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# WOLVERINE PRESS

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Quarterly Digital Newspaper

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## NEWS & FEATURES

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# Swim Team for Dummies

By Jillian Coddington

Sports are a mystery. As my non-sporting watching family likes to say, "Which color are we rooting for?" But it's hard to know when to cheer or when to groan for whichever color when we don't know what to look out for.

I know I'm not the only one confused by sports, especially the less mainstream ones, such as swimming. However, that is what this article is about, learning the game and how to appreciate it. How best to support our fellow students.

To start, I Googled some basic things about the game, also adding in what I learned by going to one of the meets:

1. There are different strokes, basically meaning ways to swim through the water. For example, the Butterfly stroke has every part of the body working in sync, including strict rules. Meanwhile, Freestyle stroke allows the person to use any stroke they wish, having only a few rules.
2. Different distances are raced, varying in which stroke is necessary for the distance.
3. Most races are relays- meaning that there's a group of swimmers competing as a team. Sometimes each portion will be a different stroke, other times each member would have to swim freestyle.
4. A race is finished by returning to your starting point of the pool, at the end of the lane. The entire event doesn't end until the last swimmer is done, until then, the other competitors wait in the pool.
5. Push off at the start of an event is important as it provides the competitor a chance from the very beginning to get a head start. However, they cannot go too high as their descent will be steeper and they'll lose momentum once in the water.

On January 12, Woodside went against Kecoughtan and Bethel in the Hampton Aquaplex. Within 2 and a half hours, they competed in 22 events with a variety of distances and strokes. There are almost no pauses between the events, from the sound of the starting buzzer where the swimmers launch themselves off their platforms to the final swimmer completing the challenge, it's all quick and supportive. Despite the fact that they are competing, many times an audience member bears witness to an opposing team member cheering on another swimming or the audience supporting all the players.

Below, there is a list of the events that took place during the meet.

*Event 1-* Boys medley relay. The order of the relay is the backstroke, breaststroke, butterfly, then freestyle. Kecoughtan wins, Woodside is second, and Bethel is third.

*Event 2-* Girls medley relay. Kecoughtan wins by a lap, Woodside is second and Bethel follows soon behind.

*Event 3-* Boys 200 freestyle. Kecoughtan wins by a lap, Woodside is second, and Bethel is third

*Event 4-* Girls 200 freestyle. Kecoughtan first and Woodside second.

*Event 5-* boys 200 IM (IM is individual medley, where each lap is a different stroke, but only one swimmer). Kecoughtan wins, with Woodside close behind

*Event 6-* Girls 200 IM. Kecoughtan wins, Woodside second

*Event 7-* Boys 50 freestyle. Heat 1 (group 1), with 3 Woodside competitors. Woodside wins, but Kecoughtan is only a head behind

*Event 8-* Girls 50 freestyle. Heat 1 has two Woodside swimmers, winning the first heat, who are followed closely by Kecoughtan. Heat 2 has a Kecoughtan win, with Woodside second

*Event 9-* Boys 100 butterfly. Close win for Woodside, Kecoughtan follows only seconds after

*Event 10-* Woodside did not compete

*Event 11-* Boys 100 freestyle.

*Event 12-* Girls 100 freestyle. Heat 1 and Woodside pulls ahead from the very beginning, resulting in a win

*Event 13 & 14-* Boys and Girls 500 freestyle. In order for the swimmers to keep track of how much they have left, some of their team members will have signs stating which lap they are on. Kecoughtan wins, Woodside second

*Break for players*

*Event 15-* Boys 200 freestyle relay. Only Woodside and Kecoughtan. Woodside wins

*Event 16-* Girls 200 relay. Kecoughtan wins

*Event 17-* Boys 100 backstroke. Kecoughtan wins

*Event 18-* Girls 100 backstroke

*Event 19-* Boys 100 breaststroke. Kecoughtan wins

*Event 20-* Girls 100 breaststroke. Woodside

*Event 21-* Boys 400 freestyle relay. 4 swimmers will each swim 100 meters, doing freestyle for all laps. Kecoughtan wins

*Event 22-* Girls 400 freestyle relay. Kecoughtan wins by a lap

To get a closer and better understanding of the team, I asked the captain of the boys team, Lucas Cheuvront, some questions.

*What does the swim team do?-* Well, we practice an hour every day after school Monday through Friday and we have at least one meet every week where we swim against at least two other schools in the area.

*What do you have to do to get on the team?-* All you have to do is come to try outs and as long as you can swim, you'll most likely make it.

*Why did you join the team? And when?-* I joined Woodside swim team my freshman year and have been in it for four years. I joined because both my brothers swam for Woodside and I have been competitively swimming my whole life.

*What should the audience look for in a swim meet?*- I think the most exciting thing the audience should look out for are the relays.

