

# The Chariot

Edition 1

Published by Anneka Gernert and Tyler Nolt

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## Who Are We?

Welcome back, Spartans. Welcome back to loitering in parking lots at 7 A.M, to the suffocating breezeway (both in overpopulation and in smell), to freezing lab rooms and sweltering 500 wings, to spotty Wi-Fi and “you haven’t given us access to the google doc.” As we enter another year at our both triumphant and confusing building, we begin to be met with the challenge of separating ourselves from our work; from dissecting our identity

as well as frogs. Discovering who we are, what we like, and, horrifyingly, what we want to do with our lives, proves difficult without a lesson plan. More so, respecting who we are is impossible when seemingly someone always scores better on you on tests, has one more volunteer hour than you, scores more points than you, and is more ready for their future than you. We know we are Spartans, but we are not in uniform. If our identities cannot be chosen for us, then who are we?  
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## Contain your enthusiasm

by Katherine Kaufmann

Chances are, you don’t pay much attention to the containers or bottles you use every day. The only part that draws your attention is the product, food, or drink on the inside. Well today, we’re going to give containers their fifteen minutes of fame. When it comes to eco-friendly living, containers deserve a little consideration.

If you drink from disposable plastic bottles or have a reusable bottle and want to know how you’re helping the planet, lend me your ears for a paragraph. Reusable water bottles are a great place to start when looking to create a more sustainable lifestyle, as disposable plastic water bottles are a huge and unnecessary strain on the environment.

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Need some good news? Check out Olivia Holst’s “happy article” on page 2.

Before you go looking for fall clothing, check out what Lexi Polyak has to say about Fall Fashion on page 5.

Read some poetry starting on page 10.

Take a break and enjoy the fun section starting on page 12.

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Though it can certainly feel like it, what we are not are the classes we take, the electives we choose, the team we are on, or the number on PowerSchool and in our class rank. I believe, myself gravely included, that students here at Wyo connect too much of ourselves to the amount of AP's we take, and the decimal our GPA's lie in. The pressures from colleges expecting for their applicants to be perfect, creates teenagers who will never be perfect. Not because we are not worthy of the pricey education so graciously offered by universities, but because we think we will never be good enough. We think that we should have always worked harder, studied more and played harder even when we are already doing the best we can, and trust me, our best is no shortcoming. I implore the student body of Wyomissing to attempt to separate yourself from your essays, your test grades and your performances; maybe you don't have time to, but at least whisper an "I'm going to be okay" to yourself after each test you take, knowing you are successful, and knowing you are worthy.

Harshly, I do not believe our identities are our accomplishments nor mistakes. We are all talented; everyone has their drive—something that we are good at, and enjoy perfecting. Some of us win trophies, competitions, and certainly pride for this specialty, and though our identities interlink with these knacks, they are not all of who we are. How scary would it be if the only thing that defines us was the gold medal around our necks? If that moment of success were all we could become, and all that we were fighting for? Further, if accomplishment were our beings, then who would we become if we failed? Don't get me wrong—we should always be working towards something, and our accomplishments are incredibly valuable, showing our strengths and important parts of our characters. But it is who we are that

brings us to these successes, and who judges us the harshest when we fail.

Spartans, there has to be a part of us that pressures ourselves into academic perfection, that values the successes we create. This, our knowledge of what we can do, and the need to do it, is what defines us. Our pure passion carries us to every action in our lives; we succeed because we want to, and because we can. This passion can easily be burnt out, however. Too much fuel, and not enough oxygen will extinguish your fire, so please do not let your passions abandon your mind, your relationships, and your health. We are living in the perfect environment for self discovery, and for kindling passion. And we get to do it together. Good luck this year, Wyo, we are destined for greatness.

### **Some Good News without John Krasinski**

by Olivia Holst

I was thinking about writing a story about the Coronavirus, or the Supreme Court, or Hurricane Ian, or the asteroid and making many horrible space puns. Then I realized, as I scrolled through hundreds of depressing articles, where are the happy articles? So I thought, "let's start The Chariot off with some good news."

