

the BULLDOG BARKER

Williams Bay High School • 500 W. Geneva St. • Williams Bay, WI 53191

Thanksgiving Trivia

By Emily Gauger

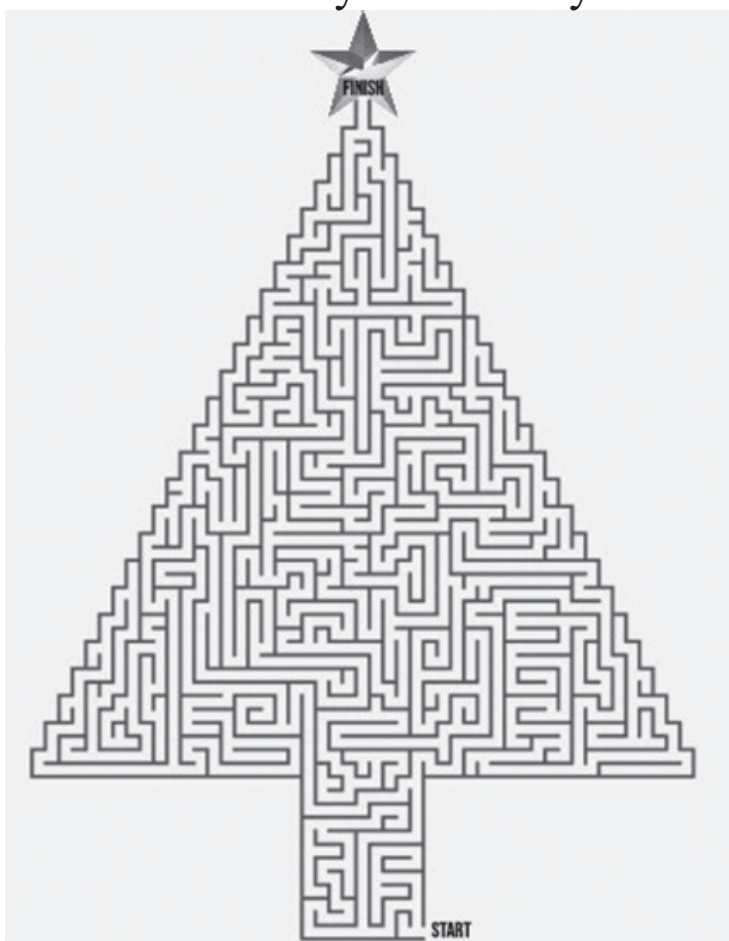
Trivia Questions

(See answers on page 5)

1. Do most Americans prefer apple pie or pumpkin pie?
2. What is the most expensive Thanksgiving dinner on record?
3. On average, how many calories do people consume on Thanksgiving?
4. What city has the oldest Thanksgiving day parade?
5. What state consumes the most turkey on Thanksgiving?
6. Who was the first president to receive a ceremonial Thanksgiving turkey?
7. Which president received a live raccoon for his Thanksgiving present?
8. When is Thanksgiving in Canada?
9. Black Friday is the biggest day of the year for what profession?
10. On average, how many people attend the Macy's Thanksgiving Day Parade each year?

Sources: <https://parade.com/1072705/jessicasager/thanksgiving-trivia/>
<https://www.goodhousekeeping.com/holidays/thanksgiving-ideas/a35457/thanksgiving-trivia/>

Tree Maze by Eoin Henry



Mask Fashion

By Freesia Bornstein

Masks are now the new normal in our world. There are many different types of masks, and they have quite rapidly become a new fashion. Masks are now part of most people's everyday outfits, making them a new and important part of fashion. Masks are categorized fashionably by color, type, and design.

Masks can be any assortment of colors, spanning anywhere on the color spectrum. Usually teenagers and adults prefer to have a plain black, white, or gray mask so they match with anything. However, many teenagers and adults also wear colored masks if they enjoy a certain color. A person's mask is a new way to express and show his/her personality.

There are also many different types of masks. There are the surgical and n95 masks. These masks are very popular as they are the first masks that hit the market. These masks are also the most protective against the spread of the virus, especially the n95 masks. These are more popular amongst people looking for the best protection. The next type of mask is the cloth mask. The cloth mask has become very popular throughout all age groups and people. Many different brands and companies have started to manufacture cloth masks that are accessible to everyone and, in addition, are reusable, unlike the surgical and n95 masks. Cloth masks are most popular for everyday use because they are reusable and washable, so a new mask does not need to be worn each day. The last type of mask is bandanna or over-covering that is not in the shape of a mask. This is most popular among groups of people who do not enjoy wearing masks and feel that a bandanna or other sort of covering is more comfortable for them.

Masks can have many designs to match your fashion.

Online VS In-Person Learning

By Caden Binger

For most students, virtual schooling is their new reality. Because of the Covid-19 pandemic, traditional face-to-face learning has transitioned into online learning, but is it better? According to most students and teachers, the answer is no.

If you ask teachers about their experience with online learning, they will probably say something along the lines of "it's frustrating," or "it's challenging." It's the same for students as well. Eóin Henry, an online student for a short period, said, "Being online is comparable to watching students learn through a one-way mirror. My peers are being taught and are engaged, while myself and my fellow Zoomers look on passively." The reason online learning isn't a comparable substitute for traditional learning is because Zoom lacks the essential environment of a typical classroom. Teachers haven't fully adapted to online learning, and neither have students—but in uncertain times, you can only hope for the best.

As this year came to a start, we already knew that it was going to be a struggle. But overall, I think that Williams Bay did a great job with coordinating and enforcing policies to keep students safe and in school. While online learning is not a comparable substitute for in-person learning, it is most definitely a great option considering the world's troubled times.