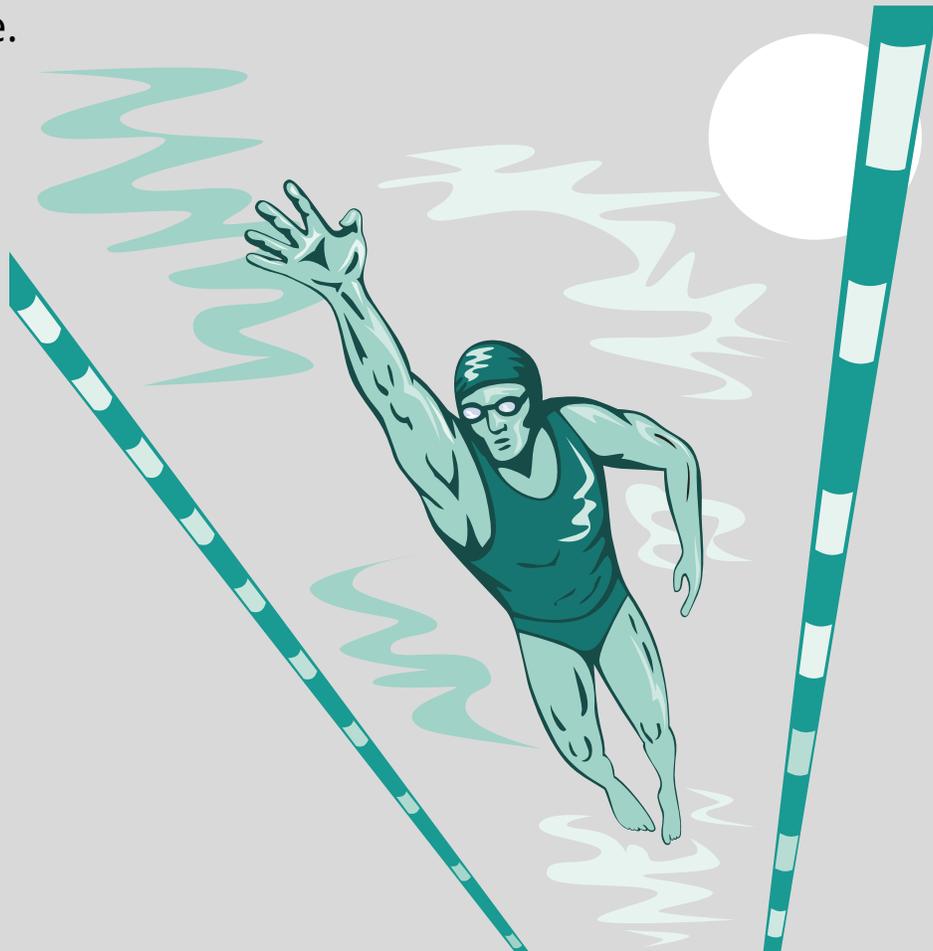
*Why do you think other students should come to a meet?*- We don't normally get very much support from our peers, it would be nice to have some cheering from Woodside.

*What's your favorite thing about being on the swim team?*- We all get along and I love the atmosphere of the team.

*When and where can the student body start coming to meets?*- The meet schedule is posted on the Woodside website and our meets are usually held at the Midtown Aquatic Center.

*When does the season end?*- Sometime in February.

There is one last meet on February 2, which is also senior night. Come out and support the Woodside Swim Team to end this season with a bang and hopefully more wins for Woodside. And remember to cheer for the colors black and blue.



# Behind the Scenes: The Woodside Wrestling Team

By Roman Mirabal

Although wrestling is dated back 12,000 years on cave drawings, wrestling as we know it today comes from training techniques used to train ancient Greek soldiers. After their victory, the Roman Empire adopted their style but took away a lot of the brutality. It then became popular in Europe, Japan and England, where American settlers brought their traditions of wrestling with them.

Professional wrestling started out as a practice of the tradition of folk wrestling which is a combination of different styles of competitive sport. At times, the public eye would turn their head away from this sport, but due to two separate golden ages, one in the '40s and one in the '70s, as well as the invention of television, wrestling has made its way to becoming a mainstream sport.

Due to wrestling's popularity, we are lucky enough to have our very own team here at Woodside. The wrestling season typically starts in early November and ends in February, stretching the season to be about four months long. Each tournament consists of about 14 matches, one for each weight class and each match is about six minutes long. "Weigh-ins", a process that assures wrestlers are actually in the weight class they're representing, usually start the tournament. Wrestling Matches begin with opponents facing each other in neutral position and the objective of the sport is to pin your opponent on the mat for approximately three seconds, then the match is over.

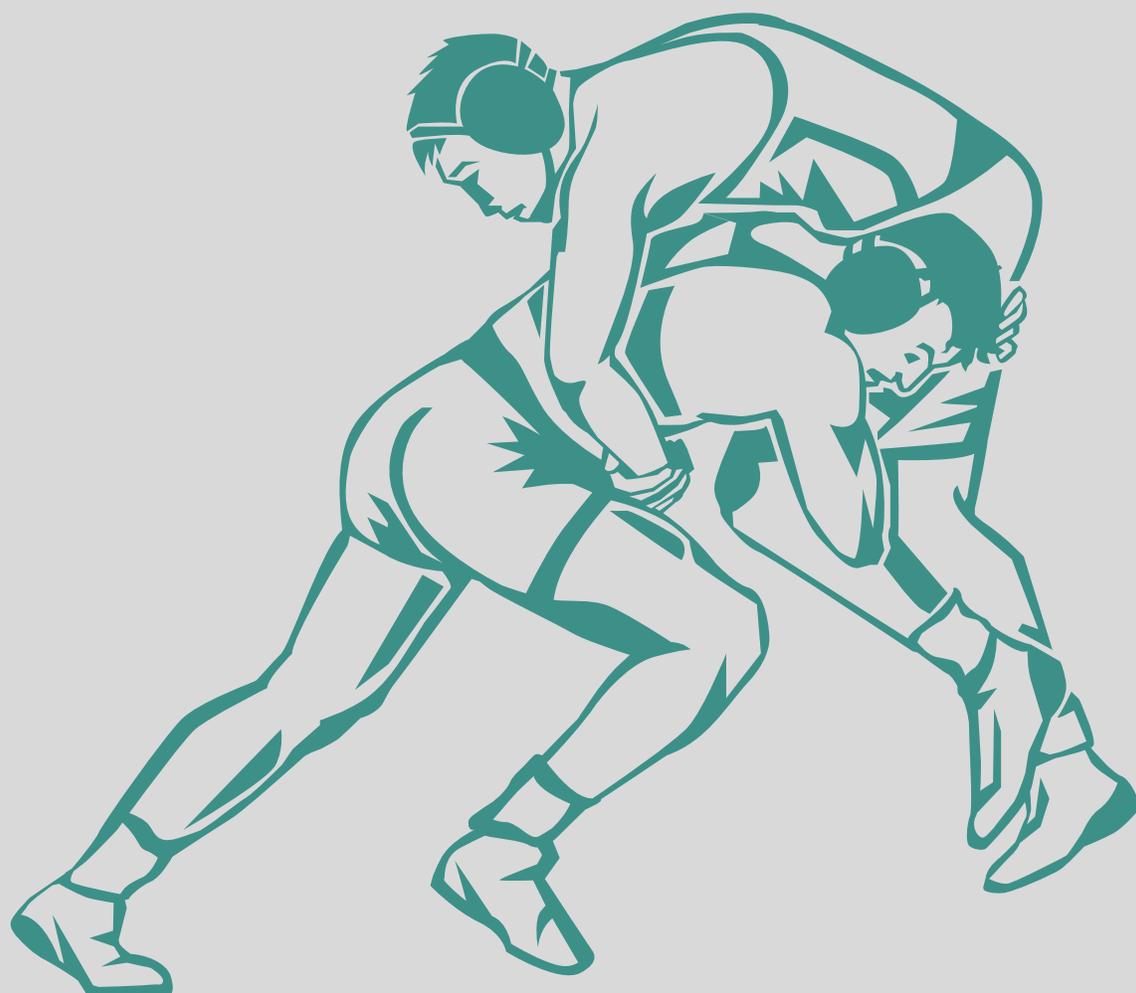
I enjoy wrestling but you can only get so much from research and the sidelines. I knew that getting to talk to real people of the Woodside wrestling team would give me more of the insight I was looking for. So I spoke to Mustapha Coly and Emir Powell, both current wrestlers, and asked them a series of questions regarding what it's really like being on the team.

