5 out of 10.



# Smashy Road: Wanted 2

By Alistar Bardalez

Smashy Road: Wanted 2, is a mobile game available on iOS, Nintendo Switch, and Android, and it is an immersive visual and mechanical experience. It was released on August 4th, 2020, and it isn't getting as much praise as it should. The sequel to the much-loved game Smashy Road: Wanted, which was released 5 years prior, has new groundbreaking controls and more options for ways to play the game. The objective of the game is simple- it is basically about who can stay away from the feds for as long as possible. The longer you are on the road and still driving, the more cops and army vehicles chase after you. There is also a point counter, which goes up higher the longer you stay uncaptured.



One of the new additions to Smashy Road: Wanted 2, is the ability to get in boats and helicopters. This new feature allows users to have more freedom and a more realistic gaming experience. Another new feature that is not present in the first game, is the ability to leave your vehicle and get into another vehicle. This allows the player to have more control and gives them the ability to hijack cop cars. Getting back to the original point on vehicle options, having the ability to get in boats and helicopters allows the player to access more spots on the map. Also in helicopters, you are able to eliminate oncoming enemy vehicles. Another crucial feature in the new game is the ability to pin a location on the map so the user is now able to navigate to a new location that they may have not explored before. These new and innovative features have improved the gameplay greatly and have made it a staple in the mobile game landscape. I rate this game an astonishing and profound 62 Stars.

# ULTRAKILL Review

By Noah Saverino-Dupras

"Mankind is dead, blood is fuel, hell is full." (ULTRAKILL).

ULTRAKILL, by New Blood Interactive, is yet another "retro shooter" released in a very long catalog of games labeling themselves as such. While there are thousands of systems and mechanics stuffed into this \$25 game, I will keep it very, very simple. Currently, there is no other game that even comes close to ULTRAKILL, in terms of gameplay. Gameplay never takes a backseat to "realism". If you want to get across the entire map in one second, all it takes is launching a grenade into the air, shooting that grenade, and then getting launched by the explosion. If you want to instantly kill a boss by shooting your railgun through them and then ricocheting that laser back into them with a coin that you have, then go ahead. Would a coin be able to accurately reflect a high-velocity laser, such as one that would be shot out of a railgun in real life? No- but that's not important- the only thing that is important is looking cool. Whether it is the gameplay, the heavy metal music blasting in your ears, or the blood and cries of your enemies, as you go on a chaotic killing spree, this game wants you to feel cool.

While other games may have you recover hiding away in a corner, waiting for your health to regenerate, or running to a health pack placed on the map, in ULTRAKILL the only way to heal is by killing your enemies. You run face-first into your enemies or die. On the other hand, a cautious methodical player will only meet the reality that if you stop moving, you will die. If you stop killing enemies, you will die. Throughout the game, if you don't feel like you are doing anything cool, it's probably because you are not very good at the game and are unprepared for everything it has to offer. ULTRAKILL eases you into the game, as you start out on level one the game begins with tight halls and small play spaces to let new players experiment with movement. As you get more comfortable, more and more levels are open for you. Each level is your personal playground to experiment with how fast you are able to move and kill clumps of enemies, while not being shot down in the process. With the game still receiving new updates, there is no reason not to buy ULTRAKILL. It is a work of art, and hopefully, someday other games will catch up to the quality and quantity of content that ULTRAKILL provides.



# An SOS Breakdown

By Diana Flores

Whether you're a die-hard fan or you've heard of her from Tiktok, almost everyone knows the artist, SZA. Many may not know about her recently dropped album, SOS, another masterpiece following her 2017 studio album, CTRL. The much-anticipated album has over 20 tracks, without including the singles, "Shirt", "I Hate U", and "Good Days". This album also features famous artists including Travis Scott, Pheobe Bridgers, ODB, and Don Toliver. SOS covers many genres including RnB, pop, soul, and even pop-rock. In this album, you can count on having SZA sing and rap. To begin, in my top 3 list is Snooze. Snooze is an RnB/Soul song about a person who is scared to miss out on spending time with their significant other. The lyrics "How can I snooze and miss the moment? You're just too important Nobody do body as you do." Convey feelings of insecurity that can resonate with many people. Love Language is another heavily influenced RnB song that other people may relate to. It's an honest and open song where SZA explains how she wants to get to know her significant other's love language. Seek and Destroy, my third pick, is a unique song that I hadn't heard from SZA before. Instead of revealing the good side of falling in love, SZA sings about the bad and hurt in a relationship. Throughout the song, she explores her feelings about an unhappy relationship, and at the end, she finally feels free from the relationship. In my opinion, SOS by SZA did not disappoint at all. After five years since her last album, many were unsure of what kind of songs to expect. Surprisingly, the album is filled with some relatable and genuine lyrics. Every song off the album is different, which shows SZA's experimentation with music since CTRL. I recommend this album to anyone who enjoys RnB/Soul.



