

# Verbatim

*adjective* | ver-ba-tim | 축어적으로 | literalmente | 逐字 | дослівно | 逐語的 | คำต่อคำ | 文字通り  
Being in or following the exact words: word-for-word, word-to-word // A verbatim report of life at Cardigan.

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AUGERE VIRTUTEM - DIRIGERE MENTEM

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## POLAR BEAR TRADITIONS

*Reporter: Terry Langetieg*

On May 1st, one of Cardigan's most memorable traditions will begin. There is nothing like jumping in the freezing lake with your Cardigan brothers in pursuit of the coveted Polar Bear tie. Each year, dozens of students and a brave group of faculty march down to the waterfront to be greeted by Mr. Gray, Ms. Lloyd, and Mr. MacDonald. Polar Bear has been a long-running tradition. The concept is simple, but completing it is a whole lot more challenging than people realize. Getting up at 6:15 every morning for six days a month when it may be snowy, rainy, freezing, or just plain tired makes the tradition so difficult yet exciting. There is no feeling worse than being told that you have to go back in the water by Mr. Gray or Ms. Lloyd because you did not get your hair completely wet. Though Mr. Langetieg claims that Polar Bear has been easier these last few years, it may not feel that way for everyone. It snowed on the first day of the pandemic year of Polar Bear and the final day of 2013. The challenge for dorms is to have every member complete it thoroughly.

Below are some answers to questions about Polar Bear from Mr. Gray:

Q: How long has Polar Bear been a Tradition?

A: It has been a tradition since 1957.

Q: What is the largest amount of Polar Bears you can recall?

A: Polar Bear numbers have been amazing, averaging over 50 students for the last decade. Even Covid did not slow us down; we adapted to virtual swims and continued. We have had a recent year with more than 60 swimmers.

Q: How long have you been doing Polar Bear?

A: My first Polar Bear was 29 years ago. I took a few years off but have not missed one for more than twenty years.

Q: What advice do you have for new Polar Bears?

A: Choose warm clothes to wear to the swim and think about clothing that is easy to put back on after your swim. Most important is a pair of shoes you can slide into, even if your feet are a little wet or sandy.

Q: I have heard that you hate cold water. Is that true? And if so, why do you do Polar Bear?

A: I love cold water and hope we have a slushy, icy day one! I fear the opposite; warm water breeds pestilence, and algae blooms, no thanks

## CANADIAN-AMERICAN SKI RACE IN QUEBEC

*Reporter: Jason Ko*

The two boys of the U14 Cardigan Ski Team, Cameron Blatz, 25', and Thomas Choi, 25', had a phenomenal result at their Canadian-American ski race in Quebec, with Cameron in 3rd place and Thomas in 10th place out of countless racers at the race. When we asked Mrs. Ford about the two boys' performance at the race, she commented, "Thomas and Cameron did fantastic at the Canadian-American races. They represented themselves and Cardigan with true class and incredible speed. They proved to be amongst the fastest U14 skiers in North America. We all at Cardigan should be incredibly proud of how these boys represented our school, not just in results but in their sportsmanship and camaraderie as well." When asked one of the boys, Thomas Choi, about the race and his experience there, he replied, "This ski race that was held in Quebec was a completely new and a fun experience for me, as I never went to a race that big in his life."

As stated by Mrs. Ford, we should all be proud of these boys for representing our school to not only have they proved to be the fastest and most skilled skiers all over North America, but they showed great sportsmanship to the other racers like we Cougars always do. If you see Thomas or Cameron during your travels, you should definitely congratulate them for the great effort they have put in and the great result they got out of it.



*A Snapshot of Polar Bear.  
Photo from Cardigan Smugmug.*



*Cameron Blatz and Thomas Choi at the Canadian-American Ski Race in Quebec.  
Photo by Cardigan family.*



*Photo from U.S. Department of Defense.*

## UPDATE: THE WAR IN UKRAINE

*Reporter: Tymofii Panasenko*

Ukraine is able to export electricity for the first time in six months as its energy infrastructure recovers from months of repeated Russian attacks. Russia began its lengthy and deliberate assault on Ukraine's energy infrastructure last October. It led to power cuts and scheduled blackouts, leaving towns and cities in darkness during winter. Ukraine was forced to stop electricity exports - but will now be able to sell its excess power again. Energy Minister Herman Halushchenko signed an executive order authorizing the exports, although local customers remain the priority. He said the system had been producing extra capacity for almost two months and that Ukrainians were not facing restrictions. "The most difficult winter has passed," Mr. Halushchenko said on Friday. "The next step is to start exporting electricity, which will allow us to attract additional financial resources for the necessary reconstruction of the destroyed and damaged energy infrastructure." He also praised the "titanic work" of engineers and international partners to restore the system.

Ukrainian news outlets say heavy Russian shelling has killed at least six civilians in Kostyantynivka, an industrial city near embattled Bakhmut in eastern Ukraine. Missiles and rockets damaged 16 apartment blocks and other buildings, including a nursery school, head of the presidential staff Andriy Yermak said on social media. The city is just 27km (17 miles) west of Bakhmut, where many have died on both sides in months of heavy fighting. Mr. Yermak said the Russians hit Kostyantynivka with S-300 surface-to-air missiles and Uragan rockets, and at least eight people were injured. The city is near Kramatorsk and Sloviansk, two key cities Russia is striving to capture to complete its occupation of the Donetsk region. Kostyantynivka's population before Russia's February 2022 invasion was about 70,000.

## THE WORLD ACCORDING TO MR. GARTNER

**Mr. Gartner** | Ph. D. in Knowledge

- 1) Shaquille O'Neill can't dribble.
- 2) Lefty golfers are wrong.
- 3) Ping Pong is more physically demanding than tennis.
- 4) The original Super Smash Bros game is better than the Switch version.
- 5) The NBA is a joke.
- 6) The most effective way to get over a cold is to avoid getting sick.
- 7) the Outer Banks wasn't filmed in the Outer Banks.
- 8) Mr. White was a spike ball national champion in 2018.
- 9) Drinking from a straw ruins the flavor.
- 10) Winter tires have no impact on driving.

## "SUNDAY AFTERNOON ON THE ISLAND OF LA GRANDE JATTE"

*By Thomas He*

This is a day of leisure, relaxing.  
 Millions of small dots form the unstrained scene  
 of a summer wonderland. The sun beams  
 far away. Old men sit and fish the lake,  
 while pretty girls with flowers meditate.  
 A gentleman with a dark, tall hat preens  
 while on the shadowy grass, a man leans  
 back against the tree, they wait.  
 Men row in rhythm, breaking the smooth mirror  
 The race begins, each trying to take the lead,  
 and farther away our view seems clearer.  
 Small dogs sniff the ground for a chance to feed,  
 while meanings grow inside of the green barrier  
 of open pastures leading someplace merrier.