First, I wanted to know what they believed to be the *best* part of being on the wrestling team, Emir started with saying that being on the wrestling team has given him the motivation for constant improvement. Mustapha followed up with the fact that being on the team feels like a family, and the sport teaches you not only physical strength, but mental strength as well. Another question I felt was important to ask was what they wish they knew before joining the team. Mustapha told me that everyone should be absolutely prepared to work, wrestling matches may be a lot in themselves but conditioning is no joke. I was then informed that conditioning consists of a two mile warm-up, practice wrestling, weight lifting, and can even include push-ups as “punishment” for things such as forgetting assignments and swearing, plus more exercise training since wrestling is good at training the whole body.

While Emir admitted that he should've studied more of the basics and fundamentals of the sport before jumping in, I then followed up with what advice they wish they could give to new teammates or people just looking into wrestling. Emir emphasized on the fact that you will probably be in the best shape you've ever been in, but it's not for free, and you will have to work for it. “There are opponents out there who are out on a mission to hurt you, it shouldn't be taken lightly and this sport isn't something you can hold back in.” Mustapha answered, with power comes people who will abuse it, what can you say?

For my final question, I wanted to hear what they thought Woodside could do in order to make the Woodside wrestling team better. "If they had taken the time out of the beginning of the season in order to teach me the specific basics I think it would have gone a lot smoother." said Emir, who's new to the team this year himself. Mustapha claims that the team is growing, and that with its growing popularity, they'd be more successful if they had more space for everyone to work, as well as more home matches.

In conclusion, I believe that wrestling is a wildly underrated sport that we have here at this school. It encourages students to have a healthy lifestyle, as well as supplying a place for students to physically release the pressure of being a student-athlete. Our wrestling team has the potential to become a high spirited sports season for Woodside to enjoy with the proper advertising that we give to other sports.



# Take it to the Hoop!

By Annaya Desanges

“She shoots..... and she scores”, that’s just the way that the Woodside girl’s basketball team plays. They are here for the win. Today, I wanted to take the time to really look more inside at the women's basketball team here at Woodside, and discuss how they think this season will continue to play out.

I wanted to know firsthand a little bit more about the team, and what better way than to interview one of the team members. I interviewed one team member, who stated she feels that the season is going well so far. She also feels if they continue to apply themselves, they would have a successful season. For the team, the first game of this year felt like the moment they had spent all their time training for. From my perspective of seeing the team, and how they act with each other, it is kind of like a sisterhood. Knowing that a group of teammates are there for each other beyond the court can make you feel at ease knowing someone would always have your back. I think that the team, as well as everyone here at Woodside, feels that the season will have very strong wins in the end.

I also talked a little bit with the manager of the basketball team, and she shared a little bit about how she feels about the team and the season. The manager feels that from her point of view, that the girls have a bright season ahead of them. She explains that being a manager requires a lot of leadership skills. In order to be a manager you also have to have a good connection with your teammates, and know how to help the team bounce back from adversity during rough times. There are always going to be minor setbacks, but as long as the girls give it all they should come out with some positive wins. Getting along with the team is also very important, so that if there was ever a problem the team could work it out together.

As you can see, with a long dedicated road ahead of them, our Woodside women's basketball team has a strong head on their shoulders. Without a doubt, I believe that they will finish off with an amazing season. Our Woodside family is definitely looking forward to our amazing girl's team finishing off with a strong and promising season as they "Take It To The Hoop"!



# Woodside's DnD Club: More than Dragons and Dice

By Mads Santrock

The Dungeons and Dragons club may not very well known here at Woodside, but people who do know it usually associate it with the hit TV/Netflix show "Stranger Things." Dungeons and Dragons has been around since before Stranger Things, and it seems as though it will always be around to accept anyone. I had previously thought it was a made up game in Stranger Things, but after attending a meeting, I have come to realize that it is so much more than that.

