

The Chariot

Published by Anneka Gernert and Tyler Nolt

January 2023



How to Predict the Future without a Crystal Ball

by Vanesa Aguay (she/her)

This article is not about a conspiracy theory. Although the aspect of watching the Simpsons daily to instantly predict the future may sound appealing, there may be a more accurate and practical way, particularly with the consumption of 250 million pieces of daily information. Analyzing the influx of global information accessible at any instant second has significant ramifications including insight of our future. I'm talking about the greatest microblogging service known to man: Twitter. Possible market predictions are only a small part of the potential insights our crystal ball provides, and analyzing the combination of global data can give us insights that would have never been possible before. (Continued on page 4).

Rating All School Lunches On An Arbitrary Scale

by Paul Monsour (he/him)

Every day between period $\frac{5}{6}$ and $\frac{7}{8}$, there is a short migration from Ms. Lamboley's room to Miss Tierney's. This exodus is not merely a transfer of students from lecture to lecture, not merely a commute from AP Literature to AP Statistics, but much, much more. No, reader, it is the descent from peckish to starved! At 11:30 each day I sit up from my seat to go to stats but my stomach does not follow. Long ago our class BCTC student bravely disrupted AP Literature to supply us with chocolate bars to tame the beast of hunger, but this responsibility grew too much for her and now we are left to fend for ourselves. Weird girl honestly, not a huge fan. So for my fellow students who are too lazy to pack a lunch, period $\frac{7}{8}$ Stats class begins by checking the school lunch.(continued on page 2).

Read about favorite Taylor Swift eras from Adeline Cosentino on page 4.

Look at the funky senior lunch boxes with Stella Koch's article on page 10.

Take a look at Lexi Polyak's interpretation of an article piece on page 7.

Relax with some coloring and puzzle fun on pages 15 and 16.

(Continued from page 1). I will be grading the various lunches on an A+ to F scale similar to popular internet tier lists, where C is actually okay. I know that some readers will see a B and think that I hate that lunch because you think B stands for “Bruh I’m never getting into college”, but we’ll get through this together. I also want to say that we are grading these lunches relative to each other, not restaurant food. To expect a delicacy and only pay \$3 is absurd regardless of the context, let alone judging public school lunch; nonetheless Wyomissing school lunch is better than it really has to be, so anyone complaining about our school lunches is doubly absurd. The lunch ladies work very hard to feed the 900 students at Wyomissing and to say “our school lunches suck lol” as a criticism of our lunch ladies is to severely overestimate the resources at their disposal and to be downright wrong, because they are truly among the nicest people you will ever meet. They are amazing. The rest of this article is a joke; that is not.

Turkey Nachos W/ Doritos: F I mean it doesn’t even have Doritos. The turkey nachos already taste questionable with the Tostitos chips, but the grease and fluid nature of the lunch makes it a death sentence for anyone with an athletic event at 3:15. I cannot ignore the aesthetics of the meal, either. It looks like regurgitated dog food and that’s just a tough scene all around.

Cheeseburger: B+ You can’t go wrong with the cheeseburger. Get one, get two, put ketchup or peanut butter or whatever you’re into on it, the fact remains: this is one lunch that won’t disturb the rest of your day. While the taste is rather bland and nothing to write home about—and the patty itself is rather scant—the cheeseburger makes up for that with its versatility and discretion.

Teriyaki Chicken: A- Teriyaki Chicken is easy to do right: You just get something that can pass as chicken, slap it on some rice, and pour that sweet, sweet, packeted teriyaki sauce. The chicken and rice will sit well, and the teriyaki flavoring is just unimpeachable. The only thing dragging the meal down is that we can’t often get seconds.

Beef RibBQ Sandwich: B- We’re kind of looking at the same picture as the cheeseburger, but this time there’s some flair to it. This is the cheeseburger’s cousin from Philly who has a lot of

expensive clothes and likes to style on the cheeseburger’s rural friends; that same cousin isn’t all that in the big city, though.

Pizza: D+ Stuffed Crust: C- I wish I liked the pizza more, I really do. I like pizza outside of school, I just think that there’s a little too much grease on the lunch pizza; furthermore, the sauce and cheese is spread haphazardly, so that on any given bite you may get 70% sauce and 30% cheese, or vice versa. It’s alright enough, and stuffed crust can give the meal some needed pizzazz, but overall it’s not the kind of thing I would get two of.