A Secret Well

By Monica Paur

A few weeks ago, my friends showed up at my house and took me on a trip to visit some kittens. The lady who had the kittens was willing to give the kittens away for free if we wanted them. My family hasn't had a pet for about three years now, and we have never had a cat before. I went home and tried to convince my parents that we should get a kitten, but my parents were set in their ways on never having a pet cat. So when I started hearing noises around the house, I thought that it was a sign.

A couple of nights ago, while I was eating dinner with my parents, I thought I heard a meow. I went into the back room and assumed that it was just one of the stray cats in the neighborhood. Our neighbor next door feeds stray cats and sometimes she takes them to the shelter to find homes. My parents said I was hearing things because I wanted a cat so badly, so I went on with my life.

Two days later, we were having dinner again, and I heard the same sound again. It was strange because it sounded like it was coming from within the house, specifically the basement. My parents did not hear it, though, so I just assumed I was hearing things because I wanted a cat so badly. My parents had a meeting that night, leaving me at the house alone.

I decided to be productive by doing my laundry, which is in the same room that I kept hearing the noises from. I was tense because I was hearing things that my parents weren't hearing, and now I was alone at the house with this strange yowling. I started quickly grabbing my clothes from the washing machine and started putting them into the dryer.

“CARRRRR-ROOOOOOOWWWWL!”

I jumped up in fright. The noise had been right next to me, practically sounding like it was in my ear. I ran upstairs into my room and distracted myself with Snapchat and my ukulele. (It doesn't help that there are also scratching sounds in my bedroom wall at night, but that's a story for another time). When my parents came home, I immediately ran downstairs and forced them to hear what I was hearing.

“Are you sure you're feeling alright, Monica?” my mom asked, reaching to feel my forehead.

“CAAAARRR-ROOOOOWWWWL!”

This time my parents did hear it. We looked at each other, all wondering what it was and how it got into wherever it got into.

“It kind of sounds like it's saying your name, mom,” I told my mom, whose name is Carol. My mom didn't look too happy to hear that.

We started to pin down the voice coming from the back room in the corner, underground. The thing is, we don't have any basement in that area. Our house is really old, it was built a couple years after the Civil War, and our basement is basically dirt and tetanus waiting to happen. The place that we were hearing the noises didn't have any basement beneath it because it was added on after the basement was dug out.

We assumed that it probably crawled through our outside porch and somehow got stuck underneath that. When we went outside, we did find a hole in the foundation of our house by the porch, but we had no idea where it led. The hole was also only about a foot tall and foot long, so none of us could go in there and see what was going on.

The next day we had our neighbor come over to see if she heard the noise, too, and to see if she could figure out where it was. Our neighbor volunteers at the Lakeland Animal Shelter and said that it sounded like a cat. We were reassured that it wasn't a demon coming to possess Carol's soul. Even so, that didn't take away from the eerie feeling of hearing desperate whining coming from an unknown place. Eventually, our neighbor had her husband come and help us by putting a phone on a long piece of wood and recording to see if we could find the cat. But the recording didn't show anything except more dirt and spider webs.

On the fifth day of hearing the cat, we decided that it would probably die soon if it didn't get any food. The only way we could think of getting to it was literally tearing up the floor in the back room. My mom and I started by removing the sink and the laundry machine. When my dad came back from work, he got out the power tools and started to drill straight into the floor. He had a rough time because he had just recently torn up this floor for something else and had sealed it, thinking that he wouldn't have to rip it open again. Eventually, he was able to remove the wood around the area where we were hearing the cat.

Now it was my turn. I tore at the main foundation, bricks and rocks, trying to see where the cat was. I didn't really get to do too much damage because the hole was only a couple feet wide. It also helped that while I was “digging”, I found a part of the foundation that was missing.

We got a light to see where this went and when we shined the light down, we found an old well. At the very bottom of this old well, I could hear Carl (that's what I decided to call the cat), better than ever. I called Carl's name and he responded with his normal, “CAAAARRR-ROOOOOWWWL.” Squatting at a strange angle and twisting my head, I looked down into the well. I found a black cat with a little white spot on the middle of his chest looking back at me.

“RAAWWWLLL!”

We got food and sent it down the hole. Carl stopped his persistent whining for the first time in days to eat the food. To get him water, we had to get a little bit more creative. We grabbed a paper cup, put two holes in the top of the cup, and tied two strings in the holes. Then we filled it with water and carefully lowered the cup to him.

The problem was, how do we get him out? The hole that we made was too small to have anyone go down to get him. My mom thought that maybe the police would have equipment that could help. The police came over and took a look at everything that was going on. They didn't know what to do, either, but suggested removing the rest of the floor to get the full opening to the well. This way we could either put a ladder down for Carl to climb up, or worst case scenario, send someone down into the Murder Well to retrieve Carl. (I named it Murder Well because it reminds me of a place that psychopaths would hide a body.) When the police left, the one officer pointed out that tomorrow was Friday the 13th and that Carl was a black cat. Just what we needed to hear to stay awake that night.

On Friday the 13th, my mom had people come in to remove the part of the floor that was covering the murder well. They got a ladder, climbed into the well, and got Carl out. Then they took Carl to the Lakeland Animal Shelter. This was all done while I was at school. I never got to say my final goodbyes to Carl. I am still begging my parents to keep Carl and am trying to point out how big of a sign this is. I wanted a cat, and a cat showed up in a well we didn't even know existed. My parents just can't seem to see that this is a sign from the world that we should get a cat, more specifically, Carl.

