

SPECTATOR



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MAY 3, 2021

NEWS

After so many years of service to LFA, Mrs. McCabe and Mr. Dunlop have decided to retire. They have been an institution in LFA history.

page 3

**OP-ED**

Wonder how your fellow upperclassmen have been surviving without a license--from an upperclassmen's perspective?

page 8

**FEATURES**

If you need any recommendations on where to eat around Lake Forest and surrounding towns, check out a wide range of places to fit your palate.

page 16



COVID-19 vaccines for students

By Shyilee Saladi*Managing Editor of Production*

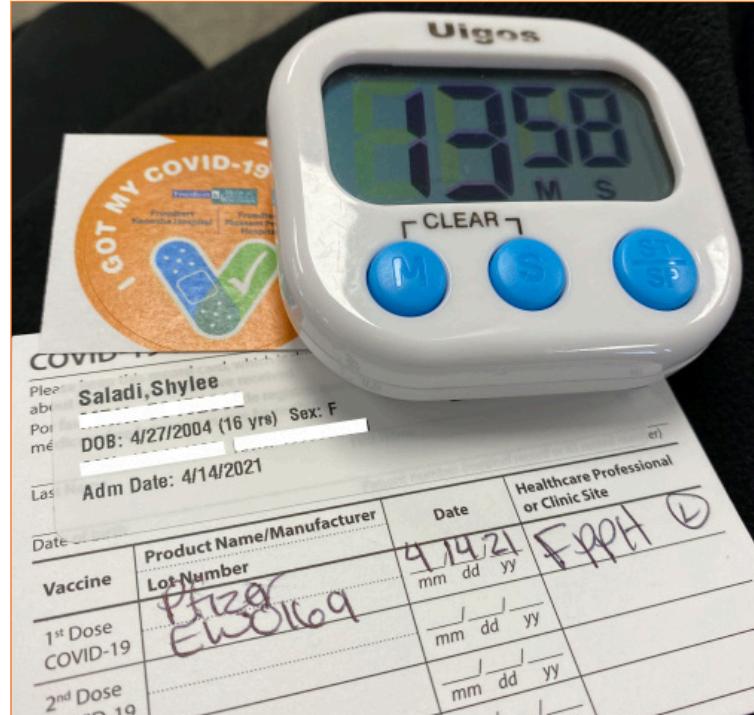
As more testing trial results have come out, the Pfizer-BioTech Vaccine has become available for children ages 16 and up, and even more testing is in the works for those ages 12-15. In terms of LFA, this enables most sophomores, and any junior or senior that wants the vaccine to get it. By the end of this school year, around half of Lake Forest Academy students will have had the opportunity to be vaccinated or get their first or second dose of Pfizer or Moderna (for older students).

Since the vaccine requires an appointment, it has been increasingly tougher to sign up for an appointment right when slots become available. Since students are in school during that time, that requires students to travel out of their way to get the vaccine. Some students like Kelsey Rosales '22 and Owen Coxe '23 traveled as far as Kenosha, WI in order to receive both of the doses of the vaccine. After receiving the first dose of the vaccine, both students said that the only side effects that they felt were their arms getting very sore, but that was not a factor when deciding to get the vaccine. The second dose of the vaccine has its own set of side effects that make many wary of getting it. Lily Ainsley '22 said that she "was quite nauseous and had a fever for a couple days. But it was so worth it!" The potential side-effects do not outweigh the

benefits of getting the vaccine, which is immunity to the particular strain of the coronavirus. Even though the long term effects of the vaccine are not known, many doctors, researchers, and medical professionals are advising, for those who are eligible, to get the vaccine. This is to achieve as close to herd immunity as possible.

The Center for Disease Control recently announced that they are changing the social distancing guidelines to three feet for K-12 schools in order to allow those schools who have not been in person, to once again be in per-

to allow schools that don't have the space to allow for six feet social distancing to open up again. "The CDC is still calling a close contact someone who is within six feet of another person testing positive for COVID" said Kliner. Taking health equity into consideration, many schools have not had the opportunity to open from the very beginning of this year because of the space limitations of the classrooms or the student body size in total. The disparities within health equity has allowed for a decrease in quality of many students' education who



*Photo by Shyilee Saladi
After receiving any of the COVID-19 vaccines, there is a 15 minute waiting period in order to catch any potential allergic reactions.*

son. Speaking with Anna Kliner, LFA's Director of Health Services, allowed for a clearer explanation for the new social distancing guidelines that the CDC has set for K-12 schools, as well as how day and boarding students are able to get the vaccine. The CDC has changed its guidelines for social distancing to three feet



*Photo by Shyilee Saladi
The Pfizer-BioTech vaccine, along with the other two vaccines, have to be kept at a certain temperature in order to stay active.*

Students who are eligible to receive the vaccine, but have not found a place to do so, were able to receive their vaccines on-campus as LFA was able to administer the vaccine on April 27th. Kliner said that LFA has now partnered with "Allvax on campus vaccination, extending that option first to boarders," and the "leftover spots going to day students." This is a big step in the right direction with "60% of the 271 students eligible for the COVID vaccination indicating that they have received their first doses or have a scheduled vaccine appointment" said Chris Tennyson, Dean of Students, in the weekly COVID-19 report.

With LFA being able to administer the Covid-19 vaccines, there are now spots open for everyone on campus, not just LFA students. This allows for the entire community to have the ability to get vaccinated, on campus, to move closer to herd immunity on campus next year. This ensures that almost

all of the students who are eligible for the vaccine have already started the process or have finished getting both of the doses.

The hope for next year is for all of the students who want to be vaccinated having had the ability to be or having already completed their vaccination cycle as well as students being able to fill a van up to "normal" capacity once again. Next year, students might actually have the ability to go to the winter formal and prom. To not have to worry about being a close contact and quarantining for two weeks. The hope is to get as back to "normal" as possible while still keeping the LFA community safe. In order to get back to a normal year, the best thing for students and the rest of the community is to get the vaccine, if they have the ability to do so.

*For more information please visit:
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html>*

New yearbook formatting for the 2020-2021 school year

By Rachel Johns

Managing Editor of News

The excitement of getting the yearbook at the end of the school year is an unparalleled feeling, perhaps rivaled only by the thrill of reading the new *Spectator* each month of course. This year though, the beloved catalogue of Caxy recollections will be a bit different. In an interview with one of the yearbook advisors and Assistant Dean of Admission Emily Kalis, many fundamental changes to this year's yearbook were outlined.

Kalis took on the mantle of Yearbook Advisor alongside her colleague and friend Dave Atas, Head Athletic Trainer. After suggesting each other for the job, they were asked to become co-advisors. The need for new yearbook advisors came about when the previous advisor, Jason Koenig, the Fine and Performing Arts Chair, had scheduling conflicts that precluded him from attending every yearbook meeting.

Atas and Kalis officially assumed their positions as advisors at the beginning of second semester, not knowing the challenges that would lie ahead.

College admissions: Dissected within the pandemic and the future it reveals

By Ambika Gupta

Staff Writer

The pandemic opened a floodgate to challenging, long brushed-aside topics, like equity within the college admissions process. Some of which were remedied within COVID-19 ramifications, and these adjustments have and will continue to affect admission into higher education.

Standardized testing has been criticized due to the link between scores and the test takers' respective family incomes, opening up the debate to possible equity issues. Last admission season, many schools implemented test optional policies which were extended to this year as well. These changes result in more weight being placed upon grade point averages and the rigor

of academic courses taken. However, this decision will depend on each college's situation, such as the volume of applicants they received. Mia Rodgers, Associate Dean of College Counseling, reported that NYU received more applications than Harvard this year, which she believes is a consequence of the test optional policies.

Ben Wetherbee, Associate Dean of College Counseling, mentioned how Tufts and Vanderbilt, "two test sensitive schools," admitted half of their applicants who did not submit test scores in the Early Decision (ED) round. The ED round typically accepts more students than the regular decisions because those accepted in early decision have a binding contract to attend the school. This ensures higher yield, and the per-

cent of accepted students who choose to attend that school, which affects a school's overall rankings. Furthermore, the pandemic has caused financial instability, which will most likely result in schools having accepted even more of their student body in the early decision phase, as they did during the Great Recession, because it secures a student body.

Regarding the truncation of the yearbook, Kalis said, "As much as it seems like it is cutback a lot, we fought to have what it is going to be this upcoming year...I hope that students, despite

the usual half-page ads. Interestingly, families still needed to pay the same price to place an ad that is four times smaller. it being a visually very different book than in past years, that they still feel that tradition and that sense of community come through in this edition...We empathize with you, we completely understand the frustration, but we worked with the cards that we were dealt."



Photo by Rachel Johns

Gigi Taillon '21 skims through the 2019-2020 LFA Yearbook.

College admissions: Dissected within the pandemic and the future it reveals

Normally, LFA has around 200-250 college representatives visit, which allow LFA students to meet and possibly form personal connections. This year, those meetups were replaced with Zoom calls. Though Zoom can never fully replace an in person event, Ms. Rodgers believes that "personality [of a school] can still be seen" within the Zoom, and even offers some advantages. On the screen, each person's name is listed in the square on the screen, guaranteeing that college representatives will not forget names during the meeting and possibly remember them more clearly after being presented with them for a longer period of time. Also, showing interest in a school will be more accessible due to the lack of transportation issues, offering a large advantage to those who attend meetings for schools that value demonstrated interest. These virtual meetings will likely continue in tandem with in-person meetings once COVID-19 restrictions allow.

Within Early Decision are unforeseen obstacles for those of a lower socioeconomic strata; this is due to the fact the Early Decision acceptances are binding. These binding relationships limit a student's ability to compare financial aid and scholarships with other schools. Furthermore, the Early Decision speeds up the college admissions process, so those who have access to a college counselor benefit greatly.

The future of test optional policies will depend on how students now perform who were accepted without test scores. Wetherbee reports that the National Association for College Admission Counselors determined that 64% of the colleges that moved to test optional policies plan to keep it that way permanently.

Besides the debate on whether or not to continue test optional practices, lies the debate about the relevance of the tests themselves. According to the University of Chicago Consortium on School Research, standardized test scores don't predict college success to the extent that is widely believed. In fact, grade point averages are five times stronger at producing accurate predictions than ACT scores.



Photo by Ambika Gupta

Akin Aboyade-Cole '22 visits Scoir.com to work on his potential college list.

MAY 3, 2021

3

The legacy of Connie McCabe and Paul Dunlop: The people, the program, an LFA institution

By Nghi Doan and Max Ma

Staff Writers

Recently, many LFA students anxiously ran down the hallway of Corbin, returning to the ESL classroom and the “fishbowl office,” as they heard rumors about the retirement of Connie McCabe and Paul Dunlop, the founders of LFA’s ESL program. Paging through yearbooks, one can find that over the past 42 years, there have always been two figures standing with us. Maybe some students are not familiar with their existence, but they have always been here, quietly supporting and helping the global family of LFA.

After 42 years of teaching, McCabe and Dunlop officially announced their retirement from the Academy this spring. According to McCabe, “Mr. Dunlop and I, working on the second generation, had at least six children of our former students. We would always laugh and say we would not make the third generation.” When asked about what they liked about the LFA community, which made them stay there all the time, McCabe said, “It keeps changing. It’s never boring. We had—I can’t even count how many heads of school—maybe like eight. That’s always different.” The reason they chose to retire this year, according to Dunlop, is because of the length of their tenure. Also, they have retirement plans, and they believe that it is a good time for them and the school to move on.

Since they arrived at LFA together in the fall of 1979, they have brought endless help, immeasurable growth, and wonderful memories to the entire LFA community. Their teaching has helped class after class of international students. In the fall of 1979, Lake Forest Academy partnered with American Language Academy, an independent company, which introduced McCabe and Dunlop. Together, they came up with the ESL program that included grammar, writing, reading, and listening classes. According to Michele Vaca, an ESL teacher, “They would travel to make connections for the school so that there would be international students here. They were recruiting students because they wanted the best students for this school.” The ESL program has helped generations of international students learn and improve their English, ensuring that the students would be ready to mainstream into the LFA curriculum.

Lusanda Mayikana, Dean of Pluralism &



Paul Dunlop and Connie McCabe pose at an LFA event.

Photo courtesy of LFA Communications

Multicultural Affairs, said, “The ESL program creates a solid and firm foundation for its students so that they would come to normal classes prepared. In a way, this strong foundation is a way to honor Ms. McCabe because of her way of teaching, allowing ESL students to be good students in class.” The program was then expanded to include six weeks in the summer because they wanted something more year-round. The Summer ESL Program created by Dunlop and McCabe has helped the LFA community in various ways. According to Mike Reidy, Chief Financial Officer at LFA, the Summer ESL Program is a highly vital economic source that contributes to the overall financial health of the LFA community today. “Our summer programs and our wedding business are critical to us. Our summer programs, between our ESL program and our summer sports camp, bring about 1.4 million dollars of revenue. In a normal year, net tuition is 18 million dollars. 1.4 million out of 18 million is about 7.5%—that is a big chunk that we don’t have to charge in tuition, we don’t have to ask for donations, that provides a lot of net income to the school,” said Reidy. However, the significance of the Summer Program goes beyond the financial help it provides, as it also helps to expose the LFA community to all kinds of international students. According to Reidy, “Maybe a lot of the summer school’s students don’t eventually end up coming to

LFA; however, when they go back, they will tell their friends about us. Therefore, it helps us in a number of ways.” 40 years ago, when Dunlop first started the Summer Program, it was not as large and profitable as it is today. Reidy said, “When Paul and Connie started, they started 40 years ago, a long, long time ago. The program was just very, very small. It was probably a hundred or two hundred dollars of revenue, so they’ve taken it from that to what it is today. It has come a long way”. After forty years of refinement, today’s Summer Program has developed into a comprehensive one that perfectly balances and combines learning and growth with entertainment and fun. To achieve today’s scale and sophistication, McCabe and Dunlop have also put in a lot of thought and effort. Dr. Ruth Smith, a science teacher at LFA, who has also taught ESL for the last ten summers at LFA, as well as summer science camps, said, “As a teacher coming in, you never realize how much she has to consider, because there are different students coming from different nations, and they are only allowed to have certain visas, if they learned certain materials, or if they are in class a certain number of periods a day, so she has to balance all that out, with also making sure the students have to go shopping, having this much sports opportunity, go out to eat and to have trips to downtown. Over the years,



As LFA's summer ESL program gathers for a group picture in a typical year, one can feel the scope of McCabe and Dunlop's impact from just the summer program alone.

Photo courtesy of Connie McCabe

she planned out an excellent schedule.”