BBQ Pulled Pork: B BBQ pulled pork is best described as inconsistent; I’ve had some pulled pork that can only be described as life-changing, and I’ve gotten so sick that I suspected I had been poisoned. In short, the meal has seen its ups and downs over the years. I remember being a brace-faced freshman, sprinting to lunch from Dramby’s to get the BBQ pulled pork. But those were the glory days. Now we see BBQ pulled pork and feel confident that I will have a good meal, not a great one.

Bosco Sticks: B Divisive. Controversial. Enigmatic. Bosco sticks have a reputation as perhaps the most debated food in the school. I’ve personally soured on them over the years, but I still remember the days when I would zone out of Mrs. Yetter’s lessons on gerunds because I couldn’t stop thinking about the cheesy goodness awaiting me. However, I can recognize their shortcomings. If you’re an athlete, these things are a no-go. In 9th grade I had to abstain from Bosco sticks entirely because they were served on the same day as our cross country meets, and I feared that if I fueled up on that sweet cheese-laden bread, I would not make it to the finish line. Overall, I would say Bosco sticks are perfect comfort foods for the student who has no immediate after school responsibilities, but also heavily depend on your tolerance to a nutritional questionable meal.

Grilled Cheese Sandwich: D- I am not referring to the handmade grilled cheese sandwiches of old. (Continued on page 3)

(continued from page 2). I am not referring to those lightly toasted, tomato-sauce accompanied delicacies of pre-Covid Wyo. No reader, I am referring to the sogged, cold sandwich of new. Trapped inside its plastic cage, the sandwich perspires to form a chilly dew on the cheese between the two untoasted breads. Even after the sandwich is freed from its prison of condensation, it cannot restore itself to proper form. The dull-pale colored bread resembles the flesh of a young Frenchman stationed in the trenches of Belgium during WWI. The sandwich tastes exactly like two pieces of steamed bread and unmelted cheese, which is to say it won't kill you. The only saving grace of this meal is that it sits reasonably well—if only because it is such a small serving size.

Grilled Chicken Sandwich: A- There isn't much to say about this meal, and that's what makes it so great. A well sized, perfectly cooked grilled chicken will never get a negative review from this writer. I would say of all the meals I've outlined, this one is the most athlete-friendly. The chicken is real, the bread isn't heavy, and one serving will last you until after practice in most instances. The only thing that holds the chicken sandwich back from being truly elite is that it doesn't taste amazing. I don't think most people are lining up at the door of their last class before lunch for grilled chicken. In that way it is under appreciated, the Tobias Harris of school lunch. But I think we all quietly appreciate this unsung hero.

Fish Sticks: D Fish sticks are like having a gym class without any of your friends. No I will not elaborate.

Mac n' Cheese: C Mac n' Cheese is like that one elective where you have all your friends in it and you goof off until a deadline hits and then you have to work way harder than in any of your other classes just to get a respectable grade. I will elaborate this time. Basically, the Mac n' Cheese at the school is great. It's got the perfect texture and viscosity, it tastes really good, and when they give you broccoli with it you can mix that around and pretend it's healthy. So why the middling score? My fellow lunch veterans know: Mac n' Cheese is the worst sitting food on this list. Forget

after school, if you have a gym period 11 I would stay away from this.

Chicken Parmesan: C+ As we've established thus far, you can't mess up chicken. Add some marinara sauce and some okay cheese and it'll be fine. If you like chicken parmesan, then you'll like this.

Meat Stromboli: A+ The varied meats in the toasted wrap, coated in a warm grease is absolutely delicious. Full stop. I've docked other meals for having too much grease but here it just hits. I think if I had to put it into words, the bread absorbs the grease in a tasteful way. There's nothing else to say; if you know, you know.

That is the end of this edition. I will return



(continued from page 1). Our first example came from analyzing half a billion tweets by Scott Golder from the University of Cornell. Fueled by the question “How do our moods and feelings change throughout time?” the findings were fascinating where the most negativity throughout the week suddenly disappears in late Friday afternoons. Not only did sunlight in different seasons affect mood when comparing various countries, but researchers, through the tweets, found that the relative daylight rather than the amount affected positive mood. Although researchers found people were generally in more positive moods during weekends, their cross cultural analysis also gave us insight on how mood patterns vary depending on culture and relative weekly structures. For example, the increase in positive tweets produced on Fridays and Saturdays reflected the Sunday through Thursday work week in the United Arab Emirates.

