

WC SPECTATOR

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Rosaries and Resolutions

by MARY ZELIS

"New year, new me" is the mantra that resurfaces every January 1st. Here I am, still trying to replace the same old habits that I keep on trying to replace. Obviously, there is the routine recommitment that faces the country. It's funny how it seems the culture has more of a commitment to trying to commit once a year than to the actual commitments people make.

There is always a big upheaval at the beginning of the year and while I don't have anything against the change, especially if it targets bad habits, I think that the idea that the new year is the only chance that change is possible is ridiculous. Change should be continuous, not just something we decide to start doing in the course of one night.

Also many of the new year's resolutions only have to do with corporal things, like working out, eating healthy, cleaning, and maintaining a better lifestyle. I challenge you to think outside of the box, and to target something a bit outside of the normal new-year resolution: your religious life.

While its good to strive for change on the earth and there are many things to aspire to change, there is a life after death, but your life here on earth determines the rest of eternity. There are so many options and things that can help you change your life.

For all of you ambitious people out there, why not try reading the Bible? Get connected to God's word and His will for your life and you will certainly find yourself in a better place spiritually than you were before. Try committing to just a few pages a day if it seems daunting. You'll definitely be proud when you get to the end, however long it takes.

If you're looking for a more hands-on resolution, try joining a religious club. There are so many options at our school from Theology Club and Service Club which help to do service to the community, to Students for Life where students find ways to be pro life and spread that message to the community. Even outside of the the school there are parish youth groups with so many opportunities to get connected such as Ignite. If you haven't gone before, I'd definitely recommend giving Ignite a try. There's something incredibly powerful about joining together with the young adults of the community and spending time in prayer.

Focus on more Christian media. Lets face it, there are so many sources that are distancing us from the faith, and while often many things aren't inherently bad, they don't necessarily add anything positive to your life. Instead of subscribing to people who promote drama and sin, try finding content creators who will bring you closer to God.

Watching YouTube like *Ascension Presents* is another wonderful resolution. Not only is Fr. Mike intelligent and gifted at spiritual guidance, but he is also engaging and fun to watch. I would definitely recommend his videos instead of scrolling through hours of cat videos.

Reformation of your prayer life is the most essential resolution you could make. The biggest thing I always struggle with for prayer is consistency. I always forget to pray or just get too lazy for it by the end of the day, but it is so important to connect with God and put him first so you can listen to His will. You can start the day of with a short decade of the rosary for an easy commitment to more prayer. Even if you do it on the car ride to school, this will help you get in a more prayerful mindset and open to seeing God in your day. It's also important to remember structured prayer like the rosary is essential. While simple prayers are effective, nothing is as powerful as the journey of a novena or a rosary.

It might seem obvious, but attend Mass more regularly. Going to Mass on Sunday is so important. If you already attend every Sunday, then I challenge you to pick a weekday and commit to going on that day as well. Going with a friend makes this challenge much easier, as you can't bail on them; it would be bad enough to abandon a friend, let alone God. Even if you have to sacrifice a bit more sleep to make that time for God, it will certainly pay off in the long term. Also, by waking up earlier you probably will have time to grab breakfast on the way to school. Although going to Mass is a reward in itself, getting Dunkin or Panera definitely doesn't hurt to lift one's spirits.

Look for service opportunities! Helping others is the best way to help yourself, and a little dose of selflessness never hurt anybody anyway. Donating to charities and organizations is another excellent way to give back and to strengthen your spiritual life. If you're looking for a place to volunteer, try the Catholic Harvest Food Pantry. It's amazing having such a direct impact on peoples lives!

There are so many ways to help improve your spiritual life, and even if you choose just one to add to your resolutions, I hope it can help you grow closer to your goals. Don't give up in February; create habits that will last your whole life so you may take yourself closer to eternal happiness in the next.

World Cup Recap

by JOHN WEISSER

In the wake of the biggest world sporting event, this year in Qatar was one of the most eventful World Cups in recent history. From great victories to big upsets, this World Cup kept audiences on the edge of their seats.

Beginning in the group stage there were many big teams that did not perform well. The first major upset came to Argentina when they lost their streak for the second longest unbeaten streak in international football (soccer) losing due to many offsides calls in their 2-1 loss to Saudi Arabia.

The following day the underdogs with the best fans in the tournament, Japan, beat the 2014 World Cup winners Germany with two late goals.

Throughout the rest of the group stage, there continued to be large upsets such as powerhouse Belgium's 2-0 loss to Morocco, Tunisia's win over 2018 World Cup winners France, Cameroon beating favorites Brazil 1-0, and Japan once again upsetting favorite Spain.

Overall, the group stage was definitely a bracket-breaker with so many upsets and so many big teams like Germany and Belgium not advancing to the knockout stage.

The knockout stage itself also had some great excitement. After one of the greatest performances in recent American soccer history, the team was knocked out by the Netherlands in a 3-1 loss. Despite being knocked out this early, this has marked a change in the American team's performance showing definite development in the US program.

In a major upset, Morocco knocked out Spain in penalty kicks, 1 of 3 matches in the round of 16 which went to penalty kicks. The Moroccan team was the biggest underdog of the tournament progressing to the semi-finals and knocking out some tournament favorites.

The quarter-finals saw the downfall of Brazilian fans as their team was knocked out by Croatia, a team which though never considered a powerhouse, has performed extremely well in the past two tournaments.

Then, in the most heated game of the tournament, Argentina knocked out the Netherlands in penalties in a game with the most yellow cards in history, 14, after both benches cleared and fought on the field. By far it was the most aggressive game in the World Cup.

England lost to rivals France in a close 2-1 loss, but not before Morocco knocked out Portugal to the dismay of Ronaldo fans. On that note, throughout the tournament, the famous and record-breaking player performed very poorly, even being benched and brought on as a substitute in the final few matches.

Despite being the semi-finals, the two games were relatively uneventful with two decisive victories by Argentina and France setting up for one of the best World Cup finals and soccer games in history.

Before the big game, Croatia defeated Morocco for a 3rd place finish following last year's 2nd place finish solidifying them as both a quality and competitive team to be feared in future global competition. However, this will sadly be the last World Cup for Croatian legend Luka Modrić and in future competitions, the team will have to work and play at the same level without him.

Then came the best final the World Cup may have seen or will ever see. With living legend Messi and future legend Mbappe facing off. The first half was dominated by the Argentine players. Messi started off the scoring with a penalty kick given up by Dembele making Messi the first player to score in every part of the World Cup, Group Stage, Round of 16, Quarter-, Semi-, and Final games. This was followed by a goal from Di Maria from an amazing passing string to make it 2-0. At this point in the game, France looked less like it was competing and looking more just to make it to half time even making two first-half substitutions which was embarrassing for players Giroud and Dembele who were subbed out.

However, Mbappe refused to let his team go down quietly by scoring two goals in quick succession to tie the game and send it into overtime, but not before the French goalkeeper, Hugo Lloris, made an amazing save to prevent Messi from finishing the game in regular time.

The first half of overtime was stressful, but not overly eventful. However, in the second half of overtime Messi scored to complete his brace. But again Mbappe came back to equalize off of a penalty kick and complete his hat trick. Then after an amazing save from the Argentine goalkeeper, the game went to penalty kicks.

In an intense penalty shootout, Argentina won its first World Cup since 1986. Messi again set a record by being the only player to have won two golden balls and having the greatest number of goal contributions at World Cups (with 13 goals and 8 assists). Being 34 he commented that he will not be playing in another World Cup, but wants to play for Argentina for a little while longer so he can finally play in a kit with the World Cup emblem on it.

Overall, this World Cup was one with perhaps the most unexpected results. With underdogs like Japan and Morocco outplaying classically well performing teams like Belgium and Germany, original predictions for the World Cup definitely did not match the reality of what came to pass at the World Cup. This just goes to show that even elite and professional athletes can perform wildly different in some situations. Multiple different factors including training, coaches, and even personal lives can affect a team's success. But what truly proves a team's worth is their consistency and teamwork, which can often overshadow the individual setbacks of the team, thus allowing for upsets as seen in his World Cup.

Looking forward, the next World Cup will take place in the countries of Canada, the USA, and Mexico as a collaboration World Cup much to the delight of the growing soccer following in the United States. The results of this World Cup promise that the next one will be even harder to predict with the balance of soccer power being more evenly distributed throughout the world. Morocco became the first African nation to advance to the semifinals and Asian teams like Japan produced surprising results. Maybe in the next few World Cups, a team that does not originate from Europe or South America will earn the new World Cup trophy and solidify soccer's position as a world sport for all people.

Contemporary Recycling and Disposal: A Look Into U.S. Ecology

by MIRANDA KOVACH

Anytime you travel over the winter, the wings of the plane you take must first be sprayed with a deicer, an antifreeze substance of sorts. Just like this, there are so many practices that are necessary for the safety of people, but simultaneously toxic to the environment. Where do you think all that antifreeze goes? This is just one of the numerous jobs that companies like U.S. Ecology take on. These types of chemicals must be kept out of stormwater drains and such, yet still kept in the system of usage. "That is a very common but unrealized practice," says project engineer for the U.S. Ecology corporate group Brad Cummock.

I had the pleasure to interview Mr. Cummock about him, and what his company does in York and across the country. He specializes in capital upgrades at sites and growth initiatives for this second-largest waste company in the U.S., even recently purchased by Republic Services this year. "U.S. Ecology is progressing dramatically by becoming a part of Republic Services," he claims. Cummock is a chemical engineer who pursues environmental engineering. He reviews and stamps permits and puts away a bond to clean up facilities. He even has engineer stamps in Illinois, Ohio, and Pennsylvania, but U.S. Ecology is about more than just one individual skill set: it's about the necessary complexity of so many experts working together.

