



QG

*A quintessential generation
takes the lead with
this premier QG issue*

Welcome

Millennials



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Hello friends! Congratulations on finding the section that focuses on our generation!

I'm Ariel Majewski, one of the two editors for this Quintessential feature.

Here's a few fun facts about me:

- I am a junior at the University of Illinois Urbana-Champaign majoring in journalism.
- I've played the piano for 14 years and still haven't learned "Chopsticks".
- I met Neil Patrick Harris.
- Nutella is my spirit animal—no really, I have a \$30 T-shirt that says so.
- I met Neil Patrick Harris.
- Snapchat's dancing hotdog filter has appeared in 4 out of 5 of my nightmares this week.
- I shook hands with Neil Patrick Harris.
- I'm currently writing this bio at 3 a.m. while googling images of Neil Patrick Harris.

Feel free to look over my co-editor's bio. By the way, I did not look over his content before it was published. Anything he says about me is fake news.

“

Greetings colleagues, constituents, family, friends and beyond.

I'm Sutton Rettig, and you have officially reached a new, 14-page section of millennial-driven content!

A little bit about me for the future scholars to note:

- I'm a junior at the University of Wisconsin-Whitewater studying communications.
- Ever since my mischievous middle school days, I knew I wanted to be a writer in the hopes I could effectively articulate wholesome and relatable content to readers.
- My favorite leisure activities include chillin' with my lovable hooligans (friends), watching both Marvel and DC films, and following my favorite Chicago-based sports teams.
- Creative influences include Hunter S. Thompson, Joe Meno, Charles Bukowski, John Lennon, Stan Lee, Duane Allman, Ray William Johnson, and especially my mother, Amy Bash, my older brother, Hardy Rettig, my three best friends, Thomas Foersterling, Madeline Cheek and Alexander Hiles, and my late grandparents, Phil and Flo Bash. Had it not been for these people, I truly would be neither the writer, nor man, I am today.



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There you have it—two editors with two completely different writing styles producing an issue that offers to be the voice of an entire generation. No pressure on us whatsoever...

Now that you are satisfied with our introductions, it would only be appropriate if you gave a proper address. Who are you? How would you define yourselves as millennials?

Stop googling if you are a millennial. We'll tell you... *cough turn the page cough*

Ok Google, who are we?

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THE MYSTERY AGE GROUP

Unlike other generations that have certain historical characteristics that mark the beginning and ends of their periods, there is no definitive age range for millennials! We come after Generation X, which roughly ends around the early 1980s. So when does our generation end? Well that's the tricky part. It depends on how you look at Generation Y (early 1980s to mid 1990s) and Generation Z (mid 1990s to mid 2000s). Millennials are typically referred to as Generation Y, but those who were born closer to Generation Z may feel they belong in one generation versus the other. Here's the main point: companies take this vague definition as an opportunity to selectively target their audiences by defining their own versions of millennials. In QG, we roughly say ages 18-30, based on the following highlighted characteristics on this page.



EDUCATION

Education has shifted from skilled trades and life skills to academia, memorizing, and digital resources—this is why millennials have a difficult time carrying out “adult” responsibilities such as home economics, changing a tire, budgeting, filing taxes, performing well on job interviews, sales, customer support, client relationships etc. Earning a bachelor's degree does not mean we are educated in everything. This just means we are willing to keep learning after graduating.



EMOTION

It's all about the visuals. When it comes to communication, we love to be as expressive as possible—that means emojis, gifs, and memes galore. Instead of responding with words, we use animated images that illustrate a full range of emotions and are less likely to be misinterpreted compared to text. Since these visuals clearly communicate broad sentiments and inside jokes, they are known to be one of our most relatable forms of humor.



DIVERSITY

According to the Pew Research Center, some 43% of Millennial adults are non-white, meaning we are the most racially diverse generation. But we also show diversity within our fundamental beliefs, ideologies, and core values. Twenty-nine percent of millennials categorize themselves as politically independent. Religious beliefs aren't mainly traditional-- hybrids of multiple faiths, agnosticism, and atheism are also common. And based on constant change and historical factors, older millennials may differ greatly compared to newer millennials.



CREATIVE ADAPTATIONS

Millennials like to adapt things. We envision original works, characters, styles and trends into something new and personalized. Think about electronic remixes, acoustic covers and acappella renditions to thousands of songs. Fandom art. The perfect filter for that Instagram photo. New captions to recognized/popular videos to make them just a little bit funnier than before. Even parodies of music videos. No matter what's out there, we're adding our personal flare to it.



TECHNOLOGY

I'm sure this doesn't come as a surprise to you--we are digital natives. Generation Y has grown up using personal computers, cell phones, and video game consoles. Generation Z remembers tablets, smartphones and apps from their childhood. No matter where we fit in this spectrum of technology, we view communication through an instant, global, and networking lens. And we can navigate through new online platforms easily.



