

THE STORY OF A SUFFRAGETTE

“It was we, the people; not we, the white male citizens; nor yet we, the male citizens;
but we, the whole people, who formed the Union.” - Susan B. Anthony

BY ANUSHKA N.

As co-founder of the National Woman Suffrage Association, Susan B. Anthony was integral to the women’s suffrage movement, which was the crusade to attain voting rights for women in the United States. This Women’s History Month, to honor her memory, we will explore her life, achievements, and influence as an activist.

Born to Daniel and Lucy Read Anthony on February 15, 1820 in Adams, Massachusetts, Susan B. Anthony was the second among seven children. Raised in a Quaker household, her religion instilled in her “that everyone was equal under God,” which influenced her life as an activist. In 1849, at the age of 29, Anthony met with William Lloyd Garrison and Frederick Douglass, friends of her father who were prominent “abolitionists” – a term used to describe activists who campaigned for the end of slavery. Anthony’s meetings with Garrison and Douglass motivated her to become an abolitionist herself. Though abolitionism was largely condemned at the time, Anthony defied social norms by delivering eloquent speeches vehemently decrying slavery.

Anthony’s convictions in the importance of equality soon inspired her to support a sister cause: women’s equality. In 1851, Anthony befriended Elizabeth Cady Stanton; over the ensuing 50 years, this dynamic duo spearheaded the charge for women’s suffrage, or the right of women to vote. Despite facing personal peril – so-called “suffragettes” were often arrested for publicly voicing their unpopular opinions – Anthony and Stanton founded the American Equal Rights Association together

in 1866. Two years later, in 1868, they launched a newspaper aptly titled *The Revolution*, spreading their cause by reaching the homes of the electorate.

That same year, the Fourteenth Amendment was ratified, followed by the Fifteenth Amendment in 1870. While these amendments were instrumental in the fight for racial equality, Anthony and Stanton were frustrated as the amendments neglected voting rights for women. In response, they established the National Woman Suffrage Association (NWSA). The NWSA encouraged its members to illegally attempt to vote; after predictably being caught or arrested, they then intended to challenge the laws barring women from the polls by suing in federal court. In 1872, Anthony herself attempted to vote; she was jailed and fined \$100 (which is more than \$2,200 in 2021 dollars). Her arrest drew outrage across America and catapulted the women’s suffrage movement to the national stage. In trial, Anthony famously declared, “I shall never pay a dollar of your unjust penalty.” Anthony’s case was ultimately dismissed.

Unfortunately, the legal strategy of the NWSA was thwarted by the Supreme Court, who ruled in the case *Minor v. Happersett* that the Constitution – as it stood in 1875 – could not grant the right of suffrage to women. Hence, the NWSA adopted the ultimate goal of “a constitutional amendment giving women the right to vote.” In 1876, at the centennial of America’s independence, Anthony joined Stanton and Matilda Joslyn Gage, another leading suffragette, in protest. Together, these activists disrupted the centennial celebration at Independence Hall in Philadelphia by delivering the *Women’s Declaration of*

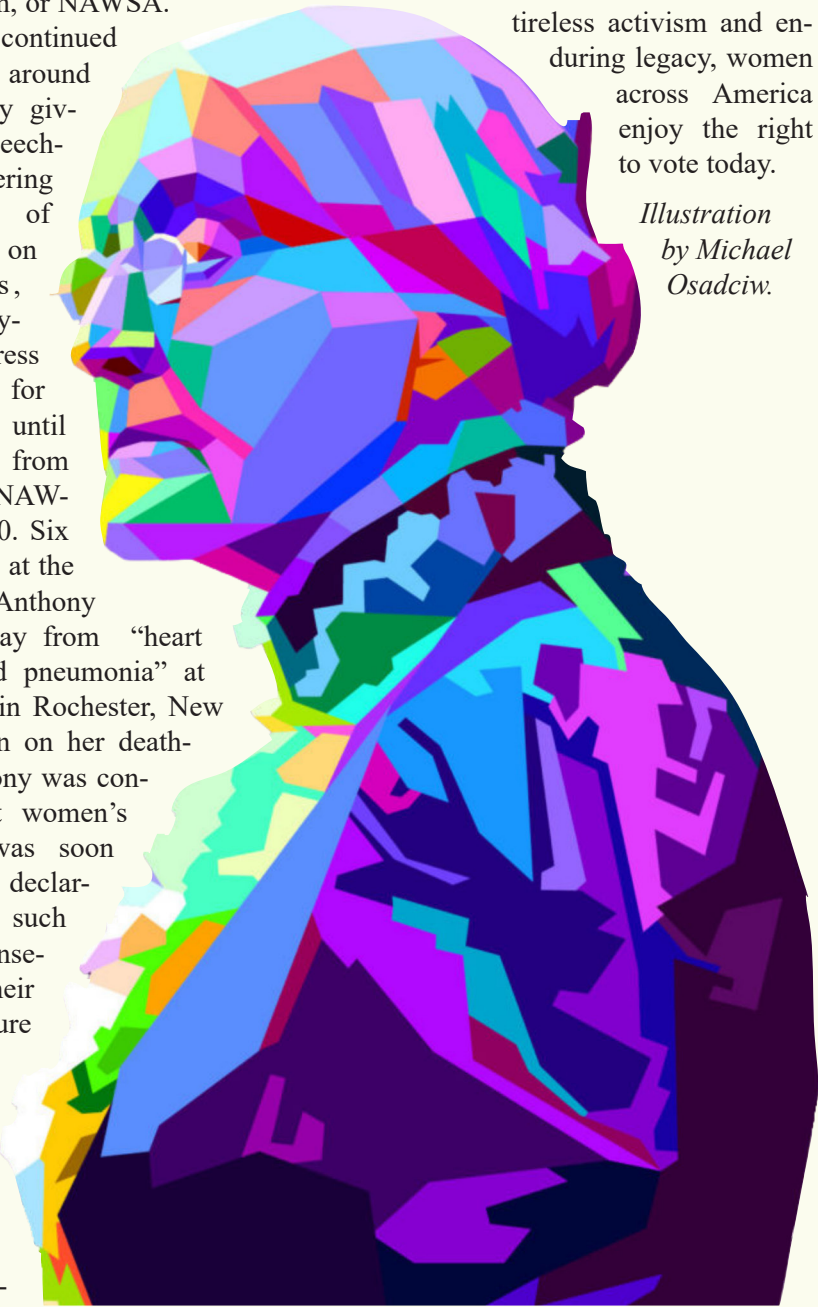
Rights.

The fight for women’s suffrage would continue in earnest for the next three decades. In 1888, NWSA merged with the other principal suffrage organization, the American Woman Suffrage Association (AWSA), to form the National American Women’s Suffrage Association, or NAWSA. Anthony continued to “travel around the country giving speeches, gathering thousands of signatures on petitions, and lobbying Congress every year for women,” until she retired from leading NAWSA in 1900. Six years later, at the age of 86, Anthony passed away from “heart failure and pneumonia” at her home in Rochester, New York. Even on her deathbed, Anthony was confident that women’s suffrage was soon at hand, declaring, “with such women consecrating their lives, failure is impossible!”

Indeed, in 1920, the Nineteenth Amendment

was ratified, which finally afforded women the right to vote. This amendment was popularly dubbed the “Susan B. Anthony Amendment.” Though she did not live to see her vision become a reality, Susan B. Anthony is memorialized as one of the keystone activists of the women’s rights movement. Because of her tireless activism and enduring legacy, women across America enjoy the right to vote today.

Illustration
by Michael
Osadciw.



BERNIE’S LEGACY

BY SANJAYA H. & ELIAS R.

This is Bernie Noe’s second-to-last year as Head of School here at Lakeside, and because his time here is ending soon, we decided to gather some of his personal experiences and thoughts about his time here at Lakeside.

In 2004, Bernie Noe spent months plan-

ning an assembly for all of the Lakeside community from students to staff and alumni. This “Mission Focus” meeting was the turning point during his career at Lakeside. At this meeting, 130 people reached a consensus that Lakeside would focus its efforts towards making

Lakeside a place where diversity, academic excellence, and global citizenship were valued. Long before this meeting, Mr. Noe always worked hard to make sure that everyone, regardless...

CONT. ON PAGE 2



“The checks are to be given to heads of households earning less than \$75,000, individuals earning less than \$50,000, and married couples earning less than \$100,000. If you earn slightly more, you can still qualify for a partial payment. Heads of households and individuals who meet these standards would receive the full payment of \$1,400.”

NEWS, PAGE 2

“Asking a simple question like “How are you?” can make someone’s day. Taking care of our own mental wellness can help us make decisions that we feel proud of and affect our behavior around others.”

LIFE, PAGE 4

“Whether it’s depicting experiences of migration and settlement or reflecting themes of family and hope, each quilt has its own unique design, telling complex stories of pain, oppression, freedom, and power.”

