

KAMSC's

84



Steps

Valentine's Edition 2022

Table of Contents

	<u>Page #</u>
Letter from the Editors.	2
Top 10 Things to do on Galentine's Day	3-4
Rom Com Recommendations	5
Easy Valentine's Day Snacks and Drinks	6-7
Songs to Pull on the Heartstrings	8
Valentine's Day Word Search	9
My Chemical Romance: The Science Behind Love	10-12
Reasons to Love KAMSC	13
Valentine's Horrorscopes	14-15
Winter Word Search	16
History of Valentine's Day	17
A Valentine's Poem	18
Ham Phonebook	19
Come Write With Us	20
Contributors	21

Letter From The Editors

Hello 84 Steps readers!

We are so excited to bring you this Valentine's Day edition of 84 Steps. We're past the first half of the year, and starting to contemplate the future of next year. Let's all take some time to show some love for those around you, and appreciate *all* the effort our writers have put into this edition. (i.e. no skimming!) Have a great Valentine's season!

Thanks,

Genevieve Kim and Benjamin Whitsett



Top 10 Things to do on Galentine's Day

By Victoria Ryan

Don't have a significant other this Valentine's Day? No worries! Valentine's Day is about spending time with the people you love, and an amazing way to do this is by spending time with friends. The term Galentine's Day was first used in a *Parks and Recreation* episode in 2010. Galentine's Day is a celebration of platonic love regardless of relationship status. Don't know where to start? Here are some activities to celebrate Galentine's Day, both together and socially distant.

1. Make and eat food. Who doesn't love a good meal shared with your favorite people? Having a dinner party or going out to eat is a great way to see friends and catch up. You can either make the food together beforehand and spend more time together, or have a potluck and share your favorite dishes. For the competitive people out there, having a baking or cooking competition adds an extra level of fun to your gathering. A great way to celebrate this way while staying socially distant is to have a dinner party or baking contest over Facetime. This way, everyone is able to stay safely distant while still connecting with their friends and having fun.



2. Game/movie night. Having a game night and watching movies is a great way to spend time with your favorite people. Having a "game night potluck" where everyone brings their favorite game may lead to you discovering your new favorite game. A socially distant way to do this is by finding online games (time to break out all the online games many of us played during quarantine). Netflix Party and other group streaming services are a great way to watch a movie with multiple people and keep everyone on the same scene.



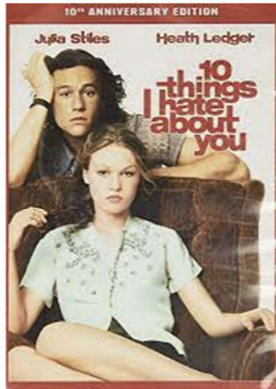
3. Go outside. I know what you're thinking. It's winter in Michigan. But in reality, there is so much to do in Michigan during this time of year. Skiing is both a great way to stay active and is fairly socially distant. Don't know how to ski? Going sledding is another way to spend time with your friends outside. With plenty of hills around the Kalamazoo area, all you need is a sled in order to have a great time. Meeting friends for a walk is another great option. Whether it's downtown Kalamazoo or a local nature preserve, Michigan has plenty of great things to see in the winter.
4. Get creative. If you and your friends love creating, then a perfect way to spend Galentine's day is by creating something together. Whether your favorite medium is a canvas, a stage, or a piece of clay, creating is always better surrounded by friends.



Valentine's Day is so much more than a romantic holiday. It's a celebration of love, whether romantic or platonic. If you aren't in a relationship this Valentine's Day, there's no need to worry. There are plenty of things you can do, both together and socially distant. Hopefully this list inspires you to make plans and spend time with people you care about. Happy Galentine's Day!

Rom Com Recommendations

By Simar Bhatia

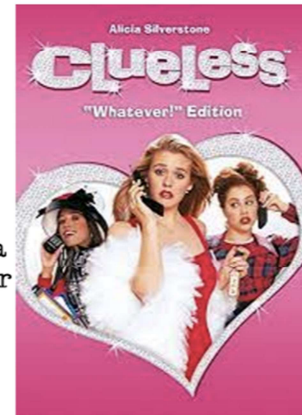


10 Things I Hate About You

The embodiment of the perfect rom-com, 10 Things I Hate About You, captures perfectly the combination of comedic scenes with moments of heartfelt longing to leave you wanting for more.

