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Thanksgiving: The boarder experience

By Angie Cotton*Managing Editor of Production*

Every year during the last full week of November, Lake Forest Academy becomes deserted as students and many faculty leave campus for Thanksgiving break. This also marks the closing of dorms and other essential services needed to live on campus temporarily, forcing boarding students to find other places to stay during these few days.

Thanksgiving week becomes a tense time for boarders, as many international students are not able to fly home and back over the span of such a short time, and even if they were able to, the cost of it is usually not worth the little amount of time they would get to spend with their friends and family back home.

To find a solution for this, many boarders are compelled to find either local contacts they can stay with, or stay at a nearby hotel. Anna Freyman '22 is one of many boarders who chooses the first option, as she usually stays with her "cousins who live in Chicago or with family's friends who live in Vernon Hills, because flying back

to my country takes too long."

However, those who don't have relatives nearby that can take them in are obligated to stay at a local hotel. With LFA being composed of a large population of minors, this becomes tricky because many hotels have age restrictions for residing without an adult.

Another concern arises when minors have to stay at a hotel, usually by themselves and for the first time. When asked about this, Jon Freeman, Director of Residential Life, stated, "We require the parent to sign off on that. When school's closed and our students are off campus, we're no longer legally responsible for them." This means that although students are required to still follow LFA's code of conduct while they're off-campus, anything that may happen to them is entirely under their parent or guardian's responsibility.

Anna Freyman believes that for "students who are minors and cannot book a hotel room and students with no [nearby] relatives, [they would benefit and] be happy to be

able to stay on campus." Although many other students might agree with this statement, it's unfortunately not possible in a realistic world.

Freeman said, "As a boarding community, we have an obligation to our faculty to respect their well-earned right to vacations when the school has announced those vacations well ahead of time." This means that it is not to the school's convenience to have their faculty stay during a vacation week in order to supervise students that would stay in the dorms. When discussing giving other time off to this faculty, especially those who don't celebrate Thanksgiving, another issue arose. Even if there were faculty to supervise students, Freeman agreed that, "It's not necessarily beneficial for the school to just tell students you can stay here, but then not offer them any food service or any programming."

Spending 96 hours on campus without the reliability of our Sodexo staff that we have year-round and without any van runs, would not be an enjoyable vacation period

for any boarder. Anna Freyman is in accordance with this, as she mentioned that even if this option were available, "I'd follow my current thanksgiving plan rather than staying on campus without van runs and Student Union food because connecting with my family is way more interesting than living on campus with nothing to do."

Another problem is that in a place that's so crowded like O'Hare International Airport, it's an "enormous undertaking" to show up with a Caxy van and wait there for students. Along with that, it'd be rather tricky to find faculty willing to drive those Caxy vans on a Sunday night when they could still be enjoying their vacation time instead.

Although Freeman indicated that making some changes to how these pieces of Thanksgiving break function is something that could potentially be reconsidered in the future, LFA's boarding students will simply have to accept the way these things currently exist for the time being.



Photo by Ryo Nambara

Boarding students Tan Jin '22, Rosie Kim '22, Ryo Nambara '22, and Shunta Nambara '25 enjoy dinner at Shabu-You over Thanksgiving break.

Head of School shares plans for departure from LFA

By Ava Tranel and Anusha Srivastava
Managing Editor of Features & Asst.
Managing Editor of Production

In a video that was shared with the LFA community, José De Jesús announced that this academic year will be his last as Headmaster at LFA. He and his family will be moving back to New York, where he will serve as the new Headmaster at The Dalton School. De Jesús is calling this transition “bittersweet,” as he expressed how leaving LFA will be difficult for him and his family since they have acclimated to and are fond of the community at the school. He also said, however, that during the pandemic, he and his family came to the realization that what would be best for them would be to return home to the city. The De Jesús family will always carry a piece of LFA with them, and De Jesús noted in his video message that he will try to continue his involvement in the school, beyond his time as Headmaster.

Although José De Jesús' time will be brief at LFA, he has been able to leave his mark growing the school. A notable growth was the giving of a larger platform to various racial, ethnic, and religious groups and establishing these previous clubs as affinity groups. These affinity groups meet with

different faculty members of the Head of School Equity Task Force (HSET), which was established at the beginning of the 2021 year, and discuss different ways to incorporate various cultural and religious holidays, important days, and traditions into the LFA community. These groups help, through suggestions, to make LFA a more inclusive, safe space and better school.

De Jesús' legacy may be limited to the three years he was Head of School, but he was able to adjust and take on the large task of managing and keeping the school open during the COVID-19 pandemic. He was able to smoothly keep the school open, which many other schools were not able to do. He took the initiative to support the school through a tough time by acting immediately and taking various necessary precautions to ensure students' safety, all the while being patient and flexible with the community.

Lake Forest Academy intends on making the Head of School transition the smoothest it can be. John S. Marlatt, Chair of the Board of Trustees, wrote in an email sent to the LFA community that the next Head of School will hopefully be an existing member of the school's faculty. Marlatt informed that until a candidate is chosen,



Photo Courtesy of Instagram for LFA Communications

A video message from José De Jesús, sharing the news that Chris Tennyson, Associate Head of School and Dean of Students, will take on some of the responsibilities of Headmaster, even as De Jesús will continue to be Head of School until the end of the academic year.

ews to the LFA community. but the LFA community is exceedingly grateful for all that he did and continues to do that has allowed LFA students the rare privilege of learning in person. The LFA community wishes José De Jesús a graceful transition in becoming Head of School of Dalton School, and the De Jesús family a pleasant move back to New York. We are confident that De Jesús will accomplish many great things in his new position, and we bid him a bittersweet and warm farewell.

LFA's finals and new policies in place

By Ella Gartz and Max Ma
Managing Editor of A&E & Photo Editor

As December rolls around, students and faculty alike are buzzing about finals week. Beyond the stress of testing itself, the policies regarding how finals testing takes place is stirring discussion and causing some confusion.

There has not been a permanent policy in place for several years, even prior to the COVID-19 era, as the decision-making

has been determined by current discussions of the Academic Council, primarily made up of department chairs. Key concerns have been final projects and papers, and whether students need to be in-person to turn them in or not. Another changing policy has been the required period of time, if any, to sit during the exam.

The policy this year is that every student must sit during their exam time for a minimum of 90 minutes. Nancy Nassr, Assistant

Head of School and Academic Dean, said it is “an opportunity to continue studying. That way we can minimize disruptions in the hallways on campus for students who are testing and may not be done.” Therefore, if a final is a paper or project rather than an exam, students must submit it in person and still sit during the required period.

However, the History & Social Science Department is an exception to this rule. Students turning in papers or projects for their History & Social Science classes do not need to stay in the testing room for 90 minutes. According to Nassr, this is “because of proctoring issues, so it is okay for students to submit and leave, but that’s the only department.”

Jin Young, a sophomore at LFA, said, “peo-

ple really do get distracted while test-taking when other people are in the hallway.”

On the other hand, Mazin Awada, a junior at LFA, shared, “I would rather submit papers and projects on Canvas the night before the final’s due date. That way, I can sleep-in before my second exam of the day.” Awada is a day-student from Glenview, Illinois and has a

Jordan Sebolt, a junior at LFA, said, "The finals environment is incredibly stressful for me, so having to sit there for extra time, after finishing my assignment, feels unnecessary." He went on to say, "I would rather work from the comfort of my own home" when preparing for exams later in the week.

Another issue with the current schedule is the conflicts in exam times because

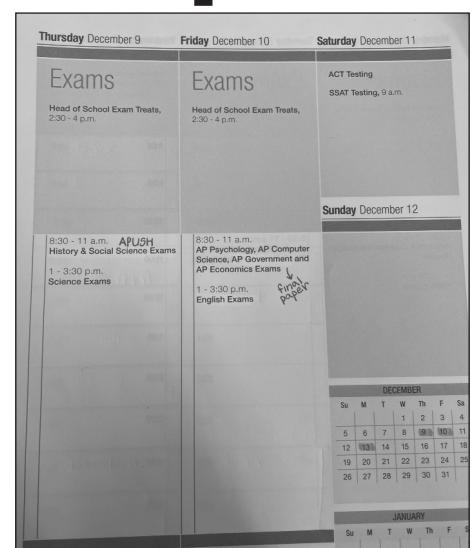


Photo by Max Ma

historically, each department has had a time-slot for testing. According to Nassr, “The way that the schedule exists, is that we have eight exam slots... Basically, because we allow students to double and triple in different areas of the school, the schedule that has been created historically, doesn’t actually work to serve the purpose of allowing students to test in a way that is easy or easily understood.”

Therefore, Nassr seeks to start “re-examining the final exam schedule” for the future, starting next semester. In order to improve the schedule, Nassr also expressed her interest “in hearing more from students about, their experiences with finals and what can be improved.” She went on to say, “Students have a really unique and important perspective about how they’re experiencing the policies of LFA. I believe every decision that we make needs to be student-centered.”



Photo by Ella Gartz

In-person Trustee Weekend at LFA

By Ambika Gupta

Managing Editor of Global

On November 5th and 6th, LFA hosted its annual Trustee Weekend, the first one in-person since COVID-19 hit. Trustee weekend has been a tradition since the beginning of the school itself. Three times per year, trustees come together to meet, discuss, and share. LFA's 27 trustees come from all over the world, from China to Tennessee to California. Of the 27 LFA trustees, 22 were able to attend, 5 of which were remote. This is one of the only opportunities for trustees and students to interact, aside from an occasional guest speaker and the FIRE Conference.

To begin Trustee Weekend, trustees had the opportunity to shadow students and get a real feel for life on campus. According to Karin Fink, an LFA trustee and current parent of two Caxys, this shadowing event allowed her to witness the "high-level academics" of the school. Furthermore, she mentioned how the event in total showcased the "alignment" of the trustees and how all "are on the same page."

