

# ISSUE 03

*Inserts of The Cryptohedron, Senior  
Capstone, and Winterim Review*



the  
**LION'S ROAR**

*Karl G. Maeser Preparatory Academy*

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# “SMART”

AMBER NIELSEN || 8TH GRADE



I am a straight A student and love school. I try to help others get better grades, but sometimes when I talk to them they tell me that I get good grades because I am “smart.” I try to tell them otherwise, but they nod

their heads and say, “Uh huh” sarcastically. So many people think that the only way to get good grades is to be really smart. I myself do not believe I am fully smart. I make decisions every day that aren’t the smartest. I don’t always get a perfect score, but people just nod their heads and say, “Uh huh”.

One reason why I am a straight A student is because I work. I work as hard as I can to learn and do what the teacher asks. Some students I know do practically nothing and just wait to see if their grades are good. You have to work for it and work for it *hard*. If you don’t have time, make time. It’s that simple. Yet some people still don’t listen.

Another reason why I am a straight A student isn’t that I am smart, but I review and repeat until I understand. I don’t get things perfectly the first try, no one does. It takes a couple tries to get to the point where you understand. In my own life, I have times when I don’t understand at all what anything means and everyone else, including the people who are less “smart” than me, understand the thing I don’t. There are things that are easy for some and harder for others. That is what makes us, us. We don’t have to be “smart.”

One time, I heard someone say “because you’re Amber.” Just because someone is their own self, it doesn’t mean that they are something. It doesn’t mean that someone is smart just because they were born that way. Being smart takes work. Learning the alphabet is hard, and yet you did. Learning skills that will help you understand school takes a while, so don’t be frustrated if you don’t get it right away.

You may not be “smart” because you didn’t pass that test or get a good grade, but you are smart and know so much. If you fail a test, go retake it and learn. Study and understand so you can get a good grade. Whatever you do, don’t tell anyone that because they’re “smart” they have good grades. It’s just not true. ■



# THE BANE OF POCKETS

ALEXIS HUNTER || SENIOR



Pockets. What a weird concept: small versions of backpacks... on our pants. Who thought that was a good idea? Backpacks are so much more logical, at least I think they are. Even though men had wallets and women supposedly carried purses around, someone, and you know it was a guy, decided to make a few small spaces for us to store stuff. It’s not that I don’t use my pockets, but the secret is there are almost no pockets on my pants. If you happen to have known me in any grade before 10th you probably thought I was a guy, but in reality, I was just experiencing the blessing of pocket space in boys shorts and pants.

The proportions of pocket space from men’s to women’s is drastic! I, a woman, wearing the pants that I think I look best in, can only carry a singular chapstick while my cousin can and has stored his entire iPad mini in his front pocket, with leftover space. Why does that seem to be the trade off, look good or have pocket space?

As women we are expected by society to have every kind of makeup in our purse, so wouldn’t that mean we need bigger pockets than the men, who carry what... just their bi-fold wallet? Now this idea that we have less room to carry things and more things to carry, sparks two thoughts that I would like to share. One being why didn’t our ancestors fight for our pocket size before they fought to get us all the useless stuff they did. For example, the right to vote, or the right to own land. I’m just saying that I personally think pockets are so much more important than the ownership of some dirt. The second is that someone (whoever decided womens pants would forever have smaller pockets) thought every woman needs a man in her life. Whether he plays a role as a pack mule or as a significant other, us women were clearly meant to have men in our lives. ■



The Devil and Daniel Webster  
(MS Play) dress rehearsal

# THE POWER OF PERSPECTIVE

ADAM COTTLE || SENIOR



My first day at school at Karl G. Maeser Preparatory Academy was surreal. I remember asking my parents if they were positive I was supposed to wear the middle school cardigan, thinking for sure that it was only for the girls. I remember Jacob and I sitting in the lunchroom eating breakfast watching Cody Wilkins and Ethan Lynsky with all of their friends from their elementary school thinking of how nice that must've been. I remember walking into first period history with Gerber and bumping into John Hendrix calling him "Blondy". I remember me and Luis Vasquez trying to run around the entire school in between class periods oblivious to the annoyed looks we were drawing from the towering high schoolers. I remember introducing myself to a shy and quiet Danni Chesler who sat behind me in math. I remember the strict yet extremely quirky teachers.

That experience for me, is overwhelmingly positive. I love Maeser. And that first day, while extremely uncomfortable, was my first experience with something that would change

my life for the better. But I'm sure for some, that same experience was mostly negative, and let me tell you why.

Maeser has taught me an invaluable lesson and that is one of perspective. Our experiences aren't based on what actually happens, although that does play a big part. They are based on our perspective of it, either positive or negative. Simply put, it is what you focus on that decides your experience. At our school, it would be all too easy to have a bad experience. Maeser doesn't have good sports, it's way too small, everybody is really weird, it requires a uniform, you can go on and on. If you choose to only see those parts of Maeser, your experience is going to be a negative one. But focus on the positive parts and it'll become the opposite. In any other school, you probably couldn't make the varsity team. But because Maeser is so small you can easily know the name of everybody in your grade, because everybody is so weird it means that you can feel comfortable being yourself, because we all wear a uniform you are not judged based on the clothes you wear, you can go on and on. It's all about your attitude and what you focus on. You see, Maeser itself is constant. It does not change for the individual student, yet somehow two students can get two

completely different experiences out of it. Again, this is due to what they choose to see. The same is for life. Some might say that happiness is based on your circumstance, but I would argue that it is a choice based on attitude.

So next time you find yourself complaining, stop for a second and think of one thing positive about the situation. Next time you hear negative gossip about a fellow student, interject and say something nice about them. Next time somebody bashes on Maeser, say something that you like about it. Next time life seems to be rolling down hill, look to the side and notice the flowers. Maeser has taught me that life is ten percent what happens to you, and ninety percent how you react to it. If you choose to be positive then you take the power away from circumstance and give it to yourself. If you choose to see the positive, then that is what your world will become. My dad has always told me that whether I choose to have a good or bad attitude, it doesn't matter because the job is going to get done regardless. Life is going to happen no matter what you do. You have no control over your circumstances or others actions. What you do have control over is your attitude and your perspective. Don't forget to use them. ■

# ACT PREP



## ADVICE FOR THE ACT: LUKE STANCIL



I think an important piece of advice comes from a story about jeopardy. Ken Jennings, when he won all of his jeopardy games, he credited it with just paying attention to everything in his life and trying to read a lot of books and try to

experience everything. I think that really goes hand in hand with the ACT. I think the test prep books are really helpful but in all honesty, the best way to learn correct English is to read correct English and really trying to open your mind as much as possible. It will really help with some actual test techniques I used. I found no value in taking a 4-hour test on my own when you get the same practice if you take them individually. Every time I practiced, I would always cut the amount of time I had on each section. I believe that this gives your mind a way to work faster and get better at quickly analyzing the questions the ACT has. I think that one of the most important things in the ACT, at least for me, is going back to check my answers. If one can go through really quickly then you would have a lot of time to check your answers and make sure you know that it was right. This was very helpful because it's a lot easier to check your work and make sure you are doing something correctly than doing it blindly the first time. ■

## WHAT DID YOU THINK OF THE CLASS? DO YOU THINK IT HELPED?

ANDREW PITCHER

I thought it was good. I think it was very useful like it was the first time I took a full length practice test. It's really good to find out where I was and what I needed to work on. A lot of the tips she gave us were very useful because then we would go through and take certain sections of the test. That really helped me.

