

# THE END OF MASK MANDATES

VIVIAN H.

On February 18th, Governor Jay Inslee announced that Washington State’s one and a half-year mask mandate was scheduled to end on March 21 due to calculations made by health officials that showed only 5 out of 100,000 residents would be in the hospital due to the COVID-19 pandemic. However, the initial date was later changed with help from the Centers for Disease Control and Prevention (CDC). After health leaders from Washington met with leaders from California and Oregon, they decided that Washington would end their mask mandate nine days earlier than expected—on the twelfth of March, along with Oregon’s

mask mandate ending the same day and California’s only a couple days earlier (March 1st). Although masks are not required in places such as schools (including Lakeside), restaurants, gyms, and grocery stores, other areas such as public transit (such as planes, buses, etc.), private businesses, and medical facilities may still require masks. Governor Inslee stated, “We’ve continued to monitor data from our state Department of Health (DOH), and have determined we are able to adjust the timing of our statewide mask requirement. While this represents another step forward for Washingtonians, we must still be mindful that many within our communities remain vulnerable.

Many businesses and families will continue choosing to wear masks because we’ve learned how effective they are at keeping one another safe. As we transition to this next phase, we will continue to move forward together carefully and cautiously.” According to maps created by the CDC in March, all but nine counties have high transmission levels which means those who currently live in those counties should continue to wear masks indoors. Thankfully, King County, one of the counties with the lowest transmission levels, doesn’t fall into this category. However, people in these counties with low transmission levels should still wear masks if private businesses or local governments require workers and residents to wear

masks. Governor Inslee also gave a couple of reasons as to why he has decided not to call off the emergency order from the pandemic, despite calling off the mask mandate. First of all, he said, it will allow hospitals to keep the mask mandate. In addition, people have the choice whether or not to wear masks. If they feel uncomfortable, they can still wear masks in public. Lastly, it allows Washington to continue receiving federal funding. Many private and public schools have stopped using masks, but it is unclear whether or not other schools and students within these schools will stop using masks after the mask mandate has ended.

# RUSSIA INVADES UKRAINE

ELIAS R.

*Due to the unpredictable nature of conflict, many details in this article may have changed by the time of release.*

Civilians are often forgotten in major conflicts, but often, they are the ones who pay the most. In wake of Vladimir Putin’s announcement on February 24 to begin a ‘special military operation’ in Ukraine, more than a thousand Ukrainian civilians have perished. Russian military brutality has led to the largest country on Earth being accused of war crimes by Ukraine. President Volodymyr Zelensky revealed the incredible horrors of the Russian occupation of Bucha (a city just to the northwest of Kiev) in an address to the United Nations. According to Zelensky, the Russian military killed families, raped women, and bombed civilians in Bucha. A graphic video certified by the *New York Times* shows a man with a bike being shot by Russian tanks merely



Photo Courtesy of Shutterstock

for walking down the street. Ukrainian civilians aren’t the only ones dying. Russian forces are dying at an alarming rate, with 15,000 casualties as the NATO estimate. Russia has been withdrawing its forces slowly yet surely from Northern Ukraine because of Ukrainian resistance (which led to Russia’s stalled progress in recent weeks). Analysts have speculated that Putin’s generals misled Putin in leading him to believe that an invasion of Ukraine would be of little difficulty. The repeated lack of coordination of Russian forces isn’t only caused by Ukrainian resistance. For over a month, Russia didn’t have a true on the ground commander, which means it is likely that operations in Ukraine were being decided on hundreds of miles away in Moscow, poten-

tially by Putin himself or his Secretary of Defense. This distance may not seem like a lot, but in an invasion where every second counts, the time lost on communication is crucial. Now that the invasion’s progress has stalled, many speculate that Putin just wants to secure the mineral-rich Eastern provinces of Ukraine, such as the Donbas region. While the invasion seems to be going at a slower pace, Russia has by no means stopped trying to make progress. And even if Russia stops invasion after securing the Eastern regions, what will stop Russia from trying the same thing a couple years later? If this invasion doesn’t take all of Ukraine, Russia will come back stronger. With all that said, everyday, cities are reduced to rubble with mangled corpses lying everywhere due to Russian attacks. Russian troops are around Kiev, and have taken surrounding towns. There is no clear future in this invasion. All we can do is wait.

Since Covid began, seeing people’s faces hasn’t been an easy endeavor. Even if one meets a friend in person, they may decide to wear a mask or face covering. At the same time, many celebrities and models started posting more “attractive” and edited photos on social media. So how has this affected the way girls feel about their bodies?

April Fool’s Day is one big, bad joke that we really don’t need. I know that it’s good to laugh or crack a joke every now and then to lighten the mood, but people shouldn’t have to listen to jokes all day long, especially not crappy puns and cheesy, overtold riddles.

Have you ever heard that women need to work twice as hard as men to get the same paycheck? While this can be noted in the workplace, the stark difference is accentuated out on the field- where the rules are identical. Across the board there’s a common occurrence: you can find wage gaps in almost any sport. But why does this matter? And how big really is the difference?

Food franchises have grown at an alarming rate in the past years, with the astronomical 197,653 fast food businesses dominating the U.S.’s restaurants in 2019 swelling to 204,555 in 2020. But with 30% of all Americans spooked by measuring cups and whisks and 33% intimidated by the sight of a spatula, the lack of home-cooked food may be more of a problem than we think.



# A NEW WAVE (OF BOOK BANS)

SACHI T.

*Maus* by Art Spiegelman: a graphic novel about the Holocaust that depicts human characters as mice, cats, and pigs. *Heather Has Two Mommies* by Lesléa Newman: a picture book about a girl with two mothers realizing that each family is unique. *Speak* by Laurie Halse Anderson: a story of a teenage girl dealing with trauma after being sexually assaulted. These books are simply a few among the many books that have come under the fire for being too violent, too sexually explicit, too profane, or too disturbing for children to read. In the past couple of months, there has been a push to remove a worrying amount of books, many of which delve into topics such as sexuality, race, religion, and gender, from school libraries all around the country.

Books have been subjects of criticism and controversy for years and banning them has never been uncommon. Puritans in the 1650 Massachusetts Bay Colony branded William Pynchon’s *The Meritorious Price of Our Redemption* sacrile-

gious for claiming that obedience (rather than suffering) led to atonement. In 1895, *On the Origin of Species* by Charles Darwin was challenged for disrespecting beliefs of Christians. In more recent years, the beloved Harry Potter books have been banned over concern that they promote witchcraft. There has been a fair share of book bans in the past, but we now seem to be in the midst of a new wave of book banning.

An American Library Association report disclosed that the fall of 2021 saw upwards of 300 book challenges, an increase from the same period in prior years. Complaints about books involve worries that children will be influenced by political extremism, will acquire “alternative lifestyles” (from books that are LGBTQ+ focused), or will push kids into risky behaviors (through books about sex and sexuality). Matt Krause, Texas state representative, put 850 books onto a watch list, many of which regarded race and LGBTQ+ issues. Oklahoma state senator Rob Standridge filed a bill to ban books that address topics including sexual activity, sexual

preferences, sexual identity, and gender identity from school libraries. He spoke about this bill, saying, “More and more schools are trying to indoctrinate students by exposing them to gender, sexual and racial identity curriculums and courses. My bills will ensure these types of lessons stay at home and out of the classroom.” Members of conservative advocacy groups are also part of this push to remove certain books from school libraries. Vicki Flannery, member of the Moms for Liberty group, attended a school board meeting in a Pennsylvania school district. During this meeting, she read an excerpt (that contained descriptions of sex and rape) from *All Boys Aren’t Blue* by George M. Johnson, a memoir about a queer Black man. Upon reading this, she commented, “Do any of you - any of you - find this book that depicts a sexual encounter and rape acceptable for any minor regardless of gender or sexual orientation? Because I do not find this at all acceptable.”

This practice isn’t concentrated in a couple areas of the US or confined to one party alone. Book censoring

runs across state and party lines. *To Kill A Mockingbird* by Harper Lee was removed from Washington State’s Mukilteo School District’s required reading list for using racial slurs and displaying character Atticus Finch as a white savior.

Opponents of book banning encourage these forbidden books to be opened up and read rather than shied away from. It seems that their message is being heard. *Maus*, the aforementioned graphic novel about the Holocaust, has shot up to bestseller lists on Amazon after being banned by a Tennessee school board.

Whether you plan on buying these banned books or refrain from reading them, wholeheartedly support the decisions made to ban these books or vehemently oppose them, we must keep in mind that we are all Lakesiders. And, it’s important to remember Lakeside’s values to, regardless of your personal views, stretch yourself to discuss topics that make you uncomfortable and educate yourself about the world around you.

# METAVEVERSE VS VR: DREAMLAND OR NIGHTMARE?

PAUL M.

You awake in a cool, white room, but blocking the light sits a curious contraption on your face. Your ears detect a mechanical whirring interspersed by footsteps. A woman’s voice sounds from above you.