However, one of the main reasons for this event is an exchange of information between the trustees and committees. The purpose of trustees, according to Jessica Douglas, an LFA alumni '96 and trustee, is to "listen to all the stakeholders [of LFA]" and then "do what's best for LFA." A committee is composed of trustees and



Photo Courtesy of LFA Twitter

LFA Twitter showcases the shadowing event during Trustee Weekend. Anusha Srivastava '23 shows Gloria Harper, a trustee, around LFA. At least one LFA faculty member, focused on a particular aspect of LFA, such as finances, endowment, advancement, trustee recruitment or diversity and pluralism. For example, the property committee recently organized the repair of Corbin's roof.

During Trustee weekend, the committees and trustees also reflect on their past accomplishments and problems. Jacqueline Leib, Executive Assistant to the Head of School and Board of Trustees, com-

mented how "We learn each year from what we've done in the past" and the everlasting process to better the school.

Each trustee is chosen for their specific skills. Each adds something different and helps to create a knowledgeable committee. The Committee of Trustees, works together to find replacements for those retiring and seek to find qualified candidates who can add experience and expertise to the committees. Afterwards, the

entire board votes upon trustee nominations. A trustee's previous connection to the school can vary, from previous Deans of Students, retired teachers, alumni, and parents of former and current Caxys.

Douglas remarked that despite how the academy has changed, the "mission [of the school] has stayed the same." Furthermore, during this year's Trustee Weekend, she enjoyed "hearing about how the academy is challenging itself" to improve.

Underlying connotations in LFA dress code

By Shyee Saladi

Editor in Chief

As stated in Lake Forest Academy's Student Handbook, "The Lake Forest Academy Dress Code reflects the Academy's belief that how you present yourself communicates engagement and a seriousness of purpose and positively impacts the quality of life and social standards of the school."

Lake Forest Academy's dress code is written in a way that refers directly to students' bodies—something particularly inappropriate given the code's purpose is

in place to avoid such sexualization. This includes phrases such as: "plunging necklines," "dresses and skirts of mid-thigh or longer length," and "dresses must also allow for three-finger shoulder coverage."

These phrases—specifically written in reference to more feminine standards—allow LFA's dress code to be defined not by clothing, but by the body parts that clothing is expected to cover. Ultimately, this results in dress code enforcement that is rooted in the sexualization of students.

This type of sexualization can serve as the foundation for rape culture within any

community. Rape culture—defined as specific values, beliefs, and behaviors that normalize sexual violence—is perpetuated through things such as stereotypes, sexual jokes, and media framing. No individual should ever be forced to endure the damaging and dehumanizing nature of rape culture, especially in an academic environment.

Many students at LFA have been subject to situations in which a faculty member has commented on their clothing in an insulting or uncomfortable way, especially in reference to the length of skirts and dresses.

A current senior recounted an experience where a teacher had told her that her dress was too short and that it was only appropriate if she was working in a club. This student detailed that it was "a dress my mom got me that was to my fingertips, and I was wearing stockings underneath."

Another story was shared by a 2011 LFA graduate, who said, "During my Junior year at LFA, I had a teacher walk up behind me and proceeded to say 'Go to a mirror and bend over and let me know what you see.' They were talking about the skirt that I was wearing. That teacher said this to me in front of a group of fellow students."

These experiences are just two of the countless appalling instances that have occurred in the LFA community sur-

rounding dress code enforcement.

While the dress code should be enforced, it is crucial that the student's comfort is still taken into consideration. The student should not be called out in front of other community members, and the conversation itself should allow space for the student's explanation as to what they are wearing.

When asked how she would enforce dress code, Anna Kliner, Director of LFA's Health Services, said that she "would approach it as an open-ended conversation." She detailed that it is better to ask less pointed questions, such as "Could you tell me about that?" This leaves more room in the conversation for a student to explain what they are wearing instead of automatically getting dress coded.

As it is currently written, LFA's Dress Code is left open to the interpretation of the school's community, thus creating room for inconsistencies in enforcement, as well as misunderstandings among both students and faculty. In order for these conversations to be lessened, students should also make sure that their clothing is in accordance with the dress code. Simply changing the structure and wording of the dress code could help make the Lake Forest Academy campus a place where students feel safer and more comfortable.

CODE OF CONDUCT

- Nice tops of modest fit and at least three fingers of shoulder coverage. Collared shirts, collared blouses and polo shirts are strongly recommended. *Plunging necklines and uncovered spaghetti straps are not allowed.*
- Khakis, nice-colored denim, or corduroys. *Pants with pockets down the legs, athletic pants, sweat pants, shorts, leather pants, low-riding pants, or pants that are frayed or ripped are not allowed.*
- Dresses and skirts of mid-thigh or longer length. Dresses must also allow for three-finger shoulder coverage. Spaghetti strap or razor-back dresses must be covered with a sweater, jacket, or blazer.
- Leggings are only acceptable with dresses or skirts. *Leggings worn alone as pants are not acceptable.*
- Dress shoes or nice sandals (flip-flops are not acceptable).
- Sweaters, jackets, denim jackets, blazers, or LFA sweatshirts are optional on regular school days. *Non-LFA sweatshirts are not allowed.*

After the conclusion of the academic day, students may wear clothing of their own choice as long as it is in good taste, good condition, clean, and neat. Regardless of the time, place, or occasion, clothing that is indecent or provocative is inappropriate. For all students, *find your discipline*.

Photo by Ambika Gupta

These are examples of words that some think should be replaced.

Top 10 rankings of Thanksgiving foods

By Mimi Osborne and Kirstin Palaz
Sports Director & Editor-in-Chief

After years of heated discussion between *The Spectator's* staff, the long-standing argument has finally come to an end. What is that argument? Which Thanksgiving food is the best. From previous Editor-in-Chiefs Lilly Drury '20 to Nick Alluto '21, this argument has destroyed friendships. However, after years and years of consideration, the list is finally complete and more accurate than ever. It goes as follows:

10. Sweet potato casserole (previously ranked #4). Is there even an explanation required for this one? Bland, boring, and basic are the three words we would use to describe this dish. An off-putting color and texture rank this grotesque food dead last on this list.

9. Stuffing (previously ranked #2). The contents of stuffing are still vastly unknown: some sort of breading, miscellaneous meats, and questionable amounts of dairy. The splotchy brown coloring and unsettling smell repel festive individuals from Thanksgiving feasts.

8. Turkey (not previously ranked). The most unappetizing of all meats, turkey is, without a doubt one of the most underwhelming aspects of Thanksgiving. If anything, while eating turkey, the feeling of thanks is last on one's mind as they try to chew through the tough, yet undercooked meat. It is dreary and bleak and does not deserve to be such a widely considered "staple" in American Thanksgiving.

7. Green bean casserole (previously ranked #3). Ranked slightly better than sweet potato casserole but still poor overall comes the revolting green bean casserole. It is slightly more colorful than its competitor casserole, however still lacks composure as a dish. This dish resembles that at the end of a Food Network cooking show—thrown together in the final 30 seconds.

6. Pumpkin pie (not previously ranked). Pumpkin pie is a good mix of sweet taste alongside pretty color, providing a much needed balance from the sheer amount of sodium and salt consumed otherwise. Its flavor profile is nothing too extraordinary and, frankly, the dish just seems a little out of the ordinary.

5. Roasted vegetables (previously ranked #6). For many vegans, this dish offers a variety of food alongside flavor profiles. The way that the elements blend together into one cohesive dish is astonishing; however, the flavors still act on their own. You are able to distinguish the green beans from the brussel sprouts and broccoli. Overall, roasted vegetables are just a solid dish.

4. Mac and cheese (previously ranked #5). Besides the long-standing argument over whether to eat this dish with a fork or a spoon (the correct answer being a fork), mac and cheese is a staple amongst Thanksgiving dinners. It is a decent dish for what it is, nothing spectacular or mind-boggling but, that being said, nothing revolting either. If you say

mac and cheese is your favorite dish, you will surely not be hated amongst the common population; however, you are not destined to gain many friends either.

3. Asparagus (not previously ranked). One of the most versatile side dishes for any occasion, Asparagus was a food that needed to be ranked. Besides being previously neglected, Asparagus' rich green color intertwined with flakes of decadent brown are not only aesthetically pleasing but also scrumptious tasting, satisfying both the visual and taste appeal of Thanksgiving celebrators.

2. Mashed potatoes (previously ranked #7). A stellar dish in and of itself, mashed potatoes can satisfy most people on its own. However, paired with other Thanksgiving foods, the sophistication

that smashed balls of starch bring truly transports the blast from the past—if you close your eyes, you might just be able to envision America in the early 1620s.

1. Cranberry sauce (previously ranked #1). Cranberry sauce is the savior of Thanksgiving, the knight in shining armor to an otherwise flavorless holiday. The vibrant red and effervescent smell elevate festivities to an entire new level. The pure serotonin released from a mere bite of the dish is enough to bring a smile to even the grumpiest of people.

Though we can only speak for ourselves, we know our ranking is the best *The Spectator* has ever seen. From two picky eaters with a deep disdain for Thanksgiving foods, what could go wrong?



Courtesy of Creative Commons
This is a traditional Thanksgiving dinner with turkey, cranberry sauce, green beans, and pumpkin pie.

Who keeps LFA running?--the Sodexo staff

By Mimi Osborne and Kirstin Palaz
Sports Director & Editor-in-Chief

For many students, lunch is crucial—between hard classes and rigorous workloads, the lunchroom provides a much needed space to unwind and relax with friends. Though COVID-19 has im-

pacted much of the lunch normalities in Lake Forest Academy's J.C. Cowart Student Center (STU), Sodexo's staff have been determined to create solutions in order to navigate an unprecedented year.

Founded by one man in 1966, Sodexo has grown to serve over 100 million consumers, in 64 different countries. According to

their website, <https://us.sodexo.com>, "Sodexo's mission is to improve Quality of Life and responsibility is to preserve it."

In previous years, there have been 15 workers in the cafeteria serving the students and faculty of Lake Forest Academy. However, with this year still heavily impacted by the pandemic, there are only ten workers. The difference may seem insignificant; however, ten people serving roughly 430 students and over 100 faculty and staff members is an ex-

tremely difficult task. The Sodexo workers must maintain the same level of efficiency as in previous years with only two thirds of the help they once had.

