

NSPA Artist of the Year Statement – Olivia Chen

2021, the beginning of my sophomore year in high school. It was my first year on Panorama, Ladue's newsmagazine. I had been assigned to the News section, our duties solely dedicated to covering important events happening around the school. I never got used to writing news stories and didn't feel competent as a writer. It was only until my second year on Panorama, when I became the Arts & Entertainment editor. Panorama provides people with endless opportunities to present their abilities, whether it be through design, writing, photography, or art. As cliché as it may sound, anyone can find their happy place in journalism, even in areas they would least expect. This year, in a section and a position that constantly relied on stimulating and creative yet digestible art, I finally found my own home in journalism.

Growing up, I spent hours of my free time using a multitude of different mediums – acrylic paint, watercolor, oil pastels, pencil – to create different works of art. However, my time and passion never led anywhere, other than a local art gallery one time years ago. I eventually became busier and busier, my watercolor palette and sketchbooks collecting dust in some random drawer. During quarantine, I tried out the app Procreate for the first time, curious as to what possibilities digital art could provide; little did I know what path this would take me down.

Not even three years later, my iPad and Procreate have now become my best friends, earning me the "iPad Kid Award" at our annual school publications banquet. Jokes aside, Panorama and the field of journalism have created an area for me to let my creativity and artistry run free. My art's audience went from just my parents (who were obligated to say 'Wow' at even the most horrific drawings) to my entire school community, and even those around the nation. My art's purpose grew from an outlet for expression into conveying significant messages and complementing the spectacular writing of many of the staff on Panorama. In spite of endless obstacles and stressful difficulties, being a part of the most wonderful school newsmagazine team and becoming the Art Editor-In-Chief this fall has allowed me to overcome and look towards the future. My art is far from perfect, but as with any passion, being able to share it with the world is a gift in itself, and I have the Panorama to thank for that.

Portfolio Descriptions

1. “recipes for disaster” – Panorama March 2023 Issue

I actually had quite a difficult time thinking of ways I could portray this confessions-style page, scrapping over ten near-complete ideas in a span of one week. I decided to just relax and do what I know how to do best: draw. I ended up creating multiple digital illustrations, adding motion into each piece in order to give life to the amusing student stories.

2. “clearing off the plate” – Panorama March 2023 Issue

The story covered two individuals who followed certain religious diets and accordingly celebrated different holidays, Passover and Ramandan, respectively. I turned the divider between their stories into a table, featuring different halal and kosher dishes. It was important for me to accurately depict foods important to the students’ culture, and I kept that prioritized in my mind.

3. “Critiques from the Crypt” – Panorama October 2022 Issue

On this page, another staff member and I watched three horror movies and wrote our own reviews, his being from a horror lover’s perspective and mine from a horror hater’s. I experimented with a new, more cartoony style with the characters on the left, which represent the silly contrast of the review’s opposing dynamics.

4. “Best pictures goes too...” – Panorama February 2023 Issue

For this spread, four different Panorama staff wrote individual reviews on which movies from this year they believed were deserving of an Oscar. I drew the background to resemble the magnificent stage design the Oscars have each year. To add more substance and in hopes of making the page less condensed, I added visuals under each review, which was fun in itself because I got to learn a lot about the behind-the-scenes of the movies.

5. “Sustainable living” – Panorama April 2023 Issue

A quintessential item review requires some type of accompanying visual; in this case and to no surprise, I drew each sustainable product that I wrote a review for. The art makes the page more pleasing to look at in my opinion, as well as the mini infographic mod. I always have fun using the monthly color palette to the best of my ability, and this page was no exception!

playing with fire

Food fails involving smoke and fire hazards

“I was cooking a tomahawk steak in our brand new kitchen on New Year’s Day. It was so fatty, and the pan was so shallow that the steak was literally on fire.”



“My brother burned mac and cheese, and it set off the smoke alarm. There was so much smoke we had to sleep outside.”



