

THE ORTUS



TRANSFORMATION

VOLUME 3, ISSUE 1



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FROM THE CHIEF EDITOR'S DESK

Welcome to the third volume of the Ortus! We, the class of IBDP '24 are honored to take the responsibility of this prestigious newsletter and hope you will be as excited for this edition as we are for creating it. A special mention to our seniors and alumni for designing such nuanced and refined pieces of work for us to live up to, which we hope we will.

The theme we have chosen for this quarter is 'Transformation' which accurately depicts the changes that we humans go through or see on a daily basis, hence making it an extremely relevant subject matter. A vivid example of this is, when we are hit with nostalgia of our past school life and experiences, it leads us to compare the differences and evolution between our thoughts from then and now.

The product of this comparison is what we know as change or transformation. Other examples of transformation can be in the form of behaviour, psyche, technology, world, perspective and even entertainment. We will be covering many such interesting topics throughout this issue, so we hope you enjoy.

Happy reading!



(Bhavyaa Bihani)
Chief Editor

The Bulletin

Conspectus III

Suncity School International Academia (IA) was proud to host its first ever school event for parents. Conspectus was an event where panelists discussed and educated parents about academic rigor. It was incredibly informative and opened up new perspectives and ideas. Overall it was well received and paved the way for similar events in the future.



Teacher's Day Celebrations

On September 5th, students took part in the special assembly organized to honor the teachers of Suncity School. In the main event, IA students Bhavyaa Bihani and Lini Dhingra performed in an extraordinary Bollywood mashup style dance for the teachers and Swaraj Tolani sang with his peers in the Medley.

IA Assembly

The students of Suncity School International Academia put together an informative and enthralling assembly on the Multiverse. The assembly took on its own unique format of presenting everything, from the news to the thought for the day, and was enjoyed by the audience thoroughly.



Accomplishments

Suncity School International Academia's first exam-giving batch graduated this year, received their IB diplomas successfully and brought pride to their teachers. They have been accepted into reputed universities across the globe and we wish them all the best for their future endeavours.

Suncity School International Academia made history with the investiture of Bhavyaa Bihani as the first 'IA-Head' of Suncity School.

The IA Experience- Testimonial

“Suncity School's International Academia Programme is one that truly stands out due to its emphasis on the holistic development of its students, and focuses on providing each student with an authentic international education.

Despite the restraints put forward by the pandemic, the faculty was able to deliver a quality education to the 2021 and 2022 batches of IGCSE and IB. Each subject was taught with dedication and a focus on application-based learning, critical thinking and analysis. The individual attention and encouragement each student receives from their teachers at Suncity School's IA is unmatched, and was a key factor in how I have evolved as a person in these past four years. Truly, no stone is left unturned to prepare students for the real world at Suncity School International Academia.”

Muktee Tolani, Batch of 2022



Everfree Language

Featured Article by Aarnav Dixit



Imagine being out of breath. You let out a word or a phrase or muster up the strength for a whole sentence, it completely escapes the other person yet they react to it ever so slightly. The very words you read convey a meaning yet it stands out of reach. We don't always understand the meaning of what's being told, we just absorb it and move on. English is comical in that sense. There are a lot of words that simply go over our heads, perplexing us. We don't understand its meaning despite it being conveyed. Naturally, that changes. Slowly, as we grow, so does our understanding. Over many generations, language itself has intertwined with other languages like a yarn ball full of the most vibrant colors. It becomes hard to unravel what certain words mean. English has changed over the years. Throughout its lifetime, it's seen the intrusion of many languages like Hindi and French.

It's very commonly known how big of an impact Latin has had on the birth of English. Giving it the very foundation on which we base the world's most commonly spoken language. As one would expect, the English language originated in England. It's speculated by experts that the core of the language was developed by nomads who travelled over European plains roughly 5,000 years ago.

Their dialect was called Proto-Indo-European and over time it morphed into variations of Latin, Greek, and German. Latin changed into Spanish, French, and Italian. Ancient German evolved to become Dutch, Danish, German, Norwegian, Swedish, and eventually English. Despite what is known, Latin isn't responsible for the birth of English, rather, they both come from the same development. It's a struggle attempting to find a singular point in history where English had a massive change. But, what we can state with certainty is that English is a forever-growing language.