IMPACT

With the power of global communication, we want to make a difference. In the workforce, millennials place a greater emphasis on opportunities to learn and advance. We will job hop if it means gaining more connections and reaching out to a bigger audience.

As Generation Y editors, we also want to create a huge impact--our mission is twofold: to help all age groups, including millennials, get a better understanding of our generation, and why our traits matter.

In this section, discover the voices of Barrington millennials, and see how their approach to life is nothing short of a quintessential super generation.

Barrington's Adulting Problems

By ARIEL MAJEWSKI

WHY DO WE ADULT—or at least, tell others that we're adulting? One of the characteristics of language is that it keeps evolving—words are meant to be flexible, and if there isn't a term that describes a concept that we feel strongly about, we'll make one.

When we verlify a noun, we're adding multiple hidden layers to convey a new meaning. Our perception of "adult" as an action is more than just a fancy way of saying that we're growing up.

Adulting steers more on the side of an oxymoron. It's about happily taking charge of new responsibilities while refusing to give up the activities from our youth.

Raise your hand if you debated about watching a Nickelodeon or Cartoon Network show after a long day at work. Also raise your hand if you give up with this decision and play Mario Kart instead.

Ever heard of adult coloring books? Those are very common throughout the college experience. During the midst of final exams, friends get together, sit in a circle and have the ultimate coloring book session. They choose their weapon of choice: the classic crayola crayon, the refined sharpened pencil, or if they're really being bold—a Sharpie. Hours later, the masterpieces are ripped from their binding and pinned to their desk dashboards. Why? We're as proud for taking time out of our day to do something related to our childhood as much as completing our occupational and class work.

Adulting is also about being independent while asking everyone

on social media how to boil an egg. Or do laundry. Or pay taxes. Or pretty much everything that's not considered academics. With the internet, we try to utilize our online resources as much as possible before asking for help directly.

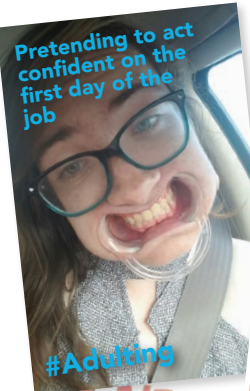
If I'm going to boil eggs in my new apartment, I'm not going to call my parents. No no no—first I'll post my adulting status on Facebook, then watch a few Youtube tutorials showing various camera angles... then I'll come back to my Facebook post and see comments if my friends are dealing with the same thing. Doing the "research" helps us feel confident—and posting about it helps us bond with our fellow adulting community because we can all relate.

Adulting is like the pre-mid-life crisis. The "Hey look I'm an adult! Oh wait, I'm an adult..." moment.

To put it simply, adulting is saying that life is a work in progress. Our lives are always buffering. Even when we're adults, we're still adulting. We're still learning and maturing, while trying to maintain our confident, care-free, and playful attitudes when we weren't worried about societal pressures. Adulting is something to be proud of.

So keep calm and color on.

#Happyadulting



BARRINGTON MILLENNIALS ON NOSTALGIA

What was the most relatable animated show of your childhood?

- 32% Jimmy Neutron
- 16% Ed, Edd n Eddy
- 16% Rugrats
- 19% Codename Kids Next Door
- 10% Recess
- 2% Fairly OddParents
- 2% Grim Adventures of Billy and Mandy
- 2% Spongebob Squarepants

Your favorite live-action show?

- 39% Drake and Josh
- 18% Zoey 101
- 15% Hannah Montana
- 9% The Amanda Show
- 7% That's So Raven
- 6% Blue's Clues
- 3% iCarly
- 3% Lizzie Maguire

Those surveyed felt the most relatable best friend duos/trios include:

- 58% Spongebob Squarepants and Patrick Star
- 21% Mac and Blooregard Q. Kazoo
- 9% Tommy Pickles and Chuckie Finster
- 9% Ed, Double D and Eddy
- 3% Cat and Dog



Illustration by Frank Kasy

(SHOP)KIND OF A BIG DEAL

By Sutton Rettig

IMAGINE IF YOU PURCHASED a water bottle which would help fund global poverty alleviation or buying a pair of sunglasses which would assist people in need of proper eye care.