“The year is 2659,” she explains. “The life with which you are familiar is an experience machine program selected by you some forty years ago...If you choose to continue with your program you will return to your life as you know it with no recollection of this interruption. Your friends, loved ones, and projects will all be there. Of course, you may choose to terminate your program at this point if you are unsatisfied for any reason. Do you intend to continue with your program?”

Welcome to the Experience Machine, a thought experiment proposed by philosopher Robert Nozick in 1974. This very question of perception and reality has provided fodder for countless specula-

tive arguments, books, and movies, but with Facebook’s announcement of the beginnings of the metaverse, we may find the answer much sooner than expected.

Meta, formerly Facebook, is currently constructing what it calls the “metaverse,” an “embodied internet” in which users are “in the experience.” Essentially, Facebook is creating the thought experiment proposed by Robert Nozick in real life. Of course, there are many hopes and concerns for the metaverse, ranging from its chance of financial success to its implications for human interaction, and all are fair curiosities to hold at this point in its creation.

Given its publicity as the next phase of the internet, many popular investment personalities have hailed it as the opportunity of a lifetime. Adding legitimacy to the endeavor, South Korea is investing \$187 million to fund their national metaverse project.

On the other hand, Facebook’s tril-

lion-dollar gamble on virtual reality has been ridiculed as smoke and mirrors, an invasive concept fueled by mystery and a huge appetite for risk heightened by inflation. The metaverse brings back memories of Google Glass and drive-in theaters, “innovations” that emerged when the underlying technology was still fresh, and people viewed them with childish fascination. In the end, though, their impracticality surpassed their novelty, and so these bizarre creations are now relics of the past.

But whether or not the metaverse succeeds economically is perhaps besides the point. Technology can build bridges between us, increasing and forming entirely new connections, but technology, itself, can also be a barrier to social life. When our means of communication become too detached from reality, these “bridges” become little windows, reducing individuals to faint shadows on a wall. Technology can also distract us from each other. It is a common sight these days to see a family consumed by their devices and ignoring each other.

At every turn there is opportunity for the Metaverse to both augment and hinder our lives. The metaverse could be a truly transformative force in our generation just as the internet was for our parents. It could be a virtual utopia, an oasis in the midst of conflict and uncertainty. It could be a digital Pandora’s box as it amplifies the current problems of social media and unleashes its own strains of issues. In fact, it will probably resemble both simultaneously. Thus, it will be our job to distinguish between the positive and negative aspects and to be wise in our participation in the metaverse.



# TALKING SCIENCE



Photo Courtesy of Encyclopedia Britannica

SARAH C.

Hiroshima and Nagasaki: two incredibly well-known tragedies, both persisting long after the nuclear bombs’ detonations. Both are incredibly dangerous, and both share a common aspect of our everyday lives: radiation. Let’s start small. Very small. Picture an atom. We have the atomic nucleus, where the protons and neutrons are housed, then we have the electron cloud(s) harboring, you guessed it, the electrons. This makeup is universal, but it has the potential to be rather unstable. An isotope, an atom with an unstable nucleus, maybe an atom of an element that is rather ubiquitous, for all it takes to destabilize an atom is an extra neutron in the nucleus. Our volatile little friend needs to expel

radiation to stabilize itself and become a non-isotopic atom. This radiation can be realized in three forms, a beta particle, an alpha particle, or a gamma particle, and these forms are widely called nuclear radiation. Radioactive things all fall on the electromagnetic spectrum. This is a sort of scale that has waves with very low frequencies at one end, and very high frequencies at another, and measures electromagnetic waves, which are a mix of electricity and magnetism. Also, particles are on this scale, because yes, a thing can be both a particle and a wave. I’ll give you a minute to process that. Okay. Visible light, which allows you to see anything and is on the electromagnetic spectrum, is decidedly not harmful; it emits too little radiation to

hurt us, but even photons (what makes up all visible light) are classified as gamma particles because they are a discharge of energy from an atom. Only very high up on the spectrum of electromagnetic waves, where the frequency of the wave itself is much higher, do we start to see harmful radiation. Visible light, along with microwave radiation (I don’t think I need to explain where that’s used) isn’t high enough on the spectrum to be damaging to humans. However, radiation like very high frequencies of ultraviolet (UV) can be harmful on a multitude of levels. The radiation that atoms can discharge has the power to knock an electron off another atom, which classifies it as ionizing radiation. Put very simply, an ion is an atom with an unsatisfactory number of electrons compared to the spaces it

has for said electrons. These radioactive discharges can also damage DNA, which is vital to the copying of your cells. Because tumors are a problem with the duplication of cells, this damaged DNA could put you in danger of cancer. The Sun can emit UV radiation, among other types, and without protection, it can greatly damage your cells’ processes. So I’ll give you a piece of advice you’ve never heard before: wear sunscreen. Every day. In all honesty, you as a reader shouldn’t spend too much time fretting about radiation. Yes, you’re experiencing it right now, and you probably will be for the remainder of your life, but my guess is it won’t be the thing that kills you.

## A NEW SURGE OF COVID-19 IN CHINA

Chinese officials in Shanghai reported 5,982 new symptomatic COVID cases on Wednesday, March 30th, more than triple the number of cases reported the day before, with even more cases in the country as a whole. This is one of China’s highest COVID-19 figures in the last two years. It follows the recent pattern of a rise of COVID-19 cases, especially in China. In response to this sudden rise in cases, Shanghai, and many other provinces in China, have returned to a lockdown, much reminiscent of the first year of the pandemic. People have started wondering if this indicates a new wave of COVID-19 infections, something that has happened many times in the past two years, and possibly the rise of a new variant, which would likely result in the pandemic worsening again.

## CAPITOL RIOTER FOUND GUILTY

A jury in Washington DC found January 6 rioter Guy Reffitt guilty of all five charges he faced related to the US Capitol attack. The trial was on Tuesday, March 8th. This is the first federal trial related to the riots in the capitol on January 6th. The maximum sentence for the most severe of Reffitt’s charges, namely obstruction of Congress and obstruction of justice, is 20 years in prison. Reffitt is scheduled to be sentenced on June 8th, 2022. The result of this case will likely have an impact on the cases of over 500 other rioters whose cases are making their way through the system.

## POPULAR CHAINS CLOSING IN RUSSIA

McDonald’s announced on March 8th that they would be temporarily closing over 800 restaurants in Russia, condemning Russia’s invasion of Ukraine. Less than half a day later, Coca-Cola and Pepsi also stated that their companies would be “suspending its business in Russia,” also stating Russia’s invasion of Ukraine as the reason. “Our hearts are with the people who are enduring unconscionable effects from these tragic events in Ukraine,” Coca-Cola said in a statement. Additionally, PepsiCo CEO Ramon Laguarta wrote in a memo to employees: “As a food and beverage company, now more than ever we must stay true to the humanitarian aspect of our business.”



# COVID’S IMPACT ON ON GIRLS’ SELF-ESTEEM

SYLVIE K.

Since Covid began, seeing people’s faces hasn’t been an easy endeavor. Even if one meets a friend in person, they may decide to wear a mask or face covering. At the same time, many celebrities and models started posting more “attractive” and edited photos on social media. So how has this affected the way girls feel about their bodies?

To find out, I surveyed students in fifth or sixth grade here at Lakeside, asking a simple two questions: what pronouns (if any) do you prefer, and do you feel better about your face

when your mask is on or off. The results? 70% of girls said they felt better about the way their face looked with their mask on then off, while none of the boys said the same.

When I asked why, one of the girls who preferred masking admitted, “When I’m wearing a mask, I can hide the parts of my face I don’t like. The pimples down my nose. The creases on my mouth. My bad teeth.”

Furthermore, in Spain, another survey found girls’ self-esteem to be lower than boys due to Covid in April 2020. The people whose

self-esteem was most affected by covid are children and teens. Children are already low in dopamine, the chemical that causes happiness, due to other hormones flooding their emotions. Their self-esteem shrinks when their hormones take over in teenagehood.

However, older adults’ self-esteem is also affected. Every decade, an adults’ dopamine drops by 10%. Ever-growing pressure already put on women to look “beautiful” and not grow old made people 60 and up more likely to suffer from self-consciousness.

Then, there’s the expectation of females to be attractive. A recent survey found that 80% of women felt “their looks were the most important thing about them.”

This pressure to look perfect, along with the portrayal of women on social media, lower levels of dopamine, and Covid masking our self-love causes the percentage of girls happy about the way they look to suddenly drop by 12%. If we don’t act fast, this plague of self-consciousness will create a twisted image that will affect girls’ lives.

# LAKESIDE DISTNIGHUISED ALUM MEETS LEO STAFF

FELICTY W.

Winning the Lakeside/St. Nicholas Alumni Association’s 2022 Distinguished Alumni Award for her impressive work in the Washington legislature with children’s issues and foster care, Ruth Kagi has a legacy to tell. She sits in the 6th grade social studies room before us telling us the tales of her times in office. It is my proud honor to write this interview and share her lessons with the Lakeside Middle School community.

What were the crucial events that had a profound impact on your career?