Additions and omissions are happening regularly as it is with any language but as the dominating language, English is a special case. The more people speak a language the more the it gets influenced and vice versa. Language is how we think and learn, and that rightfully so, is what affects what a language consists of. Simply said, we change the language, constantly. This all is why it becomes difficult to keep up with the meanings of every new word that pops up. Years ago, the Oxford dictionary lacked the word 'selfie' which is now considered an official word in the never-ending list. Simply said, slang is a major form of development in English. That is also where the problem lies.

One of the key factors of a language is that it is rule-bound. No word can obstruct another, no sentence can void the structure of another. It has to make sense for it to be considered a language and not gibberish. Slang dilutes the very nature of this key factor.

Slangs tend to have flexible meanings, they tend to be very vague and subject to human interpretation. Even when someone says literally, they could mean figuratively. It's not slang but it is interpreted as such in conversation. There's a conflict, a fight rather between meanings that create that unruly gap of ambiguity. It breaks the nature of a language. Considering how language is the way we convey meaning, conveying multiple contradictory meanings is perplexing. Another example is that of the word 'mid'. It's often seen how enraging this word can be, despite all it means is average. Yet, some interpret 'mid' as 'okay', 'terrible' or simply as a word to lure another.

Let bygones be bygones, the past is the past and there's nothing we can do to change it.

In the same sense, the words that have integrated into our lives despite being contradictory can't be changed but what of the future? There's no real scope of a factual response but there is a prediction. If the past years have been evidence of anything, there will always be a domestic conflict. Some words will complement or contradict each other. The real issue is with the other key factor about language. A substantial amount of languages are spoken, and speech is where the issue lies.



English is rapidly becoming more and more common, soon enough the entire world will have it as their common language. It's ideal in many cases. Communication is easier, ideas get conveyed easily, and obstructive barriers tear down but no one can change the pronunciation. English is heading to an area where the word is being spoken but not the way it was intended.

Famously known, there is a pronunciation difference between American and British English. Mostly the influence of accents and the rules of pronunciation create this difference.



What it does not account for is how native languages affect the understanding of English. In several cases, the word is mispronounced. What you say and what you mean may inevitably not be conveyed. As time passes, we lose the preservation of pronunciation. Even the word 'English' may very well be pronounced as 'Anghish' and we'd remain ignorant of it. Though a crude and weird example, the future stands unpredictable in how the many words of a language can be twisted. All of this is justified by the title. English is a language that will continue to transform in ways we may not expect. From its hard-binded rules to its enunciation, English will gradually change as it did in the past and will continue to do so even in the future.



Into The Mist

A poem by Sukriti Gupta

The leaves turned from green to white
Rays of darkness penetrate the light
Casting long shadows on the path ahead
I take a step forward into the fog of red
Am I happier? Maybe
Thoughts swirl in a dream of fantasy
What is it that I see in front of me?
I'm not all I ever wanted to be
No one is the same as they once were
Lies spread like forest fire
In an ocean of depthless desire
The trees grew in crooked ways
My silhouette changes in the mist
When I come out of the dark
I'm crystal clear in the lakewater
I can now see the world in color



परिवर्तन

A poem by Niharika Chauhan

उसकी चीखे गूँजती थी दीवारों पार
उसके घाव से बहा रक्त चारों किनार।
आवाक थी वो लेकिन उसकी आँखें बहुत कुछ कह गयी
हल्की मुस्कान से अपनी पीड़ा ठुकराकर, यह कुरूपता सह
गयी।

क्या स्वीकार करने की प्रवृत्ति लड़कियों को हमेशा घुट्टी में
पिलाई जाएगी ?
'मौन होना ही है सावधान' यह कब तक झूठी आशा दिलाई
जाएगी ?
कर्तव्य की आड़ में, अपनी आहुति देना उसका फर्ज है
कौन समझाए उसके साथी को, बीवी की खुशी भी उसका
कर्ज है।

कब तक खुले दरवाजों पर खट-खटाना होगा ?
कब तक रोज़ घावों पर फाउंडेशन लगाकर निकलना होगा ?