There are not many people that know of DnD, which could be caused by multiple factors. Although it is a small club, the members in it have a lot of fun and are very interactive. DnD is a roleplaying game, and is mostly student-led. Students are allowed to create their own stories and characters, and will play a game until they decide that it is over. These games can go on for many meetings, and when a new meeting arrives, the Dungeon Master, the one who tells the story, reminds everyone of what has previously occurred. Members create their own characters and depending on what they roll with their dice, they can do an action or not. As you can see, this club allows people to show their creativity and gives space to everyone.

The club sponsor, Mr. Riccio, is very involved in the meetings as well. Mr. Riccio participates in some games and helps students learn how the game works. He allows all students to join and is very open about discussing his club. Mr. Riccio really sets the warm environment; he's very welcoming to all and makes jokes with all of the members of the club. Mr. Riccio controls this club in order to give students the chance to be themselves, and they do just that at all of their meetings.

In order to get a better understanding of what DnD is and what it means to it's members, I conducted a short interview:

Jaydah Turner, Grade 11

Q: What is your favorite thing about DnD?

A: The fact that I'm able to laugh and come up with different scenarios along with seeing my friends which I'm not able to do a lot outside of school.

Q: Why do you think that not many people know about this club?

A: DnD is mostly associated with nerds and such.

Q: How did you learn about the existence of this club?

A: My cousin recommended it to me after they saw a drawing I did, and then I later learned from friends that there was a club at Woodside.

Q: Is there anything else you would like to add?

A: The club is open to anyone! It's very fun because it is very creative. I encourage many people to join.

Elena Brockenbrough, Grade 11

Q: What is your favorite thing about DnD?

A: The stories because they are interesting coming up with solutions, having a choice in the situations created is a cool concept.

Q: Why do you think that not many people know about this club?

A: There's not many announcements about clubs to join after the beginning of the year.

Q: How did you learn about the existence of this club?

A: Either from my classmates or teacher.

Q: Is there anything else you would like to add?

A: Truthfully it can be chaotic at times and it's totally ok to be a beginner, other people will guide you.

Katrina Rush, Grade 11

Q: What is your favorite thing about DnD?

A: How creative you can be with your characters and scenarios.

Q: Why do you think that not many people know about this club?

A: It's a long running club and people have become less interested, meaning there are less advertisements.

Q: How did you learn about the existence of this club?

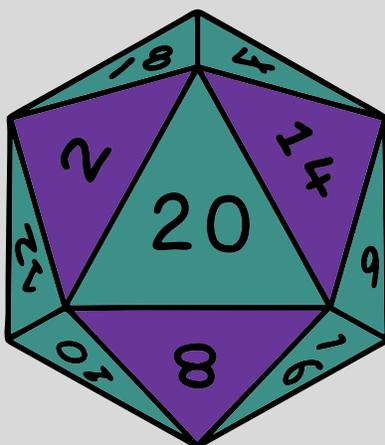
A: I overheard Mr. Riccio talking about it in class.

Q: Is there anything else you would like to add?

A: If anyone has interest in creating characters and scenarios, join DnD, it's open to anyone who wants to join.

The members of the DnD club are proud to be in it, and for good reason. The students get to be creative and create their own stories, who wouldn't be proud of that? These members seem to be truly comfortable in this environment, which would not have been possible without the club. This club is a free and safe space for so many students to enjoy, and while not many people know that this space is available.

The hope in making this article is for other students to learn about this club and find a club that is truly for them. If you are interested in writing and gaming, I would definitely recommend this club for you. This club is open to all, not only by the club sponsor, but also by the members. For more information, you can meet with Mr. Riccio in room B129.



# Learn to THRIVE in Your Environment

By Aysiah Matthews

It is extremely common for high school students to be afraid to talk about their struggles with mental health. Yes, guidance counselors have a place in the school for a reason, but often times students do not feel comfortable enough to speak up to them. However, our school actually has a “club” to help with this issue!

Here at Woodside, we have “Thrive.” Thrive is a student organization; assisted by the guidance department, located in the downstairs C-house hallway, and led by Mrs. Tamika Brice. This organization’s purpose is to educate students on mental health struggles of all types such as depression, anxiety, obsessive-compulsive disorder, etc. and providing students with healthy coping skills and techniques. By educating students, it is this organization’s hope to help more teenagers open up and feel comfortable in both their school and at-home environment.

For months, Thrive has struggled to maintain a good amount of members and get their organization up and running. There were plans to appear on the weekly “Wake Up Woodside” episodes, but they were, very unfortunately, unable to go through with them. They hope to do more in the upcoming semester, and reach out to more students.

If you are interested in making a difference within our school community, or learning more about how to THRIVE in your life consider joining Thrive! Contact Mrs. Tamika Brice with any questions at [tamika.brice@nn.k12.va.us](mailto:tamika.brice@nn.k12.va.us) or stop by the guidance office.

# The Return of Artistic Verses

By Imani Lane

On December 13th, 2022 Mrs. GMC (Mrs. Germann-Mc Clain) and Mr. DP (Mr. DePrinzio) informed a select group of Woodside students about an opportunity to participate in district-wide contest called "Artistic Verses". What is Artistic Verses you may ask? It is a poetry competition that previously took place before COVID-19 where students would write their poetry and submit to be judged. This was the first time Artistic Verses was held after the pandemic!

This time we were told we would be visiting Christopher Newport University's Torggler Art Museum, and would be asked to pick a piece that spoke to us and write a poem about it in competition against students from other high schools across the district.