Besides the ESL program and the Summer program, which help international students better integrate into LFA, McCabe and Dunlop helped initiate an Oral English Training Program in China, a professional development program for Chinese English teachers wanting to further develop their own English skills for teaching. The ESL program and the Summer School program have exposed McCabe to contacts with many international students, and McCabe has maintained a unique and strong bond with them. Therefore, in 2005, she was welcomed to this Oral English Training program in China, started by a group of LFA alumni. Since then, every summer, McCabe would bring a group of LFA teachers to China with her to train local English teachers. The program usually lasts around two weeks. According to Amanda Krause, Journalism Program Coordinator and English teacher at LFA, who has also traveled with McCabe to China three times, “The point of this program is to help teachers in different cities get exposed to more innovative ways to teach English to their students: innovative practices, hands-on learning, student-led learning, etc. For a lot of rural teachers in China, especially middle school and some high school, they might have never had an instructor or even met an English speaker that’s western.”

According to McCabe, “You start learning English in China in the third grade, so you need a lot of English teachers, but some of these teachers have never met a native speaker. A lot of times, we are the first native speakers they have ever met.” Hence, for McCabe, working with teachers in the Oral English Training program has always been rewarding and meaningful.

When asked about McCabe’s attitude towards the program, Dr. Smith, who has traveled with McCabe to China during the summer several times, told us, “She really wanted to help and make a difference. She took it very seriously; it wasn’t just fun and games for her. It was, ‘I am trying to make a difference to these people; they are trying to learn English. As they don’t have a lot of chances to go to places where English is spoken natively.’” The trip to China is also often challenging and unpredictable. Smith continued, “The China trip with her is exhausting. She warned you that you never know what you are going to get: are you going to have chalkboards, are you going to have an overhead projector, are you going to have the smart boards, is there going be any air conditioning, are you going teach early in the morning until five? You just never know. You have to realize you had to do what you had to do.” Therefore, to be able to correctly respond to these unknowns and challenges, McCabe often challenges the teachers she travels with to grow into the most adaptable and calmest as well.

According to Krause, “she pushes you to push through difficult moments, but she makes you take in, and absorb, and enjoy everything for all you can extract from it. All kinds of different situations during traveling really taught me to have the

The legacy of Connie McCabe and Paul Dunlop: The people, the program, an LFA institution

Continued from page 3...



Photos courtesy of Nghi Doan and Connie McCabe

Above: McCabe continues to connect with her ESL class when they're forced to go virtual in the spring of 2020. Top-Right: Endless students have gone through McCabes progam over her four-decade long career at LFA. Bottom-right: McCabe shares her techniques for English instruction with high school teachers in Jiangxi, China.

mentality for flexibility and endurance.” In addition to the programs that she has carried out through the years, McCabe left a heavier emotional legacy in teachers’ and student’s hearts in terms of inspiration. McCabe has always been a strict no-nonsense teacher who has a powerful and lasting impact over her students. Krause stated, “Her command over curriculum, over students, over content, can’t be parallel to anything else I can think of. Seeing the power she commands and has had carried with both students and adults; in terms of how to exude strength, how to exude control and confidence are definitely things I learned from her.”

Zhiyu Yin ‘23, a sophomore at LFA, stepped out and shared one of her memories with McCabe, recalling, “When she taught us, she was really strict. She taught really good grammar, reading, and writing, which helped us throughout the school years. One day in her class, we were writing something about a reading, and when I quoted sentences from it, I made some small mistakes of words, but my mistakes were not prominent so I didn’t expect Mrs. McCabe to notice. Remembering every single word from the reading assignment, however, she recognized the mistake quickly, showing how experienced she is, and how strict her attitude is towards our studies of English.

Besides her strictness, she has always been a loving and caring figure who will spare no effort protecting and standing up for her students. Krause said, “You are like her children. She will fight for you. She has no hesitation in fighting for her students, and she doesn’t care if it might rial someone else’s feathers; if it’s for her students, she will do it. And she will make sure it goes through. It’s also something that is inspiring, because it shows that when your heart is in the right place, there is something that is worth fighting for. I learned from her that if it is for your students, it is definitely worth fighting for.”

Beyond being a strict but loving teacher, she is also a caring and thoughtful friend. When asked about a favorite experience with McCabe, Dr. Smith recalled, “I remember getting on a plane. For 14 hours I’ve got to sit on a plane. I’ll just watch movies, because I don’t usually sleep on the planes, but my movie thing wasn’t

working, and Mrs. McCabe was immediately up, finding a place to sit where I could watch movies. She’s the type of person who will go all kinds of ways to defend you and help you when things are kind of rough. Knowing that she is the kind of person who will jump in and defend the people she really cares for earns me all the respect for her. I do think I have learned from her that when you need to say something, say it. Don’t hold back when you feel like you need to defend somebody--just step out.” McCabe’s thoughtfulness and help made her form a solid emotional bond with her students.

When asking about the travel with McCabe to China, Krause recalled seeing her strong connection with her past students. “Seeing her relationships with students from decades ago, and those students who are now parents, and her being invited to their weddings and her staying with them--just the unbelievable bond and how it carries on with the years. It shows all the teachers that this is what can happen when it makes all the difference. This is how lasting an impression you can have on students. Seeing the legacy that you can have for your students, not just in the school, but in their futures, has been really meaningful for me.”

Therefore, when knowing about McCabe and Dunlop’s retirement, many teachers and students showed both regret and respect. Yin expressed, “When I heard that Mrs. McCabe is going to retire, I didn’t feel shocked, but I felt sorry for the people who are coming here and are going study ESL. They won’t have this wonderful teacher to help them improve their English anymore. Before her retirement, we(old students) guessed when she would retire. We knew it’s going to happen, sooner or later, but we all hoped that she could stay as long as possible.”

Also, Jiayi Sun ‘23, a remote sophomore student, remarked, “I was astonished about this because she’s gonna end her career of teaching for almost forty years, and I also felt sad because I cannot be there to bid her farewell.”

More than just being a great teacher to the students, McCabe was also a role model, a mentor, and a mother figure to many adults. Krause stated, “She’s definitely been my mentor, but she’s much more than a mentor; she’s been a guide in terms of



navigating. I definitely don’t think that I would have been running a program here now if I hadn’t had all of her tutelage for years, guiding me to assert myself.”

When asked about McCabe’s presence in her heart, Mayikana pointed out, “She has been a great role model over the years for me since I can only look up to her since I can never match up to her strength. That physical strength nor mental strength that she exudes is something that I can never match up to.”

Vaca added, “She was really my support and my voice. She is my mentor and a mother figure to me.”

Besides all the fond memories that students and teachers have recalled, McCabe also expressed her strong emotion towards the Academy. When asked about her favorite memories at LFA, McCabe said, “You really can’t pick one. There are so many.



Photo by Amanda Krause

McCabe enjoys teas at Song Fang Maison de Thé in Shanghai, one of her favorite locations to visit before her annual trip to teach at LFA’s Oral English Training Program for teachers in China.

The sweet sixteen gleam: A closer look at the LFA parking lot

By Ella Gartz

Staff Writer

As the vicious COVID-19 cycle of opening and closing public buildings carries on, students rush to secure a driver's test before the revolving door kicks them out again. This has spawned a long line of anxious teenagers out the door of the deficient DMV. Some are over halfway to seventeen! Those lucky enough to make it through are galvanized to get going. Belated birthday presents and hand-me-down cars put the pedal to the metal.

However, it is not all hoopla and hot wheels, as this coming-of-age moment can be bittersweet for the passengers in the backseat. Caxy commotion spurs the few streets on campus. Parking lots consume with clusters of people wondering which car matches which driver.

In America, our media has signified age sixteen to be the most salient part of growing up. Popular movies, such as *Ferris Bueller's Day Off* and *Sixteen Candles* set the cool teenager characters speeding around in red Porsches and Ferraris. After paving the way, other high school centered movies such as *Mean Girls* fol-

low suit, with the popular girls pulling up in a top-off convertible. Jennifer Madeley, School Counselor and Health, Wellness, & Community Chair, stated, "When we see the media, we see perfect bodies, relationships, and no real struggle for money. That plays a role in a lot of the way young people look at themselves."

This directly connects to current Caxy events. A yellow striped slab of concrete has become the cornerstone of campus. Considering the sports requirement at LFA, student athletes make up most of the population on campus. These students are left with at least 30 minutes after class and before athletic practice. Usually, students eat or hangout during this break in their locker rooms or Crown. However, to ensure safety in the pandemic, capacities have been reduced significantly and usually vitalized indoor commons are closed. That has directed boarders going to their dorms and day-students heading to the parking lot. This allows for a mask-break and snack-time, but no tried-and-true LFA unity.

At such a diverse school, LFA prides itself on inclusivity and productive discussion of differences. Our population is made up of people differing on the basis of race,



Photo by Angie Cotton

Students and visitors park in the Crown parking lot.

gender, sexuality, among other things. One, often overlooked, critical component of diversity is socioeconomic background. Equity is difficult to achieve when access and privilege are so widespread.

At the root of it, equity in education offers fairness in resources and opportunity for each student. This is not to be confused with equality, where all students are provided with identical items. For example, equality would provide each student with the same uniform to wear to school while equity would find the appropriate fitting to accommodate body type and comfortability. At LFA, we look to find that equity.

When it comes to cars and commutes, equity is difficult to achieve. Some students pull up in a Porsche, Tesla, or Jeep Wrangler, while others dedicate an hour every morning to the train-bus duo. This is not to call out students who drive expensive cars, but rather to acknowledge the unspoken distinction between high school experiences.

Avery Martin, an LFA sophomore, has an older sister who went to New Trier High School and an older brother who went to North Shore Country Day School. Once each family member was licensed, they took the Toyota Sienna to school every morning. When reflecting on transportation before getting her license, Martin said, "We had to get involved in a carpool, I had to take the train, and wake up earlier... my siblings only took cars." This specifies the uniqueness of the LFA issue.

As students, we are reminded of our dif-

ferences and are unfortunately sometimes uncomfortable because of them. These inequity issues may seem unique to the LFA style of schooling and might be less noticeable in homogenous populations. Some wonder if this is too much to tackle for young people, and if we should be merely focused on our studies. LFA's Dean of Students, Chris Tennyson claimed, "We want you to be students at school while finding the beginning of your development in becoming great global citizens."

In the future, we need to destigmatize socioeconomic inequity. In order to improve, the efforts of all community members are critical. An alum-sponsored fund, HOSEL, offers the Dean of Students Office to sponsor discretionary needs. This is intended for students in need of extra financial support, let that be for a prom dress or train ticket.

The DMV reopening has introduced many new drivers into the LFA lots. Awareness of socioeconomic inequity on campus and recognition of media expectations versus reality can help students feel more comfortable. Jennifer Madeley stated, "Our Health, Wellness, and Community program discusses these things. We all come from different places in conversations and we need to be aware of that. We try to help educate kids through open dialogue and will continue to do so." These experiences are what builds character and positive global citizenship. While students may have varying rides, LFA is the shared destination.



Photo by Ella Gartz

Parking a GMC Denali in the Warner parking lot.

Some Poems to End the Year

By Ramya Heran
Editor-in-Chief

Onward

It seems as if fleeting moments
Are the basis of the people we become
The defeat of our expanding egos
The personal wars that we have won

We cast our hope into these moments
And with what is returned
We form memories, memorials
And lessons that we've learned

The unintended Fertile Crescent
of our current selves
It's amusing to imagine
that we were once someone else

This momentary abode
to which we bid adieu
for our next periods of growth
Onward, to something new

A Spring Cliché

Soon
The flowers will do as they are expected
Unfolding the secrets
that have been burgeoning beneath their petals
Throughout the months
Of frozen forests and cold conversations

Soon
The lullaby of earth tones
Will melt into a serenade of saturated hues
The windchimes will gently caress an oncoming
current
And perhaps the sun will conduct the choir
Leading it into harmony with the hummingbirds

Soon
We'll see the second half of presumably smiling faces
The melting of hearts under warm embraces
Through the action of walking to and not past
The glow of laughter and not glass
We'll learn to be human together again

I hope to see you soon
on the other side of this unthawing

The Lake Forest

SPECTATOR STAFF LIST



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<i>Creative Director</i>	Briana Murphy
<i>Managing Editor of Production</i>	Shyilee Saladi
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<i>Faculty Advisor</i>	Amanda Krause

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

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.

Quote of the Month:

"I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good."

- Maya Angelou

Opinion and Editorial

MAY 3, 2021

Student athletes hope for healthier Sonia's snack options

By Avery Martin
Staff Writer

Recently, Sonia's has been the center of an issue regarding student athletes, and the options that are provided for food after school. Essentially, Sonia's allows students to pay for delicious snacks, whether it be bagels or chips or so on, with their student ID throughout the day when the kitchen is closed. However, as Sonia's is the only available option for food open to students after school, some student athletes worry about the constant cost or lack of nutritious items they encounter at Sonia's each day before sports.

Tri-season sophomore student athlete, Ella Gartz, claimed she is at school for at least more than an hour every day, and encounters this particular conflict often. When regarding available items at Sonia's, Gartz explained, "While there are granola bars and even sometimes fruit, there are not a lot of healthy options for sports that would be sustainable". In order to be energized for sports, it's crucial that student athletes are offered sustainable choices.

Another sophomore student athlete, Ava Trandel, discussed the lack of choices that serve dietary restrictions at Sonia's for student athletes. A student who plays tennis in the fall and does yoga in the spring at LFA, explained, "I try to eat vegan most of the time, and they really don't have many options, and if they do, it's usually some-

thing that's plain and not nutritious," and she continued, "I'm just left feeling hungry and with a lack of energy for sports".

As student athletes make up most of the student body, it's key that the LFA community works to come up with alternatives to this issue.

Additionally, Gartz mentioned the economic burden that follows with this particular matter, as she described, "It takes an economic toll on my parents who don't love the idea of paying for essentially vending machine food everyday". As LFA is an socio-economically diverse school, the choice often comes to either not paying for food, and lacking energy for sports, or paying for food and facing an economic toll later on. Some may argue that Sonia's snacks usually only cost between \$1-\$2, but if you are paying for food daily and maybe even a drink, it comes to at least \$30 a month where most sports season lasts 1-2 months. With Sonia's as the only access to food for student athletes, there are two challenges that come up: the buildup of cost and the need for healthier options. The answer seems simple, right? Just to offer healthy options at Sonia's?

Unfortunately, that solution seems to bring up another conflict regarding profits.

"It defeats the purpose of making money", expressed the main cashier at Sonia's, Areli Aquino, when describing how previous efforts in selling healthier foods ended in mass amounts of food and budget waste.

Aquino explained that, "Healthier options are just not chosen over unhealthier options." This logic may be true; however, there are two possible solutions that can ensure food is not wasted and that student athletes are eating nutritiously: the creation of a school wide survey that asks students to choose their top picks from a list of healthier choices that could be sold at Sonia's, and the selling of salad containers not picked up during lunch hours as options at Sonia's. Both of these would be resourceful and efficient since new covid

restrictions have brought the use of containers and the success of profits at Sonia's depends on the preferences of students.

Regarding cost, Aquino claimed she would bring up the idea of incorporating discounts on certain items, like water or energy bars, for student athletes after school to the rest of Sonia's team.

