

iWRITER

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By Kids, For Kids Magazine

The Gift of Time



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Letter from the Editor

Dear Readers,

I'm thrilled to welcome you to our Summer Edition of the iWRITER. My name is Shaivi Moparthi, and I'm honored to introduce myself as the new Editorial Board Director of the iWRITER Magazine. As I step into this position, I am filled with excitement for the future of our magazine, and I can't wait to embark on this journey with all of you!

This issue, we are focusing on something that we constantly struggle to keep up with and often wish we had more of: Time. This theme is particularly fitting because we are at the threshold of a new time for the iWRITER Magazine.

Whether you're racing against the clock to finish a project, enjoying the moment with family, or planning for the future, time shapes our experiences and lives in powerful ways.

Every moment of that journey is filled with new opportunities for growth, failure, and, most importantly, perseverance. This edition has insightful articles with topics such as summer time management tips, the science of time, a deep dive into the Met Gala and its theme, and more!

Our team has put together an impressive issue, and I hope that these pieces will motivate you to think about your own personal journey with time. So with that, I hope that you enjoy the 17th edition of the iWRITER! Happy reading!

Best wishes,
Shaivi Moparthi
Editorial Board Director



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The Science of Time

Understanding the true internal clock

Time shapes every aspect of our lives. From the moment we wake up, we find ourselves racing against the clock, until the time we return to our beds again at night. However, it is not widely known that our bodies have their own internal clocks that help keep everything running effortlessly. These internal clocks, known as circadian rhythms, play an important role in regulating our cycle of sleep, metabolism, mood, behavior, and overall health.

What Are Circadian Rhythms?

Circadian rhythms follow a 24-hour cycle, aligning with our surrounding environment's pattern of day and night. They widely influence our time of alertness when we feel sleepy, and regulate the timing of our bodily functions (such as food digestion, body temperature, and more).

The circadian rhythm is controlled by the suprachiasmatic nucleus (SCN) of the brain, otherwise known as the central pacemaker. When it receives signals from the eyes that light is sensed, it triggers the release of hormones, such as cortisol. The SCN adjusts our internal clock based on light signals to differentiate between night and day in order to time internal processes.

How Circadian Rhythms Affect Our Lives

- **Sleep-Wake Cycle:** Circadian rhythms play a crucial role in regulating our sleep-wake cycle. They help us feel drowsy at night and alert in the morning. When this cycle is disrupted, such as by jet lag from travel, we can feel out of sync.
- **Mood and Mental Health:** These rhythms also impact our mood. A well-synchronized body clock can increase feelings of positivity and energy, while disruptions are associated with mood disorders like depression and anxiety.
- **Performance and Alertness:** Our ability to focus and perform tasks varies throughout the day. Generally, people are most alert in the late morning and mid-afternoon and gradually experience a decline after lunch.
- **Metabolism and Appetite:** Our internal clocks regulate hunger and how we process food. Eating at inconsistent times can disrupt these rhythms, potentially causing weight gain and metabolic issues.

Maintaining Healthy, Balanced Circadian Rhythms

As mentioned before, a healthy circadian rhythm is important for overall well-being. Here are some tips to keep it in track:

- **Limit Screen Time at Night:** Reduce exposure to electronic devices with artificial light before bedtime. (It's recommended to turn off your screen 2 hours before).
- **Get Plenty of Natural Light:** Try to expose yourself to natural sunlight throughout the day, and especially in the morning, to regulate your circadian rhythm. Spending time outdoors is also beneficial because it helps increase Vitamin D levels. (which many of us are lacking).
- **Avoid Caffeine:** Drinking caffeinated beverages later in the day can alter your sleep schedule, and as a result, your circadian clock. Be mindful of your eating and drinking habits later in the day.
- **Maintain Eating Habits:** Our circadian rhythms regulate when our body performs digestion, so be mindful of when and what you eat. Eating at irregular times, or too large quantities later in the day can disrupt your internal clock.
- **Keep a Routine:** Try to go to bed and wake up at the same time every day, even on weekends.