Not only is this predictable insight possible through direct consumer information, global events may also be correlated with the information received through Twitter. Could Twitter have predicted the revolution in Egypt beginning in 2010? According to Topsy Labs, there was a significant correlation of Tweets mentioning hashtags #yemen, #iran, and #egypt in the time leading up to the massive revolution with actual events. Twitter exemplifies the instant connections and developments of people directly around the world, and a focus on an analysis of this direct representation of information from people around the world may be vital for our global safety.

Interestingly, however, a social media platform like Twitter may seem like another source for the development of misinformation, but how about using it as a tool to combat it instead? According to research from John Hopkins University, the idea of predicting and stopping the spread of diseases with Twitter was analyzed by looking at over two billion Tweets. The idea was to find the effectiveness of Twitter as a source of public health information, and what they found was that it served as an effective source for public services to know the type of misinformation that was out there. For example, despite the fact that antibiotics do not work on the flu, researchers found many users were taking

antibiotics to treat the flu, allowing for the potential to guide further educational public health actions.

The potentiality of Twitter as an insightful source to predicting global trends and events is applicable in many ways not yet discovered. The inconceivable amount of information from around the world has the possibility to become puzzle pieces that, only when combined, can present to us an image of our future, an ability that we have never had access to before.



Fan Favorite Taylor Swift Eras

by Adeline Cosentino (she/her)

If you're a Swiftie, there's a chance you found Eras Tour tickets wrapped up this holiday season. In honor of the iconic Taylor Swift and all of her eras—from fan favorites to underrated gems—I interviewed four people I happened to pass in the hallway while walking out of school on Friday to create this amazingly accurately quoted survey piece for all of you dedicated readers. Though limited in number, the responses I received showed a wide range of opinions that hopefully all Swifties can relate to in some capacity. (Continued on page 5)

(continued from page 4). I asked each person what their personal favorite Taylor era was and why, and these were the responses I got:

“Uh, probably Reputation because I was in fifth grade and, actually, um... This is exactly why I need Reputation to stand up to the bullies that I had. Thank you.” -Grant Cibulsky

“So, that’s really hard for me to say, because, like, because she’s just so amazing so I like all of them, but I like- I’m a big fan of... ugh this is so hard for me to choose! I like 1989 because, like, it’s such an iconic, you know, era, and so- but so is Reputation, obviously, but right now, I’m really loving Lover era because I feel like it’s underrated. And Lover is kind of like a summer-y album, but it’s, like, nice right now, which is giving me, like, nice summer vibes, and I really like that. And also I know it technically is a summer album, but it’s really nice to ski to, so I really like the Midnights album: 10/10. Or wait, no, I was talking about Lover! 10/10 Lover, but Midnights is also 10/10, so don’t worry.” -Samantha Dasika

“Well, she was a student here at the Wyomissing Junior High School. That is my favorite Taylor Swift era, yes.” -Mr. Hetrich

“Um... the Blank Space one? What- what is that? Yeah, 1989. Those songs just are catchier.” -Sam Miller

Through the general Swift-loving public I have learned that no matter what Taylor Swift era is your favorite, there are probably other Swifties who feel the same way. The main conclusion is that all of Taylor’s eras were top tier and everyone needs a little more Swift in their lives.



Why Midterms Should Be Moved To Before Winter Break

by Samantha Dasika (she/her)

As the holiday lights are taken down, decorations are stored away, and Christmas carolers disappear, everyone can agree that the holiday season has officially ended as January ushers in. While the start of the new year should bring hope and good cheer, instead all Wyomissing students face the looming threat of midterms. Created to review the semester’s material, be a checkpoint for students, or even act as a practice AP exam, it’s understandable why school administrators would implement these mid-year tests. However, the anxiety, cram-studying, and important stakes on the line—such as the impact to the final course grade—often makes this time incredibly stressful for students. Not only do students dread the weeks when the exams are administered, but the stress often starts long before midterms begin, interrupting the peacefulness of winter break. Rather than being able to fully enjoy the vacation from school, students are instead preparing and studying for the upcoming exams.

