



**Global**

A look into different COVID-19 reopening plans from students' homes around the world reveals similarities and differences.



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**A&E**

LFA alum Madison Olivieri '15 shares her voice in a guest op-ed on everyone's stake in the Black Lives Matter movement.



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**SPORTS**

Due to new IHSA COVID-19 guidelines, many fall sports at LFA transition to a fall PE.



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# All-School Handshake pushed back due to COVID-19 concerns

By Nick Alutto  
Editor-in-Chief

This year marked the first year, since its integration into the culture of LFA, that there was no All-School Handshake. The tradition, which sees every student and faculty member at LFA shaking hands, had to be cancelled along with many other opening of school traditions due to the ongoing COVID-19 pandemic.

Although many students and staff miss this tradition, it was clear that the handshake could not go on in a time when public safety is such an important factor of our everyday lives.

“With COVID...the thought of doing this [the All-School Handshake] when there is a terrifying disease going around is just frightening, and I would never do it,” Conor Fryer '21 said. “It was sad losing out on a tradition, especially in senior year, but given the circumstances, I think it was a necessary choice that we had to make,” he added.

“My initial reaction would be like, ‘how much GermX could I fit in my purse,’” said Kim Graham, Coordinator of Student Leadership and Student Life, on what her reaction would be if there was the All-School Handshake at the beginning of the year.

The All-School Handshake serves as

a tradition built to connect the community at the beginning of every school year. Dean of Students Chris Tennyson sees it as an invaluable tradition that welcomes everyone back to campus.

“It is a symbol of our community. The fact that every student and faculty member and staff member shakes each other's hand and says hello and kind of welcomes them to campus or back to campus is just something that again I think helps unify the people on campus,” Tennyson said.

The pandemic itself, along with state guidelines, may have been the driving factor around the cancellation of the All-School Handshake, but it was not the only thing considered in the decision to cancel it. The lack of the full community being able to be in-person was also considered in the decision making process towards the end of the summer.

“We began to realize that we were going to approach 90 remote students, some of our faculty were going to teach remotely, and some of our administrative staff were going to work remotely. We all of the sudden began to realize that as a community, we were not all going to be on campus,” said Tennyson.

Although not an extremely old tradition,

the All-School Handshake does have a relatively long history at LFA, since its implementation a little over two decades ago.

“The best we can tell that [the All-School Handshake] dates back to 1996, when there was a new headmaster Tom Harvey who came in for a couple of years, and he was the first headmaster that held the handshake. Although, I believe, as I understand it, the idea was presented to him by a faculty member who had seen it somewhere else,” LFA's archivist, Rita MacAyeal said.

MacAyeal also spoke to how pandemics are not necessarily an entirely new situation for LFA as a school.

“We actually do have a couple other times in our school's history when there were pandemics. There was the flu in 1918, and there was another pandemic at the beginning of the 1900s. Just a local one, I believe another flu, where we had to quarantine and close the school,” MacAyeal added.

In the months leading up to the opening of school, alternative ideas were presented as creative and safer ways to do the All-School Handshake, like having it outside in places like the quad. However, some ideas were presented to limit physical contact between people.

“One of the things that we thought

about in trying to make the All-School Handshake doable, and we actually have these, so I don't know what we are going to do with them, but we have like 500 foam fingers that say like ‘go caxys 2020/2021.’ So our thought for a while was that you could hold out the big foam finger and just touch foam fingers with the people across from you,” Tennyson said.

There may be hope for this tradition before the school year ends. Tennyson described the possibility of hosting the All-School Handshake sometime in the second semester if health conditions allow for it and if more of the community is able to be back on campus. More than anything, the next time the All-School Handshake occurs, whether sometime this year or at the beginning of next year, it will mark a shift from the 2020 pandemic era of LFA to a time closer to the normal way of life that LFA had as recently as this March.

“I think when our community has the opportunity to come together—whether that's as an All-School Handshake, our first all school meeting, for Move-Up Day or graduation in spring, whether it's for prom--any of those traditions. If we are able to do it, I think it is going to signify that we're back and closer to normal again.” Tennyson said.



LFA students, faculty and staff participate in one of the first All-School Handshakes in 1997.

Photo courtesy of LFA Archives

# Testing in turmoil:

## Students struggle with lack of ACT/SAT options

By Garrison Sloan  
Editor In Chief

For the last several decades, one of the most important parts of the college application process has been standardized testing. The SAT and ACT have been used by colleges for years to determine academic benchmarks for prospective students; however, like most things this year, this ritual of the admissions process has been heavily disrupted by the pandemic sweeping the globe, but not for the reasons you might think. While most businesses have been hit hardest by the lockdown portion of the pandemic, it has been the reopening of testing centers that has been the most challenging for the standardized testing industry.

While the SAT has encountered some problems during the COVID-19 pandemic, they are a far cry from the issues that have plagued the ACT. Like most businesses during the pandemic, the ACT was forced to shut down testing across the country. After all, having between 20 and 40 teens in a single, non-ventilated room for nearly 5 hours would have been a ripe environment for the virus to spread. Unfortunately, cancelling the ACT tests during the summer months created a big issue--demand. A massive amount of students were now in need of a test in the fall, especially seniors who needed to get scores in before the fall admissions deadlines.

Over the summer, the ACT announced that it would reopen online registration for fall testing on July 27th. This resulted in what can only be described as pure chaos. The day arrived, and immediately the servers were flooded with people trying to register. Within minutes, the site had crashed for many, and the ACT manually took the site down, citing the need to provide a fair chance for everyone to register.

The ACT published an announcement on July 28th, stating that it would reopen the site on August 3rd using a modified system. This modified system was nothing more than an online queue. While it prevented the site from crashing, it still operated on a first-come, first-served basis. People who logged on to the site just a few minutes too late ended up waiting in a queue that was often hours long.

Speaking from personal experience, I waited in the queue for around 2 hours. By the time I was able to get in, the earliest dates as well as the closest locations were all gone. I ended up having to settle with an early October test date in Rockford, which was much further away than I would have hoped.

Andrew Poska, the head of Lake Forest Academy's admissions office, provided some information on what LFA is doing to help students through this period of testing uncertainty.

"After all the issues happened with the ACT, we [LFA] registered to offer a private test on October 6th. About 55 students have signed up so far," he said.

The private test gave priority sign-up to seniors, who were most in need of the test ahead of college applications. With all the chaos surrounding testing this year, Poska had some advice to give specifically to the seniors this year.

"Don't worry too much. Testing will play less of a role this year, and a lot more schools have gone test optional," he said. "What's more important is getting a good start in classes and writing a good essay, and know that you will get good support from teachers and counselors."

It is true that for many schools, the ACT

and SAT will play a smaller role in admissions this year. One of the major examples Poska cited was a decision made recently by the state of California. The state moved to ban the use of the ACT and SAT for admissions throughout the entire University of California system.

With the major issues this year, as well as landmark decisions in state university systems like California, it seems like the days of standardized testing may be numbered. However, despite many colleges and counselors saying the tests won't count as much, for now it seems like many seniors are still scrambling to get tests in anyways, simply to give an extra boost to their resumes as the college application process winds to a close.

**ACT Test Registration  
is Now Open**

Deadline for all October test dates is  
Friday, September 25. No late fees!

*Photo from the ACT Website*

Students this summer were greeted with this screen on the ACT website. However, past the pop-up, there were numerous internal issues.

# Dorm students face new rules due to LFA's COVID-19 policy

By Aylin Tepe  
Staff Writer

Since coming back to campus, all of us have had to adapt to several new changes. The greatest change that might come to mind is the new policy of wearing masks; however, for boarding students, this isn't the only major change to take over our lives.

Several new dorm regulations have been set in place to keep boarding students socially distanced and safe. Every boarding student is required to follow these rules in order to prevent the spread of COVID-19 amongst the dorms.

Some examples of these rules are: not being allowed to have over two people in a room, having to wear a mask to the bathrooms (with the exceptions of showering and brushing your teeth), having temperature checks every night at check-in, having a maximum of three people in the bathrooms at a time, and maintaining at least six feet of distance at all times.

In addition to these new regulations,

many dorm activities have also been cut in order to prevent large crowds of students from gathering. Even under these circumstances, thanks to the partnership between proctors and dorm parents, many new activities have taken their place.

These extensive changes have added onto the pile of struggles boarding students face, especially for the freshmen and new boarding students who may already struggle with adjusting to life at a boarding school. Everyone has still been cooperating, no matter the difficulties that pop up.

While there have been some complaints amongst a few students regarding these extensive changes, the general majority is in agreement that these regulations are for the greater good of the community.

"As long as people wear their masks and don't screw up, I'm sure we won't have to be as strict with the rules later in the year," an anonymous student stated.

Some boarders have had trouble adjusting to the extensive changes, but everyone has been making an effort to stay safe and

healthy during these trying times.

"Everyone in the dorm is making an active effort to be safe and cautious. Keep it up!" affirmed Emily Kalis, the new Dorm Head of Marshall Field.

While for some, these changes have been

difficult to adjust to, we are all aware of the importance of wearing a mask and following these new regulations in order to prevent further cases, and in order to have this experience of continuing to go to school in person.



*Photo by Aylin Tepe*

Dorm students grab a slice of cake, demonstrating how boarders can still have fun while still abiding by the new regulations.