Our internal clocks play a crucial role in keeping our lives balanced. By recognizing and maintaining our circadian rhythms, we can enhance our sleep, behavior, metabolism, and overall well-being. So, when you're feeling drowsy, remember that it's okay to take a break. Embracing and listening to your internal clock helps keep you healthy and in tune with your body's needs.

BY Shaivi Moparthy

I WRITE because writing is a way for me to express myself and it helps me connect to my artistic side. I enjoy writing because it allows me to reflect on experiences that I have encountered. Writing is something that I truly enjoy, and it has always been one of my greatest passions.



The Gift of Time

A talk on how to productively soak up the summer

Time is truly a gift that one must take full advantage of, especially during summer vacation. We can cultivate the time we have at hand to do something meaningful for ourselves and perhaps even our community. Summer is a time to really explore our passions and interests to create achievable projects and goals that align with what we love to do! Here are a few tips to foster goals that you may want to achieve this summer!

Brainstorming a New Project

What idea or hobby stirs passion inside of you? What do you like to do in your free time? Is it sports-related or community service projects? Brainstorming with these types of questions will help you narrow down the topics you want to invest time, learning and studying. Here are 10 examples of goals/projects:

- Reading books
- Writing a manuscript or poem anthology
- Learning a new subject
- Tutoring others on a subject
- Starting your own YouTube channel
- Creating or adding to a community garden
- Researching or forming a nonprofit
- Learning a new instrument or sport
- Improving at an instrument or sport
- Setting a simple fitness goal



SMART Goals

Once you've narrowed down to a certain field of interest, now it's time to create a smart and achievable goal. And this is where SMART comes in! Following SMART can help you set goals that you will want to achieve!

S - Specific. Set goals that are narrowed to one interest or one project that you know you can achieve.

Bad Example: I want to learn how to play an instrument.

This example is way too vague. What instrument do you want to play? What do you want to learn by the end of the summer or even after? After all, goals do take time to achieve.

Good Example: I want to learn how to play simple songs on the piano by the end of summer.

This example perfectly defines what you want to achieve and when you want to achieve it.

M - Measurable. Make sure there is some sort of quantitative or qualitative value that you can use to track progress, help you maintain progress, and know what specific outcome you intend to see by your deadline.

Bad Example: I want to make sure the students I'm tutoring know and thoroughly understand all of the 3rd-grade math curriculum by the end of summer.

Creating a goal like this may seem not only daunting but also confusing because there's no exact way mentioned to track how you know your students have mastered the curriculum.

Good Example: I want the students I'm tutoring to earn an A on their curriculum assessments.

This goal perfectly shows exactly how you're going to track and make sure your students are earning mastery in the curriculum.

A - Achievable. Having an achievable goal means you have the resources and skills to achieve your goal. Make sure your goal is something you know you can achieve or achieve within the summer.

Bad Example: Write two 500-page books in the summer.

Maybe you can achieve this, and if you can, you must be a superhero. Writing good books takes tons of planning and research. Perhaps aim for writing goals that are much simpler to achieve within the summer.

Good Example: Write one well-constructed 150-page book in the summer.

Even if this may seem like a smaller goal, it's definitely something that can be doable within the summer, especially if writing is your strength. Not only is it doable, but you will be producing good quality work.

R - Relevant. Ideally, pursue a goal that you are both passionate about and one that may also benefit you and/or your community in the long-run.

Bad Example: I want to play video games every day.

Although playing video games may be your passion, video games are more of a source of entertainment. However, if you were to make a goal related to video games, maybe make a goal that could challenge you or help others.

Good Example: I want to raise money by the end of summer to

buy Xboxes for children in need.

Here, not only are you sticking to the interest of video games, but you are making a difference in the lives of other children. The skills you may learn from hosting a fundraiser like this are invaluable! What a way to enjoy your summer!