The company follows an established hierarchy with recyclables at the top, followed by reusables, and finally incinerables. Working on the back side of the supply chain, they have contracts with companies like Amazon to take what gets returned, "anything from bad coconut milk to lithium batteries." Their goal is to do everything in their power to move materials up the hierarchy in an effort to better the conditions of

the world we live in. "Our society needs distribution." It's something America relies upon and still can, as long as companies like U.S. Ecology continue to take that initiative to make the national market safer for the earth, rather than get rid of it all together. The hierarchy involves "the whole array of waste types" as they "recycle where possible, reuse when they can't, and dispose" as the last option.

"As a society, we are still very much using stuff and throwing it out," he says. Think about cooking oil, dried guava, and coconut oil- all these items need the stuff removed from within them that will contaminate the environment. Recycling has become a huge factor in this cycle, even just efforts at it. "To be better we have grown in the retail business...they have regulations...the list is becoming larger and larger." Raw materials and reused materials both go into the creation of a product. Now, because of new findings concerning what can and can't go into the environment, U.S. Ecology works to make their methods meet that of what is currently acceptable ecologically.

Waste from the construction of the Baltimore harbor was found to be leeching not too long ago. "Somebody has to manage that. It's called stabilization," he says. If a hurricane destroys a business and all the substances are released, that needs to be cleaned up. "We take waste fuel and use it in the industry as an alternative fuel," he explains. A chemical used in fire-fighting doesn't have the ability to break down, so their company removes the contaminate so it doesn't find its way into drinking water.

U.S. Ecology has, or is working with companies like Harley Davidson, Caterpillar, Nutec, CRDC, etc; Cummock's company is made up of "collectors and managers." They are involved in welding firms, Transply,

internet service providers, modern landfills, and more. The importance of establishing relationships with these types of companies is immense as they rely on each other for the other's expertise. What would happen if American companies instead relied only on their own aptitude? It would be disastrous; there are so many steps to the waste disposal chain and each step requires a different occupation- those that disperse necessary wastes, dispose of necessary wastes, or recycle necessary wastes.

But why should this matter to high school students? U.S. Ecology works hand in hand with HACC, central Pennsylvania's community college, to look for employable students. "A person with a high school degree and the ambition to grow and learn- we would take them in," says Cummock. The company has even offered to pay for the education of those who choose to pursue even more past their degree. Many of their employees are straight out of college or military. They only require candidates to be at least eighteen years old; this includes annual physicals and constant training "that makes you more skilled if you want to move on." It is a great opportunity for those hesitant concerning their future occupation. "If they like to be in the environmental field," U.S. Ecology is extremely diverse in opportunity- think managers, accountants, specialists in radioactivity, etc. Cummock stresses, "Don't get held up on the words hazardous or wastes."

It's amazing how many careers are disregarded or never even heard of, making it all the more important to practice openness for your future. U.S. Ecology is just one of a vast set of options for those hoping to chase occupations that seek to improve the world we live in, specifically the environment we so quickly and frequently overlook.

GHOSTS BUSTED

by LUIS NGUGEN

Regardless of whether you believe in ghosts or not, most people love to listen to those scary stories that people tell beside a campfire. Dr. Leo Motter of Maggie Motter (12) and Ruth Motter (8) fame, has compiled a list of haunts in his book titled, *Haunted Places in York County Pennsylvania*. Don't worry. He hasn't seen any ghosts... yet. He began the collection when he realized "Hey, we know a lot of ghost stories, we should put this in a book," and he turned all of those stories into a novel. Let's take a little look at some of the creepy places you could visit today.

When you're driving around Lewisberry and find yourself at the intersection of Pleasant View Road and Wyndamere Road, make sure to watch for the students that will push your car. Don't worry, these ghosts won't try to harm you or scare you. They're here to

help.

The legend says a bus full of football players coming home from an away football game all tragically died in a road accident, and after the day of the crash, cars have miraculously been pushed against gravity on the road. People say the cars are being pushed by the football players who passed away, trying to prevent another accident from happening.

When you put a level alongside the road however, science tells a different story. When the car drifts back, it goes WITH gravity, not against it. People only think it is going against gravity due to the scenery and environment. It's a natural optical illusion. Although the football player story is nice, gravity is making your car go backwards, not the spirit of a long forgotten offensive line.

If kindhearted ghosts aren't your

jam, maybe you'll enjoy reading about a mischievous one. In the late 1800s, between Philadelphia Street and Market Street, there once was an imp who played tricks on the innocent denizens of York. He would transform into people and inanimate objects, playing pranks.

According to legend, he once turned into a barrel of mead and rolled down steps, threatening to roll people over. After a few years of his hijinks however, the imp suddenly disappeared, never to be seen again. The evidence was mostly gathered by drunk men who recently left taverns, so I am sad to say the imp might have just been imagination.

One story that is not in the book is one of a girl who wanders the hallways of York Hospital, staring at dying patients. Dr. Motter opted not to put any York Hospital haunts into his novel be-

cause he was afraid people would be scared of the hospital, but he told me one story. "Two people were dying on opposite sides of the hallway and a nurse was with one patient, and the patient pointed and said, 'who's that little girl', the nurse went to the other and he asked the same thing."

Two patients who could not have interacted with each other, were both seeing the same thing. It's normal for people to hallucinate when they're near death, but it's unheard of for two people to be hallucinating the same thing. The assumption would then be that those two people were not hallucinating, but seeing the same ghost. Dr. Motter questions, "when you're dying, can you see people that have passed away?" Maybe there's something behind that, but to keep my ghost busting score at a 100%, I am saying it was a freak coincidence.

Recycling Revamp

by MAKENZI MICHAEL

Stewards of the Earth, moderated by Mr. G, have reintroduced paper recycling to YC. As seen in the classrooms and hallways, you can now recycle your paper instead of throwing it in the trash. Be on the lookout for recycling posters telling you the proper way to recycle your paper. One important thing is to not crumble up your paper into a ball before throwing it in the bin.

The recycling program is here to stay so make sure you are recycling properly to make things easier for Mr. G and the Stewards of the Earth. Be sure to take advantage of recycling to help make the earth a better place for us and future generations.

According to the Saint Charles County website, 1 billion trees worth of paper is thrown away and not recycled every year. Even though we as a school cannot make up for this loss, any small action can help lower this number. Any piece of paper that you can recycle instead of throwing away is going to make a difference.

You may be wondering why paper recycling disappeared from the school halls in the first place. In York, Pa, all paper recycling must be separated from

the other recyclables. Due to this, paper recycling becomes very difficult and hard to manage. But thanks to this new system, the paper that is placed in the recycling box will be bagged up and taken to sites that are specifically for collecting paper to recycle it. Mr. G and other stewards have agreed to take time out of their day to transfer the paper recycling, so please recycle responsibly so all the paper might be eligible for recycling.

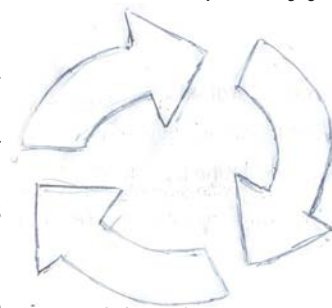
If you are interested in helping this cause be sure to talk to Mr. G about joining Stewards of the Earth to see what you can do to help. While this is only the beginning of the program, it is our hope that this can be successful and continue in future.

If you are interested in participating at home I am pleased to share some of York County's rules for paper recycling. This includes cards and cardboard to a certain extent. According to pennwaste.com, all paper products must be separated from the other recyclables in order to be recycled. All cardboard boxes are to be broken down completely so they may be recycled. Paper recycling must be taken to places that collect it and cardboard boxes can be placed on the

curb to be picked up as long as they are as flat as possible. If you are interested in your own county for Maryland readers, you can find this information by looking up paper recycling rules and attaching your county name on the end.

Not only does recycling reduce waste, but it also reduces greenhouse gas emissions by lowering energy consumption. It also helps conserve resources, reduce water pollution, and even improve the quality of air. If everyone in America were to recycle, we would reduce our carbon emissions by gigatons by the year 2050. In other words, simply recycling will make the world a better place by your forties if you're in high school right now. All of those benefits from simply sorting your trash are definitely worth it!

Be sure to remember to recycle your paper next semester, especially after that midterm folder clean out.



Artwork by ASHLYN MULLIGAN

VIVACIOUS VOLCANOES

by JUSTIN MELHORN

At the family dinner table each evening—with the news running softly in the background—I've noticed an increase in the number of stories on erupting volcanoes. All across the world volcanoes have been bursting, bubbling, and boiling; despite this, these frequent stories are brushed aside in favor of more sensational scenarios.

CBS News reported in late September that a volcanic eruption in the southwest Pacific gave rise to a new small island. Although this effect is not out of the ordinary for oceanic eruptions, what is important is that this was preceded in January by the eruption of a volcano on the Pacific Island nation of Tonga.

Tonga's eruption caused a massive tsunami that devastated the small nation. Aid and communication were also made nigh impossible due to thick ash clouds and acid rain the volcano caused. An underwater volcano that had the tip just above water level destroyed that portion with the force of the explosion.

So how does this relate to September's smaller eruption? The seafloor ridge between New Zealand and Tonga is a hotbed for volcanic activity. With the highest density of undersea volcanoes in the world, these mountains could prove devastating given enough eruptions at once.