A sanitation worker heard meowing from the back of his trash truck. He then saw three orange kittens in the back. He took them home, cleaned them up, and took them to an animal shelter. The kittens have been placed in a foster home with lots of food and love!

Jeopardy! winner, Amy Schneider, announced she got hitched to her girlfriend Genevieve Davis. Schneider made history being the second longest-running contestant on the show, winning \$1,318,000. After posting snapshots of their picture-perfect wedding, Schneider wrote, "Without [Davis], none of the other good days would have happened," and she's, "so lucky to share [her] life with [Davis]!" Hopefully, they live happily ever after.

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1,500 plastic bottles are thrown away every second. Americans alone send 38 billion plastic water bottles to landfills every year, equivalent to 912 million gallons of oil. About 91% of plastic bottles do not get recycled, including those put into recycling bins. Scientists estimate that there will be 937 million tons of plastic in the world's oceans by 2050, outweighing the amount of fish. Since the average American uses 156 plastic water bottles each year, just one person switching to a reusable bottle can make a legitimate difference in these issues. On a lighter note, purchasing a

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reusable bottle you will use for a few years is far cheaper and more space efficient than continuously buying more disposable bottles. You get your money's worth in no time, even if you buy a more expensive bottle. It's easy to wash and requires less storage space than a case of disposable bottles. If you worry about the quality of your water, then a filter attachment for your faucet or a filtering pitcher is more effective and cost-efficient than tap water from a factory. The hormone blocking chemicals like bisphenol A and phthalates in bottle plastic can leach into the water you drink, so avoiding bottled water is good for you, too. Given the plentiful benefits of switching to a reusable water bottle, why not give it a try?

On the topic of disposable plastic, we are lucky to have two stores in our community where you can purchase products without purchasing new plastic containers. "Refill" stores are gaining popularity, providing locations for personal care, cleaning, and other products to be purchased in the same bottles over and over again. Refillable Goods, a Latina-owned small business located at 611 Penn Avenue in West Reading, offers hair care, skincare, hygiene, and household cleaning products made with non-toxic and plant-based ingredients. You can take your purchase in one of their mason jars or bring any container you have at home. They also carry eco-friendly products like bamboo toothbrushes and hair brushes, plastic-free toothpaste tablets, and lip balm in paper tubes. Go to [refillablegoods.com](http://refillablegoods.com) to see their refill menu and hours!



If you want a wider selection of products to choose from and don't mind a slightly pricier trip, Kemerton Refill & Refresh is located at 82 Commerce Drive in Wyomissing. Everything in the store is refillable, reusable, or compostable. Their offerings are similar to Refillable Goods, but with the addition of washable products to replace disposable items like paper towels and plastic razors. Their products are also organic, plant-based, and cruelty-free. Bonus: they sell reusable water bottles! Check out [kemertonrefillandrefresh.com](http://kemertonrefillandrefresh.com) for more information.

Even if you can't convert to the ideal zero-waste lifestyle, every plastic container you save is one less to end up in landfills, the ocean, or the side of the road. So give your containers the attention they deserve, and do the environment a favor. Mother Nature will thank you.





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“Live from New York, it’s Saturday Night!” Saturday Night Live’s 48th season starts October 1 at 11:30 p.m. with Miles Teller (from “Top Gun: Maverick”) hosting and Kendrick Lamar (the man, the myth, the legend) as the musical guest. SNL recently won an Emmy for Variety Sketch Series, bringing their total to an astonishing 87 Emmys. Sadly, the largest number of cast members are leaving since at least 1995. From the main cast, Pete Davidson, Kate McKinnon, Aidy Bryant, Kyle Mooney, and Chris Redd are all saying goodbye. Melissa Villaseñor, Alex Moffat, and Aristotle Athari from the supporting cast are leaving as well. On the bright side, this means room for newer talent. Lorne Michaels, the show’s creator and executive producer, says he plans on staying until the 2024-2025 season when it’s SNL’s 50th anniversary. He’s 77 and says he has no plans on retiring any time soon and can’t wait for the next couple of great years. I will be one with millions of others staying up late to watch Saturday Night Live kick off another great season.