# How BLM connects to us all: An LFA alum pens a guest Op-ed

By: **Madison Olivieri '15**

*Guest Writer*

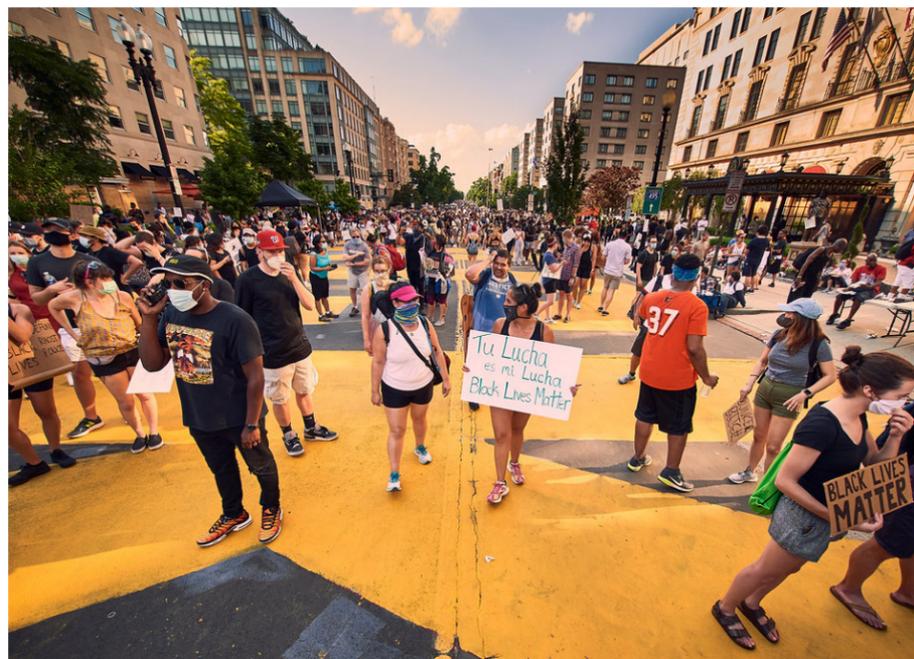
I've lived between Illinois and Wisconsin for most of my life, with most of my childhood being spent in Kenosha county. Not the town, but the county. The county where a Black man was shot - 7 times, in the back - just days ago.

I also lived and went to school in Lake County for four years. The county where a man who illegally carried a firearm, crossed a state line, and killed two protesters seemingly for sport, lives.

When I look at some of the people I went to high school with (and others in the area), I see a lot of invalidation of the Black Lives Matter movement. A lot of calling protesters "thugs," a refusal to see instances where looting can be a valuable

tactic to create change, and a general denial that they (the people I went to high school with) play a part in perpetuating racism. It can be easy in the suburban/rural landscape to think that this is far from you. But that's wrong. A racist murderer - a domestic terrorist - was raised in your county. Maybe attended your school district. Played in your parks. Felt that your county was a "safe place" to evade arrest.

If you think this has nothing to do with you, or isn't your problem to fix - please take another look. If at first you don't see injustice, look harder - find a news source that centers Black voices, look to people who you think may be more educated than you on these issues, follow activists on social media. When you do see injustice - because you will - please work to change it.



*Photo courtesy of Creative Commons*

Advocates gather in Black Lives Matter Plaza in Washington, D.C.

## LFA gets a new college counselor: Meet Ms. Mia Rogers

By: **Nick Alutto**

*Editor-in-Chief*

Mia Rogers is Lake Forest Academy's new college counselor and Associate Dean of College Counseling. Formerly, she worked at Hamilton College as a Senior Assistant Dean of Admission and the Director of Diversity Recruitment.

"I was recruiting students, travelling a lot to visit high schools in the fall (LFA being one of the schools that I would visit every single year), and reading applications," Rogers said about her time at Hamilton.

Before working at Hamilton, Rogers attended the school and helped with the office of admissions as a student. Rogers worked as a host for prospective students, a tour guide, and a senior fellow.

"I loved my campus job. I majored in theatre and comparative American studies, but found my most meaningful experience was working in the office of admission," she said. "So afterwards I kind of felt like, 'Ugh, this would be great if I could do this as a job,' and one of my bosses was like, 'you can do this as a job.'"

Rogers decided to cross over from the college side of admissions to the high school side because she felt she was drawn to LFA's mission.

"I don't think I would've crossed over for any school, but Lake Forest Academy in particular was, I would say, in the top five boarding schools that I had visited across the country, and one of the schools where if

there was ever an open position, I would be absolutely happy to work there and feel that the job would be meaningful for me, and I could have some amazing connections with students on campus." Rogers said.

Since she has moved to the Lake Forest area, Rogers has enjoyed walking on the preserves by campus, as well as preserves that border Lake Michigan.

"I'm a huge walker. I like to hike. Illinois is very flat though, I have to say. I'm mentally acknowledging that. It's not the Adirondacks by any means."

Although she hasn't found her favorite food or work spot in the Lake Forest area yet, she is open to suggestions.

"I haven't found it yet, but I am open to suggestions if anyone wants to email me places to check out. I am happy for them. Especially if it is something I can do in a socially distant way," Rogers said.

The part of LFA she is enjoying the most so far is the same thing that drew her to want to work at LFA when she was working at Hamilton.

"One of my favorite parts of LFA is whenever I would come to visit in the fall, or even for the case study this past January, the students I would meet with were always just so amazing, like just so engaging...I feel it is the same way with the students who are my counselees. I just really enjoyed getting to know everyone, getting to hear more about their summers, their life, why they're at LFA, what they love about the school, what they would maybe change. It's just been a fun time," Rogers said.

In the coming years at LFA, Rogers is looking forward to experiencing the LFA community as it usually is and really seeing everywhere there is not a pandemic going on. "I'm really looking forward to experiencing the LFA community as it usually is and really seeing everywhere there is not a pandemic going on. thing that it has to offer." Rogers said.



*Photo courtesy of LFA Website*

Ms. Rogers is Lake Forest Academy's new college counselor.

# Mac becomes an isolation space

By Rachel Johns  
Managing Editor of News

2020 has been a year of major changes to say the least. For the former residents of MacIntosh Cottage, another bombshell was dropped on them--their dorm was going to become a place for students with COVID-19 to quarantine.

Lake Forest Academy's Reopening Strategy detailed that boarding students who test positive for COVID-19 and cannot return home must quarantine in MacIntosh for a minimum of two weeks. Thus, the dorm was shut down for regular use, and the residents of MacIntosh had to be relocated.

"We realized we needed an isolation space on campus for any students that tested positive for COVID-19," said Jon Freeman, Assistant Dean of Students and Director of Residential Life. "That space had to be a residential space with a bathroom and multiple facilities. There was no other place on campus that we could easily convert into that kind of space. Not having a full boarding program this year made it an easy decision to move the Mac boarders into other dorms and convert Mac into an isolation space."

Before preseason, the residents of MacIntosh were emailed by their Dorm Head, Erica Wood, who informed them of the school's decision to close MacIntosh. To compensate for the sudden loss of their

dorm, the girls were allowed to choose which dorm they wanted to move to.

Of the eight returning students from MacIntosh dorm, two girls were relocated to Marshall Field Dormitory, while the other remaining students were moved to Ferry Hall. This was not just a simple change of rooms for the residents; it was a loss of their home, culture, and community. Students in MacIntosh, or Mac as it's often called, are known for being close-knit due to the small size of the dorm.

Being put into larger dorms has come as a major change for the residents of Mac. Eden Kalaj-Rice, a senior from Mac, was saddened by the decisions and unsure if she'd be able to retain her position of proctor with the switch to Ferry Hall, which she was ultimately able to do.

"As a senior and a proctor, the closure of Mac was really unfortunate. There were a lot of questions I had. I had to adapt to a new environment and dynamic between dormmates," Kalaj-Rice said.

Miranda Hernandez, a sophomore from Mac who moved to Field, echoed similar sentiments saying, "I really do miss my other dorm parents that didn't switch over, as well as the cottage-like environment. Since the dorm was so small, we were able to do activities that other dorms couldn't, like trips to McDonald's."

Despite the loss of their dorm, the Mac girls are staying positive and have had pos-

itive experiences in their new dorms. They report the dorm faculty and residents are being "accommodating" and "kind." In addition to the pleasant interpersonal experiences, the girls enjoy having new amenities in the other dorms, such as multiple washing machines, toasters, and air conditioners.

"As much as I miss Mac, Field has been such a great experience. And I'm happy that students will be safer, even if it means I have to give up Mac for some time. Field has definitely become my new home, and I'm excited for the rest of the year," Hernandez said.

"I hope by the end year that we can go back to Mac, or that Mac can do some events together. I miss everyone, and I miss the community. I understand why [this happened] and I think it was one of the better decisions the school could have made," Kalaj-Rice concluded.

While Mac is not reopening this semester, Freeman was supportive of having Mac-only events for the residents to reconnect. He said, "I am more than open to that. If the Mac girls want to reunite to do a Mac-only event, that is something we would absolutely support."



Photo by Rachel Johns

MacIntosh Cottage is to be used as an isolation space this year for students who contract COVID-19.

# New faculty at LFA

By Angie Cotton  
Managing Editor of Features

This school year, Lake Forest Academy welcomed four new faculty members, including French and Spanish teacher Ms. Cook-Hoet, English teacher Ms. McCaffrey, Director of Health Services Mrs. Kliner, and college counselor Ms. Rogers.

Ms. Cook-Hoet comes from Switzerland, and her second language is interestingly English. Her third language is Spanish. She started tutoring English when she was 17, and fell in love with teaching ever since then. Her husband, a professor at the Uni-

versity of Chicago, was the one who suggested she come work at LFA. When asked about her favorite part of LFA so far, she said, "I was impressed with how motivated the teenagers are, and how nice faculty are." Her main goal at the moment is to teach AP classes in the future. She currently coaches the girls' volleyball team, and can be found in the language office most of the time.

Ms. McCaffrey is from Sleepy Hollow, New York, and has recently lived in Madison, New Jersey. She was previously a teacher at a New Jersey public school for 26 years. She had always been interested in independent teaching. She mentioned

that one of her favorite parts about LFA so far is that "the kids are so nice. You can tell people really care about one another." Her main goal as an English teacher is to help kids find their writer's voice. She currently coaches swimming. A fun fact about her is that she got charged by a bear once.