Although Sonia's is a loved part of the LFA community, the economic burden and lack of healthier options for student athletes is one issue that requires change.



Photo by Avery Martin

Sonia's has a variety of beloved options, but it is mainly populated with candy, chips, and sweet drinks.

Boarders grow frustrated with a lack of weekend activities

By Sage Ye and Richard Zhang
Staff Writers

Weekend activities have been a polarizing topic within the boarding community for a long time. The main complaints have always been, "Why are there not more trips to Chicago?" "Can we go somewhere out of state?" or the classic "Can we just have a trip somewhere different?". However, due to COVID-19, there has been a new wave of criticisms surrounding weekend activities. Since so many places and activities are restricted due to COVID, the boarding community is now just longing to "go anywhere."

The cutdown on weekend activities has been real, and frustration has stemmed from the fact that for some time, there seemed to only be one trip off campus each day of the weekend, usually going to Target. People were starting to spend more time playing games and sitting down to watch movies instead of going outside, which has caused a strange dynamic on campus. The school that used to be lively on the weekends with people lining up to go to places, with challenges in the SU and games on the quad, has become a solemn and quiet place to the point where I can only hear birds chirping whenever I go outside. The limitation of these events has also caused more students who live in the general area to go home on the weekends, leaving the experience boring for students who are forced to stay on campus.

Another thing about the weekend activities in this time of COVID is the fact that trips fill up faster and that many people who want to participate are barred since they had done an event the week before. This gives students even less chances to participate in weekend activities off campus.

Atlass Hall resident, Aaron Zhang '23 said, "The limitation in weekend events and limitation on who can go on events is really frustrating for a lot of students."

Another Atlass Hall resident, Brian Botero '23, said, "I know it's particularly frustrating for the students who can't leave campus, because for me, I can always leave campus since I live nearby, but for the students who have to stay on campus, it's really frustrating for them because the weekend activities are a bit repetitive at times. I would like to see more trips out in nature like walks in the forest

preserve nearby or maybe some hiking trips, anything to just get students outside."

Director of Residential Life, Jon Freeman understands the frustrations from students over all the restrictions. He stated, "We listen to the Nursing Program Director and [resident] Epidemiologist as well as the state laws and regulations in order to determine what is safe or not for our students. We are looking to give borders more opportunities to do more, but we cannot cross state lines. We are also trying to avoid close contact situations as much as possible as well. Us as dorm parents and adults are responsible for the boarding students, and we cannot be irresponsible by allowing situations like these to arise."

A lot of Freeman's reasoning for the restrictions are understood well by the boarding community, but it's just the built up frustration that has re-

ally gotten most students riled up.

Looking towards the rest of the school year, Jon Freeman believes it will be more positive in terms of the events offered and the loosening of state restrictions: "The weather warming up helps open up more opportunities on and off campus. Malls and outdoor dining are starting to open back up again, and places like Evanston and possibly even Michigan Avenue are places we are looking at for a limited amount of students to be able to go to. Along with those off-campus activities, we are also looking forward to having more on-campus activities such as bubble soccer and ice cream trucks, as well as providing more games on the quad."

This is a much better forecast for the weekend events, and as the year has gone by, there has in fact been more off campus activities, including movie events at Hawthorn and even the student suggested trips to public spaces like the Chicago Botanic Gardens. Dorm parents are also happier with these new developments, as Atlass dorm faculty, Ms. Ramirez said, "It's great for the students to get off campus and just for students to be part of the rest of the city instead of just LFA." Overall, we are going in the right direction, developments and suggestions made by the students such as the weekend activities website and students talking to Jon Freeman about weekend activities have really allowed the school to expand the list of activities and offer new and improved ones.



Photo by Richard Zhang

There are safe weekend activities, but boarders still have difficulty signing up due to availability.

What it's like surviving being an upperclassmen boarder without a drivers license

By Angie Cotton

Managing Editor of Features

Life as an upperclassmen boarder is rough. You have to deal with the stress of junior year, and then you're pushed into the chaos of balancing senior year with applying to college. Yet, a huge chunk of the high school experience is missing: getting to go out on a weekend with your friends, whether that's just to grab food or play some mini-golf. You can't always rely on van runs to get you to these places, with the currently limited space and demand for fresh air off campus from all the underclassmen who take all the sign-up spots in large groups (you know who you are). It's not that there's nothing fun to do on campus; it's just that, well, it's very limited. Kids aren't always going to be in the mood to watch a movie in Cressey, even when it's their only option for entertainment on a Saturday night.

Chances are, if you're a student who spent their underclassmen years boarding at LFA, you probably didn't take Driver's Ed at LFA; you'd rather take it over the summer because you think it'll be much easier for you to do it then without the stress of school and sports and arts on weekends.

But with COVID interfering with everyone's summer plans, this isn't an exception. So now, the majority of upperclassmen on campus don't have a driver's license, especially international students. And out of the small amount of those who do, most don't have a car to make use of their license. Boarders constantly have to look for a ride somewhere because they can't get themselves there, whether that rides from the few boarders who have a driver's license AND a car, or a day student. And there's no guarantee with the first person you ask for a ride

somewhere, so you'll spend a good amount of hours calling people back and forth, asking them if they'd be willing to drive you.

The whole situation gets much more stressful when it comes to upperclassmen with leadership roles at LFA. Whether it's for sports team bonding, picking up materials for a club activity, or even getting food for the dorm, getting around is a must for student leaders when the community puts a huge emphasis on providing fun activities for kids.

With that said, there simply does not

seem to be many possible solutions at hand, of which some brought up in many conversations among upperclassmen such as "they should lend us the mini-vans" or "driver's-ed should be part of our curriculum as an elective," both of which don't seem likely to happen. Until something is done regarding this issue, boarding upperclassmen will have to continue asking several people for a ride somewhere for hours until someone eventually agrees to.



Photo courtesy of Creative Commons

Upperclassmen who don't have a car often have to rely on the kindness of others to get where they want to go.

The opportunity next year presents

By Nick Alutto

Editor-in-Chief

Nearly everyone at Lake Forest Academy has heard at one point or another that our school suffers from a "school spirit" issue. These feelings are not just felt by a small minority of students at LFA. In last month's issue of *The Spectator*, a survey of students at LFA found that a whopping 52.4% of students at LFA found that the school lacked in school spirit. While some may see this blanket statement as an over-simplification, it is clear that LFA has issues when it comes to sparsely attended fall and winter dances, low crowds at some athletic events, and certain house cup competition events with little to no participants. However, next year presents a chance for meaningful change on this front.

If you look at the student body that will be attending LFA next year, it is quite honestly fascinating. There is going to be a freshman class that is brand new (as freshman classes usually are), a sophomore class that has only experienced LFA during this strange pandemic year, a junior class who has never had a full normal year at LFA--(spring

of their freshman year was cut short due to the beginning of the pandemic)--and a senior class that is the only class in the school to have experienced a regular year at LFA.

For the most part, the culture at LFA, and at many other schools, is passed down from the upperclassmen to the underclassmen. When students come to LFA for the

act with the school and with each other.

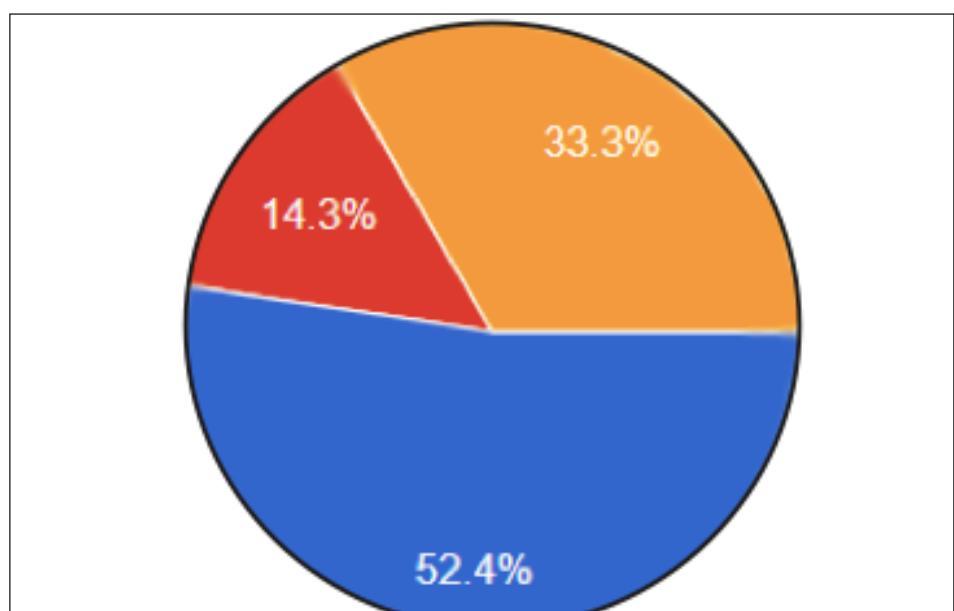
Although people complain about barely anyone attending certain at school events, the only way to fix this issue (as simple as it may sound) is to have people begin attending these events again regardless of hearing things like "no one goes to the fall dance."

The 2021-2022 academic year offers

ic. If used correctly, next year could be a chance for the students at LFA to build the school culture that they have longed for during the past couple of years and create new traditions and attitudes that carry LFA to a new era of student life.

By doing this, students have a chance to create a school that goes beyond just meeting their academic needs, but also having consistent moments of fun to look forward to throughout the school year. Events like the students vs. faculty basketball game, the end-of-the-year talent show, and certain sports events throughout the year already partially fulfill this student need, there is still lots of room for improvement in this area at our school.

For the graduating seniors this year, we won't have another opportunity to go to anymore prep hockey games or basketball games, to go to any more proms or high school dances, or even experience another normal year at LFA. So at the very least, when everything goes back to normal, for the students who are leaving at the end of this year, enjoy the things that we have all missed.



52.4% of students said LFA lacked school spirit, 33.3% responded maybe, and 14.3% said no.

first time, they look to the upperclassmen to know which events are fun for students to go to, which events barely anyone shows up to, and how the students at LFA inter-

students a chance to redefine the community at LFA because so few students at the school next year will have experienced the school that existed before the pandem-

Guide to being a remote student

By Aylin Tepe

Staff Writer

With the world-ever changing due to the impact of COVID-19, students and teachers specifically, have learned to adapt to the new digital classroom. As someone who was in-person, then remote, then in-person again, before going back to remote, here's my guide to being a full-fledged remote student.

To be a remote student, you have to get into the headspace of either an office worker, or an artist, or try to find your peace in between the two. The office worker type student is more organized, a typical nine-to-fiver with their schedule all figured out. These students thrive once they are put into an environment where each day has a specific route, and are generally content under this circumstance. Artist-type students on the other hand, are initially in the fog regarding all of these changes inflicted onto their day-to-day lifestyle. After all, it is nearly impossible to engage in witty banter or spread creativity through the shackles of a computer screen. Such individuals usually feel trapped and overburdened by the constant influx of assignments that flood their canvas page daily, however, these students do have several redeeming qualities. For instance, the extra time which would usually be taken up by clubs and sports can now be dedicated to a passion, or self-exploration, which is quite an unexpected privilege lockdown has granted.

Now, I have been on both sides of the spectrum and worked out a routine that

suits me by experimenting with time management. I learned that to be a genuine, content, remote student, you have to wake up decently early. I know that this may seem pretty crappy to most, but I encourage you to bear with me. As someone who is prone to procrastination, I usually end up feeling really guilty after messing up my daily plan I had conjured up the night before. It is a vicious cycle of wasting time, feeling bad about it, promising to change the next day, and then repeating the same mistake over again. That was my life last March when quarantine first began. But I found that waking up early is kind of like a cheat code. By getting all of my procrastinatory instincts out of the way early in the day, I still have a bunch of time left that I am then able to dedicate to school-work or extracurriculars. It all works out and I satisfy both my feelings, and feel fantastic after burning through homework.

Next up on the list is what to do when you're bored. Bodrum, where I'm from in Turkey, has been under weekend quarantine since last May, and restaurants, schools, arcades, and anywhere else that people go for entertainment are under strict lockdown (for the sake of safety of course). Under these strict regulations, I found myself wasting away the hours, just scrolling through my phone or blankly staring at the ceiling. Like many, I felt as though I had missed out on the majority of my high school experience, which left me at a loss. This changed once I realized that I still had the chance to make this seemingly worthless year into an unforgettable



Photo by Rosie Kim

Boarding and day students meet on Zoom to connect.

experience. Beginning to pick up interests and reading all sorts of things helped put me back on track, and I felt more fulfilled than ever. Picking up hobbies you would never imagine getting interested in, reconnecting with old friends, and making new ones thanks to social media are all wonderful aspects of being a remote student.

Finally and arguably most importantly, you have to create an environment in which you feel comfortable. Experimenting with new decorations and moving around your furniture will help rejuvenate your room, as well as possibly revitalizing your spirit. Your room, or wherever you prefer to hang out has to be a place in

which you don't mind spending the majority of your day, a haven of sorts. Even just placing a simple house plant can really lift the atmosphere and brighten your day!

Remote learning is hard--there is no doubt about it. There might be times where you feel like it's useless and hope to get back on campus as soon as possible, but making a few simple changes can really impact your life as a remote student for the better. Combining experimentation and research yields results that vary depending on the person, just by tweaking it a little each time, there will be times when everything lines up, resulting in moments where being a remote student feels like a blessing in disguise.

Diverse Music Recommendations

By Briana Murphy
Creative Director

Never For Ever (2018 Remaster) is a more whimsical album that's good to listen to when relaxing in a windy area. It reminds me of Alice in Wonderland in that way in which the album songs when listened to in one sitting. -Honorable Mention: "Baboooshka" (2018 Remaster) The song "Baboooshka" by Kate Bush is written about a wife catching her husband in an affair. When listening to it, it can be taken as a secret power anthem or a nice tune to get you through the week. The powerful vocals paired with the simplistic, melodic background makes it addicting to listen to.

The Miseducation of Lauryn Hill the album is a classic in my book with a mix of R&B and hip hop, the album is a nice mix of two genres. It's something that I heard from a young age, and I think each song has a good message behind it. - Honorable Mention: "Superstar" by Ms. Lauryn Hill Is a song that is about the give and take in relationships. The funky undertones of the song make it really upbeat and easy to listen to. It's a good song to play in preparation for a pleasant morning

Sleepless in The album is full of relaxing songs that I would have mistaken for Lo-fi if I didn't know the artist. It's a good album to listen to when relaxing or studying. It deals with insomnia, loneliness, and trying to be happy alone. This is one of the few albums I really recommend listening to in one sitting if you can.

Honorable Mention: "Lullaby for a cat"

by Epik High is a really relaxing song with piano accompaniment. The song (true to its title) is soft and quiet like a lullaby. If you're having trouble sleeping or relaxing this is one song I'd definitely recommend.