अपने पैरों पर खड़े तो होना ही होगा
बदलाव के बीज बोना ही होगा
शुरुआत का इंतज़ार अब नहीं
प्रारंभ का आरंभ में परिवर्तन होना ही होगा।



Unpacking Cryptocurrency

An Article by Arnav Arora

Payments are an integral part of our lives: we exchange money every day for goods or services that are valuable to us. We pay for our food, education, clothes, homes, among other things. With the transformation of the world, payments have undergone massive changes as well. We started by using barter systems, a primitive way of exchange where one item was exchanged for the other, and there was no money involved. Eventually, we made the shift to using barley as token money, and then to exchanging goods for heavy, unwieldy coins. Today, we use cash, card and digital methods for payments. We've come a long way, but for all the progress we've made, a new contender has appeared, and it proposes a solution that could possibly change the whole process of modern payments as we know it: Cryptocurrency.

You can think of the digital payments we make today as being stored on spreadsheets: if you were to make a purchase on Amazon for some amount of money, that money would be deducted in a balance sheet for your bank account and subsequently be added to the seller's bank account.

Notice how there are no physical goods being transferred in this transaction.



Similarly, cryptocurrencies don't involve any physical goods, instead being completely virtual. The catch, however, is instead of having multiple spreadsheets for each bank account, there only exists a single spreadsheet, called a ledger. This ledger stores all the transactions that have and will ever take place.

This approach has a few key advantages. Firstly, the system is decentralized: a fancy way of saying that there isn't a central control entity.



Currency we use today, for example, is centralized: the government controls it. While there is only one ledger, there exist millions of copies of this ledger on every computer that is part of the network. Hence, tampering with this ledger is more or less impossible. To be able to pay yourself money by changing the ledger, for example, you would need to change the millions of ledgers that exist. For a transaction to be made, the ledger has to be verified by each and every computer as being correct, or in-sync.

There are powerful computers that dedicate their processing power to verifying these transactions and making sure this ledger stays legitimate. Their payoff for this is a small cryptocurrency bonus. This is known as mining, and is the main incentive that drives this system. It is also the way new cryptocurrency is entered into circulation. Moreover, the convenience of cryptocurrency is unmatched. To transact with regular currency, if not being done by cash, banks need to be involved. This introduces a lot of paperwork, time taken, exchange rates and so on. With cryptocurrency, the intermediary is eliminated which leads to nearly instant hassle-free transactions, without the need of converting to other international currencies or paying exchange rates or interest.

But what about the “crypto” in cryptocurrency? The name is given because cryptocurrencies use cryptographic algorithms to function and stay secure on the internet. A popular example of this is the blockchain. The blockchain is a way of securely maintaining a ledger. It is quite literally a chain of blocks, where each block represents a transaction.

Each block contains the two parties involved in the transaction, as well as the hash (or unique identifier) for that transaction that is generated by the system. It also contains the previous hash, or the hash of the block before it.

This way, if someone were to tamper with the blockchain, each block after the tampered block would be invalid because the previous hash entries will not add up. Miners can hence instantly figure out that something is wrong, and the transaction can be invalidated.

However genius cryptocurrencies may sound, they don't come without their issues. Firstly, they're still highly volatile, or likely to fluctuate in value. When a currency's value is determined by pop culture, news articles and Elon Musk's tweets, it is safe to assume that the world doesn't know the value of these cryptocurrencies itself, which arguably makes an investment in the system more of a gamble. Furthermore, because of this volatility, cryptocurrency isn't actually used all that often to make day-to-day purchases. One can't walk into a grocery store and expect to be able to pay in crypto. For this reason, there may not be an incentive for most people to make the switch. Another concern stems from the fact that these systems require huge amounts of processing power to maintain, and hence, a huge amount of electricity. This is bolstering the already increasingly negative state of the environment. It is ironic that a completely digital platform can make this huge impact on the physical world.

Whether you're a massive proponent of cryptocurrency or completely disregard it as a viable option, there is no denying that it will be exciting to explore what the future of cryptocurrency holds for us.

The Genre Shift

An Article by Parth Dubey

We know that the music we listen to today sounds drastically different than the music our parents used to listen to. All these changes in music culture all come together seamlessly to create what we call a genre shift. Is this sudden change in music culture predictable? Who would have known in the 80s that decades later, the chart-topping 'hair metal' genre would be found corny? So, let us analyze and dig into the past for trends that follow during this change.