Yes it will definitely help because when I first took it, I was like, "What the heck was this?" but now I have a better understanding of it.

ISAAC ALLRED

It was very long, very tiring and very helpful I suppose. I think it will help in future exams because the little things that save time add up to be very beneficial. The strategies that help you take tests and the resources to study will be super helpful in the future. I would recommend it if you want to get a good score.

CORBAN MAK

We wasted a lot of time. We could have gotten through the class at triple the speed and it would've been just fine. I hope it helped with my ACT score or I've just wasted too many hours of my life. I would recommend freshman to take it next year.

## ACT STORIES: WESLEY HADFIELD



I took a BYU ACT prep course for a week. It was terrible, but it framed me very well. I was ready to take the ACT for the last time to get my good score. I did the reading section feeling great, like I'm getting 36's. I went through all the math sections and was ahead with plenty of time left. On the last ten questions, the ACT questions get harder, but the ACT won't admit that. The last ten questions are supposedly the most time consuming, but I had about 20 minutes for them, and so I was doing really well there. I slowed down a little bit.

I got to the last 6 questions and I felt like I got

every problem right so far. But then all of a sudden I just needed to pee so desperately. I really had no idea what to do and so I started shaking. I just needed 6 more minutes to finish the ACT. But I couldn't think, my mind was racing, I was crossing my legs and had no idea what to do. I finally took a break and I breathed in and out. Then pee just started coming out, let me tell ya I physically could not hold it any longer, and so then I just straight up peed my pants with 5 minutes left.

I got up and told the administrator with a giant pee stain with 3 minutes left with the test. I asked, "Can I go to the bathroom? I know I'll miss the last 5 questions, but it's too desperate of a situation." I walked outside the door and just stood outside the door and was like,

"Nah I did not go to a ACT camp for nothing." I stumbled back into the classroom trying to cover myself, sat down and suffered through the last few questions. When we had a 5 minute break, I sprinted to the bathroom and spent 5 minutes drying my pants to finish the ACT. Anything for a good score.

My advice to anyone taking the ACT would be to go to the bathroom before the test, stay hydrated, and have a good breakfast. There's a direct correlation between the number of hours you study and your score. Just because you think you're stupid or whatever doesn't mean you get a bad ACT score. Just study and study and you will get a better ACT score. The ACT does not measure your intelligence, but how well you can take the test. ■



# MORE THAN A CLASS

KELTON WAGLEY || SENIOR



I was in the Harry Potter Winterim. The official title was something like “The Magic and Philosophy of Marketing,” but that wasn’t really what it was about. I hesitate to say that it was really about the friends we made along the way, but

that’s the best way to put it despite the corny cliché. On our first day, we entered through Platform 9¾ (which was really just a plastic sheet) into a Maeser-ified version of Hogwarts. Candles dangled on fishing line from the ceiling, professor’s portraits printed on paper were posted on the walls, and John Williams’ iconic

score greeted us with its familiar melodies.

Dowdle initiated the sorting ceremony using MP3s of the Sorting Hat speaking, and the rest was history. I’m Ravenclaw, of course. We spent a few days in class discussing an eclectic mix of topics ranging from the psychology of advertising to the moral ambiguity of Professor Snape. However, the best was yet to come.

We finally left on the long-awaited exodus to California one bleary-eyed Monday morning—a 12-ish hour trip that lent itself to plenty of sleep and plenty of discussion about the Cats movie that had just been released. We stayed in an AirBnB in Anaheim just a few blocks away from Disneyland.

When you’re crammed together in a house for longer than just a couple hours with teachers, peers and people you’ve never met before, you can only avoid getting to know them for so long. Over that week in Cali, I finally got to meet the people I’ve known since 7th grade.

We rode rides in Universal Studios together, took Polaroid pictures together, paid too much for Butterbeer together and laughed at a man walking a goose down the street together. I ended up learning more about my new friends than Harry and his friends over this Winterim. Seeing my teachers and peers for who they are as people is a rare opportunity that I will never forget. ■

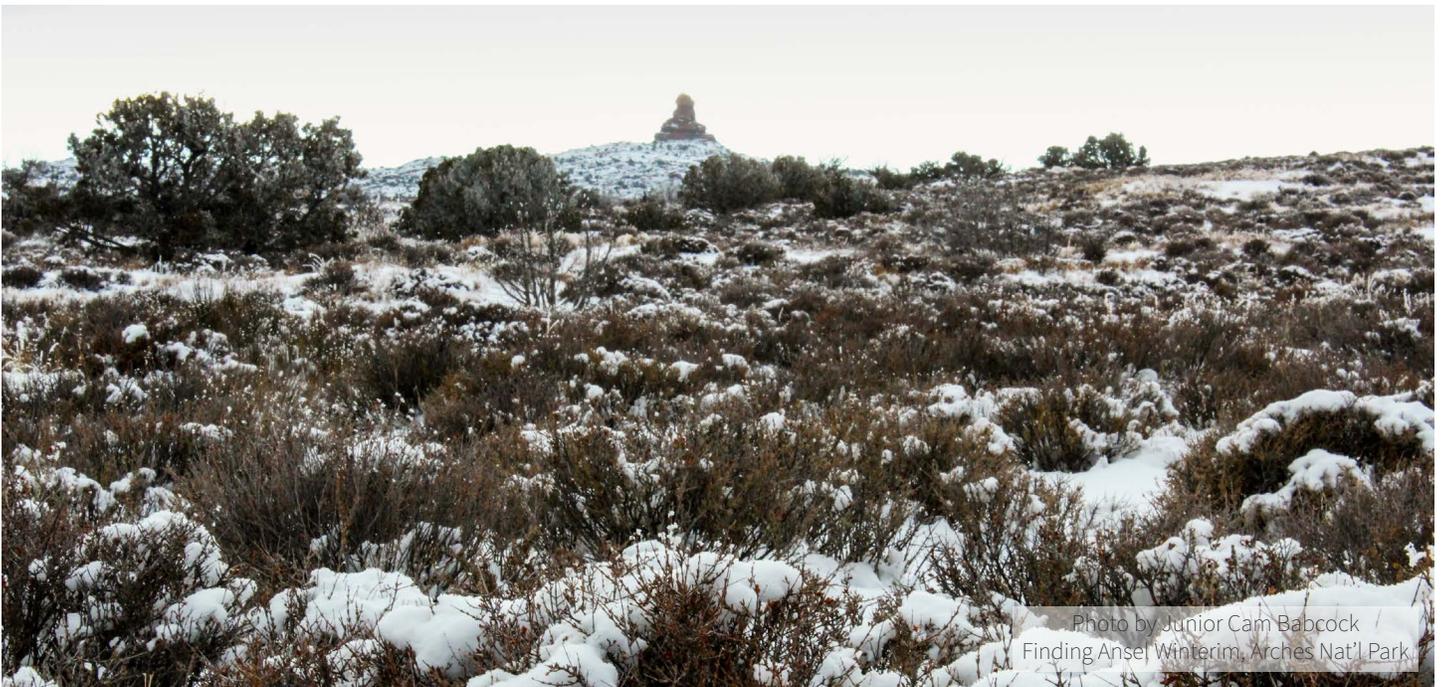


Photo by Junior Cam Babcock  
Finding Ansel Winterim, Arches Nat'l Park

# LIVE IN THE MOMENT NOT IN THE FUTURE

MCKENNA SMELTZER || JUNIOR



I was in the Finding Ansel Winterim. Despite what everyone thought, it was *not* a photography Winterim. We went to National and State parks in Eastern Utah. While we were there, we did, in fact, take pictures.