Barrington High School '17 graduate Kelsey Sullivan founded a business following an initial idea to go into either shin splints or interior design. No one within the group, however, was passionate about the ideas, which ended up leading the tandem of students to explore a route in social entrepreneurship. Sullivan's classmates, now colleagues, include co-founder and CEO Barbara Malczynski as well as product manager Natalie Edwards who, as a collective, have emphasized the principle of social change to be the agenda of their business, ShopKind. An online shopping medium conceptualized via their work in the Business Incubator Start-Up course at BHS, ShopKind has become one of the capstone social entrepreneurship groups ever to manifest from the program. Their catalog is intertwined with Amazon.com which partners with a given social cause company and tracks purchase history as well as revenue trends of their business. Upon payment confirmation, Amazon then sheds between 6-10% of the profit to the student-incepted company. ShopKind's website details the 60-70 companies they work with, hoping to eventually reach 100 associations and continually grow as a cause-oriented staple in the modern day business arena.

During their junior years, the three students set out with an objective to bolster awareness for under-represented social causes. Nearly two years into the company's manifestation, the team is as driven as ever, engineering ShopKind by collaborating with an extensive pool of cause-oriented organizations, revolving their sublime vision around the betterment of the people and bolstering the reputations of causes that benefit water crises, poverty, human trafficking, animal extinction, and environmental sustainability. Showcased on a comprehensive online platform, consumers who browse ShopKind's website can search by product inventory, enticing the public with an opportunity to know that they are making the world a better place as a result of utilizing the website.

The cohesion of ShopKind's entrepreneurial pursuits is a product of their own trust in

WHILE EMBARKING ON THEIR COLLEGE CAREERS, THE THREE YOUNG BUSINESS WOMEN PLAN TO EXPAND SHOPKIND'S BRAND EVEN FURTHER, POSSESSING A PASSION TO MAKE AN IMPACT ON BOTH CONSUMERS AND THE WORLD AS A WHOLE.



From left to right: Barbara Malczynski, Kelsey Sullivan and Natalie Edwards.



one another, fueled by a commitment to quality and excellence. Every member of their team strives in the roles they occupy, propelling each other in the workplace and forming a sort of unitary wholeness within the company ever since its inception in January of 2015.

The identity of ShopKind is personified through their slogan of "Buy conscious, do good," illustrating a promise to always remain a company built on giving back.

Product manager Natalie Edwards, who was hired during the summer of 2016, elaborated on the fulfillment that is gained when one opts to choose a philanthropic manner of online shopping.

"There's a difference between buying online just to buy it and buying something for a greater cause," Edwards illustrated, "So why not shop in a way where you can help out those in need?"

ShopKind identifies which underrepresented causes to promote via an organization's social media presence, or lack thereof in some cases. Sullivan took a further dive into this matters and how their team assesses these various groups.

"We pick out who we've already heard of, but also seek out organizations who have the least followers and figure out what we can do to help build their representation. We basically just research the company, and you definitely know when a company isn't recognized when you need to research a lot to find it. That's what caused us to create ShopKind."

Social media-wise, the business is active on both Facebook and Instagram under the tagline @goshopkind, frequently posting a variety of statuses and pictures of items within their inventory.

Now graduated, Edwards will be attending Hope College in the fall, while Sullivan will be attending Miami of Ohio and Malczynski will enroll at Harper College. The three girls plan on conducting weekly FaceTime sessions with each other in an effort to discuss matters at hand to maintain a steady business model throughout their college careers.

Consumers who choose to browse ShopKind's catalog will find an array of products from a beanie cap's profits that go toward employing vulnerable women in impoverished areas around the world, to a duffle bag that offers proceeds going toward the elimination of trash from large lakes and oceans. It is a consensus that young people, by association, are idealistic, and they understand the fulfillment gained through carrying out work worth doing, especially the opportunity to help others in need arises. What if you purchased a pair of sunglasses for which proceeds went toward improving educational institutions in developing communities around the world?



I CAN'T EVEN

I Can't EVEN

By ARIEL MAJEWSKI and SUTTON RETTIG

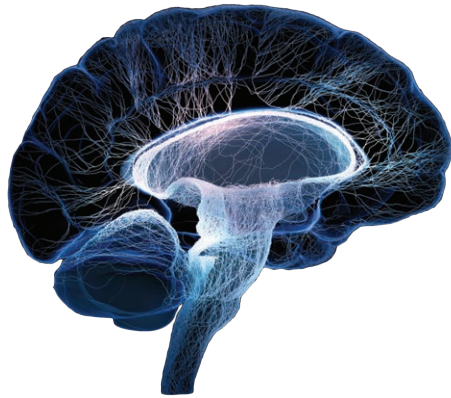


PHOTO: COURTESY OF JOHAN SWAN

STRESS.

That word alone may spike those cortisol levels, depending on what you are going through day-to-day.

A small amount of tension can be beneficial in keeping us alert and focused. But for millennials, stress is taken to a whole new level. In fact, they are known as the “anxious generation” because—according to the American Psychology Association (APA)—millennials experience the most stress and have the most difficulty coping with it compared to other generations.