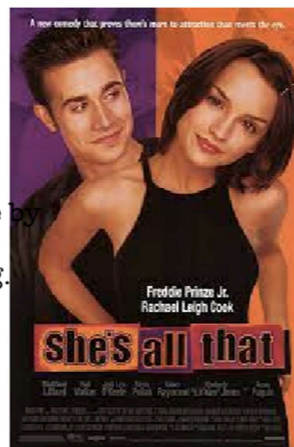
Clueless

Iconic and entertaining, the best two words to describe this classic and nostalgic 90s movie in which a beautiful and popular girl becomes friends with the new person in town.



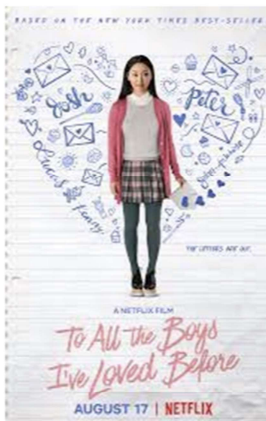
She's All That

An atypical, yet cute and romantic love story, She's All That takes a twist on your typical rom-com movie not conforming to the cliché storyline/ending.



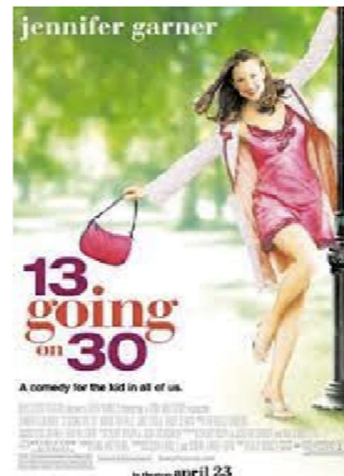
Wishing to become an adult, young Jenna Rink's secret desire turns into reality, as we see with Jenna in 13 Going on 30, how adulthood and love isn't as easy as it seems.

13 Going on 30



To All the Boys I've Loved Before

Telling the story of two main characters, Lara Jean (aka "Covey") and Peter Kavinsky, To All the Boys I've Loved Before showcases what writing love letters and being in a fake relationship can possibly lead to.



Easy Valentine's Day Snacks and Drinks

By Celia Baublis

There are a *lot* of Valentine's Day themed foods out there. There's everything from chocolate covered strawberries and candy to interesting ideas like heart shaped cucumber. In my opinion, there are some treats that are a bit better than others and some things worth switching up.

Chocolate Filled Strawberries

This may just be my own opinion, but there is not enough chocolate in a chocolate covered strawberry. I also am not the biggest fan of strawberries. So if you want to switch it up, make the chocolate the interior.

First, cut the top off your strawberries and find a way to take out the core. You can use a melon baller if the strawberry is large enough or *carefully* use a knife. Then, you take chocolate melts or chocolate chips and completely melt them. There are many ways to do this from a microwave to a saucepan, so make sure you find instructions to follow for whatever type of chocolate you're using.

Once your strawberries are cored and your chocolate is a nice, liquid consistency, you can try a few things. You can try spooning the chocolate directly into the strawberry, which could have some unintentional drizzle on the strawberry or your workspace. You could also wait for the chocolate to cool to a point where it isn't hardened, but you are able to taste it without pain. Once that's the case, you can pour the chocolate into a ziplock bag, cut the tip, and use the piping bag to accurately fill the strawberry with chocolate. You can also drizzle some chocolate over the strawberry if you want to make it look fancy.

Set your strawberries on a tray covered with wax paper, then freeze until the chocolate hardens. The chocolate on the inside will be a bit solid, so be careful with braces, but I find this to have a better chocolate to strawberry ratio than the traditional chocolate strawberries.

Pink Drinks

Valentine's Day has a very obvious color scheme of reds and pinks. And by obvious I mean it is *everywhere*. Might as well bring it into your food, right?

One of my favorite things to make with ice cream is a drink. It's really simple. You just need ice cream or sorbet, a liquid that pairs with the ice cream (milk is best for ice cream and water for sorbet but you can use juices, cooled teas, coffees, soda, etc.), a glass, something to mix these with (like a fork), and a straw for drinking. To make this a Valentine's Day snack, use pink ice cream or sorbets, such as Ben and Jerry's Cherry Garcia, a raspberry sorbet, or strawberry sorbet.