How Nirvana's 'Nevermind' changed the music landscape for years to come

In 1991, Nirvana released their second studio album 'Nevermind' which made a dent in the musical industry and is remembered as one of the greatest albums of all time. It popularized the grunge movement starting from Seattle. Grunge fuses punk rock and heavy metal and usually has a messy song structure. The lyrics are angst-filled and introspective talking about mental issues like addiction and alienation. When 'Nevermind' was released, all its competitors were blown out of the water. Suddenly, grunge was on every music executive's lips and in every music listener's cassette collection. Classic rock n' roll acts were out of trend in the mere span of a year forcing many of them to start producing grunge music.

However, this movement was also short-lived after the death of lead singer Kurt Cobain but it made its mark after 'Nevermind' had 250 Million Units sold as of 2022. Nirvana's third and final studio album 'In Utero' released in 1993, a year before Kurt's passing is even more of a fan favorite. Although not as popular as their 2nd album, It is their most raw and uncut work with Kurt's lyrics about trauma and abuse that really defined the band's sound.

What made Nirvana so likeable among fans is that they never sacrificed the quality of their work because of their record label's contract, they were always themselves before and after the fame. This new punk era of rock converted into more punk pop-oriented sounds by the end of the 90s with new bands like 'Green Day'. However, by the 2000s another major change in genres was set to happen.



Kanye West and 'The College Dropout'

The early 2000s saw an emergence of one of the greatest producers of all time, Ye. Before Kanye's soul and RnB-influenced production style hit the mainstream, hip-hop was full of old-school and gangster rap which was liked universally in the slowly growing rap community. When Kanye started producing for these rappers, giving them a softer sound, it was received very well by the mainstream audience. Artists would do anything to get Kanye West to make their beats. His first platinum-produced record was 'H To The Izzo' by Jay-Z, which is now one of Jay-Z's most loved songs from that time.

However, Kanye didn't just want to stick to producing records for other artists, He wanted to make his album, connecting people from all around the world to this newly pioneered sound. It did not come easy for Ye. Record Labels viewed him as 'just a producer' and nothing more and did not see the potential in him. It took him 2 years to gain acceptance as an artist and release his debut and one of the most renowned albums in hip-hop, 'The College Dropout'. Kanye had already won a Grammy for 'Best Rap album' with his debut album and the single 'Jesus Walks' won 'Best Rap Song'. The most interesting thing about Ye was always beyond his music. It's the way he thought about the world around him. He dropped out of his college and started working on music full-time carving the perfect and classic album that is 'The College Dropout'. The main message behind the album was not to abolish and abandon colleges, but to not comply with societal standards and follow what you really want to do in life. Ye's whole catalogue turned out to be

extremely influential in the coming years with the rise of contemporary RnB artists and SoundCloud rappers who were inspired by him.



How Kanye's influence shaped the Music of today

In the 2010s, after Kanye released a couple of his projects, a new wave of RnB was introduced. It was not as calm and as happy sounding as RnB was in the 70s, and had a melancholy sound. Artists like 'The Weeknd' and 'Frank Ocean' were emerging RnB artists initially releasing mixtapes ('Trilogy' and 'NostalgiaUltra' respectively.), and after the great reception of these mixtapes, they decided to release full solo albums ('Kiss land' and 'Channel Orange') The 2010s also saw an emergence of new melodic hip hop styles from Kid Cudi, Future, and Travis Scott and Trap Rap with earwarmy vocals a la Playboi Carti, and others.

However, all of these new styles in the 2010s would not be possible without the influence of ye with all his solo projects.

Coming to a conclusion

One common theme we have seen throughout all the generations of music is that artists that make a mark are quick at taking their inspirations and adding their twists to them for the creation of a new sound.

The personality of these artists and what they have to say to the world through their music is also worth going deeper into, for example, Kurt Cobain's message about mental health in his studio albums, Kanye West's message about life in 'The College Dropout' and the list goes on. Genre Shifting is inevitable and necessary for music to evolve over time.



The Vibrant World of Being Transgender

Interview of Hibiscus (Adapted) by Lini Dhingra



Q1) What pronouns do you go by?