ARTS, PAGE 8

IMMIGRATION POLICIES

Many changes have occurred since President Biden took office, and one of them is that the US will not summarily expel unaccompanied migrant children from U.S. borders anymore.

ATLANTA SHOOTING

On March 17, 2021, at Atlanta spas, eight people were killed, six of them being women of Asian descent. As a nation, we mourn with the victims' families. This is not a tragedy that we will soon forget, and as a community, we will stand with each other.

SPRING IS HERE!

As of March 20, 2021, spring has officially arrived! Though the weather forecasts anticipate April showers for the next couple of weeks, warmer weather is just around the corner.

BERNIE’S LEGACY

CONT. FROM PAGE 2

...of their gender, race, ethnicity, or orientation, could feel like this was their school, and he still works to make this school have the most welcoming atmosphere possible.

The reason why he cherishes diversity, which he has worked very hard to ensure at Lakeside, is because of how students from different backgrounds can learn from each other. “I think it is important that students from every background, walk of life, and experience when you put them together in a school environment,

they learn a lot from one another and grow from their experience being with one another and also it helps them become more open individuals.” This is the foundation of his principles.

Bernie Noe joined Lakeside because of the community. He came to visit after a search with a consulting firm and liked Lakeside, so he decided to leave his old school and come join. As he remembers, “I came out and met everyone and thought, yeah, this is a place that I really believe in. I was offered two other headships at different schools around the same time but this is the one I chose.”

The students are the real reason Mr. Noe enjoys his job so much. He loves all of his interactions with the students, which is why he doesn’t enjoy remote learning as much. Working at Lakeside is a hard job though. As he stated, “It is fun, but you are going to work 12 hours a day a lot of times.” He described that there was a balance between the difficulty of the job and the fun and joy he experiences.

Starting with the “Mission Focus, “ Mr. Noe has done so much to make this school a diverse and more welcoming place, but, as he remarks, the work that he started is far from done.

BY PAUL MACKAY

(Written using research found by BLM members and peer-edited by them)

This past month, millions of people celebrated February as Black History Month, but as the year progresses, it is critical that we take even just a few moments in March to discuss the current state of racial injustice. Following this theme, an article next month will contemplate the future and what can be done to combat the injustices enumerated in this article: discrimination in education, discrimination in the criminal justice system, and the racial wealth gap.

Beginning with evidence supporting the presence of discrimination in public education, according to the non-profit EdBuild, predominantly White school districts receive roughly \$23 billion more in funding than predominantly minority school districts. Other organizations have also found that while Black students represent only 18% of the preschool population, they receive 50% of preschool suspensions. Furthermore, when Black and White students are found violating the same rules, the Black student is three times more likely to be expelled or suspended compared to the White student. But perhaps more consequential than all of this is that when students are casually suspended or expelled, they are often also referred to law enforcement, resulting in Black students making up 27% of students that are referred to officers despite representing only 16% of students. Of this 27%, 31% are arrested, resulting in a “school to prison pipeline” in which many Black children end up in jail. Aside from the profound cognitive side-effects this experience can have, in some states, time spent in jail will appear on criminal records, increasing the difficulty for many of these former students to find

jobs for a crime for which they were not convicted. This, however, is only the beginning of an often twisted criminal justice system: merely the faint shadow at the mouth of a cave.

The criminal justice system has a troubled legacy of racial discrimination, failing in many cases to enforce equal justice for all. Though there has been much progress recently, there is still a long road ahead if we seek to achieve our ideals. Black and Hispanic adults are 5.9 and 3.1 times more likely to be incarcerated than White adults, respectively, and while it is true that dispar-



ity is not indicative of discrimination, Black men are 19.1% more likely to serve longer sentences than White men for similar crimes, strongly pointing to a racial bias in the courts. Furthermore, a report conducted by the Equal Justice Initiative in eight southern states (Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, South Carolina, and Tennessee) found that “racially biased use of peremptory strikes and illegal racial discrimination in jury selection remains widespread” - a sinister echo of the past, though very likely not the most pronounced one.

The racial wealth gap has often been pointed to as one of the most shocking

RACIAL INEQUALITY
A SINISTER ECHO

and apparent examples of systemic racism. While the proportionate share of wealth for Blacks in America is \$12.68 trillion, their actual wealth is only \$2.54 trillion. Furthermore, the average White net worth (\$171,000) is ten times greater than the average Black net worth (\$17,100). There are scores of other statistics to support the presence of a racial wealth gap, but with only this knowledge, one could not unreasonably assume that this disparity is simply the result of the choices made by individuals. The evidence against this claim is quite authoritative, however, with economists Trevon Logan and Darrick Hamilton reflecting upon their research that “greater educational attainment, harder work, better financial decisions, and other changes in habits and practices on the part of Blacks ... are wholly inadequate to bridge the racial chasm in wealth.” But if mere individual responsibility is not the reason for this dissimilitude of wealth between the races, then what is? It’s evident that 250 years of slavery, nearly a century of racist legislation following Emancipation, and over half a century of discriminatory and predatory practices in a private sector animated by race bigotry have all had a devastating cumulative effect on wealth building by the average Black citizen.

With regard to the financial implications of slavery, it has prevented wealth building and inheritance among the descendants of these oppressed generations, thus allowing Whites to inherit and grow wealth across generations while prohibiting Blacks from doing the same. As for racist legislation, the

G.I. Bill largely left out minority veterans. This program, which assisted World War II veterans in attaining college degrees and housing, and which ultimately enabled the creation of the modern middle class, benefitted White veterans almost exclusively.

Finally, as concerns the private sector, several pernicious and furtive practices such as redlining, discriminatory neighborhood covenants, and contract buying forced Black Americans into suboptimal housing arrangements and materially brought down the value of homes in minority communities.

These are just a few examples of the causes of the racial wealth gap, and they are proof that while individual responsibility is a necessary part of accruing wealth, it is equally the case that not having the odds stacked against an entire group of people is a requisite factor in improving one’s lot in life.

Today, many institutions in this country are not intentionally racist, although individuals within them may be, but these institutions have acted in horribly racist fashions in the past. The extreme disparities across races in the three topics touched on in this article, as well as many others, are largely explained by the commonly bigoted policies and culture of the recent past, and to many, we are still living in the shadow of them. As we move into spring, it is fitting that we reflect upon the unique opportunities to free our society of the sinister echoes of the past.

BIDEN’S

CABINET PICKS

STIMULUS PLAN

BY CAILEEN W. & SANJAYA H.

Since his inauguration, Joe Biden, the 46th president of the United States, has ensured to represent the diversity of all Americans through his cabinet. His nominees have made history, bringing in a new wave of firsts. Many minority groups, including people of color, members of the LGBTQIA+ community, and women have been represented in his cabinet.

Half of the twenty-six cabinet nominees are people of color. Those thirteen people include Kamala Harris, the first female and Black/South Asian person to be the Vice President and also the woman to be in the highest position in U.S history; General Lloyd Austin, the first Black person to lead the Pentagon; Deb Haaland, the first Native American to ever be a secretary in Congress; Xavier Becerra, the first Latino to lead the department of health/human services; Marcia Fudge; Dr. Miguel Cardona; Alejandro Mayorkas, the first Latino/immigrant to lead the Department of Homeland Security; Michael Regan, the first Black man to lead the Environmental Protection Agency; Neera Tanden, the first woman of color to direct the Office of Management and budget; Katherine Tai, the first woman of color to be a US trade representative; Isabel Guzman; Linda Thomas-Greenfield; and Dr. Cecelia Rouse, the first person of color to chair the Council of Economic Advisors.

Not only are people of color represented, other minority groups are, too. Twelve of his nominations are women, including Dr. Janet Yellen and Avril Haines, who are both the first females to lead their departments. Pete Buttigieg is the first openly LGBTQIA+ secretary and millennial. President Biden’s cabinet is the most diverse in U.S. history.

Other members of the cabinet include Antony Blinken, the Secretary of State; Tom Vilsack, the Secretary of Agriculture; Jennifer Granholm, the Secretary of Energy; Gina Raimondo, the Secretary of Commerce; Denis McDonough, the Secretary of Veterans Affairs; John Kerry, the Special Presidential Envoy for Climate; and Ron Klain, the Chief of Staff.

