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New Dean of Students: Jennifer Rundles

By Richard Zhang

Managing Editor of Digital

When Chris Tennyson was announced the new Head of School in March of 2022, a new question arose: "Who would be the next Dean of Students?" After an open search of candidates for the position, Jennifer Rundles was named the new Dean of Students in July of 2022.

Growing up just outside of Atlanta, Georgia, Rundles described herself as a lifelong scholar: "I have an undergraduate degree in chemistry, and I have always loved math and science, but I also love history at the same time." However, before her long stint in education, Rundles worked for the Coca-Cola company as a Quality Assurance Technician - checking the sugar levels, carbonation, preservatives, and the taste to see if the Coke formula was ready to go. After a few years working in STEM, Rundles decided it was time to share her lifelong passion for scholarship with students and began working at St. Mary's School in Raleigh,

North Carolina, an all-girls boarding high school. For 15 years, Rundles taught chemistry, physics, math, and also served as the Associate Dean of Academics and the Interim Dean of Students. Rundles wanted a change of scenery and "decided to go back closer to home" through her next job at the Darlington School in a small town outside of Atlanta, Georgia called Rome. There, she worked as the Associate Head of the Upper School.

An attractive feature of LFA's location to Rundles was the diversity of the city of Chicago and its surrounding area. She said, "This gave me an opportunity to be really set in a place of diversity that I really love, because Raleigh (North Carolina) is very diverse, and going from that for 15 years to Rome (Georgia) where I didn't really feel that, made me want to go to another place that was similar to my experience in Raleigh."

She loves to steer students towards their 'aha' moment and said, "What drives me the most is being able to create spaces for students to be able to have as many



Photo courtesy of LFA Communications
Picture of Jennifer Rundles, new Dean of Students

of those moments as possible." Through dorm-life, Rundles enjoys talking to students and getting to know them "in a way that I don't think I have otherwise." She is able to hang out in the commons, go on van runs, and participate in dorm events with the students she is looking to work

so closely with. In her free time, Rundles also enjoys baking and binge-watching tv shows; her current being a rewatch of *Game of Thrones* in preparation for the new series coming out on HBO.

Rundles called this year her "exploratory year" where she will talk to students and try to answer questions: "What is the culture at LFA?" and "What do we do and why do we do it?" This is her path to understanding the community and learning how she could make it even more enjoyable for everyone. With this, she said that her goals for the year are to "try something new, and if they go over great, perfect. If they don't, let's try something else, or let's adjust what we've done. Let's explore and just try things out."

Regarding her bigger plans for the future, Rundles says she's not too sure yet but "helping students try something new and being open to creating spaces where students can learn, grow, fall down, pick themselves up and keep pushing" are the objectives she wants to focus on to help the school grow.

House Cup: A thoughtful rebranding

By Anusha Srivastava & Theresa Fu

Managing Editor of Production & Senior Editor

Beginning in 2004, the House Cup has served as the primary tool for engaging in school spirit and motivating friendly competition between four houses: Sargent, Bird, Lewis, and Welch. However at the end of last year, class presidents strode onto the Cressey stage and fought for new House allegiances—breaking away from the traditionally-assigned 18 year-old House Cup.

Introduced by Colley Bell (former dean)

and revised by Adam Gerber and Chris Dozois, the House Cup's initial goal was to increase and build school spirit. Each house name was chosen as a tribute to past Head of Schools— William Marther Lewis, Sabra Sargent, Alfred Gardner Welch, and John A. Bird— who contributed to molding LFA into what we all know today.

In previous years, students, faculty, and staff were randomly divided into houses— with the exception of siblings— taking inspiration from the housing competitions at British boarding schools. The intention was to encourage vertical integration as

Montgomery Gold '23, one of the two new House Cup prefects for the 2022 to 2023 year, remarked, "This was designed to promote collaboration amongst different grade levels... juniors working with sophomores, freshmen with seniors, and so on."

However, the House Cup has taken on a renovation. Rather than an amalgamation of differing-grade levels, houses are now composed of individual classes: seniors in Bird, juniors in Sargent, sophomores in Welch, and freshman in Lewis. Behind this change, Anton Walvoord '23, the other House Cup prefect, explained, "In the past, a lot of people have struggled to find a reason to support their house, but with the change, people are given an opportunity to have a better connection with their house because they are participating with their class and friends, allowing for stronger collaboration."

The hope is that by establishing houses by classes, there will be renewed incentivization and competition spurred on by grade pride. Plus, as Gold described, focusing on "horizontal integra-

tion" may better suit high school social dynamics. Moving through this new school year, both prefects mentioned how they look forward to creating more engaging activities and hope to make this year as fun and spirited as possible.

Now friends can work together to tackle the routinely-changing puzzles in upper Corbin, the notable February Frog Hunt, RA weekend, and more to come. The joy in these activities is - as Jon Freeman, Director of Residential Life, described - that it "boosts school spirit and allows classes to ban together, causing more enthusiasm." In addition, the House Cup has been working with the Caxy Athletic Committee to increase the number of Pack the House events where students gather to celebrate their peers in sports to gain house points.

With end-of-the-year rewards and prospective interim prizes (such as jeans days, snacks, and gift cards), students should ready themselves for an exciting year of school spirit and partake in the freshly-revamped House Cup as an avenue for bonding and victory.



Photo by Anusha Srivastava '23

Juniors gather in Upper Corbin to complete a puzzle for House Cup points.

Riko Kishitani: All-School President

By Max Ma

Senior Editor of Social Justice

To start the school year, LFA has welcomed a new All-School President, Riko Kishitani. After becoming the class representative for student council in his Junior year, Kishitani took a step further to serve as All-School President this year. He briefly discussed his plans and goals for the upcoming school year, including calling special attention to mental health, gender inclusivity, and collaborating with Student Council and Prefects.

One of the topics that Kishitani is most passionate about is students' mental health. "There are many students who are having a hard time and are unable to reach out to the counselors and get help due to the counselors' busy schedules. I don't want to see any students leaving the school because of mental health issues." Kishitani believes that reaching out to counselors does not need to be an ordeal, and even if it is only a small problem, everyone should feel comfortable talking to school counselors. He specifically stressed the importance of increasing the number of counselors and resources for students' health and wellness saying, "We are building a new Health Center so we can get more resources and counselors like Mrs. Madeley and Mrs. Dalia, and more people can reach out to them."

Beyond the topic of mental health, Kishitani seeks to improve gender inclu-

sivity in school. One of the specific occasions that brought his attention to this issue was the graduation ceremony. Until now, every year when students walk into the formal garden for graduation, they are divided by gender: girls in one line and boys in the other. The boys are wearing blazers, and the girls are wearing white dresses; however, Kishitani thinks that dress shouldn't be an indication of gender. "For people who identify themselves as neither men nor women, they are forced to be on either line. I want to change the graduation walk into alphabetical order that mixes both boys and girls to make the school more inclusive gender-wise."

To accomplish his goals, Kishitani is planning to work with Prefects and the Student Council. He wants to attend the Prefect meetings as a member of the student council so that Prefects and the Student Council can collaborate. He said, "It's something that we didn't do last year. They functioned separately. But if I am there at the meeting, we can work together and exchange opinions." Serving as a bridge between the Student Council and Prefects, Kishitani seeks to increase the level of collaboration between these two student bodies.

Taking the position of All-School President is not an easy task. Regarding his upcoming missions, Kishitani expressed both the excitement and pressure he feels. "I am excited to do something good for the people, to work with literally every-



Photo courtesy of @lfacademy on Instagram.

Riko Kishitani '23 is the new All-School President for class year 2022-2023.

one in the school. I am a little bit nervous and feel pressured at the same time. What if I can't make people happy?"

Kishitani wishes to lead by example and inspire current and upcoming LFA students. "As an Asian International All

School president, I want people to see me and remember that regardless of your gender or background, you can be part of or even the leader of this community." Kishitani is continuing on his path to make LFA a safer and more inclusive community.

Freshman and Senior retreats

By T.J. Minsky

Staff Writer

Before the school year kicked off, both the freshmen class of 2026 and senior class of 2023 took part in retreats. The freshmen class traveled to Bristol, Wisconsin, while the senior class traveled to Lake Geneva, Wisconsin. These two-day retreats served as a great way to help each class make a stronger connection, respectively.

The freshman class participated in activities on LFA's campus before traveling 20 miles north to Boundless Adventures' high ropes course in Wisconsin. Most of the students had never met each other, so the retreat was especially important for

getting the school year off to a good start.

Students could have been nervous, considering most that came to LFA were joining a new community. However, the LFA faculty did an excellent job of making sure it was not an awkward experience. When asked if the retreat was better than expected, Oliver Nettesheim '26 said "It was definitely better than I expected because I was able to meet a bunch of new classmates and engage in fun activities." He also added that "...the retreat did a good job of teaching us [the students] how to work in a team."

Around the same time, the senior class was participating in a retreat of their own at Covenant Harbor in Lake Geneva, Wisconsin. They spent two days and one night



Photo courtesy of @lfacademy on Instagram.

Class of 2023 make s'mores during their Senior Retreat.

participating in similar activities as the freshmen. Some of those activities included group discussions and bonding as well as gaga ball, canoeing, archery, and s'mores over a massive bonfire. Since the students weren't allowed to bring any electronic devices on the retreat, the class formed a closer bond. Students were given "free time" and during this time they weren't inside on their phones but instead outside exploring the camp and participating in group activities. Finally to end the retreat, the entire class gathered around a campfire where stories and other memories were shared.

The Stuart Center runs both the Freshman and Senior Retreats, which are bookends to the LFA student experience. Ninth-grade students learn what it means to be a CAXY, form lasting friendships, and acclimate to school traditions. Seniors bond on the retreat before a busy, demanding year. They bring that class spirit back to LFA to imprint their legacy on the community throughout the year. Overall, it was great to see each class bond in different ways before the freshmen head into the beginning of a new chapter while the senior class looks to close off their high school career.



Photo courtesy of @lfacademy on Instagram.

Class of 2026 is at their Freshman Retreat.

Advisory: The unknown traditions

By Nghi Doan
Managing Editor of News

A distinctive part of the LFA experience is belonging to an advisory, with each student and faculty member being assigned to one. A standard practice for all advisories is going over announcements and sitting at morning meetings together, but some actually have their own differences and special traditions. While new traditions are formed every year, some traditions have lasted many years, becoming an irreplaceable part of many advisories.

The most common shared advisory tradition is the annual trip to a restaurant funded by a donation to LFA, but some advisors have different ways of celebrating this event. Some advisory groups have dinner at a chosen restaurant, while others have breakfast on campus by delivery. In addition, many advisors use LFA funds to supply food for their advisees during the morning advisory blocks throughout the school year or bring a multitude of snacks. Even though a food outing is an event that almost every advisory does, it's still an important tradition for each group.