Mrs. Kliner is from Chicago, and went to school at Francis Parker, a Junior K-12 school in Chicago. She was a nurse practitioner for over five years and worked at a school-based health center at a Chicago Public School. She applied to LFA after "a friend sent me the listing for the job because I was interested in eventually returning to

school-based health or adolescent health." She already knew about LFA, as her grandmother attended Ferry Hall. She hopes to fit into the culture at LFA, and is currently working on everything COVID-related. A fun fact about her is that she studied religion in college, as she considers herself as someone who likes to collect knowledge. She is also fluent in Spanish. She can be found all over campus, although her office is currently in Upper Reid by the infirmary.

Despite their short time at LFA so far, it is clear that these new faculty members have so far fit into LFA without struggle and are clearly already a part of the LFA family and community.



Photo Courtesy of LFA Website

Ms. McCaffrey



Photo Courtesy of LFA Website

Ms. Rogers



Photo Courtesy of LFA Website

Ms. Cook-Hoet



Photo by Angie Cotton

Mrs. Kliner

## Editorial: Summer Reading failed to read the room

By Ramya Herman  
Editor-in Chief

It seems as if the entire world has found itself in the center of the cosmic boxing ring, taking blow after blow courtesy of the universe. A world-wide pandemic preceded and followed by natural disasters and international protests opposing various human rights violations met most individuals as early as January.

For a lot of LFA students, both international and local, there were innumerable issues that impacted their lives in inconvenient and detrimental ways this summer, and they were still expected to complete their summer reading. Some students were unable to return home due to travel restrictions, some were thrown into financial hardship as a result of work restrictions brought on by COVID, and some were mentally and emotionally occupied by the issues facing their communities and the communities of their friends.

With all of these distractions presenting themselves to the world, the question arose as to

how the expectation of summer reading was still seen as a reasonable and beneficial requirement. While LFA is a very prestigious school that prepares its students to excel academically, the severity of the situation and incapability of some students to focus must be acknowledged.

Of course, the show must go on, and life will continue regardless of how someone is feeling on any particular day; however, that wasn't really the case in the face of these unprecedented times. Social interactions came to a halt, the economy took several blows, and even major political events held their breath, awaiting some form of guidance. With several nations at a standstill in a state of utter confusion and fear, how were students expected to complete a reading guide about something arguably less interesting than the history creating itself before their eyes?

Requiring students to set aside their conflicted psyches and previously unencountered adversities in order to accomplish an assignment seems counterproductive to one of the developmental aims

seen as crucial during these high school years. During the four years of one's secondary education, an individual is also learning how to cope emotionally, thrive socially, and conduct themselves in the real world. By enforcing a previous requirement that was created and imposed in much calmer times, the school communicated that the ground-breaking experiences students were encountering did not surpass the importance of schoolwork.

The summer reading was especially surprising given the recent flexibility and understanding the school had shown by temporarily adjusting the grading system and giving students the time to adjust. Although many people had gotten past the initial shock of the pandemic by the time summer began, new issues had arisen by that time and required new periods of processing.

While students exhibited outstanding tenacity and duality by facing global issues and handling their work, perhaps in the future they should be provided with the courtesy of not having to over-extend themselves in this way.

## Your Libra season horoscope has arrived!

**A flirty, social mood is in the atmosphere. Justice and our values are of special importance to us at this time. Now is a great period for communicating ideas and spending extra time in the morning putting together that nicer outfit. Read for your sun and/or rising sign.**

By Tyler Watts

Managing Editor of Op-Ed, Staff Astrologer

**Aries (Mar 21-Apr 20): Look for the things that make you feel peaceful, and stick to them.**

**Taurus (Apr 21-May 20): Self care is important but so is self-governance. Know your limits.**

**Gemini (May 22-Jun 20): Consider if brutal honesty will improve or worsen the situation.**

**Cancer (Jun 21-Jul 22): Try and grow more comfortable opening up to those you care about.**

**Leo (Jul 23- Aug 22): You shine in social settings, but is it a performance? Get real with yourself and those you keep close.**

**Virgo (Aug 23-Sep 21): You may be growing sluggish, but do not tire yet. A period of rest and reward will be here sooner than you think.**

**Libra (Sep 22-Oct 22): Happy solar return (aka birthday)! As you socialize, consider if you are neglecting any of the relationships you truly value.**

**Scorpio (Oct 23-Nov 21): Partnership is important to you, Scorpio. Plan a date with a crush, a dear friend, or just for yourself.**

**Sagittarius (Nov 22-Dec 21): Remember that your words have more power assigned to them than you could ever imagine.**

The Lake Forest

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## PUBLICATION

*The Spectator* is published eight times per year by the students of Lake Forest Academy and is a forum for student expression. The views and reporting herein are the sole product of *The Spectator's* student reporters and in no way reflect the official views of Lake Forest Academy faculty, staff, administration or Board of Trustees.

## EDITORIALS

Opinions of the staff are presented in the form of unsigned editorials. Personal views are bylined or presented as formal dissents.

## LETTERS TO THE EDITORS

*The Spectator* welcomes responses to its articles in the form of Letters to the Editors in addition to letters on subjects of the author's choosing. Please e-mail Letters to the Editors to Mrs. Krause at [akrause@lfanet.org](mailto:akrause@lfanet.org)

## AWARDS

*The Spectator* has been awarded several prestigious journalism awards in recent years. It has consistently taken first place in competitions against schools of similar size held by the American Scholastic Press Association and the Kettle Moraine Press Association.

**Capricorn (Dec 22-Jan 19): Evaluate your relationships: do your friends inspire you? Be sure to get out as much as you put into the people and things you care about.**

**Aquarius (Jan 20-Feb 17): Connect your everyday tasks to your broader life goals. Are you gaining insight or making progress?**

**Pisces (Feb 18-Mar 20): Be comfortable with your idealism; use it to improve reality, even in small ways.**

# The ups and downs of living a socially aware life

By Ramya Herman  
Editor in Chief

The moments of calm have to be building up somewhere... right? It's inevitable that they would be shelved in a separate time and space, collecting dust beside the joyful memories... right? Wrong—these moments are springing up like geysers amongst drought-ridden anarchy.

In the midst of a global pandemic and humanitarian crises simultaneously opening minute cuts to reveal deep historical, political, and socioeconomic wounds, it seems as if there are two coping mechanisms being implemented to combat the challenges and meet the celebrations: guilt and desensitization.

While some have the luxury of storing these events in the back of their minds to be dealt with post-birthday, party, or milestone, others have allowed the concerns of the world to build on their shoulders and weigh them down on a consistent basis. Of course these are the two more extreme ends of the spectrum for those who acknowledge current issues; however, it remains difficult to navigate the emotional instability that comes along with social and political awareness.

One major side effect of awareness is a feeling of guilt or selfishness when indulging in more upbeat and bright mo-

ments, finding it hard to fluctuate between two drastically different mental states.

A prime example of this that some of the LFA community may have experienced was the emotional limbo of grief and frustration in regards to the Jacob Blake shooting while taking in the phenomenon of being able to begin the school year partially in person, something that was not and is not possible for a lot of institutions at this time.

Another side effect is desensitization; at some point, so much energy is invested in care and concern that those who choose to engage burn out as activists. For those who are allies, they can become worn down from bearing the weight of several different groups while simultaneously attempting to educate themselves as well.

The people experiencing the incidents on a more internal level, a distinction that must be made when exploring the toll activism can take on a person, are met with PTSD, depression, and several other attacks on their mental health as a result of seeing people who look like them or identify with them suffering in what seems to be an endless cycle.

While everyone attempting to remain conscious have found themselves riddled with guilt at being able to experience joy and fatigue from advocacy, there are also other emotional and mental blocks that face the marginalized groups who are being

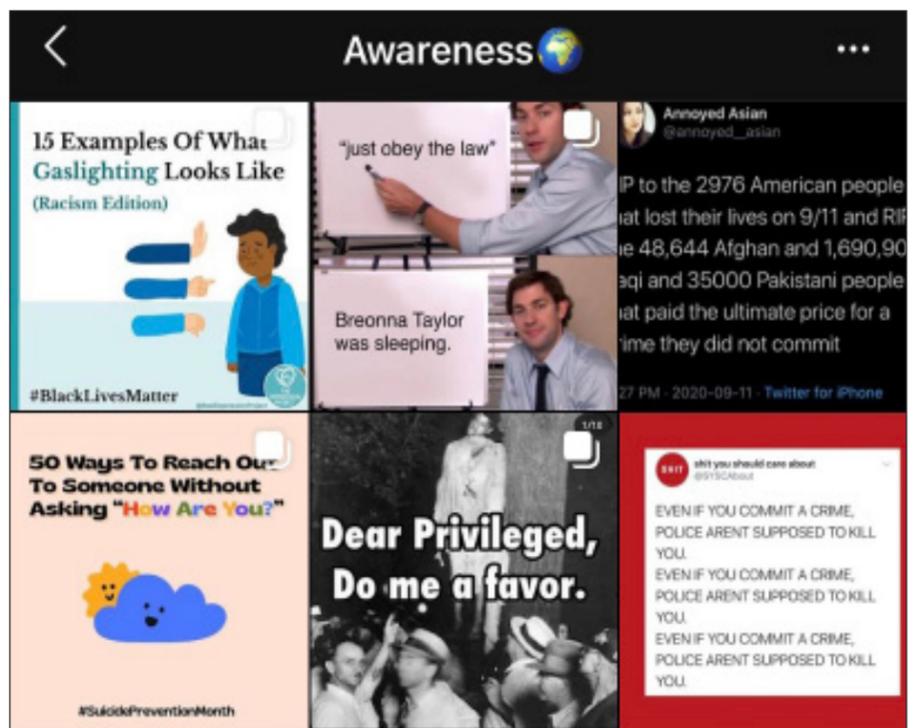
subjected to the catastrophes taking place.

Outside of the PTSD further developing in the mental spaces of these groups, their external safe spaces also begin to grow smaller. The trauma of their people is on instant replay spanning multiple platforms, and their peace is also frequently attacked by those arguing against their hardships or choosing to ignore and deny them altogether.