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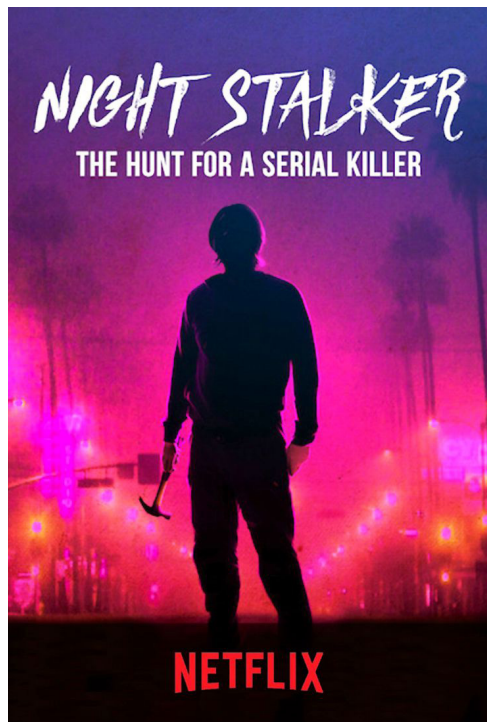
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# Netflix Series Night Stalker: The Hunt for a Serial Killer

By Galilea Herrera-Trinidad



Twelve minutes in, an old lady named Ester Petschar was talking about a specific day that she was working. On March 17, 1985, she came across a man at a thrift shop where she spent her lunch break. That day she remembered a table full of junk that was set out. On the table sat a hat that stood out to her. She picked it up because of the lettering “AC/DC”. Petschar found it weird and put it back in the pile of junk. The man then came from her right and picked up the hat that she had previously put down. While looking at the hat, he smiled at Ester, and that’s when she noticed he had a tattoo. She stated that “he had the devil on his hand. A picture. A round circle with the face of the devil. You know, with the horns?”. Afterward, she saw him walk away with the hat, but little did she know that he would be driving next to her in the other lane while going back home.

The night-stalker gave her a horrible grin in which she saw his teeth were missing and compared it to a

scary clown’s smile. That would be Richard Ramirez, a serial killer who would kill his victim at night just by opening windows or doors to homes. He would declare that he is just doing the job that he was requested to do. His first victim was a 9-year-old Chinese-American girl, Mei-Leung, who was raped and murdered. His next victim was Dayle Okazaki, a 36-year-old who started his killing spree.

Before Ramirez got to Dayle, Okazaki’s roommate Maria Hernandez came home. Hernandez was knocked out by the bullet which slowed her down in trying to rescue her roommate who was shot in the forehead by Ramirez. Hernandez and Ramirez had an interaction once again when she arrived in front of the condo. He was about to shoot until she put her hands up and said, “Hey, you already shot me once, do you really have to shoot me again”, but Ramirez just walked away. Ramirez wasn’t satisfied and just 40 minutes after his first victim, the police department received a call about a murder a mile away from Ramirez’s first victim. This was his second Asian victim. She was stopped while driving, got pulled out, and was shot for no apparent reason. Tsai-Lian Yu, 30 years old was declared dead for having a bullet in the chest with her last words being “Help me! Help me!”. That night the investigators found that it was the same type of gun, but they couldn’t assume it was related due to the fact that there were a lot of .222 out there.

Detective Gil Carrillo, the detective that was assigned to this case, knew that the cases were linked because Ramirez would only shoot the victims that showed fear, unlike the reaction of Hernandez. From there he began to do cruel things like cutting out women’s eyes, stabbing, robbing, etc. One thing the detectives found disputing was that he would leave food uneaten. Ramirez had no remorse for the things he did. He continued to do it for a span of a year, but the scariest thing for the state of California was that anyone could be a victim; because he would kill anyone that was in sight. He had no preferences, he just did it at random. Detectives went days and nights with restless sleep and devastating moments because he was hard to identify.