Scoop your ice cream into the glass so it's a little less than halfway full. If the ice cream is starting to melt a little, it will be easier than ice cream straight out of the freezer. Add your liquid until it is about two inches below the rim of your glass. Then, simply combine with your stirring object. You may have to stab the ice cream apart for an easier combination. If the drink is too solid, add more liquid. And if it's too liquidized, add more solids. That's what the extra room at the top is for. Stirring will take some time. If you have a stick blender or a standing blender, those will speed up the process. If you're like me and don't feel like searching for the stick blender, a fork and some patience will get the job done. You should end up with a smoothie or milkshake consistency depending on your choice of frozen pink stuff.

If you make these outside of Valentine's Day, experiment with flavor combinations! Mango and raspberry tastes like a Tropical Smoothie Café drink and vanilla mixed with root beer is a fabulous combination.

Valentine's Day Parfaits

Looking for an easy idea for breakfast, lunch, or a big snack? Yogurt parfaits are a good option. And they're incredibly easy to make.

Take some fruit and put it in the bottom of a cup. Make sure it's at a good size for eating. Next, add some yogurt. I prefer any alternative to Greek yogurt, but do what makes you happy. You can add granola or cereal on top and then you're done! It's simple and easy but if you make two matching parfaits, it looks fancier than just yogurt. If you want, you can switch up the layers to be in a different order, be thinner and repeat, or add your own twist! Personally, I like honey in the granola if I have vanilla yogurt. And of course, the more pink and red, the more Valentine's Day themed it is.

Chocolate Filled Raspberries

Want an easier version of chocolate filled strawberries? Chocolate filled raspberries don't even require melting the chocolate. Take a chocolate chip and stick it point down into the raspberry. Boom. Chocolate and red fruit, the most common Valentine's Day combo in minutes.

Historical Honorary Mention: Roasted Hedgehog

Please please please do not make this for legal and safety reasons. This is a historical dish and not a recommendation for 2022. In the Middle Ages, though, that wasn't the case. Women would eat roasted hedgehog because they believed it would give them dreams of their future husband. To each their own, but I'm glad we switched spines for sugar these days.

Of course, my favorite Valentine's Day treat is clearing out all the candy that goes on sale on the fifteenth. But making food for someone is an act that says "look, I care for you so much I spent time to make something for you that I think you'll like" which seems like the spirit of Valentine's Day to me.

Songs to Pull on the Heartstrings

By Genevieve Kim

In my opinion, music is a crucial part of life. No matter where you are or how you're feeling, music can change your mood. On Valentine's Day, it just might brighten your day a bit more. Just in case you want to indulge in the widely commercialized consumerist holiday initially based on love, here are my recommendations for songs that feel like love to me, in no particular order.

1. Old fashioned by Bruno Mars
2. Sweet by Cigarettes After Sex
3. Slow Dancing by Aly & AJ
4. Can I Have the Day With You by Sam Ock, Michelle
5. The Way You Look Tonight by Michael Bublé
6. Renee's Song by Bazzi
7. Take My Breath Away by Berlin
8. I Hear A Symphony by Cody Fry
9. I Don't Wanna Be Okay Without You
10. Mystery of Love by Sufjan Stevens

Obviously, people feel love different ways, so you may think different songs feel like love. Either way, these songs are a lovely place to start<3