Besides the annual 'eat-out,' many advisors have their own special traditions. These are unique to each advisory: for some it could be food, for others it could

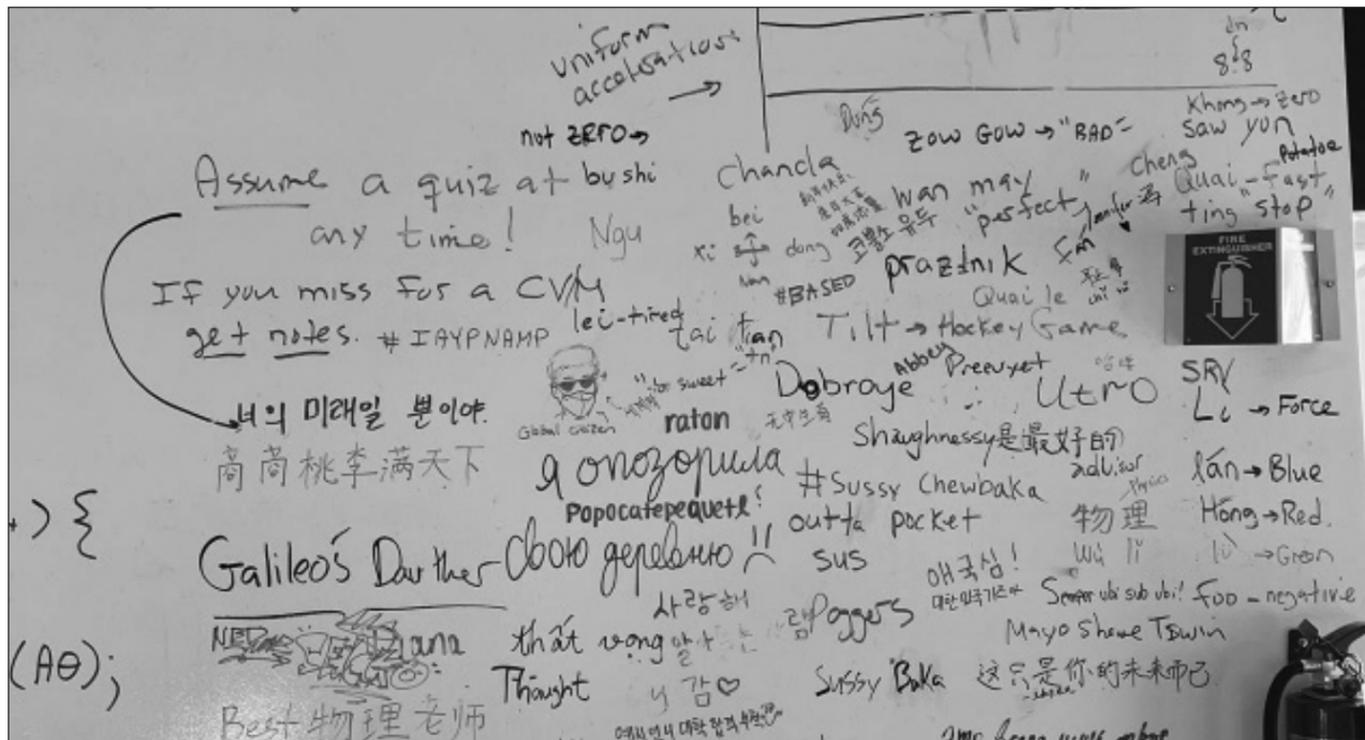


Photo by Nghi Doan

An advisory whiteboard is filled with doodles and words in different languages.

be a game or competition. When asked, "What special traditions does your advisory have?" some LFA students shared their stories on this topic. Emma Ye 23' shared, "In Mr. Shaughnessey's advisory, we celebrate culture in which our global and local students write words in their languages on the whiteboard every year. It becomes an impressive wall in the physics classroom."

Traditions can take place in many forms; in this case, Ye's advisory continues theirs, making it into something unique to their advisory and showcasing it in their room.

Another kind of tradition seen in different advisories is the competitions that they hold. As a school, every advisor is enrolled in the all-school "rock, paper, scissors" competition, but some advisors have their

own different competitions. "We have a peeps taste test competition every year in the Madeley-Tennyson Advisory," Daniya Nussipbek 24' shared. Competitions are another form of tradition and celebration in advisories; these traditions don't have to be an all-school event; in fact, having it exclusive to one's own advisory may make it more special and memorable.

A freshman's guide to LFA

By Riya Kapoor
Managing Editor of Collaboration

What is one thing you wish you knew before you started high school? For many people, especially underclassmen, high school is one of the most difficult times to navigate. Between trying to make friends and balancing classes that are a big shift from middle school, students can get lost in the process. The Advanced Journalism class sent out a survey asking seniors what advice they wish they had before they started high school, and these were some of the responses:

Anonymous: Your friends WILL change and that's okay, but don't get caught up in the drama.

Anonymous: Make the most out of your time here. Don't waste your

time dwelling on the little things.

Charles Kuhns: Don't get bad grades in class, just do your homework and get good grades in them.

Tatum Young: Don't wish time away. Your high school years go by so fast and you will miss the past one day, so slow down and take it all in.

Emma Ye: Enjoy privileges to try anything in academic courses, such as electives, and you will figure out your interest of major. I have taken forensic science and anatomy, and I am really excited about taking biochemistry and Experimental Psychology in the following year. Those experiences brought me a broad perspective of the field of science, and my school life would be less exciting and challenging without taking these



Photo by Ambika Gupta

The Spectator staff welcomes freshmen.

courses. Just go out of your comfort zone.

Raya Farage: Focus on the present and don't stress over what is to come or what has already happened! Past is past, and the future is inevitable- spending time worrying about everything but the present is a waste - enjoy the moment as much as you possibly can.

Montgomery Gold: Budget your time. You need sleep and in order to get that, good grades, and time to relax, you need to plan out your days and how you will spend them. When you're working on homework, commit to it to earn the free time that you'll get once it's done.

Anonymous: Show up to the school events even if you don't feel like it because that's

when you meet new people, and the more you show up, the more you're recognized by others. And you'll find your home at LFA as soon as you start knowing everyone.

Mia Hernandez: Don't be fake, try to surround yourself with people you really want to hang out with.

Highschool is only 4 years, which may seem like a long time, but when compared to the bigger picture, it flies by. Take classes that challenge you, talk to people you usually don't, start a club, or run for a leadership position. This is your time to explore your passions and opportunities before college; don't let it slip away from you.



Photo by Dave Atas

Annual all school photo is taken in the formal garden.

The Highland Park shooting: HP Strong

By **Ava Trandel**
Managing Editor of Features

On July 4, 2022, the Highland Park and greater North Shore community was forever changed. Families in every town lined the streets for the annual parade – looking forward to a day full of spending time with loved ones, having barbecues, and enjoying fireworks to celebrate Independence Day. Just after 10:00am in downtown Highland Park, the beautiful day was violently thrown into disarray as a gunman, 21-year-old Highland Park resident Robert Crimo III, opened fire on the crowd from a rooftop.

Residents of Highland Park and the surrounding towns were stunned by the tragedy. What made the experience more foreign to residents was the almost immediate national news coverage and FBI presence in the hours following the incident. The shooting resulted in seven dead, over 40 injured, and thousands left with the horrific memory of what they and their community had witnessed. Mass gun violence has never affected Highland Park so intimately, leading the town to question how they would recover.

There was an overwhelming surge of support from those nearby who wanted to help and be part of the town's recovery process. Limore Zilberman, a Deerfield resident, wanted to get involved as soon as possible. She said that she "couldn't sit still and not be part of those who wanted to help the community." She, along with the help of some of her family and friends, bought out entire sections from local grocery stores

and delivered the food to first responders at the scene. She also brought food to doctors and nurses in local hospitals who were tending to the injured and wounded victims.

Zilberman had the idea to get the word out to others via popular Facebook groups. She shared what she had already done to help, and people immediately took interest and wanted to be a part of the aid. When she quickly realized how many people wanted to get involved but did not know how, she was prompted to start the "Stronger Highland Park" Facebook group, which has grown to 12,000 members. By Monday July 11, one week after the shooting, she had raised \$10,000 for the recovery effort. From that point onward, Stronger Highland Park became the central point community members turned to, and Zilberman became the facilitator for all of the support people were giving. Whether businesses wanted to dedicate a day to donating 100% of their proceeds to the Highland Park recovery effort, if individuals wanted to coordinate blood drives to provide aid to hospitals, if people wanted to drop off large donations of toys and books to Highland Park High School, where free counseling was being provided to children and families in the immediate aftermath, or even if individuals wanted to start a drive to buy new strollers to replace all those that were scattered on the scene, and if retrieved, would still hold horrific memories of the moment, Zilberman helped people connect and raised awareness for these opportunities.

Estelle Rosenblat, a friend of Zilberman and graphic designer, wanted to get on board

with "Stronger Highland Park" and had the idea to start a yard sign campaign. Rosenblat designed the "logo" for HP Strong – the map of Illinois with a heart over Highland Park – and the idea quickly took off from there. When Zilberman and Rosenblat began, they had made 100 yard signs; they have now sold over 8,000, with many of them being delivered to other states.

Zilberman was surprised by the amount of support people were willing to give from not only local community members, but from people nationwide. Individuals who live outside of Illinois, but have connections to Highland Park have worked to involve members of their own communities in HP Strong. Zilberman described how in Arizona, for example, a group of people organized a blood drive for both the sake of a blood drive and to raise awareness about Highland Park.

Zilberman said that one thing she has taken away from her experience working with Stronger Highland Park has been how connected we as a community have become in this time of need. She hopes that Stronger Highland Park will continue to serve the community in the future, and prove to be a reliable resource for residents in need. She also wants to start a group dedicated to working on memorializing the victims of this year's tragedy next year, while simultaneously overcoming the challenges that we have faced and returning to enjoying the 4th of July, like we had before. Zilberman has gained a new perspective on connectedness, and said that, "we shouldn't wait for tragedy to find connection points

for people." Zilberman said that as a leader of HP Strong, she wants to show people, "that one person can make a difference, so don't be afraid to be a leader and organizer, because only good can come out of that."