Slice of paradise (The remixes) The album is full of amazing songs that are very addicting and fun to listen to. These songs are more for chill gatherings Honorable Mention: "Slice of paradise CAPYAC remix" by Cool Company and CAPYAC is something that I really enjoy the synth and the drums in it blends really well with the smooth vocals and upbeat rhythm of the song. It's a good song to dance like no one's watching to.

Puberty 2 The album may be somber, but it's lyrical gold. The metaphors in the lyrics are relatable to the average teenage experience. It's about growth and understanding problems within yourself even if you're unsure of how to fix them. - Honorable Mention: "Crack Baby" by Mitski is about a child who is missing something they're addicted to, they're unsure what it is, but they're sure they've had it before. It could be affection, freedom, or time. The song plays off the idea that

It was thought that children whose mother ingested cocaine became addicted to the drug in the womb and were predetermined to have an addiction. It can be tied to the constant want for the past due to nostalgia. The somber yet knowing tone throughout the song and the very empty ending of the song makes it a go to for me. - Second Honorable mention: "Your Best American Girl" This is personally my favorite song on the album. In it, Mits-

ki describes how painful and hurtful changing herself for a relationship was for both parties. Then later on within the song she speaks about accepting herself and where she comes from finally ends

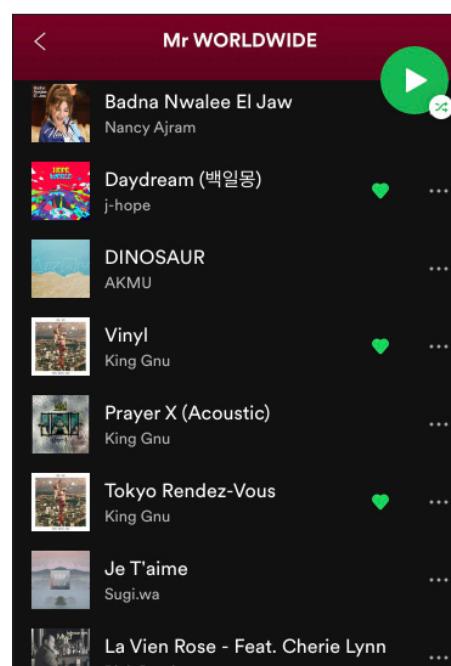


Photo by Briana Murphy
Briana Murphy's playlist "Worldwide" features many different pieces of music. in the beautiful but toxic relationship.

Manga is full of self confidence booster songs and songs with interesting beats that are really fun to listen to while on walks or just going about daily life. - Honorable Mention: "Segredu" by Mayra Andrade is a vibe song that you can put on when doing chores to make the day more fun. Mayras deeper vocals make the song very fun to listen to and to dance

to especially when you're just chilling.

Amor Eterno by Roíco Dúrcal: this album is one I'm in love with. If you're trying to get into different types of music I'd say to check out this album. Although it may be a bit dramatic for some, I find the romantic nature of the songs charming and very fun to listen to. - Honorable Mention: "Amor Eterno" is a beautiful song to belt out when you are alone. Rocío says what we all want to say to someone that we've lost. This song is one to listen to when missing loved-ones that have passed, singing along can help combat that feeling of loss.

PARANOIA is full of 2000s nostalgia punk rock and pop jams. The songs each have a different but similar vibe. I think this is the perfect album to sing along to while screaming into a hairbrush. Honorable Mention: "Crash and Burn" by Maggie Linderman is a fairly simple breakup song, but it reminds me of my days of listening to Paramore, specifically "Misery Business". The guitar and the drums in the backing track paired with Maggie's vocals are what really make this song one that's worthy of a lip sync battle in the middle of your living room.

Zindagi Na Milegi Dobara- The album is the soundtrack for a movie so it has a ton of different types of songs to listen to. I'm sure you'd enjoy it even more if you'd check out the show. "Khaabon Ke Parinday" by Alyssa Mendonsa and Mohit Chauhan is a nice, soft song that I have recommended once, but I will recommend it again because it's romantic lyrics and joyful tune make it something that really brightens your day.

Nerd Corner: Fun recommendations

By Briana Murphy
Creative Director

The following is a list of recommendations varying from games to comics, so if you're looking for something new to take part in, stick around!

Shows

Skate the Infinity is a fun skating anime with a nice side of assault charges that never got filed. It centers around Reki, an average kid from Japan who loves skating and Langa, a transfer from Canada. Reki has an intense love for skating that he teaches Langa about through a seemingly lawless skating competition called S that occasionally forms rivalries between skaters that can get a little violent. The anime is a fun lighthearted watch despite the occasional violence, and I'd recommend it to anime beginners.

Jujutsu Kaisen is probably the most popular show on this list by far. It's set in a world where cursed spirits feed off of humans. Luckily a school exists to train sourcers to be dedicated to protect the living from the supernatural and preserve the idea that supernatural beings don't exist and they're called Jujutsu Sorcerers. Ryomen Sakura, the only curse strong enough to destroy the world, has been scattered

around the globe. The anime follows the seemingly normal Yuji Itadori after he has an encounter with Megumi Fushiguro, a shaman who attends the Jujutsu school.

K is an old but gold anime that came out in 2012. The series is set in a time where Japan is being ruled by seven kings of psychic clans called the Seven Clans of Color. The story follows Yashiro Isana, a normal highschool student who is wanted by HOMRA of the Red clan and Scepter 4 of the Blue clan following the murders of members of the HOMRA group. The problem is he doesn't remember committing those crimes. Watch *K* for the riveting plot, action, and beautiful background.

Infinity Train is a series that is set on a seemingly endless train that travels through a barren, post-apocalyptic landscape. Each train car contains bizarre, whimsical, and wild surroundings. The train picks up children with unresolved emotional issues or trauma, and the challenges of each train car helps them resolve their issues. Once they work through their problems, that can return home again; however, if they don't reach a solution they could be stuck on the train forever. The more emotional issues they have, the longer they have to stay on the train. Each season the show follows

different, multifaceted characters. It's definitely worth a watch.

Craig In the Creek is my personal favorite on the list. It follows Craig Williams in the fictional town of Herkelton where he along with his two friends Kelsey and J.P have adventures in a creek that doubles as a "kid Utopia," where kids reign over their own world of tree forts and bike ramps. The show has slowly grown from its more childish roots and dealt with deeper topics while staying true to its composition and characters.

Games

Hollow Knight Is a 2D action adventure game that takes place in Hallownest, an ancient kingdom within the fictional world. The player takes control of a nameless knight that must explore the ancient, abandoned, and plague infested kingdom fighting bosses and unlocking new abilities as they uncover the secrets of the mysterious kingdom.

Genshin is a free action role-playing game that has an open-world environment and action based level up and battle systems using character switching mechanics midfight, elemental magic elements and gacha mechanics where you can pull your favorite characters and weapons to play with. You can explore, glide, climb and fight within the world and as the game updates the world will get bigger. Play as the game updates, and watch as your character grows.

Rocket League is a more fantastical and outlandish take on a sports based video game. It includes a competitive game mode based on teamwork and out maneuvering opponents with their team to advance the ball down the field and score a goal. Boiled down to the basics, the game is soccer with cars but it's still very entertaining when playing with competitive team mates.

Spiritfarer is a game about Stella, the captain of a boat that transports spirits across the river that takes them from this

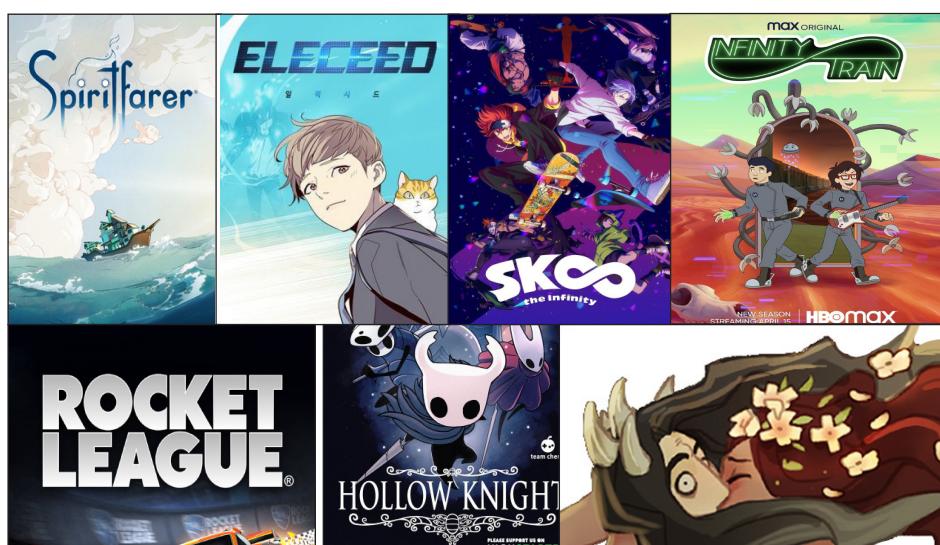
realm to the after life. The game allows the player to update and design their boat to welcome newly deceased spirits. The artwork and animation within the game is beautiful, and the characters' interactions are meaningful.

Comics

NPC's Can Save the World Too is a play on the reincarnation trope that comics have been playing off of in recent years. In most reincarnation comics whether they're reincarnated into a show, back in time, or into a game the main character is always someone extremely important. In this comic the main character starts out as someone no one can remember except the one person that can help them. They later remember playing the game they were reborn in and figure out that the person they've woken up as was an NPC or non-playing character in the game. Meaning they're not supposed to have their own will and they were supposed to be used by the player to make the game go along. Follow this NPC's journey working their way up to a main character. This comic is available on the WEBTOON app or website.

Eleceed follows Jiwoo, a kind hearted young man who loves cats that falls into the world of "awakened ones" and physically and magically advanced people. He trains under the strongest awakened one known to man Kayden. Kayden is turned into a cat and is unable to preserve his strength as well, but he decides to train Jiwoo. Together with Kayden's intellect and Jiwoos newfound strength they set out to fight against evil. This comic is available through WEBTOON.

Plunderworld is a remix of the story of Persephone and Hades, so far it's a light-hearted, whimsical romance. Read along as the story deepens. The comic is at about 22 chapters currently, but each one is investing and drawn beautifully. It really intrigues me. This comic is also available through WEBTOON.



Coffee, tea, and more: Beverage recommendations for boarders

By Tyler Watts
Managing Editor of Op-Ed

Even in the midst of a pandemic, hustle culture and being perpetually busy have remained key aspects of many of our lives. So long as the world is spinning the work week will continue. The adaptive remote and hybrid models of school and work have proven restorative by some measures, yet can be just as draining because of extended screen time and Zoom fatigue from staring at powerpoints and squares of faces for hours a day. Work, however, is the most socially acceptable excuse to purchase and consume copious amounts and varying forms of caffeine.

The most holy and renowned caffeinated beverage, coffee, has made it from 9th century Africa to the present day, shape-shifting to keep the world awake. Coffee preference is a truly personal entity, and as a bit of a coffee snob, I will attempt to remain as impartial as possible.

Starting with the base of coffee drinks, coffee itself can be brewed in so many ways. The acclaimed espresso is a concentrated shot of coffee, the small but mighty building block for americanos, lattes, mochas, macchiatos and more.

Coffee can be prepared as a cold brew, using cold water and long steeping duration to get a really bold coffee. It's a great iced coffee option and is extra potent from a fancy schmancy Nitro tap.

For boarders looking to make a decent cup of coffee in the dorm, French presses and pour overs are friendly to the living space and not too pricey. Moka pots brew great coffee as well if one has access to a hot plate or stove, and they can best mimic the concentrated taste of an espresso.

Instant coffee such as the granules from Nescafe or Cafe Bustelo can do fine in a pinch or for a dalgona style treat or Greek frappe, but if you can make coffee from real grounds it'll be worth the effort.

Caffeine while studying is a different ball game than getting coffee or tea while out running errands or having brunch. Work requires heightened focus and vitality, so know how caffeine affects you to get the most out of your caffeinated academic endeavors.

For studying, I personally like to begin with plain strong black coffee. It's very comparable to jet fuel in this most natural state, and so I associate it with fueling my mind. It also makes for a better sipping experience; the drink is good but not so wonderful that it will distract from the task at hand, leading me to guzzle it down. In my opinion, the best black coffee experiences are either a hot americano or plain cold brew! I like to end by making a latte, or I'll purchase them around midday if I just have a few things to get done.

The other side of the leaf is tea! Tea is wonderful because of the variety and the numerous antioxidants and properties that



pictured is a specific and recommended coffee brand can heal ailments and boost immunity. Yerba mate and varying green and black teas will provide a pleasant energy boost, often in a way that doesn't spike or crash like coffee may for some.

Powdered matcha is a powerful form of green tea that was the ceremonial beverage of nobility around the 11th century in Japan. Since then it has gained popularity across the world for its versatility, as it can be treated much like espresso in terms of drink preparation. It has a bitter earthy flavor that pairs well in lattes with milk and any form of sweetener. Chai teas from India offer a warming spice taste that cinnamon fans will adore. It's great on its own, in lattes, or even with a shot of espresso added for a "dirty chai". English/Irish malty black teas can be perfect for waking up in the morning. The more gentle cousin to these, Earl Grey, has aromatic and floral accents of bergamot and lavender, and with milk and sweetener

it makes for a mellow, cloudlike London Fog.

Lastly, the cursed and chaotic energy drinks. Red Bull and various Monster flavors are the only ones I have had, but there are so many chemicals; please just take a nap instead. After two months of drinking Monster weekly, I started having chest pains, and so I stick to coffee. But to each their own. Listen to your body!

Stay hydrated while you caffeinate. Caffeine is a dehydrant by nature and will zap the water from your body, so compensate by drinking plenty of water every day. Although sitting down to crank out hours of work is only slightly comforted by the presence of Starbucks, hang in there and see the light at the end of the tunnel. No one is alone in this final stretch towards exam and project season, so buy your friends a drink to show how matcha you love them!

Special Feature- Now What?

MAY 3, 2021

11

After over a year of altered life due to Covid, in every aspect of our daily routines, it's particularly significant to pay special consideration to how we go to school, as a Journalism I class, we wanted to take stock, focusing on where we've been, where we are, and most importantly, where we're going from here.

What we missed or not really?

By Riya Kapoor

and Anusha Srivastava

Staff Writers

From gathering in Cressy for all school meetings, to playing ping pong in the lower Student Union, there are many events we've missed as a community from last year. Not only has COVID taken a toll on the people of LFA, but it has also disrupted many traditions. Due to the restrictions, newcomers and current students alike do not know what to expect for the normal LFA experience.

For many freshmen this COVID high school experience, or lack thereof, has been especially challenging. Many of these newcomers have never stepped foot into Cressy or even been on campus (if they are international).