Between fending off a state of imminent unrest, battling the internal conflict of resting and celebrating in the mid-

dle of chaos, and feeling as if they must constantly protect both their physical and mental safety, many groups are finding themselves in a previously inexperienced level of confusion and exhaustion.

There is no easily identifiable solution for these experiences; however, it is important to remember a few things that may help lessen the weight of it all: kindness is key, self-education is powerful, and although silence equates to complicity, happiness does not equate to complacency.



Social media provides overwhelming access to social justice issues.

Photo by Ramya Herman

## Daily regulations for dining and entryways exhaust

Kirstin Palasz & Bia Leffingwell  
Photo Editor & Staff writer

Those who have been at LFA for at least one year know the most efficient ways around our large campus. However, due to COVID-19, everything has been adjusted on campus, including our lunch schedules, classrooms and walkways.

The walkways have been a particular challenge, as they are now one-way all throughout the buildings. The doors around campus have also been changed to one-way entrances and exits.

The purpose in creating these walkways was to help lower the amount of traffic in each hallway. Chris Dozois, History & Social Science Teacher, and Adam Gerber, Senior Associate Dean of Admission and Director of International Admission, planned these walkways.

Dozois mentioned, "If we have people walking towards each other, that's a really bad thing because even with masks on, we're passing air droplets to each other." The whole process took about a month to perfect for the beginning of school.

So far, the walkways have done a good job at keeping traffic one-way, but for most students, it has been very inconvenient. Walking from the history wing to the language wing is more complicat-

ed now than just walking down the hallway. It requires going down the stairs near the circle, then continuing all the way around to the Senior Square doors.

Another way is to leave by the seminar rooms and go to the door across from the stairs in Corbin. Transitions from class to class like this occur all around campus; what used to be an easy transition has become an extra five minutes. With the extra time it takes to get to classes, there is now a built in passing period.

Even with these passing periods, the stress of figuring out how to get to your next class still is a factor. It is exhausting walking around campus back and forth and thinking about how to get to the next class. This mental drain may improve halfway through the day with a bit of lunch and relaxing time in the Student Union, but we have also been stripped of that luxury.

Our food options are heavily restricted, as are our times to eat food. The options on the menu are prepackaged meals, as opposed to our previous lunch situation, where we could make our own meal. Now, we are not entitled to a spectacular array of food groups, but there are better options than a veggie sandwich.

Both the salad bar and the sandwich bar are not open anymore, which is incomprehensible. Before the Coronavirus struck,

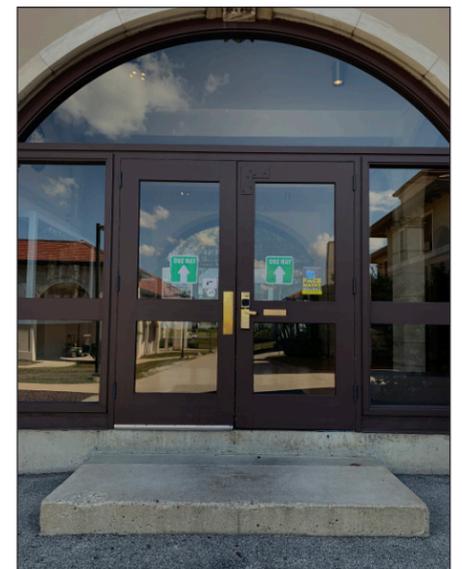
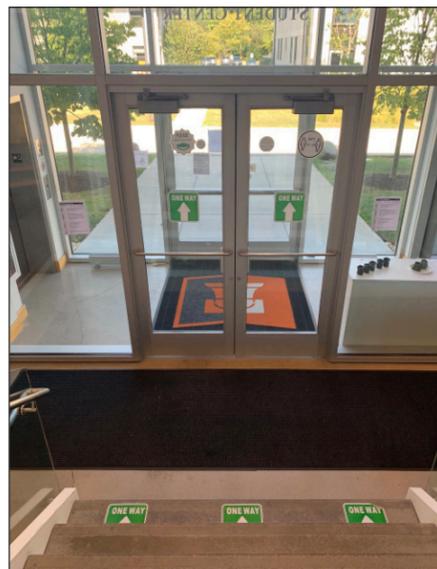
the Student Union was still arranged very similarly: there were staff behind glass with the foods, all wearing gloves, and handing us our sandwich orders.

There is potential to implement a similar system in the lunchroom that ensures safety for each individual. In conjunction with a very limited food supply, we also have a very limited amount of time to receive our lunches.

With many students scheduling meetings during lunch periods or breaks (when they may not have a lunch period), the idea of a designated 20-minute block per student can quickly become frustrating. Lines can

reach out of the Student Union, and some kids have reported having to turn away for being even a slight five minutes early. Of course, it is important to take the virus into consideration, but this could be considered a bit absurd. The idea seems institutional, and the tight leash that has been put on students is becoming increasingly tiring.

While the LFA community may find flaws in our new system, each member is still grateful for the opportunity we have been given to be in school. There are so many people who work hard on ensuring that our school day goes as smoothly and pleasantly as possible.



The new exits in the Student Center and entrance to Reid and Corbin.

Photo by Bia Leffingwell

# Taking control of our mental health

By Shylee Saladi

Managing Editor of Production

Being aware of our own mental health is something that everyone should be doing on a daily basis, but now in this pandemic, it is even more important to acknowledge and be more kind to ourselves and our mental health. Not only has being in-person during this pandemic put more stress on the students, faculty, and staffs' physical health, but also on the mental health of the entire community. The CDC states that it can be "stressful to be separated from others if you have or were exposed to COVID-19."

Many people may be feeling more isolated and alone because of having to socially distance themselves, "which can lead to a greater feeling of anxiety and stress" states the Mental Health Association of America. The uncertainty of this year due to the pandemic not only puts more stress on being safe but also on social interactions.

Starting a new school year is already stressful enough without the added pressure of safety measures due to COVID-19. It is of utmost importance to be paying more attention to the effect self-isolation has on our mental health. Not being able to have more than two people per table in the student center can feel like you have to constantly be choosing who you are sitting with every day at lunch, which in turn puts more stress on you individually. As some students see their peers going out

and interacting more with their friends, putting more pressure on themselves to be more social during the school day. This especially applies since day students are not allowed in the dorms anymore, which means the only time that many day students get to hang out with or see their boarding peers is during the school day.

Being back at school may cause many more challenges than meets the eye. For one, being back at school after learning online for two months and then being isolated for the entire summer has made it tough for students to interact with one another in person. Many people may be missing how things used to be during the school day, at practice, and after school. Due to COVID-19, many more problems can arise as students try to find ways to interact with their peers.

"Former U.S. Surgeon General Vivek Murthy has brought attention to the widespread experience of loneliness as a public health concern in itself, pointing to its association with reduced lifespan and greater risk of both mental and physical illnesses (Dr. Murthy serves on the KFF Board of Trustees)," writes the Kaiser Family Foundation. The atmosphere at school has changed due to the restrictions caused by COVID-19, which hasn't been the most helpful for students mentally. Not being able to hang out in the J.C. Cowart Student Center or in the pods in lower Corbin and in the Science Center hasn't made it the easiest to reconnect with one



Photo by Shylee Saladi

Students finding ways to hang out socially distanced.

another. As well as not being able to sit on the couches in lower Corbin, it puts a strain on how social the students can be.

From the different schedules to the new socially distanced classroom setups, the new one-way hallways, and having class in Crown, being back at school hasn't been the easiest on the students' mental health. As important and necessary being socially distanced is, it is not always as easy to make new friendships at any grade level.

It is more important to focus on what one can control during this time of increased rules and regulations. To go along with that, it is important to focus on self-care as well as caring for others. Try to take a couple of minutes at the end of the day to reflect on your day and what you can do better tomorrow to benefit your mental health, such as listening to music, working

out, reading a book, etc. Take time during your weekend to do something that you love to do, which may include a spa day, going outside, playing sports, and more. Try to keep up with some of your usual routines to have some normalcy during this time of separation. Think of what you can control, like the masks you can wear and the more fresh air you will be breathing from being outside even more than before.

As this is going to be the "new normal" for a while, it is of utmost importance to be caring to others around us and to ourselves, not only physically, but also emotionally and mentally. Be aware of yourself and how you are treating yourself and others on campus. As the CDC states, "Coping with stress [and isolation] in a healthy way will make you, the people you care about, and your community stronger."

## Perception of emotion behind a mask

By Tyler Watts

Managing Editor of Op-Ed

Though the frightening ramifications of the coronavirus may not be sensed or understood evenly across populations, the changed dynamics of public interaction have been felt by all. After months of isolation, loss, and uncertainty, collective nerves have arisen as we relearn how to be together. The single act that has allowed for us to come together and replicate normalcy is simple—wearing a mask. Masks help us protect each other from ourselves, but they can induce social anxiety, despite their necessity as a security measure. Complications with breathing, being soft spoken, or lacking the reassurance of someone's smile may add stress to social interactions. But aside from these variables, lots of power in interactions now rests in the eyes.

Eyes are often thought of as windows to the soul, but they've recently been working overtime as mirrors to reflect our emotional cues as well. While it is difficult to connect with one another across technology such as text or Zoom, it is arguably just as difficult to do so behind the guise of a mask. The gaze can hold a lot of emotional meaning, with the potential to relay love, trust, hurt, anger, etc. Some eyes are soft,

and can relay meaning with or without the rest of the face present to indicate their emotions, but others with a strong brow or blank stare may come across more intimidating without any knowledge of who they are, even if they have kind intentions.

Smiling has been postponed until the notice of vaccines. While some may have been opposed to or annoyed by the superficial smiles once shared in hallways or down sidewalks, it was part of the general routine and a simple way to acknowl-

edge another person's existence. Trying to smile behind a mask is a vain attempt to display kindness; it also looks plain weird. Because of this, understanding a social situation rests heavily on the shoulders of clear verbal and physical cues.