Stress is personalized. The APA reports that the four most common stressors are money, work, family responsibilities, and personal health concerns, and these four broad categories branch off into an endless list of possibilities and combinations that make us feel pressured. But when it comes to coping skills, millennials are reported as engaging in methods that are considered less healthy and productive. For instance, internet surfing and watching more than two hours of TV/movies per day are prioritized over sleeping and exercise.

So are we growing up in a time where our situations are more stress-heavy, or is it our coping skills that feed into our stress? Or both?

No matter how stress enters into our lives, here are three tips on how to manage it:

FIDGETING

This is not about the spinners. (We'll get to that in a minute.)

I'm talking about those finger-drumming, foot-bouncing and pencil-tapping movements that force your body to stay active and moving. Remaining stationary for too long during class lectures and the workplace can affect attention span and slowly build stress. So if you feel restless, move those limbs! These small movements stimulate your brain to become fully engaged with the task at-hand. And since fidgeting is like performing tiny exercises throughout the day, your brain is releasing endorphins that reduce stress—while burning a few extra calories on the side! According to the Mayo Clinic, fidgeting can have as big an effect as rigorous exercise done less frequently.

Another useful method for fidgeting has been developed locally by business partners Kathy Spinabella and Robin Singer. The FootFidget is a lightweight device consisting of flexible resistance bands that, depending on the version you purchase, can either be placed under a desk or attached to it. While sitting or standing, the user may experience benefits of increased focus, productivity, comfort, and calorie burn. In addition to the portable and attachable FootFidgets, Spinabella and Singer also sell the standing desk conversion kit, which allows existing sitting desks to transform into standing desks with the help of four leg extensions. These kits also include an attachable FootFidget, so students can move their feet actively and comfortably while standing.

“We feel our desk with the actual movement provides proprioceptive input to the brain when you weightbear, so that really enhances focus and attention,” Spinabella says. “When you're sitting there and slowly pumping your foot, it's very calming.”



Kathy Spinabella (left) and Robin Singer (right).





Ray Piagentini shares insight about personal growth. Piagentini plans to open an emotional support center called the Hope House, generously donated by the Heidner family of Barrington Hills.



PERSONAL GROWTH

When we go through the motions of education and employment, we have to stop and think, “Who am I? What do I stand for? How are my gifts going to make a difference in this world?”

As guidance counselor Ray Piagentini enters the 38th and final year of his tenure at Barrington High School, he draws a key insight from his experience of helping hundreds of students flourish: there’s more to us than grades and a resume.

“Students forget who they really are. I know who they are as a student—dedicated, determined to succeed, etc., but a lot of stress is brought on by themselves and from the outside,” Piagentini says. “In all honesty, who cares where you finish? Do you know the term they use for the student who finishes last in the class at medical school? Doctor.”

One way to help identify who you are is by trying new things that force you out of your comfort zone. Take woodshop, martial arts, or improv classes for the sake of learning without it affecting your school transcript.

Also volunteer for cultural exchanges and social justice causes. You’ll understand your importance in this world in the greater scheme of life—which can help relieve stress about the little things.

Under the Brothers Keeper Program, Piagentini has supervised multiple service trips in which students work with both the Dakota and Lakota People of the Crow Creek reservation in South Dakota.

Piagentini says the trip is an experience that helps students branch out and realize the balance they need in their life. They learn as much about themselves compared to the people who they are with.

“To the people at the reservations, our connection to them is really important,” Piagentini says. “They don’t care if our kids are an A student or an F student.”

And this applies to any age group. When it comes to service programs, people see beyond your financial situation, your health concerns, your GPA. They see you for being you, contributing your gifts and perspective to make the world a better place.



KATHY SPINABELLA AND ROBIN SINGER FOUNDED CLASSROOM SEATING SOLUTIONS IN 2010 WHILE SERVING AS PHYSICAL THERAPISTS FOR BARRINGTON 220 SCHOOL DISTRICT, MOTIVATED TO CONTRIVE RESOURCEFUL EQUIPMENT FOR STUDENTS WITH DISABILITIES AND ATTENTION STRUGGLES.

Spinabella and Singer are also accommodating workers with the Office FootFidget, a portable version with an extra set of resistance bands that allows workers to burn about 300 more calories on average a day. Singer says that sitting for long extended times is now considered as the new smoking. “The Office Footfidget can certainly offset physiological detriments that sitting causes, and therefore improve the health and mental capacity of the office worker,” Singer says.

While there are cases of fidget spinners helping specific individuals with focusing, their structural nature causes more of a distraction. Dr. Kathryn Singer, a psychiatry doctor at the Samaritan Counseling Center of the Northwest Suburbs, says that the multiple senses used while spinning this device is a disadvantage.