Valentine's Day Word Search

By Nathan Gleason

W Q G L A C S Z D B H E A R T S X R O Y I V R N G
H H R D W Q A K O K F E B R U A R Y Q R H D P N N
E H J K R H D N L A E K W D H U O Q Y Z A G F R Y
C M G C H Q I C D I I Z B A R R C H U E S L O E I
J Y O O B C W L X Y C L S Z R C H O C O L A T E S
U A F F E C T I O N L Y W T K T D F C T C E Z M Y
U A X U F G D F R B B H E L W W P N Z S J K K F W
W A Z D O X N V N X S W E E T H E A R T X Y Z I D
E G C Q M W T B K I L G T Y C O H O T A W Q I J X
P T V Z D S F T O F N J S K Y A C R I A G Z O R T
O L W D F Q I K O M M Y Y N A K Q Y F C X A T W I
O R U M C L J X X O V L Q X S O C T O R X E E N F
A J E U W U P X V H R R C U M O R W P U I H D C K
K R Z D D C P K L O B O W A N D A R R O W U D D G
T W E Q D A T I K G J B S L O V E S X C T E Y O Y
G B B W C Z F L D T Q U B E D B C D J Z M F B R F
O V A T I I N O B B Z G V V S N A U K J C Z E T G
S I A R I H P M N W B G W L R H R J F R H C A B P
J P P L M T O K F B E M I N E O D Q H L P B R I B
U P D P E P W K F J Y Y O F A C S Q C L O E F J Z
H U G S L N A O F Q M Y W K E K Y K Z I F W Q Y G
I J T O K E T V Y X O Z S W G O K I S S E S E T O
V P F G X C N I M W K G B R O M A N C E O I R R W
N X X B D X V K N Q O Y M U J G A N U F Y Z G Q S
K C C E F R S T P E M V C A K K K H N R R V I K C

BOW AND ARROW
TEDDY BEAR
VALENTINE
BE MINE
ROSES
CARDS
HUGS

CHOCOLATES
AFFECTION
FLOWERS
SWEETS
CANDY
LOVE
RED

SWEETHEART
FEBRUARY
ROMANCE
HEARTS
KISSES
CUPID

My Chemical Romance: The Science Behind Love

By Samadhi Attanayaka

In 1993, singer Haddaway asked a question — “What is love?”

While he didn’t really get an answer, you can!

Kinda.

Nobody truly knows what love is: the Greeks tried to define it, and academics ranging from neuroscientists to anthropologists have attempted to explain the burning phenomenon. And honestly? The answer’s so simple yet simultaneously so complex.

Googling “the science of love” presents you with a plethora of answers. While science doesn’t paint the entire picture, subjects like chemistry can explain a good deal of the sensation.

Love on the Brain

Remember that crush you had in middle school? Yeah, I don’t want to either but just hear me out for a second. You thought they were attractive, your palms got uncomfortably sweaty, you probably stammered something incomprehensible, possibly tripped trying to confidently walk away (okay, am I getting a little too specific here?), and your heart. Beat. So. Fast. No wonder people used to think that love and other emotions originated from the heart. In reality, the brain is really in charge of all these haywire bodily reactions.

According to scientists, romantic love is broken down into three categories (lust, attraction, and attachment) that are unique in terms of the corresponding hormones that are released from the brain. Testosterone and estrogen drive lust; dopamine, norepinephrine, and serotonin create attraction; and oxytocin and vasopressin mediate attachment.

The Birds and the Bees: Lust

Lust originates from the biological need to reproduce, which allows for the inheritance of genes and allows for the survival of a species.

The brain’s hypothalamus stimulates the production of sex hormones testosterone and estrogen from the testes and ovaries (respectively), playing a crucial role in lust. And both hormones increase libido in males and females, typically with the effects being most pronounced with testosterone (but peak estrogen levels during ovulation can have similar effects on some females).

The Honeymoon Phase: Attraction

While attraction may appear similar to lust, it has its own distinct characteristics. While lust and attraction may occur concurrently, they also can present independently as well. Attraction tends to involve brain pathways associated with “reward” behavior, which may explain why the first few weeks or months of a relationship can feel so exciting and all-consuming (hence the nickname “honeymoon period”).

The hypothalamus produces the well-known neurotransmitter dopamine when we perform actions that feel good, including spending time with loved ones and having intercourse. Attraction not only releases high levels of dopamine, but also a related hormone known as norepinephrine; these make up the generic feelings of euphoria,

giddiness, and energy, but can also lead to a decrease in appetite and insomniac feelings... basically saying that you can be so “in love” that you can’t eat or sleep. Sound familiar with how you feel when taking your exams? Don’t worry, this doesn’t necessarily mean that you have an unusual love for them, it’s actually because norepinephrine (i.e., noradrenaline) plays an immense role in the fight or flight response. This physiological reaction is kicked into high gear during moments of intense stress to keep us alert. Brain scans of people experiencing love show that the primary “reward” centers of the brain (like the ancient brain area known as the ventral tegmental area and the caudate nucleus), experience extreme stimulation when people see someone they are attracted to in comparison to someone they feel neutral towards.