Jennifer Madeley, School Therapist and Health, Wellness & Community Teacher, has played a crucial role in supporting the community following the shooting. She and her friend worked together in order to create a variety of free therapy services for all impacted individuals. Many therapeutic organizations took the initiative to do the same, hosting forums for students, first responders, and parents. Madeley said, "When tragedies happen, the best thing health services can do is offer their support." Not only did she offer this forum to LFA, but she also believes it is crucial to keep students informed through learning opportunities, such as Stop The Bleed. "A lot of lives can be saved when you are well prepared to help others in life threatening situations," said Madeley. Regarding how we at LFA can make a difference, she said, "There's not much we can do to mitigate these attacks... however, we can sit back and accept America's given gun culture, or we can find new ways to invoke change and make our voices heard. It is also equally as important that we as a community continue to have these hard conversations and face the problem at hand." Ultimately, Madeley wants to convey the importance of being an active member of society and to express that LFA health services are here to help!



HP Strong sign in downtown Highland Park

Photo by Ava Trandel

Andrew Tate: Kickboxer turned “Top G”

By Quinn Knight
Senior Editor

Most adults don't know who he is, but anyone young with social media is familiar with the name Andrew Tate. Tate, “the top G” as he calls himself, has been making waves across social media. His views and opinions are seen as controversial to some and revolutionary among others. He is infamous for having very misogynistic views and claims that women belong in the home, should be unable to drive, and are the property of men. He runs a pyramid scheme with his brother, Tristan, and has made millions off the business.

His rise to fame wasn't by chance, but rather because Tate and his fans supply various mainstream platforms with clips of himself which can be seen as controversial to generate the most views and attention. This method, along with Hustlers University, his course that teaches about how to make money in stocks and crypto, has “manipulated the algorithm” of the mainstream platforms such as Instagram and TikTok. This causes Tate to reach large

numbers of people through these apps.

People have been distraught over the things Tate says in his short podcast clips on podcasts such as the Full Send Podcast. A woman told *The Guardian* that her boyfriend's attitudes and opinions have changed tremendously after watching Andrew Tate's videos. Tate's misogynistic views push his profile further and further through the algorithm as these views are eye catching to most people. Any social media platform you look at will probably feature an Andrew Tate snippet of him making comments about being more masculine, or him being critical toward women. Many say that his rise to fame has coincided with his pyramid scheme business: Hustlers University. H.U. is a subscription based course with the objective of promoting Tate across social media while in return you learn about how to make money in the world today.

On social media platforms, young kids are the main viewers of these types of videos, which can be detrimental to their developing attitudes and values. Tate's misogynistic and controversial views are against TikTok's terms of service, but



Photo courtesy of Creative Commons

Tate poses for a photograph on a boat.

they seem to be lenient with Tate as he is a very popular figure on the platform.

In late August, Tate was banned from social media platforms due to violating the community guidelines of the majority of the apps. All accounts involving Tate content were also banned, which begs the question of what took them so long? Tate has been dominating social media for months now and it took these platforms until August to

ban him. They remarked that his misogynistic views stepped over the line of what is deemed acceptable by the terms of service as TikTok calls it a “hateful ideal”. Social media platforms need to treat all their creators equally and not just let the ones who generate the most revenue slide.

Tate's social media fame seems to be short-lived, and who knows if we'll hear the name Andrew Tate or “Top G” again for a while.

The overturning of *Roe v. Wade*: A matter of health

By Ela Jain & Claire Ireland
Staff Writer & Senior Editor

The overturning of *Roe v. Wade* has brought conversations to the surface, many of which are deeply rooted in personal beliefs. These discussions, riddled with ties to morals and religion, tend to bring intense debates, with sides being hastily drawn out in the sand.

With such a deeply intimate issue, it's no surprise how emotional interactions can get. But is this the correct approach to confronting the issue of the overturning of *Roe v. Wade*? Viewing the lack of access to abortion that this repealing brings from a healthcare perspective would make it possible to circumvent these ineffective conversations, prompting logical and intelligent discussions.

Abortions in some cases are necessary to maintain the health of a pregnant individual. The American College of Obstetricians and Gynecologists (ACOG) states that “Pregnancy complications... may be so severe that abortion is the only measure to preserve a woman's health or save her life.” By repealing *Roe v. Wade*, women's healthcare is given a way to be limited. Access to medical care is a human right per the UN's declaration of human rights. Acknowledging the fact that the Supreme Court is actively denying many U.S. citizens access to a human right is important to recognize.

Limited access to abortions also increases the number of unsafe abortions. According to Amnesty International, “Unsafe abortions are the third leading cause of maternal deaths worldwide.” Women that reside in states where abortions are not accessible can be forced to turn to dangerous abor-



Photo by Beverly Fishman

People protest for the right to choose in downtown Chicago.

tions that put them at risk of injury or death.

The overturning of *Roe v. Wade* and its ensuing repercussions of limiting the accessibility of abortion impacts women's physical health and also poses risks to their mental health. Per the American Psychological Association President Frank C. Worrell, “...long-term psychological research demonstrates clearly that people who are denied abortions are more likely to experience higher levels of anxiety, lower life satisfaction and lower self-esteem.” Mental health is a legitimate concern when evaluating the impacts of this dearth in accessibility to abortions in parts of the United States. For a country already

dealing with a mental health crisis, putting people in positions where their mental health is jeopardized due to decisions made by outside parties is a major concern.

One could say that the overturning of *Roe v. Wade* is inherently political as the document itself and the overturning of it represent a legal decision carried out by the Supreme Court. However, the implications of this repeal (i.e. lack of access to abortion in certain states) extend far more than just the legal semantics of the situation. If American society fails to look past the political aspects of this overturning, we will fail to comprehend its severity. If the issue of abortion continues to become a

matter of taking sides and doing whatever it takes to make the other side feel as if they lost something, where will it end? Having access to a medical treatment is not something that should be so easily used as a political ploy, in order to gain more control.

From physical to mental health, the overturning of *Roe v. Wade* and the inaccessibility to abortion it brings is an issue of health care. The discussion around abortion should not be political. We need to reframe conversations to see that abortion is a matter of safety for women, and frame the conversation objectively. Doing so is necessary to move forward in the conversation around this national debate.

Editorial: Growing up in fear of a country with guns

Fear of violence is typically far removed from life at Lake Forest Academy; however, on July 4th, this was not the case. In fact, some of LFA's community members were only a few minutes away from the open fire at the Highland Park parade, living in the "breaking news."

Returning to campus is emotional for many students after experiencing such a tragedy. It can be hard to feel safe when the attack struck so close to our school and home. Gun violence has been an issue for decades, but Highland Park was the first time a local shooting has happened in the lives of many, if not most, LFA students.

When something so terrible happens so often around the country and appears every day in our newsfeeds, it becomes normalized. However, for LFA students, it was easy to separate those headlines from a personal reality. Now, with a

shooting so intimate, separation can no longer be done. At school, students practice shooting drills, a uniquely American experience. Over the summer, the Lake Forest Police Department ran a shooting drill on campus for their police officers. The drill was for their own training on how to respond to an active shooter. While LFA itself wasn't a location of importance, it is the fact that the northern suburbs which was once thought as protected from such violence now has to prepare for the exact situation no one blinked twice at. We are the first generation to experience this, and likely not the last.

Guns and people have existed before, but the sheer amount of modern shootings, with children as targets, is horrifying. The Sandy Hook shooting took place when most LFA seniors were second graders, the same age as the victims.

The Parkland shooting took place in 2018, when current LFA students were in middle school, and began watching the news reports and reading about it for themselves. As for Uvalde, we are still hearing campaign speeches about it. We have grown up and lived with nightmares of shootings. Those fears became reality just a few towns over this summer.

Mental health, lack of gun restrictions, and society are all criticized as factors of these modern massacres. But what are we, as children, supposed to do? We cannot pass legislation, or provide therapy for those in need. LFA valiantly tries to keep their students safe on campus. Practicing drills, hiring security guards, and installing cameras are just a few of the many things that LFA has done to mend our concern. Yet, nothing will truly put people at ease until the shootings stop.



Photo by Maya Mitckess

Journalism Program Coordinator Mandy Krause volunteers for an active shooter drill for the training of Lake Forest Police Department officers in June of 2022. They utilize the LFA Science Center for the two-day training.

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The Lake Forest Academy

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EDITORIALS

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

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

AWARDS

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

QUOTE OF THE MONTH

"Press on. Nothing in the world can take the place of persistence."
-Ray Kroc

Summertime Biden: Inflation Reduction Act



Photo by Ambika Gupta

Finn Harrison '23 reenacts Joe Biden signing in the IRA.

By Ambika Gupta and Finn Harrison
Editor-in-Chief and Managing Editor of Politics

Amidst rampant inflation, new legislation appears poised to offer many relief. President Biden has had a low approval rating throughout his presidency, but this new legislation—a big win for Democrats—has boosted Biden’s approval ratings. These pieces of legislation, coming a few months before midterms, will most likely play a significant role in what the senate will look like in the coming years. Over the summer, Congress passed the Inflation Reduction Act, IRA, a bill that in some form had been making its way around the halls of Congress for over a year. The bill, signed into law on August 16, is the Biden administration’s tentative response to recent inflation; it includes Biden’s, thus far, most ambitious responses to both social and climate related issues.

Starting last year as the ‘Build Back Better Bill’- Biden’s claimed centerpiece legislation - the IRA represents a slimmed down version of this bill. Despite the Democrat’s majority in Congress, within the more moderate wing of the party certain parts of the bill were deemed too radical. Senator Joe Manchin from West Virginia was often the most vocal voice of dissent within the Democratic party. Yet, after months of renegotiation, Congress passed the IRA with the slim Democratic majority.

Unlike the Build Back Better Bill which was supposed to be 1.7 trillion dollars, the IRA allocates 740 billion dollars. The act includes a new 15% corporate tax on companies with at least a billion dollars in income.

This will include a one percent excise tax on stock buybacks. Stock buybacks being a way for a company to buy back its own shares. However, the bill includes no new taxes on individuals or households. The bill is expected to have an almost negligible effect regarding its namesake purpose of inflation reduction. Although the bill is expected to reduce the national deficit by 124 billion, the primary legislative changes do not actually lie in the economy but in taxation reform and climate reform, although the bill is expected to reduce the deficit by 124 billion.

On his first day in office, President Biden reentered the Paris Climate agreement and has made it clear that climate change reform is a priority for his administration. However, until now, no legislative change had been made. Within the IRA, Congress has made tremendous steps toward climate change reform. The bill promises to reduce emissions by 40 percent which is the first act within the US that demonstrates a legislative effort to follow the Paris Climate Agreement. A more than 70 billion dollar investment will go towards clean domestic manufacturing. Additionally, 60 billion dollars will be invested towards clean energy, including a tax credit for installation of solar panels. This new cohesive groundwork policy for climate change may afford the United States a better bargaining chip when seeking climate reform for less developed countries. On the whole, the bill will put 369 billion dollars into climate solutions and environmental justice.