The average day for a Sodexo worker in the kitchen begins at around six in the morning to prepare food two days in advance of the day it will be served. The Sodexo staff's routine runs on a strict schedule; each individual knows exactly what they are doing for the day, along with the best course of action to complete their tasks.

Angelica Garcia, General Manager of Dining Services, said that besides the production of breakfast, lunch, and dinner daily, "we clean as we go and manage all the other things that come up." With students relaxing in STU at any given moment of the academic day, maintaining its appearance is a pressing challenge.

Recently, the topics of cleanliness, respect, and adjustments to seating arrangements have sparked conversation amongst the students and faculty. Due to COVID-19's impacts on daily life, LFA continues to implement special seating arrangements in the cafeteria. At the beginning of the year, there were only two individuals, sitting on opposite ends, allowed at a table; however, this past month, the rules have expanded, welcoming four students to a table. The cause of this shift mainly stemmed from a lack of seating opportunities for

hungry students and, with the closure of Lower STU due to repeated disrespectful incidents, the need for seating increased tremendously--also, increased vaccination rates. Unfortunately, students have been leaving plates full of food on tables and chairs, causing more work for the Sodexo staff and limiting seating even more.

With all the effort the Sodexo staff puts in daily, LFA students need to hold up their end as well; putting away dishes and helping maintain a clean shared area will heavily impact the community in a positive way. Garcia asks that we "help each other in the meantime" and that "going the extra mile within the community to say thank you" can make a big difference. At the end of the day, Garcia described the Sodexo staff as "the most committed" she has ever worked with. She said, "They are not just coming here for a paycheck, they are very committed to the school and are always concerned with what we are serving and making sure we serve something students will like."

Sodexo is a community that LFA individuals so often overlook; many members take for granted the passion and dedication served daily. So, when next in STU, the least we can do is thank those who work tirelessly to make our day a little bit brighter.

Thank you, Sodexo Team!



Photo by Gray Drobney
Just a couple of examples of how the community needs to stop leaving things on the tables for the Sodexo staff.

DECEMBER 10, 2021

Should the College Football playoff system be changed?

By TJ Minsky
Staff Writer

The past couple years, controversy has been brewing about the College Football Playoff ranking system. For people that aren't familiar with the sport, four teams are selected to go to the College Football Playoff. These teams are determined by the College Football Playoff Selection Committee who chooses the teams based on record, strength of schedule, head-to-head results against common opponents, and other factors.

College football is a different sport in the sense that the playoffs are decided by a committee of people who usually have a higher-level athletic position. In other sports, the playoffs are generated based on team record, and there is no group of people picking teams to go. Lately, the controversy is stemming from the fact that smaller schools are not getting a real chance to prove that they can compete. For example, as of November 16th, an undefeated Cincinnati Bearcats team is ranked #5 in the country (one spot out of the playoffs). The Bearcats are boasting a 10-0 record but are currently ranked behind teams such as Alabama and Oregon who are both 9-1 respectively. The truth is that the committee does not respect smaller teams as much due to the opposing teams they have played. Although they beat the current #8



Football players from Army and Air Force talk after a grueling rivalry game.

Courtesy of Creative Commons

ranked team, Notre Dame, on the road.

Cincinnati's head coach, Luke Fickell, recently put out a statement regarding the rankings, saying "The reality is, (the Blue Bloods) are going to have some opportunities... It's just the way college football is in particular and when you do get those opportunities, you have to perform." It is

evident from Fickell's response that he just wants his team to compete each day without worrying about the outside noise.

If this Cincinnati team finishes the season undefeated and is not given a spot in the College Football Playoff, the system will eventually have to change. Smaller schools deserve a shot to compete with

everybody else. The only possible way to find out if schools like Cincinnati are capable of winning against high level teams is to give them a chance. The playoff system eventually needs to be changed to allow for more parity in college football--whether it be an 8, 12, or 16 team playoff.

COVID's recent impacts on North American sports



Courtesy of Creative Commons

Dr. Anthony Fauci throws out the first pitch at a Washington Nationals game.

By Richard Zhang
Managing Editor of Digital

As the world has started to open up more with vaccination rates rising and COVID cases starting to lower, sports have also begun their return to normalcy. All of the major North American sports leagues now allow fans to attend indoor events, albeit with certain state regulations prohibiting unvaccinated people from attending and requiring the use of masks. All of this is a positive step towards the pre-COVID

sports world in terms of outside engagement, but regulations and restrictions for players and staff have largely remained the same. Players and staff still have to get tested every single day for COVID to prevent spread, and have to take extra precautionary measures during road trips. Unvaccinated players have even more restrictions as they are not protected from COVID unless they have gotten the virus recently and produced antibodies. None of the major sports leagues have mandated vaccines for players, but vaccine mandates across

states still affect players' ability to play.

Two recent cases from the NBA occurred in New York and San Francisco, where physical activity indoors was not allowed without vaccination. In these cases, Brooklyn Nets guard Kyrie Irving and Golden State Warriors forward Andrew Wiggins both initially refused to take the vaccine, chalking it up to a "personal" or "religious" decision. Wiggins ended up receiving the vaccine after his claim for a religious exemption was denied, saying in an interview with ESPN that he felt "forced," as "the only options were to get vaccinated or not play in the NBA." Irving, on the other hand, refused to get the vaccine. This was in spite of the fact that Brooklyn's general manager Sean Marks and owner Joseph Tsai both stated that they would not allow Irving to play unless he got the vaccine, as he would play less than half of the games without it. Irving stood firm on his stance on his Instagram live streams, and protests even erupted in support of him. Star teammate Kevin Durant expressed his disappointment, saying, "I miss Kyrie" and "We would welcome him back if he was able to."

A controversy like Irving's situation is not only damaging to the team on the court, but also damaging to the locker room and to the league as a whole. With Kyrie Irving's

firm stance, other players, such as Bradley Beal and Johnathan Issac, also stated their doubts towards the vaccine due to Irving leading the charge. This group of players' influence on the general public was huge, and their lack of endorsement for the vaccine prevented many people from trusting it.

In the NFL, former MVP Aaron Rodgers tested positive for COVID but was found to be unvaccinated despite Rodgers clearly telling the media, "Yeah, I'm immunized." An investigation was done on the situation. It was determined and revealed that Rodgers received an unauthorized and unproven form of immunization for COVID unrelated to the vaccine, meaning that he had been violating league policy as he never wore a mask during press conferences. Rodgers' case also created drama among the league about who was lying about vaccination status or not and cast doubts on whether all players and staff were following COVID policy.

The enormous influence that star athletes have on the general public and in their locker rooms is felt, and many people have either changed their opinion or protested with the athlete's opinion. Based on the reaction so far, doubts on the vaccine and mandates by these high-profile athletes could shape views as the pandemic lingers.

A new era for LFA's Girls' Hockey

By Maya Mitkess
Editor of Blogging, Staff Writer

The winter season brings a new sports season to boost the development of Lake Forest Academy's athletic program. With this promise in the progress of the athletics department, especially with the emphasis on female athletics, everyone is looking at the Girls' Hockey Team. LFA is known for its hockey program, especially for the Boys' Prep Hockey team. The team's female counterpart hasn't had the same focus, but they hope to now.

The decision to focus on developing the Girls' Hockey team was decided last year. Darrin Madeley, Athletic Director at LFA, regarding why he made this decision, said, "It's a great way to build community because a lot of the higher-end female hockey players have been ones in the community that are in everything." He additionally said that developing the Girls' Hockey Team would bring in strong athletes for more than just hockey, and this year alone proves it.

Seven experienced players were added to the team this year before development even began. Hoping to get out on the road again to discover new talent, Madeley wants to buckle down on it after COVID to see if years with talent like this can keep happening for the Girls' Hockey team.

The team this year is off to a great start in practices and has already developed a bond. Angie Cotton '22, left wing for the team,

said, "An issue that we have had in the past is that we tend to split up into our own little groups in the locker room, but now it's just really cohesive." With a mix of experienced players to beginners, having this team work well together so quickly is impressive.

Coaching has also changed this year for the Girls' Hockey team with a new Head Coach, John Meo, and a new Assistant Coach, Connor Hudziak '18. Though their positions are temporary, they have created a great relationship with their team. Cotton said, "I really enjoy how [Meo] knows that we are trying to develop the program, but he also understands that a lot of our girls have never played before. I also really enjoy that he mixes the team all in one."

From a coach's perspective, Hudziak said, "Obviously, you have to make it challenging sometimes, but you challenge them in a good way so that once they finish it they feel better about themselves."

Right now, a lot has happened that has improved the Girls' Hockey team, but the future is the main focus. On his hopes for a permanent coach, Madeley said, "What I am looking for is someone who played--a female Head Coach who played in college. If a national team player is found, that would be amazing." He wants someone who can help the team to grow even stronger, a great step in the right direction for development when this happens.

This season, the coaches are short-term,

but they have goals for the hockey team. Hudziak said, "Just building an overall team that has a really strong bond that can come together and put anyone in the line-up and having trust in that line-up." Both short-term and long-term goals are on everyone's minds surrounding Girls' Hockey. Cotton has a long term goal for even after she has graduated, saying, "Although right now, developing the team into an actual Prep team is not realistic, maybe

in the next ten years we can have a Prep league near us that we are able to join." The development of the Girls' Hockey team has already taken so many steps towards improving, and they continue to work hard and make progress. New coaching, team cohesiveness, and a surge in recruits are just the start to a great era of development.



Photo Courtesy of Tyler Watts '21

The Girls Varsity Hockey team, pre-pandemic, huddling before its game.