My pronouns are She/her.

Q2) When did you figure out you are transgender? How did you come to understand it?

I had suspicions for a long time but could never figure out what that exact feeling was. Slowly, I started to understand what being transgender meant and began to realise how that term would apply to me.

Q3) How did you inform your parents that you are transgender? How did they react?

Well it was a long process, I came out to my mother through text and the minutes before she replied were the most stressful moments of my life. Thankfully, she is supportive of my identity and is ready to help me through my journey. It was a similar story with my father, though that involved a lot more explanation.

Q4) Did people's lack of knowledge about the transgender community make things hard for you?

Of course. Transgender is a complicated term and never really being informed about what it means was hard. Trying to learn about it online, where there is a lot of information that is misleading and not to mention overly complex information can be incredibly tiring. There are a lot of scientific terms and a lot of medical knowledge related to this as well and it can be a daunting task to learn about it.

Q5) Did you ever feel rejected because of your gender identity?

Most definitely. You never know who to trust and it can be such a lonely process to go through. There are people who have simply refused to accept my identity, and there are also friends that I have lost because of it. Nothing in society is made to accommodate transgender people. Even though the law has become better in these past three years, there's still a scope for improvement. For a group so prone to sexual assault and harassment there are very few legal protections in place for us.

Q6) What do you think the future presents for transgendered people? Do you see society as is or a massive improvement?

The future is obviously unknown, however, it does seem to be getting better. Progress may be slow but there is no reason to lose hope. More and more research is being done on the topic, hopefully helping the state of transgender healthcare at the moment.

Q7) Social norms dictate certain gender stereotypes like 'a girl acting masculine is very abnormal'. Do you think this was relevant to your experience?

I would say it is the single most important thing about being transgender. Society has created the standards we have today quite arbitrarily. As a closeted transgender having to follow masculine social norms can be incredibly distressing, and stepping away from those norms can put you in genuine danger. At the end of the day, the way we present ourselves to others is an integral part of our identity, but it can be expressed without having to adhere to strict gender norms.



Q8) What would you say to other teens questioning their identity?

The advice that I would like to give would be to be very careful about who you tell. Find or make a safe space for yourself where only the people you trust are. Slowly build that up so you can explore your identity freely. And only when you are prepared for the consequences, good or bad, start showing yourself to the entire world.



The Street

A Free-verse by Naina Bagchi

It was once an indistinct, sandy mass of rock and earth; the street was built brick-by-brick, just barely a shapeless swatch of tar and concrete when I was born, and derived from, I have always had a lingering suspicion, an extrajudicial settlement between the builders who erected our nearly- invisible neighborhood.

Once, trees lined the corner of the street - red blossoms strewn down on the ground, trodden over carelessly by a thousand people. On late summer afternoons, sunlight glinted through, painting a golden mosaic on the hard ground. In the spring, the sidewalks would glow in gossamer coats of purple, as mulberry trees planted at their seams blossomed.

It has seen the younger inhabitants of its red-bricked houses, balconies overrun by flowerpots, coming out in the evenings, tripping over narrow imperfections in the concrete, their open-mouthed laughter slicing through languid, thick air.



It remembered the cars, standing unmoving to a side, with graffiti etched onto the dust on their windows; faint melodic, fragments of birds, interspersed with sounds of city traffic and bicycle bells; trees painted deep green; the air tinged by the sweet smell of those October-blossoming flowers; the chaos of passing vehicles; the creaks of an eons-worn cycle as it turned a corner.

The street occasionally opened up to a lane, made distinct by the shouts of children caught up in the euphoria and turmoil of sports matches that would never go beyond their neighbourhoods; a blur of pink and blue, fast-moving silhouettes in slacks and hair clips and bright clothes tripping over a football or a cricket bat.

Glimmering and glinting, lights gradually came into being; gold and pink and blue, hanging from fences and balcony walls. The street meandered idly in between pedestrians, groups of teenage boys talking in loud voices, ice-cream sellers illuminated by bright blue lights, roadside food-sellers sizzling corn over fires, and the crowds of people gathered around them.

The evening I scraped my knee, I spilt bright, strawberry-red blood onto the sidewalk.