After Carl was rescued from the Murder Well, I was interested to see what was down there. Maybe there was treasure or a time capsule or a body. My dad got a harness and rope and lowered me down into the Murder Well. The well was a lot smaller than I thought it was, and it smelled like cat pee. I felt bad for Carl because all he had for company was an old sock, a forgotten nerf dart, and a thick leggie boi (centipede). I had a mini panic attack and I had my dad drag me back up almost immediately.

Even though the Murder Well still gives me fear, I wanted to put it to good use. Before my dad could seal it off, I put together a time capsule. Then we lowered it into darkness where it will probably never be found unless some poor animal gets stuck down there again.

I am still hoping that we will get to keep Carl and keep bringing it up to my parents every day. I feel like a part of me is missing without him. There is a lot to learn from this story. Make sure you don't have any secret parts of your house that you don't know about, don't ignore the noises you hear in your house, and don't name the animal that got stuck in your house so you don't get attached to it and become really sad when your parents send it to an animal shelter without you saying goodbye. I hope that whatever happens, Carl will find a good home and that nothing will be unlucky enough to end up in the Murder Well ever again.

Creative Ways to Survive Covid

By Anna Rolfs

During the global pandemic, many activities have switched to on-line instead of in-person for health and safety reasons. For example, students across the world have had to switch to virtual learning and many adults who are able to work remotely, have been working from home since last March. Although there are many negatives that accompany the pandemic, one way to cope with them is by finding a new enjoyable activity or hobby to occupy the time.

During this time of quarantine, I've personally picked up multiple off-screen activities that have helped me cope with the stress and sadness of what's going on in the world. One of these activities is painting and drawing. I've never been much of an artist, although I dabbled in it when I was younger, but over quarantine, I had the sudden urge to paint. I picked up some of my art supplies (I took art my freshman year, so I had a drawing kit.), sat down at a table, looked up an image to reference, and began drawing. I've come to discover that I really enjoy painting and drawing on my own, as opposed to when I formally took an art class. I have found this to be a great stress reliever and creative way to express my interest in the subjects that I choose to draw and paint. Usually this consists of characters who appear in shows that I am interested in. Any form of art can be a great stress reliever; it's a good way to get your mind off of things and lose yourself in your artwork for hours.

Another off-line hobby that I've picked up is embroidering. Embroidering has been around for hundreds of years and involved fabric, a needle, and thread. This is a type of art-form that has a beautiful end product. I have wanted to try embroidering for a while, but I never seemed to have the time. One benefit of social distancing on the weekends is that there now seems to be more time. Recently, when I was shopping with my mom, we passed by the craft section of a local store, and my eyes landed on an embroidering kit that came with all the needed supplies. We decided to buy it, and after spending some time reading the directions when I got home, I started on my embroidery project and realized that it was a very fun and relaxing activity. There are many great starter kits if you've never done it before. The kits come with directions that explain the different stitches and easy-to-follow pattern imprinted on the cloth to follow.

While these are just two off-line activities that I've picked up in the last six months, there are so many more new activities to try. Getting off of your electronics for a little while can be very relaxing and a lot of fun, so I suggest trying a new hobby the next time you get a chance!

A New Type of School Schedule: The Block

By Josh Rolfs

At the beginning of this school year, Williams Bay High School (and Middle School) converted to our new scheduling system, the "Block Schedule." The reason for the switch is because it's better for students to stay in the same place for a longer period of time to try to avoid spreading the virus. Also, the school had already been experimenting with this before the pandemic hit to see if it would help those classes where a longer time-frame was needed to be able to complete the lesson of the day. This year, instead of the standard 45 minute classes, we now have 90 minutes classes with only four of them each day instead of eight.

Most students think the block schedule fits in nicely with the classes they have. This type of schedule is helpful for classes that have a lot of homework as it gives students a day off from that particular class to work on homework. During the "off" day, the students can also get help from their teachers during FAST, lunch, or after school. Although this new 90 minute class style is viewed as mostly positive, there are still some who beg to disagree and believe it is better to have just the 45 minute classes. The standard period schedule did allow students to have a daily connection to their teachers, and it now forces some classes to stretch one lesson out over a longer period of time, thus slowing down the pace of the class.

With this new schedule, teachers can fit multiple lessons into one period; therefore, students are not moving around the building as much. Hopefully students that don't like the block scheduling as much will learn to accept it. Just like the Coronavirus, it looks like block scheduling is here to stay for a while.

This edition of The Bulldog Barker is brought to you by Honors English 11.

Comic created by Marissa Erdman



The Cozenage of the Social Network

By Collin Kuiper

Today, more than ever before in human history, people are frequently using technology throughout their everyday lives. In sharp connection to this fact, more and more people throughout the world have begun to submerge themselves within the seemingly adventurous world of social media. According to wearesocial, there are a total of 3.8 billion social media users as of January 2020, 4.54 billion people using the internet, and more than 5.19 billion people that use mobile phones. However, as a society, we fail to ask the consequences of such exponential rises in technological fluency.

With that drastic increase in internet, mobile, and social media usage, companies such as Facebook, Google, Twitter, Instagram, Snapchat, TikTok, and Pinterest all have similar techniques that are specifically designed to keep your attention for as long as possible. Companies have found a way to develop and further integrate AI (artificial intelligence) into their algorithms. Simply put, these massive supercomputers track, store, and even analyze all of your movements (time between swipes, likes, clicks on recommendations, notification responses, etc.) around the clock in real time. This is an incessant process that continues through application use, twenty-four hours a day, seven days a week, and there currently aren't any government restrictions limiting the amount of data these companies can store. Social networking companies spend millions of dollars each year engineering, maintaining, and applying AI technology. You may be asking yourself why? Unfortunately, these multi-billion dollar companies within the social network industry are continuously using AI as leverage to keep users addicted, so they ALWAYS come back for more use of their application. By doing so, these companies can immorally push their advertisements down the throats of consumers, thus inadvertently making the consumer the product that they are trying to sell. However, the carnage doesn't end there because with social networking, there is always more than meets the eye.