ISL student award recipients 2021

ISL All-Conference 1st team winners:

NAME:

Giuseppe Maida.....	SPORT:
Stefan Momcilovic.....	Varsity Boys Soccer
Ryota Nambara.....	Varsity Boys Soccer
Tatum Pearlman.....	Varsity Girls Volleyball
Kirstin Palasz.....	Varsity Girls Volleyball
Mimi Osborne.....	Varsity Girls Field Hockey
Sarah Daly.....	Varsity Girls Field Hockey
Heather Wolff.....	Varsity Girls Field Hockey

ISL All-Conference 2nd team winners:

NAME:

Lazar Matic.....	SPORT:
Nicky Lubaev.....	Varsity Boys Soccer
Safiya Nicol.....	Varsity Girls Volleyball

Editorial:**Inconsistencies in COVID-19 policies**

Almost two years after the initial quarantine, LFA students still find themselves facing restrictions. While we grow wary of these always-changing rules and regulations, we understand that they exist for the betterment of our community and the safety of the people around us. One of the things that students do not understand is the discrepancies in how these rules are applied and enforced, as hypocrisies run rampant.

For example, during an All School Meeting, UNIDOS, a club for Latinx and Hispanic culture, invited students to do cultural dances on the stage of the Cressey. While the music played, students rushed to the stage to experience what they had not for years, a dance. With the small-sized stage combined with the number of dancing students, everyone was nearly shoulder to shoulder. This forces us to ask the question of why students weren't allowed to have a winter formal this year? This moment showed us that it was possible. The event also led to questions on why the play needed to be outdoors this year. Matt Boresi, Director of Theater, said, "We had to do the play outside this fall." This

led students to question why we weren't able to have a morning meeting-like arrangement for the play, with students sitting one seat apart. It is unfair to the members of the play to be able to dance on a crowded stage, but not be able to act to students who are spaced out.

Another example, and one of the largest sources of confusion around COVID policies, is the lunchroom. At the beginning of the semester, tables seated two people and were situated so that everyone was 6-feet apart at all times. Last year, there were even monitors throughout the cafeteria enforcing these policies, making sure all students followed the rules. Monitors disappeared as COVID cases slowly lowered in Lake County, and vaccination rates at LFA rose. Without lunchroom supervision, students slowly began moving towards each other, and seating was often 3-4 students per table at least. Recently, it was announced to students that there would be tables allowing for 4 students to sit together during lunch. Whether students would abide by the rule of 4 people per table was left to them. Larger tables led to groups of 5-7 students sitting together

during lunch. From a student's perspective, this was almost inevitable considering students get less time to socialize due to COVID restrictions which put distance between classmates.

Pressure for students to follow the lunch rules was put entirely on LFA's All-School President, Ferdoss Ibrahim '22'. When the new tables were put in place, some teachers attempted to enforce the rules by reminding students that Ibrahim had just recently made the announcement that the rules should be followed. Ibrahim said she "planned to have four to a table with two tables pushed together, but with busy lunch periods such as E4, it's almost impossible to have all of the rules followed because there isn't enough room in the cafeteria for all of the students."

As students, we understand that the rules and regulations exist for our safety and wellbeing, but when rules become almost impossible to follow, it leaves students questioning why they exist to begin with. We understand that no teacher wants to make school punitive or like a prison, but when rules start contradicting themselves, we are forced to begin asking questions.

The Lake Forest

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PUBLICATION

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

EDITORIALS

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

LETTERS TO THE EDITORS

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

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.

Word Key

Thanksgiving	Snowflake
Ornaments	Kwanzaa
Menorah	Turkey
Dreidel	Sleigh
Christmas	Tofurkey
Hanukkah	Reindeer
Chocolate	Santa
Family	Gifts

Holiday Word Search

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

Native American Heritage M

By Maya Mitkess

Editor of Blogging

November is the time to learn about Native American culture and history as it is their heritage month. As a people who have been mistreated and misrepresented many times over by society, respect whilst you learn and participate, hopefully not just in November but year round, is required.

Teaching is a great way to keep the usually neglected history and culture of Native Americans alive, but teaching the correct representation of Native Americans is needed. "Savages," "heathens," "primitive," are words that have all been used to describe and discriminate against Native American people in historical writings to justify murdering, stealing from, and using them. This should not be the image we paint now. It is important to research thoroughly to make sure you get the right information about Native American history before teaching it to children or other people. This includes talking about Native Americans in the present because today many nations are ignored, mistreated, and have struggles that stem from the more widely known problems of the past. Awareness is key.

Participation in Native American culture and activities especially involves sensitivity and respect in actions taken. With events hosted by native nations such as powwows, look up to see if there is any etiquette and demonstrations of respect involved. Outside of events native nations host, participation should be minimal in the sense that you should not make or dress yourself in your idea of Native American clothes, dance your concept of their dances, or sing

your concept of their songs. Never assume.

Supporting and donating to your local Native American nation is another key opportunity for respectful action. Buy art, handmade goods, and more from Native American owned businesses. Go learn a lesson or two about Native American culture and history from your local Native American reservation (if they are open to it of course) and make a donation afterward. Money is needed to take care of and preserve reservations and tribes which house so much of their culture and history.

Recognize the differences and uniqueness of each tribe of Native Americans and don't group them all together as one large people. Recognizing the many cultures and histories of tribes is what keeps them in books as separate and not forgotten instead of a cheap overview looked upon as one entity.

Daun Bida, a Native to the Pekagon Tribe and an employee of Native American Tribe Health Services, repeats one lesson about being respectful of Native Nations when being interviewed, "Genuine curiosity is always appreciated and most Native Americans are open to sharing their cultural heritage. Show up, watch, listen, ask questions."

The whole point of all these lessons on respect is to foster a place where Native Americans can keep their culture and history alive and pass it on without fear of neglect, disrespect, or discrimination. Keep your best intentions at heart and remember that what you have heard from other people is not the truest story of Native Americans. Let them tell you while you keep an open ear, mind, and heart.



Courtesy of Creative Commons

Native American dancer at a powwow

By Maya Mitkess

Editor of Blogging

Powwow—an interesting word that everyone has heard, but not a lot of people know what it truly represents. Powwows are a chance for Native Americans to come together and pass down their culture from generation to generation all while creating spiritual and familial bonds.

The term derives from the Algonquin Indian word pau wau, which means "he dreams." According to the Oklahoma Historical Society, the concept of powwows originated when different tribes from the Great Plains came together to form alliances. The foundation of the powwow is the exchange of tribe-specific songs, dances, and ceremonies that occurred.

The modern-day powwows are not so different. They include all of that, but rather than an exchange, it is a celebration of Native American culture. It takes place over one to four days with non-Native American spectators welcome. Now, what events actually take place in a modern powwow?

There are two types of powwows: competitive and traditional. The competitive powwow gathers the best dancers and musicians surrounding Native American culture to compete for money and prizes. A traditional powwow would forgo this practice and just gather people in celebration. Powwows begin with a Grand Entry where all dancers enter the circle and an opening prayer is said. The flag song to honor native, state, and American flags is then sung after. Dancing, music, and singing then commence with Native American handmade goods on sale as well and the celebration of a rich culture begins. The focal point of the powwow being the drums and singers who keep the tempo of the dancing and provide musical accompaniment for the day's festivities.

Want to go to a powwow? Find a list of powwows across the country with dates, time, and locations at powwows.com. However, there are a few things to know first. The proper etiquette at a powwow is

important when coming from non-Native American roots. Being respectful of the culture being displayed means not assuming anything or saying things like their outfits are "nice costumes." The spiritual aspect of the powwow has meaning in things like the drums and circle, which is blessed, so don't walk across the circle or mess with the beat of the powwow. Stand up for the Grand Entry and if you are healthy, offer your seat to the elders attending. Lastly, pictures of what is happening in the circle are usually welcomed, but ask first.

Powwows are truly special events. They allow Native American culture to live on in a society that usually forgets them. Going to a powwow helps you become aware of the culture and you can make sure other people know about it too. Bring a donation, be respectful, listen, and share with others to help your local native nation (that you may not have known was there) all while having a fun time of friends, family, music, and joy.



Photo by Maya Mitkess

Native American handmade good from a powwow.



Courtesy of Creative Commons

Native American women in traditional garb

Month: How we can do better

By Jake Powers

Staff Writer

Lake Forest and its surrounding area have played a prevalent historical role in trade between Native American tribes up until the 1780s. The Kickapoo, and more so, the Potawatomi tribes organized and carried out an expansive trade route that extended all the way down to (what's now) southwest Illinois. The Potawatomi, whose name translates to "true people," had strong relationships with the French settlers, with whom they established large-scale fur trade. They continued this relationship, fighting alongside the French, in combat with the English colonizers.

Although the Kickapoo were forced west earlier by other Iroquois influence, (other Native tribes of southern Ontario and Quebec descent including: Mohawk, Oneida, Seneca, Onondaga, Cayuga, and Tuscarora), the Potawatomi remained strong. This was up until the 1840s where they, through years of struggle and honorable fighting, eventually faltered and were forcibly moved.

For years before the final relocation, multiple treaties were signed between Potawatomi leaders and the establish-

ing U.S. government, All of which had been broken in 1840, the tribe had to give up their land in a hostile exchange for removal to Iowa and Missouri. Over 150 tribe members died in the removal process, most of which were children.

As for Native American Heritage month, we should learn the histories and understand the significance of our more local tribes here at Lake Forest Academy. Both of these tribes, and the others with whom they interacted with, are underrepresented groups in both our nation and our local communities. On this issue, history teacher Sam Wold said, "Not much of a voice given to the history of Native Americans, especially the tribes around here." Wold went on to emphasize that the Potawatomi did not give up without a fight, and fought honorably to keep their land from their oppressors.

This is a part of our history that should not be forgotten. For Wold, "It's all about respect and recognizing that these people came before us, and took care of the land. Native Americans protected the land, took care of the land, and the land took care of them."



Courtesy of Creative Commons

Portrait of John Maskwas, a Potawatomi tribe member, 1898.

Domestic Students Racial Demographic

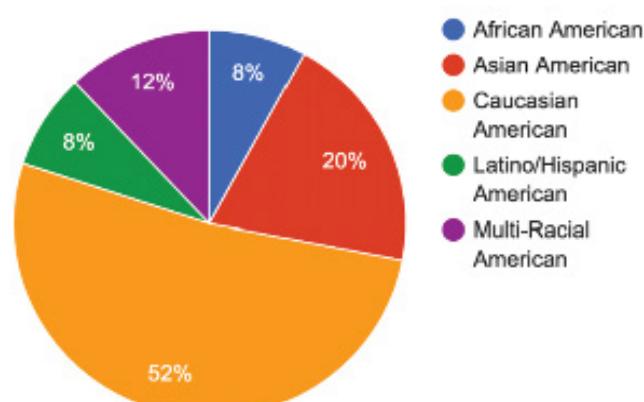


Photo by Maya Mitkess

Racial demographics at LFA show no Native American population.