Not only have many members of the cabinet achieved the position of first, they’ve accomplished many things on their own. Alejandro Mayorkas oversaw the implementation of DACA, which stands for Deferred Action for Childhood Arrivals, which helped millions of young undocumented immigrants living in the United States. General Lloyd Austin served as a four-star Army General for forty-one years. Tom Vilsack was the governor of Iowa for eight years. Gina Raimondo was the first female governor of Rhode Island, and served from 2015-2021. Pete Buttigieg was the first openly gay person to launch a major Presidential campaign, and was also known as “Mayor Pete” after serving as the mayor of South Bend, Indiana, for 8 years. Jennifer Granholm was a governor of Michigan for eight years, and Dr. Miguel Cardona was a commissioner of education of Connecticut for two years. Denis McDonough was the White House Chief of Staff for President Obama. Linda Thomas-Greenfield was the United States Assistant Secretary of State for African Affairs from 2013 to 2017. John Kerry was the Secretary of State from 2013-2017. Ron Klain was Chief of Staff to two Vice Presidents: Al Gore from 1995-1999, and Joe Biden from 2009-2011.

Biden’s cabinet successfully reflects the diversity of the U.S. in race, ethnicity, sexual orientation, and gender, and has blazed a trail for future cabinets to come.



BY CAILEEN W.

The pandemic hit all of us hard - whether it’s online school and technology, wearing a mask, or not being able to connect with others in-person - everyone has had their ups and downs. But for some, the pandemic has meant losing their job and taking pay cuts, leaving them financially unstable.

President Biden is proposing his plan to send out a round of stimulus checks in order to ensure that all struggling Americans can support themselves and their families during COVID-19. Stimulus checks (also known as relief payments) are checks sent from the government to taxpayers. They provide taxpayers with money, thus boosting consumption rates and the economy when the taxpayers spend the money.

The checks are to be given to heads of households earning less than \$75,000, individuals earning less than \$50,000, and married couples earning less than \$100,000. If you earn slightly more, you can still qualify for a partial payment. Heads of households and individuals who meet these standards would receive the full payment of \$1,400. Qualified married couples would receive \$2,800, and parents would earn an additional \$1,400 per child. This round of stimulus checks is the most expensive in history, costing a whopping \$1.9 trillion.

There has been some conflict on the eligibility requirements and the amount given in the payments. Treasury Secretary Janet Yellen believes that the thresholds are too low - middle-class families who are struggling need help as well, and individuals earning less than \$60,000 should qualify for the full payment. Bernie Sanders, the senator of Vermont, has openly expressed his disapproval for having the payment of \$1,400 lowered. He finds it “unbelievable” and has criticized some members of his own party for trying to lower the payments.

The legislation for the checks was approved by the U.S. Senate on Saturday, March 6th. It was approved by the House of Representatives and then signed by House Speaker Nancy Pelosi and Senate Majority Leader Chuck Schumer on Wednesday, March 10th. Lastly, it was signed by President Joe Biden on Thursday, March 11th.



PERSEVERANCE LANDS

DISCOVERY AWAITS

BY SARAH C. & ROBERT B.

On Thursday, February 18th, NASA’s Perseverance Rover landed on Mars. In the timeframe known as the “Seven Minutes of Terror,” the rover plummeted down through the Martian atmosphere and captured the first sound of Mars. The rover has 23 cameras and 2 microphones to capture videos, images and sounds on Mars. Many easter eggs were hidden in the mission, including a family portrait of sorts with all the NASA rovers on it, albeit on a miniature scale.

Another was the alternating colors that translated in binary to the team’s motto, “Dare mighty things.” Before the mission launched, the team added a final plaque honoring the health care workers fighting the COVID-19 pandemic.

One of the many fascinating things about this rover is its purpose; Perseverance was sent on a search to find ancient microbial life. These studies are set in the Jezero crater, which is a thirty-mile wide former lake and the perfect place to test for previous life. While its method of searching the soils for chemical signs of organisms may be the most efficient, it’s

unlikely to find what it’s looking for. Fortunately, the rover is also built for collecting samples of the red planet to prepare them for the return to Earth. After these rock samples are prepared, they will be left on the surface of Mars, and a rover from the European Space Agency will collect and deposit them in a small Earth-bound rocket. If all goes according to plan, these samples will be on Earth and will be ready to study in the early 2030s. While the chances of finding life may be bleak, Perseverance is still a feat of engineering, and will hopefully contribute to many fields of science for years to come.

ADVICE COLUMN

NATALIE Z.

Welcome to the official Lakeside Leo Advice Column. Here, you will find answers to student questions, queries, and riddles. If you have a question and want to submit it to The Lakeside Leo, please email AvaL25@lakesideschool.org or look out for the monthly Google form.

Dear Leo, I'm new at Lakeside and I'm having a hard time making friends. There is one person who is nice who I want to talk to. How do I become friends with them? Thanks!

Dear Anonymous,

Making friends is hard, especially if you are new to Lakeside. What I would suggest is to talk to this person in your free time, or maybe between classes. Also, try to be friendly to their friends, as this would be a good way to integrate yourself into a wider pool of peers as well as getting to spend more time with them. Lastly, I would highly suggest exchanging contacts with each other such as teams or phone numbers so that even when you can't chat in real life, you can contact them online.

Thank you for submitting your questions!

ST. PATRICK'S DAY TRADITIONS

BY SIENNA O.

As you may know, March 17th marks a celebration known as Saint Patrick's Day. The origin of Saint Patrick's Day is that it started off as a religious way of honoring Saint Patrick, the patron saint of Ireland which helped spread Christianity around the country, on the day he died. The Irish have been celebrating this day for more than 1,000 years. Here are some of the many traditions different people observe.

The shamrock and the four-leaf clover are commonly known symbols representing Saint Patrick's Day. Although similar, a shamrock has three leaves and a four-leaf clover has four leaves. The fourth leaf is known to signify luck.

Also, wear green - or else, get pinched! If you just happen to be wearing neon pink on March 17th, then a very unpleasant surprise may await you. It's a common and fun tradition to wear green on Saint Patrick's Day and pinch anyone that is wearing a different assortment of colors.

An entertaining tradition that can be used for any age - but particularly children - is trying to capture the leprechaun. If you are ever so lucky to trap one of these feisty creatures which have a particular liking to gold and rainbows, then you may get a special treasure. There are many different theories on what happens if you catch a leprechaun. Maybe you can catch one to find out what really happens!

Ever heard of the Green River? Over the years, a tradition that has brought more and more attraction is the dyeing of the Chicago River in Chicago. At least 40 pounds of dye are used each year.

Lastly, there's the world's shortest St. Patrick's Day parade that takes place in Hot Springs, Arkansas. This parade is 98 feet long. Don't let the length fool you, the parade goes on for around an hour and has all kinds of entertainment. One year, the Dallas Cowboys Cheerleaders performed at the parade!

Even if you don't even celebrate Saint Patrick's Day, it might be fun to participate in some of these fun and entertaining festivities!

LIFE

THE LAKESIDE LEO

REMOTE VS. IN-PERSON LEARNING

BY LILY Z.

Despite its normalcy in our current lives, sitting in front of a screen eight hours a day and communicating through boxes smaller than a post-it note isn't ideal. However, this past month has been a big change for much of our Lakeside community as the option of a hybrid learning experience has become possible. While many of our students, faculty, and staff are on-campus, the rest of our community is staying fully remote, resulting in two very different learning environments. To understand better the differences, advantages, and disadvantages of remote and in-person learning, I interviewed a few eighth grade students about their school lives.

Not only is the learning experience different at home versus in a classroom, but schedules differ greatly.

In-Person	Remote
6:30-6:45 wake up	7:00 wake up
7:35-40 leave for school	8:15 class starts
8:15 class starts	11:35 or 12:00 lunchtime
11:35 lunchtime	2:45 or 3:30 class ends
3:30 class ends	homework, reading, extracurriculars, relaxing
4:00-6:00 sports	7:00 Dinner
6:30 dinner	Bedtime 9:30-11
6:40->homework	

In-person:

How is the learning experience different in-person than remote?

It's a lot easier to focus in academic classes due to less online distractions. In classes like P.E. and art, I am a lot more efficient, and it's much easier to perform the necessary tasks for the class.

What are some advantages of being in-person?

Some of the advantages of in-person school are that you are able to socialize with your friends and classmates, participate with more ease in class discussions, and overall be able to pay attention and interact with other people.

What are some disadvantages of being in-person?

A few disadvantages are that you have to wake up earlier, the classrooms are cold because of the open windows, and lunch outside on the field can be a hassle.

Remote:

Why are you staying remote?

I am staying remote because of safety concerns. My parents are worried about someone in the family contracting the virus, and we want to take precautions.

What are some advantages of staying at home?

Some advantages of staying at home are that I have much more time on my hands to get things done, and I don't have to travel from place to place. It's safer and more comfortable - everything I need is available [to me].

What are some disadvantages?

Disadvantages of school at home are that I don't get to see other students and teachers in person, which is very demoralizing. It's harder to focus and feel motivated in remote academics.



Courtesy of Oprah Magazine

MENTAL HEALTH DURING THE PANDEMIC SURGE

BY ALISON L.