It wasn’t until he left his shoe prints behind, certain bullets, and his car, an orange Toyota that led to his arrest. His fingerprints showed his identity and his photo was sent out to the public. He was arrested on August 30, 1980, and sent to trial. He would be charged with thirteen counts of murder, five attempted murders, eleven sexual assaults, and fourteen burglaries, all resulting in him being on death row. He was born in February, 1960 and died from cancer while in jail on June 7, 2013. Victims will never be repaid for the trauma that he gave, but their story counts just as much as the others.

# Emails I Can’t Send Review and Ranking

By Elisabeth Giesa

Sabrina Carpenter, a previous child actor, and a current pop star released her newest album, *Emails I Can’t Send*, in mid-July of 2022. This album explores trauma from her childhood, her experiences with depression, and her failed relationships.

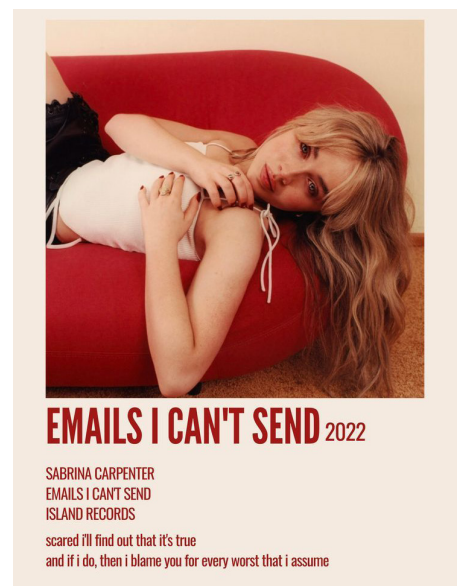
The title track is a story about her father’s affair when she was younger. Sabrina writes about not being able to trust him after the event, as well as the strain it caused on their relationship. She writes about how her father’s mistakes have led to dysfunctional relationships in her adult life, along with long, lasting trauma. Sabrina uses this song to help herself heal and to reach out to those who are going through similar experiences. Sabrina follows this song with “Vicious”, a tonally opposite song, which details a toxic relationship over an upbeat, pop production. She then uses track three, “Read Your Mind” to speak about an off-and-on relationship. Her unstable relationships are a common theme throughout the album, as seen in songs like, “Tornado Warnings” and “Already Over”.

*Emails I Can’t Send* is more than just a breakup album, it represents Sabrina’s personal growth. One song in particular that touches on this is “Skinny Dipping”. “Skinny Dipping” is the story of Sabrina and her past partner eventually becoming friends and maturing as people post-breakup. One line in the song states, “And we won’t say it but both of us will be thinking about how different we are from those scared little kids”. Sabrina compares their relationship to the common phrase, “Water under the bridge”, which shows her growth and acceptance of their breakup as she welcomes a new friendship. Within this song, Sabrina also brings recognition to welcome her new, healthier relationships. “Nonsense” is a song about passion in Sabrina’s life. “Nonsense” touches on the strong emotional and physical connection she feels towards, who her fans assume is her current partner. This continues the trend of Sabrina’s tracks switching between heartbreak and love.

Sabrina also explores the role that her personal relationships play in her career. In “Because I Liked a Boy” and “Bad for Business”, she reveals how her career in media is negatively affected because of misogynistic and unrealistic standards forced upon her by the general public. Even though she may appear happy, there is a large societal pressure on her to be a “perfect” role model. Back on the breakup spectrum of this album, she uncovers the hard memories and scared feelings she has felt in her relationships, this is explored in “Decode” and “How Many Things”. “Decode” is a song about Sabrina recovering from a difficult breakup and a painful relationship. She writes about the way her past partner mistreated her and the emotional toll it had on her. She sings, “Now I wonder why I let your confusion keep me up at night, I’m so tired. Reread every single undertone and I overanalyzed it, front, back, and beside it. Where else can we go? There’s nothing left here to decode”. This chorus accentuates the deep feelings of anxiety and stress that reside after her partner left her. “Decode” is similar to “How Many Things” in the way that Sabrina reflects on her core memories from a past relationship. She sings about how every little thing she sees sparks memories from an ex-partner.