By Bela De Jesús

Editor in Chief

Before seeing the headline of this month's centerfold, did you know it was Native American Heritage Month? Unfortunately, for many the answer is no.

On a national level, the month is not highlighted as much as it should be—but what about here at LFA? How can such a diverse school leave out such an integral population of the United States? The issue begins with LFA's demographics. In looking at the statistics above, Native American and indigenous Caxys are not even represented as a population in the chart. While there have been some Native American students in the past, that number has dwindled to zero. Many aspects contribute to this, such as LFA's location, tuition costs, and the Native population of Illinois included.

This is why there is no affinity group, as there are simply no students to make up a group at all. The lack of an affinity group is the reason for the lack of awareness. Native American culture is not advocated for because affinity groups and student interest drive so much of the morning meeting announcements and the all school emails. The representation and student voices are so inadequate that even during Native American Heritage Month there is not so much as a powerpoint.

Just because we have no Native representation does not mean we can't raise awareness and learn. Curricula include indigenous history, but for most classes no longer than a month. A History of Human Rights in the Americas is the closest I have had to an in depth conversation about

indigenous history, and that is an elective for upperclassmen. At the beginning of this month, faculty were sent resources related to Native American Heritage Month. The library has a Native American literature collection and LFA is hosting a trip to the Southwest. All of these efforts are important, but they are in the background, instead of being broadcasted like they should be.

Lusanda Mayikana, Dean of Pluralism and Multiculturalism, stated, "You can feel that gap, but at the same time I feel like we are not doing enough." What does doing enough look like? Mayikana says that it all starts with gaining perspective of the real, horrific history. It starts with leaning into the discomfort, and acknowledging the atrocities this country has committed and continues to commit against Native people. As an educational institution, we are capable of doing this in the classroom. The next step towards representation is actively getting native students to attend LFA. Additionally, LFA can bring in Native speakers to educate the community about culture and appreciation. Another way LFA could bring awareness to Native people is to offer a land acknowledgement, in which together we reflect on the land we are on and to whom it belonged.

This work is not easy. Each one of us has to question global rhetoric around indigenous culture and history. We have to look this bias in the face and do something about it. At a school that promotes diversity, this exclusion must be evaluated and addressed. The strong community of LFA is capable of broadening our inclusion and living up to our collective values.



Courtesy of LFA Communications

The Club Fair at LFA, despite many affinity groups, has no Native American affinity/advocacy club.

Inside the Health Services hallway: A look at medical leave

By Shylee Saladi & Gemma Fink
Editor-in-Chief & Mentorship Coordinator

Lake Forest Academy has recently seen an influx of students seeking mental health related help from its Health Services Department, leading to an increased workload for the faculty who work in the school's health wing. This situation is far from unique, and as School Counsellor Jennifer Madeley stated, "It's consistent to what we are seeing throughout the country."

LFA's Health Services Department is tucked away from the rest of its campus, located in several rooms spanning a narrow hallway. The space—though small—is filled with colourful pillows and posters that turn claustrophobic into cozy. The health services faculty at LFA have turned their limited space into a place where students can feel welcome and comfortable.

The recent rise in student drop-ins to the health centre, and more specifically, to the school counsellors' offices, has led to the hallway's often overcrowding. Between the students passing through on their way to class, and those who are waiting to meet with a counsellor, the Health Services Department has definitely had its fair share of traffic.

In a number of cases, students getting overwhelmed and seeking a regular cycle meeting with one of the two School Coun-

sellors is a precursor to a student's decision to take a short term medical leave from LFA. There are a number of high-school students enrolled in partial hospitalisation programs across the greater Chicago area, not just students from LFA.

The LFA team extends their support by allowing every student the opportunity to take a medical leave only once during their high school career. As the school's handbook states, if a student's health situation demands another intensive pause, the student "will be dropped from Lake Forest Academy classes and required to withdraw for the remainder of the semester."

This policy, combined with general stigma surrounding mental health, contributes to an environment in which many students are hesitant to seek help out of fear that they might hinder their progress at school.

A short term medical leave is at most 20 class days. Many mental health programs are in place to get a student back into school as soon as they can. Each day of the program includes: time to do homework, group therapy, skills they can learn for school, and an assortment of fun activities at the end of the day that relate to the skill they learned.

According to LFA's Handbook, if a long term mental health medical leave is needed, "the family will determine whether the student will complete that semester's work somewhere else or wait until the fol-

lowing year to repeat the grade." There is the possibility that LFA can hold back a student in order for them to receive the treatment they need. The Academic Dean and the Dean of Students will determine if the students' re-enrollment can happen after the students' team and them-

selves feel that they are ready to return.

Lake Forest Academy boasts two school therapists at the community's disposal, yet between teaching classes and trying to meet the increased needs of the students, their available time is very limited.



Photo by Shylee Saladi

The Health Services hallway at LFA.

Social development in LFA students: How COVID-19 has impacted the freshman class

By Connor Drobney & Beverly Fishman
Assistant Managing Editor of Sports & Senior Copy Editor

Everyone was a freshman. Everyone was scared to go into upper Student Union and sit at the tables with upperclassmen. Everyone forgot to put away their cups and had the lower student union threatened to be taken away. We love to scold the freshman. Yet, it is almost like everybody forgets what it is like to be them, what we once were. You did the same exact things. Every year the upperclassmen take it upon themselves to label the freshmen "loud" or "annoying"—"They're so childish," we say with malicious intent.

We as a community have failed to recognize that the freshmen have missed a great portion of their growing experience due to Covid-19. Eighth grade is an important year for students as it provides the transition to high school. In this grade level, you make vital jumps in your education and social skills that set you up for success in high school. However, the 2025 graduating class was stripped of this. For all of the seventh and eighth grade years, they had to connect with each other through a screen. Think of



Plates left out at the J.C. Cowart Student Center.

all your memories in-class from seventh and eighth grade. The freshman had none of that. Imagine how much they are missing.

However, I am not entirely excusing the freshman's actions. We all have stories on how entitled they seem. Many of these stories are from sports teams, where first-years demand specific jersey numbers or complain about playing time. I say this to freshmen: Why do you deserve a jersey number over an upper-level student who has waited for the jersey number for years or possibly had it last year. Why do you deserve playing time if you are not good enough to play? For these questions, a lack of social interaction for years provides no suitable answer. Pay your dues. Respect the program. I understand you have not had an average year for a while, but this is not middle school.

We have not acted excellently as upperclassmen. Yelling at the freshman is not going to help. That is apparent. Instead of punishing the bad, we should be rewarding the good. You may think, "well this is not going to stop the freshman from doing the bad, right?" Yes. You are right. The freshman will not be perfect immediately. Reward the good. Lead by example. They will fix their issues. Just like we did.

Photo by Connor Drobney

DECEMBER 10, 2021

McDonald's CEO blames parents of shooting victims

By Ella Gartz

Managing Editor of A&E

This month, a troubling text exchange between Chris Kemczinski, the CEO of McDonald's, and Lori Lightfoot, the mayor of Chicago, was released per public demand.

In a private message to Lightfoot, Kemczinski wrote, "With both, the parents failed those kids which I know is something you can't say. Even harder to fix." Lightfoot responded with, "He and his team members have got to be traumatized. Terrible tragedy." This exchange

took place in April and made references to two children who had been recently shot. In a McDonald's drive-thru, 7-year-old Jaslyn Adams was killed. This provides context for Lightfoot's mention of "team members" and "traumatized", as Kemczinski's employees took witness. The other incident referenced was the fatal shooting of 13-year-old Adam Toledo, by a police officer in Chicago. The key point of contention is that it appears as though Kemczinski blames the death of these POC children on their parents.

Djasahn English, the BSU Head of Committee, said, "Chris Kemczinski's comments showed a victim blaming mentality and an utter disregard for the influence that the police had in the Adam Toledo situation."

McDonald's holds real estate in 120 countries, employs millions of people (through franchising), and has epitomized corporate power for over 60 years. As Ray Kroc once said, "we're thinking and talking worldwide" and that has proven, in the power of this huge corporation. Kroc is also quoted to advise the future

of McDonald's to "look after the customers and business will take care of itself." Since 2019, Chris Kemczinski, as CEO, has been responsible for the massive operation that is McDonald's. He claims to eat McDonald's five days a week and is expected to help the company evolve as a leader. However, many controversial caveats have caught the public eye, including these messages with Lightfoot. Other utmost concerns include workers' wages, menu nutrition, and failure to use the influence of the company on current events issues. This frames the underlying issue and cause of public frustration to be a lack of humanitarianism in the corporate world. English said, "It's not surprising that this came from someone so detached from the communities that serve as the backbone for his company."

In a mea culpa, Kemczinski recognizes that his texts "lacked empathy and compassion" and shares that he is "committed to working with civic leaders and elected officials" on the issue. However, this leaves a horribly familiar bad taste in the mouth of those following similar issues of the last year, and lifetime. Many of us ask ourselves how many more offenses made public, followed by calculated apologies, can we take before the problem itself stops reoccurring?



Photo Courtesy of Creative Commons

This displays the storefront of a McDonald's restaurant.

Kyle Rittenhouse: The acquittal

By Djasahn English

Managing Editor of Social Justice

On November 20th, after over a year-long process, Kyle Rittenhouse was acquitted on all charges from his killing spree at a Black Lives Matter protest in Kenosha during August of 2020. While claiming self-defense, despite crossing state lines illegally while in possession of a firearm, he put himself in possible danger attempting to answer pleas on social media from local businesses for protection, Rittenhouse pulled the trigger on three men, killing two. The lack of consequence illuminates this nation's obsession with property. As a country, property seems so highly valued over BIPOC (black, indigenous, and people of color) lives, that even those who do not own the property can take lives defending it with immunity.