While midterms are realistically unable to be removed, they should instead be moved up to the week before winter break. Though this would not eliminate the stress that comes with the exams, by moving midterms up students will have a more enjoyable and refreshing break without having to worry about taking the tests once they return. This vacation time is valuable to students who are constantly managing a busy and demanding schedule. In addition, the midterms would act as closure for the first portion of the school year, and students would have an easier time studying with the recently learned information still fresh in their minds. When school resumes in the new year, students would have a complete fresh start by being able to immediately learn new topics without the stressful interruption of the exams.

This story strays away from my usual pattern. It's not a "so this one time" but more of a "so these many times." Great Aunt Edie passed away. Wipe your tears off, she lived to be 99 with not a dull moment in her many, many moons of life. Basically, she was nuts. Crazy. Insane. Even before she reached Grim Reaper age, she was off the walls. All in all, Great Aunt Edie does NOT deserve the funeral she's receiving. She earned the celebration of the century, and here's why:

- One time in her younger days (96) Great Aunt Edie went to her yearly eye doctors appointment. We weren't quite sure why. She hated glasses and didn't believe in contacts. On top of that she despised the medical industry. However, her attendance became obvious when the doctor walked in. Great Aunt Edie smiled, looked him up and down, and said "You, young man, are the finest looking gentleman I have ever laid eyes upon." That was her last eye doctors appointment.
- One time my dad and I took Great Aunt Edie out to dinner. She called it the greatest meal of her life. It was Anthony's Coal Fired Pizza with dessert at Yogo Crazy. To her, and I quote, it was "gourmet." At the end of the night we pulled up to her apartment to drop her off. When we asked if she had a good time she said it was loads of fun, smiled, and exclaimed "Since I outlived all my friends, I never go out!" Then she took her pizza box, gave me a handful of coins, and kissed me goodnight without second thought crossing her odd mind.
- One time at Thanksgiving I handed her a paper swan I made out of a stiff napkin. For a minute straight she raved about how it would be her most prized possession and that she would cherish it forever. Five minutes later she forgot and blew her nose with it— then started accusing people of stealing her swan.
- One time at Thanksgiving she asked if I was my brothers girlfriend because I was sitting across the table and SHE DIDN'T BELIEVE IN GLASSES.
- One time at Thanksgiving she wouldn't stop complaining about my aunt. She went on and on about how she wouldn't shut up, was always talking, always too loud. The entire time she delivered this rant to said aunt's face. Because she didn't believe in glasses.

- (It was a wild Thanksgiving)
- One time she threatened to call the cops because DoorDash delivered the wrong meal to her house. It was enough McDonald's burgers to feed a family of ten since it was meant for a family of ten. In Edie's mind, it was my Uncle trying to "make her fat" and "control her diet." Therefore she called to warn him she was reporting him to the authorities. No, he was not jailed for this endeavor.
- One time she regularly spent hundreds of dollars on candy from Rite Aid, then would randomly walk on foot to our homes and give us grocery bags full of chocolate bars. Think about how much a single Hershey bar is. Think about how many Hershey bars it would take to exceed one hundred dollars. Go on. Let it sink in.
- One time, as she progressively got older, she lost her hearing. During ages 97-99, we communicated with post-it notes because she didn't believe in hearing aids Surprised? When my uncle showed up with a walker she communicated that she was very, very angry. Through post-it notes. First, she screamed that she would throw herself down the stairs if the walker "wasn't out of her house in the next five seconds," and when the walker was thrown out the door she communicated her success with, once again, post-its. She proudly hung one on her fridge. It's still there!
- One time she told me about this man she dated back in the 40s. Some guy with the last name Carter. Then she told me how she was "sure he would propose to her at Jimmy's wedding." Connect the dots yet? The man was related to Jimmy Carter. She was his date to former President Jimmy Carter's wedding. Just told me this in passing. Didn't think it was that big of a whoop.

I could go on but I only have so much page space. The moral of this story is that Great Aunt Edie deserves to exit this world with the same bang she came in with, not some monologue from a priest she most certainly would have hit on. Rest in peace Great Aunt Edie. She may be gone but will certainly, certainly never be forgotten. That'd be harder than trying to get her to wear glasses.

The Weeping Burgher, 1909

by Lexi Polyak (she/her)

In my Humanities I class, we were told to choose a piece of artwork, currently exhibited in a museum, that wholly embodies suffering. Below, I have explained my own interpretation of *The Weeping Burgher*, and why this metal aristocrat sobs so violently. The ambiguous and subjective nature of art allows for discussion, and by continuing to study art, we learn more about ourselves as humans. I hope that you, too, interpret it to mean something significant, even if it is quite contrary to my own.