T - Timely. Set goals that can be achieved within a definite and realistic timeframe, such as the end of summer. The key word here is deadline. Maybe make one big deadline or deadlines for smaller goals that lead to achieving your bigger goal.

Bad Example: I want to make a successful YouTube channel soon. Not only is this goal not providing a definite deadline, but it is way too ambitious and unrealistic.

Good Example: I want to upload a video every week on my YouTube channel.

This example has deadlines that are clearly outlined for a goal that's achievable.

Planning

Think about the summer having 12 weeks. If you plan on 10 weeks for this goal, realistically think about how much time you want for this project and what your other activities will be. So, 10 weeks and 5-10 hours a week are 50-100 hours devoted to a topic you can learn and become better at.

If your goals are attainable, you are more likely to be successful and continue them even after the summer is over.

Benefits

There are many benefits to writing a book, starting a fundraiser, or teaching others. Many of the benefits include allowing your creativity to improve, becoming better at a skill, learning how to stay organized, making new friends, and improving your happiness levels. Most importantly, the steps you take to achieve your goal will bring you a sense of motivation and joy.

Summary

In conclusion, summer is a time that allows us to unwind from the bustling, fast-paced lives we live during the school year. It's time to relax and reflect upon ourselves and do much more! We have flexible, more free flowing times when we can brainstorm different topics that we are interested in learning this summer. Have fun with your goals and good luck!

BY *Tanvi Padala*

I WRITE because words are the sound of my thoughts and let me be creative. Through writing, I can escape to impossible worlds, experience magic, and create imaginative characters. Writing brings a tremendous amount of joy and relaxes me.

The Met Gala: a garden of fashion and time

The Met Gala is an annual phenomenon and fundraiser that is hosted by the The Metropolitan Museum of Art and raises money for its Costume Institute. This premier museum, nestled on the edge of Central Park and Fifth Avenue in New York City, houses one of the largest art collections in the world. Traditionally, the Met Ball is timed with the opening of the Met's annual fashion exhibit, and it highlights the much-anticipated exhibit, as well as the Metropolitan Museum of Art.

The lavish event is attended by many high-profile celebrities, who are lucky to get the invite, clothed in couture fashion and ornate jewels whose looks are inspired by the theme of the ball. Some of the past themes have included 2022: "In America: An Anthology of Fashion," "Camp: Notes on Fashion," and 2018: "Heavenly Bodies: Fashion and the Catholic Imagination."

This year, the annual fashion exhibit was titled Sleeping Beauties: Reawakening Fashion. The idea is that aged (at most 400 years old) and intricate pieces which cannot be worn (since the pieces are too delicate) could once again be brought to life and seen by the public. Flora and fauna are a big inspiration for this exhibit, as well as the use of technology and its ever present role in fashion.

Anna Wintour, the Editor and Chief of Vogue Magazine, is known for handpicking most of the details for the esteemed event, regarding who is invited, where they sit, and the menu. If you are lucky enough to be invited by Anna Wintour, you know you have "made it." She also famously has the final say in the theme for the night, which this year was "the Garden of Time."

This seemingly whimsical theme perplexed many as its interpretation could be taken in many directions. It later became clear that the theme was inspired by J.G. Ballard's book titled The Garden of Time.

This story has a seemingly dystopian theme, as it tells the story of a very wealthy count and his wife who own a villa with priceless art inside of it. Upon seeing an angry mob, heading towards their home, they pick one of the flowers in their garden and consequently, time slows down. The Count and Countess use these "time flowers" to slow the mob from coming. However, the fictional tale also describes the challenged which transpires when the couple

has only two flowers left.

To me, this story symbolizes mankind's greed for natural resources that in reality contribute to global warming. In addition, I believe this story also represents the persistence of time.

The irony found within The Garden of Time and the Met Gala theme is that Ballard criticizes the aristocracy's distance from everyday society, whereas the Met Gala celebrates the elite and celebrity.