But New Zealand isn't the only area experiencing eruptions this year. As EarthSky reported on November 29, the Mauna Loa volcano in the United States—the world's largest active volcano—began erupting on November 27 for the first time since 1984. Although civilian evacuation hasn't been mandated, some are leaving prematurely in order to prepare.

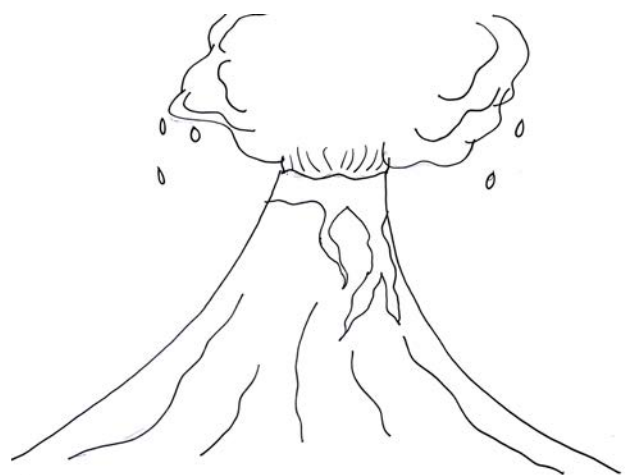
It doesn't help that neighboring Kilauea is erupting at the same time. The double eruptions are unrelated in the sense that they are linked to different magma systems, but there may be a connection between them—and even eruptions worldwide—that most people seem to forget about.

It's common knowledge that global warming is causing a host of weather and environmental issues. Volcanoes, surprisingly enough, are one of those issues. NPR, back in December 2017, covered a research project by Graeme T. Swindles, an associate professor of Earth system dynamics at the University of Leeds. Professor Swindles and his team discovered that, looking at historical data of eruptions, they were less frequent and of a smaller magnitude when the climate cooled and ice coverage increased. When there was less ice and warmer conditions, they found the number of eruptions slowly but surely increased.

How do glaciers affect something seemingly so unrelated? As Swindles himself stated in the NPR article, "after glaciers are removed the surface pressure decreases, and the magmas more easily propagate to the surface and thus erupt." Increased global warming most likely is having an effect on these recent eruptions, as with glaciers melting and sea levels rising pressure is most likely decreasing.

Perhaps this rise in eruptions can demonstrate the very real effects of global warming we so often ignore in our day to day lives. Volcanoes spew toxic ash and chemicals into the atmosphere, ones that have dangerous consequences for the ecosystems surrounding them. Hopefully we can respond fast enough and enact change, before the consequences of our actions erupt into much larger issues.

We need to act if we hope to prevent more environmental crises from occurring. Recycling, cutting back on our usage of disposable trash, and using reusable items like our very own YC water bottles are a great step in the right direction. Everything can start with just a small step; take a step in the right direction



Artwork by MAKENZIE MICHAEL

Positively Pickleball

by LUIS NGUYEN

Looking out the window during the first quarter, I've always wondered how people find the time to play pickleball for hours every single day. I questioned the path of my life. If I couldn't use my time to play pickleball when I retire, would I ever consider myself successful?

I thought I would never know, but I learned that some of the faculty here play this mysterious sport. I was able to speak with Ms. Staats, one of the teachers that actively plays, and I instantly saw her love for pickleball.

Stepping into the classroom, she showed me the mini pickleball keychain one of her friends got for her. Ms. Staats was actually introduced to pickleball because of her friend. When asked why she chose pickleball, she answered, "we were looking for something different to do. I thought we would like something new." After signing herself up for local pickleball classes, she fell in love with the sport.

Her love for pickleball showed itself through very thorough explanations of the rules. I won't bother with telling you every rule, but Ms. Staats drew me a whole model of the pickleball courts. I learned there is a corner of the court specifically for new people, but the question is, how did pickleball become so popular?

From what I gathered, pickleball allows older people to remain healthy. Instead of just staying at home, people can break a sweat and exercise regularly. Ms. Staats herself claims the sport is "vigorous enough where it gets the heart running, but not enough to struggle." If you've ever played pickleball in gym class, you know that tired feeling after trying to chase after the ball for thirty minutes.

Ms. Staats also told me the welcoming nature of the pickleball players. When you want to play, they "immediately acknowledge your existence and they just rotate you into the game." When you see people play, it's usually 2 versus 2, but after a game finishes, you don't play with the same teammates. You actually have to play with one of your opponents, so there is a lot of friendship and camaraderie.

So, why is pickleball even called pickleball in the first place? Pickleball was created as a family game so that everyone could play. They used a lowered volleyball net, wiffle balls, and ping pong paddles. The family that invented the game owned a dog named Pickle. Whenever the wiffle ball would roll away, Pickle would bring the ball back, creating the first game of "Pickle's Ball."

The biggest question I had was "where did all of these pickleballers come from?" I found the answer in the White Rose Pickleball Association. I always wondered who paid for the pickleball courts beside YC, and now I've learned that there is a whole organization paying for new pickleball courts. The droves of pickleballers that all of us saw in the fall were all members of the White Rose Pickleball Association, and their numbers are only going to grow in the spring.

Now unfortunately, I looked it up and Pickleball is regretfully not an Olympic sport. It is clearly our purpose to bring such a wonderful sport into the world's eye by petitioning for it to become an Olympic sport. It is our prerogative to share such an American tradition with those who are sadly ignorant of such an amazing sport.

Pickleball is here to stay, and it's only going to grow. It's a great sport for people to get their exercise while not having to exert themselves too much, and there's an ever growing community that will keep attracting more players. In my opinion, I feel like all of us might need to learn how to play pickleball. We might not be able to escape it soon.

POLITICAL PERSPECTIVES

by JOHN WEISSER

Crypto King Charged with Fraud

Sam Bankman-Fried, FTX founder and ex-CEO, was arrested in the Bahamas on counts of fraud and money laundering. His company FTX, which dealt in cryptocurrency trading and hedge funds, was deemed to be a "house of cards" by the federal prosecutors. Through fraudulent means, Bankman-Fried cheated around 90 U.S. investors out of nearly 1.1 billion dollars. Currently, he is being charged with 8 separate criminal charges related to his fraud which, if he were convicted on all accounts, would total up to 115 years in federal prison. While the trial continues, giants such as Amazon and Apple have already started securing film rights to his story for documentaries about Bankman-Fried because of how big a name he was in the crypto world.

Why Care?

The charges brought against Bankman-Fried represent a major step by the U.S. Securities and Exchange Commission (SEC) to regulate emerging forms of trading and investment and particularly cryptocurrency. As one government official noted, "crypto platforms ... need to come into compliance with our laws." In earlier days of the cryptocurrency emergence, government regulation was much looser because this type of investment and exchange was still evolving. Thus, by making the decision to start laying down the law through such a criminal case, the government is showing that this emergence stage of crypto is over and that it, like all other investment forms, will be regulated by the government. This case might even be the tip of an iceberg in which the government starts to regulate formerly emerging internet companies, even moving to regulate social media or place more legislation in the internet domain.

Chinese Protest Covid-19 Restrictions

Beginning in late November, protests broke out across China in response to the continual enforcement of stringent, state-enacted Covid-19 policies. China's "Zero-Covid" policy included such restrictions as isolating cities and preventing transportation in and out of hotspot areas, forcing people to stay at their workplace and not return home for a significant period of time in the event of a Covid outbreak, and frequent state enforced testing. The protests against such policies have been some of the biggest demonstrations against the Chinese government and policies since Tiananmen Square. The country's policies are being changed as a result of the protest, despite many of the protests being firmly stamped out overnight by the security state. Not only was there physical police resistance and threats by officials warning demonstrators not to demonstrate again, but officers were also given permission to stop and search citizens' phones in case they were trying to leak protest photos or evidence to social media and bypass Chinese censorship programs.

Why Care?

Despite the overnight turnaround which stopped the demonstrations, as stated above, China has agreed to change some of its strict policies which have been in place for over 2 years to make more lenient and accommodating to the Chinese people. This decision by the government is in some sense surprising because the classically authoritarian and unyielding Chinese government has made concessions to the voices of the people. Even though the protests were met with similar levels of animosity and censorship as was evident throughout histories such as at Tiananmen Square and the Hong Kong riots, the state has at least heard and responded to the voice of the people despite China's anti-democrat society. This may represent a slight shift in policy by the Chinese dictator Xi Jinping to allow some leniency toward the Chinese public.

Gas Prices Dropping

Since last February when Russian forces invaded Ukraine, to the dismay of many drivers, gasoline prices soared through the roof and remained high throughout the summer. However, as some may have observed, gas prices have begun to drop slightly, reaching an average of \$3.33 per gallon just beating out the \$3.34 per gallon average at this time last year. This change is the result of multiple factors such as decreased energy demand as the world prepares for a global recession, the drop in crude oil prices, and some states lowering or suspending gas taxes.

Why Care?

To the dismay of many drivers, however, it is uncertain how long these prices will continue to drop or even stay steady. Not only is it a normal trend that gas prices drop going into December and pick back up in January, a number of outside and unpredictable factors influence these prices. For example the continual conflict in Ukraine will always unpredictably affect the price of gas, but many other events such as the aforementioned change in Chinese Covid-19 policies will increase demand as people are allowed to travel more around the country. However, the aforementioned expected global recession also may combat this increase in energy demands and for this reason, a continual drop in gas prices cannot be predicted.