That alone got many of the students excited, but when we were told that the winner would be given a cash prize that made it even more thrilling! When we got there Mr. DP and Mrs. GMC informed us that we would be sitting in a writers workshop held by a very dear friend of his named Nathan Wilson. He is a potrayer of Fredrick Douglas and provided us amazing advice that has still stuck with me a month later!

The art exhibits at the Torggler were beautiful. The white marble floors were so shiny you could see your reflection in it. They had a cafe we were able to purchase from as well. If you are interested in visiting, admission is free.

In March we will be returning to the museum to find out who won the competition, so stay tuned!

# Save the King!

By Devin Copeland

Chess puts you in a whole new world. You may ask how, and all I will tell you is to go join the chess club! Here at Woodside High school we have a chess club run by Mr. Berry in room B232.

If you are wondering how chess works, read this. Chess is a strategic game. When playing, you have to make moves based off of your opponent. Capturing your opponent's king and protecting yours is the objective of the game. Once your king is captured you lose.

To learn more, I interviewed Mr. Berry. I asked, "What made you start playing chess?" His response was "My grandfather taught me when I was 8 or 9 but I never played seriously."

My next question was, "How long have you been playing?" To which he said, "After 2 years of obsessing about a game that nobody wanted to play with me, I became passionate and started playing 20 plus games a day on chess.com." Then I asked, "When does the chess club meet?" He advised that, "We currently alternate chess club in-person and virtually on zoom and chess.com Tuesdays after school."

Then asked, "Does chess club have any events?" Mr. Berry said, "We have a chess club on chess.com just search Woodside Chess Club 22-23 under the social tab. We have a small tournament in Hampton in Mid January, and we plan on attending more tournaments in the spring."

Then asked, "Does chess club have any events? Mr. Berry said, "We have a chess club on chess.com just search Woodside Chess Club 22-23 under the social tab. We have a small tournament in Hampton in Mid January, and we plan on attending more tournaments in the spring."

### **Here are some fast facts about the game of chess.**

-Chess is a two player game played on a checkerboard. There are 16 pieces on each team, black and white.

-The game of chess was invented around 200 b.c. by Han Xin.

The next huge chess tournament will start April 7th to April 30th of 2023. With the current champion Magnus Carlsen defending his title against Ian Nepomniachtchi.

In conclusion, chess is a pretty noble game. If you are interested in learning more about it, I recommend that you check out this club on Tuesdays after school either in person or online. Go talk to Mr. Berry in B232 for more information!



# Woodside's "The Nutcracker"

By Rae'ana Proctor

Everyone loves a classic Christmas story for the holidays. One famous Christmas story would be The Nutcracker. The Nutcracker is a two act ballet performance that brings joy to many families. With the beautiful ballerinas and catchy music, many join to watch this famous show every year.

Many dance studios prepare and showcase their Nutcracker performances for families and friends, often around Christmas time. Unfortunately not many people know a lot of people that do ballet and can see The Nutcracker. Woodside is the center for the arts and communications. Luckily in our magnet program at Woodside, dance is one of the many options that students can take. The dancers often prepare for performances or events that require them to show off their skills in front of a live audience.

Recently they performed the famous Nutcracker in our school's theater. The event was opened for all on November 17 and 18th at 7PM, and tickets were sold for the cheap price of \$5 for adults, \$3 for students, and free for children 10 and under. Before it was opened to the public, children came from different elementary schools during the day to come watch first. One of my younger siblings was able to come with their school and they really enjoyed the show.

The show was great! From the beautiful costumes, incredible dance moves, and catchy music, what's there not to like? The show was very amusing and entertaining. I would definitely recommend the Nutcracker show to others next year. Amazing job to the dancers and teachers!

Woodside also hosted a holiday arts showcase that included selected dances from the Nutcracker. These dances were just as great as it was during the other shows, but shorter. Considering how many times the dancers have danced, it was greatly appreciated by all of the students that weren't able to attend in November. Not to mention the fact that some dancers experienced some challenges such as balancing rehearsals, school work, and other responsibilities.

I asked a close friend of mine who was in the Nutcracker what she had to say about the experience and she said, "It was definitely a challenge and stressful with making sure that the audience were entertained and managing the little time that I had in my classes and keeping up with my work as well." Everything that she stated was completely understandable, as managing your school work along with your activity can be tough.

As we come to an end of this article, shout out to all the dancers and dance teachers that put in all their hard work and effort to make this happen for all of us in the community.