Though the event is for a charitable cause, and encourages the celebration of the art of fashion, spectators who line Fifth Avenue's entrance to the Met's famed red carpet steps to catch a glimpse can merely wonder what happens behind the closed doors of the Met Gala.

Many famed designers show off their most intricate pieces at this event, often adorning the chosen celebrity wearing them.. Almost instantly, looks are ranked and criticized, putting famed faces and brands in the limelight.

The event is famously known for producing looks to shock audiences watching everywhere. So naturally, the outfits have gotten more peculiar and unique in order to elicit attention, headlines, and online buzz. This "Hunger Games" for internet attention resulted in several instances where guests have ignored the theme, choosing to wear revealing or irrelevant "pieces" to catch the camera flickers. Some of the most controversial looks this year included Doja Cat wearing a wet, revealing dress, or Sabrina Carpenter's Oscar de la Renta Dress.

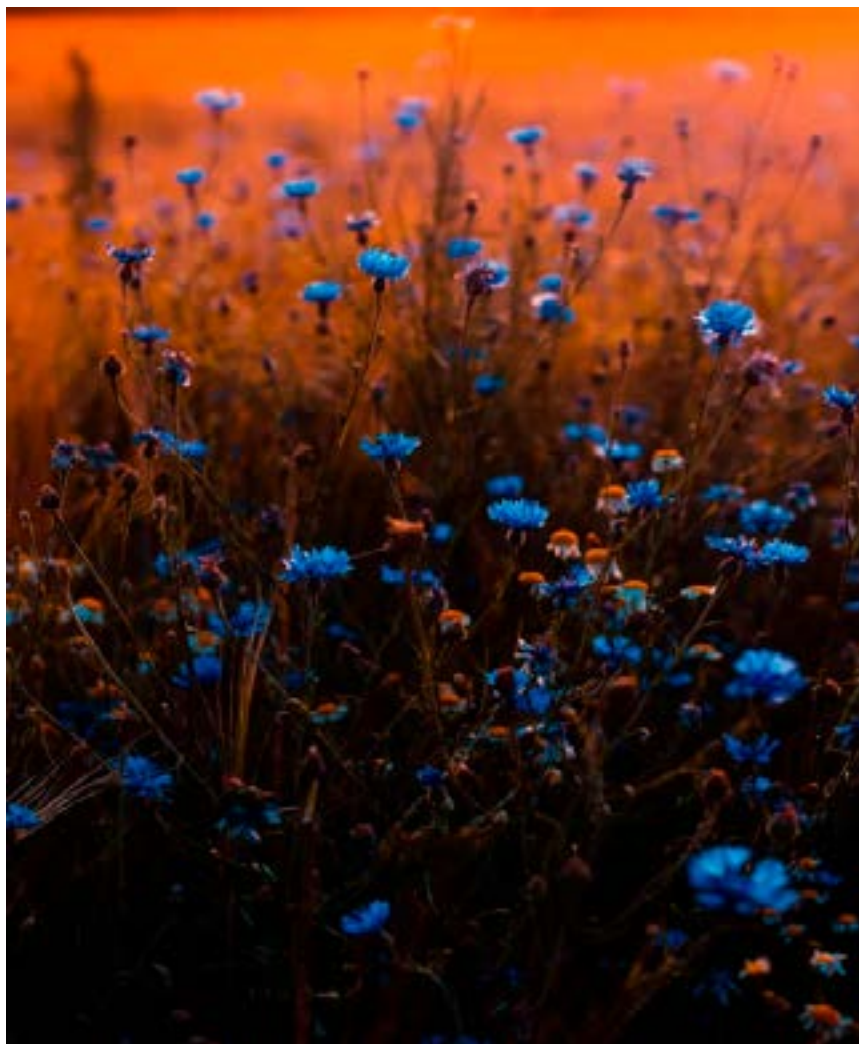
Though this year's theme confused many, there were some looks that made fashion history: Jennifer Lopez's Schiaparelli dress, Zendaya in Maison

Margiela by John Galliano, and Tyla in Balmain showcased the most intricate and delicate haute couture designs ingeniously brought to life by its designer and inspired by the theme of the night. They highlighted the dark truth behind J.G. Ballard's story with dark hues, ornate patterns, or the representation of time.