When I came of age out of college, it was during the Vietnam war. It was a time of tremendous political turmoil, but it also was a time of great promise - a New Frontier and Great Society. It promised domestic, social, and economic reform. There was a strong belief that the government could improve the lives of people and had a responsibility to address poverty and help families succeed. I first went to work for the US Department of Labor focusing on employment training programs. It was really a period of belief in our ability to change the future for people who were really suffering, and I spent about six years developing public service employment during the era when the unemployment rate was 12%. But Ronald Regan was elected; the very first official act he made the day he was sworn in was to eliminate public service employment. I left the federal government and started working in my community. Eventually, I started lobbying the legislature as a citizen to try to change our child welfare laws. Our state representative one day asked me if I was interested in running for office. That was the path that took me to the legislature.

You are a champion of disadvantaged children. Is that passion coming from your own experience?

I did have a pretty traumatic childhood myself. I had a very alcoholic father who was an orthopedic surgeon, and he lost his practice when I was a junior in high school. And later when I was in college, he committed suicide. I think I developed a real empathy for kids who faced tough situations. I think that’s one of the things that really drove me to want to help children who experience trauma: to prevent children from experiencing trauma, and to support the parents, especially low-income parents, so that they have the skills to provide a nurturing and loving environment for their children. I think parents so often abuse their children because they are at their wits end, and they simply don’t have the resources to get the housing, get the food, get what the children need so they take it out on the children.

What do you consider is your enduring legacy as a legislator?

I think that my work resulted in much stronger policies around children and families. The new Department of Children, Youth, and Families brought all the programs for children, juvenile justice, child welfare care, and early learning under one agency. So, the secretary is accountable to the governor, instead of a myriad of department heads. I think that has and will continue to have a very lasting impact on children and families.

Many of us have noticed bipartisanship is fairly rare in our government. How important is it for us to build consensus?

I think bipartisanship is absolutely critical to a healthy democracy, and

probably a third of the time I was in the legislature and in the Children and Families Committee, the senator was Republican, so I had to develop a good relationship with him. I was so fortunate because children’s issues are much more bipartisan than most other issues in the legislature or they have been. Unfortunately in the last few years, even children’s issues have become partisan. But when I was working on the bill, there were seven foster care parents who were Republican house members. And they really supported creating the new department. This huge new state department, the Department of Children, Youth and Families, you would think that most conservatives would not want to support, but they saw the need for change and they were tremendous allies. I found common cause with Republicans over many children’s issues.

How do we close the great divide in our society?

I really think what you are doing. I mean, you are as a student body --from what I have read in your newspaper and just attending a class this morning-- you are really establishing dialogue on situations where students disagree with each other, and that is so critical to the health of our society. That people who have different points of view don’t just go in their separate rooms, or on their separate feeds, on their own, but they really talk to each other about their differences and try to figure out a common path forward. Because we truly are in this together, and I think social media is driving us farther and farther apart. The solution is for people to really just talk to each other and try to work out their differences.

I’m really into politics, and I am wondering if there are certain things you

have to do to win office, like catering towards what the poll is saying, even though it may not align with your own values?

The path to getting involved in politics is to really get engaged with the issues you care about, to connect with organizations that you’re interested in, and start to really learn about the issues at the ground level. I discovered my passion for child welfare and child care when I worked with the Commission of Children and Youth. It was over a period of years where I worked very hard on learning about the issues and worked with people who also wanted to make changes around foster care and child care. When I decided to run for office, I had just a tremendous amount of support. People volunteered, endorsed me, and sent checks. I had a very easy first run, which is very unusual. Here are a few meaningful ways to start: build relationships with people who are passionate about the same things as you are, really do your homework on the issues, and get to know local officials, maybe offering to intern with a local official or be a page in the legislature.

Ruth Kagi dedicated her life fighting for children, youth and family. She has been such an inspiration to all of us. We are all motivated to follow our passion, to be persistent and resourceful, to make this world a better place for many generations to come.



ADVICE  
COLUMN

CAILEEN W.

Dear Leo, There’s a problem I have that the counselors can’t help with. Signed, Anonymous

Dear Anonymous, If your problem seems too difficult to share with a counselor, I would recommend reaching out to someone you feel safe talking to. It may be a sibling, friend, parent, or other trusted adult, or maybe the counselor themselves. Even if help isn’t available, having someone listen to you can be highly helpful in sorting out your emotions and thoughts.

Dear Leo, My friends make slightly racist comments, and I don’t know what to do. Signed, Anonymous

Dear Anonymous, I would recommend politely confronting them about their behavior and explaining the possible racist implications behind their words. Many may not be aware of how their actions affect others, which is why it’s especially important to explain to them. This, obviously, is far easier said than done; confronting your close friends about such a sensitive topic can seem quite intimidating, which is why planning the message out beforehand or using a safe and private space can be helpful in the process.

Dear Leo, Is a hotdog a sandwich? Signed, Anonymous

Dear Anonymous, I must first commend you on your profoundly impassioned question. In my humble opinion, a hot dog is considered a sandwich, as it fits the definition of “a meat or poultry filling between two slices of bread, a bun, or a biscuit,” as said by the US Department of Agriculture. (P.S., hot dogs are better than burgers.)

Dear Leo, Yesterday my brother asked me, “Is a walrus a bird.” How do I not get annoyed at that? Signed, Anonymous.

Dear Anonymous, It is to my great regret that I must inform you that your brother is correct; a walrus is indeed a bird.

Dear Leo, I used to be really good friends with someone, but then they started doing something I didn’t think was great and beneficial. Signed, Anonymous.

Dear Anonymous, I would suggest communicating with your friend, as they may not recognize the severity or negative consequences of their actions. Respectfully and kindly confront them in a private space, and don’t be afraid to express your feelings about their behavior. From there on, you should choose how to deal with your friendship; if you feel it would be beneficial to distance yourself, go ahead! If you want to continue working on your friendship and talking it out, that’s completely fine too.

Dear Leo, What do you do when your crush is dating someone or you know they like someone else? Signed, Anonymous.

Dear Anonymous, Dealing with personal feelings can definitely be difficult, especially when others get involved. My best advice would to be respectful of your crush’s feelings; ultimately, who they like is their choice to decide. However, you should be extremely careful as to not invalidate yourself in the process; your crush liking someone else shouldn’t and doesn’t undermine your worth in any way. If you need someone to talk to about your feelings, feel free to open up to a close friend or family member! Talking things out can be much more helpful than one would expect.

Dear Leo, I think my parents are getting a divorce. My dad’s a jerk. but they won’t talk about it with me. What should I do? Signed, Anonymous.

Dear Anonymous, Oftentimes, parents will try to keep things from their children in hopes of protecting them from their own problems which even they struggle with. However, they often fail to realize that the consequences of hiding things will be even larger than the initial impact, ultimately damaging their children more in the long run. Know that your parents most likely have good intentions in mind, but that doesn’t change the fact that an issue that will potentially affect you so deeply should not be ignored. I would suggest asking them kindly and privately for an explanation, but be understanding of their emotional strain and don’t push for answers if they aren’t comfortable. If you need help while going through this difficult time, reach out and don’t be afraid to tell a close friend in a safe and private space.

COOKING OR CONVENIENCE?

CAILEEN W.

Food franchises have grown at an alarming rate in the past years, with the astronomical 197,653 fast food businesses dominating the U.S.’s restaurants in 2019 swelling to 204,555 in 2020. A study conducted by the National Center for Health Statistics found that a little over one-third (36.6%) of adults in America eat fast food on any given day, saving hundreds of hours each year otherwise spent in the kitchen. But with 30% of all Americans spooked by measuring cups and whisks and 33% intimidated by the sight of a spatula, the lack of home-cooked food may be more of a problem than we think.

While some struggle to afford meals, some struggle to afford the time. Many Americans are rarely home long enough to eat a home-cooked meal, opting for a quick and convenient meal at their nearest fast food drive-thru. Alternatively, many Americans have never learned how to cook and are too intimidated to try, leading to greater reliance on restaurants and convenient food. Due to the extreme efficiency of fast food stores, cooking has become increasingly viewed as inconvenient and avoided, many Americans neglecting an essential skill and sacrificing their health for convenience. Along with the rapid growth of fast food franchises, US obesity prevalence increased from 30.5% to 42.4% from 2000 to 2018. The influence of fast food has branched beyond health; with its large focus on meat, dairy, and eggs contributing to worker exploitation, systemic animal abuse, and environ-

mental degradation.

Authentic and healthy home cooking is a necessary alternative to cheap but unhealthy burgers and fries. The quality of one’s home cooking is also highly important; ingredients should be organic and fresh to boost a balanced diet, with plenty of vegetables and fruits instead of artificial candies and snacks. Due to the COVID virus’ large impacts on restaurants, many alternatives to pre-pandemic convenience have arisen. Green Chef delivers healthy and pre-packaged meals with instructions to increase cooking convenience, while Weee Groceries is an accessible online grocery store that delivers healthy and fresh packages straight to your home. Tasty.co offers thousands of recipes from molten chocolate bundt cake to low-calorie egg white bars, offering unique flavors from around the world. Although cooking may be a daunting and new experience for many, the internet is filled with resources to help you along your cooking journey. Experience and time are insignificant; what matters is how you continue to learn and improve.