But we also learned about public lands and rights pertaining to that. We had a saying throughout the Winterim, “Live in the moment.” While we were there, Gerber and Kreitzer decided it would be best if we went into a technology void. The first night we all turned

in our phones and we only had them for 30 minutes every day. While that sounds miserable, it was probably one of my favorite things about my Winterim. We actually talked to each other and got to know one another in a way we wouldn’t have otherwise. When we would get back to the house, we wouldn’t immediately get on our phones because we didn’t have them. We would actually have a real conversation with each other. It got to the point where when we got our phones back on Friday night, nobody was on them because they didn’t want to be. They wanted to “live in the moment.” One of the best parts of my Winterim was when we

took a trip to Dead Horse Point State Park. The book we read for the Winterim was called *Desert Solitaire*. Gerber and Kreitzer set time aside for us to experience our own “desert solitaire.” We all spread out across the overlook.

While I still knew there were people around me and I could still see a couple of people, I felt totally alone. The silence was deafening. About an hour and a half into the experience, two ladies sat down on a bench near my area and were just chatting up a storm. They finally decided to leave and the stillness resumed. ■



# WINTERIM EXPERIENCE & REVIEW

YAHIR RUIZ || SOPHOMORE



My Winterim was Exploring Hispanic Culture through food. It was an interesting experience. The best parts were going to cook, seeing how food has changed and how it influences modern dishes all over the world.

Though it was slow paced, it was good overall. Also I learned bananas are cooler than I thought.

SETH LARSON || FRESHMAN



I was in the Martial Arts Winterim. We learned a lot of different martial art routines and we had a lot of professional instructors come and teach us self-defense moves from each art. The martial arts included Jujitsu, Tai Chi, and Street

Kempo.

SEAN BABCOCK || FRESHMAN



The Greek Winterim was without a doubt the most boring Winterim, but that didn't mean I couldn't enjoy it. Although most jokes that flew around would only be funny for language nerds, Greek Winterim was the best choice for me.

MIA SHORTEN || SENIOR



The best part about Philosophy and Magic of Advertising Winterim was going to LA and seeing all the different ways companies market products. I learned how you can sell a cheap item for 3 times

its value when you add anything Disney or Universal studios related to the packaging.

ELISE SMELTZER || JUNIOR



I was in the Animals Winterim and it was such an amazing time. I learned so much and got closer to the teachers and other students on the trip. It was my first time doing a Winterim sponsored by the school... and it was so much fun to

be with other people who love animals as much as I do.

ADAM PERRY || SENIOR



I've always wanted to write a novel, and [the JaNoWriMo Winterim] was a great opportunity to learn the skills needed. We had so many chances to take advice from professional writers. I'm glad to have had a chance to learn more effective writing abilities.

# SENIOR CAPSTONE

DEBBIE FRAMPTON || TEACHER

What is the Senior Capstone? Some see it as a glorified Eagle Project, a service project or just plain busy work. Others see it as a riddle wrapped in a mystery inside an enigma. Allow me to clarify. Mrs. Martinez describes it as an opportunity to bring together everything a student has read, studied, practiced and discussed into a culminating assignment that represents excellence. To put it simply, the student chooses the topic of study, its corresponding virtue and an action that tangibly displays this virtue.

Why does Maeser require a senior capstone? According to Mrs. Ellis, in the beginning, the vision of the Capstone was a way to show how the experience of classical education affected each student personally and how can they take that experience and pay it forward. "Service is

an avenue that some take to display the virtue in which they gained, but it isn't necessary. It is the piece of the mission statement that used all the tools described to better themselves and their community." The Senior Capstone is a chance for students to reflect on how they are better, why are they better and how they can bring what they've learned to the broader community. Mrs. Ellis describes the Capstone as lofty because it really makes students "think deeply about whether they have taken every advantage of the Maeser opportunity to become something different than they started and to be the best version of themselves."

I asked a few Maeser alumni how they felt about the Capstone experience. Courtney Jarrett said that the Capstone opened her eyes to those in need. She said it made her want to "find a

hole in society and fill it." Hayden Webb said, "It was about leadership being the highest form of service." Rachel Linford said, "It made me look at my world differently. I have no idea whether or not I changed anyone through my actions, but my paradigm about life shifted."

Mrs. Martinez sums up the spirit of Senior Capstone best by saying, "Ponder the phrase: how you do anything is how you do everything. If this phrase is true, the Capstone is invaluable. For some the Capstone will be a continuation of the way they already do everything: wholeheartedly and with passion and excellence; for others it is a chance to make a significant difference to the rest of their lives." ■



# CHANGING LIVES **ONE** BOOK AT A TIME

CAPRI GALLACHER || SENIOR



For my Senior Capstone, I was inspired by a conversation my mom had with a friend about certain books that have changed both of their lives in a significant way. For my project, I asked a group of 10 different people to

identify one particular book that has made a difference in their lives and why. Over the next

several months, I have been gathering copies of each of the books that have been identified and I will be printing bookplates to put inside the cover of each book collected. The bookplates will contain a message and signature from an individual in the group I compiled explaining why that particular book has changed their life. I will be donating a set of these 10 books to 5-7 different at-risk youth homes and treatment facilities in Utah. Reading is one of the greatest joys of my life.

One of my favorite quotes is by Ralph Waldo Emerson: "I cannot remember the books I have read any more than the meals I have eaten; even so, they have made me." I strongly believe that books can make a difference in a person's attitude and their future. They have certainly done that for me and I hope to inspire others to one day feel the same. ■

# PRESIDENTIAL **ELECTIONS** AND VOTING

TREY DAVIS || SENIOR



For my capstone I decided to follow the presidential elections to help me and others who read my paper get a better understanding of what was happening in the presidential elections. I loved getting to follow

the elections as closely as I have. I love politics and how everything about elections work, and through my Capstone paper, I have gotten a better understanding of how the elections work,

and what kinds of tactics the candidates may use to try and gain the upper hand on the other candidates. I've been able to look at the top candidates platforms and see what they stand for, and what they want to do as President of the United States.

I've also had the chance to talk about the importance of voting and how important that simple action is. Voting has been very interesting to look into and learn about, from how to register to vote, to how the process

works. It has been so cool to see just how much power we as the people of this country actually have over the government. We get to decide who runs our country. It is so important that we learn about every candidate and what they stand for. Even on a local level, there are so many things that you get a say in that are so important to vote on. Not voting because you believe it doesn't matter only hurts our country. The system only works if people continue to vote. Your voice matters. ■

# WHEN **TIMES** GET HARD

AUDREY MEFFORD || SENIOR



I was cruising along thinking everything was just dandy, then almost suddenly, my life became a big dumpster fire. It was painful, hard to see any way out, I started to lose hope, and wanted to give up. Sound familiar?

Everyone will or already has experienced a mountain of trials at some point in their life. It sucks, but those are the times where you can grow. The trials and their solutions differ for everyone. Robert M. Pirsig in *Zen and the Art of Motorcycle Maintenance* suggests that the healthiest way to overcome these trials is not always by pushing as hard as you can until it's over. He highlights the importance of slowing

down. It doesn't help to compare your trials or the ways you overcome them to other people's. You need to find your own pace. It's perfectly okay to take your time and slowly heal from pain caused by challenges. Or, it can be helpful not to dwell on the experience and just move on. Either way, it takes time and effort to figure out the right pace for yourself.