Freshman Tanya Ganesh explained "It was hard at the beginning of the year to get to know people and with masks I couldn't even recognize people in the hallway." It has been especially difficult for the freshman this year to create a social environment. As she continued, she mentioned, "I am glad that we still are able to have clubs and other activities, but I do feel like I am missing out on a lot like six flags and school dances."

Not only has the community missed out on various social traditions, but the athletic front has suffered the impact of COVID as well. Although a more unique opinion, Braeden Murray, Sophomore and student representative, discussed the more positive aspect to the changes from previous past season experience, "To be honest, it is nice not having spectators during sports because it takes some of the pressure off... not only that, but the shorter seasons have allowed various new clubs to form." Murray also remarked, "Because of the cut seasons, I got to be part of running club with Mr. Dozois, which is super chill and fun to be a part of."

Alongside underclassmen, missing out on their beginning years at LFA—socially and activity wise—upperclassmen like seniors have not had normal participation in what is supposed to be the most special year of highschool.

As senior Lizzie Dozois mentioned, "There are usually so many activities that happen. I was really looking forward to the faculty v.s. Student game, senior prank, and the senior wide class game of assassin." These were just some fun activities done in previous years. She went on to say, "Besides these senior activi-

ties, in general I miss all the school wide activities, although I understand why and for good reason we can't have these activities, it was just nice to participate in these various events where all the grades could bond together—like move up day."

Other activities Dozois mentioned included prom, different house cup competitions, the athletic banquet, and in general the smaller events that take place in our community like vox concerts, all school meetings. Similarly to how Dozois put it, "Even though much of the school and ex-

perience has changed I think we've become much closer than before. Not only that, I think we've realized the importance of recognizing this class as our family, due to all of the hardships we've gone through as a class. I honestly think that this is going to make our bittersweet graduation even more special because we're finishing together."

Despite all obstacles, our community has still managed to make this year a time for celebration and communal reciprocity. There is no doubt the student body will continue to shine through these hardships.



Photo by Riya Kapoor

On what should have been a packed Morning Meeting, the Cressey theater is quiet as the only students that are there are for a class.

Comparing approaches: The North Shore high schools

By Finn Harrison, Avery Martin, and Ava Tranel

Staff Writers

Since the COVID-19 pandemic caused the world to shut down entirely last March, high schools have been struggling to figure out how to safely teach the next generation, and it's interesting to see how three schools in the North Shore Area have handled the pandemic.

New Trier High school, which has about 1,000 kids per grade, has faced obstacles because of the pandemic; however, sophomore Grace Maliband discussed how her school has adjusted to the pandemic. Earlier in the year, New Trier was completely hybrid, but decreasing Covid numbers in early 2021 then allowed for the introduction of the option for students to go to school two days a week. Recently, however, students could go in person up to four days a week with saliva testing being held every week and following CDC guidelines. Maliband estimates that about half the school has chosen this option like her. In school, Maliband described that faculty and students follow the protocols with the help of arrows to manage hallway traffic. Also, even though New Trier is about ten times LFA's size, it has been able to set the desks six feet apart with about 12 kids per classroom. Lastly, as Maliband noted, "I think New Trier had a rocky start, but has recently adjusted to the pandemic well in allowing students to come to school safely and comfortably". At Lake Forest High School, over the

past year, the administration has debated how to properly educate the next generation of the Lake Forest and Lake Bluff students while also containing the spread of COVID-19. Since last year, the school has gone in and out of in-person learning. According to a sophomore at LFHS, the school was entirely out until November, when they went into hybrid learning until March 20th, when they went into in person

all-encompassing contact screening system has been put in place to keep track of students and monitor COVID-19 cases. So, despite the controversy, it seems LFHS is on the right path to overcome this crisis and get through the remainder of the school even if it had already missed most of it.

On the other hand, Lake Forest Academy has set itself apart from other local high schools in how it has handled the



Photo Courtesy of school websites

Schools handled the pandemic differently, with plans that worked best for them

learning. The student noted they still had the option of going into e-learning if they felt uncomfortable being at school during the pandemic or had a health condition. The majority of students, however, chose to go back. Masks are mandatory for all, including those doing sports, and a strict,

pandemic this academic year. Head of School José De Jesús discussed the protocols the school has been following to ensure that in-person classes can and will continue to be held during the pandemic. Most other schools have resorted to using a hybrid learning model this year, where stu-

dents alternate between attending school in person and learning virtually, however LFA has stuck to in person learning. De Jesús said this was possible because "LFA has both alternate classroom space possibilities along with relatively small class sizes," and roughly 25% of students are learning remotely this year, so distancing guidelines are fairly easily met. When asked about how LFA is accommodating online students with the majority of students being in person, De Jesús noted that "instead of our remote students having to watch a recording of a hybrid class, our students get direct live time with a teacher. Although not the same as a classic LFA experience, I'm proud of how our faculty and staff have been able to educate our remote students this year." LFA's model is very effective at engaging remote students since the students have separate classes dedicated to them instead of being on zoom and out of the loop during in person classes.

However, there are some similarities in how these schools approached learning with Covid-19. For sports, all three schools were able to hold sports with the institution of a mandatory mask rule; however, LFA and LFHS switched some sports seasons around with lower risk sports being in the fall as suggested by the IHSA. Sanitation is thoroughly enforced at LFA, with the guidance of epidemiologist Dr. Vernon, and at New Trier, with both students and faculty wiping down desks everyday. Lastly, every school requires everyone to wear masks while attending in person.

Special Feature- Now What?

MAY 3, 2021

12

After over a year of altered life due to Covid, in every aspect of our daily routines, it's particularly significant to pay special consideration to how we go to school, as a Journalism I class, we wanted to take stock, focusing on where we've been, where we are, and most importantly, where we're going from here.

An end with a beginning: The start of a new time

By Jack Wyne and Maya Mitkess

Staff Writers

How will this year end? How will the coming school year start? These questions will be answered, and answered well as time goes on, and once we know what is possible and what is not. For now, here is what we do know.

Chris Tennyson, Associate Head of School and Dean of Students, was able to offer some insight on how LFA plans to end the year and what will affect the decision making for the year to come. Tennyson stated, "All things will be dependent on local health departments, but I feel good that our student population can get vaccines. We will probably still have to wear masks, and the way classrooms are set up we can return to normal. For the end of this year, we will continue in-person learning, but we would like to try in-person graduation and virtual end of year events for our senior class." Tennyson has high hopes for the end of this year, but there are still some unknown areas for next school year.

Tennyson further added, "My advice would be to make sure that part of the special and unique parts would be to appreciate and experience these events to connect us..." Tennyson then concluded the interview saying, "We just need to hold true with our policies with the hopes that we can get to the finish line and get a collec-

adding these events and the events we have now can be a great stress release in order to celebrate our peers and colleagues."

Kim Graham, English Teacher and the Coordinator for Student Life and Leadership, added her perspective, saying, "I'd say that the biggest lesson I learned this year as both a Teacher and as the Coordinator for Student Life and Student Leadership is the importance of flexibility. Whether we're not moving through lessons as quickly as I planned, it's been incredibly important to remain flexible during this school year. Both for the success of whatever lesson/event we're talking about or for sanity. And on that note, continually

reminding oneself that life won't continue looking like this always is also incredibly helpful for sanity." Graham uses her perspective to look at the situation from two different angles,

which enhanced her input, and continues to add to the table for what is planned.

Miranda Hernandez, a sophomore, also reflected on what's been and what's to come, saying, "I've learned that you can be innovative, and that there are a lot of things you can do without being in person such as performances, and community events despite COVID regulations. Even with choir, we've been able to still perform. I've mostly learned that growing and being innovative as a community with what we have will help outside COVID." Hernandez continued, "I think this has played a major role in what we have been able to accomplish this year, and for that I am very thankful". Hernandez believes that this way to continue learning has really helped both the students and the faculty in their own ways, and she hopes to continue this whether in person or virtual.

Overall, this has been a hectic year, but it is coming to a close. As the end of this school year is in sight, LFA as a whole and our surrounding communities, can look forward to the year ahead.



Photo courtesy of Jack Wyne.

A picture of Reid Hall with spring trees blossoming around it.

tive breath and take pride in what we were able to do, and use the summer to relax, and rest for next year when we can do so much more than we did this year. I think

life won't continue looking like this always is also incredibly helpful for sanity."

Graham uses her perspective to look at the situation from two different angles,

What should have been done differently: COVID-19 & LFA in retrospect

By Jake Powers and Connor Drobny

Staff Writers

Many were skeptical that a simple virus had the potential to freeze America, or the globe for that matter, but this was an understatement. On March 30th, 2020, Lake Forest Academy had its first day of e-learning.

When the virus began spreading in the United States in early 2020, LFA faced a lockdown. When reflecting back, Chris

Tennyson, Associate Head of School and Dean of Students, said, "Our first priority was to make sure that everyone was safe, that we got them home. That required a lot to get our international students home and to get our domestic boarding students home." Tennyson next thought, "How do we complete the year and make sure that there aren't going to be significant gaps, and that students are going to be prepared for their AP exams."

LFA did learn from the mistakes it made during the 2020 spring lockdown. Tennyson said that, "We created remote sections this year so that we weren't requiring our international students to stay up at all different hours, and we gave them more direct instruction." For students in-person, Tennyson noted how, "To date, we have had zero evidence of on-campus transmission. The policies and protocols that we have put into place, whether people are happy with them or not-they have worked." Lake Forest Academy is one of the few schools on the North Shore that has stayed open throughout COVID.

With the onset of COVID, LFA lost valuable financial sources outside of regular tuition. Mike Reidy, Chief Financial Officer at LFA, said, "Between our wedding business and our summer programs, we typically take in three million dollars a year. This year that number will be less than a million dollars." Reidy also stated how, "We've had 70 or so borders who haven't been able to board here because they can't get into the country. Obviously, we can't charge them a boarding tuition rate." LFA has been set back financially, but not everything has a poor outlook. Early last spring, Reidy applied for LFA to receive a government grant, called the

Paycheck Protection Program (PPP). He said, "That was a large chunk of cash that the government loaned us. There is potential for that loan to be forgiven, meaning we'll be able to keep that cash."

In regards to athletics, it's first important to look at what went right during this year. According to the Athletic Director Darren Madeley, the first success of the year was cross country. Madeley stated, "Cross country looked hard to do, but Dozois did a really good job setting it up, and cross country showed [us] that we will be ok." Madeley added that, "As for athletics, we've followed what the CDC says to a T."

As for what went wrong, however, Zachary Brauer 21' said, "Especially at the beginning of the year, teachers didn't understand that there would be a 'getting used to period', and they were needlessly strict." Brauer also reiterated how difficult it was to follow rules and regulations that would allow for athletics to run as smoothly and as usually as possible.

Madeley went on to say, he was "frustrated at times" in his efforts to find ways to make events and entire sports happen, but overall, athletics ran well, with minimal errors, and certainly added to the achievement that was staying open in-person for the 2020-2021 school year.



Photo by of Jake Powers

An example of how we as a community have had to work and been able to work this past year.

Special Feature- A New Age

MAY 3, 2021

13

Due to current events and the stressful situations we find ourselves in, many have turned to new ideas and philosophies for comfort. This has renewed interest in the “new age philosophies” which attempt at a holistic view of the world while advocating for a sense of autonomy over the spirit. As a Journalism I class, we wanted to investigate these trends and their background.

Astrology: Looking to the stars for answers

By Ella Gartz and Beverly Fishman

Staff Writers

Astrology has been practiced for thousands of years, instituted with Babylonians in horoscope craft. The premise of these studies possibly date back to Ancient Mesopotamia, spreading to Greece and Egypt. Since then, the popularity and following have fluctuated. What makes astrology pragmatic today, is the applicability to daily life. There is no dogma or restrictive moral code. Rather, it characterizes and amalgamates human qualities into symbols. Followers of astrology can better understand themselves and their place in the universe based on these stellar facets. It is important to note this practice is not absolute destiny, rather spirituality. Humans are attracted to philosophy as we find natural comfortability in knowing there is a meaning to our lives. Astrology empowers this engagement rather than dictates it.

We are all assigned one of twelve titles, based off of your birth date. This includes: Aquarius, Capricorn, Taurus, Leo, Cancer, Gemini, Virgo, Aries, Libra, Pisces, Sagittarius, and Scorpio.

In order to understand your astrological profile, you need to look deeper into which zodiac was in possession of each planet at the time of your birth. Sun signs symbolize identity and personality. This

is the most frequently referred to. It includes qualities, strengths/weaknesses, and likes/dislikes. Moon signs identify the inner voice and how emotions are dealt with. It shares security, comfortability, and intuition. Rising signs represent your social personality. Including your public presence and first impressions. It can also determine outward appearance and style. A midheaven sign is determined by the minute born. It establishes purpose in life, potential, and aspiration. It reveals your relationship with the universe and mindset. Additional signs can identify simple things like communication skills and preferences as well as deeper ones like motivation, growth, responsibility, freedom, spirituality, and transformation in greater detail.

A great website to use when calculating your natal chart is astro-charts.com. Through research, you can find what each “means” to you. When dissecting where we learn about astrology, it is important to use credible sources. Social media posts and online quizzes are usually for entertainment purposes. For an accurate reading, look for books or apps on cosmo analysis. Remember that practicing astrology is all about finding strengths and weaknesses in our identity. It teaches us to find confidence in what we like about ourselves and to accept what we do not. Astrology shows us that we can compartmentalize parts



Photo by Ella Gartz

Djasahn English '23 discovers his astrological birth chart via astro-charts.com. interested in or open to the idea of astrology while all Pisces respondents claimed to be interested in astrology. Hannah Liu, a senior Virgo, shared, “In a way, astrology has done more than just informing me of what my chart entails. It has allowed me to look at myself and the people around me in a different perspective, and it is a great conversation starter when meeting new people.” In summary, whether you are an irritable Aries or lively Leo, the basics of astrology are worth looking into before you write off the old-age-new-age craze.

The Law of Attraction: A guide

By Ambika Gupta and Richard Zhang

Staff Writers

The Law of Attraction or the practice of Manifestation follows the belief that the energy of your thoughts and feelings affects your life and what its called into. In order to receive good things from the universe, one must have a ‘high energy’ to attract them in. However, by emitting negative energy frequencies, supposedly bad things will follow. The principles of the Law of Attraction can be found within ancient religions like Buddhism and Christianity. The Buddha once said, “All that we are is a result of what we have thought.” These worldwide religions helped spread the principles and has allowed it to become widespread.

Lake Forest Academy sophomore Ava Tranel defines manifestation as “putting out in the universe what you want to come back to you.” For English Faculty member and Coordinator of Student Leadership and Student Life, Kimberly Graham, the law of attraction is a part of her “holistic view of the universe.” However, these new-age philosophies are interpreted differently depending on the person. For example, Health, Well-

ness, & Community Teacher and SCGL/GYLI Director of Operations, Erin English, views manifestation as, “an awareness of you doing and being yourself.” There has been some backlash these philosophies have received due to the fact that they appear to require a constant state of happiness and positivity. Mental health activists have said that it “masks” the true emotions of people inducing mental anguish. Nevertheless, each person can incorporate what beliefs work for them and individualize the experience.