During the pandemic where drive-thrus and restaurant food may be less accessible, homemade cooking is the best alternative: fluffy steamed rice and sauteed vegetables, freshly-baked cookies and golden apple pie; the act of cooking one’s own meal can impact everything from your health to your family, the sharing of food linking together cultures and cuisines. Fruits are best enjoyed as those of one’s own labor or others’ sharing, the authenticity and joy of homemade food irreplaceable.



Photo Courtesy of HelpGuide



Photo Courtesy of Days of the Year



# RECIPE ROAD: SPRING EDITION

TIMOTHY D.

The start of spring is the start of a new growing season for crops, namely fresh vegetables. Eating vegetables can be a great source of nutrition and fun! Here is a simple recipe for Caesar Salad from tasteof-home.com!

INGREDIENTS

- ¾ cup canola oil
- ¼ cup lemon juice
- 2 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 bunches (1 pound each) romaine lettuce, torn
- 2 cups chopped tomatoes
- 1 cup shredded Swiss cheese
- ⅔ cup slivered almonds, toasted, optional

- ½ grated Parmesan cheese
- 8 bacon strips, cooked and crumbled
- 1 cup Caesar salad croutons

DIRECTIONS

In a jar with a tight-fitting lid, combine the oil, lemon juice, garlic, salt and pepper; cover and shake well. Chill.

In a large serving bowl, toss the romaine, tomatoes, Swiss cheese, almonds if desired, Parmesan cheese and bacon.

Shake dressing; pour over salad and toss. Add croutons and serve immediately.

Flowers bloom in the springtime, including roses. Some are red, and rhubarb is too! Unlike tulips, it’s a sweet and tasty vegetable. Here’s a

recipe for rhubarb bars, also from tasteofhome.com

INGREDIENTS

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 cup cold butter

Filling

- 2 cups sugar
- 7 tablespoons all-purpose flour
- 1 cup heavy whipping cream
- 3 large eggs, room temperature, beaten
- 5 cups finely chopped fresh or frozen rhubarb, thawed and drained

Topping

- 6 ounces cream cheese, softened
- ½ cup sugar

- ½ teaspoon vanilla extract
- 1 cup heavy whipping cream, whipped

DIRECTIONS

In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13x9-in. baking pan. Bake at 350° for 10 minutes.

Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over the crust. Bake at 350° until custard is set, 40-45 minutes. Cool.

For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator.



Photo Courtesy of Fullstack Kitchen

THE LAKESIDE

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# APRIL FOOLS’ DAY SUCKS, NO JOKE

ANNAPOORANI L.

April Fools’ Day is one big, bad joke that we really don’t need. I know that it’s good to laugh or crack a joke every now and then to lighten the mood, but people shouldn’t have to listen to jokes all day long, especially not crappy puns and cheesy, overtold riddles. This joke (that someone actually told me on April Fools’ Day) says it all:

A person asked me, “Do you want to hear a joke about pizza?”

“Sure, why not?” I responded.

“Nevermind, it’s too cheesy.”

“Ha ha, very funny.” Cue the sarcastic tone and eye rolls.

The joke is literally a cheesy joke about cheesy jokes. Do we really want a whole 24 hours dedicated to humor that isn’t really humorous? And to make it worse, jokes like this develop some even more awful variations. For example, a person could also say, “Do you want to hear a joke about fish?”

“Sure, why not?”

“Nevermind, it’s too fishy.” Jokes like this stink more than actual rotten fish.

Beyond this, April Fools’ Day is misleading. On this day, everyone will think what you’re saying is a joke. When you deliver some rather surprising news, for instance, everyone thinks you’re joking. Imagine this: you receive a test back from

your teacher, and they tell you that you’ve failed the test, getting 3 out of 20 questions correct. You think they are joking and laugh it off. When they request a meeting with you to figure out how to help you, you ignore it, thinking it’s one elaborate prank. The teacher is upset that you missed the meeting and didn’t even respond to their request. The situation turns into one big mess. And the culprit? April Fools’ Day.

The reverse can also be true. You make an April Fools’ Day joke, and someone actually believes you. What if you told someone you won the lottery and are going to buy yourself a Ferrari? If the person is gullible and doesn’t know it’s April Fools’ Day, they are going to believe you. And when they find out that you didn’t actually win the lottery

or get a Ferrari, they will either be incredibly disappointed, or they’ll think of you as a liar.

We really need to get rid of April Fools’ Day. People deal with enough bad jokes already. They don’t need even more on April 1st. Why can’t April 1st just be April 1st, another sunny (or, more likely, gray) spring day?

One last thing: You do realize that this whole article was one big April Fools’ Day joke, right? Mwahahaha! :)

# SOVIET UNION REBORN

ANYA V.

On February 24, 2022, the world gaped in horror as Russian troops invaded the country of Ukraine and forced Ukrainian citizens into bomb shelters or fleeing their homes. Ukraine’s common folk have had to take up arms, most knowing that it’s to their demise. Russians shifted to targeting Ukrainian civilians by bombing hospitals and the Kyiv TV Tower. Suffice to say that this is playing out into an all-out war and is being prompted by the desires of one of the world’s most powerful nuclear forces. But Russia wasting so much manpower and money on such a trivial cause as taking Ukraine seems unwise of them, especially considering that Russia hasn’t felt the need to attack Ukraine in the last two decades that they’ve been independent and been offered potential membership of NATO. So one has to ask the question: what does Putin really want to get out of this? In my opinion, Putin wants to rebuild his fallen empire: the Soviet Union.

In the media, Putin has pointed to NATO as the source of the entire problem. NATO is the North Atlantic Treaty Organization, a military alliance between western countries that has been expanding its membership to more countries in Eastern Europe. He, as the leader of a country that isn’t a part of NATO and isn’t planning on becoming one, feels threatened to have such a big military force standing at his doorstep and leaving his country vulnerable

to attack from NATO nations. NATO isn’t a new problem, however, and it isn’t a super time-sensitive issue either.

To get NATO membership, it takes at least 2 years to prove you have the requirements and to prepare your country for the possibility of supporting 30 other countries in warfare, and Ukraine has had an unofficial offer to be a part of NATO since its separation from the Soviet Union in 1991. That means that the possibility of NATO attacking Russia from their border has been a threat for the last 30 years, and nothing has come out of it. Russia has also engaged in hybrid warfare over Ukraine by influencing its political races, using propaganda, economic pressure, and cyber attacks. None of these types of attacks suggest that Russia wants Ukraine’s land or even support; it suggests that they want to take the country over. Putin has also described Ukraine and Russia multiple times as one entity and one people, with shared characteristics culturally, linguistically, and politically. Ukrainians have expressed multiple times that their culture and Russia’s culture are not the same and that they are different people, but Putin has tried to drown it out over and over again by restating the same claim. I don’t think one can assume he wants to use Ukraine as a buffer territory to protect Russia from attacks because of how he has hyper-fixated on overtaking the Ukrainians with Russian culture. He has been looking at it as a country under his ownership, and he wants

to claim back the entire sum of the country, territory, resources, and people in all.

Putin’s original demands from Western countries also seemed like he was less concerned about NATO’s power and more concerned about the growth of his own. One of his main demands before initiating the “special military operation” in Ukraine was that troops and weapons in countries that joined NATO after 1997 would retreat, saying that it gave him better peace of mind that NATO wouldn’t attack him at his border. But the very specific 1997 rule that would cover 14 countries in the Baltics, Central, and Eastern Europe, pose less of a military threat to Putin than he is proposing because countries like those in the Baltics are small with little manpower, and he has more power with Belarus’ support. In theory, if Russia were attacked by some of those countries, like Lithuania, they wouldn’t remotely be in any trouble because of Belarus’ presence as a buffer, and Putin, if he controlled the Baltics, wouldn’t be able to use them as a very effective buffer territory either. The greatest benefit he would get out of NATO leaving these countries would be his ease in taking them over instead, growing the status of his empire.

Putin has spent the past year or so speaking on the fall of the Soviet Union as a “disintegration of historical Russia,” which suggests that he believes strongly in the greatness of the Soviet Union before it fell and

aspires to rebuild it. That’s why he is so paranoid about the anti-Russian views in most of Western Ukraine and is obsessed with quelling them in the boldest, most powerful way he can.

The situation between Russia and Ukraine has shocked the world, and there is still so much shrouded in mystery regarding the reasoning of Putin. The same man who called the fall of the Soviet Union a “disintegration of historical Russia,” a former member of the KGB who would feel more rage over Ukraine leaving the Union while he was in charge, has to be planning something bigger. Between the odd, slightly unrelated demands, unknown motives, and peculiar timing, one has to admit that he seems to be motivated by rage, revenge, and an obsession with the status he had with the Soviet Union. Furthermore, Putin is trying to reconstruct the glory of the Soviet Union in the 21st century.