Perhaps this will make us better communicators; if there is less passivity in a conversation or social interaction, then our desire for clarity and understanding could make us more honest and candid as we all seek to connect and erase gloomy feelings

of isolation. A lot of our communications may also be more genuine, as the effort in coming mask-to-mask with someone amid heavy enforcement of social distancing policies frees us of situations or gatherings we'd prefer to avoid. With this, it is more comfortable to cancel the plans we did not wish to attend, as enforced time inside away from others has provided many people the space to get to know themselves better and find comfort in their identities away from social pressure. With changing perspectives that rose from quarantine boredom, we can reevaluate what truly matters to us, control what little we can in the current climate, and focus for once on being happy! We have more liberty to dedicate our time to the people or things we find to be truly worth the effort.

Giddy hopefulness for the day Covid has minimal to no effects on our everyday interactions is what will continue to help us endure and see through to a positive outcome. While it is valid to reflect on the past months with only resentment and sorrow, the pure joy/contentment that is to come from our first mask-free outings will be unmatched. The subtleties of interaction that we once took for granted will gain a new meaning.



Photos by Tyler Watts

A series of students expressing their emotions and trying to converse.

## A tale of two DMVs: A surprisingly sensational saga

By Rachel Johns  
Managing Editor of News

Getting your driver's license is a hallmark teenage experience. For many, the keys to a car and that small, yet consequential, plastic card mean freedom. In a time of lockdown, restriction, and isolation, young people are more desperate than ever to get a taste of their budding freedom and responsibility. Needless to say, I was among the many who attempted to get their driver's license this summer. You could say that my journey to get it was quite the wild ride.

While I had received my permit in the fall of my sophomore year, living on campus had made it difficult for me to practice driving regularly. I never seemed to have enough time that coincided with my parents' own limited free-time to log the oh-so-elusive 50 hours needed to take the practical driving exam. By the time lockdown rolled around, my permit was in peril of expiring, so I took advantage of the extended time with my family and practiced driving almost every day.

I made my journey to the Joliet DMV (just twenty minutes from my house) on July 30th, the second-to-last day new drivers

got priority for testing, at 8 AM. Expecting to see a line of about twenty or so due to the early nature of my visit, I was shocked to see at least two-hundred people waiting outside in a line that was at least half a quarter-mile long. My dad took one look at the line and told me to get back on the highway.

I drove south for 45 minutes to the Bradley DMV. The building, incapable of holding more than 12 socially distant individuals, had a line of 20 or so outside of the building. After 25 minutes of waiting in line without any advancement, the sky let out a wary cry of thunder. My father and I exchanged knowing glances and headed for the car.

He directed me to go to the Gibson City DMV which was a little over an hour away. About 20 minutes into the drive, the rain began to pour down heavily. The endless torrent of water droplets blurred my windshield and turned the surrounding countryside into a bleak Monet painting. As it so happened, this was also my first time driving in rain, and I was terrified.

Somehow I managed to make it to the Gibson City DMV. The building, no larger than the average classroom at LFA, was a welcome sight. I walked confidently towards the door, and was promptly stopped by an

employee who said that the DMV computer system had been shut down statewide and it was in the process of being fixed.

Dismayed by the series of misfortunes and inconveniences, my father and I planned to wait for the computer system to get back up and running while we ate lunch. I turned left out of the DMV parking lot onto the highway. As I was completing my turn, I suddenly lost control of the car and was hurtled toward the side of the road. I managed to gain control of the car and pull into the nearest parking lot, which fortunately was right next to me. I had no clue what happened, but then it hit me--I had just gotten into a car accident! That wasn't exactly the motor milestone I was hoping to achieve that day. Panicked and sobbing, I got out of the car to inspect the damage. The hubcap was dented and smeared with red paint, which presumably came from the car that hit it. After a few minutes, I recollected myself,

and a woman who had witnessed the accident came up to me and told me that it was not my fault and that the other car was speeding. The car that hit my car did not return to the scene after 15 minutes, so my dad decided that we should head out to lunch.

I turned left onto the highway, safely, and made my way to a local fast-food chain. After finishing our lunch, we decided to press our seemingly nonexistent luck and return to the Gibson City DMV. In the time we had gotten McDonald's and into an accident, the computers had started working again. Things were finally aligning, and I could take the test.

The test was easy enough after all I had endured, so I passed. My mundane trip to the DMV had turned into something like an episode of a soapy teen drama in its fifth season desperately trying to fill time by introducing unnecessary plot twists, but that certainly made it a day I'll never forget.

## A not-so-normal numbing nonevent

By Garrison Sloan  
Editor-in-Chief

Over the many months of this pandemic, the news has been mainly dominated by the grim forecasts of rising cases and the risks of reopening, measured out alongside feel-good stories of people beating the virus and finding cool and quirky ways to spend quarantine. This story is neither. This is not a happy story, nor is it a depressing one. It is a story of monotony, boredom, and inefficiency. This is the story of going to the DMV during a pandemic.

For a little background, I took driver's ed last summer, and due to Illinois law, I legally wasn't allowed to test for my driver's license until nine months after starting the course, which would have been mid-April of this year. Due to COVID-19, a majority of walk-in businesses across the US closed to help stop the virus from spreading, and the DMV was among those businesses. It wasn't until early June that DMV facilities opened back up.

A few days before I was to go for my road test, we drove by to see how packed the place was. We were going to the Lake Zurich site, which is in a strip mall, and I could immediately tell this was going to be a nightmare, as the line was stretching out the door. Little did I know that this was a pretty short line. After gathering up the necessary documents, I arrived with my mom the next Wednesday at 7:00 AM, an hour before it opened. By the time we got there, the

line was stretching out the door, around the corner, all the way behind the strip mall, where the dumpsters were (people were socially distanced, so that added quite a bit of length, but it was still bad). Soon the facility opened, and we slowly inched forward.

At around 9:00 AM, we reached a point where the line split in two; one line was for road tests (my line), and the other was for everyone else. After reviewing my documents, they told my mom to leave, because they could only allow so many people in the building. However, they still needed her driver's license for my verification, as well as the car for my road test, meaning she couldn't go anywhere. At this point, the sun was fully out, and without any shade it began to heat up outside.

I waited outside in that line for another three hours. My hands were so sweaty that the ink on the service ticket they had given me began to rub off. Finally, I made it inside and was immediately greeted with another line to get my photo taken. To add insult to injury, because I had been standing in the sun for so long with a mask on, I had developed a horrible tan line across my face.

After another 45 minutes, I made it through, had my photo taken, and got registered to take the road test. I waited for another hour inside before finally I was able to hit the road. Thankfully, I passed the test and was able to complete the paperwork and get my license. It was around 1:30 PM when I finally got out of there. It took six and a half hours to get that one little piece of paper.



Photo by Shylee Saladi

Students who have gotten their license from the DMV park at Crown during the school day.



Photo by Shylee Saladi

Many day students who drive back and forth to school park their cars at Crown.

# Mulan's release on streaming platforms

By Rohan Miglani

Managing Editor of Sports

Covid-19 has cost the movie industry close to 10 billion dollars since the last movies were in theaters in March. In the months following, high profile movies have not been released to the public, resulting in the major losses for production companies and others in the film industry.

As a result of being closed for six months, AMC, the largest cinema operator in the world, has lost around 600 million dollars. However, AMC has begun to open its doors to the public in areas where it is safe to do so. While this will provide relief to AMC, creating much-needed revenue for the company, this does not change that movie theaters were starting to lose money before this pandemic hit, and those production studios may need to find other outlets to make their movies accessible to the public.

On September 4th for \$29.99, Disney

released *Mulan* onto their Disney+ platform for streaming, one of the first times a major production company has released a new movie directly to a streaming platform. In the first week of release, *Mulan* had success on release with the consensus audience enjoying the movie shown by the Rotten Tomatoes rating of 76. Success is no stranger to a production tycoon such as Disney, but the move away from theaters may change the movie industry forever.

While in the short-term, this movie may quench the thirst for new movies, depending on the streaming success of *Mulan*, many production companies may decide to forgo the option of releasing to the big screen and instead go straight to streaming. Universal has begun to take steps toward this direction, striking a new deal with AMC, that allows for movie releases to be available online just 17 days after hitting the big screen, a significant change from the previous 90 days. This, along

with the fact that more production companies are creating their own streaming services by the day, it may become easier and more profitable to release to your own streaming platform. While *Mulan's* success may show the upside of releasing directly to streaming, most production companies still plan to wait to release movies until the theaters re-open. Movies such as *A Quiet Place 2*, *Furious 9*, and many more have delayed their releases and are planning to release with the re-opening of movie theaters. Many moviegoers, such as James

Kuhns 21', would rather watch movies in theaters than at home, due to the "classic big-screen experience" that can only be experienced at the theaters.

Although *Mulan* has shown the success that movies can have on streaming, ultimately most movies will most likely continue to release to the theaters due to the profits that movie theaters can bring in for the production companies, as well as allowing fans to experience the big screen with many of these high budget movies.



Photo Courtesy of Disney

## A review of music released during quarantine

By Bela de Jesus

Managing Editor of Global Perspectives

While the world was under lockdown over these past few months, some of the biggest artists in the industry released albums to help us all cope with this year. Taylor Swift released *Folklore*, Chloe x Halle released *Ungodly Hour*, Lady Gaga released *Chromatica* and Beyoncé released *Black is King*, a visual album for the soundtrack, *The Lion King: The Gift*.

On July 24th, Taylor Swift shocked the world by announcing her new album *Folklore* only 24 hours before it would be released. Swift collaborated with Jack Antonoff and Aaron Dessner to create an intimate and folky album during their quarantine, clearly going back to Swift's country roots. Each song is very personal, as she talks about the pain and happiness that comes with love. She also

writes about the role of women in society in her songs "Mad Woman" and "The Last Great American Dynasty." Swift has always been known for her lyrical prowess, but this album takes songwriting to the next level, with lyrics like "drunk as they watch my shattered edges glisten" from "Mirrorball." Her lyricism in this album is very powerful, and you can tell each word was chosen very carefully. The production of the album is pretty simple compared to the huge pop hits of her past, creating an intimate feel for the album. *Folklore* is truly a cohesive and well written album, showing a new side of Swift's music, but still staying true to what she does best, lyricism and melody.