Monday, September 26, Lizzo made history by playing former US President James Madison’s 200-year-old crystal flute. The flute, with its own police escort, came on stage. Beforehand, Lizzo got permission from The Library of Congress, which has kept the flute preserved for centuries. The pop singer was honored to be able to play the fourth President of the United States’ flute.



Hey, I guess there is some good news these days after all. Have a good school year and remember Saturday Night Live airs every Saturday at 11:30 PM EST.

### Ring~ring~ring~

by Yuan Yan Chen

I spring out of bed, with eyes half closed, wanting to just fall back and cuddle my fluffy blankets. 30 minutes later... I bolt out of the door with a slice of toast hanging from my mouth. Today was the day of the big test.

Suddenly a tiny voice creepy in, “Did you forget again? You wouldn’t have... right?” She latched onto me, not missing the chance.

With a gait, I walked into school while cheerfully waving to my smiling friends. “Deep breathes in and out; deep breaths in and out,” I told myself as I practiced the morning meditation podcast of the day.

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Taking a last deep breath, I entered the classroom, plopping straight into my seat. My arms trembled and fingers twitched, frightfully anticipating the big test of the day.

“You think you’ll pass, you idiot, when will you learn? You’re a disappointment.” she whispers into my ear, smirking.

Every word, every phrase blurs as my heart races, bum..bumm..bummm...

Nothing looks right as my brain fogs, my throat clogs, and my stomach rises, threatening to spill out the remains of breakfast.

Beep.... Finally the bell rang, and I frantically handed in my barely finished exam. Then I rushed out the door, trying to block out Hazel’s sharp criticism.

I have known Hazel since middle school. Her flawless smile and image. Her perfect grades and resume. She was the poster child that everyone aspired to become.

Every school day and class was spent next to her. She was Miss Future Valedictorian; the brightest and most successful out of us.

During every test or even tiny actions, she judges me, and I failed to escape.

During tests, she whispers, “Are you sure you’re correct? Do you even understand what you’re doing?”

And after harsh days she smirks, her face lit brightly with excitement, “You failure...can’t even do simple tasks!”

Her eyes were glued on my actions, nothing not done to perfection satisfied her. The present didn’t matter; only the outcome, the future.

But the more I tried ignoring her sharp comments, my chest pounded and everything felt closed in. My stomach knotted and churned, doing acrobatics. She was always there in my head, no matter how much I wanted her out. It was like an endless game of tag.

And she will always remain there, sometimes in less intense forms.

## Fall Fashion: 2022

by Lexi Polyak

As we venture further into autumn, it’s important to stay updated on the ever-changing fashion trends this season has brought. This fall, we are seeing many changes in current trends; the fashion industry is in the process of ditching so many of the fads that ruled winter and spring of 2022. While you should never feel obligated to follow the dynamic trends of the fashion world, you may find yourself wanting to rock some styles designers are going nuts for.



When your mom says that everything that goes around, comes around, she wasn’t lying—this fall, the iconic leather jacket of the seventies and eighties has made quite the comeback.  
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The classic overgarment has been revamped to align with other current trends; fleece lining and contrast stitching have made several appearances adorning leather jackets, modernizing the timeless jacket we all know and love. And, if you think that the leather jacket is exclusively being worn by women, think again. The oversized version of the jacket has dominated both male and



female fashions, making it a perfectly versatile piece.

Leather jackets aren't the only trend making a resurgence, though: UGG boots have made their way back into the hearts of fashion lovers across the world. Popular in the early 2010s, various styles of UGG boots were quite popular among children and adults alike. The difference between the craze surrounding UGGs ten years ago and the craze surrounding them today, however, is the specific style: the miniature boots, as well as the slippers, have become the new faces of UGG's brand. The UGG Classic Mini Boot and Tasman Slippers, thanks to their comfortability and easy on- and-off access, have found themselves being worn outside of the house. UGGs are no longer

considered old house slippers you wear to the grocery store; in fact, the fashion industry views them more as a pair of accessories, giving your outfit an effortless yet put-together look. High-quality and durable, UGG caters not only to your desire for comfort, but also your desire to preserve your outfit's appearance.