“I was making risotto, and with risotto you have to keep stirring it. I was stirring [it] with one hand and adding the cooking wine with the other. My sister bumped into me, and the cooking wine splashed, flared up and singed my sister’s eyebrows.”

illustration by | **OLIVIA CHEN**



Panorama surveyed 100 students March 6

“One time I was frying doughnuts, [but] it was late at night so I was really tired. I overheated the oil in between batches, so I went to grab ice to add into the oil to cool it down right when I realized how bad of an idea that was because hot oil explodes in water, especially cold water.”

recipes for disaster

Students share their best cooking fails in the kitchen from ruining cakes to creating fires

a piece of cake

Students recall cake-making catastrophes

“[One time] I was baking a cake, [and] when I took it out the oven to cool, I dropped it on the floor upside down. When I lifted it up, the cake fell apart on the ground.”

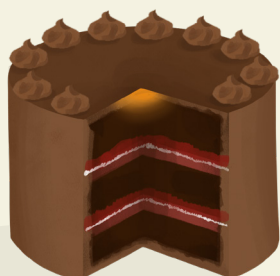


“Once I tried to make lava cakes but made it for two instead of the four it was meant for. I forgot to halve the recipe and the lava cakes were almost completely liquid. We did eat them though, and they were still good.”



“[When I was 9], my sister and I were trying to make a cake for our mom. We completely messed up the amount of vegetable oil for the mix and made a more of a lumpy slimy mess than anything edible.”

“I once forgot to fully mix the egg [when making a cake]. After I iced and finished the cake, we cut into it and at the top of the cake was a solid yellow yolk.”



clearing off the plate

Students incorporate kosher and halal diets into religious holidays and daily life

by **joseph baker**

kitchen staff

passover

Judaism is one of the oldest of the monotheistic religions that comes from the Middle East. It follows the teaching of Moses who wrote down the first five books in the Torah. Judaism promotes the idea of peace and compassion towards one another, along with a set of values to live one's life. Senior Liam Oiknine follows a kosher diet that effects his daily life.

"Basically, the way that I describe it to people when they say 'what does [kosher] mean?' is that

I essentially can't eat meat [when going out]," Oiknine said. "The meat has to be kosher; that means it's killed and blessed in a certain way. You [also] can't eat meat and dairy together."

Along with keeping kosher, Oiknine's family celebrates the High Holy Days and hold Shabbats on Friday nights. Oiknine also celebrates Passover. The Jewish holiday is based on a lunar calendar and is celebrated for eight days in April. Passover consists of Seders, religious dinner where families share stories of what Jewish people went through when they left Egypt.

"At my grandma's house, we go through everything that's on the

passover seders

April 5 to April 13

Seder: religious feasts at the beginning of Passover



Scan the QR code below to learn more about the foods on a Seder plate



Seder plate and we talk about why it's important," Oiknine said. "We talk about different [Passover] traditions and why [they're] important. It's really just an educational experience."

On the second night, Oiknine has another Seder with his extended family, which he says is more of a social event. Through traditions like Passover and abiding by the kosher diet, Oiknine keeps in mind important values to live his life.

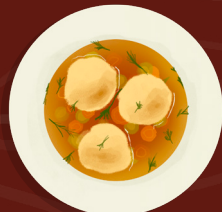
"What's most important for me is not necessarily particular to Judaism," Oiknine said. "It's something relatively general across religion: the general idea of morality [and] doing what's right."

around the table

Foods eaten during Passover and Ramadan



Samosas (Ramadan)

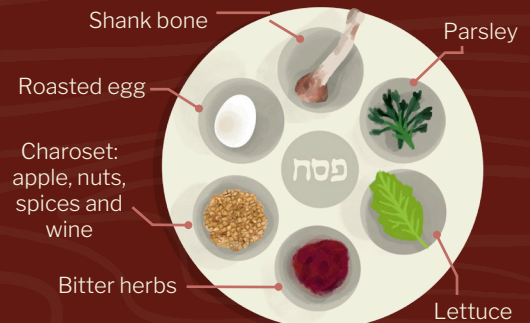


Matzah ball soup (Passover)

Fruit chaat (Ramadan)



Dates (Ramadan)



Seder plate (Passover) *varies among families

illustration by | **OLIVIA CHEN**

ramadan

Islam, a monotheistic religion, originates from the Middle East and follows the teachings of the prophet Muhammad through the Quran. Islam incorporates the same prophets from Judaism and Christianity into their holy text, the Quran. Islamic beliefs center around values and morals. According to the laws of Islam, people traditionally follow a halal diet, like junior Zahra Khan.