Social media has also been depicted to have a negative impact on our psychological health, while falsifying our reality of the world around us. According to the U.S. National Library of Medicine National Institutes of Health, "In sum, evidence is growing that social media can influence pro-suicide behavior." In addition, graphs from the CDC indicate a significant increase in suicide rates from those aged 14-24 over the past ten years. Although correlation doesn't mean causation in any instance, strong evidence suggests that social media's initial intentions for society of connection, happiness, and satisfaction have remarkably deranged to a new goal: immense profit. **If you are having suicidal thoughts, please call 1-800-273-TALK.**

Recently, there has been a Netflix original documentary released called *The Social Dilemma*. In this documentary, social media engineers, tech experts, and politicians alike explain the dangerous impact of psychological manipulation within the vast world of social networking as the attention machine keeps turning throughout the undefined boundaries of artificial intelligence. If you have a subscription to Netflix, I highly recommend this movie to anyone who is interested in or already involved in social media related applications. You will come to find out that there is much more to the social networking process than just scrolling a screen, pressing buttons, and viewing posts. For example, one of the major issues that was traversed within the documentary was political polarization. Statistics shown within the documentary parade the indisputable fact that American society has become more politically polarized than ever before, all thanks to social media. The artificial intelligence that runs algorithms to hold users' attention can and will use its data to alter political beliefs subconsciously through recommendations, which is a conceivable explanation for such polarization. Former president of Pinterest, Tim Kendall, fears that if legislation or moral revolution don't materialize, American society could eventually be propelled into civil war.

Don't get things twisted, technological advancements throughout history have, for the most part, proven to be absolutely beneficial to humanity. Furthermore, we may take this technology's greatness for granted, as technology has given us better learning techniques, improved banking, innovation in various fields, ease of mobility, and, most importantly, ease of access to information. However, there are also various underlying flaws that we fail to consider while technology advances at an ever-increasing rate.

As stated previously, there currently aren't any pieces of legislation passed that inhibit the amount of data that companies can obtain and store. Furthermore, we must be consciously aware of the dangers these omnipotent companies pose

not only to American society, but the whole world. That being said, you don't have to completely remove yourself from social networks by deleting all of your accounts and never using the Internet again, although that may seem like the best possible solution. Instead, it is highly recommended that users become more aware of time usage within the social network in order to keep a close check on how it affects their character. As a society, we must consider the consequences of artificial intelligence management to identify the net worth of the social network. We must consider the almighty question of paramount importance: Is it worth it?

How Do You Make the World

a Better Place?

By Bella Solar

There are a lot of good people in the world, along with many not-so-good folks. So how can you determine the good from the bad? How do you become a good person? What good deeds should you be doing? Lucky for you, there are a variety of things you can do to make this world a better place.

As we have been told time and time again, children are the future of this world, so why not volunteer? Volunteering at a local school and helping the future of our community is most definitely a good thing to do and a great start to making the world better.

If, maybe, you're not into kids and don't have as much time on your hands, try using less paper. It may not seem that significant, but forests are being chopped down at quite alarming rates. By conserving paper, we can conserve the trees. This is an easy way to help benefit the world.

This one may be a little more difficult for people nowadays, but driving less is also a great way to improve the world. Using your car contributes to reduced air quality, so maybe next time you're going somewhere with a group, try car-pooling to make a change.

Another, simpler option for world improvement would be saving water. Even things like taking a long shower or running the water while brushing your teeth have a negative impact on our world. Start timing your water usage to see ways you can cut down.

Last, but most certainly not least, just be nice. Kindness goes a long way because it's contagious. If you compliment someone, that makes them feel good, which leads to them maybe helping someone with their groceries. Kindness has a domino effect in a positive way. Next time you see someone struggling, give them a hand to make a change.

Hopefully this list helped you find your own way to change the world into something good. It's as simple as making that first step for change. Good luck making the world a better place.

Top Trends

By Keira and Mannat

Have you been wondering what the current trends are right now? Well, you're in luck! We did research to get you up to speed on the top trends of November 2020!

Netflix:

1. *Queen's Gambit*
2. *Chappelle's Show*
3. *Grand Army*

Shoes:

1. Nike Air Force 1
2. Nike Air Max 270
3. Nike Air Max 97

Books:

1. *Ballad of Songbirds*
2. *The Vanishing Half*
3. *American Dirt*

Electronics:

1. Smart Mug
2. Apple Watch Series 6
3. Amazon Echo Dot

CLOTHING:

1. High-waisted jeans
2. Ribbed sweaters
3. Hoodies

Clothing Brands:

1. Nike: Air Max 270
2. American Eagle: high-waisted jeans
3. Adidas: joggers, slides, athletic socks

Songs:

1. "Therefore I Am"- Billie Eilish
2. "10,000 Hours"-Dan and Shay
3. "Starting Over" - Chris Stapleton

A Middle School Take on Online Learning

By Annie Sanchez

As we all know, the middle school went virtual on-line for two weeks. School on Zoom is a new concept for all of us, so I thought I'd get their thoughts on it.

On Monday, I sent out a survey to the whole middle school, and I got a lot of responses. The first question that I asked was everyone's favorite thing about on-line school. A majority of the responses were the same: everyone loved having a longer lunch, and they loved staying at home in their pajamas. When I asked about their least favorite part of Zoom school, the answers varied. They ranged from "horrific internet problems," to "sitting in a chair and doing absolutely nothing" and everything in between. In addition to these, there was a recurring technical difficulty that was best described as "the audio stunk."