Manifestation does not need to require any formal or specific ritual to practice. Ava Tranel recommends to “say what you’re grateful for” before you begin the manifesting process or to “write thank you notes to the universe from the future.” Another way to incorporate these practices is through a dream board which is a collection of images that inspire oneself, or items that are coveted. However, it’s possible to practice these habits when there is a bad day by attempting to focus on gratitude, or simply letting the bad day pass over.

In order to receive what is wanted, Kimberly Graham believes that it “requires work towards that goal.” More-

over, applying a heavy focus on goals and dreams inspired a new perspective that will be looking for opportunities to engage and reach these aspirations.

Though these philosophies might seem outlandish, it is important to cultivate practices that speak to both the mind and soul. This nourishing of the brain and mind makes these philosophies very important to follow. Since they are easy to follow and very adaptable to people who are already more zen in their approach to

life, it can open new pathways into these new-age philosophies. For example, Erin English said that her yoga practices and her focus on the mind, and since she is a Health, Wellness, and Community teacher, it has also allowed her to be more open to learning about manifestation and her own zodiac signs. Overall, these new-age philosophies are easy to implement and are already having profound effects on people, helping them improve their lives.



Photo By Ava Tranel

Sophomore Ava Tranel displays her crystals she uses for manifestation.

Due to current events and the stressful situations we find ourselves in, many have turned to new ideas and philosophies for comfort. This has renewed interest in the “new age philosophies” which attempt at a holistic view of the world while advocating for a sense of autonomy over the spirit. As a Journalism I class, we wanted to investigate these trends and their background.

A deep dive into yoga and meditation

By Ambika Gupta and Nicholas Biscula
Staff Writer

Zen practices such as yoga and meditation have been around for centuries. Historically, they have been used to exercise, relax, or connect the mind and body. Yoga is a collection of movements that stretch and strengthen the body; it typically includes spiritual practices which originated from ancient India. Yoga's incorporation of spiritual and physical practice can greatly benefit the mental state of those who practice. The benefits of yoga include an increase in balance and flexibility, improvement in posture, and a boost in metabolism. Overall, it can lead to more energy and a general better mood.

Ashley Kolovitz, LFA's Academic Technology Coordinator and Yoga Instructor, said she wanted to create a course that “incorporated both aspects” of spirituality and physical exercise. Her classes offer a chance to connect the body with the mind through affirmations, meditation, Her classes are about 45 minutes long twice per week on Tuesdays and Thursdays and are open to people of all skill levels. Though the benefit and enjoyment of yoga may vary between participants, Kolovitz reports that she “always feel[s] better when I do yoga.” Kolovitz’s yoga course gives students an opportunity to disconnect themselves



Photo by Amanda Krause

Yoga and mediation rock!

from any stressors of life. She hopes to “Provide a space where you can reset and reflect.” One of her students, Nghi Doan, states she “feel[s] very calm while doing yoga because you’re in the moment and you’re just focused on it.” Meditation, another Zen practice, is often closely correlated with yoga.

The origins of meditation are unknown but the first records of the practice date back to 1500 BCE. Its earliest forms tie

back to ancient Asia in Vedic, Toalist, and Buddhist practices. The English word “meditation” comes from meditatum, a latin term which means “to ponder.” Meditation uses different breathing techniques to calm and center oneself. It can reduce stress, aid emotional balance, increase creativity, and even improve memory. David Wick, Latin and English teacher, has been practicing meditation for about forty-five years. Though mediation may appear austere, David Wick stated that

“Everyone really mediates all the time” since mediation is truly about focusing all attention on one specific task or thought. Furthermore, if trying to meditate for the first time, Wick recommends applying all focus on one sound and letting distraction pass over. Overall, these practices provide an opportunity to destress and possibly connect with one’s inner self. During these unpredictable times, new habits and hobbies can help combat negativity and pessimism.

A pandemic's impact on lifestyle

By T.J. Minsky and Djasahan English
Staff Writers

Before COVID-19 affected the entire world, many individuals had never even heard of the word “pandemic.” However, people quickly learned what the pandemic had brought and adapted to a new lifestyle.

Lake Forest Academy junior, James Christoph, acknowledged that he’s seen minor changes in himself as a person due to the coronavirus pandemic. He’s glad that he is able to connect with friends and family through technology. When he was asked to name the biggest change he

saw in himself from the beginning of the pandemic to now, he said, “The biggest change I’ve noticed in myself is my ability to stay connected with people, even when I can’t see them in person. Whether it be through video games or chatting through FaceTime. My ability to be able to connect with people has dramatically improved.” Christoph thinks that overall, the pandemic didn’t change him as much as some may think. Christoph was asked whether or not the pandemic changed him, “If the pandemic didn’t occur, I can’t say I’d be a completely different person, but there would be some minor changes. Some changes I have noticed in me is that I am much closer with my family now”.

Students of a younger generation were not the only ones to change throughout the pandemic. One might presume that adults would be less affected by having so much time to themselves, as their characters and personalities would have already been set through the years. This was not the case.

Ted Golota, Mathematics Teacher and Head Track Coach, stated, “The biggest change in my life before and after, (the pandemic) was weight loss...my wife and

I buckled down on eating and we did intermediate fasting, ended up dropping forty pounds.” The quarantine had many effects and one of them was allowing people to reorder and reprioritize their lives in the ways that they wanted. When asked whether or not this sudden change would have happened without the quarantine Golota responded by saying, “Absolutely not, I would not have focused as much on health as I should have.” Golota quickly followed his personal journey up with his parting words, he said, “Lifes a journey and death’s the destination, you never know when something is gonna get taken away. Just cherish what you have.”

This pandemic took a lot from us, stripping away experiences and interactions we may never get a chance to revisit. However, part of life is adapting to changes and growing as individuals. From children to adults, we all have had to live a different style of life because of the coronavirus. Hopefully, instead of focusing on all the negatives the pandemic has brought, people can reflect on the opportunities for growth and change that it presented.

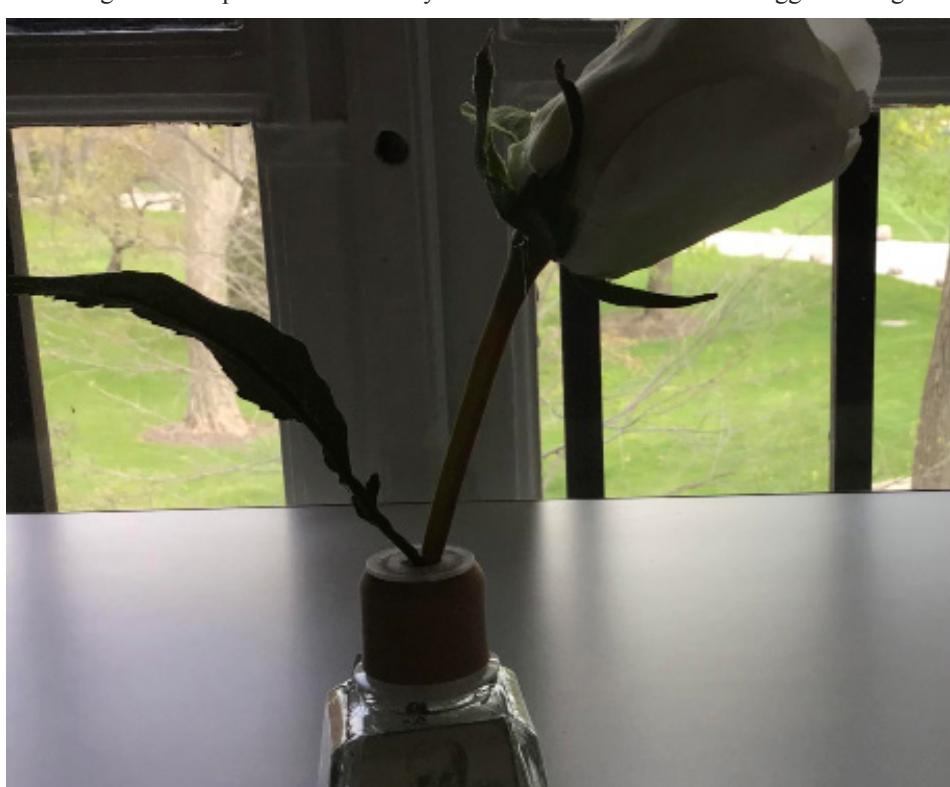


Photo by T.J. Minsky

A flower can represent growth.

New *Godzilla vs. Kong* movie review

By James Kuhns
Managing Editor of Podcasts

Ever since the first *Godzilla* movie aired in Japan over 60 years ago, top studios around the world have wanted to sink their teeth into the slightly worn-out yet adrenaline pumping *Godzilla* franchise. Previous *Godzilla* movies saw great opening weekends, so it was no surprise the most recent installment of the franchise, *Godzilla vs. Kong*, surpassed all expectations and profits.

Amidst a global pandemic, Hollywood has been struggling to gain traction on its latest movies. After Christopher Nolan's *Tenet* saw abysmal turnouts for opening weekend, it seemed that the world was not ready to return to movie theaters. With the impending release date of *Godzilla vs. Kong*, it seemed only a miracle could help the movie perform to its full potential. However, with the help of the internet and some serious marketing, *Godzilla vs. Kong* has topped the box office worldwide.

Following the journey of an orphaned girl who has an inhuman connection to the gargantuan ape Kong, this movie takes the viewer on a wild action filled adventure. After being labeled as the hero in his last few films, *Godzilla* takes on a new role, one of barbaric dominance and villainy.



Courtesy of Warner Bros.

Godzilla vs. Kong promotional poster.

While this idea of king vs. challenger does play a large role in the movie, the rude interjection of the nasty Apex Cybernetics corporation sees the two giants pair up to fight a common enemy in the end.

Diving deeper into the flick, there are some beautiful special effects, but also some downsides, such as a lack of character development. Then again, how much can you really expect in character

development from a movie so obviously tailored to please the eye? *Godzilla vs. Kong* boasts some impressive visual effects. Whether it's a panning shot of Kong in the other worldly titans den "Hollow Earth", or the classic battle scenes surrounded by crumbling skyscrapers, it is no wonder the movie gained record traction. In fact, when compared to the total grossing of Nolan's *Tenet*, which released six months prior to the release of *Godzilla vs. Kong*, *Godzilla vs. Kong* has already grossed over 50 million more than *Tenet*. While this success may come from the hype surrounding the franchise, *Godzilla vs. Kong*'s 406 million dollar box office domination can partially be attributed to its release onto HBO Max, a popular streaming service which no doubt helped popularize the movie.

Although turnout for *Godzilla vs. Kong* in the US was initially mediocre, global sales and continued success over the last three weeks have earned the action adventure the title as the highest grossing movie since the pandemic began. On top of this shocking box office success, constant praising of the movie points towards a positive future for the entertainment industry, a future which may have not been possible without the dazzling success of an industry-defining monster movie.

A recap of the 2021 Academy Awards: Were they even worth it?

By Gemma Fink
Staff Writer

The 93rd Annual Academy Awards ceremony marks an undoubtedly unique time in the history of cinema. This past year has seen significant changes to the movie industry, many of which were far from positive. So, naturally, annual anticipation for the award show was even more unpredictable.

The previous Academy Awards were held in early February of 2020 -- shortly before COVID-19 hit Hollywood. A little over a month later, the world watched as public venues across America were forced to close. Gone were casual afternoon trips to the grocery store, Sunday nights at local restaurants, and many other things that seemed as reliable as a sunrise. Among the venues shut down were movie theaters.

Over the past year, movies have been delayed, suspended, and cancelled as the world trudges on. Blockbuster movies released in 2020 and early 2021 were forced to turn to streaming services and overwhelmingly digital marketing during this period of stagnancy.

Recent movie releases have been nothing like the classic red-carpet premiere that Hollywood usually puts on as a celebration of a film's upcoming box office career. This just is one of many film industry traditions that have not been able to take place over the past year.

It is for this reason that the Oscars were so significant. Not only was it a celebra-

tion of this past year's cinematic accomplishments, but it was also a chance for actors to receive recognition for their work.

This year, the Academy Awards took place at two different locations in Los Angeles: the Dolby Theatre, which has been the Academy's location of choice since 2002, and Union Station, which is known as the largest railway station in the Western United States.

In discussion of the ceremony itself, many people noted both negative and positive aspects. Viewers were extremely disappointed by the lack of smooth transitions, monologues, and other staples of the Oscars experience.

Journalism teacher and film enthusiast Amanda Krause said, "I worked at a movie theatre for all of high school and part of college, and used to dress up in my uniform and serve popcorn at parties with friends. I turned it off. I've never not watched. It's like they made every decision to make it horrible, having nothing to do with the pandemic -- the set and awkward camera position, no performances, no clips nor montages... just a mess. I let my daughter put back on her zoo vet show."

A usual Oscar telecast includes performances throughout the ceremony as a fun way to break up the show and make it into more of an event. Though there were performances this year, they were instead included in the pre-show, which many people do not watch.

However, after several years of the Academy receiving criticism on the lack of diversity in its membership, nominees, and even in the industry itself, fans of the film industry were pleased by the diversity represented by the 2021 Oscars nominees.

A much more diverse array of movies and people had been nominated for Oscars this year. The Academy's essential award, Best Picture, was won by the film *Nomadland*. The film, directed by Asian American director Chloé Zhao, made history as the first Best Picture directed by a woman of color, and only the second directed by a woman ever.

Additionally, Mia Neal and Jamika Wilson became the first black women to win the makeup and hairstyling Oscar, which they won for their work on *Ma Rainey's Black Bottom*. Neal and Wilson delivered an extremely power-

ful speech about the underrepresentation of black women in this industry, driving home the true significance of their victory.

Though the Academy still has a long way to go before achieving true equality, the 2021 Oscars show significant improvement in diversity of nominees and winners. Just six years ago, the 2015 Oscars had not a single actor of color or female director nominated for an award.

Lily Ainsley '22 remarked, "I was really impressed with the diversity this year. This is a step of progress for more recognition for people of color in the entertainment industry."

The 2021 Oscars will undoubtedly go down in history. Though the production of the show itself was lacking, to say the least, it should not overshadow the significance of awards won by people of color.



Courtesy of Creative Commons

The Lake Forest food fight

By Rachel Johns and Shylee Saladi

Managing Editor of News and Managing Editor of Production

After careful consideration and delicious deliberation, a few of us at *The Spectator* have compiled a list of our favorite restaurants in the Lake Forest area. For each type of cuisine we have selected what we believe to be the best in town. As a reminder, these are just our personal opinions, and you are free to disagree.