“Because fidget spinners require more hand-eye coordination, the ability to then focus on something else is harder. When people are holding something and looking at it as well, they are less likely to pay attention to other things around them,” Dr. Singer says.

Add lights, artistic designs, and bluetooth speakers to it, and the fidget spinner becomes even more distracting. Sorry guys!

All in all, fidget whenever you can. If you’re naturally not a fidgeter, try to schedule workouts throughout the week.

MOBILE INTERVENTION

As a millennial, it’s hard to say this, but constant cell phone usage throughout the school and/or workday is a problem. According to Huffington Post, screen-based entertainment increases central nervous system arousal, which can amplify anxiety.

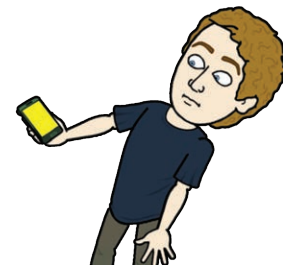


Exhibit A: CNN alerts. Exhibit B: That feeling to immediately check why you were tagged on Facebook. Exhibit C: Memorizing every ding, pop, ring and beep your phone makes for each social media app.

And while some internet surfing provides temporary relief, it takes time away from sleep as well as interacting with, you know, humans right next to us.

One way to manage your phone usage is to fight fire with fire—using mobile apps that force you to take some time off the digital world. Certain applications will prevent you from accessing your phone. Others offer positive reinforcement, like “Forest”, a game where you grow more trees if you don’t interact with your phone constantly.

The application Pocket Points entices its users with tangible rewards—actual discounts, coupons, or gifts in the local area! (Although Barrington isn’t an option on the app, you can request it to be. One day there may be a time when local merchants offer discounts for decreasing your phone addiction in the area!)





TOUCHING IN LONDON DOWN

by SUTTON RETTIG

THROUGHOUT HIS LIFE, athletics has served as a remarkable outlet for Giles Phillips. Barrington High School alumnus and former Carthage College soccer defenseman serves as the premier example of someone who knows precisely what he wants out of life. For Phillips, what he wants is an opportunity to showcase his talents as the newest roster addition to the Queens Park Rangers Football Club Under 23 roster located in White City, London. Phillips, who has spent a countless amount of hours consistently modifying his skill set and evolving as an athlete by enduring rigorous training regimens, learning comprehensive knowledge of offensive and defensive schemes and building chemistry amongst teammates, has held himself to the highest of standards in his pursuit of greatness.

The young, rising talent still finds himself blown away by the reality that he has finally reached this point of fulfilling his dream of showcasing his skills on a professional level.

“I’ve been a ‘Pro’ now for a over a month and the most exciting part is just being able to play the sport that I love,” Phillips said, “There’s no better feeling than waking up realizing that I get to go play football and that’s my actual job.”

Prior to signing with Queens Park this past summer, Phillips spent two seasons as a critical piece of the Carthage College Men’s Soccer team. Teammates and coaching staff voted to award him Most Valuable Player honors in 2015, accounting for career totals of nine assists, eight goals (including two game

winner), and 23 shots on goal. Phillips was named the 2016 “Newcomer of the Year” for the College Conference of Illinois and Wisconsin, which in turn granted him a selection to First Team All Conference honors. Well on his way to achieving stardom following heavy recruitment and eventual signing from Queens Park, Phillips remains as driven and ambitious as ever to strengthening his skill set and becoming a vital piece to a successful Rangers organization for many years to come.

While the young footballer is embracing the idea of personal achievement, his individual concentration has been locked on helping the Rangers succeed, humbled by the time it took simply to sign his contract this past summer with the organization’s development squad.

“The most strenuous obstacle was the waiting. So after I went on trial twice at the club’s facility in January and February, they didn’t sign me until June so I had a good few months of just waiting around in the States. It was hard sitting around waiting I just wanted to be there and playing as soon as possible.”

In the ensuing months since his contract signing, the 20-year-old footballer has come to realize the important role of observation as he continues to get his legs under him, serving as a protege for the more experienced players, while embracing relations with all members the Queens Park family.

“The best piece of advice I could give is make sure you’re getting a lot of exposure in front of coaching staff and scouts if you really are serious about playing at the pro level,” Phillips said, “You could be a really

great player, but if you’re not playing in front of the people, then you won’t really make that next step.”

As Phillips adjusts to his role with the Rangers, he remains focused on the task at hand contributing to the betterment of the team. He has been humbled by the experience thus far as he continues to bask in the comradery and majesty of playing professional soccer. Through it all, though, Phillips maintains a high ambition to climb his way up the ladder from the U-23 team to eventually bringing his talents to the first team Rangers. As of late, his concentration surrounds improving both his offensive and defensive arsenal, assimilating new schemes and growing as an athlete in all facets.