Overall, Sabrina Carpenter’s *Emails I Can’t Send* is an emotional journey that covers a multitude of feelings that are commonly experienced when it comes to young love. This album is an 8/10. It is a must-listen and deserves more praise than it receives.

My personal rankings of each song on the album: Skinny dipping, Emails I cant send, Fast times, Tornado warnings vicious, Nonsense, decode, Because I liked a boy, Bad for business, Read your mind, How many things, Bet u wanna, Already Over



EMAILS I CAN'T SEND 2022

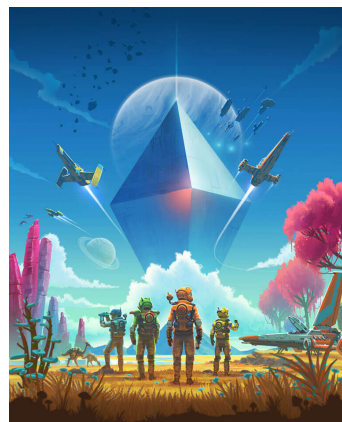
SABRINA CARPENTER  
EMAILS I CAN'T SEND  
ISLAND RECORDS

scared i'll find out that it's true  
and if i do, then i blame you for every worst that i assume

# No Man’s Sky Review

By Dane Coder

No Man’s Sky was released in 2016 and had mixed reviews. Some critics praised the game for having one of the biggest maps in video game history. Others criticized the lack of multiplayer abilities. Another reason that the game was criticized was because the producers of the game (Hello Games) failed to communicate with the players for months after release. Since the release the game has been improved bit by bit. When you load into the game you are greeted with your character who has forgotten who they are, and is stranded on a planet. Your character needs to find materials to rebuild a spaceship they found damaged nearby. Once your character does that you get a message from an alien talking about how your character messed up and how it is all your fault. After this point you are able to explore your solar system and later on, the galaxy. The length of the open world map is 31,700,000,000,000,000,000 km<sup>2</sup> and consists of 18 Quintillion planets. All of this is on top of being able to build bases and create space fleets with other players. With this the probability of meeting a player in the open world is around 0.0001% without using any other methods. There are space stations you can find in every solar system where you can find npcs that have their own spaceship you can trade for. On the space station there is also a working economy that changes based on player input. A moral system that varies depending on how much illegal stuff you have done. Multiple races of aliens that have their own languages you can learn, and a teleporter that you can use to travel to previous solar systems and bases you have created. All of this is accomplished while also only taking up around 16 gigabytes of space on your console. When I first played it was in 2019 when the game was not completely up to what it is now and was not appealing to me at the time. After a while a friend convinced me to pick back up the game again and now I can not stop playing it. I recommend this game highly to anyone into science fiction and space games.



# Before the Birds

By Regan Burke

In the past, waking up early was a luxury that I provided myself only once in a blue moon. My typical morning started after seven. In thirty minutes, I would get up, get dressed, brush my teeth, and rush myself out the door. This lifestyle proved incredibly stressful and anxiety-inducing. I would wake up every morning with a predisposition for a terrible day, I would have no time for myself throughout the day, and I put my mental and physical health on the back burner.

I have spent lots of time through life attempting to find joy in the dingy, grimy, and ugly. For years, I have swayed myself into believing that the romance found in pain was incomparable to that derived from anywhere else. Spending more time convincing myself that hurt is excusable in the name of beauty or aesthetics has cost me the casual enjoyment of everyday life. Waking up in good time is my first step toward embracing a natural, easy romance of everyday life, and it can be yours, too.

Now, I wake up roughly an hour earlier than my previous norm. Not only do I have time in the morning to get dressed and do my hair and makeup, but also do my skincare routine and eat a healthy breakfast. I walk to school daily, and an early-morning stroll through the park is much more pleasant than a mad dash to homeroom.

Waking up early in the morning provides me with the unique opportunity to spend time with myself every day. Every morning, I allot enough time to fully wake up and prepare myself for the day. Rising before the birds and the sun and the bugs are bettering my life one early morning at a time. I become increasingly grateful to myself for this lifestyle change with every day that I attempt (and succeed) to prepare and sufficiently fuel myself for a healthy, productive day.