The concrete felt warm and sun-baked when I touched it, and I came away with hands and clothes coated with a powder-like ash from the fall. The scar-tissue I developed over that injury remains oddly deformed, as though it wants to be remembered, to be cherished. It's the only physical remnant of the time I have, like a grotesque, stubbornly permanent souvenir of the past.

I limped home, trying to protect the bruise with my hands. I thought for a moment, as I always did, that I had glimpsed the emaciated figure of the girl I believed would be my closest friend, my closest companion, after a day meeting her. In the humid, sickly-sweet summer air, I swallowed and could sense the sour, acerbic aftertaste of the candy she'd exchanged with me. I do not remember what she looked like. I remember everything about her. I remember her offhand comments, I remember her smile, I remember her odd inflection. I do not remember what she looked like.

That was the last time I walked home through the street, under soft, gentle, orange street lamps, tailed by excited stray dogs, tracing a path through hectic crowds, between parks and fast-moving roads, amongst trees and the hostile, geometrical buildings they were often replaced by.



As I forcibly pushed past an iron gate, creaking faintly, I could see the lights of the house, bright and vivid and ceaselessly glinting, already on. I laughed when they illuminated the scattered blood on my knee in festive, coruscating colors.

There is little I can recall of that night itself. I was jolted awake and violently pushed out of the house – by someone, by something – still in a daze, in a dreamlike stupor. The first thing I remember registering was the biting, glacial chill of the morning, and then, the deep, visceral schisms outlining the street in front of me.

“What would you expect,” people would later say, shaking their heads ruefully. “If they built it on a fault line, it was doomed from the start.”

The road had opened itself to a depth that recalled a precipice, or a cliffside; had shattered like glass into two pieces, torn apart with the fragility of a piece of paper. I could now feel the tremors beneath the ground. I lacked the courage to want to see more.

With my eyes shut, I caught slivers of conversation around me. The houses over on the next block, one man said, had collapsed. That was where my friend, the one I’d search for on every lane, lived. “There have been casualties,” he continued. “This one family couldn’t—”

I never heard the end of his sentence. I still wonder if hearing it said out loud would have made it easier for me to accept the loss. I tasted blood over splinters of noise slicing through my skull. I barely recognized the ground I was standing on.

I never saw my friend again. I found, in the truth of what had happened, a kind of finality and factuality I was too young to fully grasp.



All the evidence of our presence was remnants of chalk drawings, splintered and imperfect, on the broken asphalt; a crumbling, weathered block of wood, once a cricket stump; and the scars of injuries I looked to as a corroboration of my own reality.

The house had survived, avoided the brunt of the damage, though suffered a significant impairment nonetheless. I could have stayed; repaired the desecration, rebuilt what was lost,

assisted the rescue. Instead, I fled as far as I could from the street, from the fault line, from the thought of everything that had suddenly, abruptly turned to an unequivocal, unyielding oblivion.

I will never know what became of the place I grew up in, and, to my own surprise, with an abject indifference to the fact. Long after it has become mere recollection, the thought of the bygone street stings anew, as I exhume its memory, and the starry-eyed child I was, watching it flutter in and out of existence.



It's not a show, It's a Time Machine

A review of the show 'Mad-Men' by Arhaan Ashraf

In every conversation about some of the best shows to ever grace the small screen, we get to hear a few common names. Breaking Bad, The Sopranos, Better Call Saul and The Wire being chief among these. Mad Men is a show which doesn't get the same amount of attention that these shows do. However, it deserves to get the amount of recognition that is afforded to these shows. Over its seven season run, Mad Men gives us some of the best characters in television history, and we get to see how these characters metamorphosize over the 10 years that this show covers (1960 to 1970). We get to see the world of advertising through the eyes of two characters in the show.

Don Draper, played to perfection by Jon Hamm, is the main character of the show. He is the creative director of Sterling Cooper, an advertising firm in New York. He shows us what it's like to work at the firm. He has a secret that unravels over the course of Season 1, and is the source of quite a bit of the drama on the show. He is also a very complex character, who we see evolve and devolve over the course of the show.