The IRA tackles another important issue within America: health care. Medical expenses in America are among the highest in the world with Americans spending about \$4,000 more per person a year compared

to other high-income nations. Due to inflation, the Kaiser Family Foundation, a policy analysis non-profit, expects health insurance premiums to rise 10% this coming year. The Department of Health and Human services has reported an all-time low of only 8% of the population uninsured (roughly 26 million people remain without insurance).

For the first time due to these provisions, federal officials will be able to negotiate prices of prescription drugs. In addition, a copay cap for seniors was implemented: \$35 on insulin products for Medicare beneficiaries and rebates if drug prices rise too quickly. Overall, the White House has allocated \$70 billion for the next three years in order to keep costs low for roughly 13 million individuals. According to estimates from the Centers for Medicare and Medicaid Services, those with plans with the government saved on average \$700 this year. Overall, these updates to the Affordable Care Act continue to aid those well below the poverty line with medical costs and continued subsidies that were offered last year in the Coronavirus Relief Bill.

Beyond the IRA, Biden recently announced a new Student Loan Relief program. Within the last 50 years, the cost of college has tripled, but Pell Grants, federal support for low income families, has not kept up. Previously, Pell Grants covered 80% of the cost of a four-year public college but now only covers a third of such costs. Due to these rising costs, the Department of Education will provide up to \$20,000 in debt cancellation for Pell Grant recipi-

ents and \$10,000 in debt cancellation for non-Pell Grant recipients. Only individuals earning less than \$125,000 qualify for this relief. Additionally, the pause on student loan interest will continue through December 31, 2022. In addition to this program, a new rule has been proposed that those with student loans who have worked at a non-profit, in the military, or in the government will receive additional loan forgiveness.

Regarding this, Ben Wetherbee, Associate Dean of College Counseling stated “I was glad to see Biden deliver on one of his campaign promises, addressing student loan forgiveness in some capacity. Unfortunately, I think loan forgiveness is more of a band-aid solution to an otherwise larger problem—the rising cost of college in this country. Hopefully, this move leads to more conversation around this topic on Capitol Hill, as I think greater transparency around what college costs and what students and families will be asked to pay, or pay back, will improve access to higher education, especially among populations that have historically been underrepresented at colleges and universities.”

All these new pieces of legislation have received both applause and heavy criticism. Many conservatives worry about the financial repercussions of these acts, such as worsening inflation. As such, only democrats supported the extended health care subsidies amongst other bills. Within the LFA community, some seniors and most faculty will be voting in the upcoming midterms, and these bills will undoubtedly influence how many vote.

<p>1 30% tax credit on solar systems. The solar Investment Tax Credit (ITC) means you could get back nearly a third of the cost of your system if purchased between 2022 and 2032.</p>	<p>2 30% tax credit on energy storage technologies. This credit covers batteries that run on solar energy that can be used to power your home in a grid outage.</p>
<p>3 Tax credits for home builders. With these credits for builders, we can expect to see more clean energy homes on the market.</p>	<p>4 Up to \$7,500 tax credit on electric vehicles (EVs) Qualified taxpayers who purchase a car that meets certain conditions could receive this credit.</p>
<p>5 30% tax credit on EV chargers. For qualified taxpayers, this credit is great news — especially since EV drivers charge their cars at home 80% of the time.</p>	<p>6 \$8,000 rebate on heat pumps. If you meet certain income requirements, you could be eligible for a rebate when installing a heat pump which, contrary to its name, can be used to both heat and cool your home.</p>
<p>7 \$1,750 rebate on heat pump water heaters. Changing the way you heat water in your home could get you this rebate, provided you meet certain income requirements.</p>	<p>8 \$840 rebate on electric stoves, cooktops, ranges and ovens. If you qualify for these rebates, this could be the perfect time to make your kitchen more energy efficient.</p>

Infograph courtesy of Creative Commons

This infograph displays benefits of the Inflation Reduction Act.

LFA welcomes new



Greg Greenwell

Greg Greenwell is the new Director of Marketing and Communications. Greenwell previously worked at DePaul University for 22 years in college athletics and started at LFA in July. He lives off campus in Mundelein with his wife, two kids, and 3 dogs. You can probably find Greenwell enjoying a Miami Heat game in his free time. He likes college basketball and even played baseball at Flagler College. He tends to be an optimist, as he says, “I try to always have a positive outlook on things”. “It’s different from what I’ve done before,” Greenwell explained as the reasoning behind his transition into his new job. So far, Greenwell describes LFA’s energy as very welcoming and fun. He is a Co-Advisor with Paul Makovec and plans to coach Boys Volleyball in the spring.

Melissa Norris

Melissa Norris is the newest member of LFA’s IT department and will be working as an IT Service Technologist. She enjoys the tight knit community LFA has to offer and is excited to get away from a more management style of work. Norris is a very passionate person, and she loves to help people, which is a big part of her job. Some of her favorite things to do outside of school are rollerblading, spending time with her kids, and going to fairs in the summertime.

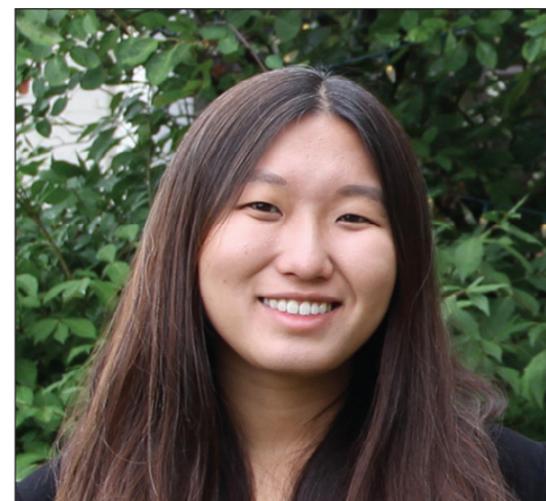


Leslie Gomez

Leslie Gomez joins LFA from Beach Park, Illinois. She will work as the Academic Office Manager to the Dean of Faculty, Dean of Pluralism and Multiculturalism, and the Academic Dean. LFA stood out to her because of the unique role she will play – not just in her job, but also in various aspects of the school. She stands passionate about helping teens cope with various life stressors, and she’s making it her life mission to make sure teens have the support they desire. Outside of work, she loves to watch Netflix shows, watch the sun set, and coach volleyball.

Filipp Velgach

Filipp Velgach is a new World History I and II teacher at LFA. He hopes to “make students feel like history is far and above the most interesting subject there is” as he believes it to be “on par with entertainment in terms of interest and on par with medicine in terms of importance.” After class, his goal is to be “in as many places as I can” and engage with the community. He coaches soccer and has an advisory of five freshmen. He lives off campus with his wife and two young children.



Angela Zhou

Angela Zhou’18 returns to LFA as a faculty member in the English department as an English 10 teacher. Aside from teaching, she works as an assistant coach for the Girls’ Volleyball and as one of the dorm parents in Marshall Field. Ms. Zhou grew up in Mettawa, Illinois, and graduated from Northwestern University in 2022. Ms. Zhou values the traditions at LFA, such as the All-School Handshake and the House Cups. She is looking forward to learning as well as teaching, and “having different connections and experiences with academics, sports and residential life in LFA.”

faculty to campus

Glinda Hall

Dr. Glinda Hall is a new English teacher at LFA, currently teaching English 10 and Debate. This is her first time teaching debate. Instead of focusing on competitive debating, she wants the class to emphasize skills such as “gathering evidence and putting it into arguments that prep and shape the student into being a good debater.” After school, Dr. Hall is an assistant coach for both Girls and Boys Tennis at LFA. Prompted by her adventurous spirit, Dr. Hall chose to move to LFA because of the compact and diverse community. “A centralized campus and having that diversity, that is a great combination,” said Hall.



Emily Hansen

Emily Hansen, born and raised in Illinois, is a new math teacher at Lake Forest Academy. Beyond teaching geometry and Algebra 2 (subsets of her favorite subject--math) and coaching the Dance Team in winter, she also, “loves to crochet, make quilts, dance, and sew, [including] creating a transforming dress for Cinderella.” She was drawn to LFA for its comparably larger class sizes to her previous job at Willows Academy; as not only does it retain the closeness of a smaller community, but she also “has more coworkers and students for collaboration.”

Isaias Cairampoma

Isaias Cairampoma is a new Spanish teacher at LFA. He was born and raised in Peru, and this is his 17th year working as a teacher. He hopes to teach more about Spanish culture, foods, and history.” Besides teaching Spanish, he has a passion for soccer which is why he is also the assistant coach for JVB soccer and will be coaching Girls JV soccer in the spring. Cairampoma also shared his reasons for choosing LFA: it has smaller classes, which is more productive and “to improve and challenge myself as a teacher.”



Eric Hillebrand

LFA’s new economics teacher is Mr. Hillebrand. He’s an embodiment of LFA’s emphasis on being a global citizen as he’s lived in Panama, Taiwan, and Hungary, though he grew up in Wisconsin. However, this is not his first time in Illinois; he received his Masters in International Relations from the University of Chicago. In his free time, he likes to cycle, and his fun fact is that he’s seen both the Pacific and Atlantic Ocean at the same time while sky-diving in Panama.

Dieter Villegas

Dieter Villegas ‘18 is a new Precalculus and AP Computer Science Principles teacher at LFA. He believes this job to be a perfect match given his “positive experience with the school” and “passion for helping others.” As a former student, he is able to see “both perspectives” and naturally show students how to “take advantage of all the opportunities that this institution offers,” as he did. After class, he coaches soccer and is involved with the UNIDOS club. He lives in Warner and believes his goal as a dorm parent is to “nurture them to become not just great students, but great people.”



FBI raid on Trump's Mar-a-Lago

By Ella Gartz
Editor-in-Chief

On August 5th, the Federal Bureau of Investigation was granted a search warrant to raid Donald Trump's estate at the Mar-a-Lago club in Southern Florida. Three days later, they retrieved over 11,000 government documents. Boxes and folders (including many marked top secret, classified, confidential, and return to staff secretary/military aide) were confiscated from Donald Trump's office, Melania Trump's closet, and the family's storage spaces.

Drew Jacobson, a politically-engaged senior at LFA, said, "I am appalled and in shock that over 11,000 documents were found," and that he fears such a "breach of national security" in the United States.

Evan Corcoran, Trump's lawyer, publicly claimed that Trump was unaware that classified documents were included with shipments in the move from Washington D.C. to Mar-a-Lago. In opposition, Mick Mulvaney, one of Trump's former chiefs of staff, claimed that the documents were "not accidentally moved anywhere" on a CNN special last month.