## Puss in Boots: The Last Wish Movie Review

By Ryder Penny

The plot of Puss in Boots: The Last Wish revolves around Puss realizing that he is on the verge of losing one of his nine lives, which he initially brushes off. The main antagonist of the film is Death, who is personified as a wolf. Puss is scared by their connection and flees into the safety of a crazy cat lady's house, where he experiences an identity crisis. In order to find Puss, a secondary band of villains, Goldilocks and the three bears, burn the mansion he is hiding in. A map of the Wishing Star, a supernatural object purported to give the user a wish of their choosing, is what the thieves want to employ him to steal. Puss gets re-energized by finding this information, as he sees a chance to wish for the return of his nine lives. In an attempt to steal this map from the third antagonist of the film Jack Horner, he meets up with an old friend and love interest Kitty Softpaws and adopts a dog. Puss, Softpaws, and their brand-

new canine companion set out in search of the wishing star with a map in hand and three distinct villains hot on their heels.

The main characters are quite endearing. Kitty Softpaws puts on a front of independence and hardness, but her true desire is to be vulnerable and open with someone. The nameless dog we are introduced to in the cat lady's house is given the name Perrito by Puss. He is immensely weak, and even when it puts him in danger, he sees the best in everyone. When he refers to prior mistreatment as «fun and games,» he comes out as somewhat dense, yet creating a world that is purely good is undoubtedly tougher than giving in to cynicism; there is merit in his innocence. Puss is initially apprehensive about traveling with Softpaws and Perrito because of the possibility that they will learn the truth about the legend's messy demeanor. Puss' weak point is created through his ego and desire to retain his legendary reputation take up a lot of space in his heart, leaving little room for anything else, which is pretty clear. But when he travels with Softpaws and Perrito, he discovers that he is able to relax more and more each

time he does. He can change his perspective by choosing to be known and by allowing others to have faith in him. In order to heal the scars from their pasts and ensure a safe and promising future, they are all seeking the same thing, and they achieve this by delegating part of their burdens to others. Puss may be on his final leg, but all he'll ever need is for people to adore him in this one.

As it balances between many different types of audiences, Puss in Boots: The Last Wish does incredibly well at appealing to them all. Even while the movie occasionally falls back on slapstick humor and some jokes stand out as being especially juvenile, these are scenes that kids are supposed to love. The movie emphasizes two themes: death and chosen family. The film manages to include complex lessons, even though a younger audience would just be amused by the bright colors and battles between a wolf and a cat using swords and scythes. We choose the family members we surround ourselves with, so it is up to us to develop an appreciation for those who choose to be there for us. It is impossible to avoid death since it is unavoidable.

## How Steve Pikell Transformed a Program

By Max Kaiden



When Steve Pikell was hired in 2016 he told everyone "I've never let an athletic director down. I've never let a president down, and I've never let a student body down. I'm not going to do it here at Rutgers." He was absolutely right.

Coming off the 2015-2016 season Rutgers was the laughing stock of the college basketball world. They had just joined the Big

10 Conference, one of the best conferences in all of college basketball. To say they were struggling is an understatement. They were 7-25 overall and 1-17 in conference play. Needless to say, there was a lot of room for improvement. In his first recruiting cycle, Pikell was only able to pick up, at best, three-star recruits. His team finished 15-18 overall and 3-15 in conference play, an improvement but not exactly where the team needed to be. His lone star player was sophomore Corey Sanders, who had some behavior issues but was fantastic on the basketball court. Pikell had shown he had potential to better this program, but could that potential be realized?

In the 2017 recruiting cycle, Pikell recruited one three-star athlete that would forever change the trajectory of the program, Geo Baker. In 2023, when you think of Rutgers basketball, his name is one of the first that comes to mind. In his freshman year he was already averaging 10 points per game. Later on, he became a leader and a voice for the program. He was one of the best three point shooters the team has ever had, a great passer who was fantastic off the ball and could steal with ease, not to mention incredibly clutch. Next, is Myles Johnson. While he didn't have quite the impact that Geo did, there were few players in college basketball better at defending around the rim. The team finished 15-19 overall and 3-15 in conference play, absolutely no improvement.