Peggy Olson, played by Elizabeth Moss, is the character through which we get an outsider's perspective. Showing us what it's like to be a new hire at the firm. The first episode shows us her

first day working at Sterling Cooper. She's hired as the secretary to our other main character, Don Draper, as if by fate. She is one of the best written female protagonists on TV, helping to highlight how during the 60's, women started getting opportunities on par with those given to men. She moves up the ranks during the show, and we follow her every step of the way. Joan Holloway is another female character who's portrayed as strong and independent. Christina Hendricks plays this fan-favourite character and the storylines we get in relation to Joan shows us how difficult it was for a female to be on par with men during this time. In clear contrast to this is Peggy, who we see doing this successfully.



Rounding off the cast are actors like John Slattery, the late Robert Morse, January Jones and Vincent Kartheiser. They play their characters to perfection. These are characters that have complex lives and problems of their own, and the show doesn't shy away from dealing with these problems.

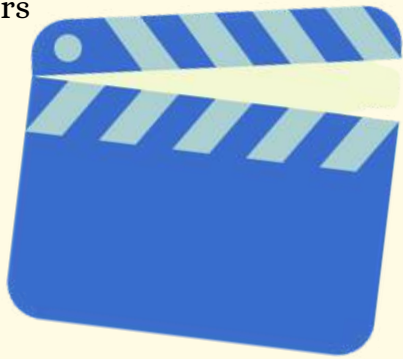
Issues of masculinity, racism, and characters having to hide their true selves are some of the issues that the characters in the show face. *Mad Men* in general is great at showcasing what living in the 60's would be like. We see period-accurate costume design and props, down to the fabrics used for clothing during the time, and the watches worn by the characters. We get references to historical events unfolding during this time. The assassination of JFK, The Beatles performing at Shea Stadium, and Ali vs Liston are some events which even though we don't see on screen, affect the characters and the general public. The music choice is also period accurate, and we get to hear songs from some of the most famous artists of the time, such as Bob Dylan and The Rolling Stones. We also get to hear some more obscure songs from this period. "Found Love" by the Fly-Bi-Nites is a song that you would imagine would be a hit, with how psychedelic it sounds and how well the sound suits the time. Yet, the song is actually not that popular, and wasn't well known even during the time itself. *Mad Men* featured this song in an episode and a lot of fans discovered this obscure gem of a song through the show.

Another aspect of the show that adds to the realism is the brands that Don pitches ad campaigns to. Over the course of the show, we see companies like Lucky Strike, Chevrolet, Kodak, Hershey's pitched to. We also see companies that no longer exist pitched to, such as Bethlehem Steel pitched to. All these companies, excluding a few, are real ones that either still exist or no longer exist.

The show deals with some of the major issues of its time. These include racism, the Civil Rights movement, the Vietnam War, and even topics like abortion which it is able to portray in a way that is respectful. Characters are shown to be forward thinking, such as Pete Campbell, played by the remove Vincent Kartheiser. He supports the Civil Rights movement and is shown to be very progressive in his thoughts about how people of color of the time should be treated. This is a small way to showcase the larger cultural change that took place in America during the 60s, with newer generations rejecting the norms set by previous generations and living life on their own terms.



On a smaller scale, we see how the characters change as well. Along with the changing times we see characters grow and bloom. Characters that are despicable in the beginning redeem themselves by the end of the show. Characters become more independent, and carve their place in their organisation, becoming invaluable to them. We also see characters stay the same and resist change, with Don Draper being the primary example. We see him dress mostly the same throughout the show, while characters



change their looks as the fashion trends of the time change. This is reflective of his refusal to adapt and change with the changing times. He prefers to stick to tradition. He is not exactly a good person or a role model, but we see his attempts to change and get rid of old habits. A lot of the problems that plague him stem from his upbringing. He was brought up in a brothel, and generally grew up in conditions that were unsuitable for a child. A lot of the emotional baggage from that childhood seems to have followed him to adulthood. Mad Men is a show which tackles change among many other things, whether on a cultural or an individual level.

One criticism that the show receives often is its slow pace. Indeed, the show is a slow burn, which is suitable because it is a character drama. However, a slower pace doesn't always make something bad. The prequel to Breaking Bad, Better Call Saul, is also a show with lesser action and more of a focus on characters. Yet, that show is still beloved and critically acclaimed. Mad Men is similar, in that it is slow-moving, and character focused above all.