The Weeping Burgher, crafted by Andrieu d'Andres in 1909, is a cast-iron sculpture of a weeping man, or more specifically, a burgher. A burgher, at the time, was a person belonging to a high economic class, typically a member of the bourgeoisie. To me, this man looks as though he has just lost something dear to his heart—possibly, this man has just lost his wife. The man, despite his tangible riches, sobs uncontrollably; the one thing he truly cares about is gone. His fortune and wealth do not matter to him now, because without his one true love, he finds life to be pointless. The mother of his children is gone, and with this thought, he begins to weep even harder. Who will guide and nurture his children? Surely, he cannot accomplish such a feat by himself. And, of course, it is fruitless to attempt to seek another lover; he knows it will not be the same. Her smile, her touch, her laugh—it is impossible to even fathom replacing such a radiant creature. Tears flow rapidly down his cheeks as he cradles his head in his hands, covering his face with his palms. Tremors of sheer agony rumble through his body, causing him to shake violently. Never in his life had he felt pain such as this. The emotional duress had transpired into physical pain, encroaching upon every part of his body. His longing had manifested itself into aching, his entire body wrought with hurt. *In another life*, he thinks to himself. *In another life*.

What is so beautiful about *The Weeping Burgher* is that it is not a peasant displaying the element of suffering, but rather, a highly successful and respected citizen. D'Andres depicts a man—the

epitome of strength—at his weakest, his most vulnerable state. To me, it is refreshing to see a man in such a condition as this. However, it is not because I want to see a man suffer, but rather because I appreciate when a man burdened with the task of remaining stoic is finally able to display his true emotions. As a society, we tend to ignore the male population's aversion towards showing emotions, and when we see art that depicts this, we are uncomfortable, disturbed even. What I think d'Andres does by creating this piece is acknowledge the lack of regard we have towards those who struggle in private. One would never assume that a wealthy man faces tragedies; of course, he is born with many privileges, but these privileges do not take away from the torment or grief inflicted by grave hardships. We should aim to recognize that *all* human beings suffer to one extent or another, and that often times, it is those who choose not to express their anguish that are the ones who suffer severely. Simply looking at an individual's corporeal existence is not actually seeing them; instead, we often have to pry to understand how one is feeling, and for *The Weeping Burgher*, we see the result of pent-up emotion.



by Ashley Baker (she/her)

January 1st:

10, 9, 8, 7, 6, 5, 4, 3, 2, 1... Happy New Year!

The start of the new year comes with new goals, new challenges, new expectations. New, new, new.

Every year we tell ourselves: “this will be our year”. We’ll get gym memberships and get all of our assignments done on time. We’ll wake up early every morning, we’ll be productive and lead happy, healthy lives.

January 3rd:

Only three days in and the gym is no longer motivating. Three days in and there’s already a math test tomorrow. Three days in and the pillow is far more inviting than putting on that stiff pair of jeans at 6 am.

Failure isn't often associated with the new year, so why do so many people fall out of their routines so quickly? It's simple really: many people tend to get caught up in the renewing promises of a new year. The fascination to reinvent oneself is appealing, yes, but unrealistic. People often expect instant results from spontaneously creating various extreme routines; so when the motivation fades, people fail to reach their ever-so-highly set standards.

“Do not be impatient with your seemingly slow progress. Do not try to run faster than you presently can. If you are studying, reflecting, and trying, you are making progress whether you are aware of it or not. A traveler walking the road in the darkness of night is still going forward. Someday, some way, everything will break open, like the natural unfolding of a rosebud.” - Vernon Howard

This quote by American author and philosopher, Vernon Linwood Howard, depicts the effectiveness of gradual growth as opposed to rapid growth (which is often followed by a crash). For example, expecting to consistently go to the gym, wake up at 6 am, and get ahead on work can quickly lead to an immense lack of motivation, or burnout, because the expectation to follow through cannot



easily be met. Instead, focusing on one individual habit can create a foundation to later build upon while setting the precedent for improvement without the result of a burnout.

This New Year, I urge us all to better ourselves through consistency and gradual improvement. 2023 may not be entirely perfect, however building healthy habits can make or break your year!