# What it's Like in Artistic Verses

By Tokyo Camm

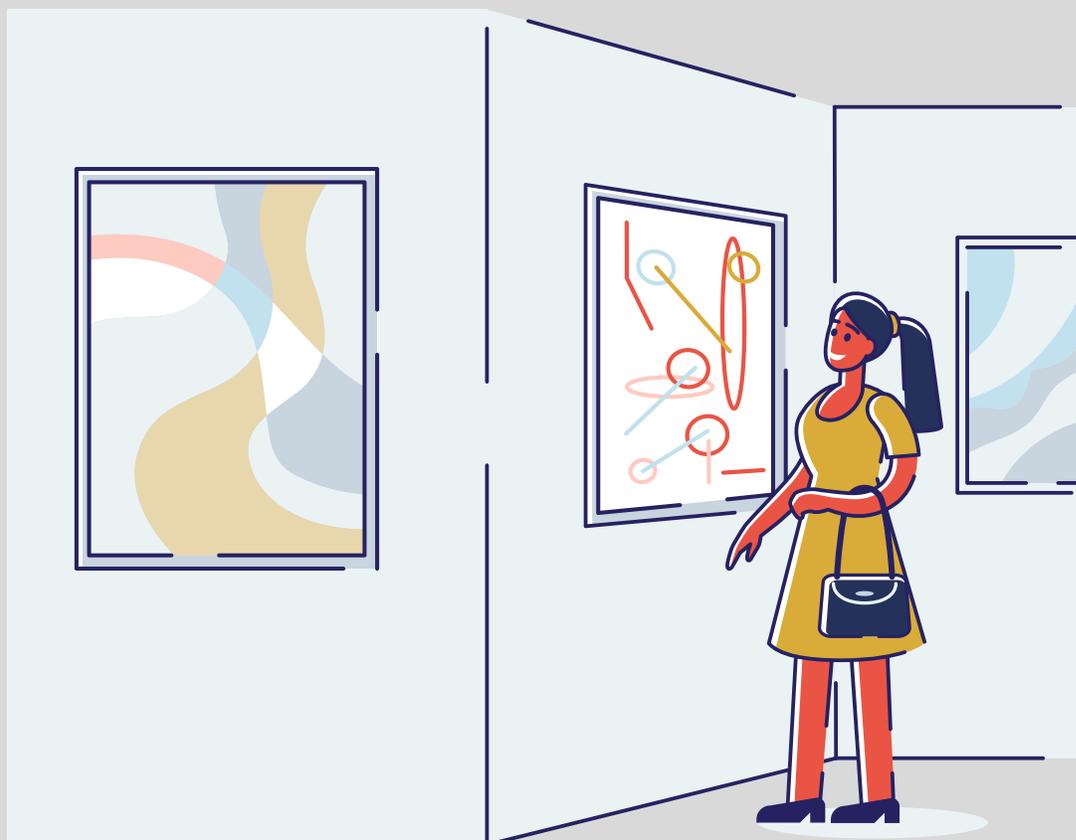
Artistic Verses is a team of thirty writers who write poems based on art, to compete with other schools in the district in the hope of winning money and bragging rights. This team began its season on Tuesday, December 13th the team took a trip to the Torggler Art Museum, located on the campus of Christopher Newport University. The exhibit at the Torggler Art Museum was featured around nature with the main exhibit being photos by photographer Ansel Adams. This was the first time we were able to go in person since the pandemic, the team used to visit the Ferguson Center, which was later rebranded as the Torggler Art Museum.

I was able to be a part of this experience and got to write a piece of my own. We began by seeing the exhibits and taking pictures of the ones that inspired us the most. We then took a writer's workshop with the writer, Nathan Richardson. We went back to the school to write our rough drafts of our art-inspired poem, called "Ekphrastic Poetry". The Artistic Verses team is led by Olivia Germann-Mc Clain and Brian Deprinzio, also known as DP, who has led this team for many years.

For me, the exhibit was filled with abstract and beautifully different things. It had photos and statues of all different things that related to nature. There was one exhibit that showcased two artists, Ansel Adams and Claudia Smigrod. There were also multiple faculty exhibits with pieces of art from the faculty members of the Torggler.

I chose a piece from one of the faculty exhibits, because it really spoke to me and made me think. I have never written a piece so raw based on a photo. I enjoyed being able to connect with the piece instead of only thinking about what it means. Artistic Verses changed the way I see art.

For others, art can be intimidating and difficult to stay with. Art can be confusing sometimes and it's not for everyone. Artistic Verses opened the door connecting the art forms of writing and artwork. I'd never experienced it before so I got to learn something new. In Artistic Verses, I was able to see what can come of art in different ways. Some may have thrived and others could have had trouble putting how they felt into words. I saw how it impacted people and what they could do with the emotions they felt toward the pieces of art they saw. There were many pieces, so even if one piece spoke to one person and not another, they would still have one that spoke to them. The Artistic Verses team can be a breakthrough for writers or an experience that shows them a new way to broaden their horizons.



# Winter in the Arts

By Shanelle Able-Starnes

Let the festive music steal your ears as you join Woodside for a long-awaited Holiday Gala! Today I will be reviewing one of the events of Woodside's magnet department for the seasons. To kick off a great start to the month of great comfort and joy, we gathered in the auditorium to hear classics of the holiday spirit from our departments. Participating departments such as Guitar, Band, Orchestra, Theater, Dance, Piano, and Creative Writing show off their skills while giving everyone a taste of winter joy. In the end, everyone came together for a musical sing-along to bring the Woodside family back together.

To start, we open with a performance by the theatre department from Jordan Harris, "Gingerbread Man." The audience was then brought into the story and challenged to compete with one another in a shouting contest. In our next performance, we have the women's chorus sing "Come on Down Rain" with Woodside's chorus director Mr. Pesante. our performances move down to the pit with Advanced Guitar, led by Mr. Mata, playing "Air Minuet. "

Our next performance was by student Cilyce Hicks from creative writing, reading the poem "little tree" by e.e. Cummings. Up next, we see a dance sampled from the Nutcracker, a previous performance done in November. We transition to a riveting piano and orchestra performance, followed by the mixed chorus group singing "No Room."

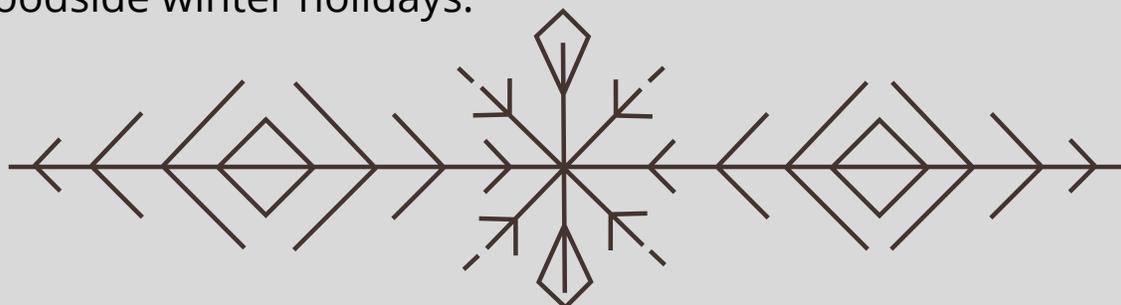
Moving back to the creative writing group, we have a reading from Jaleea Copeland "Toward the Winter Solstice" poem.