Since Zoom is new to the middle schoolers, they obviously came across some funny moments. I asked the funniest thing that they've seen on a Zoom, and here are some memorable responses:

"Dogs."

"This kid in our grade looked like he was putting his trumpet up his nose."

"Ricky."

"A pink wig."

"Someone had a bird."

"Carmine doing jumping jacks."

"A cat in a basket."

"My face."

When asked for advice, they were a little more helpful. The most popular piece of advice was to just pay attention in class. They also had lots of suggestions on how to fix internet issues, such as "Don't have internet issues."

I wanted to see how the middle school felt overall about on-line learning, so I asked them to rate their experience on a scale from 1-10 (1 being awful, 10 being really good). A majority of students (53.1%) rated their experience positively, from 7-10. The last question that I asked was if they had any final thoughts, or anything to add. Being the comedians that they are, I got some pretty interesting responses. My personal favorites were that "ketchup COULD be a jelly," and "good luck."

An overwhelming majority of the responses that I received were very positive, and they said that on-line learning isn't really that bad if you just pay attention in class. Going to school on Zoom is definitely something new for nearly everyone. It's going to take some getting used to, but at least they made the best of it.

Random Thoughts and Made-Up Information

By Connor Pecht

Always know where your information is coming from, but most importantly, know who it is coming from. One should not accept things just because they are written down or someone speaks them. For example, let's say you're reading a newspaper and come across something you think is particularly brilliant and educated. It could be truthful information, but it is a well known fact (or at least in my brain) that everything written in a newspaper is true 43% of the time and only 25% inspiring.

Have you ever been in a car? I am told it is supposed to be quite entertaining. Maybe sit and ponder for a while what it is like to be in a car. Are you still reading this? Cars actually come from the Latin word *curuss*, meaning car. Cars are also popular in the Central American world where they are known as *coche*, which also means car. Cars are the true American art form as described by many people who ought to know. Technically, one could live a full and meaningful life in a car. In fact, planes are just cars with wings and boats are just cars with buoyancy. Our entire world is a car.

In other important news, someone stole my left Croc. Also this article deserves to be on the front page.

If you have made it this far, you need to reconsider how you spend your free time.

Turkey, Mashed Potatoes, and Social Distancing

By Keira and Mannat

When you think of Thanksgiving, you probably think of spending time with family and eating your favorite home-cooked foods. As we get closer to Thanksgiving, we can tell that COVID-19 will probably still be a national concern by the time we get to celebrate the classic holiday. You're probably wondering what are some ways that Thanksgiving can still be celebrated with your friends and family while still staying safe and being cautious of COVID-19?

We interviewed some Williams Bay students to find out what their plans are this Thanksgiving.

Some students are actually using the virus to their advantage this Thanksgiving. One student shared that his family will be taking a trip to Florida. He and his family usually stay in Wisconsin and go to his grandparents' house. However, their spring break trip to Florida was cancelled due to COVID-19, and they find it safer to travel now. Another student that normally stays in Wisconsin is going to Minnesota with their dad and friends. Traveling, while also taking safety precautions to celebrate the holiday, is a great option for some families.

For students staying home for the holiday, their Thanksgivings are looking a little different since they don't plan on getting together with some of their family members like usual. One student shared that she will not be able to see her grandma this Thanksgiving. "She is immune-compromised, so we will most likely just celebrate with immediate family," she shared.

Another student said that they usually get to share Thanksgiving with their extended family, but will not be celebrating with them this year.

Students are not the only ones planning on social distancing during the holiday. Ms. Durkin, a teacher here at Williams Bay, told us that she usually gets together with her dad's side of her extended family. She told us, "I look forward to it every year because I love turkey and stuffing and getting together with family that I don't see that often. This year, because of COVID, we are not getting together." Ms. Durkin will most likely be calling her immediate family through Zoom, since she is the only member of her family not working from home, and she doesn't want to expose her sisters and parents.

Our principal, Mr. Mansky, is taking a similar approach this holiday season. He usually gets together with his entire extended family in Madison. This year, he and his family have decided to take the advice of the governor, and avoid a large family gathering. However, he and his family still plan on having lots of fun over break, and may even go up north for a few days for some family time.

While everyone is trying to make plans to have the best Thanksgiving they possibly can, the most popular response by all our interviewees was that they really don't know what they will be doing this Thanksgiving. And while it is disappointing that they probably won't see their family this year, it is probably the best way to stay safe.

Trivia Answers

(from page 1 Thanksgiving Trivia)

1. Apple pie
2. \$150,000 at New York City's Old Homestead Steakhouse
3. 4,500 calories
4. Philadelphia
5. California
6. Harry S. Truman
7. Calvin Coolidge
8. The second Monday in October
9. Plumbers
10. 3.5 million

Movie Review: Shutter Island

By Sophiia Lauten

“Which would be worse - to live as a monster? Or to die as a good man?”

-Teddy Daniels, *Shutter Island*

Martin Charles Scorsese is an Italian-American screenwriter, film director, producer, and actor. He is one of the biggest influences in Hollywood and film history overall. His films are known for showing violence, Catholic concepts of guilt and redemption, and a good amount of twists and turns. Martin Scorsese's famous movies include *Taxi Driver*, *Raging Bull*, *The King of Comedy*, *After Hours*, *The Age of Innocence*, *Hugo*, *Silence*, and *The Irishman*. He has won various awards, including an Oscar for his movie *The Departed*. Thus, this movie director, who is full of experience and talent, was able to create a mysterious, surrealistic, atmospheric, and highly enjoyable film called *Shutter Island*.