During the pandemic, it is easy to feel isolated and down. This is why mental health is such an important aspect of our lives and something that is vital to be aware of. It dictates how we are able to focus, interact with others, and live productively. To get a better understanding about mental health and its importance, I interviewed Ms. Avila and Mr. Mats, one of our Personal Development teachers and our Middle School Counselor, as well as two individuals within the Lakeside community who are very knowledgeable about mental health.

If students find themselves struggling with their mental health, who would you recommend them talking to first?

Ms. Avila: I would recommend reaching out to anyone they trust. Examples are a sibling, a friend, a parent or guardian or someone they feel they can trust in their lives. Mr. Mats and adults from Lakeside also care about their students so if a student is wanting to reach out, I hope they have a connection with the person they’re confiding in.

Mr. Mats: If they feel like it should be an adult, talk to an adult. Sometimes you can ask a friend who they talked to and talk to the adult they talked to.

COVID-19 has given us time to reflect upon our behavior, what should we do if we ever find ourselves always talking badly to ourselves or always being negative?

Mr. Mats: Whenever I hear that voice, I always ask myself whose voice is that? Because it’s usually not mine. It sounds silly to say, but that voice inside your head isn’t always your voice. Is this the voice of a family member who isn’t always nice? And making a decision whether you’re going to listen to that voice or not. You have the choice to say, “Okay, I believe you and what you’re saying about me,” or, “No, I don’t agree and I’m going to prove you wrong.” We’re harder on ourselves then we are on anybody else.

Ms. Avila: Writing it down in a journal or just letting your emotions out. Being able to reflect on why you felt that way. And, there might be themes and triggers you may have related to those emotions you described.

How can we help others with their mental health?

Ms. Avila: You shouldn’t try to diagnose someone with, “You are this and x is your issue,” because that’s not your place or what they have come to you for. Sometimes that’s our immediate response to be helpful, but it’s actually the opposite. Noticing who’s connected and who’s not too.”

Mr. Mats: It’s okay to acknowledge, as long as you don’t do it in a judging way or as an accusation. If they are struggling, they’re probably waiting for someone to ask them. We have this sense of privacy that we don’t want to cross those boundaries making us seem like we’re prying, which leaves people hanging.

Asking a simple question like “How are you?” can make someone’s day. Taking care of our own mental wellness can help us make decisions that we feel proud of and affect our behavior around others. Knowing what boundaries we can’t cross, and when we can cross others, is important for helping ourselves, and others.

THE ROAD TO RETIREMENT RAIN OR SHINE, ITS TIME TO DINE

BY TOMMY D.

In the middle of a forest on a dead end highway sits Ryderwood. Ryderwood originated as a Long-Bell company logging town, and was established in 1923. Ryderwood sent its logs to Longview before having them shipped out through Longview’s Long-Bell port on the Columbia River. Most of the buildings in Ryderwood are from the 1920s.

I asked Marilyn Dingerson, a resident during Ryderwood’s logging years, a few questions about Ryderwood. She notes, “Probably the most important thing that I learned by living in Ryderwood, which is something you don’t think of but is very real, [is that] loggers lead a very very, very dangerous life, and lives were lost in the woods. And of course, those lives were family members, friends or classmates’ family members.” She gives the example of one boy who accidentally got run over by his dad while playing on a railroad track.

During Ryderwood’s glory days, there was a school, a theater, and a church. Marilyn Dingerson told me that the school and the theater are gone but “the church remains active.” Once the old-growth trees had all been cut down, most of the loggers moved out. Dingerson remarks that there “were forty kids in our first grade, and when we left I think there were eight in our high school.”

After the loggers moved out, a developer thought Ryderwood would be a perfect place for a retirement community, so houses were sold to retired people over the age of 55. The dead end highway and tranquil forest offered a calm and peaceful environment for the community. At one point, however, there was a lawsuit in Ryderwood about Ryderwood restricting buyers 54 and younger. At the end of the lawsuit and many heated debates, Ryderwood retained its 55 and older law.

Longview is another town with a history of logging. The planned city of Longview, Washington, one of the largest planned cities in the state, lies on the Columbia River about forty miles north of Portland, Oregon. R.A. Long, a co-owner of the Long-Bell lumber company, envisioned and built Longview in the early 1920s. The city, Longview,

was actually named after him. The first building to be erected in the center of the city was the Monticello Hotel, which was named after the town Longview replaced. Now, the hotel is an apartment



Courtesy of Northwest News Network

building with opportunities for dining on the ground floor. Other notable places in the city include Sacagawea Park and R.A. Long High School.

Sacagawea Park is a long pond surrounded by grassy slopes and shady trees of all kinds. Bridges cross over the water and lead toward the Monticello Hotel. Being a planned city, Longview has shady trees neatly lining nearly all the neighborhood streets, concealing the fact that Longview is a major logging port for nearby forests and logging towns like Ryderwood once was. Many seniors come to retire in the beautiful planned city of Longview for its park-like feel.

Ryderwood and Longview are fun towns to visit and explore, even if you are not a senior citizen! I hope you go and take a moment to appreciate the towns’ rich and intriguing history.

BY ANYA D.

Seattle is full of exceptional restaurants. No matter what the meal, Seattle has great options for you. If you are able to dine out, this is a great way to support the Seattle community. Because of Covid-19 restrictions, many restaurants have suffered during the pandemic. This article will spotlight some of the best food spots in Seattle that I have eaten at and would recommend.

Want a nice breakfast or brunch place to go? Cafe Flora is a great option. Located on Madison Street, this restaurant offers delicious vegetarian dishes. In addition to its pre-afternoon eats, Cafe Flora also offers excellent dinner and dessert options. They are adapting to the pandemic with both a takeout service and an outdoor tent. My family visits this restaurant a lot and have never not enjoyed it! Their menu changes seasonally, so we always get something different.

Fern Thai is great for lunch and dinner. This restaurant is based on Main Street in Bellevue. It offers a wide variety of Thai cuisine, and they have some tasty vegetarian options as well. This restaurant has multiple dining options, including inside seating, options in their heated outdoor tent, or takeout. Fern Thai is a great COVID dining spot during the pandemic; it’s quick, fresh, and delicious.

Pink Door is a personal favorite of mine. In the heart of Seattle, Pink Door is in an alley with the entrance of an enigmatic pink door that sits on Post Alley near Pike Place Market. They are famous for their Pink Door Lasagna, but have many other great dishes and desserts that are sure to appease your taste buds. Right now, they are open for patio seating during lunch and dinner. With rich Italian flavors, Pink Door is sure to have something for everyone.

There are so many fantastic restaurants in the Greater Seattle Area; it feels almost criminal to not be able to give all of them a shoutout. If you are able, support our local businesses during this pandemic by ordering takeout from one of these restaurants or another near you!

LAKESIDE SHOULD HIRE A NURSE

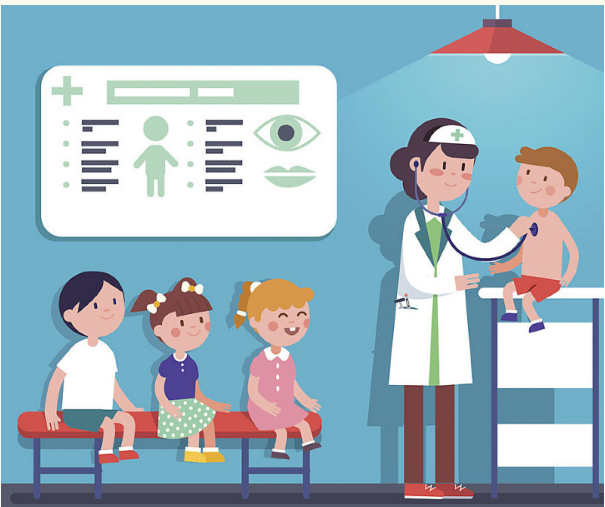
BY JOSHUA H.

If there is one thing that we should learn from this devastating pandemic, it is that health is of the utmost importance. There have been over 29 million COVID-19 cases and over 520,000 deaths in the United States alone, and we, as a school, need to make sure all of our faculty members, teachers, and students stay safe. On occasion, members of our community will need immediate care, some medical assessment, or advice, which is why, in order to develop a safer and healthier school environment, Lakeside should hire a nurse.

According to the National Association of School Nurses, about 75 percent of schools in the United States already have at least a part-time nurse to keep their schools safe and in good health. Lakeside falls

into the 25 percent of schools that don't have one. A nurse could help assess members of the Lakeside community if they need medical care for more severe cases such as head injuries, broken bones, fevers, mental health crises, or any other health-related problems that may occur on campus. A nurse could help make that vital assessment or intervention to ensure the health and safety of our community members.

Lakeside does a great job of providing technology and resources for students to learn and grow. They are also really good at keeping students and adults safe, but they still have room to grow in terms of extra safety precautions. That is why, especially during these uncertain times, Lakeside should hire a nurse to further guarantee the safety of our community.