“Obviously you train to always keep improving yourself as a player,” Phillips outlined, “So I always feel that my game with be growing and hopefully continue to develop as a player.”



SUPER



BY SUTTON RETTIG

HOW MANY HOMERS will Kris Bryant notch? How many points should LeBron average during the NBA Finals? How much longer can the Blackhawks continue their Quest for the Cup? These kinds of topics may seem like your typical barbershop debates amongst the ole gang, but BHS alumnus RJ Sachev viewed them as potential opportunities to articulate content and connect with fellow sports nuts. While continuing to pursue his bachelor's degree in broadcast journalism at DePaul University, he chased after an opportunity to establish himself as a media personality by founding Lightweight Sports during his sophomore year. Sachev founded the original podcast which tackles a variety of sports coverage centered around in-depth analysis and noteworthy news, building the show on both Facebook and Youtube.

"I liked to cover any and everything I find interesting within sports. I hate the concept of strictly covering and analyzing games and breaking down numbers, that stuff is boring to me. It's necessary to some degree, but I like to be more creative with my content. If people were going to watch, it was going to be because of the creativity and less because they wanted sports updates."

Sachev has announced, however, that his podcast will be ending its run upon the fall semester, as his recreational projects take backseat to the work he's completing as he, like many other college students, looks to find his true calling in life.

"For the longest time I thought I wanted to be a sports broadcaster but I'm not so sure anymore," Sachev illustrated, "I like the creative side better than the typical sports reporting format. If I had to say right now, I think I'm leaning towards digital media and seeing what paths I can go down there. But I'm gonna try to keep creating content all the while."

Still serving as program director for Radio DePaul Sports, Sachev has found genuine pleasure through his involvement in radiologic communication. The junior journalism student's interest in the field was first sparked as a result of his involvement at 238 Studios at Barrington High School, where he served as an anchor for the widely acclaimed student broadcasting program, BHS-TV. Since graduating in the spring of 2015, his obsession with the craft has only grown stronger.

"Barrington High School was where I started my broadcasting career, so I absolutely think my time there was immensely influential to getting me to where I am now. Without my experiences with BHS TV, I wouldn't be doing what I'm doing today. Like I mentioned earlier, Doles put me in such a good position to succeed with the TV program. He basically gave me the freedom to do things the way I wanted to do them and I am forever grateful for that."

As a result of consistent tutelage and various passion projects, Sachev still dreams of one day being recognized as one of the premier personalities within sports media even after his decision to end Lightweight Sports.

"It was something I'd never done before and something I was basically learning how to do on the fly. But doing this made me realize how attainable your goals can be if you set your mind to them. And now that I know what I can or have the potential to do, there isn't a project I'm afraid of diving into. Once you do something like this, no matter how big or small, it really sets the table nicely."

Even upon his decision to cancel the show, Sachev looks back on his creation in glowing fashion, proud and humbled by the knowledge he attained and the experiences he encountered.

"It was definitely a really satisfying experience when a show or video went well. I'd go back and watch myself literally hundreds of times trying to find ways to make it better. I remember in the first ever podcast I said "um" a million times trying to fill time and gather my thoughts, and I look back on that and laugh at how stupid it sounded. I definitely became more comfortable and confident as a host and seeing that progression every week was really fulfilling. I loved when I got feedback from random people I hadn't heard from in forever or people I didn't know that well. It was crazy to see the reach that was possible with something like this. So really every part of it was in some way extremely fulfilling."

After reflecting on how Lightweight Sports came into its own, Sachev also identifies how critical it is to remain focused, confident and passionate in your work.

"My advice, unsurprisingly, is to just out out and pursue the things you want to do. Even if you have to start a project by yourself and it's a little shaky in the beginning, it doesn't matter. Nothing is going to happen if you don't take that leap by yourself. I was told that if you're not embarrassed by your first product then you waited too long to start."

"The project itself is ending but I'll still be putting plenty of content out all over the internet," Sachev confirmed. For those who are interested in viewing Lightweight Sports, episodes will remain posted on both Facebook and YouTube for anyone who wishes to go and see what they were all about. His passion and intrigue surrounding the sports world still remains potent as he continues to grow as a journalist.



"I liked to cover any and everything I find interesting within sports. If people were going to watch Lightweight Sports, it was going to be because of the creativity and less because they wanted sports updates they can get from any given box score or wrap up."

MARVEL VS DC

AN ANALYSIS OF THIS SUMMER'S SUPER POWERS TO HIGH-RATED FILMS

BY ARIEL MAJEWSKI

THE BATTLE BETWEEN MARVEL AND DC in the film industry struck its peak this summer with the webbed warrior, female gladiator, and cosmic squad.