No Fear niches

by SOPHIE FRASER

The world of fashion is rapidly evolving. Ever since the internet became prevalent, trends are surfacing more rapidly than designers can manage to keep up with. As a result, some rather niche styles have surfaced in the world of fashion.

Rather than one trending style, a slew of styles with vastly different color schemes and functions are circulating, many of which have been popularized on TikTok. Some of these aesthetics include academia, cottagecore, y2k, coquette, old money, and coastal grandmother (yes, this is an actual style), though there are many more.

Many of the students at York Catholic have embraced these niche styles, creating a diverse and varying range of aesthetics at our school. Rather than imitating styles seen online, the students at York Catholic opt to blaze their own path in the fashion world with their distinct looks.

When asked to define their style, the students at YC had some excellent responses. Grace Oakham (9) likes to dress both comfy and cute, opting to wear "pastels" and "heavy and baggy clothing that's still fashionable." Anamaris Reynoso (9) embraces the newly trending style "dark academia" but adds her own spin on it by incorporating elements of "goblin core." Don't be fooled by the name; goblin core isn't about dressing like a goblin but rather dressing in earth tones and woody patterns.

In fashion, what comes around, goes around. With the recent resurgence of the early 2000s styles, the niche aesthetic "y2k" has emerged. Fahra Gwynn (11) embraces this style, gravitating towards "bright colors and butterfly clips" with her own touch of originality. Olivia Ebel (12) takes inspiration from a style that emerged in the 80s, dressing like a "fancy and macabre goth."

Many students described their styles as taking inspiration from what's trending for different age groups, such as Ana Cartwright (12) who describes her style as "grunge toddler" or Caitlyn Noll (12) who describes her style as "sad grandpa on his way to the supermarket." Kolsen Kanatzer embraces his soon approaching graduation from high school by dressing "neoclassical with a hint of college student." While he could not quite pinpoint what he meant by "neoclassical," he felt that the word resonated with the way he dressed.

Some of the students take inspiration from very specific people or objects. Mostly dressing in flannels and hoodies, Luke Maly (12) describes his style as

being like a "tired dad." Maxwell Humphris (12) likes to take inspiration from his favorite type of store by dressing like a "bookstore dumpster."

Some people had a hard time describing their style with words, finding them too limiting. Describing her style as "OOH," Rachel Beck (12) keeps her clothing authentic, distinct, and completely unique to her own taste. Ivette Hernandez (12) describes her style as "having an identity crisis," which, similarly to Rachel, reveals her unwillingness to conform to one style.

There seems to be a trend at YC about not wanting to be pigeonholed into a singular style. Alicia Lozada (12) tends to dress with "earthy skater vibes," but she mostly just wears "whatever makes her feel pretty." Making his clothing both stylish and affordable, Dominic Anzalone (12) wears mostly "thrifted clothes, or whatever he can find." Katarina Kierkegaard (12) goes as far as to say her style is so eclectic that it "changes every day." She is constantly delving into new, unique styles and experimenting with the clothing she has.

Another fairly common style stems from the students regularly wearing uniforms. Katarina also remarked that "it's harder to define our styles because we spend most of our time at school" whereas the public school students spend every day putting outfits together. As a result, people like Andrew Giesselbach (10) tend to just wear "whatever they have," not wanting to wear anything too fancy after wearing a uniform all day. Jessica Daugherty (12), Adeline Philips (12), Grace Grandas (12), and Kathleen McKeague (12), Norah Sweigert (11), and Scout Miller (11) all said they value "comfort over everything else" when it comes to what they wear.

The teachers also have their own senses of style. Ms. Grippi dresses in "dark academia" clothing, or in other words, "art school clothing." Mr. Graf was not as descriptive, reducing his style to one word: awkward.

It's obvious that when it comes to style, the York Catholic students excel. We've been taught to dress for excellence no matter what aesthetic we embrace, and let me just say, we absolutely serve. Maybe it's true that "we haven't worn real clothing in a hot minute" in the words of Emily Raugh (12) who goes straight from wearing her uniform to sweatpants or pajamas in the winter, but come springtime you can expect the students at YC will continue to flourish as a student body of wonderfully diverse fashion.

The "Do Nothing" Campout

by MAKENZI MICHAEL

It's almost like the flu; it occurs every year no matter how we try to avoid it, and it always gets the better of us. If you're looking for efficient ways to study for your midterms, let me tell you that going to Panera after school with your friends will accomplish nothing. Save the trip for after the midterms during early dismissal. But this is not about how to study for the midterms because frankly, that is incredibly boring, and I don't want to write about that; you're going to skip over it to a more interesting article. Hopefully this title is enough to reel you in.

This should be a time of stress relief, a time for doing nothing and being an absolute lazy bum. Some friends and I in Girl Scouts like to do what we call the "do nothing campout" the weekend after midterms. Last year, I sat in a chair next to a fire and read the whole time and ate too many cheeseballs and drank way too much tea (compliments of the Motter family). You might think that's an interesting combination, well at "do nothing campout," nothing matters. So yes, I ate cheeseballs and drank tea while sitting at the fire and let me tell you it was glorious.

The things I would do to relieve that feeling once again. This campout was so great to rejuvenate myself to get through the second semester that my Girl Scout troop and I already have planned to do it again. Part of me wishes (and needs) to do this every weekend after school, but I have work, family, and things to do on my short breaks away from school.

I could not be more ecstatic about this year's camping trip. I already have the book (hopefully books) I plan to read, and now that I have learned to crochet, I will bring that along as well. Midterms have always been stressful for everyone and sometimes our minds and bodies need a break from society, school, and social media for a good two to three days.

Yes, that's right, I said social media. You can go ahead and forget about bringing any sort of electronic device on this camping trip as they are strictly banned for the good of your mind. Not bringing my phone has such a large impact on my experience and lowers my stress levels. Trust me, it's actually not that difficult. You probably won't have service anyway while camping. All you need to de-stress is a good book or another calming activity, some great friends, beautiful nature, and a food course. Even though this time of year is cold, being in nature and taking those short walks to stock up on wood are some of my favorite parts about this campout.

Nature just has this magical quality of removing all my stressors and allowing me to live in the moment. This isn't something you will be able to find by spending the weekend in bed watching Netflix.



Artwork by MIRANDA KOVACH

Over Zelis Advice: Speech Week

by MARY ZELIS

Speech week might seem like miles away, and many of you readers at York Catholic may not even be planning on participating in it; however, despite the general consensus for the anxiety-inducing ritual, public speaking seems to infiltrate our lives in all classes.

Personally, I have experienced many opportunities of public speaking, some of them self-induced, and have found that as time goes on, it always gets easier. With all my experience, I have a few tips I hope can help you in all your future speech endeavors.

1. Recite, recite, and repeat: Personally, I always start by looking at myself in the mirror and trying to recite over and over the whole thing. Then, I go to trouble spots where I mess up the wording. It's tedious, but repetition works.

Often, when I spend enough time memorizing by repeating, writing the speech down and just exposing myself to what I have to say, then I simply go on autopilot when the time actually comes, and perform without having to think about my nerves. In particular, taking a video of yourself can be really helpful—this way, you can either listen to what you say, or you can even see your inflection and body language when you perform, both of which are essential to an improved performance.

2. Perform with an audience: I know personally that I can have something I am going to say down pat, I know all the words, they are flowing from my mouth, then when I get up to perform, I completely forget. Something about presenting in front of real-life people changes everything. Everything you thought you knew goes out the door in an instant when you are faced with a live audience. You know how in movies, some quirky protagonist rehearses a breakup in front of a bright pink bed full of stuffed animals? That's the cringiness we're going for but with preferably real people.

3. Stand firm and be aware of your body language: I know you are going to want to move around and fidget when you are at the podium; it's just part of nature to act that way when you are nervous. However, when you move without purpose, it just makes the nervousness apparent to everyone around you. Also, staying in a power stance forces people to focus on what you're saying instead of any movement you are making. Gesturing is beyond important in helping to emphasize points, but it can be overused and thus should be proper and sparing.

4. Talk about something that interests you: If you choose something boring, or you don't like what you write about, everyone else can tell. It's going to take so much more effort to pretend to care about something blatantly insignificant in your life.

5. Mechanics: There are so many little things to focus on, but there are two that I'm going to specifically speak to. Firstly, you must convey emotion and expression. Without emotion, a speech is merely a collection of words arranged in a logical order. Another thing that often creates problems is breathing. Remembering to breathe is often an issue when you get nervous, and planning breathing spots will help solve that problem.

To be honest, the biggest thing I would say is that if you have trouble with public speaking, by exposing yourself to the thing you fear you will realize that it isn't as scary as it once seemed. It makes you a stronger person in the future when you can express yourself properly to others. It's a chance to communicate your own story or opinions without interruption.

Best Oscar Moments

by REAGAN CHERAMIE

The Oscars are a time for the “Hollywood royalty” to become more famous than they already are. It is a time for them to be awarded for their profession, because being an actor surely warrants this type of recognition; certainly more than a doctor or a lawyer. But, most of all, the Oscars are an entertainment platform for the public’s judgment. It is quite enjoyable to criticize those who have won, saying, “No, they don’t deserve that!” Or, it is fun to cheer for the actors whom you were rooting for. It is even worth watching the Oscars to laugh at the hilarious skits and roasts thrown at the actors in attendance.