Next year, as we approach the famous first Monday of May, be on the lookout for an innovative theme for a night to remember, and red carpet looks from the steps of the Met, as we all anticipate another memorable costume exhibit at the Metropolitan Museum of Art.

BY *Riana Pliskin*

I WRITE because putting pen to paper allows me to paint with more colors than are visible to the eye. It allows me to connect with myself and others, and to reflect on moments and experiences that may have gone unnoticed. While writing requires a certain level of discipline, there is an amazing freedom to it that adds to its thrill.



100 Days of Muvea's

Day #32

Today I ordered shrimp scampi, for the sixth time. Before, it was one of my favorite dishes. But now, everything here tastes the same. My waiter today was Bea. At first, she didn't recognize me as the food reviewer, probably because I looked like any normal customer. I ditched my jacket and tie after I realized there's no point in staying formal.

Every day is the same. No matter what happens, I always end up in this restaurant. At this point, I've probably been here longer than I think I have. Every time I step out the door, I end up standing in the entrance of the restaurant and being ushered to my seat by some pesky waiter. The number of times I've tried leaving and ended up right where I started is uncountable. For all I know, this could be my five-hundredth day here.

Day #56

I ordered the acorn squash soup. It was okay. I was expecting a crispy, warm slice of bread on the side, but it ended up being pretty soggy.

Day #75

Today, I left the restaurant with an ice pack on my back. What happened is so ridiculous, I don't even want to share it. But I guess nobody's reading this anyway. Some irresponsible server dropped a fried egg on the floor, and while I stood up to walk to the bathroom, I slipped on the egg and landed right on my back.

It hurt terribly, especially since I've already had back surgery.

I hate this place; it's cursed.

Day #78

I came here to review Muvea's restaurant, and I am not going to slack off no matter how long I'm stuck here. Whenever I get the chance, I write down how much I enjoyed the experience here, and everyday it seems to worsen. I am so fed up with everything here. Yesterday, the food was barely acceptable. The salad was dry and my drink had strawberry seeds in it even after I specifically asked for no fruit on top! Not only that, but the manager thought it was my birthday, so she and the entire staff came to my table with a piece of cake and sang "Happy Birthday!"

The day before yesterday, a family with four young children were seated next to me. Oh god, it was horrible having to hear them cry, whine, and scream all throughout my meal. The kids were so obnoxious, I had to leave early. And three days ago, I nearly broke my back! Every day is utter torture. I don't know if I'm going to be able to survive this much longer.

Day #82

I don't think reviewing food in my journal is doing me any good. I thought it would help improve my appreciation for fine cuisine, but frankly, it's a burden and not very fun when the food itself isn't memorable. I think from now on, I'll just write my occasional thoughts down if I feel like it. After all, I am running out of space to write.

Day #84

Today, I was seated in the back for the first time. I had a view of the entire restaurant, and I could see everything from where I was sitting. I noticed the chandelier hanging in the center of the room, and the antique vases that were set on every table. They were filled with flowers with all kinds of colors. It was unusual to see these sorts of things here, especially since I've never really paid attention to the beauty of this place.

I'm not saying that it's beautiful. Well, maybe it is. All I'm saying is that it feels nice to actually enjoy what's around me.

Day #87

Throughout my meal today, I talked with my waiter Stephen for some time. It was very interesting to hear him talk about his life, and how he wanted to become a software engineer, but he soon found a better liking for cooking. He reminded me so much of myself when I was that young, and how the world felt so free and my dreams were limitless. As I was talking to him, I suddenly felt like I did all those years ago when I first started on this path. I missed that feeling.