After such a marvelous reading, we turn back to our Advance Guitar group with their piece "Christmas Time is Here," known from the Charlie Brown Christmas Special. Once concluded, we look back to the stage to watch another performance by the theatre department with the famous Christmas special "Scrooge." After shared laughter, we turned back to our creative writing team one more time for "The Snowfall is So Silent," written in its original Spanish and translated into English, read by Jakayla Harris and Zac Jenkins.

To wrap up individual group performances, we look down to our band led by Mr. Grieb, who played us through a musical journey of Christmas songs we know and love. A big cheer goes out for the band as we announce that that wasn't the last thing in store for the audience. In the end, all departments who performed came up one last time to play and sing us through our grand finale. The audience reads the lyrics from their pamphlets or their hearts, remembering the joyful and soothing Christmas sing-alongs played at the end.

At the end of the performance, we spoke to a few audience members and were pleased to find that many of them enjoyed what the magnet arts brought to the table. Some wished for a little more, but enjoyed seeing their family or friends on the stage. This feedback gives Woodside more to think about soon with performances and how to bring on the heat again.

We send a big thank you to all departments who made this happen and all students who prepared accordingly for this day. You've created a lovely start for the Woodside winter holidays.



# "News Years Food: Filipino Household Edition"

By Bernadette Pimentel

Similar to other ethnic households, my family likes to incorporate food from our culture for every event's dinner. In this listicle, I will be rating what we serve on New Years, but with a twist of the non-traditional cuisine for those who are not familiar with Filipino food!

At the top of my list is "Suman"! Suman is made from glutinous rice and is steamed after being wrapped in banana leaves. It is often eaten with sugar, either by dipping or sprinkling. Other than it already being one of my top favorite Filipino foods of all time, it is extremely unique and has a special meaning when served on New Years. Any sticky rice cake is believed to improve familial relationships, implying that families will "stick together" for years to come.

The second food on my list is another dessert called "leche flan". This is similar to other flans but the Filipino flan uses more egg yolks and is also cooked with a steamer. The reason this is number two on the list is because it is simply delicious. Usually, I cannot eat too much of something sweet, but I can eat whole tins of my mother's leche flan.

Number three on the list is lumpia! This is a Filipino delicacy that some are familiar with as us Filipinos love to share these with our loved ones. For those who don't know what lumpia is, I tend to describe it as a "Filipino Eggroll". The flavor tends to vary by family, but my mother's is always described by others as their favorite.

This, of course, is one of my favorites no matter how many times I've eaten it. From the ability to show love to others through gift giving to simply just loving the taste of home, it belongs towards the top of the list.

Number four on my list is my dad's spaghetti! Again, this has a Filipino twist on it as Filipino spaghetti tends to be sweeter and has hotdogs incorporated into it. This is served not only at New Years but is also just a dish my father made for my family growing up. This taste of home is perfect to start off a new year.

The fifth food on my list is called "puto". You may read this article and wonder why you are being called a Spanish curse word, but I promise you this is just a Filipino delicacy. Puto is also made of glutinous rice and is steamed into round rice cakes that are topped with small slices of cheese. The sweetness of the puto, the saltiness of the cheese, and the love my mother put into making these for us never fails to warm my heart.

"Carioca" will start off the second half of my list! Carioca is a Filipino dessert/snack made of glutinous rice balls and also glazed with a coconut caramel. It is delicious and commonly found as a street food in the Philippines. Growing up, my mother taught me and my sisters how to ball these up and we would sit in the kitchen, bonding while watching Filipino teleseryes. It is also a tradition to serve round foods as it will serve as a "good-luck charm" for the coming year. This dessert is only number six as it is too sweet for my liking.