The sister duo Chloe x Halle released their second album *Ungodly Hour* on June 12th. The contemporary R&B album was produced by Beyoncé and features the talented vocals of the two sisters. Their harmonies show that the sisters are talented and were truly meant to sing

together. Their voices meld together very well and create a heavenly sound. The album as a whole is very cohesive and has a clear sound the artists are trying to achieve. The production of the beats are really well done and are perfect to dance to. The lyrics are catchy, but can be superficial and repetitive at times. On the other hand, there are some lines that show true promise and lyrical prowess, like the line, "You know that I've, I heard it all before/You're hesitant, wish you could give me more/I know you like to play those silly games/When you're done, call my name" from "Ungodly Hour." Some highlights from *Ungodly Hour* are "Busy Boy," "Topsy" and "Wonder What She Thinks Of Me." As a whole, *Ungodly Hour* is a powerful and well produced album that shows the duo Chloe x Halle really know what they're doing.

The famed Lady Gaga released her album *Chromatica* on May 29th of this year. The album features Ariana Grande, Elton John, and BLACKPINK. Although many were excited for this album to show different sides of Gaga's music, the album did not live up to its true potential. Although the album is clearly going for a specific sound and vibe, it has been done before. The production sounds very similar to her older music, the club and dance sound of the late 2000s. However, the party and club songs are masked by truly sad lyrics, such as "You love the paparazzi, love the fame/Even though you know it causes me pain/I feel like I'm in a prison hell/Stick my hands through the steel bars and yell" from "Fun Tonight." There is something valuable in the contrast between Gaga's heartbreaking lyrics and techno production, yet, her great lyricism gets drowned in loud production. Many of the songs and beats on *Chromatica* sound very similar to

the others, showing little variety in genre across the album. *Chromatica* is a decent album; however, Lady Gaga has shown so much greatness in her career, and this album does not express everything she is capable of—it falls short.

*Black is King*, the visual album written, directed, and produced by Beyoncé, was released on July 21st. The film is essentially a group of music videos for each song loosely connected by the plot of *The Lion King*. It follows a young African king as he gets lost from his community and comes back to where he is from to save his people. Beyoncé is portrayed as a mother figure in the films who encourages the king to be bright, strong and glorious. From a cinematic standpoint, the film is exquisite. The cinematography and use of the camera are really well done and allow the viewer to notice things without pointing to them. The outfits worn by each member of the cast are vibrant and complex, reflecting different traditional African clothing. The film was shot in some of the most beautiful places in South Africa, Ghana, California, and Arizona. The beautiful scenery is the perfect background for stunning choreography to go along with the album, adding even more meaning to the music. The movie has little plot, making it sometimes hard to understand; however, it is meant to be a performance through film and not necessarily a riveting plotline. The visuals are remarkable, and the film represents so much more. During a time of racial strife worldwide, black people have gone through so much pain and the stereotypes against them have consistently overshadowed the reality of their gorgeous culture and background. *Black is King* is able to bring that culture to the forefront of popular media and help people recognize a small piece of what's being fought for.



Photo Courtesy of Genius

# New leadership for the LFA Field Hockey team

By **Bia Leffingwell**  
Staff Writer

In the midst of a global pandemic, there is a whirlwind of changes, and some happen with or without the virus. The LFA Field Hockey team has risen through the hardships this year with new players and new leaders. Meredith Norman has two very important titles here at Lake Forest Academy: Learning Resources Specialist and Interim Head Coach of the Field Hockey team.

Norman has played Field Hockey since middle school, and went on to play Division I Field Hockey at Providence College. Her high school team was also state champions in Illinois during her senior year. Norman played water polo in high school, but field hockey was always her passion. She started playing goalkeeper in middle school and tried playing the field in high school, but soon realized that she was meant to be a goalie. After the fall of her freshman year, she made the full commitment to the goalkeeper position, and started attending more camps for goalies. While she was in college, Norman started to coach summer camps in New England and continued her coaching career during graduate school.

"I found it to be a natural progression after my collegiate career ended," she said.

Norman has a lot of coaching experi-

ence, starting with summer camps, to the Lincoln School in Rhode Island, and with different club teams. She currently coaches at Windy City, and (of course) LFA.

Coach Norman grew up locally, and knew a bit about LFA. She met coaches from LFA, and was invited to come help with the Field Hockey team. In the fall of 2018, she spent her first season at LFA working as a goalkeeper coach, and then began to work at LFA in the DOS and keep her coaching position in 2019. Norman felt inspired by how passionate the coaches in the LFA Field Hockey program were.

"It has been great to step into a bigger role with the LFA Field Hockey program. The other coaches and team have been very supportive and welcoming," she says. "My goal for the team is to develop [the players'] individual skills as players, learn to push themselves as athletes and to have fun playing field hockey. [My hopes for the team are] to encourage and foster a love for the game of field hockey."

When asked what she would advise to anyone who wants to look into field hockey, Norman says, "Go for it! It's such a fun, exciting sport. The game is quick paced and requires players to think on their feet!"

She encourages her own players to play as often as possible. She emphasizes the importance of having fun and learning from dif-

ferent people to expand growth if someone may want to pursue field hockey in college.

This current role for Coach Nor-

man is very important, and LFA cannot wait to see what she and her team can accomplish this year together!



Photo Courtesy of LFA Website.

Meredith Norman is the new interim head coach of the LFA Field Hockey team.

# Masked and ready to play

By **Shylee Saladi**  
Managing Editor of Productions

Wearing masks and being socially distanced during the school day has become a norm, but how does each fall sport stay socially distanced at practice? From Cross Country to Prep Hockey, each sport is trying its best to abide by the social distancing protocols and mask-wearing during, before, and after practice. Though each sport may differ between wearing a mask or gaiter, or when you have to wear it during practice, every sport still follows the same rules once the athletes walk into the Crown Fitness & Wellness Center. Any athlete, faculty member, or staff inside Crown must abide by the new COVID-19 protocol, which means that everyone has to wear a two-layered mask with no ventilation devices inside. Many sports have their own safe ways of going about practice.

At cross country practice, the athletes "run on trails that are 6 feet wide so two people can run side-by-side yet stay socially distanced," said Emily Schroeder '22, a cross country runner. Schroeder says it also helps that everyone runs at a different pace so that it is easier to remain socially distanced. Since the athletes at cross country aren't running all the time, it is a necessity that they keep their masks on while taking breaks, warming up, or when they are not socially distanced, which can be applied to the majority of the other fall sports. At cross country meets, runners run in multiple heats

and begin at different intervals so that they are more spread out. Runners from different schools have designated areas and must keep their masks on before and after races.

Girls tennis hasn't had too much trouble being socially distanced at practice since it is much easier to be spread out on the courts. Not only are the tennis players able to play with gaiters, they also do not have to wear masks at all during practice. The only times that the athletes have to wear their masks is when they are in the locker rooms and near other students off of the tennis courts. Each person on the

team has their own set of six tennis balls that no one else on the team is allowed to touch so they stay sanitized throughout the entire season. It minimizes the need to sanitize the tennis balls after every practice. Also, during matches, athletes no longer shake hands at the start and end of a game. During each match, a new can of tennis balls are opened for both the opposing team and LFA athletes on the courts.

Girls swimming is the only indoor sport as of now and has to follow even stricter rules while at practice. From the locker room to the pool, masks stay on at all

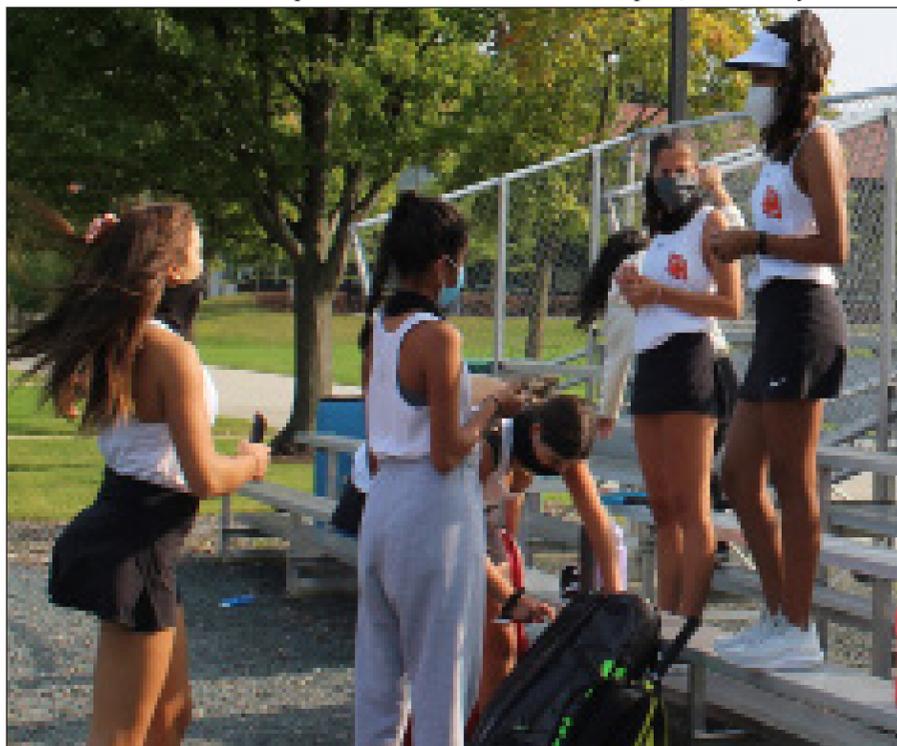
times until the athletes get into the water.