Jennifer Madeley, School Counselor and Seminar Chair, sent an email out to all community members--students and adults -- the day of the verdict, welcoming them to a space to gather and process, stating it was only an initial response, with hopefully other discussions to be planned in the future. It was appreciated by many that right away, LFA was offering a place to go and take in the moment.

Nancy Nassr, Assistant Head of School and Academic Dean, shared what this verdict entails for BIPOC nationally in her message to faculty following the acquittal. She

said, "The acquittal of Kyle Rittenhouse on all charges reminds many of us, particularly those of us who identify as BIPOC, of the continued inequality and injustice that plagues our nation. There is no amount of justice that heals the secondary trauma of being BIPOC in America and witnessing the inconsistent ways justice is doled out."

This secondary trauma is also felt among members of the student body. Kekeli Penty '23, BSU Treasurer, expressed that, "There is now more confidence in people like Kyle; people like him can literally kill people, be acquitted of murder, get

a Fox News documentary about yourself in a good light, and become a White House congressional intern." Watching the inequitable justice system operate is heavy, making it more important than ever to have a community to lean on.

The emails sent from school counselors and advisors, as well as the community dialogues inviting any and all to have a place to express their thoughts goes a long way. "Our school espouses and believes in the value of taking responsibility for ourselves and engaging with a global community. This is who we say we are and what we

say we believe. Caring is not an option. It is a value that guides our institution," said Nassr. This issue, like others, impacts the bubble of diversity and global mind that is LFA. It is crucial to address it, converse about it, and share different perspectives or ideas rather than create an echo chamber.

While the acquittal has shown an unequal justice system, -- see and compare the tragic story of Kalief Browder-- the supportive response from each corner of the campus has shown the strength of our community.



Photo Courtesy of Creative Commons

This photo displays the Kenosha Black Lives Matter Protest.

Different student traditions at LFA

By Bela De Jesus, Shylee Saladi, Kirstin Palaz, Bia Leffingwell, Beverly Fishman, & Richard Zhang

Editor-in-Chief, Editor-in-Chief, Editor-in-Chief, Managing Editor of Op-Ed, Senior Copy Editor, & Managing Editor of Digital

Día de los Muertos

Día de los Muertos, or Day of the Dead, is a Mexican holiday that takes place on November 1st and 2nd. While the holiday originated in Mexico, many people around the world celebrate as well. The holiday commemorates the reunion between the living and the dead. Celebrating death is an integral part of the holiday. Some may view death as only a sad thing, but for those who partake in the holiday, death is also a next step in existence. There are many ways in which the dead are honored. The true center of the celebration takes place at the ofrenda. Offerings are made to ancestors through ofrendas, which are altars decorated with pictures, food, and marigold flowers. Marigolds symbolize the pathway towards the ofrenda. Spirits of the ancestors are drawn to the marigolds, and the flowers create a path that leads towards their family. They also represent the beauty, yet fragility, of life. LFA had an ofrenda during the beginning of April, which was posted on the LFA Instagram as an example of what an ofrenda can look like. Calaveras, or smiling skulls, are also a symbol of Día de los Muertos. They are decorations, sweet treats, or face paint. They are meant to smile in a way of laughing at death, and accepting it as it comes. The holiday is a beautiful way of reflecting on who has come before you and connecting with your roots.



Photo courtesy of LFA's South Asian Student Union Instagram
Many Diwali celebrations include making rangoli's as well as lighting candles.

Christmas

Christmas is celebrated in a variety of ways across the globe. Some go to a midnight mass, some bake a turkey, some hide a pickle in their tree, some put up stockings, some leave Santa Clause milk and cookies, some drink eggnog, and some hide a mistletoe in the doorway. In whichever way one may celebrate Christmas, there are plenty of classic traditions that different families take part in. Christmas is the religious celebration of the birth of Jesus Christ, which is celebrated on December 25th. But, many people who celebrate the world-recognized holiday are not extremely religious. Christmas is often observed as a time of gathering, family and love. To some, the comfort of Christmas is found in the smell of evergreen in the house, and hot chocolate by the fireplace while wearing fuzzy socks. To others, the religious meaning and story of Christmas are what the holiday is all about. You might find a house decorated with lights to look like a little gingerbread house (and you may even find real gingerbread houses inside of the house!), a small evergreen with ornaments and twinkling lights, stockings hung above the fireplace, a nutcracker, an advent calendar, a Yule cake, gifts scattered underneath the tree on the tree skirt, and so many more decorations. One might appreciate a White Christmas, so the world feels like a snowglobe. In reality, Christmas is not only about the decor and festive pajamas while drinking eggnog. It serves as a holiday season that spreads cheer, love, and gratitude.



Photo courtesy of the LFA's UNIDOS Instagram
Dia de los Muertos celebrations include, lots of Marigolds, pictures of dead loved ones, and food.

Diwali

Correlating to the Lunar calendar, Diwali is celebrated at the beginning of November each year. For those who celebrate, it's comparable to Christmas, New Years' Eve, and Thanksgiving all wrapped into a single holiday. Diwali is the festival of lights, commemorating the victory of light over darkness and good over evil. This holiday stems from a story in Hindu mythology in which Lord Rama, Sita (his wife), and Lakshmana (his brother) were banished from their home of Ayodhya and exiled to the jungle for 14 years. Diwali memorializes Rama's return to his home after he defeated the demon king, Ravana. Diwali's meaning, "the festival of lights", derives from the resulting celebration of Rama's homecoming as the villagers lit up the entire town. Diwali celebrators decorate their homes with lights and oil lamps called diyas, and make different rangoli designs out of colorful powder. Rangoli is a popular art-form in which people make colourful designs on the floor in their house, which serve as a welcoming gesture to the gods and bring good luck to the family. For Hindus, the lamps are said to aid the Goddess Lakshmi, the Goddess of Wealth and Prosperity, on her journey to their homes. In the evening, family and friends light fireworks and sparklers. Hindus eat traditional Indian food such as dosa, samosas, and an assortment of different Indian desserts: jalebi, gulab jamun, and halva. Above all, Diwali celebration gathers people together, and promises to bring joy and fun.



Photo courtesy of History.com
A traditional Chirstmas entails a fully decorated tree as well as stockings for every member of the family.

Different student traditions at LFA

Ano Novo in Brazil

3...2...1... Happy New Year! You might hear this as the calendar changes from 2021 to 2022 when the ball drops in New York City. But in Brazil, the New Years' Eve tradition is celebrated differently. New Years' Eve translates to Véspera de Ano Novo in Portuguese. On this holiday, Brazilians dress in all white attire, gather with family and friends, and watch fireworks on the beach (if they are oceanside). Brazilians believe that the color they wear on December 31st will dictate how the upcoming year will go. They may wear brand new clothes to symbolize a fresh start, but you will typically find white outfits, which represent peace. Other colors could represent money, love, hope, health, happiness, or serenity. The two most important traditions in Brazil are the offering of gifts to Iemanjá, Goddess of the Sea, and jumping over seven waves as the tide comes in around 12:00am. The offerings to Iemanjá include white flowers, little boats made from driftwood or other natural resources, perfumes, pearls, jewelry, mirrors, and most importantly- candles. It is believed that if these gifts are sent to Iemanjá, she will offer peace and protection in the New Year. Along with sending off the wooden boats, Brazilians jump seven waves, with each jump permitting a new wish. It is believed that jumping these waves will give luck and strength to those entering the new year. These traditions can be celebrated by anyone who wishes to participate, especially if they are in a tropical setting. As the clock strikes midnight, you will find plenty of adult Brazilians toasting the New Year with sparkling wine.



Photo courtesy of Smarter Travel

The traditional Véspera de Ano Novo celebrations are jumping seven waves and wearing white clothes.



Photo courtesy of Creative Commons

Every day, as one candle on the menorah is lit, prayers are sung and games are played.

Channukah

Hanukkah (or Chanukah) is a Jewish festival that commemorates the recovery of Jerusalem and the rededication of the Second Temple. It celebrates the liberation of the Jewish people trapped in slavery. The holiday is sometimes referred to as the Festival of Lights because of the importance lights hold. A menorah, an intricate candle holder, is what is used to hold the candles that represents the history of the Jewish people. Menorahs can come in many fun shapes and colors to be unique for each family! Hanukkah lasts for eight nights to represent the holy flame that burned for eight days. Each night, an additional candle is lit and by the end of the holiday, all candles have been burned. The celebration involves games, such as dreidel, traditional food including latkes and Hamantaschen, and is represented by blue, white, and sometimes gold decorations. Children and adults alike indulge in a variety of games, music, and food. Unlike other holidays, Hanukkah is unique because the gift giving is stretched throughout eight days rather than one.

Boxing Day

Boxing Day is celebrated in the UK and many of its former territories such as Canada, Australia, New Zealand, etc. This holiday originated in feudal times when the lords would "pay" the people who worked on their land with gifts such as boxes with agricultural goods and supplies, foods, and clothes. This was done because servants and lower class workers had to work on Christmas Day due to the parties of observations done by their higher class employers. Due to this, traditionally, the holiday has fallen on the day after Christmas, where servants and workers would be able to receive gifts after the hard work they had done all year. This practice has continued into modern times, although now employers usually give raises to their employees or leave small gift boxes on their desks as a show of gratitude. It has also extended into shopping, as Boxing Day deals in stores and online have also become popular. Turkey sandwiches have become a common boxing day meal over time, as originally they were just common leftovers from Christmas that became incorporated with the holiday as it grew. Soccer, or football, as it is commonly known as in Britain and many of its former contemporaries, also became the "holiday" slated game on Boxing Day, as players are always given a rest on Christmas.



Photo courtesy of Urban Toronto Magazine

Boxing Day is often celebrated with lots of gifts, food, and clothes.

The Blackhawks: A horrific pattern in sports

By Connor Drobny & Beverly Fishman
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All too often, instances of sexual abuse are seen in professional sports. Unfortunately, these instances often remain unspoken. Chicago's professional hockey team, The Blackhawks, has recently been under the spotlight as players have publicized attacks of sexual assault by former video coach Brad Aldrich.