Thai food: Green Basil

Green Basil, located just a few miles away from LFA near Melody Farms, offers a delectable selection of Thai food. Their stellar menu, convenient location, and quick delivery time puts them at the top off the list for local Thai restaurants. From their Pad Thai to their Curry Fried Rice, you can't go wrong with anything on the menu; however, their Pad See Eiw, which are wide rice noodles stir fried with sweet soy sauce and greens, comes highly recommended. Green Basil also sells Thai iced tea, Thai iced coffee, and a variety of smoothies if you're looking for a refreshing beverage as the weather heats up.

Bubble tea: Liquid Fusion

Liquid Fusion is undeniably the premiere bubble tea vendor in the Lake Forest area. Last year people would push and shove just to get on the van run to Liquid Fusion if that tells you anything about the caliber of bubble tea they serve. The tapioca pearls are perfectly soft and chewy, while Liquid Fusion's competitors boba tends to be hard and frozen. There are also fruit flavored boba options for people who don't care for tapioca. In addition to the variety of boba offered, the teas themselves are seemingly endless. From fruit freezes to milk teas, they have it all. Their best drinks are the Thai tea, the house blend milk tea, and the mango freeze. If you're looking to get the best bubble tea experience, Liquid Fusion is the place to go.

Chinese food: Yu's Mandarin

Yu's Mandarin, situated just half a mile away from Target in Vernon Hills, serves some of the best Mandarin food on the Northshore. This surprisingly underrated restaurant has a seemingly endless menu, and each menu

item sampled thus far has proven to be utterly divine. The service is friendly and efficient, and the portions are gargantuan. If you order food from Yu's Mandarin, you'll almost certainly have leftovers for days to come. The noodle platter is a personal favorite, with its spicy seafood, vegetables, and a garlic undertone. There are also plenty of irresistible vegetarian meals.

Pizza: Lou Malnati's

Lou Malnati's is a Chicagoland classic, offering one the city's most iconic dishes: pizza. Luckily, there are several locations in and around the Lake Forest Area. While the pizza can be a bit pricey, the crispy, buttery crust paired with ample, but not overpowering, sauce and a perfect blend of smooth cheeses make the cost well worth it. The deep dish pizza is delicious, but it can be a bit heavy on a normal day. The thin crust pizza, though arguably less famous, is just as great as the deep dish, and it makes for a lighter meal. The house salad also makes a great addition to a Lou Malnati's meal with its sweet homemade Italian dressing.

Pizza honorable mention: Costco

If you're understandably not up to dropping extra dough on some Chicago dough, Costco is a great alternative for some cheap pizza. Costco pizza is a favorite of many boarding students, and its presence draws students to weekend activities. Unfortunately, students cannot order this pizza for delivery, but Costco is in close proximity to LFA, making a van run or car ride with a friend plausible. Costco's pizza features a softer rising crust akin to that of Domino's or Papa John's, yet it is otherwise incomparable to the latter. The sauce and cheese are in a delicate equilibrium that highlights each flavor profile. The addition of toppings to your liking will further elevate the Costco pizza experience.

Burgers: Lazy Dog

Lazy Dog has a plentiful menu that extends far beyond sandwiches, but the burgers are the star of the show. The hearty burgers are expertly seasoned and cooked to taste. The burger toppings are local, fresh or made from scratch, as is everything else at Lazy Dog. The real crowning jewel of Lazy Dog burgers is the candied bacon atop of the bacon burgers. The caramel-



Photo courtesy of Green Basil

Green Basil's website shows off their great location and delectable dumplings.

ization of the bacon gives it a distinctly sweet taste, and it's complemented by the generously applied spicy red pepper flakes. Other menu items at Lazy Dog include rice bowls, salads, and pasta dishes. There's sure to be something for everyone.

Mexican food: Fat Rosie's

Fat Rosie's, a small Chicagoland chain, recently opened up a new location in Lincolnshire near Liquid Fusion. Simply put, the food there is exceptional. The complimentary chips and salsa you receive upon sitting down sets the bar high for the food you will go on to order. The tortilla chips are warm and crispy, fresh out of the fryer, and the salsa is a masterful blend of vegetables and spices. In all honesty, Fat Rosie's salsa is the best salsa in the suburbs of Chicago. The entrees that follow do not disappoint at all, with the fish and shrimp tacos being particularly popular. Fat Rosie's delivers the perfect Mexican-American cuisine experience.

Italian food: Maggiano's

Nothing really describes how delicious the food is, no matter what dish you order it's going to be fantastic. The price is a bit on the higher side but when comparing the price to the amount of food you get, it seems pretty reasonable. The menu encompasses the original Italian pastas (i.e. spaghetti and meatballs) to delicious specialty pastas; gnocchi, rigatoni arrabiata, and much much more. The desserts are to die for (not literally), the lemon cookies are always baked to perfection with that exquisite hint of tang with the sweet soft cookie. A family favorite is the tiramisu, even if you are not hungry for an entire meal, the desserts there are incredible. It's an ideal place to go if you want to eat and then go shopping at Hawthorn Mall or even watch a movie afterwards. If you are craving some good Italian food, this is the place for you.

Sushi: Sushi Kushi

From the appetizers to the entrees, Sushi Kushi has done it again. The crispiness and just overall deliciousness of the food is one for the books. Sushi Kushi has a wide variety of food from sushi, to tempura, to many amazing appetizers. For those who are veg-

etarian or not, there are quite a few options to consider here. Whether you are in the mood for a good sushi roll or Gyoza (potstickers), Sushi Kushi has it all. It is also super close by for those who have a car or can be ordered off of Uber Eats or Doordash.

Coffee: Hansa Coffee Roasters

From the cute and Instagram worthy drinks, Hansa Coffee Roasters in Lake Bluff and in Libertyville is definitely a great place to visit. Their cinnamon rolls are top notch, with creamy and not too sweet cream cheese frosting over a perfectly baked cinnamon dough. Their lattes, with original foam art, taste delightful on a cool chilly day or even in the sun. Their range of unique drinks span from lavender lattes to the perfect blend of chai spices (with an excellent top of foamy chai). It is a bit on the pricier side, but perfect for a well-deserved treat.

Bakery: Sweet's

From chocolate covered fruit to chocolate covered caramel and pretzels, Sweet's in Lake Forest has a variety of delicious bite-sized treats as well as an assortment of original ice cream flavors. As soon as you step into the shop, the smell of sugar and sweetness surrounds you. It flows from the delicious chocolate treats surrounding the shop to the already packed bags of chocolate and sweets. The treats taste just as exquisite as they look, the pecan covered toffee is a classic, you definitely want to try. The toffee melts in your mouth and allows the buttery taste to hit the perfect spot anyday.

Frozen yogurt: Suzy Swirls

From the multitude of different, but great, flavors to the great new COVID-safe guidelines, Suzy Swirls is the place to get frozen yogurt. At the door you fill out a form with your desired yogurt flavor, size, and toppings galore. As an added plus, it is super easy to order from Doordash or Ubereats and it is so close to LFA. Even if you are craving a tart frozen yogurt, Suzy Swirls is ready for you with the delicious orange tart frozen yogurt. When thinking about the best frozen yogurt places to try nearby LFA, Suzy Swirl's definitely hits the spot and comes in at the top of that list for frozen yogurt in Lake Bluff.



Photo courtesy of Liquid Fusion

Liquid fusion has an extensive beverage menu that's sure to please everyone.

Fans in the Stands: Sports leagues allowing fans to attend events in full capacity

By Rohan Miglani and David Oluwole
Managing Editor of Sports and Senior Sports Editor

While sports in the United States were able to resume in the midst of the COVID-19 pandemic, across the country fans were mostly unable to attend live events, as the large gatherings were a risk for spreading the virus. This April, when the MLB season began, many clubs allowed for fans to enter in limited fashion, with teams like the Cubs and White Sox allowing 20% capacity to watch their games.

While 29 out of the 30 MLB teams opened their stadiums in limited capacity, the Texas Rangers made the unprecedented move of allowing 100% capacity on opening weekend. This came as a shock, as many people believed that teams should only go to full capacity once a majority of the population got a vaccine. This majority included President Biden, who believed that Texas Governor Greg Abbot was making a mistake in allowing the stadium to reopen

at full capacity, believing it could lead to COVID cases surging in Texas. Governor Abbot, on the other hand, believed that Texas had fought the virus to the point where “people and businesses don’t need the state telling them how to operate.” With the 100% capacity allowed by the Rangers, a mask policy only allowing fans to take masks off while eating or drinking was enforced. This policy is similar to the rules employed by the other teams in the MLB.

While the outdoor nature of a baseball game can serve to lessen the risk of spreading the virus, Dana White, president of the UFC, hosted the first full capacity indoor sporting event in the US since the start of the pandemic with UFC 261. This fight took place in Jacksonville, Florida, at VyStar Veterans Memorial Arena, the same arena which hosted UFC 249 on May 9th, 2020, the first sporting event to take place after the pandemic. The UFC 261 event hosted 16,000 fans, and had mask restrictions similar to that of the Rangers, as eating and drinking were the only times where masks were allowed to be off. This event,



Photo Courtesy UFC

Fans back at VyStar Memorial Veterans Arena for UFC 261.

similar to the Rangers, faced heavy criticism, something which Dana White and the UFC have become familiar with as they have been pushing against the COVID-19 restrictions since the pandemic began.

As more people get the vaccine, and the country moves toward normal, stadiums

will continue to increase in capacity. Despite COVID-19 cases declining in many places, when attending a sporting event alongside thousands of people, it is important to take as many precautions as possible in order to not put yourself or others at risk.

IHSA introduces Summer Season in response to postponements caused by COVID-19

By Kirstin Palasz
Photo Editor

With the year coming to an end, LFA has been gearing up for finals and spring celebrations. Spring athletes, who normally would have started their season in March, are getting back in the gym and on the field. With the pandemic still very prevalent, a new season was created--the summer season. The summer season consists of sports that are usually considered spring sports: girls and boys lacrosse, girls soccer, boys volleyball, boys tennis, track, softball, and boys baseball. At the start of the year, many of the fall sports were moved to spring, which then pushed the spring sports to the new summer season. The IHSA declared that the summer season would be from April 19th through June 19th; however, this was shortened for LFA sports, partially because of the boarding community.

LFA started the summer season on April 19th, and the season only continues through the end of the school year. Athletic Director Darrin Madeley said, “The other dates were for optional practices, but due to the size of our school, and a lot of our athletes playing in multiple seasons, I did not want to put even more pressure on students to have to train on multiple teams.” It was impractical to continue into summer, as it created many difficulties for boarders and put a hold on LFA’s summer events.

Although several athletes are disappointed by a shortened season, there is still gratitude towards the efforts LFA has made to host sports. Last year, when the pandemic swept the country, the spring season was



Photo by Kirstin Palasz

The Lake Forest Academy baseball field awaits players to practice after school.

canceled as schools shut down. Most spring athletes are ecstatic to have any season at all.

With COVID-19 regulations still in place, outdoor sports create a safer environment for the athletes. Girls lacrosse, boys lacrosse, and softball will host practice on the turf, track will practice at Alumni Stadium, baseball will practice on the baseball field, boys tennis will practice at the tennis courts, and boys volleyball

will be in Glore Gym. Even though volleyball will be inside, protocols will still be followed to make it as safe as possible.

Athletes have had many reactions to this season. Sophie Berto, a member of the Girls’ Varsity Soccer team, said, “I am sad that it is so short, but I am excited that we get to play because last year was canceled because of COVID.”

Most athletes are just looking forward

to getting back on the field with their teammates. Bela De Jesus, a member of the Girls’ Softball team, said that “Softball is a super fun team, and I am grateful that I can run around and just have fun.”

It is clear that with a short season, there will be many drawbacks. De Jesus mentioned how “the greatest repercussion for me is that there is very little time to prepare for the first game, so I feel like I am not as prepared as I should be.” With a shorter season, it has been harder to build strong bonds with teammates; however, most athletes are not focusing on that idea. Berto mentioned that she is just happy to be back on the field with her teammates after the loss of last year.

Other high schools are technically allowed to go into the summer as the athletes live close in the area. Berto elaborated on how she “honestly [does not] think [that] it is too bad because other schools only have an extra week or two, and I am grateful that we are given the opportunity to even play.”

There will be numerous games continuing throughout the season, and the designated COVID-19 regulations will be applied with each sport, including wearing masks at all times, social distancing, and temperature checks.

Even with a short season, athletes and coaches are pleased to be back in sports. Madeley suggested that his “only advice is to really enjoy being back outside and with your teammates. Last year’s spring teams lost the chance to play, so I want to try as hard as possible to make each day count and really have fun with your team.” Good luck to all the athletes and the teams!

LFA's new Associate Athletic Director and Girls' Lacrosse Coach

By Beverly Fishman

Staff Writer

Recently, schools across the nation have experienced an immense amount of change in the academic environment as well as in the athletic atmosphere. At Lake Forest Academy, where the community has been learning in-person nearly the whole school year, tackling COVID-19, academics, and athletics have been a challenge.

Thanks to persistent safety measures, athletics at LFA have been able to occur. With a change of athletics schedule and slightly different seasoning, sports have and continue to be happening. As changes are happening to the school environment, additionally the community members are changing as well.

There is an implementation of a brand new girls lacrosse coach which will help the team astronomically in the years to come. Her name is Alexis Venechanos, and she will be the new Associate Athletic Director for the 2021-2022 school year. She is rich with lacrosse knowledge as she has playing and coaching experience at some

of the top programs in the nation. She was the goalie at the Women's Lacrosse team at Maryland University. Additionally, she was named NCAA Goaltender of the year along with winning the NCAA National Championship in 2003 while being the Team Captain. After her playing career, Alexis joined Northwestern University as assistant coach before moving on to UMass Amherst for her first Head Coach position. Following her first Head Coach experience, she went on to run Ohio State University's women's lacrosse program for nine years as their Head Coach. In 2012-2013 Alexis also led Team Canada's Senior Women's team to a Silver Medal in the 2013 World Cup. She has many more athletic accomplishments as a player and as a coach, which makes her upcoming arrival to the LFA community extremely exciting. She is currently the Head Coach at Otterbein University.

LFA sophomore and returning lacrosse player, Kennedy Pemberton, expressed her excitement for the new addition to the athletic department. "I am really looking forward to seeing how she will use her lacrosse knowledge to grow and develop



Photo courtesy of Ohio State Athletic Communications

Alexis Venechanos coaching at Ohio State.

our team. Having such an experienced and well rounded coach is super exciting because she will be able to help new and experienced players on the field". Pemberton, along with many other players, are very excited for Venechanos's arrival next year.

Alexis Venechanos will be an amazing ad-

dition to the Lake Forest Academy athletic department as a leader and as a coach. She will also be moving here with her family. From her many years of experience, she will add more knowledge, sportsmanship, spirit, and fun to the athletic atmosphere and community at LFA.