Speaking of which, during the 2022 Oscars, one of the hosts, Amy Schumer, threw multiple jabs around to various actors. But, the most memorable of her jabs was one directed at Leonardo DiCaprio. It is well known that he has done much philanthropy work regarding the environment. Adding on to this, Schumer said, “He has done so much to fight climate change and leave behind a cleaner, greener planet for his girlfriends. Because he is older and they are younger.” I would definitely not want to be DiCaprio’s date that night. Or be sitting in his general vicinity during this awkward moment.

During the 2017 Oscars, the “Best Picture” Award was unfortunately subject to the 2015 Steve Harvey’s Miss Universe error. The star from the film, *La La Land*, were first called for this award, and after Ryan Gosling and Emma Stone had made it on stage and began their acceptance speech, the correction was finally made with a very awkward interruption. The film *Moonlight* was announced as “Best Picture” instead.

We all love the *Hunger Games* actress, Jennifer Lawrence. But, she had a very unfortunate incident during the 2013 Oscars as she was walking up the steps, about to receive her award for the film, *Silver Linings Playbook*. Long story short, she fell. But, to her credit, she handled this little setback very well, laughing while claiming to have forgotten to adjust the train of her gown while walk-

ing up the steps.

During the 2014 Oscars, the host, John Travolta, got a little nervous and completely butchered Idina Menzel’s name. As he was introducing her to sing the song, “Let It Go,” he said, on quote, “Please welcome the wickedly talented, the one and only, Adele Dazeem!” Idina Menzel, Adele Dazeem, this isn’t Grease Lightning John Travolta.

During the 2011 Oscars, Anne Hathaway and James Franco were co-hosts. Unfortunately, instead of making the audience laugh, they successfully made them cringe. This was most likely due to the hosts’ terrible on screen chemistry. I could not even watch the rest of the clip, it was that awkward.

A small, but hilarious Oscar moment was in 2008 when the host, Ben Stiller, wore full *Avatar* makeup throughout the entire show. Another small, but memorable Oscar moment was in 2000, when the creators of the popular TV show, *South Park*, dressed up as Jennifer Lopez. Keep in mind the creators, Trey Parker and Matt Stone, were men dressed in gowns. Ellen DeGeneres’ “surprise pizza delivery” in the middle of the 2014 Oscars (Brad Pitt helped pass out plates) was also quite funny.

Last but not least, the best, most shocking, Oscar moment of all time was “The Slap,” in the 2022 Oscars. Chris Rock made a joke about Will Smith’s wife’s bald head, which she has been shaving due to the fact that she has alopecia areata. Unfortunately for Chris Rock, this was not the right joke to make. Will Smith stormed onto the stage and slapped Chris Rock across the face.

Even though it was not created for this purpose, the Academy Awards are a wonderful way to watch celebrities make fools of themselves. The Oscars remind us that every person, no matter how famous, carries human error. It reminds the public that even though society deems those attending the Oscars as some of the most successful people in America, everyone makes mistakes and gets laughed at.

Quintessential Cartoons

by CARTER SCAPPA

Take a second to flash back. I mean way back, back to when you were a little preschooler, waking up on Saturday mornings and heading straight downstairs to turn on the TV. We used to go straight to our favorite cartoon shows that made us laugh while eating breakfast and starting the day off the way we like it. You may all remember the quote “laughter is the best medicine.” When watching your favorite shows it truly is the best medicine. When asking Luke Campbell (11) about whether he thinks children develop properly watching cartoons he commented “as long as they are watching ones that are mature for them with not too much violence, then it helps them develop properly.”

There have been plenty of cartoons that were created around 50-60 years ago and they are still watched by young kids. The main ones that you may know that were created in the 1960s and 70s for example were *Scooby Doo*, *The Pink Panther*, *Flintstones*, *Tom and Jerry* and so many more. The majority of the time those shows would be featured on Boomerang and Cartoon Network early in the morning on weekends and during the middle of the days during the school week. Now if you wanted to view those shows you would have probably have to download them online or buy them through DVDs or VHSs tapes. There’s a reason the cartoons from the 60s and 70s have still been widely watched even today.

The 80’s and 90’s were a great time for cartoons as well. Those TV shows have a lot more that evolved into modernized movies and video games. That’s how much of an impact they’ve made. Those shows created lots of laughs and there was a lot more action involved. Those shows included *Transformers*, *Teenage Mutant Ninja Turtles*, and *Legend of Zelda*. Each show did have a little bit of comedy in them and they would normally air early on Sunday mornings.

When the 2000s happened cartoons were not like they used to be. Lots of new Cartoon TV shows were being created and the next generation was starting to happen upon a lot more channels on the TV, gaining rights to the cartoons; in the morning it would not be surprising to see children flipping through channels trying to decide what show to watch when there are two programs that they are interested in. There were lots of new cartoon shows happening and even today they are still being aired as reruns such as *Star Wars*, *Phineas and Ferb*, *Teen Titans*, and *Total Drama*. They are important to children because whenever a child sees merchandise of their favorite cartoon in the store they will still be interested in it because it will bring back a long term memory which they will never forget.

Cartoons are not just TV shows, they are also ways children can develop socially and emotionally. It also depends on how the show is written. For example if there is a show that is a little mature for a child that is around 5 years old and they are watching it. The TV show could cause bad habits and develop their social skills in a negative way. Cartoons also help younger children learn about the world around them and those things that could be life issues and ideas.

When parents are developing their young children there are lots of benefits when watching cartoons. Parents can bond really well with their children if they watch cartoons with them and have a good time laughing along to funny characters. The cartoons also can give the kids plenty of imagination and it inspires them to come up with ideas. Critical thinking is always an important skill that children need in order to develop and be successful in life. Cartoons can always provide a fun and educational experience for kids, offering plenty of benefits that can help them in the long run.

So next time you are watching TV take a minute and think about what it was like when you were watching TV as a younger child and remember all the TV shows you used to watch and know it has been beneficial. Children should watch Cartoons when they are at a young age and even they should take a minute and go check out the earlier ones just to see why it’s been popular for over 100 years.

Strictly Stoic

by SEAN WARREN

As an emotional, anxious, and severely inexperienced teenager, I would like to take some of your time to share something that has genuinely aided me in my pursuit for stability. Stoic philosophy was born around 2,300 years ago in Greece and it still exists today as a lens for looking at life that emphasizes the importance of letting go of the unnecessary in order to achieve that which benefits mankind.

Often, Stoicism is seen as a cold and unempathetic philosophy, even often portraying ‘stoic’ characters as stupid or ignorant, but this couldn’t be farther from the truth. Specifically, Stoicism can help individuals minimize their emotional and mental anguish while maximizing their impact on the world and on their own lives, even if you’re Catholic.

Firstly, the Stoics teach that we cannot become excessively saddened by the loss of something precious to us, whether it be a phone, a friend, or our own life. In Marcus Auerelius’s *Meditations* he quite bluntly states that loss is “nothing else than an operation of nature; and if any one is afraid of an operation of nature, he is a child.” A more eloquent way of putting it is that we must not be scared of loss because we never truly owned anything in the first place, rather, everything in our lives, and even our very life itself is a gift, and it is only natural that that gift should be returned at some point.

This concept alone is a massive piece of Stoicism, and can be applied practically to our lives by allowing us to recognize the goodness of those gifts we are given, even after they are lost. If someone in your family passes away it is not the time to grieve excessively, but rather to think back on all the love that was shared, knowing that you were given many good moments with them and were blessed to have been given that much. Additionally it lets us put our own lives in perspective, seeing every day as a gift, rather than another day of school or expectations.

Closely related to the prior point, the Stoics teach that we are given a limited amount of time on earth, and we must use this very time to both clear our minds and achieve all that we can for the world. Marcus Aurelius later writes “remember how long thou hast been putting off these things,” referring to all that of which we seem to constantly say we want to do, and yet we fall constantly short of. Marcus is pointing this out to make a point that in our current state of ambiguity and moral fog we cannot effectively achieve anything for ourselves. We so often settle for those things that are gratifying in the moment, just to put off the very thing that we know would bring us true pride and joy, hurting ourselves and those we know.

Realistically speaking we can change our lives by this teaching as we start to remove those things from our life that are unnecessary to our goals. Of course this does not have to be sudden or total in nature, rather, it is about the mindset of being goal oriented rather than gratification oriented.

Lastly, and again connected to the prior point, the Stoics teach us that we can never attain perfection on earth, and that we need not worry excessively on that fact. Marcus Auerelius commands that we “no longer either be dissatisfied with thy present lot, or shrink from the future.” Here, Marcus teaches that we may be in a horrible spot presently, but dwelling on it will only detract from our share in living life. If perfection were our expectation for the future, we would be eternally disappointed and overwhelmed, but if we accept the imperfection of today, it allows us to accept the imperfection of everyday life, thus allowing us to continue into the future.

Practically we can apply this to our lives by not allowing small hiccups in our journey to distract us or break us down. Failing one Spanish test in freshman year of high school will not end your future, and yet sometimes it feels that way. But we must simply accept that sometimes factors we cannot control will impact our goals, thus making perfection forever unattainable.

Next time you catch yourself doing something you don’t like, ask yourself why you are doing it. Is it for clout? grades? Do you even care? Make sure your motives are clearly to make yourself the best version of yourself, while also remaining humble, knowing that every other person you know is going through the same struggles as you. Take a deep breath, and focus on what you want for the future, and what you want to spread into the world.

This is only the tip of the iceberg of Stoicism, and if you wish to learn more about it you should certainly check out a podcast or a video or two. I know that by listening to the *Practical Stoicism* podcast everyday I have built up my own stoic barrier that will allow me to weather a lot more than I previously could. I hope you enjoyed reading and I hope that Stoicism will at least stick with you momentarily.