Attraction also reduces serotonin, a hormone commonly associated with mood and appetite. Coincidentally (I think not!), studies have indicated that people suffering from obsessive-compulsive disorder tend to have low serotonin levels. This leads to speculations that this reduction explains the excessive infatuation characterizing the beginning stages of love.

The Friendzone: Attachment

Attachment, a predominant factor of long-term relationships, varies a little from lust and attraction. While the latter two tend to be exclusive to romantic relationships, attachment can be between friends, parents and infants, social cordialities, etc. Hormones like oxytocin and vasopressin are the primary hormones for this form of love; similar to dopamine, oxytocin is released by the hypothalamus in large quantities during intercourse, breastfeeding, and childbirth. While these experiences may not appear to be enjoyable, they are all precursors to bonding. It also explains why having various relationships fall into categories of attachment, lust, and attraction is important. While we may be attached to our immediate family, we don’t have any other forms of the abovementioned love (unless, of course, you’re Oedipus).

Baby Don’t Hurt Me

Love seems pretty great now, right? Hormones are released, and give us feelings of rewards and goodness, bringing us closer to the people around us. But of course, nothing is ever truly perfect. Love can often be accompanied by irrationality, including jealousy, erratic behavior, and some other not-so-fun feelings.

Dopamine is responsible for reward pathways, but not necessarily rewards for only our virtues. These same pathways can also strongly influence addiction, as the regions are stimulated when one takes cocaine, binge sweets, or feels attraction. As mentioned, studies concerning cocaine addiction have found that they maintain dopamine signaling for longer than usual, leading to what we know as a “high.” The same regions of the brain become stimulated from addiction to material goods or as one becomes emotionally dependent on their partner. Addicts going into withdrawal could have similar symptoms to lovesickness and unhealthy emotional dependence on partners, including constant intrusive thoughts regarding their interests, an obsession with finding signs of reciprocation and euphoria if present, and fears of rejection with an association with self-harm. These signs can also be outwardly physical, such as trembling, flushing, heart palpitations, restlessness, and difficulty sleeping at night.

The story of oxytocin follows a similar story as well. Novel studies regarding party drugs like MDMA and GHB indicate that oxytocin may be the stimulated hormone, producing a sociable, feel-good effect produced by these chemicals. Too much oxytocin can take these feelings to an extreme, causing environmental disassociation and wild, reckless actions. In addition, oxytocin being a “bonding” hormone reinforces positive feelings towards those we love; essentially, the attachment we feel to families, friends, and significant others is caused by oxytocin reminding us why we feel this way towards these people and increasing our affections. That doesn’t sound too bad, right? Except oxytocin may play a role in ethnocentrism. Simply put, oxytocin may increase our love for those in our established cultural groups while synchronously acquiring distaste for those who appear foreign.

Remember how earlier I mentioned middle school crushes, and how you felt like a bumbling fool? That’s because lust (and strangely, not attachment) turns off regions of our brain that regulate critical thinking, self-awareness, and rational behavior, including parts of the prefrontal cortex. Basically, love makes us act stupid. You could ask Romeo and Juliet, but it might be a little hard to get in contact with them.

So This is Love

Basically, love isn’t some chemical love potion scientists can create on a whim (looking at you, Romila Vane). As stated earlier, love is an abstract concept and we truly don’t know all about it. Obviously, some things haven’t been discussed in this article (wouldn’t you have *loved* to read another three pages on just pheromones?) and new studies are coming out every day, attempting to explain why we love who we love or why some of us don’t really feel love at all. And as society progresses, like many other subjects, our ideas and notions of love will continue to evolve with us. Everyone can define love for themselves, be it a romantic and whimsical abstract or simply “chemistry” with another person.