As *Wonder Woman*, *Spider-Man: Homecoming*, and *Guardians of the Galaxy Vol. 2* have become three out of the five top highest grossing films of 2017, there's one film tactic they have in common: introducing new heroes the right way. DC and Marvel have their own approaches to achieving this, so here is the breakdown:

We want to see new heroes take the stage, but when we do, make it one at a time—because the relationship between the character and the audience matters over action.

For DC, giving Wonder Woman her own movie was a necessary move. Before being brought into the cinematic limelight, Wonder Woman's background story and combat skills were not as well-known to the general audience, excluding comic lovers. So delving into this underrated character's childhood, gladiator training, relationships, and sense of justice was crucial for viewers to get attached emotionally to the superhero.

This was a huge step in the right direction for DC after its release of *Suicide Squad*, where 10 villains were swiftly explained before being placed into a convoluted plot. The viewers can't get attached to these characters because they barely know them. With almost 2 and a half hours of *Wonder Woman*, we get to know her really well, and that's what we need to appreciate this character.

Unfortunately, the new *Justice League* trailer might indicate a step back from this thinking process, since it portrays three new characters—Cyborg, the Flash, and Aquaman—along with the other members. What's the point in worrying

about these “thrown-in” characters if we're only going to be star-struck over Wonder Woman? Their personas are useless if we don't know how their origins have shaped their perspectives. That info is especially crucial to know when understanding their social dynamics in a group of other superheroes.

Marvel didn't technically reveal new heroes this summer—but they actually did.

The *Guardians of the Galaxy* aren't paired with the same Groot from the first movie. Baby Groot, who is the reincarnated version left after his predecessor sacrificed himself for his team, carries a different charm. He doesn't contain all of the memories of the original Groot, yet he is still one-in-the-same; he is shaped by his own experiences while being an adorable reminder of Groot's final virtuous act. And while Baby Groot tries to fight as an intergalactic guardian like his old man, he also represents the glue that holds the crew together, reminding them that they are a family. After all, Peter, Gamora, Rocket, Drax, and Yondu have to constantly make sure the little guy is safe and secure. So this new perspective of the original is a creative way to introduce a character while still giving the audience an understanding of his background.

Spider-Man's Homecoming doesn't just refer to the high school dance—it is the corporate celebration of a new Spidey being filmed under Marvel's newly-shared rights with Sony Pictures Entertainment. This allowed Marvel to create a character that feels most authentic to the comics. The viewers get a chance to know him better than before, added with a huge element of humor.

DC's cinematic multiverse exceeded expectations while putting a new character into the spotlight, but Marvel is a little more creative when it comes to subtly presenting a new hero. Depending on future productions, Marvel may win the battle on this field.

REVIEWS OF SPIDER-MAN HOMECOMING, COURTESY OF BARRINGTON MILLENNIALS

- I loved it.
- Tom Holland is cute.
- Neat idea.
- Solid film, Peter Parker is portrayed really young for the role in my opinion, but maybe that's because I'm old.
 - Quality movie, good humor and good action.
 - Great to see more people of color represented.
- Very good! Holland played a very relatable and adorable version of Spiderman.
 - Liked the original series better.
 - It was dope.

YOUR RANKING OF THE MOST IMPORTANT TRAITS FOR THE IDEAL FEMALE SUPERHERO:

1. Personality /mystique
2. Superpowers
3. Moral alignment
4. Combat style
5. Character's background
6. Physical appearance

UPCOMING FEMALE-HEAD-LINED SUPERHERO FILMS YOU ARE MOST EXCITED TO SEE:

- 40% Gotham City Sirens
- 33% Captain Marvel
- 18% X-Men Dark Phoenix
- 9% Ant-Man and the Wasp

YOUR RANKING OF THE MOST IMPORTANT TRAITS FOR THE IDEAL FEMALE SUPERVILLIAN

1. Personality/mystique
2. Character's background
3. Moral alignment
4. Combat style
5. Superpowers
6. Physical appearance

COOKING CLASS: A Sit-Down with Cameron Cavida

By SUTTON RETTIG

ONE OF THE GREAT JOYS IN LIFE is realizing what you are meant to do and, more importantly, how to exercise your passion to the fullest degree. Artists and inventors are blessed with creative and cerebral gifts, athletes hone exceptional physical skill, and doctors use their gifts for the betterment of mankind's health. Cameron Cavida, Barrington High School graduate of 2015, is an aspiring food technologist who has passionately studied the culinary arts since the age of 10, pondering original recipes, observing various palates, and constantly spending time concocting dishes in his kitchenette. Over a decade following the inception of his fascination, Cavida continues to be inspired by his craft on a regular basis. Food technologists typically conduct sensory tests, develop new recipes, and assess quality assurance levels. Cavida currently attends the Culinary Institute of America in Hyde Park, N.Y.