# VIVACIOUS VIOLINS

NAINA S.

The renowned physicist Albert Einstein once said, “I know that most joy in my life has come to me from my violin.” He began violin lessons at the age of five, and he was hooked on Mozart by age 13. From there, his love for the violin continued to grow. According to his son Hans, whenever he came to a dead end with physics problems, he would play up his violin (named Lina) which would, more often than not, help him solve his problems. Violins, the smallest and highest of all the instruments, are often thought of as just sounding pretty. However, as was the case with Einstein, there is more to the violin than meets the eye.

What do the traditional sounds of Middle Eastern, Asian, and Eastern cultures, rock, chamber music, pop, jazz, hip-hop, Americana, bluegrass, classical, romantic, modern, post-modern, Indian classical, folk, Arabic, and Persian, all have in common, other than being types of music? They can all be played on the violin, of course! A violin teacher named Evan Dice shared a personal experience with this. A former student of his first began playing classical music on the violin and began to lose interest over time. When he began studying under Dice, they started off identifying the types of music that the student would be interested in. They settled on his favorite movie soundtrack, The Lord of the Rings, and bands such as Coldplay. From then on out,



Photo Courtesy of Superprof

the student’s love for the violin just continued to grow. Violins are naturally adaptive - more so than other string instruments.

Violins are well suited for playing the melody, the principal part in a piece of music. This ensures that the violins are one of, if not the, most important instrument in a symphony orchestra. Their bright tone rises above the other instruments as the highest string instrument, and their refreshing tunes are the best remembered. Spectators flock to listen to the bright and resonant sound of the violins and to watch the violinists’ fingers fly up and down the fingerboard. Split into two parts, first violins and second violins, almost half of an orchestra is made up of them, and for good reason. Where would an orchestra be without its violins? Moreover, seeing as they are the smallest instrument in the orchestra, violins are the easiest instruments to carry around

on performance night and in general.

Playing the violin has many benefits for teens physically, emotionally, and mentally. Physically, violinists have amazing posture. In order to play the violin properly, you must both sit and stand with proper posture to produce quality sound. Playing also builds strong upper arm and shoulder muscles as well as an actively engaged core. Holding the violin promotes fine motor skills, while executing different motions with both hands simultaneously increases dexterity. After a long time, violinists have an enhanced sense of touch, hearing, and sight.

In addition, did you know that playing the violin releases hormones that make you happy? Playing is an excellent way to relieve stress; therefore, violinists experience reduced levels of depression and anxiety.

Moreover, learning a musical instru-

ment, especially violin, takes discipline. Also, according to violin school Vov Dylan’s website, it can also build character, self-reliance, self-esteem, and self-awareness. These all add up to make a well-rounded, flexible person. Teenagers who join an orchestra benefit from a sense of belonging, and seeing as violin sections are the biggest, this is especially true for violinists. Plus, there are more chances for solos when playing the violin, allowing violinists a special sense of accomplishment!

Violins are adaptable, essential to an orchestra, and beneficial to teens’ physical, emotional, and mental health. While the other three string instruments are each unique and beautiful in their own way, violins clearly take first place. So, next time you get the opportunity to listen to an orchestra, be sure to tune in to the violins’ gorgeous melodies - and appreciate all of the additional benefits that come with this small and lovely instrument.

# THE SNAKE MUST BE FREED: DAMS ON THE SNAKE RIVER

ANNAPOORANI L.

Most of our fifth graders this year have learned about the controversy of the Snake River Dams. The Snake River connects to the Columbia River, which divides Washington and Oregon. Part of the Snake River also flows through Idaho. The thing that is controversial about the Snake River is its four dams- Lower Granite, Little Goose, Ice Harbor, and Lower Monumental-which hinder salmon passage through the river. But they also have the positive environmental benefit of providing clean energy. So is it really ethical to use these dams, and do they do more harm or good?

Democrats and Republicans in the state senates of Idaho and Washington have different ideas about the four dams on the river. For the most part, Democrats believe that the dams should be removed, and that we should find other ways to produce our clean electricity -ones that won’t destroy salmon populations and not

harm the environment through the use of fossil fuels either. I believe that this is the right way to go about the dams because the ocean’s ecosystems must be protected. Obviously, as has been stated before, the removal of the dams would greatly help salmon populations. To quote Yale Environment 360, “The four lower Snake River dams are prime targets for removal... Their absence would inordinately benefit salmon.” Salmon are dying because of these dams. Their turbines are also murder machines for fish. The reservoirs made from the dams create increased amounts of salmon predators. Death is a natural part of every animal’s life cycle, but these dams cause unnecessary death, which is a very different thing. We can’t have salmon dying out on us because we need them for ecosystems that lie beyond Washington in the Pacific Ocean. Salmon feed into different food chains around the Puget Sound, and a lack of them will harm all sea creatures, such as orca whales who are starving.

People have tried many ways for the fish to maneuver around the dams; ways that aren’t functioning and probably never will. Several billions of dollars have been spent in order to make ways for fish to get past the dams, but they haven’t really made a sufficient impact. The workarounds just aren’t working, which means we come back to our original point that the dams must be removed.

These dams have been holding the Snake River captive for too long. It’s been hurting our salmon populations, which are critical to the survival of endangered species such as orca whales. Something has to be done soon, before our salmon die out all together. The Snake must be freed.



Photo Courtesy of Blogspot



# A WILL FOR CHANGE

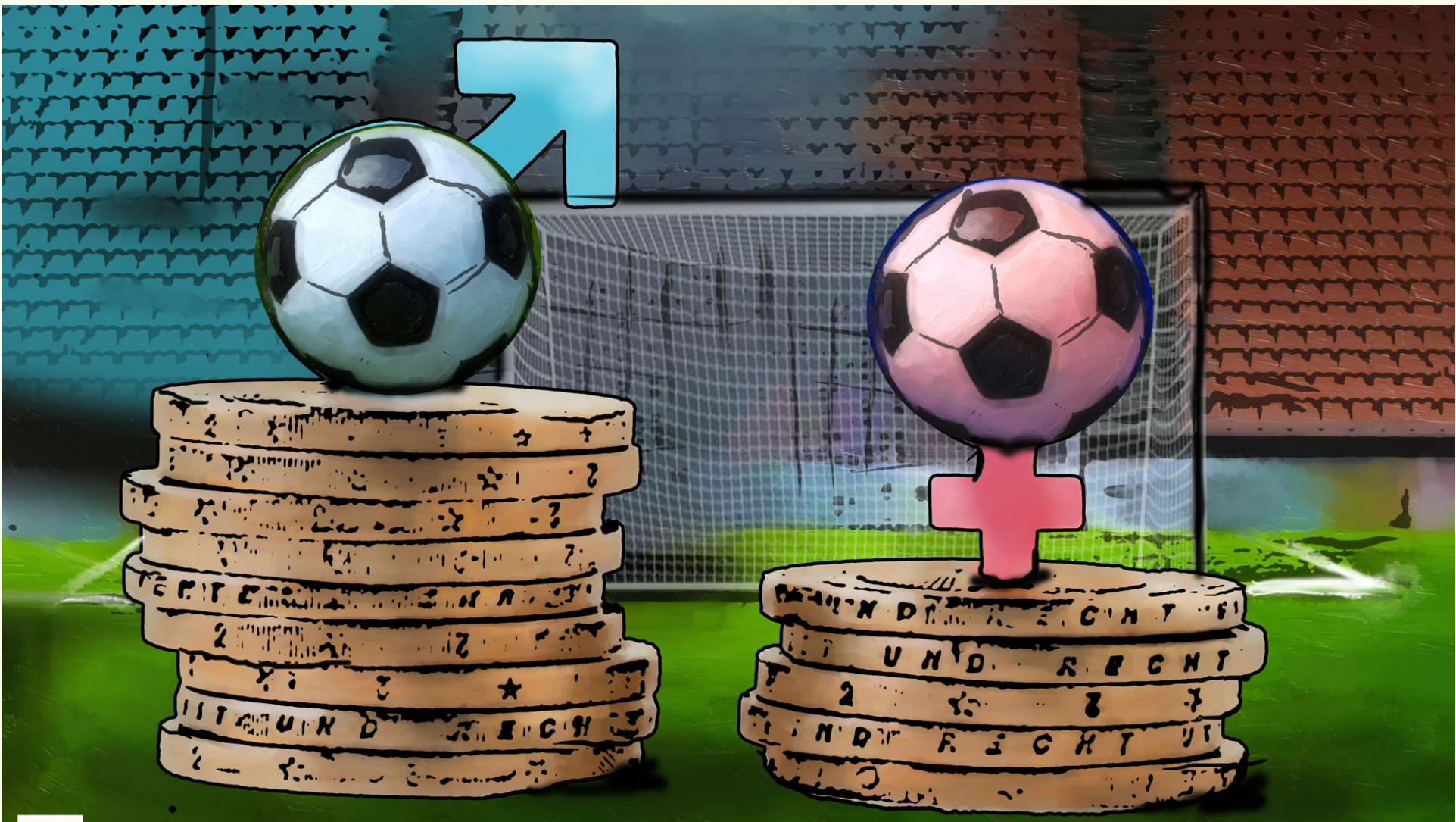


Photo Courtesy of New Frame

AMBER D.