Van Gogh Away Climate Protestors!

by ASHLYN MULLIGAN

There is a new wave of protests taking place in some of the most guarded places in the world; famous artworks have been the new subject of climate protestors, who are attempting to garner conversation about the issue by throwing food at famous art works. Van Gogh's *Sunflowers* was splashed with soup, a Monet was marked with mashed potatoes, and even the most recognizable piece of art, the *Mona Lisa*, was hit by a cake, committed by a person disguising the cake in a wheelchair to get close to the painting (Time Magazine). Often, the protestors will then superglue themselves to the painting, and while no art has actually been destroyed, these demonstrations evoke the basic question on what makes a "good protest" and what are these people expecting to happen by performing these demonstrations.

The center of this protest attempts to critique the greater culture's care for these priceless arts in comparison to the seeming lack of care held for the irreplaceable planet. They hope to initiate conversation about the issue, despite the fact that these demonstrations have no real ability to make any progress toward climate change. Global Warming is unarguably highly discussed in the international political sphere so throwing art on a painting comes off as pointless, and if anything has inspired more public and media outrage than the divisive issue itself.

Among typical climate marches, social media campaigns, and the occasional person tied to a tree, these art splashes are not being labeled with the social-justice that is associated with the others. These acts of "non-violent civil disobedience" are ruthlessly attacked by media outlets, calling these protestors vandals and

spending more article space slandering their brazen disregard of culture rather than focusing on their message.

And beyond the news outlets, 46 percent of people's opinions of the climate movement actually went down, while only 13 percent went up according to a recent study conducted at University of Pennsylvania. Even liberals who usually overwhelmingly support climate action were turned off by the outrageous stunts, even if there was no property damage.

It's important to think about the efficacy of the message you are conveying rather than the shock factor of that message. Although vandalizing famous art may be shocking, it ultimately does nothing to actually inform the public on serious issues, and in fact, downplays those issues.

In today's world even kids our age have many ways to make public statements or encourage change without embarrassing ourselves in front of the whole world. The truth is that the truth is all that matters; shock factor means nothing without solid claims.

This ultimately outlines the problems in a lot of demonstrative protests--they are confusing in their message and don't bring much new to the table while alienating everyday folks who they are appealing to. In order for progress to get accomplished, the protests must directly connect to the cause being advocated for, moving things forward. While their passion for global peace is admirable, Climate change will not get better because someone threw some mashed potatoes on a painting; the only way for things to get better is to get more public support and organize direct legal action.



Artwork by ASHLYN MULLIGAN

PANCAKES

by REAGAN CHERAMIE

Warm, fluffy stacks of cake, drenched in butter and syrup, pure of imperfections. You easily cut into the layers with your knife, and use your fork to get a perfect bite of delicacy. Here is the Pancake, far older than waffles, and all the more delicious.

Judging off of taste, pancakes are far superior. Pancakes have a smooth consistency, where waffles are cursed with grooves and ridges that serve no purpose. Pancakes are soft and cakey, while waffles are too crunchy. Pancakes are also more filling than waffles because pancakes are denser. Waffles are deceiving and they seem like they are the same size as pancakes, but in reality, the pockets are thin and rob you of more carbohydrates.

Not to mention, pancakes are easier to eat. It is impossibly hard to spread butter over a waffle, where it is quite satisfying to spread butter over a pancake. In addition, pancakes taste better with syrup. The reason for this is because syrup soaks into pancakes, making each bite juicy and sweet. But, syrup gets stuck in the pockets of the waffles, preventing the absorption of syrup into the waffle.

The popular saying "respect your elders" applies to the relationship between pancakes and waffles. Pancakes were first made in 60 BC in ancient Greece, according to a poet who mentions pancakes in one of his writings. Waffles were not invented until the 14th to the 16th century, so they are like pancakes' younger, more inexperienced siblings. Pancake Day, or Shrove Tuesday, originated in 1100 AD. It is the day right before Ash Wednesday, or the day before Lent begins. In order to use all of the fattening products in the house, like eggs and milk, so that people could fast during Lent, people combined these ingredients with flour to make pancakes.

Pancakes are also a part of the unique tradition, "pancake races" which began on Shrove Tuesday in 1445, and continues today in many places in the United Kingdom. To compete in the race, people must walk/run in a line while holding a frying pan, and simultaneously tossing a pancake in it.

In the 1700s, chefs even began experimenting with adding fresh snow to their pancake mix to make the pancakes more light and fluffy. Interestingly, in the 1800s people stopped using brandy and wine in their pancake mixes, causing milk to be the favored ingredient in pancake mix. In addition, the 1870s gave way to the pancake being introduced to America, and Bisquick was commonly used to make pancakes even fluffier. That said, waffles wish they could have this sort of recognition.

Unlike waffles, one has a more personal relationship with pancakes because they require a more interactive process when being made. You have to watch the pancakes cook and, when the time is right, participate in the highly enjoyable activity of flipping the pancakes. As a result, pancakes are more fun to make. (It's not like you can flip waffles!)

On another note, waffles require a machine to be made, and not everyone has a waffle maker. But, almost everyone has a frying pan. This detail shows that waffles are only for those able to afford and maintain a waffle maker, so they are of course a little more "stuck up" and "bratty." However, pancakes are for everyone.

Making pancakes can even become a social activity you can do with your family and friends. You can even play games with them like, "Who can flip the most pancakes?" You can also make cute shapes out of pancakes, whereas it is more difficult to make different shapes out of waffles because to do so you need a certain type of waffle maker. Brianna Bradley, grade 11, says she prefers pancakes because they remind her of her early childhood. When she thinks of pancakes, she thinks of home. Pancakes have a quality of charm and warmth to them that is simply not able to be captured in the cold outer shell of a dingy waffle, especially not a toaster waffle.

Pancakes are a breakfast for all people. They not only taste better than waffles, but anyone can make them. They were created first for a reason, and every bite of a pancake is like tasting a little piece of heaven. In conclusion, pancakes are better than waffles.

VS

WAFFLES

by ASHLYN MULLIGAN

"And in the morning, I'm making waffles!" In 2001, Shrek's sidekick, Donkey, spoke on this widely unspoken issue--which is better Waffles or Pancakes? And let's just say that Donkey certainly knows a thing or two about a good breakfast as waffles are infinitely more convenient, versatile, and all around tastier than pancakes.

The origin of waffles is debated, with some saying their ancestry roots all the way back to ancient Greece, where they cooked them over fire between two hot-plates (although I like to think that Apollo himself gifted them to humanity), but the staple breakfast item didn't look like what we know it as until the Belgians added the indents characteristic with the food. And thank the waffles-lords they did, because this made the treat as versatile as it is today.

The indents allow waffles to perfectly ride the line between crispy and fluffy, and--of utmost importance--it allows them to hold more maple syrup within. And not to mention the versatility; fruits, ice cream, Nutella, chicken... waffles can be easily paired to fit any meal. Lastly, the constant maintenance required to flip and not burn the pancakes can be avoided with one of man's finest inventions, the waffle iron and without the chance of the final product getting soggy before the process is even complete.

The waffle is simply more convenient than the conventional pancake. While a pancake is simply one fat disk of spongy dough, a waffle is uniform and often even has convenient dividing lines that allow it to be broken into quarters to be saved or shared. More than this, waffles also come in toaster varieties that allow an individual to experience the goodness of waffles within minutes of waking up, truly a miracle of science. However, largely the most ignored pro of waffles is their ability to contain designs on their indented exteriors. This space could be used as advertisement, or even for fun designs, something the drab pancake lacks in its boring monochrome design.

To get an expert (and totally unbiased) opinion I talked to the self proclaimed "Waffle-Master" (according to a predominantly displayed business card) of Paper Moon Waffle Co. located in York's Downtown Market. He got very technical about their recipe, explaining that the root of the matter comes down to a waffle's more doughy batter rather than the runnier pancake mix. True waffle dough, made with yeast instead of baking soda, allows the waffles to fluff up more in the waffle iron. While the interior gets fluffier, the iron cooks each side, practically guaranteeing a crispy, burnless creation. I tested out his acclaimed "Liege Waffles" and must agree with him--he really is the Waffle Master.

I truly believe that many individuals who claim they dislike waffles, have simply not experienced a proper waffle in their life. Now whether this is the case due to poor cooking skills or poor taste is to be debated, but there is truthfully only one way to enjoy a waffle. A waffle must be fluffy and light on the inside while remaining delightfully crunchy on the outside. To achieve this a waffle should be eaten shortly after it has been made, giving it little time to become cold and stale.

Besides the odd ones who have made their passion waffles, I tested my hypothesis in the very cafeteria of York Catholic. The night before I whisked up some pancake and waffle batter, slaving away over the stove for the pancakes and enjoying as the waffle iron did all the hard labor for me. I made sure there were 50 pieces of both breakfast items and told students to pick only one. Waffles won by a landslide, with only 19/50 pieces remaining, while pancakes were left with a whopping 31/50 pieces. In the opinion of York Catholic students, waffles are simply just more appealing.

And this brings me to the unquestionable answer: Waffles are simply better than pancakes when it comes down to it. Sweet fruit, butter, maple syrup, even chicken pairs with this, making it a pairing perfect for every meal or any craving. The easy cooking method makes this easy for beginners, without the painstaking task of flipping or checking if the stove is too high. So I implore you, actually I'm screaming at you, DITCH THE PANCAKES MAKE WAFFLES!!!