People were starting to worry if Pikell was really helping. There was, however, a small run in the Big 10 tournament where the team was able to make it all the way to the quarterfinals. The 2018 recruiting cycle was arguably the most important of Pikell's tenure. He recruited four impact players. The first and likely most significant was Ron Harper Jr. Harper is the son of NBA player Ron Harper, who was a large contributor to the Bulls NBA Finals teams in the 90s. Second is Myles Johnson. While he didn't have quite the impact as Harper, he can be regarded as a top defender in the nation. The 2018-2019 Scarlet Knights finished with a record of 14-17 overall, and 7-13 in conference play.

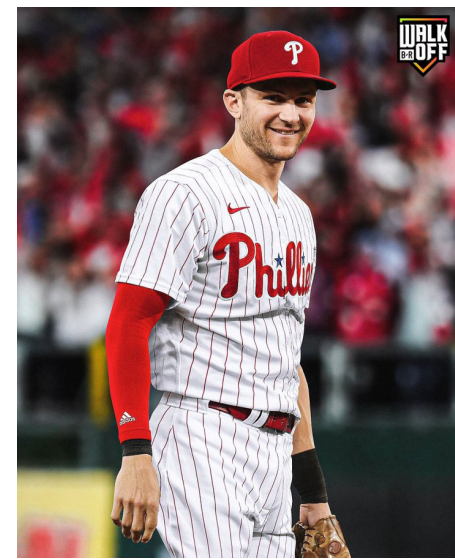
Mr. Pat Dorney, current Collingswood High School and former Arcadia University basketball coach, said this on the subject, "What makes college so much different than high school is the recruiting piece. In high school you are dealt your hand. Tryouts begin and you can only pick from players that attend your school. At the collegiate level, you recruit players/families that you want. Now that it itself sounds easy, but if these players are scholarship level, other programs are recruiting them as well." Steve Pikell has to meet with these kids' families and convince them that his program was better suited for them than the likes of Duke and North Carolina. In the 2019 recruiting cycle, Pikell got his point guard. Paul Mulcahy was a great passer with court vision, he was a very streaky shooter, but you don't need elite shooting from your point guard. Eugene Omoruyi left for Oregon in the transfer portal, but Pikell picked up two very important players in the portal as well. Senior Akwasi Yeboah, a leader from Pikell's old school who was a big help for Rutgers this season and Jacob Young, the conference's leader in steals.

This was a record year for Rutgers, finishing 20-11 overall, and 11-9 in conference. Pikell's plan was finally coming together, and this was a tournament level team. Some of the best moments from the season include Geo Baker single handedly coming back down 15 in the last 5 minutes against Northwestern, and Rutgers defeating #9 ranked Maryland by 9 at the RAC. This season at the RAC (Rutgers home court) they only lost one game. Nicknames such as the Trapezoid of Terror started going around due to the arena's strange shape.

During this season, four star 2023 recruit Gavin Griffiths committed to Rutgers, and most notably Airuous Bailey, ranked 6th in the 2024 class committed to Rutgers. Back in 2016, Rutgers couldn't even have dreamed of acquiring a top ten player from out of state, but Steve Pikell has changed that drastically. So, that's where we stand today, Steve Pikell has transformed Rutgers for the better and we're only going up from here.

## A Review of Trea Turners Contract

By Brady Search



The MLB free agent class was loaded this year, involving many long-term deals and superstars finding new homes. This will be a comprehensive review of one of the more significant contracts and deals made by teams. Will begin with the largest contract of the offseason. The Philadelphia Phillies' 11-year 300 million dollar deal with short-

stop Trea Turner. This was a great move for the Phils as they lost second basemen Jean Segura leaving an opening in the middle infield. Turner also provides versatility as he is able to play center and second. They are also getting a career 300 batting average and 99 percentile sprint speed. This brings in a much-needed on-base guy to a lineup that heavily relies on power. There are a few concerns with this contract like Turner's longevity. Turner is already 29 so that puts him at 40 when his contract ends. His game relies on his speed which takes a toll as he ages. He also relies on contact as he is in the 22 percentile in chase rate and only 25 percentile in walk rate. To put that into perspective Carlos Correa the Twins' power-hitting shortstop was in the 64 percentile in chase rate and 76 percentile in walk rate. The difference between Turner and other guys like Correa is their game. Turner uses contact and speed to balloon his average while Correa uses his power to excel. Both these guys were given massive contracts but Correa will most likely have the longer career as Turner is going to take a toll on his production when he ages. Turner is not going to be able to hit the pitches he swings at and this will lead to more misses resulting in more strikeouts and fewer hits. Instead of giving Turner an 11-year deal the Phillies should have given him a 5-year 150 million dollar contract which would have also given them leeway to sign another star. Although this was a great move for Philly the contract they decided on could have been better and saved them money.