Have you ever heard that women need to work twice as hard as men to get the same paycheck? While this can be noted in the workplace, the stark difference is accentuated out on the field- where the rules are identical. Across the board there’s a common occurrence: you can find wage gaps in almost any sport. But why does this matter? And how big really is the difference?

Let’s talk about soccer. Specifically, the U.S. national teams. Of course, we have to start at the beginning, explaining just how the players are paid. While the women have a more guaranteed salary, the men have a “pay-per-play” structure that is less stable; but, if the men perform well they can get handy bonuses each game. Female players sign a contract with an annual salary as opposed to this process. If both groups were to play 20 matches and win every one, the average salary for a woman would only be 89% of a man’s. If both lost all the games, they would earn the same amount. And if those matches were only friendlies, (games not counting for tournaments, games that don’t really matter) get this- women would have 38% of what a man would. But we’re only talking about one person’s salary; is there really a huge difference in the money available to fund those salaries? Well... in fact, there is. The president of FIFA,

Gianni Infantino, has stated that he wants to double the pot for winning the World Cup. This means that the women’s prize money will now be 60 million dollars. While this is fantastic, the men’s prize money is expanding as well; it will now be a dwarfing 440 million dollars.

This may be some pretty persuading evidence, but it’s only from one sport. Let’s shift our focus to basketball. Think about Natasha Howard and Anthony Davis. If you’re a basketball fan, you’ve probably heard of the latter. But surprisingly, these two players absolutely dominate their respective leagues in almost the same way. As you already know, they get paid differently, but the size of the gap is what might surprise you. The average salary of an NBA player is about 7.7 million dollars, while WNBA players earn only 75,000. For Natasha and Anthony, this gap is even wider: Anthony earns on average 27 million dollars, while Natasha only gets \$117,000. A very famous player, Shaq O’Neal has stated his dissatisfaction with the gap: “There’s no reason why certain guys that are not worth it are making \$40 million. And then you got the girls making \$700,000. That’s not right. Something needs to be done about that.” It’s clear that some change needs to be made if we want even a chance at eventual equality.

Even in softball there is a large pay gap and differences in training facil-

ities. Lauren Chamberlain, a current retiree, talked about the pay gap and sparked change in her league. She experienced differences in training facilities from when she was a kid all the way up into the major leagues.

You might be noticing a trend in the gap between male and female at this point, and softball doesn’t break this mold. Pro female softball players earn about \$6,000 a year while professional MLB players earn \$4,000,000 annually. Chamberlain has had uncomfortable conversations with players on her team and has changed some minds while being respectful, but she advocates that having those rather intolerable conversations are key for a transformation. “I think furthering the conversations, and not shying away from uncomfortable conversations is important,” Chamberlain stated. And it’s true. In order to confront any problem, you must face the consequences; this is clearly a problem that we must face.

Nevertheless, I do have to acknowledge the issue of wanting perfectly equal wages; it has to do with the funding and the outcome of each game. Men’s games are more popular, and they usually have a greater attendance. A greater attendance means more tickets sold, more advertising, and in turn more revenue. This revenue not only fuels the league but each player’s paycheck. And doesn’t it seem proportional

that if women’s games don’t make as much money, neither will they?

Out of that discussion comes a crucial question: why? Why is there less attendance at women’s games? Why is there less funding? Is it because the games are not as exciting, because of a difference in physical ability, or is there a deeper rooted issue beneath all this?

While there are no exact answers to these questions, I invite you to mull over them a bit. For as Lauren Chamberlain put it, without discussions and a will for change, there will never be any change.



# INTERVIEW WITH AN OLYMPIAN PART II



Photo of Haley Batten Courtesy of Red Bull

**ALTHEA B.**  
*This is a continuation of an article in the previous edition about Olympian Haley Batten.*

Do you do any other types of biking?  
I do a lot of training on the road bike and I also ride the enduro bike and I ride these bikes the most but that’s about it and I don’t compete on any bike other than the mountain bike.

What was it like in Tokyo during COVID?  
It was crazy. The Olympics was already hard enough to do because there were so many things to do to get there and to put the pieces in place and COVID didn’t help either, it just made things more insane. We had to COVID test everyday and we had to wear masks everywhere and we had

to put on plastic gloves everytime we got food so environmentally that was a bummer but other than that the volunteers were amazing and the cultures were incredible we even had some spectators in our events but I couldn’t really go to the opening and closing ceremonies because we weren’t allowed in Japan that long so I couldn’t explore it too well. Japan did such an amazing job and the experience was really fun!

What is your day to day life like as an Olympic athlete?  
I guess my life after going to the Olympics was super fun because I got to hang out with my family and rest a bit but life preparing for the Olympics had a lot of planning, good sleep, good food and a lot of training for hours a day, including strength training but in general it’s really go go go,

but I wouldn’t have it any other way, it’s a great job!

What is your favorite food to eat after your races?  
I love Thai food, especially pad thai with a mix of tofu and chicken and a mix of veggies. I like to compare Thai restaurants but I also like the curries, to mix it up a bit but it’s really fun to compare Thai restaurants. I have always wanted to go to Thailand but because of the Olympics I couldn’t really do that.

What other hobbies do you have?  
I’m trying to learn how to play the ukulele right now—that’s my side project but other than mountain biking I like to ski, wind surf and do stuff like that. I like to learn new things and am enjoying school.

What were the nicest and coolest things you saw in Japan? Were the people nice? What about the food; was it good?  
The people were so nice. The volunteers were nice and were the sweetest people and the mountain bike village was three hours out from the main village so we got to have our own separate meals so it was kind of like summer camp for mountain bikers. The food was really good! They had delicious pastas, meats, salads and rices but they had a lot of really good basics because we don’t like going to races after eating flavorful food, just reliable food and they provided that. I would always make my own poke balls with rice and vegetables and chicken with a sauce. Overall, it was a very fun experience!

## DID THE SEATTLE SEAHAWKS WIN THE RUSSELL WILSON TRADE?

**CONNOR D.**  
On March 8th, 2022, the Seattle Seahawks announced possibly the biggest trade in franchise history. They would receive, from the Denver Broncos, quarterback Drew Lock, tight end Noah Fant, defensive lineman Shelby Harris --two first round picks, two second round picks, and one fifth round pick. This was all in exchange for Russell Wilson and a single fourth round draft pick. This may seem like an extreme win for the Seahawks; how could you possibly lose when you get three players and five draft picks for only one of

each? But for many Seattle fans, the trade was a hard pill to swallow. After all, Russell Wilson has been the one constant, remaining productive throughout all Seahawk seasons since 2013, the year he was drafted. The pill becomes even tougher to get down when you factor in the quarterback Seattle is receiving is average at best and the draft picks Seattle received come in a fairly mediocre draft class. So why did this trade happen?  
Seattle has been contemplating on whether or not to trade Wilson for a long time now. He is the player that brought them their first and only Super Bowl. In 2019 the QB had signed a \$140 million

deal with the Hawks, taking up much needed salary cap space. In other words, the Seahawks needed money to spend on other players but Wilson’s massive contract simply got in the way. Additionally, he is 33 years old and at maximum will likely only play for 7-10 more years. Drew Lock, on the other hand, is 25, and if everything goes to plan, he will be playing for years after Wilson retires. So, for Seattle, this trade was for the future development and growth of the franchise. For the Broncos, they just needed a good QB. Drew Lock was nowhere close to being competitive in the stacked AFC West division and Denver did not want to take a chance on

a rookie QB coming out of a poor 2022 draft class.  
Personally, I think the Seahawks “won” this trade. It was a needed change of pace, and I think it was the right time to rebuild. Additionally, the sacrifice in Russell Wilson was more of an offload --orchestrated so that we got what we wanted while also getting rid of things we didn’t. We can speculate all we want about how the two quarterbacks will turn out in their new situation. But, as with almost all major sports trades, only time can answer the question of who really got the short end of the stick.



# AN INTERVIEW WITH BERNIE NOE II

FELICITY W.

Bernie Noe, our longest serving head of school, has made an extraordinary impact on Lakeside in the past 23 years. Today, he sits right in front of me, hands folded with twinkling eyes and a warm smile. It is simply surreal. I am extremely grateful for the honor of interviewing Bernie Noe. Here, he shares his thoughts on art, experiences at Lakeside, wisdom, and guidance for all students.

What will you miss the most about Lakeside?

I'll miss the whole thing. Lakeside can be very crazy. For you, for me, for everybody. I think there will actually be days when I miss the craziness, the spontaneity. What I've loved about my job is that no day is predictable. You can wake up in the morning and think that you are going to do one thing, and you come into

Lakeside and you are doing something entirely different. And I like that --that kind of variety-- it keeps you sharp and interested.

Life often throws us a curve; did that happen to you? How did you overcome those challenges? Anything you wished you could have done more or less?