Of ravens, writing desks, and the unknowable depths

(nonsense and madness and the proper utilization of each)

by Blue Dareneau (any/all)

The concept of Madness and Nonsense existing as Reality altering forces has always appealed to me as a writer. That being said, both Madness and Nonsense are practically anathemas to consistent storytelling. We’ll start with madness. With a clear mind, the bias present in a first person point of view is often very compelling, or can be used as a twist when the perspective shifts out of the character you’ve been following and into a different one: the shift in eyes also bring a shift in truth, often with the new perspective being the “real” one. However, when that mind is instead riddled with madness, that bias, which before added nuance and perhaps a few minor reality breaks, now fractures and drifts away from reality in its entirety. While before, one could look through the character’s eyes, aware of the bias, and take everything seen with a grain of salt. (Continued on page 9).



(Continued from page 8) With an insane character, their viewpoint is irrelevant to “the real world” and everything instead must be dissected: the storyline becomes difficult to parse. Even that is assuming the reader is aware of the character’s madness, but if that madness isn’t revealed until the very end, then I can best liken it to Alice or Dorothy’s experience. That is to say, it was all just a dream. Madness simply does not work from the first person’s point of view. Nonsense is often tied in with insanity, of course.

To be nonsensical is to not follow the proper flow of logic, something inherent within the reality break that madness offers. There is a necessary clarification to be made before I can continue: Nonsense is not Randomness. For something to be random, it comes out of nowhere, there is no rhyme or reason. Nonsense is the third option, so to speak. It does not follow reason or logic, but it is not completely random either. As I see it, nonsense follows its own sense of rules. Consider gibberish: it is a series of consonants and vowels put together into groupings that feel as if they might be or even should be words. Complete randomness dictates that thirteen consonants could fall into place before the next hit of the space bar, something impossible for a character to utter. But instead, it is something, it means something, especially to the character spouting it. Gibberish is an excellent example of nonsense. It has some form of rules it follows, even if those rules don’t make sense, or are the limited capacity of the human vocal chords. To put it another way, if something follows neither rhyme nor reason, it is random. Nonsense is the rhyme, and logic is the reason, with randomness disregarding them both.

This is all well and good, when considering the first person point of view, and sure, that individual

character’s reality is altered by these two concepts. I don’t want to lecture you on an individual’s altered reality, however. I want to talk about Madness and Nonsense impacting the uppercase Reality, the big one. So let’s talk about it: how to incorporate these two concepts into the rules that form the physics. Use it as a magic system, use it as the rules themselves, use it for just one particular character, I do not care. Using what I’ve outlined about Madness and Nonsense present in the first person’s point of view, here’s how you can play with it on the grand stage. As above, so below, and so, more often than not, madness can create nonsense. Having a mad character be able to utilize and manipulate the ethereal power of nonsense is certainly one way to go. The world is changed and manipulated according to this one mad person’s whims, resulting in spouts of nonsense. The longer someone/something is in this character’s awareness, the more likely they are to be affected by these spurts of nonsense. Perhaps when the affected’s own reality is altered, their brain immediately rationalizes the changes, and in doing so gains a portion of the mad character’s insanity. This allows one to continue using a changed character, when, logically, the changed character would be very incredibly dead, or at the very least their mind would shatter to the point that the original mad character is sane in comparison. To continue using madness and nonsense as one specific character’s ability, as opposed to rules of the world, also consider someone who the rules simply do not apply to. Instead of projecting their madness outwards, they are simply protected from those rules that would apply to everyone else: namely physics. This also allows for some third wall breaking, such as interacting with the narrator, writer, reader, or else simply aware that they are a character in a story.

Madness and nonsense don’t have to be restrained to just a character by character basis, of course. Similar to Alice in Wonderland, the environment itself can be nonsensical or mad, allowing a singular sane character to stand out. (Continued on page 10)

Lunch Box Digest: Class of 2023 Edition

by Stella Koch (she/her)

(continued from page 9) If your world operates on some form of belief or intent system, madness can be used to bridge the gap: if true belief is required for the success of a spell, and logic inhibits that, then simply dispose of the logic. Also consider the supernatural or extra dimensional being. In this example, a certain being might have dimensions impossible to understand, not restrained to our xyz axis, which in turn causes madness in any who are able to see it. If not extradimensional, then this effect can also be caused by beings otherwise impossible to understand, such as a lovecraftian beast of incredible size or a creature that violates some rule essential to our understanding. What exactly that means, dear reader, I leave to you. This idea also works with nonsense, of course. It could be a specific deity, or artifact, or even a place that has so much energy that things just happen without reason, though not without rhyme. Using a nonsensical setting but rational characters (plural not singular, differentiating it from Lewis Carol's works) can create interesting dynamics, especially between those trying to harness the nonsense and those who simply float through it and accept it as it comes.