Courtesy of The University of Chicago

WHY WE MUST AMEND THE UNITED NATIONS SECURITY COUNCIL

BY JACKSON B.

In 2005, the leaders of Japan, India, Germany, and Brazil convened and established the G4 Nations, a coalition of some of the most important nations in the scope of their economies, military capabilities, gross domestic product, and general political influence. Their leading purpose was to petition the UN Security Council -- UNSC -- to allow the G4 Nations to join the "Permanent 5" (or P5) which is much older. The P5, however, is special for two reasons: they retain permanent seats on the UNSC and can veto any decision passed by the UNSC. In recent years, because of the P5 denying the G4 nations the chance to become permanent members of the UNSC shown towards G4 nations in addition to nations such as Russia and China leveraging their veto, the UN has remained a largely toothless organization. I propose two amendments that not only make logical sense when considering the intent of the UNSC, but that would rectify the UN's ineffectiveness.

The first is the immediate induction of the G4 Nations as permanent members of the UNSC. Currently, the sole criteria for being a member of the P5 is did you fight with the allies in WWII? If yes, then welcome. Not only is this outdated but, as I touched on earlier, there are economic and political reasons to support this addition to the UNSC. However, I think Shinzo Abe summated the main sentiments of this op-ed piece quite succinctly when, in 2015, he stated in his address to the UN General Assembly "[the P5 setup fails to] reflect the reality of the international society in the 21st century⁴." This assertion is nothing short of true, especially when we begin to analyze the aspects of these respective G4 nations. There are many benefits to inducting the G4 nations. A recent report published by *Business Insider* on the economies of 2019-2020 not only concluded that all G4 nations were within the top ten economies in terms of Gross Domestic Product but that Japan, Germany, and India were all rated higher than France. Furthermore, a study conducted by the Pew Research Center dictates that within the European Union, Germany sustains the most prosperous economy by a substantial margin. Finally, *En-*

cyclopedia Britannica identified that Japan is "one of the world's most economically developed countries" and is one of the only high-income countries in East Asia. India was categorized similarly out of South Asian nations.

The second supporting factor to my argument is that when we analyze the geopolitical implications of G4's induction, the G4 nations are, in some way or another, democracies; with India being the world's largest. Because of this Establishing these countries as members of the P5 could be mutually beneficial



to not only the United States and the West but to democracy as a whole; as (similar to the domino effect politicians feared in the late 60s and 70s in Southeast Asia) these democratic countries could incite others to essentially "convert" political ideologies as well, aiding the world to work towards an equitable future. Brazil would permit the UN to have more of a presence in South America, implying the decisions passed would be equitable to South American nations. Germany is Europe's largest economy and would allow the UN to work more efficiently with the European Union. India is adjacent to Pakistan, China, and Afghanistan who have accumulated either nuclear or destructive capabilities in prior years. Finally, Japan

is located in the South China Sea where increasingly hostile territorial claims from China have dramatically ramped up tensions between them and the West.

The second amendment I would propose to the UNSC is the abolishment of the single veto. The "single veto" is the rule within the UNSC that dictates that if even one P5 nation vetoes a motion, the motion is annulled. This has stagnated progress at an unprecedented level, as the United States and the West find themselves continuously clashing with the political doctrine and agenda of nations such as Russia and China. This is best exhibited in two prime and recent instances. The UNSC, responding to the human rights violations against Uighur Muslims in Xinjiang, China, decided to impose fiscal tariffs on the country in order to pressure them to adhere to human rights policies. However, China evaded this threat through the use of their veto. An analogous example occurred just this past month when, after similar human rights violations in Belarus, the UNSC attempted to do the same thing only to be blocked by Russia. This is why the UN has been an ineffective organization in recent years. To remedy this, I propose that instead of enforcing the current "single veto," we instead impose that a 51% simple majority is necessary for any motion to be annulled. This way, not only would we be able to make progress throughout the world but no longer would a single nation's domestic and foreign interests trump policies that could aid thousands if not millions of people.

In conclusion, through the induction of all G4 nations and the implementation of a necessary simple majority in order to nullify a motion, we would be able to observe significant progress not only within the United Nations and the UNSC but globally; the UNSC would finally fulfill its founding role as becoming an effective entity for upholding democracy and the values we hold in the highest regard.

MEDICAL DOSES SHOULD BE DISTRIBUTED MORE RESPONSIBLY

BY ANYA V.

The Hippocratic Oath says that a doctor can never do any harm to their patient, no matter who they are or whatever the circumstances may be. But in 2021, a patient’s health has been valued less than the money from large drug companies. People have been dying due to these unacceptable circumstances and it must be stopped in order to prevent people from dying or nearly doing so from overdosing on medications.

Money has become the forefront driver of the medical business, even being cared for more than the knowledge of drug usage, making doctors and nurses push for drug prescriptions that patients don’t need to make another sale. But they have to if they want their paycheck, because these drug companies don’t only do frequent TV ads; however, they sponsor everything from doctor’s lunches to their core medical supplies, like the ever coveted N-95 medical mask supply. Patients also run

a serious risk of overdosing. As said by STAT News, in 2018 1 in every 5 older Americans experienced an “adverse drug effect”,- many of which were prescribed by medical professionals. How do we live in a society where we value money and sponsorship from drug



companies over the lives of patients in need?

Even if it isn’t a sponsoring clause, when it comes to short term drug prescriptions, a lot of doctors also over-

prescribe drugs so patients don’t need to come back, as said by Psychology Today. Unfortunately, they are just putting these people at risk for addiction as many believe they must use all of them. Further, if it is a long term drug, there are no prescription check-ups. Often, due to these lack of check-ups, prescription management goes astray. This is due to the fact that the American Healthcare System is built for prescribing drugs, but does not take into account what happens after a patient does not need it. In preparing for the worst, the healthcare system has created something even more terrible. This is the reason why in just two years, the proportion of adults in the U.S. who are taking five or more medications nearly doubled, from 8.2 percent to 15 percent, as stated by STAT News.

The Lown Institute, an organization that has been working to reform and combat unjust healthcare conditions, concluded that if we continue on this path, overdose on medication will contribute to 150,000 premature deaths of

older Americans in the next decade. Our healthcare system has become more reliant on which drug company has more money than how many people truly need these drugs, and it is starting to corrupt the mandatory trust between a health care professional and a patient in need. It has become more about convenience for a doctor’s scheduling and fitting with a faulty system than providing those in need with necessary healthcare. We cannot let any more people fall into the all-too-common statistics of overdoses. We can improve by instituting prescription check ups, and having two doctors double check on the prescription. Doctors can be transparent about influence from drug companies with their patients. We must make sure that the American Healthcare System distributes drugs and drug dosages more responsibly to protect the lives of patients in need.

THE COVID VACCINE SHOULD BE QUICKLY APPROVED FOR CHILDREN

BY ROHAN D.

Approximately seventy-one million people, or twenty-two percent of the American population are children, and they will be instrumental in the fight against coronavirus. We cannot hope for a return to normal life without inoculating children. This past year, children have been disadvantaged from being unable to return to in-person schooling. If children could get vaccines, they could go back to school safely. Because of these two reasons,

vaccines should be approved for children quickly and yet, the most optimistic estimates are that vaccines will be approved for children by the end of this year!

One position that makes approving vaccines for the pediatric population more difficult is that children are considered to be at less risk of serious injury or death from the virus. Hence, there is a smaller risk threshold for giving the vaccines to kids and thus many believe vaccines should be extensively tested in children before they

are approved. Admittedly, this is true, but children can still spread the virus to others, including vulnerable adults who are severely at risk of contracting the virus (one may note that if the U.S. vaccinates all adults then there is no point in this, but kids could still spread it to elders in different countries). For example, almost a quarter of all people over 80 who contract the virus succumb to it. Many contract it from their grandchildren. Regarding the safety of vaccines for kids, it would benefit all of society if researchers found a safe and effective plan to conduct clinical

trials in children quickly and potentially shorten the length of the trials from the current estimate of over eight months.

In conclusion, it would be extremely beneficial if the coronavirus vaccine(s) could be approved by the government for use in children much quicker than the current timeline. If they are not, the COVID-19 pandemic will rage on, and our return to normalcy will have to be postponed. Vaccinating children is a necessity, one which we cannot ignore.



8

TAMPA BAY’S ROAD TO THE
SUPER BOWL

BY CONNOR D.