"Anytime the athletes are outside of the water, they have to be wearing a two-layer mask," said Bela De Jesús '22, a swimmer on the Girls Swim team.

She also mentioned that while the swimmers are in the pool, there are only two students allowed per lane, and they are always at opposite ends of the pool. She stated that they are never on the same side of the lane above water.

Athletes are allowed to take a breather from wearing their masks on the golf course since they have the ability to be socially distanced. While at golf practice, if you walk far apart from other players, you are able to take your mask off. Since the athletes' golf in groups of fours, "the only time you have to wear your mask is when you are closer than six feet, and then you can take it off while actually hitting the golf ball", said Varsity golfer, Akhil Kommala '22.

Prep Hockey captain, Thomas Langston '21, spoke about how the athletes at practice have to stay socially distanced since they don't need to wear a mask underneath their helmets. Prep hockey players only have to wear masks off the ice and in their locker rooms mentioned Langston. While doing drills on the ice, the players make sure to be as spread out as possible. Even though every sport differs as to how they wear their masks and how they stay socially distanced, it all comes together since we are a community trying to keep each other safe.



LFA Girls Varsity Tennis mask up while talking on the sidelines.

Photo by Shylee Saladi

# Changes in college recruiting

By David Oluwole  
Senior Sports Editor

From standardized testing to sports, the impact of the pandemic has been swift, and for prospective college athletes, potentially disastrous. Athletes all over the country have been anxiously waiting and hoping for a season in order to be recruited by colleges. Guidelines for sports are different state by state. Illinois is restricting most sports for the fall, while states like Indiana are proceeding with sports such as football.

For most sports, the prime grades for recruiting are taken in athletes' junior and senior years of high school. For many people, getting an athletic scholarship is their only way of attending college. For others, being recruited is the only way they could get a chance to play collegiately in a sport that they've spent their lives perfecting.

Senior Nick Mesrobian was really looking forward to playing football this fall outside of school since the football program had already been cancelled at Lake Forest Academy. "This season was supposed to be the cherry on top to my football career before college," he said.

"I hoped for this season to propel me into playing football at the next level."

When asked about his current plans, he stated that he has still been training and working out as if there was a fall season. "I have been continually working on my craft, and am just patiently waiting for news about when we can get back on the field."

For many others, the pressure is a lot less, but the same consequences are still reaped. For juniors such as Stefan Momcilovic, opportunities to build relationships with coaches are delayed. Per NCAA rules, soccer players aren't allowed to communicate with coaches until their junior year. With the pandemic and limited playing opportunities, many players such as Momcilovic could miss vital time periods to interact with coaches.

Momcilovic stated, "I'm not too worried, but I'm counting training with the school along with my club. All I can do is hope we have a season and continue to train hard."

In the meantime, LFA has done a great job in providing students opportunities to still train and play their sport as a PE. Junior soccer player Giuseppe Maida said he likes how he has the op-

portunity to continue to train even without any scheduled games in places.

"I've been training almost everyday, and I'm confident when the season is announced, I will be in great shape," Maida said.

While the pandemic has had a substan-

tial impact on sports and recruiting, LFA has taken every possible effort to keep sports in the lives of its students, and although the date of the season for many sports starting is up in the air, students will still have the opportunity to play.



Stefan Momcilovic '22 checking in for a pass.

Photo by Stefan Momcilovic

## A long overdue name change?

By Mimi Osborne  
Managing Editor of A&E

The 1991 Super Bowl winning Washington Redskins are widely considered to be one of the best teams in football history; however, the team has received endless backlash over the past years over a rather problematic issue--their name. The Washington Redskins, to no avail, were included in the long list of controversial Native American mascot names. However, since November 2014, when the first open protest fighting against the name was held outside TCF Bank Stadium, the bashing against the team has escalated.

The word "redskin" originated during the colonial period when English settlers first came across the Indigenous People, and referred to them as being "red" based on their ethnicity. This term was not deemed derogatory at the time, and has since maintained that perception for some. Many Washington football fans, for instance, claim that as many schools with a dominating Native American population use the mascot "redskin," it is therefore not offensive. However, in 2013, the principal of Red Mesa High School in Arizona, whose mascot is the Redskins, stated that the word should be refrained from use if not within the Native American community, as the term has a legacy of negativity. This public announcement acted as a catalyst to the protests against the term, and a gradual incline in people beginning to argue this as well.

Despite this, many Washington fans believe that the word has not been directly spoken against by the Native American community and should therefore remain as the mascot. Darrin Madeley, Athletic Direc-



The original logo (left), and the new logo of the Washington football team (right).

Photos courtesy of Washington Football Team

tor at Lake Forest Academy, argued that "if the Native Americans the Redskins are representing are proud of the symbol and the logo being represented, then it should stay. If they are not, and they find it offensive, then they have the right to ask for its removal. There should be no hesitation around that. Unfortunately, I think, there are people involved who shouldn't be involved." By this, Madeley is referring to larger organizations and sponsors of the Washington Football Team.

The largest sponsor of the Washington Football Team, FedEx, recently presented them with an ultimatum. FedEx stated that the team had to either change its name, or lose its partnership with the company. The team currently plays at FedEx Stadium, so losing the partnership would have created turmoil within the community. Many

side with Madeley and believe that only the Indigenous People have a right to say what happens with the name change, and that larger corporations should not. Nick Mesrobian '21, however, stated that, "they want to make a stand and use their voice for once. Plus, these companies sacrificed billions of dollars by doing this. I think it is fair and a good thing."

Constantine Alexos '21 shared similar beliefs to Mesrobian, saying, "The Redskins haven't been a very good team for the last couple of decades, and I think they need a major culture change. So by changing the name and starting fresh, this will significantly help the organization."

On July 13, the formerly known Redskins changed their name to the Washington Football Team. Mesrobian pointed out, "Most players aren't from the DC area, so

they never had a connection to the team before being drafted or signed. I believe this extends to most of the community, and it is a pretty easy change to just say 'Washington' or the 'Football Team.'

Alexos also said, "I also believe that people around the Washington area and the community will show the Washington Football Team more respect and appreciation for making a change and listening to the fans."

Above all, the team is associated with honor, and as Madeley stated, "having players of high character; people who work hard, play hard." Even though the changing of the name will bring a shift to the team and its surrounding community, the largest impact will be over what comes next.

# A closer look at global re-openings

By **Bela Jesús**  
Managing Editor of Global

LFA students come from so many places across the world, and the differences and similarities between the places we are from have never been more prevalent than now. A global pandemic has caused the world to shut down, but countries have started to reopen as governments have learned how to deal with the virus. Across the three very different places of China, Ukraine, and Wisconsin, students have experienced the virus very differently, and the reopening of their homes has shown just how different but similar our world is.

China was hit the earliest during this global pandemic, as the source of the spread was in Wuhan, China. After an intense and strict quarantine across the country, China has learned to bounce back economically and socially. The country started to re-open in the spring of this year, and things have changed drastically since the initial panic about the virus. In China, they created three different levels of protocol depending on the province. Masks are used on public transportation, but are not really required outside anymore. People in restaurants are not distancing. All these rules have been established by the federal government.

When asked about how people feel towards the pandemic, Haili Sun '22, a student from Chengdu, China, responded with, "In China, people are just relaxed and don't even care that much... It's like normal now." Most provinces are on the first and second level of protocol, meaning that following rules are optional. Sun said that most people seem to not care very much anymore, and in places like restaurants, people are not distanced at all.

Initially, Ukrainians were not hit very hard by the pandemic compared to other countries. However, there was a three-month lockdown in order to prevent further damage. Recently, Ukraine has started to open up. According to federal law, Ukrainians are required to wear face masks when indoors. Restaurant seating is only outside, and there are sanitizers everywhere to promote healthy habits.

However, the general population became antsy after such a long time in lockdown and started to stop following these protocols. Illia Slipchenko, a junior from Ukraine, stated that, "People hate it, nobody wears a mask." Slipchenko said that despite the laws put in place, nobody seems to really care anymore, and nobody gets reprimanded for not following the rules.

Just over the border from here in Wis-



Courtesy of US News and World Report

Chinese citizens experiencing COVID-19 this past August.

consin, COVID-19 is dealt with like many other places in the United States. The U.S. has an incredibly high amount of cases, and state governments were the ones to create lockdown and mask protocols. Despite the United States being one of the countries worst hit by the pandemic, reopening happened very quickly.

When asked about how her state was reopening, Sophia Sokhi '22, stated that, "No one really abides by the rules. Bars are open and everyone is drinking ... People are mad they had to stay quarantined because people still believe the virus is a hoax." Local laws are not enforced, and

the fact that many believe this virus is fake shows the misinformation that is spread so easily around the United States. Unfortunately, the number of cases in Wisconsin has been surging in recent days, with scientists believing the neighboring state is on the cusp of being a new center of outbreak.

Despite there being many different protocols countries are making in order to reopen, the response by the population is generally similar. People are simply tired of this virus, and most just want to be done with it, despite the consequences that not following community guidelines can have.

## Global desensitization: The dangers of activism overload

Ramya Herman and Briana Murphy  
Editor in Chief and Creative Director

Sensory overload has allowed us to lull ourselves into a state of activist complacency, as paradoxical as it seems. The world has become desensitized to the cries of the suffering by simultaneously placing them in front of the same megaphone-- the famine ridden stomachs of those in Yemen attempt to harmonize with the stolen uteruses of immigrant women.

While social media has presented individuals with the opportunity to raise

awareness in some of the most effective and globally reaching ways ever, it has also presented people with the burden of both baring this knowledge and not being able to empathize properly due to becoming overwhelmed with information.

For those experiencing the information on a more personal level, either being part of the affected community or having family members who are, everyone's sudden obligation to share brutality and suffering has presented these groups with an opportunity for advocacy and assistance, but also a lot of trauma is continuously stacking up on it-

self, piling into a formidable added adversity in the mental space of a lot of marginalized groups. That brings up the question: "Where is the line between advocacy and abusing access to traumatic information?"