My last piece of advice is to simply lean into it and have fun. If that means reinforcing a cliché, so be it. I write a lot, and only some of my work gets published, or even submitted: not to quote a teacher but the brain is like any other muscle and must be exercised. In my case, whether that writing be for a prompt or an essay or an article or even just for a passion project, this is how I flex that mental muscle. That is to say, if you wish to write something good—something that others might want to read—start from a good foundation and write and write and write. This applies to specific themes as well, to write a good villain you must write many, to write a good essay you must write many, to make madness or nonsense not only not detract from your work, but also to actively make it better you must write an insane amount of insanity and nonsensical amount of nonsense. Then again, I could be the crazy one instead.

As we know, many seniors take pride in buying their new lunch boxes for the first day of school. These lunch boxes are a fun moment for seniors; it brings them back to their childhood. Many of them range from iconic TV show characters to cute animals, flowers, and rainbows. Each student's lunch box gives them a bit of character to express themselves and reminds them of their favorite childhood characters. After carefully viewing the Class of 2023's lunch box selection, I have come up with my top 7. These are just my opinions, so please don't take offense.

Now this isn't a lunch box, but the Among Us backpacks was an iconic move on the first day. No one could see it coming, and no other class could top that. It was funny to see all of the different colored Among Us backpacks lingering around the halls on the first day. I'd say this is gonna be a tough stunt for the Class of 2024 to beat.



This one is a childhood classic. The Mystery Machine lunch box is an icon of our childhood. It represents childhood as a whole, and brings the whole vibe of youth into our hearts. This lunch box is a true classic and is very spacious. (Continued on page 11).



(Continued from page 10) The shape of the lunch box is rectangular and can fit all of the basic lunch box necessities.



Retro chic, Ellie Diehl's lunch box is a square metal lunch box that showcases the TV show *CareBears*. It brings us back to the 70s when these lunch boxes were a hit. This lunch box has a childlike feel, but it also has a sophisticated aspect since it's a metal lunch box. It's not a basic box, it's unique and truly colorful. Space wise, it's kind of small and seems like it can't hold a lot, but the details and design makes up for it.



Another classic—the iconic R2D2 lunch box. This is another childhood classic lunch box, brought to you by Cadi Hoke. This lunch box is from the hit movie franchise *StarWars*, and is a perfect model for our childhood. The design of this lunch box is very cool since it opens from the top and not the side. It is also a cylinder shape which is different from the classic lunch box.



When you look at Maddie Campbell's lunch box it's like you are placed in the movie *Lilo and Stitch*. This lunch box is the perfect Hawaiian dream. This is probably the cutest Stitch I have ever seen. The way he is inside a pineapple is 100% adorable and a creative idea by the designer. It is pretty spacious and can fit all of the lunch snacks and meals necessary. It even has a little pocket to hold your spoon, fork, napkin, AirPods, pencil, and more.

Another favorite of mine is Anneka Gernert's school bus lunch box. Now, from a certain stand point I can see it was boring. It doesn't have sparkles, rainbows, or animals but the design of the lunch box is quite hilarious. I love how it is a school bus and doesn't showcase crazy designs. Its simplicity is what steals the show. I also adore the front pocket that is the front of the bus. It's the perfect little pocket to hold anything, and I believe she has a cute little friend hiding in there. This lunch box is super funny, simple, and stunning! (Continued on page 12)



(continued from page 11) Kachow! Owen Holst's lunch box is hot off the track, featuring the one and only Lightning McQueen. This lunch box is another classic; however, the shape of the lunch box is what pulls people in. The lunch box is a mini Lightning McQueen and it looks just like the car from the movie. It's face is priceless and the colors are absolutely outstanding. The shape of the lunch box is so different from normal boxes, that's what I love about it. Who wouldn't want to eat lunch out of a car lunch box? When you unzip the top it looks like the hood of the car is opening which is a picture design choice. This has to be at the top of my list because of the impeccable shape of Lightning McQueen.