On social media, Trump teased that he believes the Department of Justice has infringed upon his 4th amendment rights.



Photo courtesy of Creative Commons

Mar-a-Lago is located in West Palm Beach Florida.

His lawyers backed this claim in their lawsuit, stating that the raid was an attack on "the clear frontrunner in the 2024 General Election, should he decide to run," and that "politics cannot be allowed to impact the administration of justice."

Filipp Velgach, a history teacher at LFA, said that "even during a Democrat-leaning FBI administration, they raided Hilary Clinton and found all of the emails" and weren't afraid to "tackle their own candidate." The FBI raid was

about showing their commitment to their "responsibilities to the nation at large."

The Department of Justice released a statement remarking that the evidence indicated that "efforts were likely taken to obstruct the government's investigation." This alleged obstruction of justice is just one of the many charges that Trump could face.

Once reviewed, the findings could be used as evidence in the many cases against Trump, including those regarding the January 6th insurrection, 2020 election fraud, and national security breaches. He is expected to face Fulton County Georgia District Attorney Fani Willis as her request for a grand jury was just approved in a 2020 election interference case.

Velgach said that this is about "trying to prevent him from legally being able to run for public office" rather than trying to put Trump in jail. He went on to say, "It's important for his opposition not to now see him come to power and wield that kind of influence that he did over millions of people."

Lastly, it is important to note that since these events, there has been a significant increase in civilian threats against federal agents. In August, an armed man, who was also involved with the January 6th insurrection, attempted to breach the Cincinnati FBI office.

Midterm elections in the US

By Cynthia Li & Marvin Ma
Staff Writers

Midterm elections in the United States are going to be held on Tuesday, November 8, 2022. They are considered some of the most important political events in the US after the presidential election. Midterm elections take place during the midpoint of a current president's four-year term to select members of the House Representatives and the Senate. The political party which occupies the majority in

this legislative group is also going to be determined through the midterm elections.

The House of Representatives and the Senate have control over the essential legislative process in the US and could see the most change in the midterm elections. The powers of the House of Representatives and the Senate are a large part of the US government as a whole. Philipp Velgach, a history teacher at LFA, claimed that "[the midterm elections] are important because it'll tell us with a fairly high degree of confidence who stands a better chance of

winning the next presidential election."

As pivotal as the midterm elections are, they are relatively obscure. While the presidential elections had turnouts of about 50-60% over the past 60 years, only about 40% of potential voters voted in the midterm elections.

There are a number of factors that may have contributed to this historically low turnout for the midterm elections, among which the most compelling appears to be the low media coverage. As Ambika Gupta, a senior, pointed out, "I think the most

important reason [for the low turnout] is probably the lack of information and lack of resources. It's hard to learn about [the candidates of midterm elections] because they're not covered in the press as much."

In addition to sparse advertisement, another reason for the low turnout for the midterm is the Americans' minimal voting awareness in terms of non-presidential elections. Velgach said that the American population has a "really poor sense of civic duty" and went on to say that "Americans tend to believe that the election to elect the president is far more important than those elections that just select the legislators."

Velgach expressed that the LFA students are undereducated in terms of politics, which "is indicative of the larger country not being invested in this particular election."

When asked the extent to which he believes that LFA students are aware of the upcoming midterm elections, Akim Mpofo, a government teacher at LFA, suggested that he does not think that many "have an idea of when the midterm elections are happening," later adding that most might not even be asking the general question of what the midterm elections are.

In response to the current situation with LFA students' awareness, Gupta said in her interview that she "would encourage everyone to vote" and "encourage everyone to do as much research as they can, even though it's hard."



Photo courtesy of Creative Commons

The "I Voted" slogan on sticks are distributed at the polls of Midterm Elections.

Student discussion on Roe v. Wade

By Connor Drobny & Ava Trandel
 Managing Editor of Op-Ed, Podcast &
 Managing Editor of Features

Jane Roe v. Henry Wade (referred to as Roe v. Wade) is a landmark United States Supreme Court case that recognized a woman's constitutional right to have an abortion. The plaintiff, using the pseudonym Jane Roe, filed a lawsuit against Henry Wade, the Dallas District Attorney, arguing that Texas's anti-abortion laws were unconstitutional. The case was then argued in front of the Supreme Court in 1971 and decided in 1973. In their decision, the Supreme Court determined that "the right asserted by Jane Roe is embraced within the personal liberty protected by the Due Process Clause of the Fourteenth Amendment" (Roe v. Wade, 410 U.S. 113). Roe v. Wade has prohibited states from overturning abortion rights for almost 50 years.

On June 24th, 2022, the Supreme Court overturned Roe v. Wade in a case titled Dobbs v. Jackson Women's Health Organization, dismantling the 1973 precedent and returning power to each state to decide abortion laws. The Court held that the Constitution "does not prohibit the citizens of each State from regulating or prohibiting abortion," stated Justice Samuel Alito of the majority. Similar to the initial decision in Roe, the Dobbs decision sparked massive outrage.

On September 12th, the *Spectator* staff organized a student-led discussion for students to share their thoughts and emotions concerning the overturn of Roe v. Wade. The discussion saw a turnout of 36 students, complemented by a few teachers.

To begin the discussion, the moderating *Spectator* staff members posed questions about how safe people felt sharing their viewpoints, without fear of backlash or shame. Most participants seemed to agree that larger groups are generally more fear provoking than smaller groups of trustworthy individuals. Many students agreed that they feel like they have to dilute their opinions to safely share them at LFA. In



Photo by Amanda Krause

Spectator moderating staff poses a question to student participants.

more intimate groups, the person sharing trusts that they will not be judged for their beliefs, therefore able to share openly.

Discussion around emotion and sectionalism played into the debate, with people expressing that politics are personal, as they concern personal issues and are informed by personal experiences. One participant identified the stigma around emotion, arguing that people believe that women in particular are shunned in politics for being 'too emotional'.

Spectator staff then asked what Roe v. Wade meant to the group. Words such as "safety" "capability" and "security" were repeated. However, the discussion then transformed into how the decision impacts one's family. Students brought up anecdotes of the silence and yelling, ignorance and division. The impact of religion on them and their family members affected many, typically dividing.

The discussion identified the danger of stereotypes on the basis of beliefs and religion. People spoke on how they disagree with their traditional religious beliefs in

certain aspects. No one spoke of believing in one side of the argument because of their religion. Not judging people by their beliefs, but instead by their character, was deemed of the utmost importance.

Dobbs' impact on other precedents concerned many. Students expressed concern about the language in Justice Clarence Thomas' majority opinion. Justice Thomas stated the same rationale used in overturning Roe v. Wade should be used to overturn cases establishing rights relating to contraception, same-sex marriage, and inter-racial marriage that also relied on the Due Process Clause and legal precedent.

It is important to note that the forum LFA held might not have reflected the views of the entire student body. *The Spectator* conducted an anonymous online poll prior to the discussion, which revealed that around one third of 140 responding LFA students agreed with the overturn of Roe v. Wade. While the minority was possibly present in the in-person discussion, they did not communicate their ideas openly during the discussion. This brings into question how safe

the minority feels to share their opinions at LFA, despite the fact that LFA continues to invite students to discuss their disagreements and advocate for understanding.

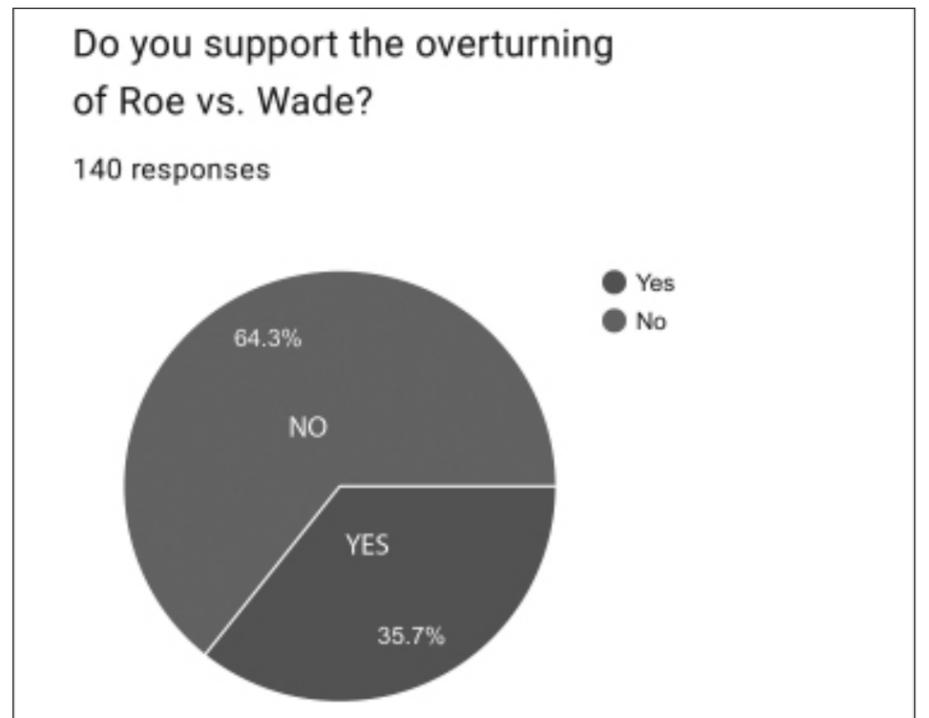
Abortion rights remain protected in Chicago and Illinois, and politicians have vowed to keep them that way. JB Pritzker, governor of Illinois, recently stated that "no matter what atrocious opinion the Supreme Court rolls out this summer in regards to Roe v. Wade, abortion is safe and legal in Illinois." Pritzker said this at the Thompson Center while touting Illinois' unrestricted abortion law. Due to Illinois's general pro-choice attitude, citizens of neighboring states are expected to flock to Illinois to get access to abortions. This puts into questions the availability of abortions in Illinois for residents, with abortion clinics having the potential to get overwhelmed.

The overturn of Roe v. Wade is an emotional and deeply intimate issue for many. Discussion is healthy and everyone should get a chance to be heard.



Infographic by Djasahn English

Scannable QR-code linked to pro-choice and pro-life resources.



Pie chart of pole results

LFA students were invited to complete a poll on their opinion surrounding Roe v. Wade.

Progress promised: An update on LFA's girls' athletics

By Maya Mitckess

Managing Editor of Digital

Last year, the process to rebuild girls' athletics officially began with the hire of a new female college coach as the Assistant Athletic Director. With staffing changes, the question at hand is whether this plan is still in progress.