If you keep your head down and try to do nothing but push through, you're going to miss a lot of valuable things around you. The journey is just as valuable as achieving the end goal. You can't have a mountain peak without the sides holding it up. Take time to notice the little details around you, find and appreciate little bits of joy, and look for lessons you could learn along the way.

Although you can't have sides without the top, you need to have an idea of where you want to go before you get there. Just like in *Alice in Wonderland*, the Cheshire cat tells Alice that it doesn't matter much which way you go if you don't care where you end up. When you have an end goal in mind, it makes the journey simpler and more meaningful. In trials, if you think about the ways you can use it to become a better person, that can become your end goal.

The most important thing to remember when life gets hard though, is that you are loved and are capable of great things. Don't give up. ■

# SERVING OTHERS

GENAVIEVE LARSEN || SENIOR



My Capstone project is about serving others in the community and what I have chosen to do is call Primary Children's Hospital and ask what supplies or things they need for patients to feel comfortable while in the hospital. I am thinking that

they will need mostly blankets and or stuffed animals. I have chosen to do a drive and get all the supplies they need. Seeing as it's a hospital, they might need more than what we have to give but at least we can help with one thing. I want the patients and families of the patients to feel loved and cared for while they are in the hospital.

My main focus will probably be little kids and babies, but also patients who need the extra love and care. I would love to send cute little

**“I WOULD LOVE TO SEE THE KIDS HAPPY FOR GETTING A BLANKET OR COLOR BOOK OR STUFFED ANIMAL...”**

blankets, books and stuffed animals to children who feel alone or scared at the hospital. I would also love to send any other supplies that the hospital is in need of. The hospital takes a lot on

with all the kids and teenagers coming in and so I don't want them to have to worry about how the patients feeling comfortable when I can be the one helping. This so the nurses, doctors and other employees can help focus on their health and getting them out of the hospital.

Many children that go to Primary Children's end up staying there for many days and sometimes even months. It is my goal to help them feel comfortable in a scary place that they might hate. Even if they don't hate it, it can still be uncomfortable with all the therapy and treatments they're going through. I would love to see the kids happy for getting a blanket or color book or stuffed animal and want to help them feel happy about what they're going through. ■



Senior Ben Farnsworth at home soccer game vs Juab

# WOMEN'S SAFETY ISSUES

MATEA BIKMAN || SENIOR

One of the most talked about topics in today's world is women's safety. Companies have created safety underwear that can't be cut or removed by intruders, they've recommended we carry pepper spray and guns, you name it. I've written some safety tips that anyone can use in a dangerous situation. Be aware of your surroundings. When you walk into a room, glance left and right. Check behind the door to see if someone is lingering behind it. Look for exits. Do the same thing when exiting.

Here are some ways to act if you're being held at gunpoint. DO NOT comply if an assailant attempts to kidnap you.

Tip 1: look behind the assailant as if someone were there, and say, "HEY! There you are! Help!" If they turn around, assume a fighting stance, or run away. Run in a zigzag pattern because when they realize no ones there and you're running away, they will shoot at you.

Tip 2: Stay off your phone. Attackers target people who aren't paying attention. Your phone calls and texts can wait. But do have your phone handy, just don't pay all your attention to it.

Some women are too afraid to speak up when they're being harassed because they don't want to be rude. SPEAK UP! Fight back! You are not being rude, you're defending yourself!

Tip 3: Trust your instincts. If your gut is telling you something, it's most likely right.

Tip 4: Park near a building and under a light. While walking to your car, look stern and look everywhere. Don't look scared. You'll be targeted. Take your car keys and form a fist around the base, so the jagged part is sticking out of your fist. If a white van is parked by your car, enter on the opposite side. Do not sit on your phone in the car. Start it, and take off immediately.

Tip 5: Go and buy pepper spray. Tasers can work, but they can also be used against you. A nice bright flashlight also works. You shine it in the assailants eyes, it will temporarily blind them, giving you some time to get away. American Fork police offers free women's self defense classes. Call (801) 763-3020. ■



Seniors on the Track and Field team at their last practice

# LEARNING FROM OTHERS

GAVIN SHERWOOD || SENIOR



My capstone focuses on how we can use experiences and knowledge of others to further our own view of truth. Each one of us only has one life. We get to live on this planet, and because of that, what we can live through and experience

during it is limited to just a small part of human history. Even if we spent our entire lives doing nothing but trying to experience everything life has to offer, we'd be stopped short, left to do nothing but guess at what we'd left behind.

What we've learned as a society to do in order to break through this barrier is relying on the life stories and insight of others to increase our own understanding. To show this, I organized a group of Maeser students to go provide tutoring for students at Lincoln Academy.

Throughout the last three years of elementary school, I was bullied. I saw school not as a place to learn, but where I would be judged for all my actions and I couldn't fit into the mold everyone else seemed to have for me. After finishing sixth grade, I transferred to Lincoln Academy, which changed my outlook on education drastically.

I entered in as a shy, timid little 7th grader, but left after freshman year with all the tools (socially and mentally) I needed to jump into a new school with, and not only survive but to thrive in my new, challenging environment. I choose to go back to my old junior high and tutor to share just how much I'd learned and progressed at Maeser, to help kids take the next step in their academic career, and give back to the school that prepared me to be where I am today. ■



Print Comm at the Salt Flats



Mr. Maeser Pageant

# OVERCOMING EARLY SPRING BLUES

## SYMPTOMS OF SEASONAL AFFECTIVE DISORDER

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- FATIGUE
- LACK OF FOCUS
- ANXIETY
- IRRITABILITY
- DIFFICULTY SLEEPING
- JOINT AND MUSCLE ACHES
- FLUCTUATING WEIGHT AND APPETITE
- LOSS OF INTEREST IN PREVIOUSLY ENJOYED ACTIVITIES
- PERSISTENT FEELINGS OF DEPRESSION, WORTHLESSNESS, GUILT, HOPELESSNESS
- FREQUENT THOUGHTS OF DEATH OR SUICIDE

KARA MENSSSEN || JUNIOR

**W**e've all been faced with the difficulty of returning to the regular 8 period school days after the multi-week break consisting of Christmas break and Winterim. 3rd term is widely considered to be the most difficult term of the school year, what with all the standardized testing, college applications and intense studying in preparation for the end of the year. The sense of being so close to the end and yet so far puts

a bit of a damper on everyone's moods. And then there's the weather on top of everything. Consistent gray skies, the occasional snowfall, and biting winds don't do much to improve the collective mental slump we've been experiencing here at school. One can't help but feel a bit down during the earlier months of the new year. Here are some tips on how to push through these tough times. ■

## GETTING THROUGH IT

MALIA COLLINGS || JUNIOR



Third term is a really rough time for a lot of students; it's during the winter time and there aren't any breaks. However, even though this time of year is hard, there's always a way to make it better. Happiness is a choice, no matter how hard

of a choice it is. Even if you're struggling though something mental, there are ways to make it better. Maybe not perfect, but better.

Make sure that you aren't procrastinating your work; this can really cause stress. I used to be the biggest procrastinator, but when I finally decided that it was causing me more trouble than good, I stopped. It can take some time, but doing your assignments when you get them, can really help with making these last months of school much easier and better.