Life throws curveballs, and yes, I have had multiple in my life, not the tragic kind. I think honestly you don't have a choice but to keep going, to pick yourself up, to dust yourself off, and keep moving because really, what else are you going to do? You can't stop. You don't get the job you wanted, you fail at something that you wanted to excel at. I think you get out of bed the next morning and start all over again with renewed conviction. I also think if you're not failing at something, it means you're not trying to take enough risks. If you play it safe all the time, you won't

fail but you also won't have as interesting of a life as you might. If you think about your own life today, the things you were the most nervous about when you started are probably the things you are the happiest about after you tried and became good at them.

The world right now is strongly polarized, for example, the debates about the Covid vaccine. What can Lakeside students learn so we can more effectively help ourselves and people to rethink and cross the chasm?

I think Lakeside students really have to be open to hearing viewpoints different than their own and trying to not just counter the viewpoints right away. One of the things, and I see this too often at Lakeside, is that if you don't view the world the same way as I do, something's wrong with you. I just think the whole country is going to have to get over that because right now, everybody judges everything and people

are down on one another, and it's just not healthy. And I know kids at Lakeside from time to time who are conservative in their viewpoints are even afraid to say anything because they don't want to get shouted down by their classmates. Lakeside students should really work on hearing everybody, genuinely hearing them, and pausing before trying to take their argument apart, and asking themselves if there is something I should pay attention to and rethink.

How can we be more empathetic towards each other?

It helps if you have empathy naturally. Empathy is an intriguing thing. Some people you meet are very empathetic and others are just not. For my whole life, I've wondered if that is just the way they were born or the way they grew up. I read a book recently called Behave by a Stanford professor, and he believes some people are just born with a tendency to be more empathetic,

and others don't have the same capacity. But, it is not like you can't learn it, but some people just have to work at it a little harder. It might not come as naturally to some as others, but I do think that you can learn it if you mindfully practice it.

If you were to speak to a younger version of you in 8th grade, what would you say to him?

I didn't do much work in 8th grade, regrettably, I was not a very good student. I think I would tell myself in the 8th grade to put a little more effort into everything. I eventually did put more effort into everything, but if I had started a little earlier, I would have been better. You are going to experience setbacks, and you have to get over those and move on. I remember my 8th-grade year vividly because I was wild in 8th grade. I was glad I made it to 9th grade.

# ELEPHANT PAINTER

TESSA N.

Once there was an elephant that wanted to be a painter. Not just any painter, but an amazing painter. Surrounded by ocean blues, forest greens, and lavender purples, she would use her trunk to splatter the canvas with colors. But nothing seemed to be quite right. The greens just a bit too green, the purples not quite purple enough. So she summoned the spirit of her idol, the Llama. "Oh, Llama-Llama-Llama-Llama!". "Ommmm, I have been summoned! What is it you want dear child?". "I want to be a painter!" answered Ele-

phanta the elephant. "Oh, goodness gracious me! I am not a gift-bestower but a wise old prophet! Ask again, dear child." "How do I become a painter?" asked Elephanta. "Do not ask me how to become good at something! I can't get you to make your greens less green and your purples more purple!" "Then I guess you can't help me," said Elephanta sadly. A little while later... "I will now summon the spirit of The Unicorn!" cried out Elephanta. "Oh, Unicorn, Oh Unicorn, how lovely is

your horn!" "Why thank you! I agree, it is rather nice," said the unicorn as it appeared beside Elephanta. "Well, what is it you want?" "To become a painter!" "No, no, no, I can't give you talent! Ask for nice weather, a sack filled with an endless supply of money, the all new CheatSheet Machine-homework made easy! Anything, anything, little elephant!" "No, thank you. I guess you can't help me after all," said Elephanta. The Unicorn shrugged.

A few minutes later, Elephanta decided to make one last, desperate try. "Oh, Cow-y , Cow-y, Cow-y!" "MOOOOOOOO," said the cow. "What do you want?" "I want to become a painter!" "Oh, very well. Moo moo moo. Make this elephant a great painter. Good-bye." Elephanta suddenly realized that if she added water, her purple would be less purple. And if she got a different green, then maybe it would be more green. Thus, she became the first elephant painter, and you can see all of her art in the Louvre.

# MODERN AND TRADITIONAL CALLIGRAPHY

ABRISHAM F.

Tibet, Korea, to the Middle East.

Calligraphy is a font that some might find fancy or stylish and is defined as decorative handwriting or lettering. In the Middle East and East Asia, calligraphy is a long tradition, even considered a major art, equal to sculpture or painting. Today, it is still commonly found in regions varying from China, Japan,

One calligraphy artist that I am intrigued by is Rachel Yallop, a British artist who specializes in typography and calligraphy. Her love of calligraphy seemed to come from her passion for drawing. She is famous for making the logo for Heinz soups and Cadbury chocolates.



Photo Courtesy of Rachel Yallop



# EARTH DAY POEMS

FELICTY W.

April was National Poetry and Earth month. To celebrate both of these special occasions, here are three poems from renowned poets.

Despite being little known during her lifetime, Emily Dickinson is now regarded as one of the most important figures in American poetry. Many know Emily Dickinson from her poem, “Hope is the thing with feathers,” which ranked among the greatest poems in the English language. Living in seclusion and devoted to private practices, Dickinson freely ignored the standard rules of versification and even grammar. Her work was bold and original, working with atypical off-rhymes in verse forms such as hymns and ballads. “A Light Exists in Spring” conveys a calm and serene feel about the light in spring, a season that promises new birth.

A Light exists in Spring  
  
A Light exists in Spring  
Not present on the Year  
At any other period —  
When March is scarcely here

A Color stands abroad  
On Solitary Fields  
That Science cannot overtake  
But Human Nature feels.

It waits upon the Lawn,  
It shows the furthest Tree  
Upon the furthest Slope you know  
It almost speaks to you.

Then as Horizons step  
Or Noons report away  
Without the Formula of sound  
It passes and we stay —

A quality of loss  
Affecting our Content  
As Trade had suddenly encroached  
Upon a Sacrament.

T.S. Eliot was an American-English poet, playwright, literary critic, and editor. Today, he is best known for his role as a leader of the Modernist movement in poetry and as the author of “The Waste Land” (1922). “The Waste Land” is a long poem made up of many shorter verses. Its numerous perspectives, fragments of decay, despair, and death are juxtaposed and contrasted to create a poetic collage of a disordered view of the Earth. Winter numbs us, its cold touch spreading frost across the land, desolate and cold, just like the life of one in despair. But, it helps one forget. Spring awakens one along with the pain and suffering. The flowers of spring that bring many joy only aggravates the feeling of pain and misery for others. This is the beginning of his poem “The Waste Land.”

The Wasteland  
  
April is the cruelest month, breeding  
Lilacs out of the dead land, mixing  
Memory and desire, stirring  
Dull roots with spring rain.  
Winter kept us warm, covering  
Earth in forgetful snow, feeding  
A little life with dried tubers.

Long before movements protecting the environment began, Rabindranath Tagore had already started. His love for nature began as a child and is evident through his stunning depiction of the Earth --from the sky, to the seasons, to human knowledge. Wide open skies and the countryside symbolized freedom. His long held belief of humans walking in harmony with nature shines in every line. A Bengali polymath, Tagore was a poet, writer, playwright, composer, philosopher, social reformer, and painter. Through the late 19th and early 20th centuries, he reshaped Bengali literature and music as well as Indian art. Below is one of his poems depicting the vast beauty of nature.

And Joy is Everywhere  
  
And Joy is Everywhere;  
It is in the Earth’s green covering of grass;  
In the blue serenity of the Sky;  
In the reckless exuberance of Spring;  
In the severe abstinence of gray Winter;  
In the Living flesh that animates our bodily frame;  
In the perfect poise of the Human figure, noble and upright;  
In Living;  
In the exercise of all our powers;  
In the acquisition of Knowledge;  
in fighting evils... Joy is there Everywhere.

Here is one poem from Lakeside Leo reporter Tessa titled “Owls”  
  
Owls

Hooting softly  
In the night  
Stars brightly shining  
As they take flight  
  
A big featherball  
Is how they appear  
As they whisper dreams quietly  
Into your ear  
  
Here’s another short poem I wrote  
  
There’s beauty all around the world

There’s beauty all around the world  
not just in the miracles  
that come once a century  
the comets  
seen once every 75 years  
or the rainbows  
that only come during rain and shine  
if you look close enough  
for just a second longer  
perhaps you’ll see  
the abundant gifts from nature  
the blue of the sky  
the green of the trees  
the purples and pinks of every flower  
the joy  
And hope  
All around us

For April, embrace your inner poet and write about one beautiful part of nature you see. Weave a tale that will be remembered for centuries!

# BREAK PHOTOGRAPHY

STELLA J.

Coming up next month is May, National Photography Month. May was made National Photography Month in 1987, when Congress recognized the role of photography in modern society. Here are photos from mid-winter break that Lakeside Middle School students took.



This was taken by Hannah B (8th grade)at Crystal Mountain.