Despite this period of uncertainty, goals for girls' athletics at LFA are still being accomplished. From constant record-breaking in Girls Swimming to a very strong Girls Basketball team, Darrin Madeley, Athletic Director for LFA, said that, "We're in a better situation right now than we were a year ago," in reference to the current state of girls' athletics.

Recruiting, whether it be for coaches or athletes, has a trajectory of being successful this year for girls' athletics. It is a part of the plan for rebuilding female ath-

letics at LFA, and with eight recruits last year, the emphasis on continuing the plan made before staffing changes has made it possible for an even bigger turn out. Having coaches that are qualified will add to that. "I think that the more young women see that high-level (high school and beyond) is a possibility, they too might pursue it someday," said Kerri McCafrey, LFA's Varsity Girls' Swim coach.

The Caxy Athletics Team, a group of students at LFA who promote school spirit and sports, is playing a huge role in this push for more fans and support at student games. Diana Bishopp '23, the Head of the Caxy Athletics Team, said, "We've tried to bring up events for the entire school to get involved and try to get kids to come to games... have students support students especially through athletics." Attendance at students' athletic events is a major part of LFA athletics, as the Caxy



Photo by Maya Mitckess

LFA's varsity girls' swim team gather to hear the plan for practice.

Athletics team highlights. While the Boys' Prep Hockey team is known for drawing in an audience at their games, other sports are looking to do the same. Girls' Volleyball is gaining some significant traction this year when it comes to crowds—a major win for girls' athletics.

Madeley said of this growing popularity, "I think the most popular sport at this school is the girls' volleyball games, which are louder than the prep hockey games."

The coaches of various girls' sports teams have also been shifting within the past couple of years in terms of growth or focus on qualifications. Madeley discussed coaches of girls teams who are specialized and experienced in the sport they coach, from Sarah Taylor, LFA's Varsity Tennis coach, who played tennis professionally, to Tameka Carter, who played college basketball and pro-

fessional basketball abroad, and is the new Girls' Varsity Basketball coach. "The hope is that these are the coaches that will bring in more athletes," Madeley started and then continued with, "If you don't trust the person that's coaching you, then you're in a rough spot."

Coaches play a major role in the way a sports team functions, and at LFA "The coaches for the girls' teams have been very supportive, and they've been very understanding of being at a top school and also playing sports," said Bishop.

Girls' athletics is a continually evolving segment of the LFA community. Changes and overall success are happening and improving already within LFA's first season of the 2022-2023 school year. This can be seen by anyone who attends an LFA girls' athletics game in the upcoming seasons.



Photo by Maya Mitckess

LFA's Varsity Girls' Field Hockey team plays in a game against North Shore Country Day.

Performance anxiety in athletes

By Connor Drobny

Managing Editor of Op-Ed & Podcasts

The majority of athletes are taught from a young age that they need to perform and perform well, and this only increases as they get older. Sports get more about wins and losses rather than enjoyment. Coaches and parents start to see their kids' success as their own, often leading them to push kids too far. The most common symptom of all this pressure is anxiety—a feeling of something lurking in your head, spreading to your chest and then to your fingertips. It can be all-encompassing,

consuming, and often left untreated. How can we help athletes get over this anxiety or not even develop it in the first place?

Anxiety attacks from multiple angles, with parents, teammates, and coaches the key offenders. While parents may just want their kid to be successful, they frequently don't acknowledge the trade offs of pushing their kid too far. The athletes may lose passion in the sport, relating the sport to shame and guilt. This may lead to an athlete dropping out or focusing their attention on more rewarding activities. Another possibility is that the athlete panics pre-performance and



Photo by Maya Mitckess

Girls' varsity swimming is in practice.

then performs poorly. Although studies show that being a little nervous can actually improve performance, large amounts of anxiety actually hurts more than it helps. Radical coaches enact similar feelings. Their position of authority enables them to critique athletes. While I fully believe in honest feedback, it is easy to take it too far. The coach should be the athletes biggest supporter, driving them to go farther, not dissuading them.

The most dangerous kind of performance anxiety is self-sustained. Competitive athletes play with an edge, but use the same blade against themselves.

Mistakes replay in dreams. Pleasure becomes derived from success. It becomes a life of mood swings, determined by performance. While this behavior may be self-inflicted, it commonly is sparked by external forces, someone who teaches them athletic success is all there is to life.

The easiest way to help yourself or someone dealing with this issue is to talk about it with someone you trust—someone who may be more experienced with this than you. Performance anxiety is a common. Talking about it forces one to realize that there is a way to get through it, and this cycle is not permanent.



Photo by Connor Drobny

The Prep Hockey lockerroom's displays present and former team pictures.

The “evolution” of Serena Williams

By Anusha Srivastava & Tanya Ganesh
Managing Editor of Production & Sports
Director

37 Grand Slam titles, 319 weeks at world no. 1, and 4 Olympic golds later, Serena Williams announced, on August 9, 2022, the most dreaded word of any athlete’s career—retirement. Becoming a pro at the age of 14, Williams sustained one of the most successful professional tennis careers for over 27 years. Along the way, she topped the competitive tennis world, winning the most Grand Slam titles in the Open Era, male or female, with 858 tour victories, 73 singles titles, and 14 Major doubles titles with her sister, Venus Williams.

While dominating the game, the sisters have battled both racism and sexism throughout their careers, with tennis having a history of being a predominantly white male sport. They have broken gender norms, stereotypes, and prejudices that were placed against them early in their career, while widening opportunities for the upcoming generations. Williams has used her sporting success not only to change the game technically, with her unique aggressive swing volleys and open stance backhands, but also societally, visiting schools and tennis academies

across the country to inspire young girls.

Natalie Frekko ‘24, member of the Girls Varsity Tennis team, explained that “Serena was one of the first players I truly looked up to...she never backed down and was one of the first female players to really start taking things aggressively on the rise, ending points fast, and hitting the lines,” being a playing style that Williams is known for. “She was more than just a great tennis player. She allowed me to find the real confidence and grace of women in sports.”

Williams has changed the world beyond just tennis, making herself a powerful voice for women, through her success and platform in philanthropy and business. Off the court, her fashion brand, SERENA, celebrates body positivity and female empowerment. In 2019, she launched her own venture capital firm that focused on investing in companies that embrace diverse leadership, opportunity, and creativity. Williams has traveled the world as a Goodwill Ambassador of 2011, working to provide education to vulnerable children through the UNICEF Schools for Africa initiative, and has advocated for affordable, quality healthcare for mothers and newborns through the #EveryChildAlive campaign. Opening up about her own hardships with childbirth and postpartum depres-



Williams is playing in the 2022 US Open.

Courtesy of @serenawilliams (Instagram)



Courtesy of @serenawilliams (Instagram)

Serena and Venus Williams appear with their icon beads in the 1999 US Open.

sion, Williams has used her voice to support and sympathize with the community.

Dr. Sarah Taylor, LFA’s very own former tennis pro and AP Psychology teacher, said, “She made us change our views. She punctures holes in cultural and gender stereotypes... She made people accept this new image that women don’t have to be pretty when they play; they were allowed to be loud, show aggression, and sweat.”

All through Williams’ life, her focus on pushing herself, proving everyone wrong, and of course, winning, was evident. However, as she grew older, these passions gradually shifted into building a stable family with her husband, Alexis Ohanian. Naturally, she worked towards this goal and announced her pregnancy in early-mid 2017. In September, she gave birth to Alexis Olympia Ohanian Jr. One would think the road ends here, but that is far from the case for Serena Williams. At the beginning of her pregnancy, she won her 23rd Grand Slam, her last major. However, after 5 years of balancing being a mom and professional athlete, she has decided to retire and focus on expanding her family.

Williams’ daughter, Olympia, is one of the biggest and best reasons that she wanted to retire. For many years, Olympia had expressed her desire to be a big sister to her mom. Being one of five sisters, Williams understood wanting this dynamic. Having this support system growing up is what ultimately got her to this impactful and prosperous career that took the world by storm. As Williams stated in her closing statements after her final match, “I wouldn’t be Serena if there wasn’t Venus.”

In Williams’ final major, the U.S. Open, she pushed herself to solidify the name that she has earned for herself, showing that she will always be the same Serena Williams that stepped on the court so many years ago, and grew to be one of the sport’s biggest legends.

As Taylor said, “Even at the age of 40, you would have to beat Serena 30 times to truly defeat her. She always had the unique athleticism and courage to keep swinging even when she was down... No one can compare

to the intensity that Serena played with.”

This admirable and distinct playing style transferred to her grueling third-round match against the Australian player, Ajla Tomljanović. Although Williams came up short in the deciding third set, her efforts were met with a standing ovation, praise from other tennis legends, and even from her opponent, for gracing the courts with over 25 years of excellence. In the stadium sat fans from all over the world, long time friend Tiger Woods among the other cheering celebrities, and most importantly, her family. As a tribute, Olympia was seen in the front rows of the stands, cheering Mom on, wearing the sentimental white beads that Williams wore in her first Major Title win.

In an Adidas’ photoshoot from 1998, Serena stood beside her sister, white beads in hair, when the world was yet to see what this 16 year old from Compton, California, would become today. Being new to fame, this look had brought a lot of controversy and discomfort in what was the traditional tennis crowd at the time. Venus responded, “When @serenawilliams and I wore our iconic beads, we didn’t wear them to be different, we wore them because they were a part of our heritage.” These white beads are where it first started back in 1999, at the U.S. Open: her first Grand Slam title at the age of 17. Cut to now, 23 years later, her daughter pays a homage to Mom, sitting courtside through the end of this wild ride.

In Williams’ retirement announcement with Vogue, she said that she made the decision knowing that, “...thanks to opportunities afforded to me, women athletes feel that they can be themselves on the court. They can play with aggression and pump their fists. They can be strong yet beautiful. They can wear what they want and say what they want and kick butt and be proud of it all.”

Serena Williams is an athlete, mother, wife, friend, and to many, she is a role model that has and will continue to inspire new generations to fill her shoes. She inspires those on and off the tennis court through her perseverance, strength, and grace. The game of tennis is forever altered by Serena Williams.

LFA's latest trends: Business casual meets fashion

By Esti Rosenblatt & Jessie Ji

Photo Editors

The Low Rise:

Once a relic of the 2000's, low waisted skirts and pants are staples of 2022. The low waist is one of the many trends empowering the feminine silhouette in fashion. Designer brands like Miu Miu, Dolce and Gabbana, Versace by Fendi, and Missoni have committed to the low waist style. Of course around campus, the low waist is worn in a more professional profile, but still features the famed silhouette. At LFA, the low waist is typically worn as a skirt or colored jeans. It can be hard to wear the low waist while still following dress code, but students have found no problem pairing their jeans or skirt with a sweater or longer top.