With chillier weather approaching, it's becoming evermore important to stay warm. Fortunately for you, layering is back in style. The more layers, the better! This fall, we're seeing chunky sweaters layered over untucked undershirts—functional and fashionable. The classic turtlenecks, as timeless as ever, remains a staple of every modern wardrobe. For an elegant look, stylists are pairing turtlenecks and oversized trench coats, creating a simplistic yet put-together outfit. Monochrome layering allows for experimentation with different textures and materials, but also ensures that the various components of your outfit will match. There are endless possibilities when it comes to



layering, and it allows you to adapt to changing weather.

Remember, fashion is only enjoyable if you dress how you want. You can choose to follow current trends, or you can choose to abandon current fads; what's beautiful about fashion, however, is that you can make it your own. Dress in whatever makes you feel your best.

## Can Social Media and Productivity Co-Exist?

by Tyler Nolt

Over the summer, my goal was to be as productive as possible. I had huge expectations of what I would be able to accomplish. That was until the second week of summer rolled around, and my list of goals was no farther than it had been two weeks before. I still wanted to be productive, and so I decided to look for the root of my unproductivity by conducting an experiment. I wanted to see if social media was what held me back from greatness. I decided that for one week I would see which apps I wasted the most time on, and the following week I would get rid of all of the time consuming social media apps. Then at the end of the two weeks, I would compare how productive I was during each week and decide if social media was keeping me from using my time productively.

The first week, as could probably be guessed, I was very unproductive. It was too easy for me to get distracted by the apps on my phone, and it felt as though that was all I did. My two most used apps were TikTok and Youtube, with TikTok averaging 1 hour and 56 minutes a day and Youtube averaging 1 hour and 50 minutes a day. I also spent about 5 to 10 minutes a day using Duolingo, which compared to my many other unproductive apps is not much time.

The following week, I began my purge by deleting TikTok and Youtube, the most time consuming apps. I then continued to delete apps like Instagram and Snapchat, which when totaled together took up around an hour of each day throughout the first week. Throughout the second week I was significantly more productive, having gotten started on my



summer homework and averaging about 30 minutes a day on Duolingo. However, the amount of time I spent on my phone, which



during the first week was about 8 hours per day, only decreased by an hour or two. This is because not only was it social media that was addictive, but it was using my phone in general.

Pulling my phone out of my pocket and turning it on became a habit, even if I had no purpose for it at the time. I began watching Hulu, which I had never done before, instead of youtube. I also played more mobile games during the second week than I did the first week.

While I proved to myself that I am more productive without social media on my phone, at what cost did my mental health pay. Usually when I get overwhelmed, I am able to mindlessly scroll through my phone for a couple of minutes to “reset” my brain. During the second week when I was unable to do that, causing me to feel much more overwhelmed and restless. But during the first week when I was unproductive, my mental health also worsened by feeling as though I was getting nothing done.

After the two weeks were over, I saw that I wasted too much time when social media was on my phone and not enough time when social media was not on my phone. With that, I decided to keep TikTok and Youtube deleted from my phone. I then reinstalled Instagram and Snapchat; in order to ensure that I had a way to “reset” my brain. without being tempted to waste extreme amounts of time.

## Hey, Let's Talk About Aesthetics-

by Blue

In case you haven't gone outside recently, surprise, it's cold. I know, shocker. This- I'd hope- would inspire a change in aesthetics for some. For the purposes of this article, aesthetics are to be defined by a certain look, mood, or vibe. This means it applies to clothes, accessories, and anything else that can be decorated, modified, or chosen specifically. This also means that any and all adults most likely stopped reading the second they saw the word "vibe." For those that stuck around, I'm not sorry, this isn't for you, and very little of this will make sense. That being said, let's talk about some killer fall/winter aesthetics.