The journey to the super bowl was hardly easy for the team full of traded players like Tom Brady, Antonio Brown, and Rob Gronkowski. After finishing with seven wins and nine losses in the 2019 season, one thing was crystal clear: Tampa Bay desperately needed a quarterback. Theirs, Jameis Winston, had become somewhat of a joke around the league after becoming the first quarterback ever to throw 30 interceptions as well as over 30 touchdowns in a 16 game regular season. The New England Patriots weren’t in a good spot either; after a disappointing playoff loss to the Tennessee Titans, and weakened relations between head coach Bill Belichick and veteran quarterback Tom Brady, it was time for a move. Tom Brady’s contract ran out with the Patriots,

and the Buccaneers acquired him with a 2 year, 70 million dollar contract hoping that the aging Brady wouldn’t fade away.

Since then, Tampa Bay has built up a supporting crew for Brady with notable names like Antonio Brown, Mike Evans, and former Patriots teammate Rob Gronkowski. After a six win and two loss start to the season, they suffered losses in games to the Saints, Rams, and Chiefs. Many people started to question how far they would make it in the playoffs, especially after these losses to playoff-caliber teams. But nevertheless, after winning four more games to finish off the season, it was time for the playoffs.

The Buccaneers faced the Washington Football Team in the first round and beat them easily with a score of 31-23. Their next game, against the Saints, looked like a playoff exit for Tampa as in the two previous times they played the Saints, they had lost

by a combined margin of over 45 points. But, in the biggest turn of events, Tampa Bay’s defense forced one fumble and two interceptions which turned into 3 touchdowns for the offence. This is after letting in over 70 points in the two regular season games against the Saints. Next was the NFC Championship where they were set to play the Green Bay Packers. The Packers’ dual threat offense proved challenging for them as Arron Rogers threw for 3 TDs. But, the Tampa Bay run defense was rock solid against both Packers’ running backs, Arron Jones and Jamal Williams, letting in less than 70 yards of rushing total. Although Tom Brady pulled a Jameis Winston throwing for 3 interceptions, they still prevailed 31-26. To cap it all off, the Buccaneers dominated the reigning champions Kansas City Chiefs 31-9 in Super Bowl LV. Overall, the Buccaneers showed grit and determination as well cohesion even in the face of adversity.

LAKESIDE
CREW

BY NATALIE Z.

Lakeside Crew is an energizing sport. Crew, also known as rowing, is a sport where a team of people go to a lake and row a boat together. They compete in races against other teams and schools, and the fastest boat wins! At Lakeside, students can try crew in 7th and 8th grade only. After school, students take a bus to the boathouse near Lake Washington in which they get the boats and begin training. Due to the pandemic, students currently take home an urg (a rowing machine) and take Zoom classes practicing how to row. They train using muscle, speed, and stamina during the practices. Practices are usually two times a week for one hour each, not including the bus time to the lake, but currently on Zoom, it is three times a week for one hour. Rowers are grouped into teams of 4-8 people, and the teams constantly change, so sooner or later you will get to know everyone in crew. Crew is difficult, but it is definitely worth the training! You can make tons of friends in crew, and you will definitely love the experience! Everyone starts out as a beginner, so don’t worry about screwing it up. Lastly, the end of season party is always fantastic, with the socialization and best, the food! All in all, Lakeside Crew is one of the hardest sports Lakeside provides, but it is definitely worth it!

BY NATALIE B.

Swimming is a highly popular summer activity often associated with warm weather and baby blue skies, but to many it means much more than Marco Polo. Competitive swimming is an immensely popular sport that you’ve likely seen at the Olympics or even your local community pool. It requires huge amounts of skill and strength, and Lakeside is blessed with quite a few students who have harnessed their swimming abilities and are very accomplished in the sport. One of them is eight grader Ella Jablonski, and I was lucky enough to be able to interview her about her experiences.

Ella started swimming lessons when she was five years old and when she was seven her parents signed her up for a summer swim league with friends. There, she had a lot of fun racing and competing with her friends and decided to sign up for a competitive year-long club team that fall. Ever since then, she has swum competitively every year!

Ella started attending more practices and meets, and began to excel in the sport. Now, she practices six times a week and has swim meets every few weekends. Ella’s love for the sport, however, isn’t just about swimming, “Even though I’ve switched teams, and changed groups throughout the time I have been swimming, I’ve been able to do it with some of my closest friends, which has been part of the reason I love the sport so much.”

One important aspect of swimming that Ella regularly participates in is goal setting. Every season she not only sets smaller goals for individual things she wants to accomplish, but large goals as well. One of Ella’s main goals before the pandemic was to make it to the Olympic Trials, the meet where USA Swimming selects who will represent the country in the Olympic games. Although the current pandemic may have put a roadblock in her goal, Ella is still ready to take on the additional challenge, “This has been a goal I’ve had for years, and it was very hard to see

the pandemic stop all competing as soon as I was getting the closest I ever had been. Going forward,

I’m excited to start being able to safely compete again, and to finally see the payoff of all the hard work my teammates and I have put in during the pandemic.”

Although swimming may seem like a solo sport, Ella doesn’t fail to recognize others who have helped her get to where she is, “Regarded often as only an individual sport, swimming is much more than that. You swim alone, but you wouldn’t be able to get there without your coaches, teammates, or parents.” Speaking more on the importance of teammates, she adds, “Your teammates are going to be there for you on your practices that you don’t want to be there for, or on the days you are just really struggling. They are there after every bad race, as you are for them, which makes everyone’s success so much more meaningful.”

My final question was about what advice Ella would give to others wanting to start competitive swimming. First, she stressed the importance of setting goals, “Not every goal will be reached, but that doesn’t mean it didn’t help you.” She added on more about the importance of teamwork in swimming, describing the necessity of teammates supporting each other through good and bad times. Lastly, she mentioned the importance of really wanting to participate. On the topic she said, “When you find something that you love to do, it will make working hard for your goals, and your entire career in the sport so much more worthwhile.”

In conclusion, Ella Jablonski is an extraordinary athlete who has been able to push herself to be better in her sport. Although she is proud, she feels that it’s not only her own effort that should be showcased, but the effort of those who have supported her along the way. If you want to succeed in whatever you do, you can learn from Ella and her story, and through hard work, determination, and teamwork you can achieve almost anything.



QUILTING

STORIES THROUGH ART

BY FELICITY W.

“Quilts provide an artistic outlet, but they can also teach us about the quilters - specifically their relation to society and their place in history,” says Kyra E. Hicks, quilter, quilt historian, and author of many African American quilt books.”

Quilting is an art tradition that crosses cultures, genders, and eras. It is a vital strand of African American cultures. Whether it’s depicting experiences of migration and settlement or reflecting themes of family and hope, each quilt has its own unique design, telling complex stories of pain, oppression, freedom, and power.

This history of African American quilting is almost as old as America itself. During the time of slavery in the U.S.,

quilts were used for warmth, comfort, and decoration. African American slaves were tasked to spin, weave, and sew quilts for their mistresses. Many of these highly skilled makers would also use their knowledge to make bedding for their own families. Though fabrics for personal use were scarce, the women were highly resourceful, turning scraps into stunning designs. A few patterns they developed include the Sawtooth, Drunkard’s Path, Railroad Crossing, Tree of Paradise, Ocean Wave, Feathered Star, Nine Patch, and Pine Burr. They also practiced “string quilts” by stitching old scraps of fabric into panels.

Slave families and members of the underground railroad used quilts as hidden coded messages. Some of them marked safe houses for runaway slaves or were used to communicate secretly with each other.

Following the Civil War, quilting became more of recreation or art as most African American women found work on farms.

One of the most prominent quiltmakers who emerged from this era was Harriet Powers, who was born into slavery and survived the Civil War. Today, she is known as the “mother of African American quilting.” Harriet used traditional techniques to record legends, Bible stories, and astronomical events on her quilts. Sadly, only two of her quilts are known to have survived: Bible Quilt 1886 and Pictorial Quilt 1898.

Faith Ringgold is an American painter, writer, mixed media sculptor, and performance artist, who is best known for her narrative quilts. Her quilt, *Women on a Bridge* #1 of 5 from the book *Tar Beach* depicts the fantasies of the heroine on a summer night, where she flies

over the George Washington Bridge. In a *Woman on a Bridge* series, Ringgold proclaimed that “My women are actually flying; they are free totally. They take their liberation by confronting this huge masculine icon-the bridge.” With its beautiful and vivid designs and colors, this flight symbolizes the yearning for freedom. We even have a collage of this art piece in our school cafeteria!

From a form of catharsis to a telling of stories and history, quilting is a huge form of expression for many. Marla Jackson, executive director of the African-American Quilt Museum and Textile Academy in Lawrence, said that quilts are used “[To] talk about social issues, talk about injustices, and talk about human rights—all people’s rights.”



Image of one of Betty Ford-Smith’s Pine Cone Quilts called *From Florida to France*.



Image of Faith Ringgold in front of her quilt took by Kathy Willens



Image of A Commissioned Quilt: *Pictorial Quilt* by Harriet Powers from the Boston Museum of Fine Arts

REVIEW: WONDER WOMEN 1984

BY ADI D.