Prep-School Aesthetic:

A trend that is loved by students is preparatory school inspired outfits. Think New England boarding schools and *Gilmore Girls*. This trend brings back conservative uniform-like outfits and turns them modern - or as Prada calls it, "stripping them down." The prep-school look is seen in every corner of campus this fall. Examples include frilly white button-ups with plaid pleated skirts or loafers paired with white socks. Being worn in a semi-formal yet stylish way, loafers first became popular among Ivy League students and are

now one of the few effortless chic items that meet LFA's semi-formal dress code.

Overstated Jewelry:

Chunky jewelry is funky and awesome. Oversized jewelry is the perfect accessory to subtly or boldly display personal expression, as it can be adapted to fit every style. Students have embraced personal expression through accessories. It's noticeable and looks good with everything. Statement pieces like a big ring or several oversized chains and bangles can elevate an otherwise simple school outfit.

Sustainable Fashion:

The resurgence of thrifting clothes arose recently not only for its classics, but also because of its sustainability. The thrifting experience provokes serendipity: people can always count on finding unique items of good quality rather than identical ones sold to replicate microtrends. As seen around campus, students have started to abandon the wastefulness of buying clothes that they'll only wear for a couple of weeks. A growing number of students choose recycled clothes as a more sustainable option instead of discarding fast fashion clothes.

Unisex Style:

When people look for individualized beauty without pretense, gender is no longer limited to designers. Clothing that embodies unisex beauty allows people



Photo by Jessie Ji

Teagan Hubbard '24 wears his outfit of all thrifted items: shirt and vest, grey cargo pants, and jewelry and shoes.

to experience the diversity that fashion can provide. Unisex style clothing can be traced back to the Roaring Twenties, where wartime drove the rapid convergence of gender-neutral pieces in replacement of overly-feminine clothing. Such trends created a new aesthetics for all gender expressions disregarding gender. Loafers,

for example, were no longer men-exclusive since Audrey Hepburn was the first actress to start wearing them in movies. Girls wear chunky Chelsea boots with feminine dresses to show their androgynous side; boys also wear them as a fashion accessory. Even today in 2022, unisex style remained an unstoppable fashion trend.

Nope: Did Jordan Peele hit or miss in newest film?

By Esti Rosenblatt & Beverly Fishman

Photo Editor & Managing Copy Editor

Hit:

Nope had one of, if not the most, unique interpretations and portrayals of extra-terrestrial life throughout years of alien adaptations in film. The element of creativity and incredible CGI made the unearthly figure positively shocking. The development and reveal of the creature was beautifully horrifying. This had to do with Director Jordan Peele's creativity and extraordinary camera work.

Cinematographer Hoyte van Hoytema used Kodak film, including 65 millimeters film in IMAX, making *Nope* the first horror film to ever be shot in this format. Hoytema also developed a unique 'day-for-night' camera to portray the daytime footage as filmed at night. Not only was the cinematography distinctive, but the locations were authentic as well - a change from the common indoor, manmade sets of Hollywood. However, *Nope* was primarily filmed in the Agua Dulce desert in California. A large part of the reason that the cinematography was so spectacular was because of the realistic environment the film took place in.

The cast's performances held such power that it had the audience in breathless laughs, from fearful faces, to tearing up in anticipation. The sibling duo of OJ and Emerald, played by renowned actors Keke Palmer

and Daniel Kaluuya, did a fantastic job bringing the story to life. Peele is known for casting incredible actors in every film he presents and this was no exception. The movie was filled with Peele's signature combo of humor and horror, while maintaining a universe where the audience was able to relate to the characters' struggles, and ambitions. *Nope* was filled with suspenseful atmospheres, hilarity, and haunting images without being a 'typical' horror film. It is a film that will challenge you mentally by pushing the boundaries of film, creating a new world of possibilities for the future of horror movies. Leaving the theater, the viewers had the opportunity to formulate their own questions and theories because of the complex nature of the film. *Nope* met Peele's presented ideas and expectations; he continues to

positively impact the cinematic universe.

Miss:

Is Jordan Peele's new film worth seeing... Nope!

Jordan Peele's *Nope* (2022) lacks something important to every good film: a solid plot line. The point of this movie is to show how profiting off living things causes more harm than good. Without understanding this theme before watching, audience members are left lost in the dust.

Nope followed too many different plots that never seemed to align. The film showcases two main plotlines, but both are bad. The first plot follows ranchers as they try to take a photo of an alien UFO. But the audience is bored, and overwhelmed with plot holes. Throughout the whole movie, the viewer is never given context about the UFO. Questions like: What is it doing

on earth? Why do so many people risk their lives to see it? are never answered. Story No. 2 follows a little boy co-starring on a sitcom with a live monkey. The monkey eventually goes rabid and kills almost everyone on the show. The one connection these storylines have is that the child star grows up to be one of the ranchers that track down the UFO. These plots flip back and forth throughout the entire movie making the movie even more confusing.

In response to the movie, critics go as far as to say that *Nope* isn't truly about anything. While watching *Nope*, audience members are excited to see the film develop and are disappointed when it doesn't. It's too predictable to be interesting. The movie fails to include science and horror, but still considers itself a part of the science-fiction-horror genre. In reality, the scariest part of *Nope* was not the alien or the killer monkey, but was merely one scene in which a group of kids dress up pretending to be the alien. While the film had (what some may call) a deeper meaning, *Nope* did a bad job of reflecting this depth while also being an entertaining piece of art. The production was a disappointment compared to Peele's other films. In his other movies, like *Get Out* (2017) and *Us* (2019), Peele gave his audience everything an excellent horror-thriller movie needs: a fear factor, clear plot, and amusement. *Nope* did not meet this criteria.

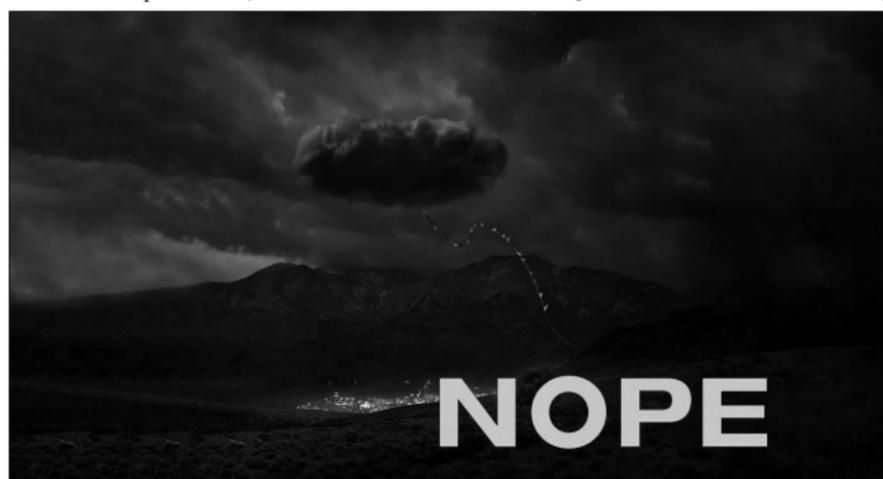


Photo courtesy of Monkeypaw Productions

The *Nope* movie was advertised.

#BookTok: Turning the tables on teen reading rates

By Avery Martin

Managing Editor of Arts & Entertainment

Amid the technological revolution, teens are spending more time on social media than reading in their freetime, but the rise of #BookTok has interrupted this pattern in its tracks. As a trend-

ing hashtag on the popular video-making app Tik Tok, #BookTok is any video listed under the hashtag. It typically includes teen-to-teen book recommendations about certain relationship tropes and genres - essentially a virtual book club.

Over the past few years, media apps have been accused of contributing to the decline

in teens reading outside of school, but the growing popularity of #BookTok – with 35 billion views under the hashtag – is turning the tables and getting the numbers back up again. Even Barnes & Noble has caught wind of this pattern, with a new section called #BookTok that displays popular book recommendations from the app. The effects of BookTok isn't just something that exists in the headlines though, but in LFA classrooms as well. Lydia Wells, a co-advisor of the Book Club, recalled, "The club used to just have about two kids, but now about 15 to 20 students have approached me and Mrs. MacAyeal asking to join it". More and more teens are reading for enjoyment, and this can't help but correlate to the rise of #BookTok. BookTok has grown to love a few books in particular, skyrocketing their purchases. Praise spread about Colleen Hoover's *It Ends With Us* as sales went from 53% to 141% in just a few quarters. Other popular books include *Song of Achilles* which jumped 68%, and *Seven Husbands of Evelyn Hugo* which jumped 72% once BookTok got a hold of it. Additionally, almost every BookToker will recommend *The Secret History* by Donna Tartt and *Circe* by Madeline Miller. Typically, BookTok recommendations will lean towards genres of fantasy and

romance. Some of the fan favorite romantic tropes are friends-to-lovers, enemies-to-lovers, forbidden love, pretend relationships, and so on. What makes BookTok so extraordinary is that people will recommend books of certain tropes or genres, sharing full lists on the app.

Additionally, it has created a space for members of the LGBTQ+ community to share romance recommendations that may not be as popularized as heterosexual romance novels. For example, BookToker @gabwithgaby created a public Google Spreadsheet featuring 'women loving women' book recommendations, based on an array of different romantic tropes.

Not only is BookTok a way to make reading more accessible, but it is helping to destigmatize reading as something that is only done in school. Wells said, "I think we need to get away from thinking of reading as only stuffy dusty classics. It's not. It can be a graphic novel. It can be a podcast. It can be, you know, an interesting fiction or non-fiction book." Reading for fun versus reading for school is "just a different process."

This active destigmatization and romanticization of reading for fun through BookTok is pushing more teens to read. For just being a simple hashtag on a social media app, the effects of BookTok on teen reading are pretty remarkable.



Photo by Avery Martin

Booktok Bestsellers case at Barnes and Noble appears above.

Summer 2022 movie reviews: *Minions* and *Top Gun Maverick*

By Riya Kapoor & Finn Harrison

Managing Editor of Collaborations & Senior Copy Editor

Summer 2022 has kept us racing back to the movie theater with the release of both long awaited films, *Top Gun Maverick* and *Minions: The Rise of Gru*.