Talk to someone. If you know that this time of year is hard for you, it's a good idea to keep up with someone close to you. We have counselors for a good reason, they're not just there to fix your crappy schedule. Your parents are also a

great asset, at least every week pick one or both to talk to. Tell them about how your week was, the good and especially the bad. I got myself through the hardest times of my life by talking to my mom. Every night I would go to her and just spend an hour talking about my day and her day. Remember that your parents love you, and have gone through times just like yours. They were high schoolers too.

Always be sure to make time for yourself. One of the worst things you can do for your mental health is to forget that you're just as important as others. Often, people are so used to doing things for others that when it's time to do something for yourself, you think, "I don't have the time or money for that." You need just as much time to yourself as you give to others, so spend some time doing something you love. I spend a lot of my free time drawing on my walls, playing games with my family and often just by myself. I own a lot of pets and I spend a lot of time with those additions to my family.

So students, good luck through these last months. If you're feeling down, others are too. You are not alone. ■



LARRY SMITH || MS, LCMHC, NCC

**D**o you find it harder to roll out of bed and get things, like homework, done in winter when the temperature drops and the mornings are darker? If so, you're not alone. Many people feel tired and sluggish during winter.

Here are 5 energy - giving solutions that may help—and some conditions that can sometimes be the cause.

### Let in some sunlight

As the days become shorter, your sleep and waking cycles may become disrupted. The lack of sunlight means your brain produces more of a hormone called melatonin, which makes you sleepy. Let more sunlight into your home, and get outdoors in natural daylight as much as possible.

### Get a good night's sleep

Getting enough undisturbed sleep is vital for fighting off winter tiredness. Aim for about eight hours of sleep each night, and try to go to bed and get up at the same time every day.

### Get regular exercise

Exercise may be the last thing you want to do when you're feeling tired on dark winter evenings. But you might be surprised by how energetic you feel after getting involved in some kind of physical activity every day.

If you find it hard to get motivated to exercise in the colder, darker months, focus on the positives – you not only will feel more energetic but might also stave off winter weight gain.

### Learn to relax

Are you feeling pressured to get everything done during the shorter daylight hours? If so, it may be contributing to your tiredness – stress has been shown to make you feel fatigued.

There's no quick-fire cure for stress, but there are some simple things you can do to help to reduce it. Many people find adding meditation, yoga, breathing exercises or mindfulness techniques into their day helps them to calm down and feel more relaxed.

### Eat the right foods

Being overweight or underweight can affect your energy levels and leave you feeling sleepy. So it's important to make sure you eat a healthy, balanced diet. You'll have more energy if you include plenty of fruit and vegetables in your comfort meals.

You may find your sweet tooth going into overdrive in the winter months, but try to avoid foods containing lots of sugar. They may give you a rush of energy, but it's one that wears off quickly.

### Do I have a health condition?

Sometimes a lack of energy and enthusiasm (lethargy) can be a sign of winter depression. Known medically as seasonal affective disorder (SAD), it affects around 1 in 15 people, but it can be treated.

If your tiredness is severe and present all year round, you could have chronic fatigue syndrome.

If your tiredness is stopping you from going about your normal life, or goes on for a long time, you should talk to your doctor. ■

## “WHAT HELPS YOU STAY POSITIVE DURING THIS TIME OF YEAR?”



BRYNN HAMILTON  
8TH GRADE

“I think probably just going home and relaxing. Just getting a break from school and stress helps a lot.”



MONA UENO  
JUNIOR

“Doing something that makes me happy. For example, playing tennis or hanging out with friends makes a positive atmosphere that helps me be happier.”



LILY OLIVERSON  
SOPHOMORE

I just think about all the good things in life. There's always something good in your day, you really just have to be willing to look for those things. And serve others!

# STUDENT SPOTLIGHT

IRA FAERBER || SENIOR



As a much younger person, I would spend easy summer nights wearing out my family's collections of Calvin and Hobbes and the Far Side. As I learned to enjoy more and more difficult material, however, these anthologies found less and

less use. I haven't cracked them open in years, but comics still fit into a groove worn deep into my mind by countless hours of innocent leisure. That's not quite the whole story, though. Since I have great difficulty speaking, traditional communication has always been a little bit of a sore spot for me, displacing self expression into less commonplace avenues like illustration, writing, game design, and, of course, comic book production.

A great deal of my inspiration for The Cryptohedron comes from the classic adventure game Zork, with its white pixel text on a stark black background. The game is chock-full of intriguing imagery (an immense underground dam, for instance, with computer technology out of place with the rest of the fantasy world) and charming witticisms, but notably devoid

of the illustrations usually synonymous with adventure games.

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**“...THE CONTENT ISN'T THE CONTENT, IT'S THE VIEWER'S IMAGINATION.”**

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The reason I liked Zork so much is the same reason I love 2001: A Space Odyssey, Brian Eno's music, and Moebius's illustrations, and is the object of most of my creative choices within The Cryptohedron: the content isn't the content, it's the viewer's imagination. My own conception of one of Zork's Grues is more frightening than any illustration of the same monster is likely to be, 2001's aliens would have been disappointing if they had appeared on screen, etc., and in The Cryptohedron, no explanation for the scientists'

internment or what the pills actually do could be as interesting as the extant ambiguity.

For the above reasons, The Cryptohedron is an investigation of the subconscious mind in general, but the concrete details it does include are, I think, a pretty good manifestation of my own subconscious. For some reason, there are a lot of polyhedra floating around in there, many with body parts like eyes and ears attached. While I think Freud would have a field day with that one, I put a lot into The Cryptohedron that is less abstract. One example is my trouble with religion: I keep feeling that I'm this close to understanding God when he slips past me and cold rationality takes over again. Epistemology, geometry, and a struggle with crude desires like bigotry and unearned pleasure are also pillars of my subconscious that made it into the comic book.

It's important to note that without the help of Ms. Gerber and Mrs. Fosse, this comic book wouldn't exist. If you just glossed over that acknowledgment, read it again; that's a big deal! It's wonderful to be around people who care far more than they are obligated to, even more than is reasonable. ■

## REVIEW

AMMON NEWBY || SENIOR



As someone who's been deeply involved in Sci-Fi/Fantasy since I first learned how to read, The Cryptohedron was fascinating to read. It wasn't long, but a good story doesn't need to be long.

That's something that a lot of people fail to grasp, but Ira seems to have hit the nail on the head.