Day #100

After 100 days of being stuck in Muvea's, I've actually learned a lot. While I was worrying about whether the food would satisfy my tastes or if I'd ever get out of here, I couldn't really appreciate the experience of enjoying fine dining. I didn't value just being here, eating quality food, with a crowd of happy patrons and servers attentive to each of my needs. I've always had a special connection with food, but I think over time I became so immersed in the reviewing that I lost sight of life's true goal: to learn to appreciate all that I have, all of these finer things in life that I am fortunate to experience.

I don't know if I'll ever be able to leave this place. But something feels different now, and a part of me thinks I just might be able to.

i don't believe in imaginary friends anymore,
but i do believe in the hidden love of time.

BY Sanvi Pandit

I WRITE because writing is my way to share what I think and feel. Composing stories and poems helps me tell the world about myself without feeling scared.

A Place for Poetry

Featured poems from the *iWRITER* staff

TIME

memories aren't made out of thin air,
it takes time.

time is
in every blink of an eye,
in every breath,
in every heartbeat,
in every birthday,
in every first love,
in every anniversary,
in every hello
and
in every goodbye

seconds become minutes which turn into hours, days, months,
and years
time slips away unnoticed but
time is the bond that holds us together
with moments and milestones,

it is the silent force that shapes our stories
time is happiness and sadness,
present in every waking moment,
every memory

it is the essence of life
a combination of nothing and everything at the same time

BY Nia Shetty

I WRITE because of the joy I feel when I put a new idea down on paper. To be able to bring feelings and emotions to the reader, through ideas that I get to express.



Film Talk:

"Everything Everywhere All At Once"

creatively plays with the concept of time and love

What if there was something more we could have done with our lives? This is the question Everything, Everywhere, All At Once begs to ask. There are a thousand choices we have made in our lifetimes, each one slowly inching us to where we are today, but is this really the best version of ourselves? Through a unique storyline, heartfelt performances, and creative coloring, Everything, Everywhere, All At Once answers these questions in a captivating and authentic way. Many movies over an hour and a half in length struggle to maintain the audience's attention spans, and yet Everything, Everywhere, All At Once uses a structural choice in order to give the audience the feeling that the story is never stagnant. The film is split into three sections: Everything, Everywhere, All At Once. By using this three pronged strategy, the audience feels as though the course of the film is constantly shifting, like bingeing a three episode show rather than one long movie.

Additionally, each section feels as though it is a genuine shift in the main character rather than a nonsensical ploy to try to half-heartedly divide the film. This feels particularly true for the last section, All At Once. In this section, her family joins together, including her daughter, to go speak with an IRS agent. Though the scene seems mundane, it shows how Evelyn is able to bring her family back together and begin to rekindle her relationship with her daughter. The scene acts as a portrayal of how Evelyn is finally able to find meaning from her adventures across the multiverse and seek a positive viewpoint in Jobu Tupaki's claim that, "Nothing Matters." Evelyn is able to understand in this section that despite all her hardship, despite the fact that she is living as the worst version of herself, she would still rather be

alongside her family and seek to define what is important to her in a sea full of aimlessness. This section is not a long one, in fact it's significantly shorter than the other sections, but it marks a significant change in Evelyn's outlook and relationship with her daughter.

The final section of the movie is a perfect example of how the directors, Danial Kwon and Daniel Scheinert, put a lot of thought into how they structured the film, not taking a haphazard approach, but instead truly thinking of what would best display the emotional arcs of the characters. Beyond structure, the film has creative, eye catching, colorful displays that engage the audience to simply want to see more. From glitter explosions to involved costume design, each scene bursts with color and creates visuals that most audience members would have never thought to even imagine. One of the best examples of this is the rock universe, a world in which human life never developed and society was simply living as rocks. In this universe the directors place googly eyes on Joy, Evelyn's daughter, and Evelyn's characters, an element reminiscent of Joy's husband, Raymond's, tendency to place googly eyes on machines in their laundromat. Small details like this add an almost playfulness to each scene, making even the most devastating universes feel almost comical. In this scene, the directors also choose to have the characters speak through subtitles since their rock bodies have no mouths. Though the choice seems simple, it adds to the creativity of the scene, introducing the audience to a world completely unlike their own.