"Halal diet is not eating any pork or any parts of the pig, so that

includes gelatin, like in marshmallows," Khan said. "[It also includes] no alcohol and no smoking. There's also Zabiha, which means only eating meat that has been killed in the name of God."

Ramadan, an Islamic holiday, is a part of the five pillars of Islam. It includes no eating or drinking during the daylight hours for a month. At the end of Ramadan, Muslims celebrate Eid al-Fitr, the Festival of Breaking the Fast, to reflect back on the month.

"It's definitely at times difficult watching my friends eat lunch right in front of me, but I've been fasting

ramadan routine

March 23 to April 21

Have **Suhoor**: meal before sunrise



Fast during daylight hours



Have **Iftar**: meal after sunset, starting with dates

since fifth grade so I'm definitely prepared for it," Khan said. "You start with half days, and then, you can progress up to full days. I don't find it too hard honestly; people think it's crazy, but it's actually not."

Celebrating Ramadan and keeping halal signify the importance of Islam. By following both of these practices, one can bring themselves closer to their faith of Islam.

"[Islam] is definitely part of my identity," Khan said. "It dictates all my values, my morals. I learned it from my parents and it's a really big part of me and who I am."

spread design by olivia chen

Critiques from the crypt

A horror hater and a horror lover review three movies: 'His House,' 'It' and 'Hereditary'

by **Olivia Chen**

A&E editor

by **Michael Zegel**

A&E staff

Average ratings based on level of scariness.

HIS HOUSE

8.5/10

What sets "His House" apart from horror movies made purely for adrenaline rush is its purposeful approach to serious themes such as escape from war, survivor's guilt and PTSD. The twist is heartbreaking and provides the thought-provoking perspective of a couple named Bol and Rial who have escaped war in South Sudan. This movie utilizes aspects of horror by featuring a chilling Voldemort-looking "apeth" (the Dinka, a South Sudanese ethnic group, word for "witch.") However, the horror of "His House" comes less from the monster and more from the tragic plot.

Olivia



illustration by | **OLIVIA CHEN**

This movie exceeded my expectations. I came across the trailer for this movie. A husband, wife and their "daughter" flee from Sudan by boat. They are placed in a government home and they start to discover a secret hidden in their walls that begins to torment them every night. The movie had great pacing; my attention was always focused on the screen. It has a very original storyline and a great twist. While this movie wasn't filled with tons of horror, the scenes that contained fear did it well. The only aspect holding this film back is some of the iffy CGI. Overall, great job from Netflix.

Michael



7.9/10

Going into this film, my only impression of Pennywise was him being a playful (cute, even) redheaded clown with a gigantic forehead. That is definitely not the case anymore after watching this movie. "It" did a great job portraying him as a creepy feral freak. The movie didn't hesitate to be disturbing from the get-go. I swear I could feel Pennywise's teeth in my own arm. The main characters being a group of children made it more entertaining than it would have been if it were adults running from a clown. While "It" was pretty scary, the comedy aspect toned it down.



HEREDITARY

9.5/10

After watching "Hereditary" in broad daylight, I felt okay (or so I told myself.) That was until my friends and I were driving around at night and saw a deer. My throat started itching and my friend immediately closed the car window. This movie is really twisted, dark and traumatizing. The graphic visuals were disturbing, with many of the scenes involving heads (or lack of.) Having to watch a helpless family slowly spiral out of control in an eerie setting was unsettling. The actors pulled everything together. This movie will definitely stick with me for a long time, but not in a good way.



Even as the chief horror expert, I have never actually seen the movie "It." Nonetheless, I went into this movie dialed in; no ounce of light was present in my room to accentuate the movie watching experience. There were multiple scenes that had my heart absolutely pumping, but nothing I had to hide under my blanket for. This movie has great visuals and Pennywise is one scary looking "thing" but the main kids make it hard to take the movie seriously which I thought was a great aspect of it. While it wasn't scary, I probably will be avoiding redheaded people for a while.

This movie was freaky. It wasn't so much a horror movie, but one huge punch to the brain. All the buildup in the scenes were all just the weirdest thing imaginable over and over again. It takes every "what if" and makes it happen. The visuals of the movie are beautifully done, bringing everything to life. This movie also happened to appeal to my number one hated aspect of horror movies: ugly noises. The clicking in this movie is the only thing holding it back from a ten. Overall, this movie is incredible. It has no jumpscare, but puts all the scare factors right in front of your eyes.