As both nostalgic adults and curious teens fell head over heels for the film, this was the summer of *Top Gun Maverick*. Coming out on May 27, 2022, quite literally the first day of summer for us LFA students, *Top Gun Maverick* would come to dominate theaters for much of the summer. Tom Cruise reprises his role as 'Maverick' 36 years after originally playing the suave reckless pilot. The film not only features much of the original cast like Van Klimmer and Jennifer Connelly, but also new stars such as Miles Teller, Monica Barbaro, Glen Powell, and Jay Ellis. The movie, like its prequel, carried out the same 80s Air Force aesthetic that had made the first film so popular, inspiring a new generation of young men to grow 'staches, invest in a pair of aviators, and create an 80s playlist. The film, reaching an audience across generations, made its way into the cultural zeitgeist of Summer '22.

But as summer moved on, competition flew into the box offices. On July 1st, 2022, *Minions: The Rise of Gru* played in theaters and quickly took the top spot at the box offices, moving *Elvis* into second, and *Top Gun* into third. Over the series, we

have been able to follow the comedic, yet heartwarming, story of Gru and the minions who have helped him through his life endeavors. The plot of the movie surrounds a young Gru, and his voyage to join the Vicious Six, a group of super-villains. Unlike the other movies, the *Minions* movie shows us how the companionship

between Gru and the minions came to be. We watch as the minions become hopelessly devoted to their 'mini-boss' and go to extreme lengths to protect and support him. Aside from watching the comedic geniuses that are the minions, a favorite part of the movie for many was being able to see another side of Gru. In previous mov-

ies, he is depicted as a failed pessimistic villain, but the *Minions* movie shows a softer side, in which we see Gru as a child with dreams and hopes for the future. The movie was given 3 stars on Roger-Ebert's movie reviews, but in my book, the performance of our favorite yellow friends and favorite super villain deserves 5 stars.



Photo courtesy of Illumination Entertainment

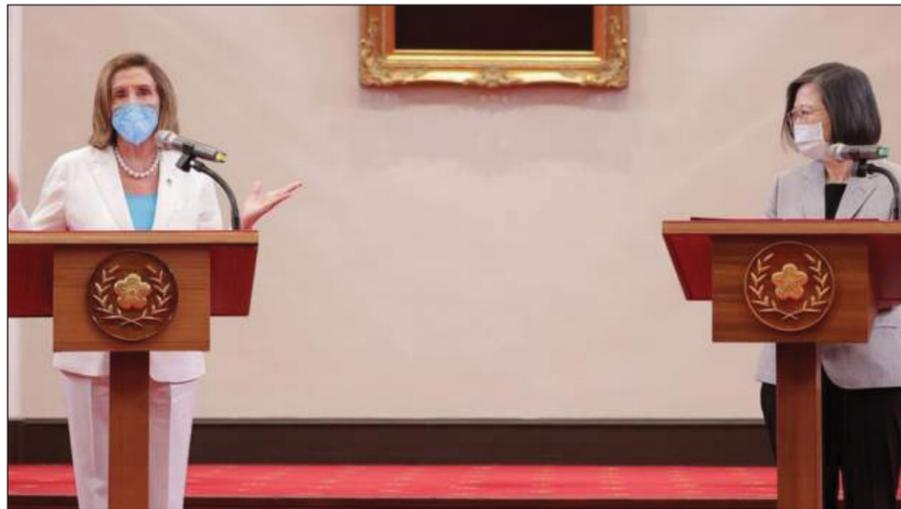
A young Gru and his hopelessly devoted minions stand together.

Nancy Pelosi's visit to Taiwan: A reflection of bilateral tensions

By Junming Xing & Changhao Luo
Managing Editor of Global & Staff Writer

On August 2nd, 2022, Nancy Pelosi's arrival in Taiwan heightened tensions between China and the United States. Pelosi's visit isn't the first impetus towards bilateral controversy. For decades, Taiwan has wrestled with Beijing for its sovereignty despite pro-Chinese sentiments under the Chinese Nationalist Party. Without adhering to China's warning, Pelosi declared her visit as an act of solidarity alongside the Taiwanese People. In response, Beijing led military drills on six territorial swaths along Taiwan between August 4-7th.

Unlike the 1995-1996 Taiwan Strait Crisis, the response of the PLA (People's Liberation Army) to Pelosi's 2022 visit to Taiwan targeted three additional zones along Taiwan's medial line. The PLA responded with ballistic missile exercises - with some traversing over Taiwanese soil. Those exercises demonstrated China's aim to enclose Taiwan from foreign aid militarily. Simultaneously, the Chinese Communist Party unleashed a series of embargoes prohibiting



Senator Pelosi meets with President Tsai Ing-wen on Wednesday, August 3rd, 2022.
Photo courtesy of Creative Commons

the importation of over 100 food brands to Taiwan. China's recent encroachment on and restrictions towards overseas shipping actualized Taiwan's decades-long fear of invasion. "Taiwan [is] very militarized and will remain burdened by military spending," said Eric Hillebrand, an economics teacher. Having lived in the city of Kaohsiung in Taiwan from 2009 to 2011, Hillebrand observed Taiwan's defensive nature at a regional scale. "There's a highway and a high-speed rail between Kaohsiung and

Taipei, and once a month, they would close that highway [to] practice landing, refueling, [and] change arrangements [of] military jets," Hillebrand explained. "They did these drills [for] a couple of hours on Sunday... and if I go cycling up in the mountains, the road would be cut off because the tops of all mountains are reserved for the military," Hillebrand added. In order to bolster defense, Taiwan enforced compulsory military service for all male citizens at nineteen in 2000. Fearing China will eliminate their

air bases, Taiwan has ensured their survival for at least 48 hours before aid arrives from the United States, Japan, or South Korea.

Yet outside of military matters, Pelosi's visit generated more significant dissension among the Chinese and Taiwanese by deliberately meeting with Taiwanese officials, ignoring Chinese intercession. Amidst constant proclamations of the One-China Policy, Pelosi's actions infuriated the Chinese government and citizens, who desired and called for a proclamation to demonstrate the willpower of China for immediate unification. Despite Taiwan and China's brotherly relationship under the Kuomintang, Taiwanese culture has grown increasingly radical as pro-independence voices rose amidst the decrease in tourism bilaterally. Many Chinese abroad will be affected by the current political conflict as "Chinese students abroad, especially in the US, may be questioned even more about their political stance, which can create antipathy when we [Chinese students] return," said Jiaqi Li '24. To the Chinese, brotherhood may seem trivial in the face of national pride. Yet when a nation prides glory over amity, the pursuit of unity is torn.

The legacy of Queen Elizabeth II: An era's end and exposition

By Finn Harrison
Managing Editor of Politics

On the afternoon of September 8, 2022, Queen Elizabeth II, monarch of the United Kingdom and its Commonwealth realms for some 70 years, passed away peacefully at Balmoral Castle in Scotland. In her 70 years on the throne, the Queen met with 12 American Presidents and appointed 15 British Prime Ministers, starting with Winston Churchill. Since her ascension in 1952, 179 Prime Ministers throughout the Commonwealth realms have served under her. Her reign alone saw the Cold War, the decolonization of Africa and Asia, the Korean and Vietnam Wars, 1960s Counterculture and the Civil Rights Movement, the fall of the Soviet Union, 9/11 and the War on Terror, Brexit, and COVID-19. To many, she has represented a beacon of unity and stability in a world that remains in constant change.

Born Princess Elizabeth Alexandra Mary of York on April 21, 1926, Elizabeth was never expected to become Queen, as at the time of her birth, she was third in line to the throne. However, this all changed when her uncle, King Edward VIII, expressed his desire to marry the American divorcee, Wallis Simpson. This was something deemed unacceptable by the Church of England of which-as King-Edward VIII was the official head of. Thus, after only a few months as King, Edward VIII abdicated in favor of his brother, Elizabeth's father, making her the new heir.

As heir to the throne, Princess Elizabeth and her younger sister Princess Margaret would often attend events and speak on the radio supporting the war effort against the Axis Powers. In 1945, Elizabeth became the first British princess to join the military, en-

rolling in the Auxiliary Territorial Service.

In 1947, after the war's end, Elizabeth married, against the advice of her family, her teenage flame, Prince Philip of Greece and Denmark: a Greek royal, navy sailor, and distant relative through Queen Victoria who'd been exiled to Britain. The two would go on to have four children: Charles, Anne, Andrew, and Edward.

world. Due to pushback from Prime Minister Churchill, Elizabeth insisted that her children's surnames would be Windsor as opposed to her husband's Mountbatten. Over the next decades, the Queen would see the collapse of Britain's remaining colonies, becoming the ceremonial sovereign of numerous countries.

In 1981, Elizabeth's heir Charles, the Prince of Wales, married the considerably



Her Majesty Queen Elizabeth II and Prince Philip, Duke of Edinburgh, pose for a photo.
Photo courtesy of Creative Commons

In 1952, while she was on tour in Africa, Elizabeth's relatively young father, King George VI, died suddenly of a smoking-related illness, leaving her Queen at the age of 25. In the next seven decades of her reign, the Queen would embody adaptability alongside continuity. At her coronation, the Queen would allow cameras to broadcast it to the

younger Lady Diana Spencer. Yet by 1986, both had entered into widely publicized affairs: Charles with his old girlfriend, Camilla Parker-Bowles, and Diana with Major James Hewitt. After the release of multiple incriminating phone conversations and interviews in 1992, the couple at the advice of the Queen divorced. On top of this, Prince Andrew and

Princess Anne had also divorces that same year. With a fire at Windsor Castle as well, she referred to 1992 as her "Annus Horribilis."

In 1997, the recently divorced Diana died in a tragic paparazzi-induced car accident in Paris, spurring the Queen to make a speech to the British public commemorating the late Princess of Wales. At her funeral, she bowed her head at the coffin--something traditionally the Queen had never done. In 2020, the Queen would lead the country-- still on the heels of Brexit- through the coronavirus pandemic, while also contending with the recent stepping down of her grandson Prince Harry from his royal duties. On April 9, 2021, her husband, Prince Philip, who had been by her side all along passed away. It was only a year-and-a-half before she would do the same. All through this, the Queen continued her impartial resilience ensuing support for the monarchy well into the 21st century. Former French teacher at LFA and English citizen, Stephen Ryder said on the matter that "despite not being a royalist, respectful of the Queen and all the things she's done over the years, from her service during the Second World War to her leadership during the pandemic, she's always been there. It's an awe-some moment in history. It's really touching the country." From her days in Auxiliary Territorial Service to her leadership during the pandemic, Queen Elizabeth II has done what she does best - her duty to the crown and country, never once giving an interview and rarely expressing an opinion but always supporting her people. In the coming days, her son, the new monarch, King Charles III, will settle into his new duties, for which he's had some 70 years to prepare, but in the light of recent controversies, it is unclear whether Charles will continue Elizabeth II's legacy.