## Jalen Hurts MVP Case

By Ben Auerbach

The Philadelphia Eagles finished the 2022-23 regular season with the best record in the NFL (tied with Chiefs at 14-3) and the number one seed in the NFC. This Eagle's team has dominated on both sides of the ball, with a top-ten defense and top-three offense. There is no question that the talented roster constructed by GM Howie Roseman has been a major reason for this success. However, the greatest factor by far has been the superb play of quarterback Jalen Hurts. As the

The first thing people will look at when deciding on an MVP is the raw statistics. Hurts certainly delivers in this category, compiling 35 total touchdowns while only committing 8 turnovers. His most impressive numbers were on the ground, where he rushed for 760 yards and 13 touchdowns. His 13 rushing touchdowns rank second all-time in NFL history.

Another key consideration was his overall value to the team. When Hurts was under center, the Eagles' went 14-1. During the two games he missed due to injury, his team went 0-2. The Eagles' offense averaged 28.1 p/pg for the season, which was third-best in the NFL. They also accumulated the second-most y/pg in the league. Besides his physical stats, intangibles such as his leadership qualities are another reason he is so valuable. It is also important to note that the Eagles competed in the toughest division in football this year, the NFC East. The East featured three playoff teams, and no team had a losing record. Even with this tough competition, Hurts was 4-1 in divisional games, including 3 wins by 2 or more scores. He also led the Eagles to a blowout win over the Vikings (13-4).

Finally, we need to examine Hurts competition to win the award. According to legalsportreport.com, Patrick Mahomes leads the field with -1600 odds to win, followed by Joe Burrow (+900) and Josh Allen (+1500). Hurts is tied with Allen at +1500. Personally, I believe that Mahomes will probably win another much-deserved MVP award after his historic offensive season. Still, Hurts deserves tons of credit for the phenomenal season he put together. I am excited to watch his performance in the playoffs and in future seasons.

Birds prepare for their first playoff game, let's take a deeper look at Hurts' argument to be the NFL's MVP.



# CHS SPORTINESS

By Evelyn Celia and Allie Rudio



## Boys Bowling

Another testing season for the Collingswood Boys Bowling team in the books. This season was filled with an array of personal victories and achievements. In early February the team had their best Pin Fall of all time, 2288 pins. With a total of 24 bowlers, they received a record of 8-24. Devin Le (Senior) and Zion Herring (Junior) showed outstanding leadership this season. Zion gives his positive outlook on the season, "We did a lot better against teams that we considered very strong and hard to beat. We're still improving, but we're definitely getting better." Big Wins included Salem Tech, Atlantic City Institute of Technology, and Salem. The boys wrapped up their season placing 13th in the NJSIAA SOUTH Group 1 Sectionals, with a Pin Fall of 2237. Max Hess (Sophomore) impressively qualified for the 2nd Team All Conference Diamond division. The team will only be graduating 2 seniors, which allows for more seasoned bowlers to be taking on the alleys and have a

promising '23-'24 bowling year.

## Girls Bowling

This year's Girls Bowling Team had a difficult season, but the player's dedication allowed them to acquire various achievements including their opening day win against Salem Tech. Throughout the season, a number of bowlers scored impressive career highs. Galilea Herrera (Sophomore) scored 156, Gianna Persicano (Sophomore) and Madeline Cochran (Freshman) both ended the season with a high of 138 points. Despite being a very young team with mostly sophomores and freshman, the girls had an exciting team dynamic. With senior Morgan Callinan as the team leader and most experienced player, the girls quickly found that they worked well together. The team will return six out of seven bowlers, and is looking forward to a promising season next year. With a year or two of experience under their belts, Coach Mckinney anticipates that the younger players have a bright future.



## Swimming

The Collingswood Swim Team had a successful season with a record of 7-5. Despite being under new coaching staff, the swimmers worked diligently to improve their times. Their efforts paid off, as each swimmer

was able to drop time in their events. The team even went on to break two school records in the 400 Free Relay for both boys and girls! Junior Poppy Marish recalls the meet, "I was proud of the team, especially when the boys and girls broke the relay records at Sectionals. One of the best races to watch and excitement spread through the whole team."