Reasons to Love KAMSC

By Claire Keegan

KAMSC can be a love hate relationship and the hate is a little heavier right around exam time, but here is a list of reasons why you should love KAMSC even during the hard times:

- The teachers. They may give a lot of homework and some difficult tests, but they are truly what keeps KAMSC the incredible place that it is. You can tell that they truly love what they do and the students they teach. They are always there to lend a hand and give the best advice.
- The students. This goes without saying, but the friendships you can form at KAMSC can last a lifetime. You may go through some rough patches, everyone can get pretty stressed out, but no one knows what you are going through better than your fellow classmates.
- The dances. I think the best part of KAMSC is the dances! They are a time to let loose and just have fun. It is the best way to celebrate all of the hard work you've been doing with all of the people who were right there with you.
- The education. Nowhere else in Kalamazoo can you get a math and science education like you can at KAMSC. It may be hard, but in the long run you will see how useful your KAMSC education is.
- The college prep. When you graduate, you are going to be SO ready for college. All of the study skills that most of your new classmates will need to form, you will already have! KAMSC makes the transition to college super easy. Most of us have about a million extracurriculars along with the homework, so the time management skills you are building now will help immensely with busy college schedules.
- The workout from the stairs. Usually I would say that the 84 Steps is a downside of KAMSC, but it could honestly count as a workout for your legs! They are difficult, just like the school work, but it always pays off in the end.
- The atmosphere. Even when you just feel the stress in the air, the atmosphere of KAMSC is one of the best parts. Everyone comes from a different background and different school, yet we are all so similar.
- The candy from Claire B. If you are a junior or senior you know that Claire's bowl of candy is the perfect way to lift your spirits either between classes or right after you've gotten up the stairs.
- The community. Last but not least, the community is a reason to love KAMSC. Even though the 11th- and 12th-graders never see the 9th- and 10th-graders, we all know EXACTLY what everyone else is going through. We have all had the lab practical, a hard Houtrouw code or a scary physics test, and it unites all of us students in a way that no other school has been able to do.

If you're ever feeling down and wondering if KAMSC is still the right place for you, remember how amazing this school experience can be if you put in the effort to see the good.

Valentine's Horrorscapes

By Benjamin Whitsett

Something a mite strange has happened: around Halloween, all of the Zodiac signs renamed themselves to types of candy. Since the Halloween edition of 84 Steps fell through, and candy isn't a ridiculous choice of Valentine's connection, I'm afraid we at the 84 Steps team weren't able to convince them to switch back. We apologize for the inconvenience.

Reese's Pieces (March 1 – April 19): Time to pull out the life plan! With next year's schedule deadline in not that long, you might be a bit single-focused for a week or so. We get it, this is an important set of decisions that will determine what courses you have available in college and therefore in graduate school and therefore what professions you could pick! Okay, so maybe that is a *little* unreasonable. Try not to get too bogged down in the choice!

Life Savers (December 22 – January 19): Who knew the post-finals spirit bump could last so long? You did! Classmates are stressing about research and regular classwork, but you seem to be above it all. Don't get too haughty, though, your friends could use something to take their minds off of things!

Twizzlers (April 20 – May 20): Seriously, come to the dance! Essentially the only people that don't attend the dance are people that have never gone. Must you really reside in that category, instead of joining the rest of your classmates in one of KAMSC's greatest celebrations? No excuses. Be there, or be a rectangle whose diagonal separates two isosceles right triangles!

Gummy Bear (June 21 – May 21): Maybe you want to tone down the Valentine's spirit just a tad? It's enjoyable and all, but the group hugs might be getting exhausting for your friends. Then again, maybe they could use a bit of forced spirit.

Caramel (July 22 – July 22): You constitute the small minority of the population that recognizes e-day ($2.71828 \rightarrow$ Feb 7), and you refuse to acknowledge any other holidays this month. After all, what's more important: love and friendship, or $\lim_{n \rightarrow \infty} \left(1 + \frac{1}{n}\right)^n$? Not everyone agrees with your answer, but we're at KAMSC, so nobody minds.

Laffy Taffy (July 23 – August 22): Research projects are getting intense, and you might feel a little stretched around right now. Relax and hang out with friends; there's a support system for a reason! And don't worry, come project day it'll all be worth it, an order of magnitude more so than recent years.

Oreo (August 23 – September 22): Somehow you appear to enjoy the tedium of this stage in the school year. You're just rolling right through these tests and research phases. It's not that you're always happy, you're just a bit of a workaholic. You should take a break, though, and hang out with your friends for now.

Candy Corn (September 23 – October 32): You might feel a little out of place right now. Halloween is your usual jam, and maybe you're still recoiling from the lack of 84 Steps to augment that holiday's spirit. We don't want you to feel bitter for too long! Try to enjoy this holiday too.