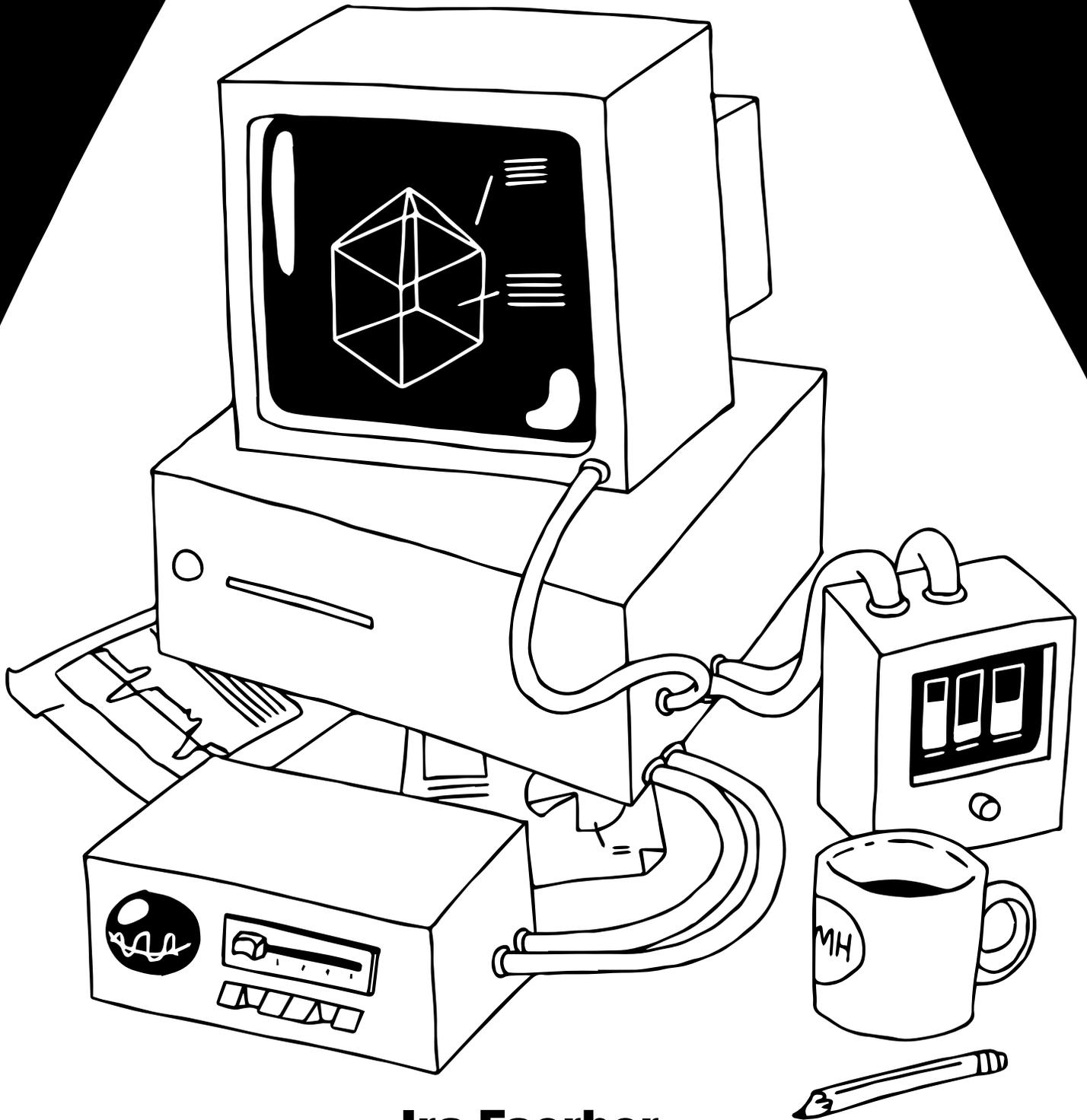
The Cryptohedron is a story about three unnamed scientists, trapped within a space of unknowable geometries. Their only potential for escape is a handful of pills. Eating one of these pills transports their mind into a different reality, where the black-and-white colors of the comic are inverted, the geometric shapes seem to grow and shift, and a masked tribe yells in incomprehensible tongues. Within this new reality is The Cryptohedron, a shape of unknown power, and more eyes than is natural to a cube.

The aforementioned tribe and The Cryptohedron itself speak in what, at first, seems to be random symbols. Once you turn to the last page of the book, a translation guide appears that explains the language is poetic, with each symbol representing one of two English phonemes, rather than specific letters. Many authors attempt to create new languages; however, most don't get past a few words. The language Ira invented is simple and elegant, able to represent any English word without simply replacing the 26 letters of the alphabet.

Overall, I really enjoyed Ira's first comic, and I'd highly recommend reading it! The story is simple, and while it ends on a cliffhanger, seeing the beautiful world of shapes that Ira built without even using color is a unique experience that I wouldn't choose to pass up. Translation of the language inside is optional; however, it isn't as difficult as it may seem, and if you're wanting more of the story, there's a few secrets that you can't learn any other way.