Best picture goes to...

The Panorama staff review their picks for best movie of 2022 ahead of the Oscar's

Tár

Allen You
editor in chief



Current box office earnings:
\$13.8 million



"Character study" isn't enough to summarize "Tár," the bustling 2.5 hour film set in the high-class, cut-throat orchestral conducting world. Lydia Tár, a Machiavellian-type conductor at the top of her craft, has amounted a résumé that's unreasonably impressive. The plot centers around her rehearsals of Mahler's Fifth Symphony with the Berlin Philharmonic. Early on, the stakes are set, as Mahler's Fifth is supposed to be her magnum opus, and her conducting begins to crumble under the weight of her personal problems. The film is an outstanding examination of art and the life of the artist, with rich writing from director and screenwriter Todd Field. Field explores the often toxic and hidden institutional power that upholds and surrounds the highest forms of art. Its cinematography is sleek and mellow so as to not distract from Cate Blanchett's Oscar-worthy performance as Lydia Tár. It is undeniably gripping, deservedly a Best Picture nominee and my favorite movie of last year.

Bones and All

Sydney Collinger
photo editor



Current box office earnings:
\$14.5 million



I watched this in a secluded area in the middle of Colorado over winter break under a darkness only given off in these parts of the world. I wouldn't say it was a mistake to watch this in the dark, but it certainly helps to be ready for what lies ahead. Many scenes left me suspended, both speechless and anxious, and the entirety of the movie left me feeling like I'd been watching it for an eternity. I mention my setting because, in some ways, it resembles the setting of "Bones and All," even though the characters never find themselves in Colorado. The main character (played by Taylor Russell) moves around because of the appalling conflict and, because of this, feels desolate herself until she finds Lee, a "disenfranchised drifter." The movie follows her journey through this conflict, with and without Lee, in an artful way that makes one almost forget the premise of the movie until the very end. The performance was phenomenal and believable in combination with the cinematography.

Avatar: The Way of Water

Mimi Zhou
associate editor



Current box office earnings:
\$2.2 billion



"Avatar: The Way of Water" is by far the best movie released this year. It had been a while since I last watched the original Avatar, but nonetheless, the moment the theater lights dimmed, I found myself immersed into the world of Pandora. To say the least, the animation is stunning and the storyline is beautiful. I watched the movie in 3D and it was truly a life changing experience. I'm sure that even without the 3D effect, the breathtaking visuals would be just as magical. Though the story is set in a fantastical world, at the heart of it are very real values. The family at the core of the movie reflect remarkably human emotions and worries. I love how the world was expanded. The introduction of the reef people and the immersion into their life, the way of the water, is done incredibly. The various creatures, plants and other environmental elements added a sensational touch to the film. The movie was paced perfectly, managing to cover a complex storyline in a digestible manner. In every aspect, "Avatar: The Way of Water" proved to be the most outstanding movie of the year.

Top Gun: Maverick

Luke Lochmoeller
health & sports editor



Current box office earnings:
\$1.4 billion



I usually don't go to the movie theaters to watch a movie that just came out unless friends are pushing me to go or something else is pressuring me to go. I usually just wait until the movie is out on one of my many different streaming services. Having watched the first "Top Gun" movie that came out in 1986 a bunch of times, I was uncharacteristically interested in the second movie because of the first's intense action scenes. The sequel did not hold back in this regard. There were many different action scenes that kept me on the edge of my seat all movie long. Another reason I enjoyed the second "Top Gun" was based on how well they recreated the first one with a much more high-tech edge. This completely enhances the action and fighting scenes throughout the whole movie, bringing the already great action scenes into the modern age. The final mission at hand in the second "Top Gun" was tough and seemed nearly impossible, which made the build-up and completion of the mission worth watching and is what made this movie fantastic.

DIRECTED BY: Todd Field

Released **Oct. 7**
Stars **Cate Blanchett, Nina Hoss, Noémie Merlant and Mark Strong**

Cate Blanchett, who played Lydia Tár, fully immersed herself in the film by learning how to:



Play piano



Conduct

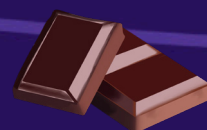
Guten Tag!