In conclusion, Mad Men is a show which will reward you for every minute you give to it. The character of Don Draper takes his rightful place in the pantheon of television antiheroes, joining Walter White and Tony Soprano among others. The show is made with love for a bygone time, giving us a look back at a decade unlike any other. A decade where we conquered the final frontier and left our mark on the moon. A decade where we saw icons such as Elvis Presley, Sean Connery and The Beatles leave their mark on popular culture. It was the decade of change, social, cultural and technological, and this decade is what Mad Men aims to, and succeeds in capturing.

Anabolic French Toast

A recipe by Vedank Singh



Ingredients -

3 Egg Whites
Low fat Milk (Optional) - 200ml
Cinnamon powder - 1 teaspoon
Salt - ½ teaspoon
Bread (preferably the low calorie kind)- 4 slices
Oil/Butter
Protein powder (optional) - 1 scoop
Vanilla extract - ½ teaspoon
Sugar - 2 tablespoons
Artificial sweetener (optional) - 5 grams



Toppings -

1. An assortment of berries and fruits on top pairs well with french toast, for example - raspberries, strawberries and blueberries
2. Chocolate syrup
3. Maple syrup or honey

Directions -

1. Whisk together eggs, egg whites, milk, salt, sugar free syrup, vanilla extract, salt and cinnamon in a baking dish or bowl.
2. Coat each bread slice with egg/milk mixture (top and bottom). Make sure each slice of bread is well coated.
3. On medium/high heat, add oil or butter to the skillet, frying pan or griddle. Place the bread slices in a single layer in the pan and cook until golden brown on each side for approximately 2-3 minutes.
4. Add toppings if you wish. Your french toast is now ready to serve!

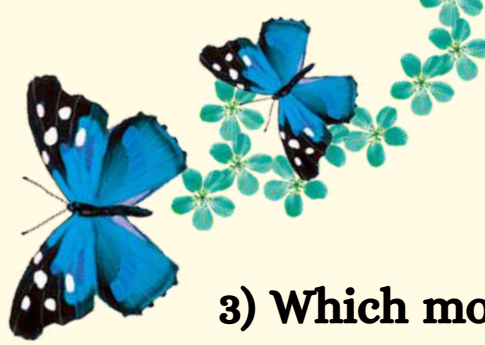
Total calories - 582kcal

I interpreted the topic of transformation as body transformation. This recipe is a low calorie, high protein French toast that you can eat everyday for breakfast and not get bored of!

Entertainment Corner



Trivia



1) Which one of them has gotten a Guinness World Record for being the highest building in the world?

- A. Merdeka 118
- B. Burj Khalifa
- C. Princess Tower
- D. Burj Al Arab



2) What was the first fashion magazine ever made?

- A. The Female Spectator (The Vogue)
- B. Harper's Bazaar
- C. GQ
- D. Cosmopolitan

3) Which movie was based on a composer who wrote and performed musicals on Broadway?

- A. Bohemian Rhapsody
- B. Tick, Tick... BOOM!
- C. Elvis
- D. Pitch Perfect



4) Which is the biggest scam in the world amongst these?

- A. 2G Spectrum Scam
- B. Commonwealth Games Scam
- C. IPL Scam
- D. Hawala Scandal

Hidden Words

There are 6 hidden words in the picture below. Test yourself and find out how many can you uncover..



Spot The Differences



- Answers**
1. Shoes of the girl wearing a purple t-shirt.
 2. Monitor in the room in the extreme left of the image.
 3. Images in the corns in the hands of the boy wearing a green t-shirt.
 4. Extension of the leash in the hands of the boy wearing an orange shirt.
 5. Switchboard next to the notice board.
 6. Article on the notice board.
 7. Another article on the notice board.
 8. Extra note on the head of the equipment.
 9. One extra air space in the portable dog pen.
 10. Bottle missing in an article from the notice board.

THE ORTUS



END OF
VOLUME 3,
ISSUE 1

PUBLISHED
QUARTERLY

ISSUE 2 THEME:
CELEBRATIONS

PUBLICATION:
JANUARY 2023



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The Genre Shift

<https://scroll.in/magazine/817318/how-did-nirvanas-nevermind-change-rock-n-roll-an-indian-insider-explains>