The winner of the Class of 2023 lunch box collection is Anna Huber. This lunch box is an avocado dream. The bright color of the lunch box makes it stand out in the cafeteria, no other lunch box can compare. There are multiple avocados on the side of the lunch box which all have a different design. Some of the designs are an avocado with sunglasses, a mustache, a game control, and more. I find this very humorous, and I love how they are all different. I am quite frankly obsessed with the front. I love the shininess of the avocado and how large it is. I am a sucker for sparkles so the front is literally my dream. Plus the large, shiny sunglasses truly top it off. Nothing can beat this one of a kind lunch box.



by Anneka Gernert (she/her)

As many of the students here at Wyomissing are overachievers and work absurdly hard to get all A's, not excluding myself, I thought the topic of stress addiction would be appropriate. Until recently, I didn't know that this type of addiction exists. I think much of my fellow students' procrastination habits can be explained by this reliance on stress.

A stress addict will knowingly, and continuously put themselves in stressful situations, despite their wish to have a calm, relaxed life. The science behind it mainly has to do with dopamine. Dopamine is a neurotransmitter responsible for happiness and pleasure and is released in intense situations. The connection between stress and happiness is formed as dopamine acts as a positive reinforcer—increasing the stress-inducing behaviors. People are led to chase after this “high” that follows the release of dopamine.

Aside from the biological explanations of stress addictions, home life can also lead to addictive tendencies. If one has grown up in a home that is constantly in a stressful state, this environment becomes normal—the default setting. When this is the case, a more peaceful state will feel unnatural and strange. A mentality as such may stick with a person through adulthood.

In order to better understand and help break addictions, it's important to know the key signs. The major behavior that may signal a dependency on stress is when one enjoys seeking out, and engaging in activities that could be harmful or have undesirable consequences. These actions may then cause physical symptoms of stress and subsequent disorders, yet the person is unable to stop this destructive behavior. In times without high stress levels, one might experience extreme boredom, which can then lead to stress about not being stressed. It's a vicious cycle that just continues on and on because a stress addict may also lack self care habits. One might be overbooked with plans and spend little to no time

for themselves. A stress addiction can get serious to the point that a person may experience high blood pressure, extreme fatigue, insomnia, and even withdrawal symptoms.

An addiction to stress can be managed and overcome. Therapy is one method that can help you break your habits by finding the roots of your tendencies. Breathing exercises, meditation, self-care, or support groups can also help you maintain a more balanced life.

By reading this article, I hope that you can better recognize the signs of stress addiction and understand the science behind it. Always remember to reach out to a friend or trusted adult if you need extra support or guidance through any mental health hardships.

the lavender problem

by George Ellington (he/they)

the great thing about lavender
is its very hard to make overwhelming
it could be two drops or twenty
and it would all smell the same
diffusing in a haze of relaxation

the bad thing about lavender
is it doesn't actually relax at all
and now i have four bottles of oil
in the hopes my worries would be
diffusing in a haze of relaxation

no matter how much i use
it all smells the same
and i still have therapy tomorrow

somewhere in the lines

by George Ellington (he/they)

i don't know how much
 slam poetry
 i can listen to
 before it sounds like
 a warbled ted talk
 sometimes i just want
 to feel things
 i don't want to listen
 to some girl
 recount her worst
 memories in that
 stupid canter that makes me
 want to never write
 another one of these
 i want to feel the pain
 i don't want to listen
 to the verb choice and
 the syllable count
 and cry in sympathy
 like she's a dying dog
 i want to know
 what it was like
 and i want to know
 why she says it
 like that.

shy smiles and sad faces

by George Ellington (he/they)

it's something in the rain
 i see your sleepy eyes
 in the smoke dancing from the chimneys
 in wonder who's by the fire
 and if i'll ever get to be like them
 with you
 the rain is getting harder
 but i don't seem to mind
 i stand and watch the smoke rise
 i continue to wonder
 but i don't seem to move
 stuck with water dripping down my cheek
 and my arms
 and my hands
 stuck with a constant state of watching
 will i never move?
 can i move?
 my glasses have distorted the houses
 i realize i must walk back to my own
 i lay my clothes on the radiator
 i lay down in an empty bed
 it was fun to wonder
 wasn't it?

Futoshiki Puzzle: (instructions can be found online if you're unfamiliar with how to solve)