Kit Kat (October 33 – November 21): Your friends are a little confused why you won't participate in Spirit Week. It can't *all* be too much of a hassle, right? Plus, this is the best way to make fun of your homeschool! (Or not, in case you aren't very competitive). At least give us *one* day of seeing your KAMSC spirit, please!

Starburst (November 22 – December 21): A KAMSC enthusiast to the bitter end, your attention to the holiday is lessening as the Winter Dance draws closer. You get that last fall was great, and it wouldn't bother you at all to see such a fun evening again. Hopefully you can convince all your classmates to come!

Airhead (January 20 – February 18): You're the master of Spirit Week; I doubt any of your friends will top your insistence upon observing each mini holiday. Don't get too competitive though, unless on a class-by-class level, of course. Drag your classmates into the commotion!

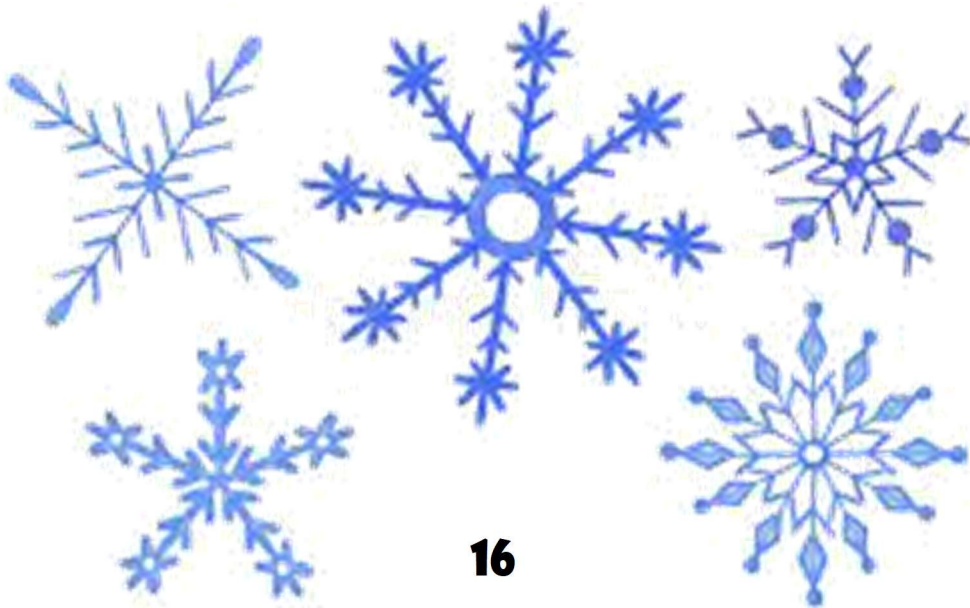
Pez (February 19 – February 30): Some pretty haunting events happened around this time two years ago, like the replacement of the high-five by the high-elbow, and the arrival of the did-they-just-cough stink eye. We get it, this time of year has been tough, but we're on the other side of things (maybe?), we have a vaccine that will continue to be effective (maybe?), and the latest COVID variant will quite possibly be the last big one (maybe?). Okay, so we can't dissuade your fears with much evidence, but know that we're all getting through this together, and having fun while we're at it!

Winter Word Search

By Owen Su

S	N	O	W	A	N	G	E	L	S	G	A	N	T
S	F	R	O	S	T	H	G	E	L	N	C	C	A
E	I	S	L	E	S	O	O	S	E	C	O	L	D
T	D	I	O	S	N	I	N	R	D	L	L	L	I
A	O	L	K	R	E	T	T	R	D	R	C	O	E
L	F	L	W	R	T	S	I	W	I	I	O	T	R
O	S	O	O	D	T	T	G	T	N	N	S	M	A
C	O	K	S	E	I	T	L	O	G	C	N	C	R
O	G	I	A	K	M	T	O	O	L	L	O	N	O
H	H	T	T	T	I	C	O	E	S	E	W	S	L
C	L	S	E	R	I	I	O	I	N	G	M	D	S
T	N	N	O	G	A	N	N	I	F	R	A	C	S
O	L	R	W	D	A	D	G	G	O	T	N	T	A
H	R	F	W	I	N	T	E	R	C	A	M	F	N