The film's creative flare holds true in other universes as well, like the universe where everyone has hotdogs for fingers. This sense for all things unknown makes Everything, Everywhere, All at Once feel unique to the audience. Often, theater releases are mere replicas of older films or spin-offs from another series, but Everything, Everywhere, All at



Once gives the audience something new to watch—not just because of its storyline, but also because of its ability to create scenes and images never seen before.

Captivating visuals and a compelling structure are only a small part of what makes Everything, Everywhere, All at Once. For many viewers, it's the relationships between the characters that are truly impactful. The main focus of the film is Evelyn's relationship with her daughter, Joy, and her husband, Raymond. In the beginning of the film, Evelyn experiences a rift between her relationship with both family members. Her daughter is frustrated with Evelyn's inability to tell her grandfather that Joy is gay and Raymond is seeking a divorce from Evelyn.

Though the film mostly depicts these family members in different universes from the original one that the audience is introduced to, the relationships of the family remain consistent. In fact, by Evelyn encountering the other universe versions of her family members, she is better able to understand how she can treat each member better.

For example, Evelyn's daughter is the most powerful villain in the multiverse all due to another universe's Evelyn pushing her daughter to the edge. Upon seeing this broken down version of her daughter, Evelyn is able to see how her actions negatively impact her daughter.

Everything, Everywhere, All at Once masterfully depicts human relationships, truthfully revealing how one should be mindful of how they pressure the people around them. Just as Evelyn is able to see her daughter in a new way, she is also able to look at her husband in a new light. Through other universes, Evelyn recognizes the power her husband holds due to his kindness, a kindness she previously took for granted as weakness. By displaying these familial relationships across universes, Everything, Everywhere, All at Once is able to remind the audience of what matters most, the people around you.

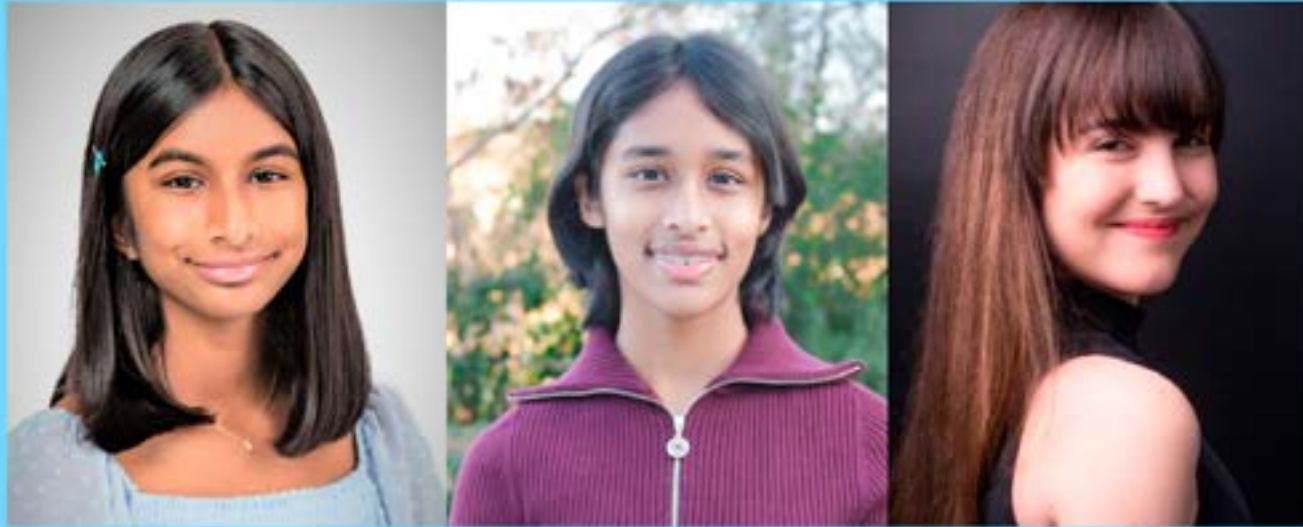
Though skillful structure and artistic visions make Everything, Everywhere, All at Once unique, it is the film's depiction of familial relationships—the ups, the downs, and the uglies—that answer the question every human being wonders: where would I be if I had made another decision? Everything, Everywhere, All at Once reminds its audience that at the end of the day, people stick to those they love and are able to make meaning out of a world that might seem meaningless.