The film that we are focusing on today involves famous and successful actors like Leonardo DiCaprio, Emily Mortimer, Mark Ruffalo, and many more. *Shutter Island* places us in a terrifying mental institution, which is isolated on an island. The psychiatric hospital presents a good amount of shady characters: a prisoner Andrew Laeddis who has supposedly killed Teddy's wife, Dr. Cawley who is engaged in a very controversial work involving hallucinogens, Dr. Sheehan who accompanies Teddy on his investigation but actually appears to tell all of the information about Teddy and the investigation to Dr. Cawley, and many more.

The main character, a U.S. Marshal Edward Teddy, is investigating a case where one of the most dangerous patients, Rachel Solando, ran away. Throughout the movie, Teddy has a lot of flashbacks that do not play well on his mental health. Later, the viewers find out that Teddy was actually the one who killed his wife after she kills their three children. In addition to this, (another big twist) the whole investigation turns out to be a big experiment on Teddy. This experiment is supposed to serve a purpose of letting Teddy accept his past and what he had done, and if he does not do it, he is going to be lobotomized.

The plot explained above seems to be very hectic and confusing, but an orderly and clear plot is not the main purpose of this movie. *Shutter Island's* most important target is to reveal the main character's psychological side. Since Teddy's past was so traumatizing, his consciousness is at danger and he can not deal with what had happened to him directly. The disruption in consciousness shows how disconnected he is with his identity, thus, the viewers can suggest that he is not the most trustworthy character, through whom the narrative is being told. It can even be proposed that the whole movie takes place in Teddy's mind because most of the scenes in the movie seem to not be as realistic. The atmosphere involves a lot of artificial and unnatural elements, for example the exaggerated fog at the beginning of the movie. Furthermore, a unique way of editing the sounds, music, different color contrasts, and lighting in the movie give it a dreamlike effect, proving that the movie might actually take place in Teddy's head. One interesting fact is that the movie's colors change to more bright ones, as Teddy gets closer to finding out the truth about himself.

The lesson in *Shutter Island* can be taken in different ways, just like with every other movie, but a general thought is easily noticeable. The movie is putting its viewers into the shoes of a man with mental problems. It familiarizes us with the struggles that people like Teddy can go through. Therefore, it is telling us how hard it is to cope with mental illnesses and that labeling someone who is struggling as insane or crazy is highly unacceptable and does not help to solve the problem. Even though the patients have done unexplainable and evil things, they are people, too, and have the potential to get better. Hence, a question is posed. Can anyone be saved, or are some inevitably unable to achieve redemption?

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10 Things to Know About Dr. and Professor Jill Biden, The Future FLOTUS.

By Addison Vlastnik

1. Professor Jill Biden is the first, First Lady to be working outside the White House while her husband is in office.
2. She is among the most educated first ladies. She has a bachelor's degree, two master's degrees, and a doctorate degree in education.
3. Jill Biden has been teaching for over three decades, and as her husband-president-elect Joe Biden said in his acceptance speech, “But teaching isn't just what she does. It's who she is.”
4. She is set for breaking FLOTUS norms. She won't be a political spouse that just entertains; she plans to further empower women.
5. As Second Lady, she focused on promoting community colleges, advocating for military families, and advocating for various women's issues.
6. For her and Joe, this is their second marriage, and Joe proposed five times. Jill wanted to be 100% sure Joe's sons, Beau and Hunter, wouldn't lose another mother. Previously, their mother and one-year-old sister died in a car accident.
7. Jill was very supportive of her husband on his campaign trail. She attended many rallies, fundraisers, speeches, and even intercepted various protestors storming the stage at least one event.
8. She originally planned to study fashion merchandising in junior college, but then left school. Later, she entered the University of Delaware and planned to study English with her first husband, Bill Stevenson.
9. Joe and Jill met on a blind date, set up by Joe's brother, when he served as a U.S. senator in 1975. Jill jokes about Joe's attire on their first date, a sports coat and loafers, and she thought that would never work in a million years. However, Joe was in love with Jill at first sight.
10. As an educator, she advocates for accessible and affordable education. She co-founded Book Buddies in Delaware, a program that provides books to low-income children. Jill also taught five years at a psychiatric hospital, where she taught English to children with emotional disabilities.

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PLT4M, The New Weight Lifting Program

By Cole Oertel

This year's athletics and weightlifting for athletes has been structured around the new program called PLT4M. In previous years, the weightlifting programs were decided by the coaches of each individual sport. With the new integration of a recent app and program called PLT4M, the Williams Bay School District hopes to make weightlifting a much more uniform practice with proper guidance. This program provides many aspects for the progression of different athletes, along with ease of use every step of the way.

One of the most important aspects of PLT4M is the fact that many of the employees and founders of the program are either educators, or were at one time athletes themselves. The program was created with the intent to be educator based and educator instructed. It is stated on their website that "Everything we do... is done with the intention of making the lives of our educators and athletes better." This aspect of the program ensures that it is a program with the intent to help athletes and sympathize with the needs of everyday educators. Co-founders, Alex Relph and Sam Breslin, played football at Colgate University where they developed "an intense passion for competition, coaching, and fitness." They later became educators and coaches at the high school level where they "became frustrated with the resources available to provide their students and athletes with the same quality of training they had received." The two decided to create a program that was both time efficient and could also better the training experience for both students and athletes.

A major hallmark for the new program is the ease of use and advanced technical options for most devices. PLT4M's management hub creates an environment that makes it exceptionally easy to make uniformity happen between all sports and classes. This has already been implemented by many students who have been collaborating on basic foundational routines everyday in PE and after school. In addition to the management hub, PLT4M provides for real-time data capture, leader boards, and feedback loops which encourage students to stay motivated through seasons. PLT4M allows for the constant ability of athletes to visualize progress through analytics.