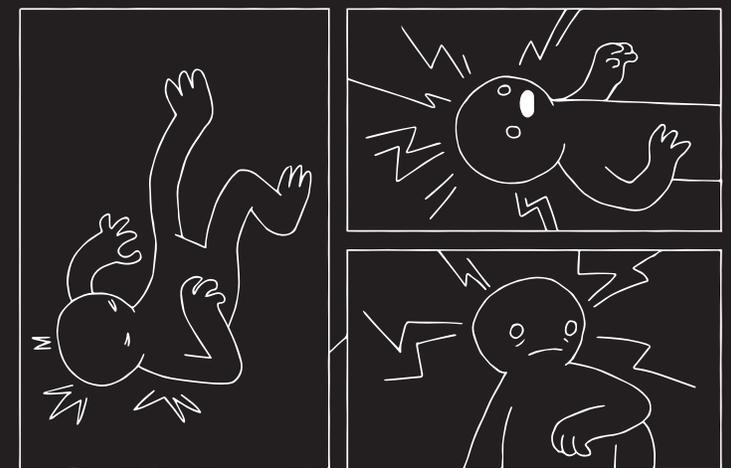
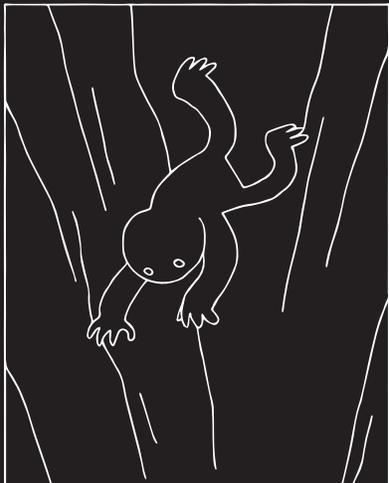
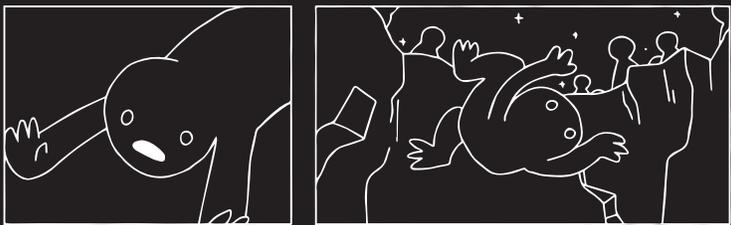
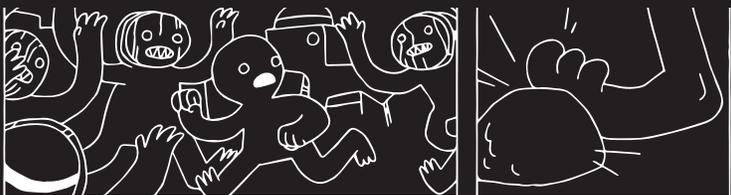
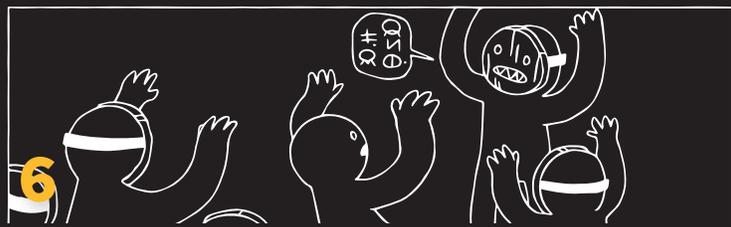
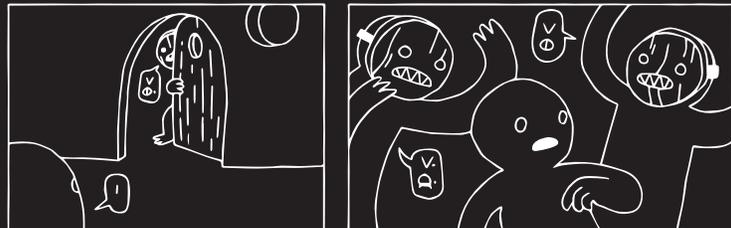
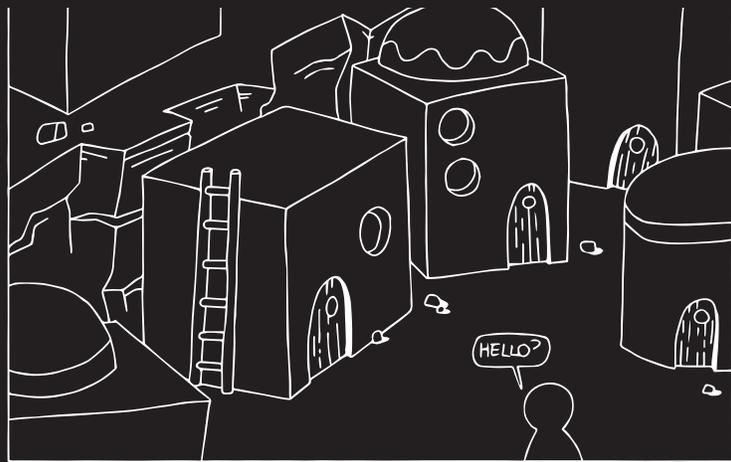
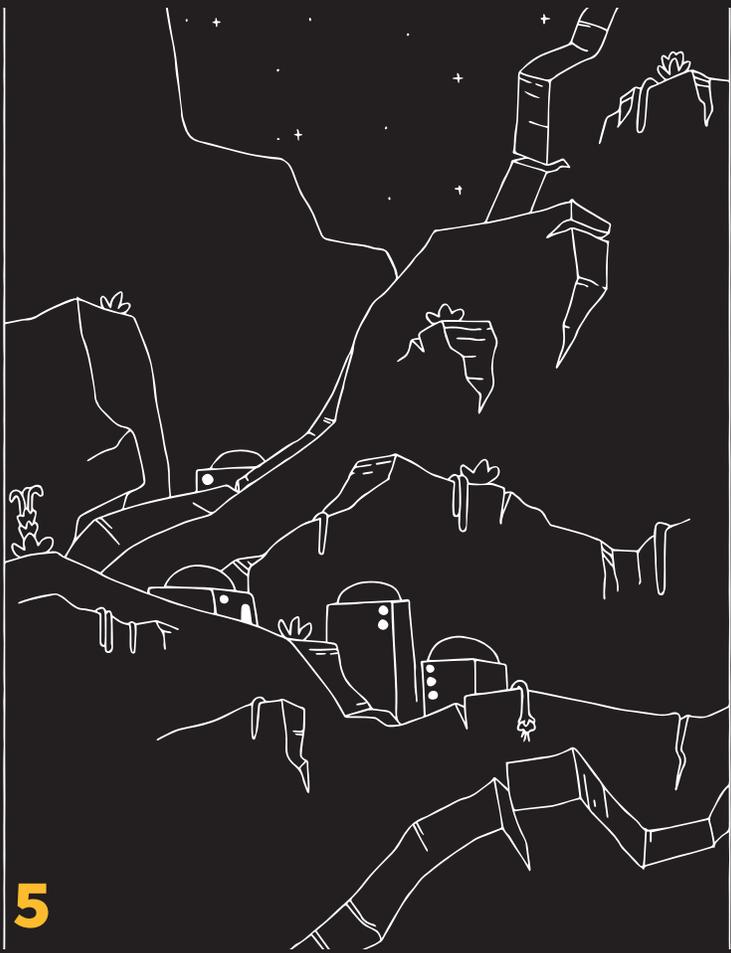
Now go read it! ■

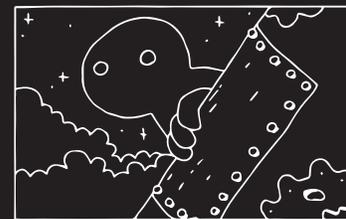
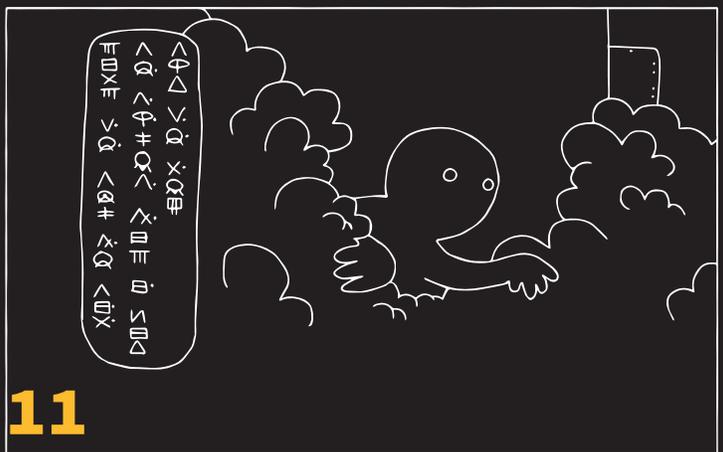
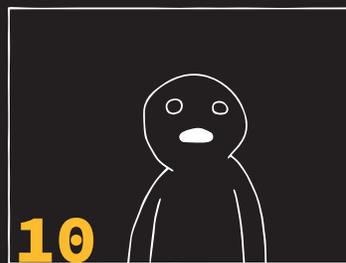
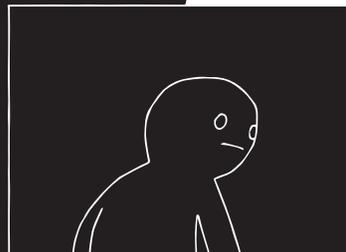
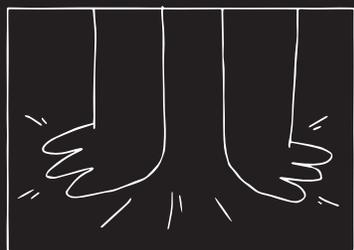
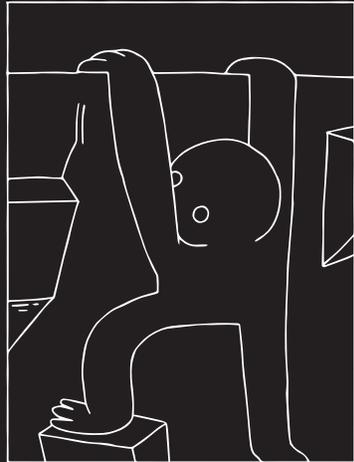
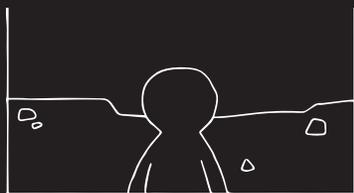
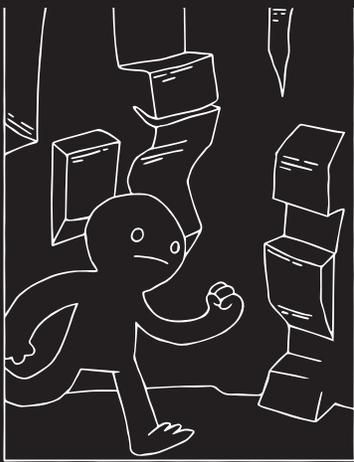
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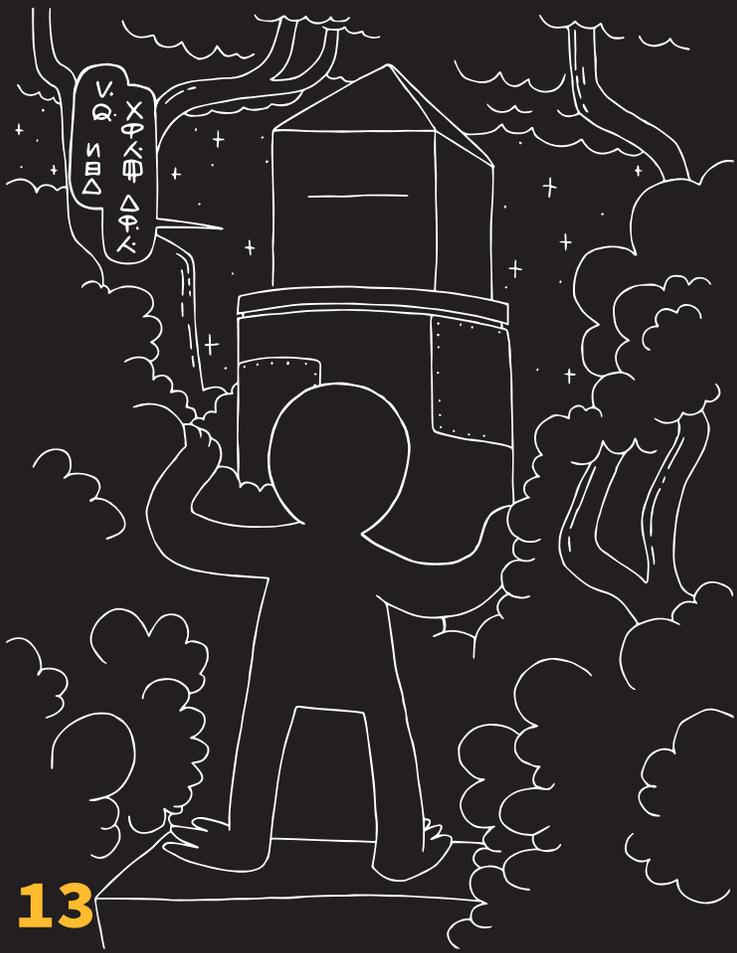