Many of you must have heard of the new movie *WW84*, or *Wonder Women 1984*. The movie has received praise, but it has also received negative feedback. Should you watch it? Well, I hope this article can help you make an informed choice where or not you watch this movie.

The movie was released on December 25, 2020. You can only watch it in cinemas or on HBO Max. The movie is a sequel to *Wonder Woman* based in the 1980’s. The main character Diana has a fairly ordinary life, and when there is a serious crime that needs immediate attention, she goes undercover to stop the bad guys. Despite being an Amazonian (strong women from Greek mythology), she wants to be off the radar and works at a museum. When an artifact goes missing from the museum, Diana must recover it while battling Maxwell Lord and the Cheetah, a villain who has super speed and super strength.

In comparison, the first *Wonder Woman* movie’s plot was very different. A pilot crashes in the Amazonian people’s lands and he takes Diana, an Amazonian who is still training, to the outside world.

If *WW84* seems interesting to you, then you might want to read the ratings of this 2020 film. On IMDb, the average score for this movie is 5.4/10. To put that into perspective, the first *Matrix* movie was scored 8.7/10. I haven’t watched this movie, but my cousin has. They told me, “*Wonder Woman 1984* was a good movie, but it wasn’t as great as the original. It was a little slow in some parts, but otherwise really interesting. I would recommend this to people who don’t have anything to watch in their spare time.”

Personally, I think that *WW84* seems interesting, so I really want to finish watching it. In general, this movie seems like a cool choice for people who watched the first *Wonder Woman* movie because of its action and suspense. I hope this article helped you make an informed choice about this movie.



CLASSICAL MUSIC DURING THE PANDEMIC: AN INTERVIEW WITH MY VIOLIN TEACHER

The following is an interview with my violin teacher, Doctor Sarah Pizzichemi. She earned her doctorate in Musical Arts and Chamber Music Performance from the University of Nebraska-- Lincoln and received a bachelor's of music in violin performance from the University of Texas at Austin. She is also the first violinist of the Skyros Quartet, a Seattle-based group that has performed across continents and led masterclasses in the Pacific Northwest. Skyros has a passion for educating students about chamber music and giving them opportunities to be musical in a small ensemble. Sarah strives to bring light to the classical works of women composers and composers of colour. She is currently a private teacher to students of varying levels and ages and continues to give lessons online.

BY ELINOR C.

Q: What do you enjoy about teaching the violin?

A: I love that I get to explore creativity and imagination with students, which I feel helps them grow into more resilient individuals. It is also such a great place to work on structuring practice and study, sequencing, note taking, practice efficiency, and techniques for memorization that pay off in other aspects of our lives. Building violin technique, and proficiency on an instrument in general, leads to so many long term benefits for our minds and bodies.

Q: What have you been doing to bring more publicity to the work of female composers and composers of colour? How did you become interested in it?

A: My dissertation that I wrote during my doctorate degree was all about the virtuoso violinist Maud Powell and her influence on American women in professional music. My research to properly talk about that subject included a full historical perspective of marginalized musicians and composers, and I continue to advocate for

their histories to be told in mainstream music history courses, and of course their pieces performed on the stage! In my string quartet, we play many pieces by BIPOC composers, and we include a piece by a female composer on every concert program. It turns out with a little bit of research, that isn't difficult whatsoever! There is a plethora of amazing music that also happens to be underperformed. I recently co-published teaching guides with suggested core repertoire and an analysis of the books Violin Music by Women Volume 1, and Music by Black Composers Violin Volume 1 encouraging violin teachers to expand the way they teach repertoire in their studios. I have some longer term pedagogical tomes for violin aimed at diversity in the works, including an analysis of how technique is taught and diversifying our approach to technique. I think it is important to represent people of all backgrounds, races, genders, and histories. I know that is how I became interested in the works of marginalized composers. The very first time I saw the name of a composer like myself, (I identify as a woman), was when I was twelve. I was in a music history class at the Academy of Music Northwest, and there were just two women on a

very long list of "great composers." We still have a long way to go in Western art music: during the last full pre-COVID19 orchestra season of 2018-2019, just 2.3% of pieces performed by the world's top fifteen orchestras were written by female composers, despite the fact that women make up just over 50% of the world population. While still young, after I learned that women wrote music, I began my journey of researching and performing pieces by women, and expanded that to other marginalized musicians, as I learned more and more about them.

Q: How has the lockdown caused you to grow as a musician?

A: The pandemic has forced me to slow down and reassess the meaning of music to me on a personal level. Before the lockdowns and the end of concerts for the foreseeable future, I was so busy playing an endless stream of concerts, I sometimes didn't take enough time to reflect on what it all meant to me and to the audiences I performed for. I have also had to expand my knowledge and proficiency in the field of technology, as so many of my projects now rely on it so heavily, from editing audio files at a high level, to using computer music notation soft-

ware, to digitizing my music library via scanning and categorizing my music! I am currently thinking a lot about where I am truly needed in the music community and where my presence could be replaced by another artist. I think this is an important step for me in assessing how I can be of service to more people and in more meaningful ways.

Q: As a professional musician, what challenges have arisen for you during pandemic?

A: The complete secession of rehearsals, concerts, gigs, and services is of course the biggest shift for most musicians at this time. I think on a personal level, one of the hardest parts for me is no longer interacting with audiences, fellow artists, and community members in the ways that I am used to. When my music is now shared via online streaming or on a social media account instead of in person, the special energy shared between performers and the other participants in the room is gone, and it is such an intangible yet integral part of being a musician that is hard to replace.



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Q: What do you hope to give young people by teaching them musical skills?

A: I hope that each young person I interact with through music has more “tools in their toolbox” for navigating life. Music can comfort us, it can excite us, it can be a way for us to learn about and understand a part of other cultures and individuals. Most importantly, a life with music adds beauty and meaning to our lives and helps us

thrive as a society, instead of just surviving.

Q: How do you think classical music could help students during quarantine?

A: Right now we often find ourselves confined to our houses or the walkable streets near our homes. We are also very reliant on screens and online interactions right now, and it can be draining. Just like a good book or film can transport us and take us on a journey of emotions and escape, classical music has that ability, too. When I start

to feel overwhelmed and overstimulated by the frantic pace of our modern life and the weight and sadness of world events right now, it is so comforting to put on one of my favorite

classical music pieces and lie down on my floor or couch or bed in a dark room. I close my eyes and just listen and let my mind wander. If anyone reading needs a great suggestion, Jacqueline du Pré performing the Elgar Cello Concerto, the Schubert

Cello Quintet, the Fanny Mendelssohn String Quartet, Jonathan Biss perform-

ing the Beethoven Piano Sonatas, and the Grazyna Bacewicz string quartets are pieces I often find myself turning to right now. Just exploring the repertoire and settling in with something brand new is also a great place to start!

A COMPELLING AND SPECTACULAR NEW TELEVISION SERIES!

ALL CREATURES GREAT AND SMALL

BY MEERA W.

James Herriot looks shaken. He knows what he’s done and he knows the consequences. He can now only hope that he chose the right final decision.

James Herriot is the main character in the new popular TV show, *All Creatures Great and Small*. This show is a new British television series on Amazon Prime, PBS, and a few other streaming services. This wonderful series is about a young man named James Herriot. Fresh out of veterinary college, he moves to the richly green

hills around Yorkshire Dales to begin his first job.

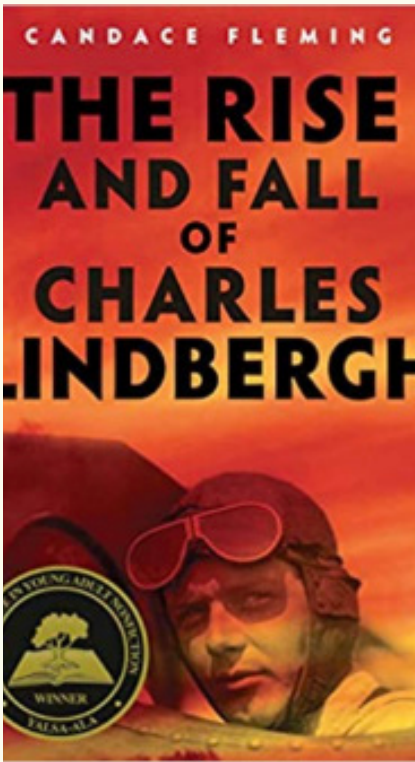
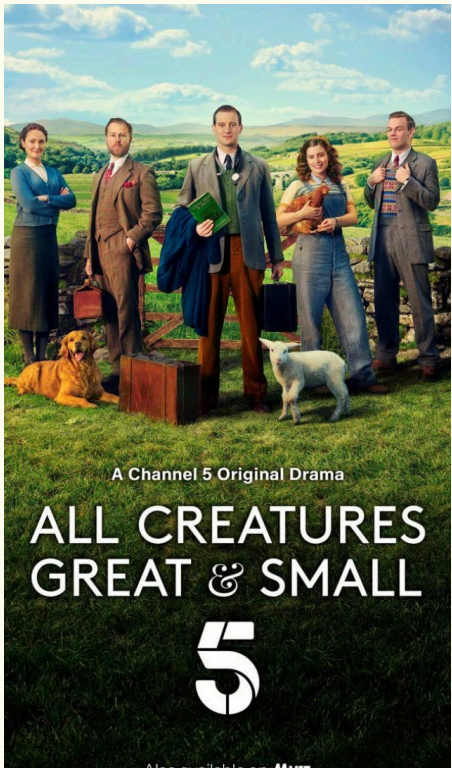
James makes a good team with Siegfried, who is a very talented veterinarian but is also very stern and hard on James. Luckily for James, they have someone to calm down Siegfried Farnon, even in the worst of times. That person is Mrs. Hall, who keeps house for Siegfried. She is in her 60s and has been working for Siegfried for a very long time.