COLD
SNOWMAN
SLEDDING
IGLOO
SKIING
FROST
WINTER
SKATING
SCARF
SNOW ANGELS
MITTENS
HOT CHOCOLATE



History of Valentine's Day

By Rachel Allabaugh

There are many different stories about the origins of Valentine's Day, all involve a bit of blood and death. Most people believe that the holiday is named after a saint named Valentine or Valentinus to commemorate their death. However, according to the Catholic Church records there were three saints named Valentine and all three were martyred. One of the Saint Valentines lived in Rome in the third century when the emperor (Claudius II) outlawed marriage. The emperor decided to do so because he believed single young men made better soldiers. Regardless, Valentine the priest continued to perform weddings in secret. Another Saint Valentine helped Christians escape from jail during the same time period and fell in love with the daughter of the jailor. According to legend he sent a letter to the girl signed "from your Valentine," the first "valentine". Another Saint Valentine was imprisoned and according to tradition fell in love with a young lady who visited him in prison and wrote her love letters. All three* of the Saint Valentines were eventually caught and put to death.

Another common belief is that the celebration of Valentine's Day came from the ancient celebration of Lupercalia. Lupercalia was a fertility festival dedicated to the founders of Rome, Romulus and Remus, and also to the Roman god of agriculture (Faunus). Traditionally the festival was celebrated on the 14th or 15th of February. The festival began with a blood sacrifice, typically a goat for fertility and a dog for purification, in the sacred cave where Romulus and Remus were believed to have been raised. The Luperci, an order of priests, would perform the sacrifices and dip strips of the hide of the goat in the blood from the sacrifices. The Luperci would then take these strips and run through the town gently slapping women and crops with the hide. However, the women wanted to be touched by the hide because it was supposed to make them more fertile in the year ahead. The touch of the hide was also believed to make crops more productive. At the end of the festival the names of all the young women of the city were put in an urn in the middle of the city. Each bachelor in the city would choose a name from the urn and become partners for the year.

Valentine's Day did not begin softly as many now see the holiday, a day on which lovers express their love through gifts and greetings, but no one really knows how it did begin. It may have begun with the death of a man helping others escape from jail or the death of a priest performing weddings in secret. The holiday may have also evolved from the festival of Lupercalia since it was outlawed near the end of the 5th century.

*Some believe that there were only two Saint Valentines and the Valentine who helped Christians escape prison was the same Valentine that was imprisoned. This would mean that the young lady who visited Saint Valentine was the daughter of the jailor.

A Valentine's Poem

By Sana Jindal

The rose may be red,
and the violet, blue.
The world can riot all it wants,
but my heart belongs to you.

Ham Phonebook

Have you ever been scrolling through the 2m and 70cm amateur radio bands and wondered, “Was that a KAMSC student I just heard?” No? Okay, fine, neither have we. But with the number of KAMSC students receiving their FCC licenses right now, such moments may become more commonplace. Let’s try to facilitate that!

Last	First	Grade	License	Call Sign
Betala	Deshana	11	TEC	KE8TRZ
Damaska	Parker	11	TEC	KE8TRU
Eilertson	Abigail	11	TEC	KE8TQE
Flynn	Claire	11	TEC	KE8TST
Gullapalli	Ashika	11	TEC	KE8TRP
Hunter	Benjamin	11	TEC	KE8TRS
Krawczyk	Jason	11	TEC	KE8TRR
Lintner	Maia	11	TEC	KE8TPX
Meinert	Amanda	11	TEC	KE8TTA
Ryan	Victoria	11	TEC	KE8TRT
Sharma	Arya	11	TEC	KE8TSU
Skurski	Jillian	11	TEC	KE8TRV
Su	Owen	11	TEC	KE8TSX
Whitsett	Benjamin	11	TEC	KE8TTO
Zhu	Salena	11	TEC	KE8TSO



Any and all students interested in receiving an amateur radio license should contact Mr. Sinclair before class or during open lab. Students who have already received their FCC licenses should notify the 84 steps team at kamsc84steps@yahoo.com so we can add their names to this directory, and likewise if any upgrades are awarded to those already listed. Happy hamming!

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Sincerely,
The Editors

Thank You To All Our Contributors!

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Owen Su, 11
Sana Jindal, 9

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