While one's ability to participate in change is dependent on their circumstances, resources, and a number of other factors, it is important to make the distinction between raising awareness and indulging in the over-sharing of hurtful experiences that are intimate to a specific group or community.

Some ways to avoid the latter are to: when spreading awareness, add a trigger warning to detrimental content, and not only posting the content but ways to help and resources or organizations to get in touch with as well. This way, the incident is being acknowledged without glorification and creating a direct pathway from knowledge of a situation to active assistance of it. By doing this, the excessive displaying of distress is lessened for those who heed the warnings and allows for more access to effective methods of inciting change.

The world has become more conscious of issues that aren't just local, but regional, and people are beginning to advocate for people in other countries and continents. With the constant stream of news that people can receive through the internet, surely the effects of constant activism have been seen this summer especially when referring to activism exhaus-

tion. When you fight for several causes frequently, and you feel the need to keep up that much effort, the energy you used to put towards activism has lessened.

This often leads to feelings of disappointment and a compulsion to keep up the same level of activism because it's hard to take a mental break when there are so many issues that constantly need attention and support.

There's also the issue of constant research and concern over whether or not something is actually helping the cause. When there are so many links and causes to donate to, it gets hard to differentiate which ones will actually help the cause.

There are many people who often take advantage of terrible situations to make profit. The most important thing is to read all information very carefully and try to see if the information is true with a quick Google search or even a look on social media. will give insight into what to support.

The most important thing is to make sure that whatever you're doing actually helps either spread awareness with factual information or directly supports the cause you're fighting for.

This can also lead to activism exhaustion because constantly worrying over whether or not accusations are true or not, especially when it's an issue that doesn't affect you personally, is hard on a person emotionally. It's important to know your limit and when you need to take a break.



Image by Ramya Herman

Instagram is one of many social media platforms providing constant awareness.

## Impacts of the Kenosha shooting

By **Kirstin Palasz and Mimi Osborne**  
*Photo Editor and Managing Editor of Arts & Entertainment*

On August 23, 2020, turmoil broke out in Wisconsin. Jacob Blake, a 29-year-old African American, was shot seven times in the back by police officer Rusten Sheskey, an incident that sparked protests and rioting, not only within the city of the encounter, Kenosha, Wisconsin, but also throughout the entire nation. Protests began the day of the shooting, August 23rd, and have continued to present day. There has been over 50 million dollars worth of damage, and on August 26th, President Donald J. Trump sent 2,000 members of the National Guard, the reserves of the United States Army and the United States Air Force, to, as President Trump said, “restore law and order.”

Lake Forest Academy is a mere 24 miles away from the city of Kenosha, and as a result of the shooting, has been directly impacted.

Bela De Jesús, a junior at LFA, said, “It’s always painful on a human level, but because it was so close to here, it instilled fear in me. I do have a brown father and brother.” Despite the shooting being so close to LFA, one Black Student Union (BSU) leader said, “There have been so many tragedies such as these; I’m numb to things like these now, things that I shouldn’t

be. It’s upsetting that I’m used to it.”

Ackim Mpofo, a member of the History and Social Science faculty, noted the violence at the Black Lives Matter protests, specifically those occurring in Kenosha, as, “the language of being hurt. If people are not heard, they end up being hurt. I do not like violence, but if people’s messages are not heard, they tend to do violent things.”

Mpofo, hailing from Zimbabwe, has faced oppression for the majority of his life and said that, “being black has hindered [his] life to some extent.” During his college years at Northeastern University, Mpofo would encounter problems with security. He said that, “Even though I was one of the best athletes there, when they [the police] would see me, they saw me as a threat.”

When asked about one thing he wished could be changed about the stereotype of Black people in American society, Mpofo said the perceived “threat of, specifically, Black males, and with Black women, associating them with being emotional and angry.” The same question provoked a similar response from a leader of BSU, who said, “The stigma that comes with black people being dangerous or just the negative idea of black people being uneducated.” With regards to how LFA has handled this movement, Mpofo said that, “LFA has done a good job. You know, they

## Political hypocrisy in big brands

By **Briana Murphy**  
*Creative Director*

In the politically aware environment that we currently live in, consumers aren’t afraid to use their economic power in protest, refusing to support companies that support different political or social issues. Companies have finally begun to take notice of the political and social responsibilities they have.

Companies have to be aware of the advertisements they put out and what they support behind the scenes. In many cases, if enough people find a company’s message offensive, that company will get boycotted online and in-person.

Especially those in the younger generations have come to understand how much power is behind their money. People have taken to protesting with their spending or spreading information, which explains why companies shouldn’t be supported just for activism.

Despite this new uprising in the cancellation of certain companies and media outlets, some media outlets still have very conflicting political ideals. Many come out to support movements like the Black Lives Matter movement or the #MeToo movement; however, they don’t practice what they preach. For example, the popular social media app TikTok admitted to censoring POC, poor, overweight, LGBTQ, and disabled creators. After noticeable discontent and

multiple protests on the platform came the “blackouts.” Blackouts were app-wide protests done by creators to showcase and empathize with the creativity and the necessity of supporting black creators. The people behind the app decided to promote diversity and hold different events to help with the inclusion of minorities into the app’s algorithm.

In addition, TikTok held a black creators summit where black content creators could network, and had several speeches and created the #MakeBlackhistory campaign. They also held a series of week-long virtual events for Asian-American and Pacific-Islander months.

This is where the hypocrisy comes in. Some companies continue to do the things that lost them sales or caused controversy by not changing anything and merely cloaking the problem behind something else in order to get a better reputation without morphing the way they do business.

Some companies use social justice movements or political views to get more customer traffic and increase their sales. Big companies have been participating in brand activism, which is taking from the real activism from companies; brand activism is more about the perception of actions and how they deal with intel issues. It’s the difference between a company simply changing their logo to a rainbow on



New Yorkers protesting the killing of Jacob Blake August 24, 2020.

Courtesy of New York News 1

have sent out emails and set up speakers.

Erin English, a Health, Wellness, and Community Teacher, said that, “Youth voice matters. Youth has so much more power than they realize, and there is a hopefulness to engage and to change the world.” English is part of a mixed family and said that, even though she has been made to feel welcome in American society, “that’s different from being made to feel as if we belong here.” As a teacher at LFA, she hopes that her students will leave with a broader understanding of how to interpret others’ views, and how to listen respectfully and engage respectfully as well.

When asked about what comes next regarding the BLM movement, a leader of BSU said, “Before we do anything, we have to just listen to what’s going on, listen to the people that are hurting.”

Another BSU leader said, “One thing that’s important is to recognize that the Black Lives Matter movement isn’t black lives matter more than other people, but that they matter too.”

During these trying times, it is very important that the LFA community listens to others’ views and provides support to everyone, as respecting each other and loving each other is the best way to heal.

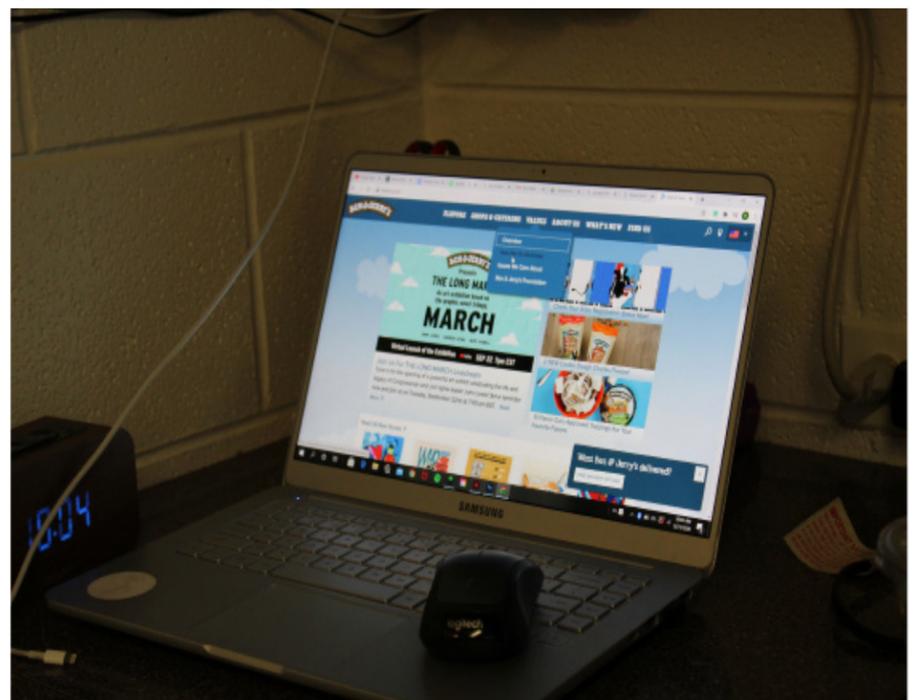


Photo by Briana Murphy

Brands such as Ben and Jerry’s have taken multiple stances on political issues.

social media or actively supporting their LGBTQ Workers or the community. Even with the current Black Lives Matter Movement, many companies will voice their support and concern for the community; however, their actions will not match their words.

Let’s take the Tasty Test kitchen a part of BuzzFeed that creates recipes and tests out how to make certain food gourmet online; for example, they voiced their support for communities of color; however, they were mistreating and underpaying their workers of color. For instance, the NFL firing Colin Kaepernick for his peaceful protest of kneeling during the National Anthem; however,

they put out a statement and now encourage or at least support the same behavior that got Kaepernick fired. There’s a lot of things behind the scenes that are just now being uncovered with the level of support given to those who lost their job because of things like this in recent years.

There is a massive difference between supporting a cause and riding the wave of profit that comes with supporting a cause, and many companies don’t seem to know the difference. Proceed with caution when supporting a company for their public beliefs because, unless you look below the surface, you can’t be sure that it’s not simply brand activism.