A Caro-Kann Defense of Intellectual Sport

by JOHN WEISSER

When most people consider sports they think of strongly built athletes who dominate football, soccer, and lacrosse fields, agile and nimble runners, swimmers or gymnasts, or well-coordinated teams who dominate the volleyball and basketball court. The exact opposite of these active engagements would be sitting indoors, staring at a dichromatic board, and thinking. However, the historical and beautiful game of chess deserves the title of sport just as much as basketball or baseball and infinitely more so than swimming obstacle courses and poodle clipping (both of which were Olympic events at one point).

The biggest barrier to considering chess is a sport and the main reason claiming as such is met with incredible apprehension is because of misconceptions about the game itself. Upon hearing the word chess, most people think of two very nerdy people sitting in a room for hours at a board so still that it is as if they themselves are also carved wooden figures like those they play with. While some chess tournaments can take on a very similar picture to that described, that definition of the game deeply detracts from the reality and beauty of chess. By coming to understand chess it becomes clear how this form of contending, though mostly mental, not only resembles but surpasses other sports in difficulty and even physical strain.

Firstly, it is important to understand that chess, like running, is divided into different classifications based on the amount of time in the event. Competitive chess is generally played with a game clock for each player which shows how much time they have to make their moves and thus determines the speed of the game. Standard chess, comparable to cross-country running, is the longest form of chess. At its quickest, standard games can have a fifteen-minute timer for each player, but there is technically no upper limit on how long standard games can be set to be played (however most often the longest time is 90 minutes). Blitz games are faster and range from 3-minute timed games to 10-minute timed games in which players play relatively quickly, but not rushed, and are similar to mid-distance running at track events. Finally, bullet chess is the sprinting of the chess world. Games are played with at most a 2-minute timer if not lower. Chess players race against the clock not only to checkmate their opponent but also to think fast enough so as to not run out of time.

Standard chess games, like cross-country running, not only require extreme mental conditioning, but also physical conditioning. Though a couple of people sitting and staring at a board does not seem very physically draining, the effects and stress of a game of chess on the body cannot be understated. A Stanford psychologist who studies stress estimates that chess players burn around 6,000 calories a day at tournaments because of stress and focusing which is 3 times the normal intake of the human body. For comparison, an NBA player burns around 900-1,000 extra calories for every 20 minutes they play on the court. This stress is so akin to other sports that many top chess players train by running or working out to stay physically capable to play. Overall, chess is a very draining sport, especially at its highest levels so much so that a top player, Hikaru Nakamura, an American master is sponsored by Red Bull because of his competition level.

The blitz and bullet forms of chess take on similar characteristics to that of F1 auto racing or baseball because of the quick reaction time necessary. Though chess players do not have to swerve around obstacles in tenths of a millisecond like drivers, they must evaluate, calculate, and think at superhuman speeds. In some top-level games, the opponents move pieces faster than most eyes can keep up with much less regular brains to process the reasoning and evaluation of chess.

However, chess also surpasses other sports in some qualities. For example, chess can be more widespread due to online play allowing more people to become engaged. The sport also offers more equal opportunities to younger players. The youngest grandmaster became a grandmaster at age 12 years and 4 months and Magnus Carlsen tied the then World Champion Garry Kasparov at the age of 13. Unlike some other sports where athletes must wait for their bodies to develop to continually play, chess does offer more opportunities for younger development. Therefore, there is practically no reason to discount this classic and historical activity as a sport. It is physically exerting, has a large and global fan following, and requires great talent to compete.

Here Goes Nothing

by CARTER SCAPPA

Never be afraid to try something new because life gets boring when you stay within the limits of what you already know. That is a reason people should attempt to try new things. It leads to being able to get out of one's comfort zone and being able to express thoughts freely and maybe finding out a certain skill that someone does not know they are capable of doing. The reason people have trouble trying new things is because fear and doubt goes into their minds as thoughts start rushing into their head. When asking Caeden Kemp (12) about what he thought were the positives about trying new things he said "when you try new things it allows you to discover who you are as a person and to grow in order to become a better version of yourself [while] also learning about the world and people around you."

The first example I have of trying something new is trying a new sport. Over the years when someone tries a new sport it can lead to friendships that last forever. The other reason someone tries a new sport is to try to maintain a healthy lifestyle and reach fitness goals. The last reason someone could decide to try a new sport is because they just want to quit their old sport because they might not like it anymore or they are just tired of it and want to give something else a try. I asked Sam Kemp (10) what he thought was the importance of trying a new sport and he said, "it's important because you never know what you can be good at. You gain a companionship with your fellow teammates and coaches, something that'll never break."

Attempting to audition for a school play is a great way for students to try something new and be able to get out of their comfort zone. Taking part in a school play is how someone can fully express themselves acting like someone who might not even resemble them during a normal day. Doing this can always be a great experience for someone who has had trouble speaking to people or specifically speaking in front of people. The results from being in a school play easily changes how someone views something because they will have a lot more confidence when speaking to others.

Joining a club is always one way to get out of your comfort zone even if you are shy or quiet sometimes. The great part about joining a new club is that it can help with communication skills and working together with others while using creative thinking. It also can help you as a person learn more about yourself. Whenever someone joins a club at YC they are always welcomed and they always meet new people that they normally don't talk to. One of the benefits from this is that colleges are always looking at students' involvement in clubs and it will give a better look on your resume.

Trying things are not always extracurricular activities and school related things. There is one that happens especially during our early childhoods and every time we go to restaurants. Trying new food is something we sometimes never liked doing at a young age. However the best part about trying new food is that it leads to a healthier nutritious diet for the future and it introduces us to different cultures. I could relate this to myself because before I started trying new food I was a picky eater and I guarantee even today that parents are still trying to get their children to try new food.

Trying something new doesn't have to start with anything big at all. You can simply wake up and choose to speak to someone you don't normally talk to, or listen to a genre of music that isn't normally your cup of tea. The point of trying new things isn't to reinvent yourself or suddenly find the sport your talented in, but rather, it is to slowly build you into an individual that isn't afraid of change.

Change is an everpresent part of our lives but many people are scared of it. Fear is the antithesis of trying new things, and it can make life a mundane horror if you become enthralled in it.

If we can fight this fear we can eventually become an individual that not only welcomes change, but anxiously and excitedly awaits it. Change doesn't have to mean bad things, it can be exactly the fuel that makes life worth living.

When you try new things it leads to plenty of memories that will last a lifetime. The old saying goes that when one door closes another one opens. When someone gets out of their comfort zone it will help them overcome many obstacles when a situation becomes difficult. The results when someone tries something new always has a purpose to go with it.

Why Water Wins

by SEAN WARREN

I would say "suffice it to say," but for once, that won't suffice at all. The truth is, I love water, and no one will ever change my mind on this subject. Water is not only a delicious commodity when you wake up at 3 AM with chapped lips, but it is the very reason you live today.

It is theorized that when the earth was forming, water was brought to earth by way of asteroids that were carrying large amount of the frozen substance. When it crashed on the surface of the earth it formed massive clouds of steam that encircled the earth and filled its atmosphere before finally raining down after the earth had cooled down enough.

So, with this in mind, we already know one reason water is cool. It is clearly wacky space juice and may even give us alien super powers if we drink it, though this claim is dubious. However, what is clear is that water has played a very important part in our creation and the creation of the earth as it was guided by God.

From a pool of steaming space soup and some magic that only God could prompt we eventually were granted single celled organisms, which slowly grew and even worked together till they one day they decided to be multicellular organisms, which is exactly

what we are if you didn't notice.

But from these various small organisms in a massive earth covered with water came what is called the Cambrian Explosion, which was a period of time in which life both rapidly increased on earth, and rapidly changed and diversified, allowing for the many diverse species we see today. The Cambrian Explosion happened during a time when the land was barely touched by any species of the time, thus revealing how water was the breeding ground for life as we know it and it's massive growth.

Beyond God's creation of water which simply invented life, water has served as just about the only way for fossil records to be preserved. This is because for a fossil to be made a recently deceased creature must be covered with a sheet of mud which protects the body from decomposition, and last time I checked, you need water to make mud. This is actually the same exact reason fossils are often found in areas that used to be covered in water, such as many salt flats or deserts.

But enough of ancient history, you want to know why water is so important for you today. Well first of all, the average human being can only survive three

days without water, which is probably a shorter amount of time than it would take you to write a 5 page paper.

But if dying isn't bad enough for you, without water the U.S. would lose 6.3% of it's power production, and if we want to be technical, it would also lose about 60% of it's power production that normally comes from fossil fuels, because fossil fuels come from fossils which need water to be made.

Additionally, I bet you love food, but if you really think about it, all the food you eat comes from some living thing, which in case you weren't paying attention, need water to exist. Not only is food dependent on water to exist but even the shipping of almost all your goods is dependent on massive cargo ships that traverse the water with ease due to it's low levels of friction.

You cannot escape the truth, and that truth is this: water is in everything and it is everywhere, and unless you appreciate it now, everything you know and love will be removed of its water, leaving you and the planet as a dry and cold raisin of regret. So suffice it to say, respect your water, and drink eight glasses a day.

Battle of the Beards

by NICK MOIR

As we are almost 3 months into the NHL season, I am going to give updates on the season's hottest teams, and the front runners for awards. Let's start with the hottest teams starting the season in the eastern conference. The leader of the East—with the most points in the league—is the Boston Bruins.

Boston came into this season with many uncertainties about whether they could keep up their dominance. With their 19-year captain Patrice Bergeron coming back for one last year, the Bruins are off to one of their best starts in history and hope it will lead to a Stanley Cup win.