Speak German

DIRECTED BY: Luca Guadagnino

Released **Nov. 18**
Stars **Timothee Chalamet, Taylor Russell and Mark Rylance**

Being a cannibalistic romance, "Bones and All" used more than 10 liters of fake blood substitutes including:



Dark chocolate



Corn syrup



Maraschino cherries

DIRECTED BY: James Cameron

Released **Dec. 16**
Stars **Sam Worthington, Zoë Saldana, Bailey Bass and Kate Winslet**

"Avatar: The Way of Water" introduces a new ocean Na'vi clan: the Metkayina. They ride "ilu" creatures, heavily inspired by Earth's animals, to traverse the waters.

Dolphin intelligence

Plesiosaurus neck

Manta Ray fins

DIRECTED BY: Joseph Kosinski

Released **May 27**
Stars **Tom Cruise, Miles Teller, Jon Hamm and Jennifer Connelly**

Budgets for each "Top Gun" film

\$15 million
1986

\$170 million
2022

Producers paid over **\$11,000** an hour to rent real **F-18 jets**



illustration by | **OLIVIA CHEN & EMILIE TIAN**

Sources: A24, Bloomberg, IMDB, Fandom, LA Times, Metro-Goldwyn-Mayer Pictures, Paramount Pictures, Standard Film Company, TIME, Variety



Plenty of plastic

Shocking statistics on plastic pollution

Most commonly found plastic waste include:



Less than **10%** of plastic waste is recycled



Research says that by 2050, plastic will outweigh all the fish in the sea

Sources: Because Health Center for Biological Diversity, Earthday.org, UN Environment Programme

instead of plastic straws:

metal straws \$

Use: Helps you sip drinks

Care: Use dishwasher or soak in warm water with soap, then rinse	Produced from: Food-grade stainless steel alloy
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Although I personally don't use straws often, it's handy to have a reusable straw at home. Metal straws work just like your average plastic straw; the only difference is you can't bend them, which isn't a huge deal. At first, the metal straw left a very subtle metallic taste in my mouth. But, after a couple of uses, it diminishes and is unnoticeable. The washing process is fairly simple, but make sure to fully clean the inside with soap and rinse to prevent the risk of bacterial growth. Metal straws will last much longer than a plastic straw without the sog-giness of other sustainable options, such as paper or bamboo straws.

illustration by | **OLIVIA CHEN**

instead of plastic wrap:

beeswax wrap \$\$\$

Use: Can be wrapped around food as a seal to ensure freshness

Care: Gently wash by hand using gentle detergent	Produced from: Organic cotton, beeswax, tree resin, organic plant oil
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While plastic wrap does a good job of keeping food fresh, it produces a large amount of plastic waste. Recently, beeswax wrap has gained popularity. At first, its sticky coating made it difficult to use and sometimes left a residue, albeit easily removed. Ultimately, the stickiness becomes easier to work with, but it's important to keep the wrap clean and dry after use. Beeswax wrap performs even better than plastic wrap and allows for food to stay fresher for longer. It can be molded to fit any fruit or to cover any bowl. Not only that, beeswax wrap comes in various adorable designs while being reusable. I recommend purchasing a larger wrap, because its size can't be adjusted to your liking like plastic wrap can.



instead of plastic grocery bags:

jute bags \$\$

Use: Can carry any items such as trips to the beach or for groceries

Care: Gently wash by hand using gentle detergent	Produced from: Natural fiber extracted from outer skin and stem of jute plant
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Jute bags are less convenient compared to plastic grocery bags, especially if you organize your items in a certain way. However, they feel much sturdier compared to plastic and paper bags and are most similar to cotton tote bags. An issue I struggled with is plastic bags constantly forming holes due to their thin and weak material, which the strong jute material prevents. You may need to purchase several jute bags to hold all your groceries, but even just replacing plastic bag use with any bag you already own does better for the environment. Jute bags last long and are friendly to the environment, unlike single-use plastic bags.

*the best option for the environment is to reuse any bags you already own



Sustainable living

Information on how to reduce plastic use with reviews on biodegradable options