First on the list, inspired by my recent love of sweaters, is Academia as a whole. Academia, as a descriptor,

is defined by being related to college or further scholarship. Academia, as an aesthetic, is defined by a little london boy being sent to private school, among many other things. We'll begin with the fit, see here at least two layers, usually a sweater over a button down. Color tones are usually browns in combination with darker shades. Jewelry, specifically in shades of gray, is always appreciated, and books of some kind are necessary. The aesthetic is versaille, ranging from scruffy rebel still forced to wear the uniform, to loner art kid with fingertips stained with charcoal/graphite, to preppy charismatic leader who may or may not be the villain of the story.



Next off is Halloween! It's Halloween season and I refuse to admit anything otherwise. My friend you need black, you need orange, you need purple. Mon ami, you're gonna need some fake blood and an absurd amount of makeup. Wear those fake teeth! Those black cat thigh highs are necessary! That witch hat headband does not violate the dress code! (it very well actually might, and I hereby deny any and all responsibility that comes from the making of this statement) It is spooky season and I will not shut up about it, we diehard fans of Halloween are the only thing that stops Christmas from encroaching even further.



## **Micro Agressions**

by Jace Carwill (She/Her)

As someone who labels herself as transgender, I'd like to shine light on micro aggressions. Apart from obvious hate crimes, most struggle to realize their very own micro aggressions. Most teachers tend not to prioritize pronouns in the classroom; instead, they assume preferred pronouns based upon generalizations regarding students' names or appearances. By providing LGBTQ+ students with the platform to voice their pronouns - such as questions pertaining to gender identity - teachers have the ability to include all of their students. That being said, singling out students is arguably worse. Teachers should provide all students with the platform to address their gender identity: pronouns should not be objectified whether someone is cisgender, transgender, or anything in between. Transphobia is deeply rooted into our society, and to not address micro aggressions such as these does nothing but encourage further discrimination.

## **When We Were Kids**

by Tyler Nolt

We ran from the monsters  
Under our beds;  
Never understanding the monsters  
In our heads.  
We were fearless one day,  
But the next we were worried;  
For our brains spent days  
Keeping down the pain we burried.  
The conditions for growing up  
Are never ideal;  
But too the pain grew up  
So the pain we must feel.  
We once dreamed of being warriors  
Slaying dragons with heads of three;  
But now we are warriors  
Because we have to be.

## metamorphosis and metaphors

by George/Teddy Ellington

you  
 used to shout my name from the rooftops  
 praise me in a way i'll never forget  
 say i was a girl to be adored  
 a successful, motivated, girl  
 who was able to get what she wanted  
 and did  
 who was smart for her age  
 who was polite in a way that made you wish i was yours

you  
 whisper my name now  
 not quite sure of the right things to say  
 a tone dripping with green and orange  
 "isn't she?...the one who...you know...?"  
 and now it is all i ever am  
 i will never be praised, adored, successful, motivated, smart, polite  
 i will always be the one who...you know...?  
 i wish everyday that i didn't

### Haiku Guessaro

Rules:

Guess which room in Wyomissing High School is being described  
 by the haiku below. The answer will be revealed in the next edition  
 of The Chariot.

The chimes of quizlet.  
 Toys high and low, near and far.  
 And a sanded floor.