**Ira Faerber**

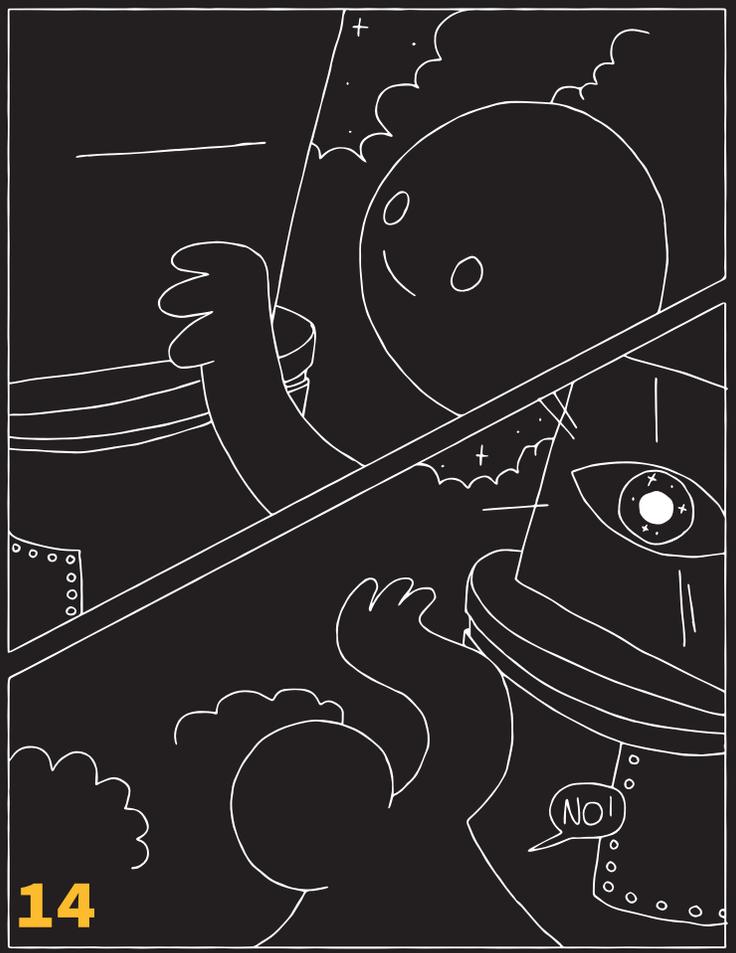








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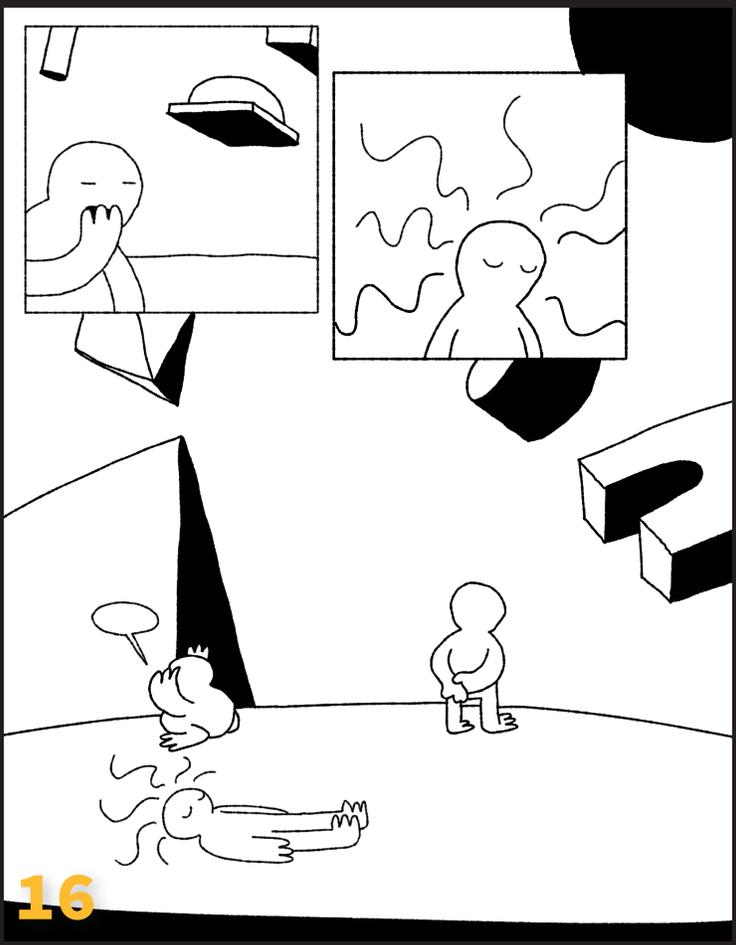


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# WE MISS YOU MAESER

STAY HAPPY  
STAY HEALTHY  
STAY HOME