PLT4M seeks to instill a sense of uniformity among students through various processes and a strict curriculum. They pride themselves on creating an environment that is cohesive and well known amongst every student, regardless of varying interests and sports. They state, "While many espouse the importance of 'sport-specific' training, we believe that for high school athletes, the physiological demands are far more universal." Not only do they believe in a universal curriculum, but they believe that "Their (kid's) performance within a high school sport or activity is FAR less important than the development of lifelong fitness and health." PLT4M argues that juggling hundreds of students across different programs throughout the year can and will be a "logistical nightmare," and so, uniformity is the key to powerful results. This aspect of the program seems to be evident. The process through which WBHS students and middle school students will be going through is described as "a curriculum built around progression and planning." PLT4M believes in "setting common foundations." Every student will start with PLT4M's idealistic basics that they believe that everyone should learn. This includes proper movement mechanics, the development of a foundational work capacity, and a basic level of body strength. After completing the basics, the student athletes will be narrowed down according to the specific sport/sports they play. If they are in-season, they may see differing programs than if they were out of season. The personalization for athletes in-season will be personalized by the coaches themselves who assign athletes what they see fit. Some sports may focus on strength-oriented programs, whereas others may focus on cardio-based programs structured on the needs of the sport itself. An issue that has been a recurring theme throughout the use of the students with PLT4M is that the program is not personalized to specific wants and needs by individual athletes. The program does address this issue by implementing many ways to tweak and modify programs to ensure that personalization for individual athletes is accomplished. PLT4M's website states, "flexibility of scaling, modification, and substitution" is available. With this in mind, though, uniformity among each athlete will supersede the individual wants of athletes to ensure that the idea of maximized results is held, whatever those results will look like.

It is highly encouraged by the administration that each student involves themselves in PLT4M to start seeing the results they want with the help of their teachers and coaches. Although each student will have to go through the basics, they will hopefully be able to use these foundations for further success in the weight-room, life, and in a sport specific setting. Any student can access the PLT4M app by downloading it onto their mobile device. Though PLT4M is a new addition to the Williams Bay School District, it has great potential to elevate each student's ability to perform better in many aspects of their athletic high school career.

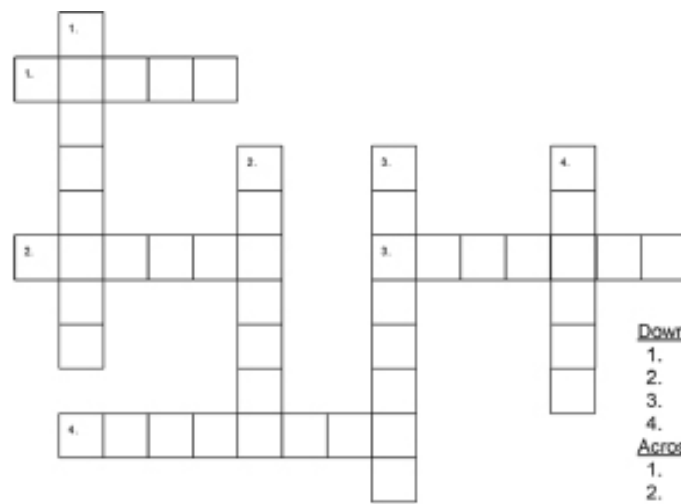
Source:

<https://PLT4M.com/>

Puzzles By Travis Johnson

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
	12				17							4				25				24	23		18	14	1	6

M **U** **B U** **I**
 4 11 26 3 23 5 12 23 2 2 20 13 16 26



- Down**
- Sport that the Packers play
 - New grade checking website
 - _____ Wednesday
 - School colors: _____ and black
- Across**
- Pandemic virus
 - New principal
 - Place to check out books
 - School mascot

Rambling but it's Even More Useless

By Owen Johnson

Rambles are an amazing part of writing. I truly believe they are a part of literature that is so deeply underrated, it's criminal. Rambles bring about the true feelings of random topics and can highlight the many likes and dislikes of any given topic. So, considering the fact that the largest portion of writing I've completed are 5-6 minute rambles about random things that flew into my mind that day, I've decided to put some time aside simply to just think about things. This works wonderfully, as I am both entertained while writing the rambles, and I am entertained afterwards when I'm rereading my delusional spouts of nonsensical fun. It's become one of my favorite pastimes. Now, this is the part where I have to answer some extremely important questions about the nature of this.

What's this unstructured mess of a writing about?

I don't know.

Why did you decide to write this?

I don't know.

Is there any actual meaning behind these rambles?

(Continued on page 8)

(Continued from page 7)

If you can find any I'll pay you (not really).

Basically, I have no idea what I'm doing. So without further ado, let's think about something!

Why can't I find something to ramble about?

Now, I'm gonna be honest. Most of the time I can think about something that annoys me no matter my location, situation, or mental state of mind. I see this as a very redeeming character trait. At any point in time, I'm annoyed. Seems like fun right? Well, at least for the observer. Now, obviously with this blessing of being annoyed at everything at all points in my life, ranting and rambling about things should be a cake walk. . . right? WRONG. I CAN'T THINK OF ANYTHING TO RANT ABOUT! Honestly, it's extremely aggravating that I can't think of a single thing now that I've got space and time to think about it. What will happen if it's the end of the world, and I can't think of one thing to say? Well, I know that won't happen because I'd say, "Told you so." But either way, it infuriates me that not topic itches the tip of my tongue, not even serious ones! I suddenly have no passion to talk about my passion! How cruel is that? Usually when I can't think of anything to complain about it's when I'm sleeping or mentally unconscious (Yes, there is a difference). So, while most people in my state of mind would simply sit back and relax, knowing full well that they are sane, I will go off and take a shower. Showers are probably the place where all of the planning for NASA is done, so it's the perfect place for such an important thought process to bloom.