### King of Hearts

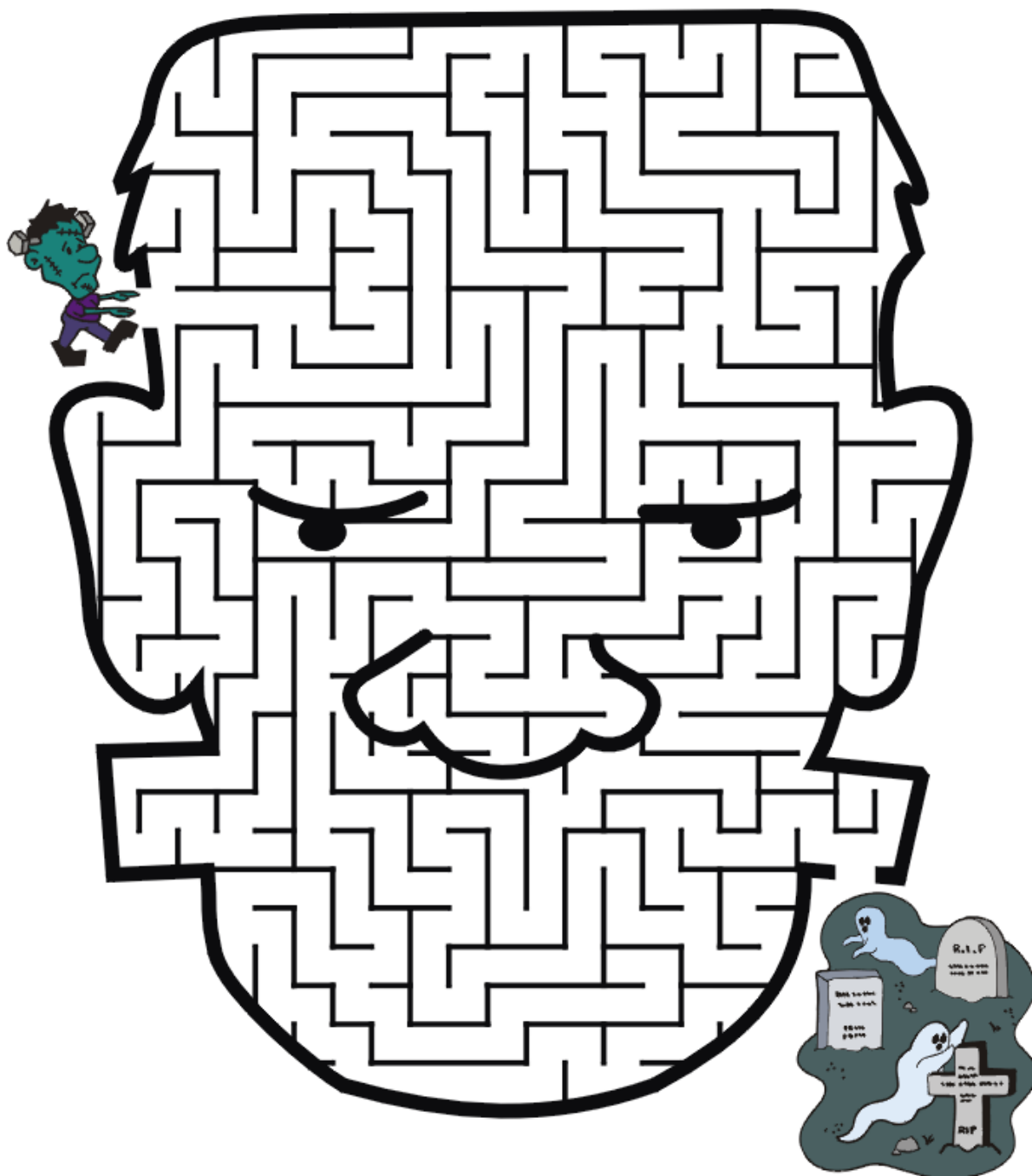
K O T K I T Y N O N T S M B J  
 T O P J E Z D M K E D M O Y O  
 J E J A V F R L B T H T T V H  
 K N K A R N A E O T T L U M D  
 G D J C K K P I Q L U L K I U  
 D Q C S A T O O E A E S M W A  
 K T V M O J E F E B J P H Z C  
 Y T P K L B J S Q B Z O C D Q  
 I D E N T I T Y F T Z O J Q Z  
 S M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

**shedding**

by George/Teddy Ellington

Aesthetics  
 Identity  
 Refill

Bottle  
 Jacket  
 Spooky





Flute  
Jeopardy  
TikTok