In May 2010, Kyle Beach (who remained anonymous as John Doe until 2021) reported an unwanted sexual encounter between him and Aldrich. Both men confirmed that this sexual encounter occurred; however, while Beach claimed that it was a non-consensual act, Aldrich claimed that the interaction was consensual from both parties. In addition to this, Aldrich advanced on a 22-year-old Blackhawks intern around the same time. Following the various reports, on May 23, 2010, a group of Blackhawks officials met to discuss the future of Aldrich's role and what they wanted to do involving the press; this group consisted of then-president John McDonough, General Manager Stan Bowman, Head Coach Joel Quenneville among others. Although it is unclear what was physically said in that meeting, there was no imme-

diate action taken as a result. Aldrich remained a prominent member of the team and stayed with the Blackhawks through their various Stanley Cup celebrations.

For years, the Blackhawks leadership has been criticized for their complacency in the abuse and their allowing Aldrich to stay with the program. These sexual encounters were swept under the rug until May 2021, when Beach filed a lawsuit and stated that Aldrich assaulted him and another player during the 2010 Stanley Cup playoff run. He added that it was reported and ignored completely. A full investigation was carried out, exposing the leaders' misconduct. These findings were immediately publicized and, as sexual abuse scandals have been more often reported in recent years, fans were stunned. The team put out a statement, "It is clear the organization and its executives at that time did not live up to our own standards or values in handling these disturbing incidents," it said, in part. "We deeply regret the harm caused to John Doe (Kyle Beach) and the other individuals who were affected and the failure to promptly respond. As an organization, we extend our profound apologies to the individuals who suffered from these experiences. We must—and will—do better."

Aldrich left the Blackhawks in June

2010. After the investigation of the 2010 sexual assault allegations, Bowman stepped down from his position as General Manager in 2021.

Darrin Madeley—former NHL goaltender and Lake Forest Academy Athletic Director—stated that, with instances like these, "You don't sweep it under the rug; you don't say we will handle it differently. There should have been a full investi-

gation." He said, "It's all about power." When asked if this resignation and admission of guilt would inspire or change the way that incidents would be reported and handled in future years, he responded, "No, no I don't think this will change anything." Madeley ended by saying the saddest reality of sexual abuse is "the destruction of innocence." This pattern of sexual abuse still runs rampant throughout sports.



Photo courtesy of TSN Canada

Stan Bowman at his resignation press conference.

Justice in the NFL and NBA

By Max Ma & Nghi Doan

Photo Editor & Managing Editor of News

In sports, two major social injustices in the workplace have been exposed in the recent two months. The first event took place on October 13, 2021, when *The New York Times* reported an email between the Washington Football team's owner, Daniel Synder, the Raider's football coach, Jon Gruden, and former Washington Football Team's president, Bruce Allen. The emails detailed the three men sending inappropriate pictures of women in the workplace and Gruden having racist remarks towards the NFLPA (National Football League Players Association)

Executive Director, DeMaurice Smith.

The email leaks started with the investigation of the workplace in the Washington Football Team regarding its policies on women. It was reported that women were told to wear tight dresses and were put under a lot of pressure. Due to this investigation, emails were leaked. Before that, Synder was caught up in another controversy regarding making a lewd video of cheerleaders to hand it out to team executives.

Gruden had submitted his resignation after the email leaks happened. Many are pointing fingers regarding who leaked the email. Some said that the person who leaked those emails was Synder to direct

NFL and NBA

people's attention away from the dysfunctional workplace in the football team. Some would go as far to say that Synder is doing this to put the blame on Allen and make him responsible for the toxic workplace. On the other hand, Synder's lawyers claimed that he was innocent of those accusations. Currently, the U.S. government is getting involved to uncover the truth.

Another social injustice event happened in the NBA league later on. On November 4th, 2021, Robert Sarver, the owner of Phoenix Suns club, has been accused of racism, misogyny, and sexual harassment in the workplace by a report written by Baxter Holmes on ESPN.

According to ESPN, more than 70 current and former employees, players, and coaches of the Phoenix Suns recounted how they considered Sarver's behavior to be inappropriately racist and misogynistic. This includes using the n-word after a game, requiring a coach to fire a minority agent, passing around a picture of his wife in a bikini to employees, and speaking about sex with his wife.

However, through his legal team, Sarver denied the vast majority of the accusations. A more in-depth investigation conducted by lawyers from the New York-based Wachtell Lipton firm, on the behalf of the NBA, is still ongoing. Currently, a new hashtag called "Sarverout" has become a trend on Twitter, presenting a new wave of social justice movement on the internet.

Head Coach of LFA's Boys Basketball, Kyle Koncz, mentioned that the connection and similarity between this event and what had happened in the past with Donald Sterling and the Clippers, who had been forced to sell the team by the league. According to Koncz, "If it's found out that these claims and reports from the article are true, then the league needs to take a stand, to ask him to step down or force him to sell the team. Because if you allow the owner to say those things, use that type of language in the workplace and continue to own a league, it's a bad message not only to the players and coaches in the league, but the entire country as a whole."



Photo courtesy of ESPN Twitter

Senate Bill 8 reaches the Supreme Court

By Bela De Jesus & Avery Martin

Editor in Chief & Managing Editor of News

When news of Texas's new abortion law was released, many questioned the legality of the law. The 1973 Roe vs. Wade decision stated that barring women from having abortions was unconstitutional. However, Texas officials have found a loophole to further anti-abortion agendas, essentially establishing a whistleblower system among citizens and abortion clinics.

When the Justice Department sued the state of Texas, the bill was brought to the attention of the Supreme Court, and the law was not banned in a 4 to 5 vote. Once two other cases had been brought up again in relation to the bill, the Supreme Court decided to reevaluate the bill again. However, some have argued that federal judges hold no authority to block a lawsuit against state court judges. This is yet another example of the age-old argument over state vs. federal power.

Political disagreements about laws of abortion are a factor under the larger umbrella of healthcare, and the due process clause stating that the government can't deprive someone of life, liberty, or property. As a health professional and educator at LFA, Jennifer Madeley discussed the conversation over abortion laws is not one where you can solely address abortion, as other factors such as poverty, accessible healthcare, domestic violence, racism, sex education, and more all affect the deci-



Photo by Alamy Stock Photo

sions themselves. Madeley also mentioned sexual education in America, and how "if we did a better job educating our young people, access to healthcare, access to contraceptives, this would be a different conversation."

So, it all begs the question: if states wish to ban or lower abortion rates, are there things they could be doing that don't involve banning it as the first step? Are there ways these states can then help women with unwanted pregnancies through healthcare and economic policies?

The Senate Bill 8 (or SB8) was put in place on September 1st, 2021. The law stipulates that abortion is outlawed for any person who has been pregnant for more than 6 weeks, with no exceptions for rape or incest. It is widely known as the Heartbeat Bill, as 6 weeks is

around the time in which cardiac activity can be detected. The bill states that anyone suspected of aiding an abortion can be sued for at least 10,000 dollars. This means anyone, even a complete stranger from a different state, can sue. People could be sued for completing the abortion procedure, being an Uber driver that drove a person to a clinic, supporting a family member during the procedure, and much more. This creates a vigilante system, essentially putting the policing on American citizens.

SB8 is currently being litigated in the Supreme Court, and a heated conversation was sparked. With a majority conservative Supreme Court, the assumption is that the law would be kept. However, both Justice Kavanaugh and Justice Coney-Barrett appear to be on the

fence. Justice Kavanaugh is looking at the case through the states rights issue, and has been quoted stating "Say everyone who sells an AR-15 is liable for a million dollars to any citizen ... Would that kind of law be exempt from pre-enforcement review in federal court?" Justice Coney-Barrett is looking at the legal standing of the law, and may vote to ban it due to its lack of a legal argument. As of now, there is no clear conclusion of how the Court will vote.

Once other states witnessed the legal loopholes that Texas had established, some states took the opportunity to make abortion laws stricter - such as "the heartbeat law" in Mississippi, Georgia, Kentucky, and Ohio - attempted to follow in Texas's footsteps. For one, the legalities of Mississippi's ban on abortions after 15 weeks of pregnancy will be argued in the Supreme Court on December 1st.

So what does this say about the United States, and how will this have an impact? When asked these questions, Dr. Avril Pathak, Government and Politics teacher, stated that, "This case is just a broad reflection of a critique of the dominance of the sex-gender system of this country". Pathak emphasized that abortion has always been a contentious topic, as it is not just about abortion. It also showcases the imbalance of power amongst genders and the values society places upon the 'nuclear family'. This law shows that the United States is constantly at war over abortion, and in turn, at war over society as a whole.

Understanding the UN Climate Change Conference

By Maya Mitchkess & Sage Ye

Editor of Blogging & Managing Editor of Podcast and Showcase

On November 12th, 2021, leaders from across the world clapped and shook hands in the Scottish Event Campus Centre in Glasgow, United Kingdom, as the 26th United Nations Climate Change Conference came to a close. This conference, often referred to as the 26th Conference of Parties, or COP26, was delayed for two years due to the pandemic, and naturally, people had high expectations.

Climate change is undoubtedly one of the biggest crises that the world is facing, with ice caps melting at unprecedented rates and global temperatures being higher than ever this past decade with this year being 12.8 degrees Celsius on average. While the situation is dire, the world has seen dramatic drops in greenhouse gases and pollutants amidst the lockdown, which has given some people a renewed optimism on the fight against climate change so many have turned to COP26 to see these changes implemented.

Some of the expectations were indeed met at the conference. To begin with, the Biden Administration's decision to rejoin the Paris Climate Accords adopted back in 2015 is significant given that the United States is one of the biggest emitters of pollutants. In addition to this, the congress approved the largest infrastructure bill to fight climate



Photo courtesy of Creative Commons

change, topping at 47 billion dollars, which was announced at the conference. Many leaders from other countries also stood up to make ambitious goals and promises for the upcoming decade with commitments made like net-zero emission steel production by 2030 pledged by over 40 countries.