I'm back from my shower, and I have my first topic.

Horror movies.

After watching a large amount of horror movies throughout Halloween (and by "large amount" I mean like two at most), I've found distinct patterns that showed themselves throughout the experience. Honestly, it really ruined the fun. Now, I'm not saying that all horror movies are predictable, but they usually have to follow one rule that all movies bank on. Anything can happen, except what probably should have happened. Seriously, that's how most horror movies work. If you are ever trying to predict what's going to happen in a scary movie, take all of the facts and come to the most illogical conclusion that you possibly can. You've got like an 80 percent chance to be right and a 90 percent chance to get a chuckle from the people around you. . . or yourself. Spoilers for *Hush* (2016) incoming. Good movie, right. That can really narrow it down. However, it gets to the point where it's either funny or infuriating. Either I'm giggling, "Just get up and run," or I'm screaming, "JUST GET UP AND RUN!" There's really no in-between, but sometimes that's just the joy in it.

Beach Towels.

Alright. It's time for a very hardly noticeable jump in subject: beach towels. Did you catch the subtle change that I crept in there? Yeah, it was pretty difficult to notice. Honestly, I'm impressed with myself and my extensive knowledge of transitions. Anyways, beach towels. Wonderful. I have no drama with beach towels, the most underrated things ever. There's something about them that's just magical. And no, a regular towel will not do. It's gotta have the beach colors. Why do I feel the urge to talk about beach towels? I don't know, ask the gremlin who's piloting my brain. He decided to take us here. I'll name him Greg. He's not gonna come up at any other point than here. Beach towels have this sort of sleepy aura to them. Ever tried sleeping on a beach towel? If not then try it. Just a simple nap. It's so uncomfortable until you fall asleep, then it's the most amazing sleep ever. I've never woken up after sleeping with a beach towel unsatisfied, but it HAS to be a beach towel. Regular towels are not blessed with the power. Bonus points if you're actually outside by the way. Most of the time I've fallen asleep inside with a beach towel, but it's even better outside. As someone who hates going outside, that's saying something. That's it. That's all I have to say. I had no plans. Honestly, I could've knocked myself unconscious and woken up to this paragraph in the same form as it is now. I'm surprised that isn't the truth of how this came to be.

GRAVITY.

I'm ending it after this one; otherwise, this'll go on all night. So, why do I hate gravity? And yes, I do hate gravity. It's awful. Worst thing since unsliced bread. I find myself constantly in annoyance with this entire force of nature. If gravity had a physical embodiment, I would find a way to grab it and rip it to shreds like a feather pillow. It weighs me down, literally. I hate it. I just want to get an object from point A to point B, but gravity's like, "Oh, sorry, I'm the reason that thing is 460 pounds. My bad." Moving things is the worst experience. Now why do I have 460 pounds of something that I need to move from point A to B? Not the topic of this conversation. Point is that gravity sucks, sometimes literally in the case of black holes. Now, this all seems kind of petty. How can I say that gravity, the force that holds our earth together, keeps an atmosphere that we use to survive and thrive, while preventing us from flinging off into the cold depths of the uncaring abyss of space, sucks? How could I possibly justify that? Well, it's annoying. When I drop things, I have to pick it back up. It makes my back hurt, and it wastes around four seconds. Sometimes it wastes more depending on the random bouncing pattern of non-spherical objects. It's really as simple as that. I'm a human. The thing we're most talented at is complaining, and, by God, I am going to exercise that talent. If 99% of something is good and 1% of something is annoying, you can bet that I'll complain about that 1%. Who else is going to do it? Back to gravity. It would be so much easier for us if gravity didn't exist. Well, not physically, since our bodies are adjusted to Earth's gravitational pull, and a change would probably result in moderate to severe health problems. But don't get me wrong, that's not enough to justify gravity. Imagine if instead of placing something down and forgetting where it was, you simply let it float in the room. It's going to probably hit you in the face when you come in. You'll never lose anything! If you need to move 460 pounds of something, congrats; it isn't even 460 pounds! Problem solved. Don't want something? Just lightly tap it upwards and poof, it's gone forever. Really helps to get rid of annoying people. Of course, if they had comprehensive knowledge in physics, then they'd probably be able to stop their momentum even if it's just a small amount. But if they had a comprehensive knowledge in physics and fell for the old "I pushed you lightly upwards" gag, then I don't know what to say. See? I've already crafted an entire society based on not having gravity as a fantasy world! We just slide past all of the biology, math, and physics problems this creates, and you've got yourself a working utopia without the "perfect" part. Well, it's a utopia for me, which makes it a dystopia for everyone else. Either way, my point is made. I do not ignore the numerous amounts of benefits that gravity provides, as well as its absolute necessities. I merely use the numerous amounts of benefits and necessities as a way to emphasize how much I despise it. So, until I can drop something and it doesn't actually drop, I'll stay mad. It's more funny that way.

"Finally it's over!" said you probably.

So, this was enjoyable. I'm glad that I found a way to keep this relatively short. I had a blast. Remember, all of this information is extremely important and should be memorized immediately. If you somehow made it all the way through, then. . . uh. How'd you manage that? I truly encourage everyone to sit down and just talk about things like this. It's really fun, and it helps you start a conversation. So, I just like to say thanks for listening to my rambles.

Have a good. . . existence?

Yeah, sure that works.