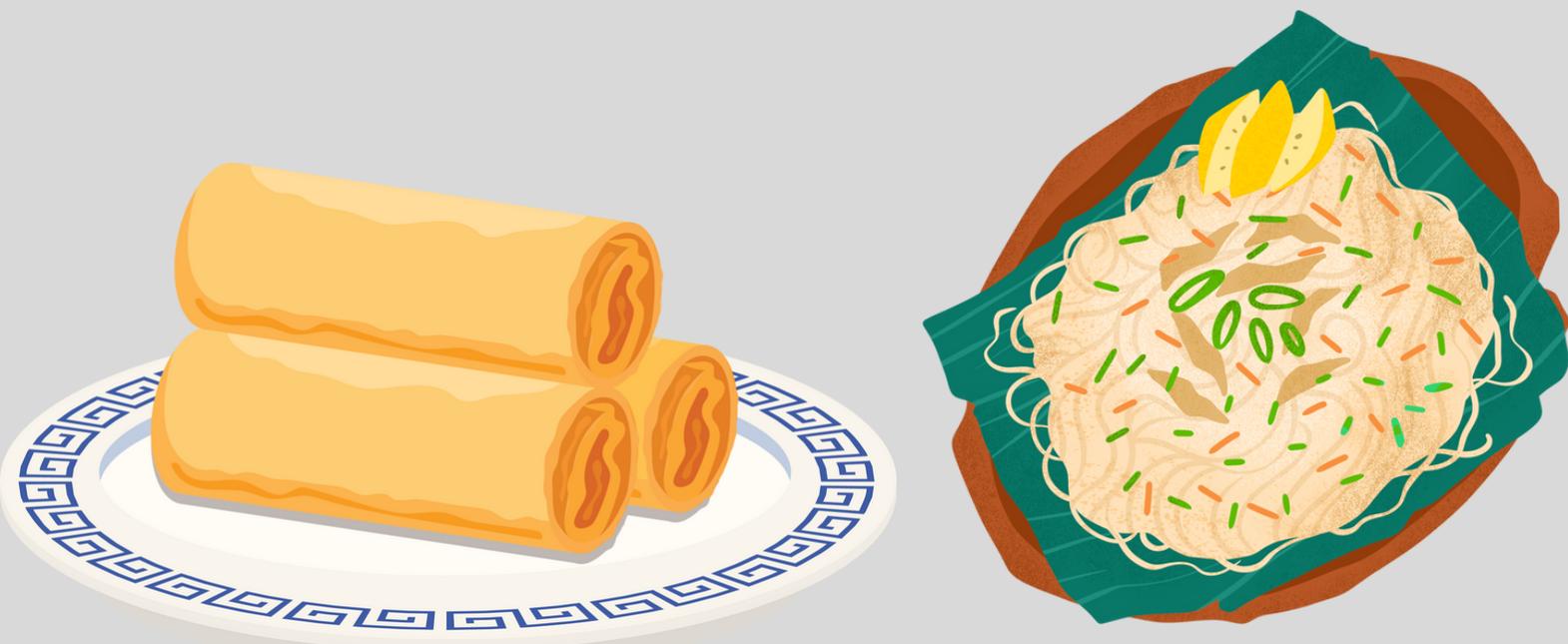
Number seven on this list would be fishballs; this food is pretty self explanatory as it is just fish paste formed into balls. Don't get me wrong, these are extremely delicious, but I eat them way too often throughout the year for it to reach the top of this list.

Eighth on this list is meatballs! This also falls into the round-food-good-luck superstition category so I had to include it. I do not eat meatballs often throughout the year, especially because the spaghetti my father makes does not have them in it, so it is a nice treat at our celebration. We buy the frozen meatballs at Sam's Club, but they never fail to hit the spot.

Number nine on the list is the assortment of round fruits my mother makes. This coincides with the round food tradition, but this specifically has to do with the Filipino superstition that serving 12 round-shaped fruits on New Year's Eve will attract good fortune and luck for the coming year. Usually, we don't eat these fruits the night of New Year's Eve as they would have to be cut open, but I do love a good grape every now and then!

Pancit is a traditional noodle dish in the Philippines. This will take the spot of number ten on my list as I have grown tired of it over the years. It is quite yummy when I am craving it, but I do not tend to put it on my plate during our New Years celebration so this is the reason as to why it falls in last place.

I hope you can try some of these foods at the end of 2022 to start your 2023 off trying new things. And with that, I wish you a Happy New Year!



# What's the Deal With the 9-Day Absence Policy?

By Mya Pridgen

The 9-Day Absence Policy is a new rule that has been put in place for all of NNPS. The policy was enforced Wednesday, November 9th, so it is currently in effect. This policy means that if a student has more than 9 unexcused absences in a class they will receive an automatic failure. In this article, I interviewed two students and a teacher to obtain insight into the situation.

**Marly**, 17, Jr: "Since I don't miss school often I feel that the policy doesn't affect me. I do think that it's fair because 9 days is a good amount of grace, and it punishes those who choose not to go to school."

**Annayah**, 16, JR: "Unexcused absence or not I think that as long as you do your work you should be fine. I do think that people need to come to school so that they can be less strict about attendance."

**Mrs. GMC**, Teacher: "The new policy is a good addition because from an educator's point of view, if someone misses 9 days of a class, they wouldn't be able to make up all of the work."

In all, there are a lot of mixed emotions surrounding the new 9-day absence policy. While it seems harsh, I think that the policy isn't as bad as it could be. As long as you get a note in to excuse the absence, failure can easily be avoided. But, if you are worried about failing because of this new policy you should make sure to always log your absences and contact your teachers when you're missing. When the school year comes to an end we will finally see the effects of this policy, maybe it'll change how school is forever.

# The Men Should be Heard Too!

By Ayanna Bravo

Here's Why:

**W**hen mental health comes into play, men need to be heard as well. What I mean by this is that men already have an existing stigma, they're less likely than women to seek help, and they also downplay their symptoms. These are just some of the reasons why men's mental health is important.

**T**his not only goes well above and beyond the misconception that men don't want to express their emotions; men put up barriers from existing stigma, societal factors, and their masculinity. These things all impact men in so many ways; these barriers that are faced by men when coming across and treating mental illnesses are nothing new. However, learning to expand the conversations on why and how such barriers exist can bring awareness to the problem so many men all over can overcome their mental health issues and not feel ashamed.

**M**en are often expected a lot from society's expectations and traditions. Men are seen as breadwinners, strong, dominant, and in control. Having these characteristics placed on these men makes it harder for them to reach out and be able to open up. I feel as if men feel like expressing their emotions makes them seem less of a "man" when in reality that isn't true. I say this isn't true because all humans have feelings and men should be able to express them as well.

**F**rom an early age, boys are taught by society and parents to hide their feelings. It is broadcasted as “boys don’t cry” which impacts a boy's mind at such an early age. However, as this impacts them as boys it still leaves an impact on them as men. Men who have been taught to mask their emotions will still continue this cycle throughout their lives. This does not mean men don’t have emotions or that their vulnerability is absent, it just means they’ve learned to keep it hidden well.

**O**verall with all these issues in men's mental health, they should too be heard. Their existing stigmas, their less likely to be able to speak out, and them downplaying their symptoms shouldn’t be reasons why they are less heard. These should be tell-tale signs of a call for help. Men should be more heard about their mental health and this is why.