However, much of the conference ended in disappointment. While the target for emissions was set to "net zero" by 2050, some countries like Indonesia, which holds the third densest rainforest in the world according to National Geographic, stated that some of the goals were not impossible, but rather unfair, claiming the need to balance forest protection with economic prosperity. Still, one of the biggest draw-

backs came from the last day of the conference. When the language of the deal was rephrased from "phasing out" coal power to "phasing down." This led to massive crowds of protesters in Glasgow, with over 100,000 people marching down the streets.

Part of the reason many are upset is due to a pattern of broken promises in past conferences like the Paris summit, the 2015 climate conference that made global agreements that had no plan on how to follow through. Wording in the 2021 agreements are key in the reason why many anticipate more disappointment. "Pledge," "hopes," and "intention" are a few buzzwords in speeches and the agreements at the summit with the word "action" used sparsely.

Ackim Mpofu, a history teacher with an international law degree at Lake Forest Academy, said, "This makes me highly doubt our intentions." Mpofu believes that to prevent this, there should be "A binding agreement [that] will not allow countries to find loopholes or to pick and choose what, when, and where they would like to follow policies tackling climate change."

Another reason that has made people upset is the reality that some of these promises just aren't enough. Kevin Hagen, Environmental science teacher at LFA, said that "the agreements are still not ambitious enough, many of the solutions are oriented towards meeting the needs of fossil fuel companies which pollute the environment, which makes it harder to reach the net zero emission goal." Hagen also believes, "We don't really have a method to draw CO₂ from the air, so we are banking on undeveloped technology to reach our goals."

Protesters must be heard in order for the required steps to fight climate change to actually be known and done. On the other hand, the accomplishments that happened in Glasgow should not be overlooked. The balance of demanding more action against the world's climate crisis while also commanding the accomplishments done is the problem at hand. Unity instead of division is needed to have all people taking steps toward change.

"We have solutions to the problems," Hagen said, "It's a matter of what we as a collective choose to do."

DECEMBER 10, 2021

President Biden's first trip to Europe

By Finn Harrison

Senior Copy Editor

On the 29th of October, President Biden christened his latest and second presidential trip to Europe to meet with Pope Francis, official leader of the Catholic Church, in the Vatican. The President was to meet with the Pope, attend the G-20 summit in Rome, and meet with world leaders in Glasgow, all in one trip. Biden for the past several months had been focusing on issues at home, most importantly his infrastructure bill which he had, at the time of the trip, not passed yet. However, Biden's agenda since his election has not just been domestically focused; he has spoken often about his hopes to rebuild relationships with American allies across the globe in the aftermath of the isolationist Trump agenda.

According to sources, President Biden, only America's second Catholic president—the first being John F. Kennedy—hit it off with Pope Francis, both men expressing their desire to see solutions to issues such as climate change and world poverty. Several photos of the two showed them exchanging warm smiles. Biden has said in the past that he takes pride in his Catholic faith. Pope Francis also reportedly told the Biden that he should continue receiving communion in the wake of the Presidents' support of legal abortions and same sex marriage. During a press conference after the meeting the Presi-

dent appeared to have an emotional moment saying, "When I won, [Pope Francis] called me to tell me how much he appreciated the fact that I would focus on the poor. Focus on the needs of people who are in trouble," Biden said. "He is everything I learned about Catholicism from the time I was a kid going from grade school to high school."

Lake Forest Academy has a large Catholic population, so it was interesting to see how members of the community felt represented by the fact that their President was meeting with the leader of their denomination. On the matter, Jack Wyne '23, a practicing Catholic at LFA, said, "I guess to some extent, it is kind of nice to see some change since most of our Presidents have been protestant; we've had very few Catholic presidents. It's still kind of a once in a lifetime kind of deal." On the issue of the Presidents' continued communion, Wyne said, "No one can be denied communion based on what they internalize or believe, politically."

After meeting with the Pope, the President met with members of G-20 in Rome. The G-20, for context, is an annual summit with 20 of the world's most powerful nations. During this year's summit, the nations reaffirmed developed countries' commitment to mobilize 100 billion dollars and to limit global warming to less than 1.5 degrees. More widely, the President said it was nice to see other world leaders in person and reassess



Photo Courtesy of the POTUS Instagram

American leadership on the world stage saying, "I'm looking forward to continuing to make progress on critical global issues as we head off to Glasgow because of what we've seen again here in Rome, what I think is the power of America showing up and working with our allies and partners to make progress on issues that matter to all of us, there's really no substitute for face-to-face discussions and negotiations among the leaders when it comes to building understanding and cooperation," Biden said. "When you're looking at someone straight in the eye when you're trying to get done -- they know me, I know them, we can get things done together." After leaving the Rome G-20 conference, the President left for Glasgow to join in on the United Nations climate summit. Nations at the conference agreed to reduce emissions

of methane and reverse deforestation worldwide by 2030. There were however, two major absences at the conference, America's two largest competitors, China and Russia. The President chided them for not attending after praising the conference as a whole, "I can't think of any two days when more has been accomplished, I think it's been a big mistake, quite frankly, for China ... not showing up," Biden said. "They've lost the ability to influence people around the world."

Ultimately, President Biden, with this trip, asserted that America under the Biden administration was in his words, "back at the table," even if some of America's adversaries abroad wished not to participate in the conversation. At the same time, the President also reaffirmed his reasons for running, religion included.

Vaccines available for 5-11 year olds

Ambika Gupta

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As of October 29, 2021, the CDC has authorized the emergency use of Pfizer-BioNTech COVID-19 Vaccine for children aged five to eleven. Emergency use is used to facilitate availability during public health emergencies, such as the COVID-19 pandemic.

In order to authorize emergency use, the CDC researched using clinical trials with about 3,000 children. Full vaccine

approval for children requires more time due to the lower infection rates among youth. However, so far there is enough data that showcases that the benefit of the vaccine outweighs possible risk. In addition, children are given about $\frac{1}{3}$ of the dose given to adolescents and adults.

According to an article from *The New York Times*, experts claim that herd immunity would require at least 90% of the population being vaccinated. Though emerging new viruses, such as Omicron,

might complicate matters, vaccinating children will definitely aid in achieving a safer community around the globe.

Anna Kliner, Director of Health Services, speculated that an "annual booster" might emerge for children as well. Currently, the COVID-19 booster shot is only available to certain vaccine recipients, but those who are eligible for the booster shot is constantly expanding. As of November 19, 2021, the CDC authorized emergency use of the booster shot for those aged 18 and above. The booster shot is recommended at least two months after the first complete dosage of the vaccine. The booster shot "counters waning immunity" and would be comparable to an annual flu vaccine. It re-introduces the virus into the body, and both the innate and specialized immunity work to recognize and respond to the virus.

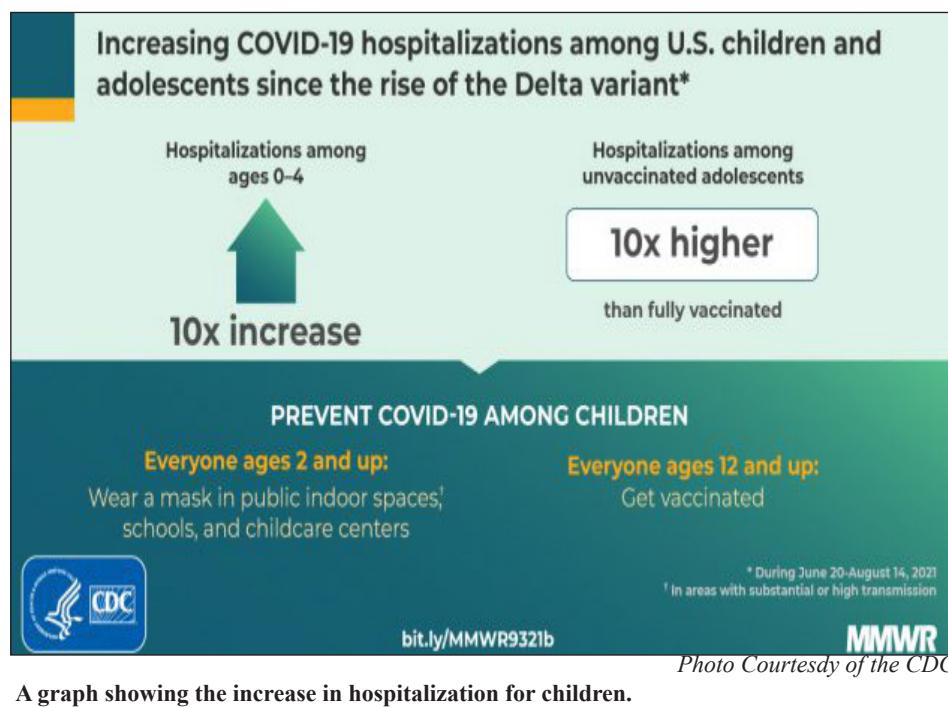
Kliner predicts a lower rate of vaccination among children. This is due to a multitude of factors such as vaccine hesitancy combined with the lower rate of infection among the young. Furthermore, difference of parents' opinions within a family unit, and especially co-parenting situations after a divorce can complicate matters when parents' opinions clash. In addition, many

adults who choose to vaccinate themselves remain hesitant on vaccinating their children. Though at many local elementary schools, those vaccinated do not have to close contact or have less severe restrictions when close contacted, which might incentive many parents to vaccinate.

Within LFA, the vaccination rate is 96% with 31 total community members not vaccinated. However, this list is "dwindling" according to Kliner as people continue to get their first shot. Though some restrictions within LFA have been altered, the mask policy remains at par with the state policy of Illinois.

This opportunity to vaccinate younger children brings peace of mind to many parent staff members of LFA. Amanda Krause, Journalism Program Coordinator, "feels much better" knowing that "we did everything we could" to protect her five year-old. Krause said, "When she got the second shot, it did serve as a kind of momentary relief."

Kliner remarked how easy it was for her seven year-old daughter to receive the vaccine, and how in relation to LFA, this emergency use of the vaccine "helps because it serves to protect the most vulnerable community members."



A graph showing the increase in hospitalization for children.