Time is not nearly so vast when one remembers the people that are around them and the relationships they will always cherish. For audiences who want to appreciate life's journey, the film is available for viewing on nearly all streaming services with a subscription. In the words of Raymond, "There is always something to love."

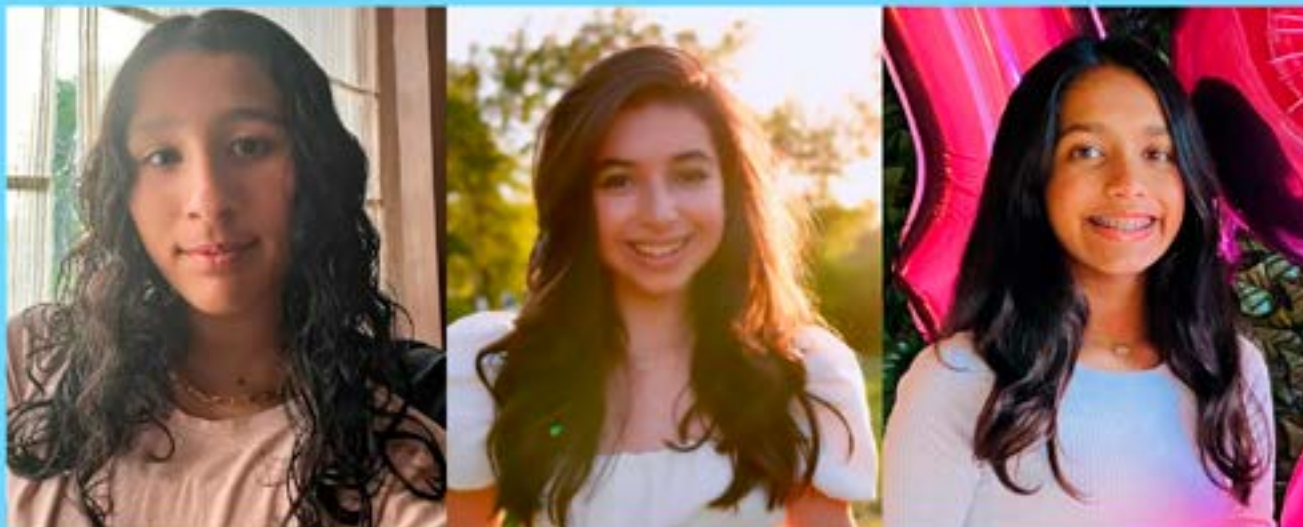
BY Cami Culbertson

I WRITE because it makes me feel powerful. Normally in my everyday life, I feel small or insignificant in the grand scheme of things. When I write and have the ability to publish, I feel like I am making my mark. Even if what I am writing about seems small, the fact I can share my voice in works like magazines where I am alongside talented writers, makes all the work I do feel significant to me. I enjoy keeping what I write, no matter how old, so I can reflect back on the work I have done and feel confident. Writing is the articulation of everything I cannot express otherwise.

iWRITER Issue 17 Team



Shaivi Moparthi, Tanvi Padala, Cami Culbertson



Sanvi Pandit, Riana Pliskin, Nia Shetty



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