Track and field...minus the field

By Jack Wyne

Staff Writer

Track and field is a core sport for many high schools , and the same can be said for LFA. However, changes have been made this year that take away from the typical track and field experience. These changes heavily impact the field portion rather than that of the track. Prior to the season, Ted Golota, Head Coach for track, discussed the matter saying, "We are just hoping to get a good season out of the time we've been given, but have our own fears for what's to come and how we will handle it... We look forward to the season ahead, but many details are still uncertain about how we will run things."

Upon later questioning about the changes that may differ between track and field, Golota stated, "Track will remain mostly unchanged with how we operate, we may need to compromise with distance or the number of meets we have. On the other hand, the field is almost non-existent, we will still be having some events but without a few options that we would have before." Track will not be

completely taken away, but significantly limited in terms of available events.

Stephanie Ramirez, Assistant Coach for long distance track, had some similar input. She said, "I share similar concerns with the other coaches about the future of what events we are able to have... In my opinion, we should regulate how we start and end meets as I believe runners won't be required to wear masks during the race. Additionally, such regulations should be enacted so we don't have runners breathing in a funneled or enclosed area without masks."

Early on, Ramirez also shared a concern about how the transitions may be too steep so that it would not allow enough time for new or returning runners. She added, "I do not doubt that we will have very capable runners this year, but I'm afraid that the short transition times between Spring and Summer won't be enough for new or returning runners to prepare for the season. We can only hope that some, if not all, have been able to prepare to some extent."

Overall, track and field will not be the same this year, as most sports haven't been, yet many are still hopeful for the summer season and what may come with it. Even

though it was not known early on exactly what we would be capable of, people still prepared for what was thought to come. Now that the summer season and track and

field have finally started, and after a wonderfully successful home meet--complete with visiting schools and spectators--it's obvious that preparation really paid off.



Photo by Jack Wyne

A track athlete's shoes sit unworn, patiently waiting to be used during the season.

The trial of Derek Chauvin: The hope for accountability

By Bela De Jesus

Managing Editor of Global Perspectives

After the killing of George Floyd on May 25th, 2020, the world exploded in action and protest. Months after his death, Derek Chauvin, the officer who kneeled on Floyd's neck for nine minutes and twenty-nine seconds, has been on trial. The entire world waited for this trial, and it was evident when watching it; there was tension and an eerie feeling in the courtroom that exuded from the screen. Everyone in that courtroom knew their im-

mense duty and the importance of the trial.

Chauvin's trial was very different from an average trial. On top of the case being a cultural and historical moment, COVID-19 was also a major factor to consider. Firstly, the trial was live-streamed in full on news outlets, which is extremely rare. There were also no masks with slogans printed on them allowed in the courtroom, and only one member of Chauvin or Floyd's family was allowed in the courtroom at a time. These new rules were important in preventing more conflict, and show how powerful this case is.



Courtesy of Wikimedia Commons

A public memorial of George Floyd in Minnesota.

The rise in Asian hate crimes

By Mimi Osborne and Bia Leffingwell

Managing Editor of A&E and Staff Writer

Hate crimes targeted towards Asians in the United States increased by almost 150% in the year of 2020, according to NBC News. There is no singular reason why, but one can assume that this is directly linked to the coronavirus (COVID-19).

The first case of COVID-19 was documented in Wuhan, China in December of 2019. As the first case originated in Wuhan, many have labeled the Coronavirus as the "Chinese Virus," which led to a harsh blame of the spread of the Coronavirus on those of the Chinese and Asian community.

Many Asian hate crimes are underreported to the police and the media, which makes them even more unfathomable when they are reported. Asians, especially first generation immigrants, experience an abundance of racism and xenophobia in both small and large cities in the United States.

During the quarantine in 2020, there were a reported 3,800 cases of Asian hate-related crimes. NBC reported that larger cities, such as Los Angeles and New York, experienced these surges in crime percentages, with New York's rising 833%. Since then, the rise in cases has been on a steady incline.

In late March, a young man killed eight Asian women in the Atlanta area in Geor-

gia. He visited three spas to deliberately find Asian women and murder them. According to Atlanta's mayor, Keisha Lance Bottoms, "We also know that this is an issue that is happening across the country. It is unacceptable, it is hateful and it has to stop" (Quote courtesy of The New York Times).

Senior Hannah Liu stated that the rise in Asian hate-related crimes is, "a consequence of the COVID-19 pandemic. When people began to realize how big of an impact the virus had on their lives, some became angry and began to search for a scapegoat to release their frustrations on." In order to discuss this issue, LFA engaged in a community dialogue regarding Anti-Asian hate. Liu felt that it was, "a good source of catharsis for LFA students that are a part of the Asian community." Nathan Jung, co-leader of ACU, felt that it was a good opportunity to invite, "people to come and listen to, as well as share, stories and experiences they have had regarding anti-Asian hate or hate in general." He said that, "it was quite successful." Jung said, "Around 40 people showed up, and most spoke up and had something to share with everybody."

Outside of dialogues, many Asian Americans have taken action by explaining their own experiences and how others can help. Liu shared her story on Instagram with a

Chauvin was charged with second-degree unintentional murder (up to 40 years), third-degree murder (up to 25 years), and second-degree manslaughter (up to 10 years). This meant that Chauvin could have been convicted with all, some, or none of these by the jury.

The content of the trial consisted of seven witnesses from the defense, and 38 witnesses from the prosecution. The defense of Chauvin was essentially trying to prove three things: that Floyd died from drug and health problems, not Chauvin's force; that Chauvin's use of force was ugly but justified; and that a hostile crowd of bystanders distracted Chauvin. On the other side, the prosecution against Chauvin was trying to prove the opposite: that Chauvin's excessive use of force directly caused Floyd's death. The prosecution used multiple videos of Chauvin's actions, analyses by policing experts, and medical testimonies to show that Floyd died due to Chauvin's restraint.

Not surprisingly, there was conflict between the evidence shown by both sides. Disagreements arose as to whether Chauvin's use of force was justified under Minnesota police policy. There were also contradictions between medical professionals about whether Floyd died due to homicide or the fentanyl in his system, causing a cardiac event.

After the testimonies, Chauvin decided to invoke the fifth amendment and not

testify in front of the jury. This shocked many, as his testimony was expected to help his case the most. The public did not hear much from Chauvin during the case, except for his statement that his decision to invoke the fifth was his alone.

A trial as national as this has an impact on people around the world, and also on people much closer to home. Faculty leader of BSU and Social Science teacher, Akim Mpofu, stated that the trial was triggering to watch in full. He couldn't help but imagine that Floyd could have been him or one of his brothers. When asked about the impact it has had, he said, "Never before in my life have I seen a case as symbolic to black oppression and police brutality around the world." He hopes that because of its importance, people will continue a dialogue surrounding injustice and engage in what it means for the people affected most.

On April 20th, after the jury spent only ten hours of deliberation over two days, Derek Chauvin was found guilty by the jury on all three charges against him. While a sentence has not been determined yet, Chauvin could face up to forty years in prison.

As members of the LFA community and residents of the United States, it is important to keep learning about the things that led to this historical case. It is essential to recognize the impact it has had on the globe and on the people around us, as it will have an impact on modern American history.



Protestors took to the streets to protest Asian American hate crimes.

post titled *my story, my thoughts* regarding her experiences as an Asian American during the COVID-19 pandemic.

In her piece, Liu stated that, over the years, she has, "observed subtle micro-aggressions, the model minority myth, and overt xenophobia towards the Asian American community." In her lifetime, Liu has encountered hurtful rhetoric through phrases such as, "Kung Flu" and "go back to China." Furthermore, Liu said that, "for years, xenophobic sentiment against the Asian American community has never been talked about in the news" and stressed the importance of news-coverage for Asian American hate-related crimes.

As the frustration and concern grows

about the rise in these hate crimes, many social media platforms have been speaking against the hate. However, as Liu puts best, "Posting things on social media isn't enough. Activism includes having these kinds of conversations with your close ones while also keeping them accountable. If there's a time to use your voice, it's now." As Jung said, "in our pursuit to achieve equality, we should not criminalize and victimize a general population as has been done to us. We shouldn't put down another person's experiences just because they look different or have had different experiences to us. The instant we do, the hate becomes a cycle that will never end and last longer than it should."

States lift restrictions despite warnings

By Mimi Osborne

Managing Editor of A&E

Over a year after the first positive case of COVID-19, the United States remains heavily impacted by the pandemic. However, as the distribution of the Coronavirus vaccine is underway, many states have begun lifting their COVID-19 restrictions and regulations, despite being advised by the CDC and public health officials to wait.

Greg Abbott, Governor of Texas, announced that mandated mask regulations and limited capacity restrictions would be lifted starting March 2; this made Texas one of the first states to fully re-open in the US. There are no penalties for residents who do not wear a face covering, and local authorities are not allowed to intervene. In his announcement, Abbott said that, "It is time to open Texas 100%." This directly contradicted the beliefs of the Biden administration, which has stressed the importance of maintaining Coronavirus restrictions, even as an increasing number of people are vaccinated. Furthermore, Texas currently has the third highest amount of positive cases in the US with a staggering 43,000 deaths stemming from the Coronavirus.

However, Texas is just one of many states that lifted mask wearing restrictions: Michigan, Louisiana, Indiana, Wisconsin, Florida, Mississippi, and a few other states have ended their mask wearing mandate. Maryland, Texas, and Indiana have all ended limited capacity restrictions. Mississippi governor Tate Reeves

gave a one-day notice before stopping restricted capacity and required face coverings. Other states, such as New York and New Jersey, have begun to lift restrictions gradually, now permitting up to half-capacity in dining areas and public places.

Dr. Anthony Fauci, director of the National Institute of Allergies and Infectious Disease (NIAID), advised states against lifting COVID-19 restrictions. He said that although he understands the excitement of returning to pre-pandemic life, states should simply, "hold off for a bit" in order to solidify a decline in cases.

Anna Kliner, director of Health Services at LFA, stated that, "there is no reason, from a scientific or medical standpoint, to reopen so soon. It is a purely political decision." Furthermore, Kliner expressed, "It is complicated whether people have been doing enough." She stated that, from the Biden Administration, there have been, "very clear messages verbally" regarding COVID-19 protocols, and though, "there is an element of making your own decision, places that have been more successful at national containment have had more restrictions on their freedoms." LFA's Coronavirus regulations have, as Kliner said, "been done based on best available guidance and science," and "every decision we have made to pull back has been the same."

Therefore, as public health officials have advised, it is important to abide by the rules and regulations implemented in surrounding areas in order to keep not only yourself, but also others around you safe and protected.



Courtesy of Creative Commons

Dr. Anthony Fauci gives a speech addressing growing COVID-19 concerns.

Spike in COVID-19 cases across the midwest

By Garrison Sloan

Editor-in-Chief

Despite rising vaccination rates, the COVID-19 pandemic has continued to rage on within the United States. This is especially true in the Midwest, where several states, including Michigan, Indiana, Illinois, and Minnesota, have seen substantial upticks in cases despite vaccination efforts.

Currently, no state is struggling with a

COVID spike quite as severe as the one in Michigan. Michigan hit a recent peak of 9,806 new COVID cases recorded on April 16th, the highest since last November. This wasn't a one-off either: the state's seven-day case average has been steadily rising since the beginning of March. One of the main reasons for this increased spread seems to be the emergence of the UK-originated COVID mutation as the dominant strain in the state, which has

been shown to be more contagious than the normal strain. CDC data suggests that the UK variant accounts for upwards of 70% of the total cases in Michigan.

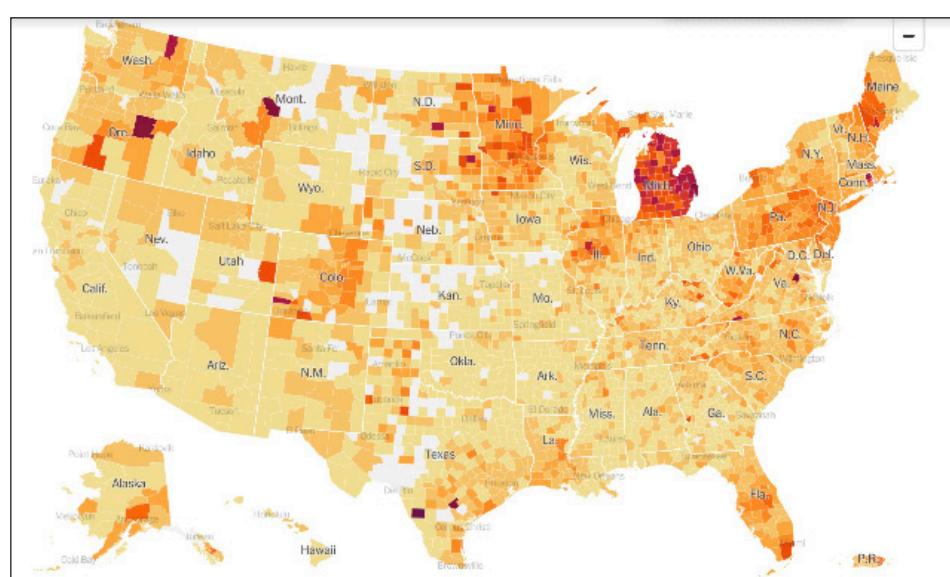
Illinois is no exception to this Midwestern spike. While the increase hasn't been nearly as dramatic as in Michigan or other states like Minnesota, cases still have been rising since late March, with a peak on April 16th of 3,807 new cases. According to the New York Times' COVID map, which shows case levels by county, it is central Illinois, not Chicagoland, that is accounting for the highest per-capita case increases, with areas near Peoria seeing the highest number of cases per capita. As of April 17th, Peoria county recorded 87 new cases per 100,000 people, compared to Lake County which recorded just 18 cases per 100,000 people.

Some of the blame for the increase in cases has been put on the relaxation of certain restrictions. In Michigan, Governor Gretchen Whitmer has refused to reinstate stricter COVID regulations despite being one of the first Governors to do so back in March of 2020. Other states in both the Midwest and South have rolled

back face mask mandates, including in Indiana, Iowa, and most notably Texas.

Thankfully, despite the rise in cases, the vaccination process has been going well in the Midwest. Illinois, Michigan, and Iowa all currently have around $\frac{1}{4}$ of their populations fully vaccinated, which is about average when compared to the rest of the country. Wisconsin and Minnesota are doing slightly better; both states have fully vaccinated over 28% of their respective populations. Maine currently leads the country in vaccination rate, with 32.2% of its population fully vaccinated, while Georgia is doing the worst, with only 18.5%. Currently, over 80 million Americans are fully vaccinated, just under 25% of the population.

While vaccination efforts in Illinois and the rest of the country are going well, this April COVID spike has been a sign that it is still too early to let our guard down. While the light at the end of the tunnel is getting brighter every day, it is still important for everyone to take the necessary precautions to prevent wide-scale outbreaks like the one's occurring across the Midwest.



Courtesy of the New York Times

A map depicting the COVID-19 hotspots across the United States.