Overall, the team had a memorable season with exceptional performances from Poppy Marish, Waverly Marish, Keegan Stack, Andy Kolecki. Next season, the swimmers will have to work extra hard to make improvements in events such as the 50 and 100 free as they adjust to the loss of two key swimmers in the events. Coach Atkins has faith that the team will be able to build strength in these areas next season. The Collingswood Swim Team hopes to secure another winning record next year.

## Boys Basketball

The Collingswood Boys Basketball team had a strenuous '22-'23 season. Many valuable seniors were lost to last year's graduation and the team had to make dramatic adjustments to account for those losses. The team obtained a record of 6-20 with only hopes of refinement. One exceptional player is Tomas Money (Junior) who was named 2nd Team All Colonial Conference. Coach Dorney believes the struggles this year have only improved the team, "I am hopeful that the battle tests this year will prepare us for next season since 8 of our top 10 return." Not many seniors will be lost this



year which will warrant less time spent adjusting the lineup. The team plans to continue to work out, in both the weight room throughout the year and outside as the weather becomes warmer. The end goal is to improve the numbers for the next season, and with the number of returning players, the future for the team is very promising!

## Girls Basketball

Despite the challenging season the girls basketball team faced, the players leaned on their strength of the connection and bond they have with their fellow teammates in order to have a fun season. Seniors Sid Hackl-Gerstenstein, Chloe Wright, Sunny King, and Sophie Draper were encouraging and supportive role models to the younger players. While the final score was not always in their favor, the girls worked hard at practice and played passionately in games, allowing each player to improve every day. This dedication paid off the second time the team faced Moorestown Friends, where the panthers came out with an exciting win. Along with team victories, the girls also celebrated the accomplishments of the senior players. Sid Hackl-Gerstenstein led the team in points, and made 1st team All Conference, while Chloe Wright led the team in rebounds. Sophie Draper finished the season shooting 100% from the 3 point line. Halfway through the season, the girls played a successful "Make an Impact" game against where each player recognized a CHS staff member who has made an impact on them. Next year, the loss of three starting seniors will take a toll on the team. However, the sophomore class is anticipated to step up for a promising future.

## Wrestling

Collingswood Wrestling had yet another highly successful season with a record of 25-8, with big wins against Absegami, Audubon, Hammonton, and Highland.

After losing many seniors from the '21-'22 season, the team pulled themselves together to continue to improve and build, resulting in a great season. Wrestler Vincenzo Angelucci, states, "Our team is like a giant wacky family that doesn't stop in the school...We have an awesome coaching staff full of dedicated



and awesome coaches that would do anything to watch us succeed. The memories that this team has created will stick with all of us for the rest of our lives." Prior to the official start of the season, various camps, programs, and activities were set up to help our wrestlers refine their skills. At the end of December, following months of fundraising, our wrestlers took a trip down south to Florida for a tournament. At this event, a multitude of our athletes achieved over 20 individual wins and got to experience numerous other wrestlers wrestle. During the postseason, the team found itself with three Region Seven Qualifiers: Vincenzo Angelucci (Junior), Nate Eife (Senior), and Matt Malinowski (Sophomore). Then Isaiah "Juicebox" Townsend (Senior) and Nate Eife qualified for the 1st Team All Conference. With the program starting young, hopefully, a larger stream of kids will continue to join the Collingswood Wrestling Program. Undoubtedly our wrestling team will continue to grow during the off-season and prepare for the '23-'24 season.

## Winter Track

The Winter Track team had a strong season with impressive performances from all runners. Most notably, Senior Anton Bovone and Junior Isaiah Pepe-Magro were able to set new school records for their events. Isaiah broke the school record for the 55m dash. Anton broke 2 minutes in the 800m, securing him the new school record for the event. He even went on the beat his own record two more times! As a whole, the track team had more athletes qualify for Group 2 Championships than ever before. Coach Swern was pleased with the overall outcome of the season and is proud of the runners who set new records. Unfortunately, the team will lose a number of seniors next year, which will greatly affect the team. The team will have to adjust to this loss while training next season. The underclassmen and returning athletes are expected to step up and fill the gaps left by the graduating seniors.