The second-best team to start the season is the New Jersey Devils. I don't think anyone expected the Devils to start the season the way they have. Whether or not they can keep this up is in question, but as of now, they hold the second-best record in the league.

The third team in the east is the Toronto Maple Leafs. Unlike the other two teams, most people expected the Leafs to perform the way they have. They look to finally get over their playoff struggles and make a deep run this year.

Now we move on to the Western Conference, although it's not as hot as the East. The top three teams in the East all have more points than the number one team in the West.

Despite playing more games than others, the Vegas Golden Knights hold the best record in the West. New coach Bruce Cassidy hopes to lead them back to the finals which they lost in, a couple years ago.

The second and third teams share the same amount of points as each other. The Winnipeg Jets and the Dallas Stars are off to nice starts and are looking like they are each going to make another playoff berth.

It is worth noting that I also give credit to the Seattle Krakens, who have the fourth most points in the West in only their second year as a team. Now let's move on to the individual stats and see what players are on pace to win awards.

The front-runner for the Hart Trophy in my opinion—which is awarded to the most valuable player—is Connor McDavid. McDavid leads the

league with a wowing 54 points: absurd for this point in the season. 8 points ahead of second place—his teammate—and 10 points ahead of third place, he is on pace to yet again win another Hart Trophy to add to his already impressive resume.

The leader of the Norris Trophy in my opinion is Erik Karlson. The Norris Trophy goes to the best defenseman of the season, usually one who can produce on the offensive side as well. Karlson is top 10 in points among all players and has been spectacular this season.

Another candidate for this award is Cale Makar. Makar won this award last year, and is one of the best young players in the league. If he gets hot he could easily steal this trophy away for his second one in a row.

The next trophy I am going to talk about is the Vezina Trophy. The Vezina Trophy is awarded for the best Goaltender in the league. If the season ended right now, the obvious winner would be Linus Ullmark of the Boston Bruins.

Ullmark has been very spectacular, and has a record of 16-1 on the season. Even in Ullmark's only loss, he only gave up two goals to the Maple Leafs. If he can keep up this pace for the whole season, we may see one of the best goalie seasons in history.

The runner-up for this award as of now, is Ilya Samsonov. Samsonov has been the main man between the pipes for the Leafs when healthy, but an injury caused him to be removed from the lineup for a while. Fortunately, he made his return recently. Ilya is off to a great start with a 8-2 record, and a 1.87 goals against average, which is good for second in the league behind Ullmark. If he can stay healthy for the rest of the season, he could definitely find himself being mentioned for this award at the end of the year.

Only time will tell if these projections will pan out, but right now the stats don't lie. The teams and players that were mentioned have all been exceptional this season, and have a chance to have some special moments. So make sure you tune in to this hockey season, because it is going to get really entertaining this year!

Let's Rock and Bowl!

by COLIN FAUST

York Catholic just created a bowling team to compete in the York Adams League. The league consists of schools like Central York, Spring Grove, Dallastown, York Tech, Kennard-Dale, and Wilson.

Each year they host a tournament including some of the best bowling teams in the county from the schools that are a part of it.

York Catholic has had a bowling club in the past few years but this year they decided to compete with the best and partner with our friends from York Tech.

The format for these tournaments gives each bowler eighteen qualifying games—three blocks of six games.

The field is then roughly cut in half based on the top scores, and an additional eight qualifying games are played, culminating in the top twenty-four moving on for match play.

These tournaments become very competitive and sometimes come within only one or two points. All bowlers bowl 5 games across 10 lanes.

The top 40% in each division advance and bowl three games of head-to-head match play. Each match awards a 30-pin bonus for the win, a 15-pin bonus for a tie, and 0 pins for a loss.

The tournament consists of teams including 2 men & 2 women, Doubles with 1 man & 1 woman, and optional 6-game events.

Multiple bowlers are able to participate more than once on the team and doubles are provided for at least two members on a team; one member on a doubles entry is changed.

A bowler's first appearance in each of the events (including substitutions) shall count towards all event scores.

The York Catholic community is so excited to have a bowling team to root for this year. Even

though this season is our first time as a certified bowling team, we're looking to make an immediate impact on the league.

This will be the first year York Catholic will be entering bowling competitions so we are in for a treat and we're excited for the results.

Many of our York Catholic students will be participating in this league for the first time ever. Some of the YC students that will be participating are Cameron Taylor (10), Ethan Coley (10), and John Uphouse (9).

I interviewed Cameron Taylor (10) asking him numerous questions about the incoming season. I asked him why he joined the bowling team and he told me, "I've been bowling for four years and play in a league on the weekend, but I wanted to showcase my talents in high school."

Cameron's goals for the team this season is to win the League, and his individual goals are to average 215 for his scoring.

As of now, Cameron is averaging a 227, which is near the average amount of pro bowlers; he is only in 10th grade. He told me he started out fine, but over time he increased his skill to where he is now.

Cameron doesn't just play this game for fun, however; he plans to always keep bowling in his life even when he's older. This season should be very exciting for Cameron and the team, and we should all cheer them on as they reach their goals.

They'll be trying to win it all this season for both the Spartans and the Fighting Irish. York has some of the best high school bowling athletes in the state.

Be sure to make it out to a tournament to watch some great bowling and witness our team compete! Go Irish!

PLAYOFF STAND-OFFS

by COLIN FAUST

We're getting to that time of the year when all the top teams in the NFL are competing for a chance to win the Super Bowl. Every team sets out their season with one goal, a highly coveted Super Bowl title. Many try, many fail, and only 12 teams are able to make it to the NFL playoffs.

The playoffs are set up by splitting teams up by conferences. These are split between the American Football Conference and the National Football Conference.

Some of the top teams in the AFC conference are the Buffalo Bills, Kansas City Chiefs, Baltimore Ravens, and the Tennessee Titans. The top teams in the NFC are the Philadelphia Eagles—who have already clinched a playoff spot—the Minnesota Vikings, San Francisco 49'ers, and the Dallas Cowboys.

The Bills and Chiefs—led by Josh Allen and Patrick Mahomes respectively—are continuing their strong streak of winning and it will be interesting to see which team can make themselves the AFC champion.

Many people thought this year the Chiefs wouldn't be as good as they were in the past few seasons, but every game they surprise with their explosive game style.

Patrick Mahomes, Travis Kelce, JuJu Smith-Schuster, and Mecole Hardman all produce on this side of the ball. The Bills still aren't backing down, however, never forgetting when they lost the AFC championship against the Chiefs in 2021. Josh Allen has arguably the best receiver in the game to throw to, Stefon Diggs, along with Gabriel Davis.

No one can count out the 2022 AFC champions Cincinnati Bengals, led by Joe Burrow and Jamar Chase as well as Tee Higgins and Joe Mixon.

The Ravens, led by Lamar Jackson, and Titans, led by Derrick Henry, are always competitive teams but in recent years they haven't performed well in the playoffs. Maybe this year they could break through that wall but only time will tell.

Now just because these teams are at the top of the conference doesn't mean it will stay like that. Some other teams that have a good chance of making the playoffs are the Miami Dolphins, which have a very strong competitive team but play in a very difficult division between the Bills, Patriots, and the Jets.

The Patriots are another team to watch that has recently been playing very well, having one of the best defenses in the league. The Los Angeles Chargers—who have a top notch running back and QB—still have a chance as they've been rising up to second in their division. Each game can change the course of this playoff race, and nobody can afford to get cocky.

The top two teams in the NFC that have been the teams to beat are the Eagles and Vikings. The Eagles have been looking like the best team in the league, playing on all cylinders the whole season.

Their offense consists of one of the best quarterbacks in the league, arguably the best receiving core in the league consisting of AJ Brown, Devante Smith, and Dallas Goedert.

They have a powerful line that can run and pass blocks efficiently. The Eagles defense can also fly around the field making big plays whenever they are needed.

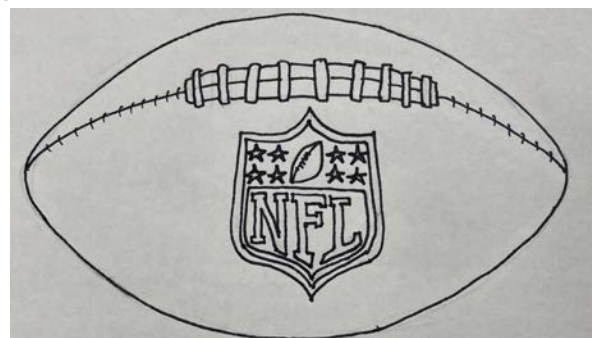
The Vikings are led by Kirk Cousins and Justin Jefferson, also possessing one of the best offenses in the league. Other contributing players are Dalvin Cook and Adam Thielen. The defense is led by veteran Harison Smith who plays the Strong Safety position like no other.

The 49er's, who have been a team struggling due to injuries, just lost their starting quarterback and wide receiver. Will "Mr Irrelevant" Brock Purdy be enough to lead this team on a playoff run?

Next are the Tampa Buccaneers—led by Tom Brady—who have been struggling this year, but because of other teams in their division not performing well they have become the leaders in their division. They are definitely in the playoff picture as of now.

The last two teams in the NFC that I think have a good shot in making it into the playoffs are the Cowboys and Commanders. Each team is in the same division but the Commanders are trending in the right direction if they are able to win out these last few games.

This playoff race is sure to be a close one and I am positive that whatever teams are able to make it into the NFL playoffs, the fans will be given a show!



Artwork by CAITLYN NOLL