QB: What was your initial incentive to pursue the culinary arts?

C: I've been surrounded by good food all my life; I am very thankful for that. My Dad exposed me to different cuisines at a very young age. Trips to Chinatown, as well as the occasional ethnic restaurant widened my palate. My Aunt Gina did the same as well. Every time she would take me out, she would always bring me to a new restaurant in the city. Because of this early exposure, I started to cook on my own around the age of 10 due to curiosity. I experimented with basic recipes and techniques at first. As I got older, I took on difficult recipes and techniques.

My Aunt Gina unfortunately died my freshman year of high school and I made a promise to myself that I would pursue a career in the field of culinary arts for her. This, combined with my knowledge and skill in cooking made the decision a 'no brainer'.

QB: What has been your greatest learning curve upon entering school?

C: The way that the Culinary Institute of America works is that during the first two years at the school, which we call 'Associates', is almost all cooking. Students take academic classes during this time, as well such as culinary math, food

safety, menu development, etc. Our first cooking class is culinary fundamentals which is a 15-week course where the fundamentals of cooking are taught. After that, all kitchen classes, for the most part are 14 days, also known as a "block". Having to adapt to a new teacher, new environment, and new recipes was definitely a struggle. This, on top of academic classes, made me stressed my first few weeks, but I ended up getting used to it and did very well in all my classes.

QB: What is the best piece of advice you would offer an aspiring chef/food technologist?

C: If a child is 100 percent certain that they want to be a chef, I will tell the parents to bring them out to eat. The reason why is because it will widen their palate and make them more aware of different cuisines and cultures. Having this type of knowledge is very important.

If someone is serious about wanting to become a chef, I will tell them to work in a restaurant to know what it's like. I've lost a lot of friends and classmates because they realized during our first few months of school that this wasn't for them. All of them hadn't worked in a restaurant before. Home cooking and cooking in a restaurant are completely different. In a restaurant, there are deadlines that need to be made before service and the intense pressure, plus the long hours (12-14 in most cases), are very stressful.

One thing to note is that they shouldn't limit themselves to being a chef. Growing up, I thought that's what I wanted to be. After working as a busser at Francesca's in Barrington, as well as working as a line cook at a restaurant called The Kitchen Restaurant Group in Chicago for 6 months, made me realize that the long hours and odd schedules weren't for me. This hands-on experience made me sit down and question what I valued. There are so many avenues in the food business, it's just a matter of finding what works for you.

QB: What are a few of your personal favorite dishes to prepare?

C: I've recently been on this Korean food kick and I love making dishes like yangnyeom (Korean fried chicken), jjajangmyeon (noodles in a black bean sauce) and kimchi-jjigae (kimchi stew). Non-Asian food that I enjoy making include any type of barbecue, risotto, and making my own sausage to name a few.

QB: What professional endeavors do you partake in when outside the classroom?

C: I enjoy photography and filmography, constantly snapping shots of unique and intriguing scenery through lenses of vintage cameras.



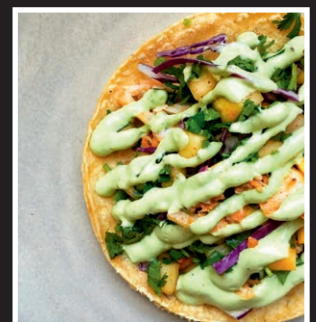
Japanese harvest bowl with soy dashi and fried tofu



Rosemary gougères with black pepper, parmesan and chive aioli



Jajangmyeon



Blackened white fish with avocado cilantro crema, cucumber mango salsa and red cabbage



Vintage meets HALLOWEEN

Photography by ARIEL MAJEWSKI



Jessica Sabin, (right) Barrington area makeup artist and Owner of Bomber Betty Custom Cosmetics, has been doing makeup professionally for 17 years. She specializes in bridal and vintage makeup looks, and has her own line of cosmetics where she hand-makes custom lipsticks and lip glosses for her clients. Halloween is her absolute favorite time of year, so she created a few fun and easy Halloween looks for us. She created looks based on Johnny Depp's Mad Hatter, a Jigsaw character in honor of the new SAW movie coming out, and a pin-up with some missing flesh. (The model is Chez Schweikert.) Jessica used a combination of her own makeup line and brushes, Mehron stage makeup, and Ben Nye colors. You can see more of Jessica's work at: <http://www.bomberbetty.com>, www.bomberbetty.com, Facebook, and her Instagram @ bomberbettycosmetics.



Half Skull Pin-Up



Mad Hatter



Jigsaw