James Herriot is a hard-working young man. He likes to please Siegfried, but he’s willing to stand his ground if need-

ed. His most important quality in the show is that he is loyal to his animals. He will always choose the route that he believes will be the best for whatever animal he’s dealing with—a horse with a strong case of colic, birthing a cow, or even curing a spoiled dog who is too chubby.

I have watched this whole TV series, and it was a fantastic one. It is from Masterpiece, a producing company that I have watched many shows from, such as *Downton Abbey*. I enjoyed all the shows I have seen from Masterpiece but this show is especially

great. The suspenseful show even has some bittersweet moments, particularly when an animal cannot be cured. Whether he’s curing a newborn lamb or a terrifying mutt, I’ve often found myself on my feet while watching this show, wanting to know what happened to the characters and the animals. I would definitely recommend this show because though the plotline is simple, and it is compelling, humorous, and all in all, an extraordinary rendition of the best of our humanity.



A STORY OF TRIUMPH AND FAILURE:

THE RISE AND FALL OF CHARLES LINDBERGH

BY: MAX S.

The Rise and Fall of Charles Lindbergh, written by Candace Fleming, is a nonfiction book about the life of Charles Lindbergh, the first man to cross the Atlantic ocean on a plane, an American media sensation, and a champion in eugenics. At first glance, Lindbergh seems like a quintessential American hero. However, as the book uncovers his worst secrets, we see how

deeply flawed he is.

Charles Lindbergh is an intriguing character, to say the least. After his sister-in-law was diagnosed with a heart disease, Charles was determined to help her and soon found a way to keep organs alive outside the body. His ventures didn’t stop there, though. He believed in eugenics, a philosophy that aims to improve the human species by trying to increase “favorable” traits. Eugenics, unfortunately, was the way Nazis justified their treatment of Jews,

and it was soon discredited in the scientific community. Eugenics, philosophies, and Charles’ passions are what makes this book so engrossing to me.

This book takes an intimate look at this multi-faced, famous, and highly controversial figure of the 20th century. In the beginning of the book, Charles is an innocent kid that has a dream of becoming a pilot. At the end, however, he is turned into a monster without empathy or decency. He justified the atrocities of the Nazis because of eu-

genics and was loathed by the United States public, military, and the president. Lindbergh took a drastic tumble from being one of the most popular, respected, and liked role models in the country.

This book includes rare pictures to bring you into the past in vivid ways. *The Rise and Fall of Charles Lindbergh* is a great gem for readers who enjoy biographies and history. Happy reading!

WHY I HATE ANIMALS THAT GO MUNCHY ON ANTS

BY CHLOE L.

Have you ever thought to yourself “Hm, I think I’m going to go eat some ants?” Honestly, probably not. But what if I told you that there is something on this earth that thinks that at least once every hour! This thing is an anteater. Every day, every hour, they think to themselves, “Yum! Ants!” This is only one of several reasons why I hate anteaters.

Number one, they eat half their body weight in ants. Number two, they eat so much dirt along with the ants. Number three, their colour palette is terrible. Number four, they look like they’re walking backwards all the time, but they’re not. And lastly, the most terrible offence of all, THEIR BABIES LOOK A LITTLE BIT DISGUSTING. These are just some of the reasons why anteaters are terrible. Hopefully, by the end of reading this, you’ll feel the same way too.

If I said to you, “Reader, I love ants so much, I eat half my body weight in ants,” you would probably lock me in a white room with soft walls. Why do we let anteaters get away with it? Imagine:

to eat, they stick their tongues into a termite or ant hole and then suck them out, like their tongue is a STRAW or something. Also, they don’t have teeth, so they have to crush up the bugs on the roof of their mouth to make some icky bug mush. It disgusts me, and it should disgust you, too.

Not only do anteaters eat small six-legged bugs, but they also eat dirt. When was the last time you thought “MMMMM DIRT CAN’T WAIT TO CRUNCHY MUNCHY ON SOME ZUMCHY DUMCHY DIRT!” Sand is one thing (sand is awesome), but dirt?! Dirt is a whole other deal. There is definitely worm juice in dirt. When anteaters stick their long tongues into ant-holes, it’s inevitable that they get dirt in their mouth too-- but they don’t spit it out like any reasonable animal would... they eat it! But do they care? No! Just imagine. They’re eating a mixture of ants, dirt, and worm juice.

They also look sooooo gross. They’re just genuinely such a disgustingly coloured animal. Colour palette choice? Muddy penguin. Why look like a muddy penguin when you can look like a clean penguin? They just copied the

penguins and made themselves look muddier! Also, let’s talk about their brooms, I’m sorry, I mean tails. When I saw an anteater’s tail, my brain went “???????” Anteater tails could have been fluffy, but instead, they look like the most painful broom bristles in the world. If I had an anteater tail, then everyone would be afraid of me, since that looks like an absolutely lethal weapon. Also, their tongues.

Their tongues are not one- not two- but TWO AND A HALF feet long! And they’re sticky. Just that thought alone makes me want to run into a wall and scream “EWWWWWWWW” at the top of my lungs. Also, their snouts. Their snouts are so long and not even in the cute way, like elephants. Their snouts are rigid and long, so rigid, and so long, that it disturbs me. It may seem like that’s all, but IT’S NOT ALL. Anteaters constantly look like they’re walking backwards. Imagine seeing a person walking backwards. Meh, normal right? But then you realise that that person isn’t actually walking backwards, it just looks like they’re walking backwards. That’s how anteaters walk. I never know if they’re walk-

ing forwards or backwards and that scares me.

Last but not least, their babies. Their babies are SO pink, and they just look SO, SO wrong. They look like hairless cats, just with long muzzles and rat ears. Anteaters look a little bit like they’re ageing... but backwards! And those eyes-- THOSE EYES! They’re like stuffed animal eyes, just more evil, like, they belong on the face of some evil Disney villain! Those eyes look like they’ve seen everything wrong with the world, everything we disagree with, and they’re enjoying it. It’s like those anteaters think about world hunger and they go “MMMMMMMMMMMMMMMMMM I LIKEY WORLD HUNGER I LIKEYYYYYYY.”

So, next time you see an anteater, remember this. Remember their love for crushing ants on the roofs of their mouths, remember how much dirt they eat, remember their weapon-broom tail, and how they copied penguins. Remember their scary backwards walk. And most of all, REMEMBER THEIR BABIES.

BEFORE YOU SKIP THE HUMOR SECTION, WE WOULD A-PEACH-IATE IF YOU KEPT READING.

PUNS AND JOKES

WHEN IS A DOOR NOT A DOOR?

WHEN IT’S AJAR!

I’M NO CHEETAH...

YOU’RE LION!

HOW CAN YOU MAKE SEVEN AN EVEN NUMBER?

JUST TAKE AWAY THE “S”!

BAD PUNS...

IT’S HOW EYE ROLL.

I’M READ-ING A BOOK ABOUT ANTI-GRAVITY.

IT’S IMPOSSIBLE TO PUT DOWN!

WHY DO EGGS HATE JOKES? THE ANSWER CRACKS THEM UP!

SOMEBODY STOLE ALL MY LAMPS.

I COULDN’T BE MORE DE-LIGHTED!

WHAT KIND OF TEA IS HARD TO SWALLOW?

REALITY!

WHAT DID THE SUSHI SAY TO THE BEE?

WASABEE!

WHY DID THE GRIZZLY HATE THIS ARTICLE? HE CAN’T BEAR PUNS!

BY ABIGAIL L.

WHO INVENTED THE ROUND TABLE?

SIR CUMFERENCE

WHY DO CERTAIN FISH LIVE IN SALTWATER? BECAUSE PETTER MAKES THEM SNEEZE!