This was taken by Harper C (6th grade)in New Mexico.



This photo was taken by Dylan S (6th grade) in Idaho.



# LETTERS AND SECRETS PART V

SKYLER B. & NOELLE Y.

The execution had almost begun by the time the detective reached the Tower of London’s field. Andrew had no idea if his idea would work --or the consequences if it didn’t--but he needed to try. If the mystery writer was telling the truth, and magic was involved in the mystery, and if his hunch that the assistant could use it for evil purposes was true, there was no telling what might happen. However, it seemed that there were too many if’s in Andrew’s diagnosis.

“Only a couple days ago, our king declared he had vilely killed the princes, the heirs to the throne.” The voice was loud but smooth as a snake’s scale --it could only belong to the court’s self-proclaimed leader and spokesman, Lord Mason.

“This was not only an act of utter cowardice,” Mason continued, “but a sign of unstable leadership. Today, we do our noble country a favor by terminating him.”

“Lord Mason,” Andrew whispered so only Mason could hear him. “If I may, I have found an alternate solution to this mystery. It wasn’t cowardice that led the king to confess; it was the assistant’s supernatural manipulation.”

“There is no alternate possibility,” Mason spat for all the court to hear. “The investigation is over, my dear trustworthy detective.”

“You are incorrect,” the detective said. “About the king. He was forced into confessing.”

“Guards.” Mason carelessly waved a hand. Four soldiers emerged soundlessly from the Tower and surrounded Andrew. “Further resistance will result in severe punishment. I want the king’s head now!”

“Lord.” A stout woman in court’s robes stepped forward, Lady Sophia, one of the few women in the court. “It is imperative you let everyone speak. Richard’s son, the heir, is already unhappy you killed his father. Much more and he would be allowed to lawfully execute you.”

Mason shuffled uncomfortably. “I don’t think that would happen.”

“Detective Andrew is the country’s best detective. You should listen to him.” Sophia calmly stared Mason in the eye. Andrew remembered he had been trying to get rid of her for a while.

“The detective is speaking out against the court, who is the current acting royalty,” Mason pointed out. “Speaking out against royalty in such

ways can result in punishment. If he goes any further, I will relieve him of his important position. He has never agreed with my views... I might give him the gift of a bounty, perhaps. A large one.”

Sophia nodded slowly. “True. There is a chance you could be allowed to take such action.”

The detective glanced between the two. A chance. A small chance, perhaps. It wasn’t likely.

But he wasn’t finished. The assistant wasn’t caught. However, there was still the possibility that the assistant wouldn’t do anything worse. The murder could have been a mistake. Surely the detective had known the assistant long enough to know it was a possibility.

“Bring the executioner,” Mason gestured impatiently.

“No,” Andrew said. He felt cold, even though the sun was bright and high in the sky. “The king didn’t--”

“I’m sorry,” Mason smiled coldly. “Do you believe I should be removed from the court?”

Andrew didn’t say anything.

“Yes, I suppose. And this attempt to make me appear foolish is an act worthy of punishment. As of tomorrow, I hereby place a bounty of five hundred pounds on your head.”

Andrew almost choked. Five hundred pounds was more than enough. He had never heard of such a bounty. It was unthinkable. He would have to leave civilization--

“Now, I don’t believe that’s lawful,” Sophia stepped in. The detective’s heartbeat thudded more quietly. “For workers of Mr. Andrew’s rank, the highest possible bounty is of fifty pounds.”

“I don’t care,” Mason snorted. “He’s not like the other workers. Make it six hundred pounds or I’ll petition to remove you from the royal court of England!” He took a long breath and straightened. “Execute the king.”

Sophia stepped back. The executioner came through the gates, armed with a double ax. The guards pressed closer around Andrew. Mason nodded gleefully.

Andrew swallowed. This wasn’t the way he had planned this going. Of course he hadn’t expected everything to go perfectly, but he still felt at least the assistant could have been captured. He had allowed himself a six-hundred pound bounty, and the assistant still hadn’t been caught.

“It’s my assistant,” he blurted. “When I told him of the missing jewels, he

mentioned magical properties, and I recently received a mystery letter on the topic of magic. He--” Andrew stopped. Mason was smiling faintly; he wasn’t helping. It sounded as if he had lost his mind.

“It’s true,” he continued, looking for the assistant. The traitor was nowhere to be found. “He was on a fishing trip during the time of the murder, and it took him as long to get back about as long as it would take to return from London. He was sick during my search as a cover up. And there’s even more.”

“No, there isn’t.” Mason drew pistol. “What you’re saying is lies, all lies,” he sneered.

“Wait!” Sophia’s voice rang cold and clear. Next to her, a guard held the assistant against the wall. The apprentice flickered, as if momentarily the rules of shadow did not apply to him. The soldier’s eyes rolled and sparks flew. He let go for a moment, but Sophia quickly took his place.

“Lord Mason,” she said, “I can prove he’s right.”

“Of course, you are unstable as well.” Lord Mason sniffed but did not shoot. “Go on.”

“I know magic is true,” she said, “because I wrote those letters. I’m Mr. Andrew’s sister.”

Well, that was highly unfortunate. If Sophia believed that, she wouldn’t be able to tell the facts of the mystery from Lord Mason’s lies. “I’m am unaware--”

“Long lost,” Sophia added. But Andrew shook his head. She looked nothing like him-- her skin was much lighter, and her eyes were far greener. She couldn’t be a relative.

“Sometimes these things happen, Andrew,” she said, her voice on edge as if he was holding a pistol and not Mason. “I have documents. Whatever you need. I kept them from the world, so you could be safe. Now it is safer if... Lord Mason cannot execute the king.” Her stare was impressively pressured for such a small woman. “The magic separated us. I didn’t know why, but now I think... I think it needed you to save the king. And to rid the world of this man. Your apprentice.” She gestured to Andrew’s assistant, restrained by two dubious guards.

“He is younger than me,” the detective sniffed. “Magic can not rid the world of something that does not exist.”

“Perhaps it sees the future....” Sophia’s eyes almost reflected her thoughts. “Magic is a great mystery. I

hope to learn more within my limited days.”

“Enough,” Lord Mason said. “End the king.” The executioner took a step forward. Before the assistant’s guards loosened their hold, Andrew had one final idea.

“If I can prove my apprentice uses magic, will you not execute the king?” he said, hoping his ever-more unrealistic idea was true. He also tried not to glance at Sophia. She might have helped him, but she was not his sister.

“No,” Mason spat. “A waste of time. It wouldn’t work.”

“Guards,” Sophia said, “kill the apprentice.”

Lady Sophia of the English court was certainly unstable.

The guards spun to face the assistant. Their own pistols were already in hand. Sophia waited for a second, holding even the air still. “Fire.”

Andrew cringed automatically, but the guards did not fire. They did not move. Were they rebelling? Were they loyal to Mason?

“You idiots, restrain him!” The Lord did not care for patience. But the guards still did not move.

“There,” Sophia said. “Is this enough? They cannot move! Even the sparks are begging. They are effects of powerful magic. Can’t you see?”

Mason snorted. “Hardly.”

Sophia looked around. It seemed she could not find a way to express such anger. “He cannot move either! Do you think he would do so voluntarily? He is locked in the magic! If he were to run, the guards would shoot--restrain him! He cannot focus and resist--”

Before Mason could respond, his personal guards moved in and they took hold of the apprentice. “Lady Sophia,” they credited in unison.

The apprentice collapsed. The detective sighed. “Sophia--thank you.”

“Only if you believe me,” she said. “I am your sister.”

“Of course,” Andrew said. He didn’t want the guards to turn on him next.

“No,” she said. “Come with me. We must discover the secrets of the Magic. We will--”

“No,” Andrew said. “I am a detective. I cannot abandon my job.”

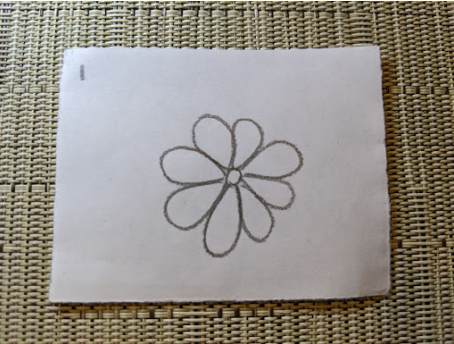
“You are meant for more,” Sophia insisted. “We cannot wield it, but the magic calls us. It is another mystery to solve.”



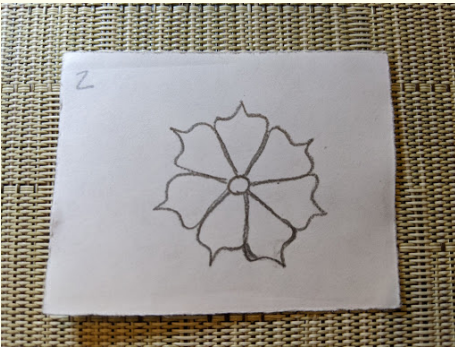
# HOW TO DRAW CUTE FLOWERS!

STELLA J.

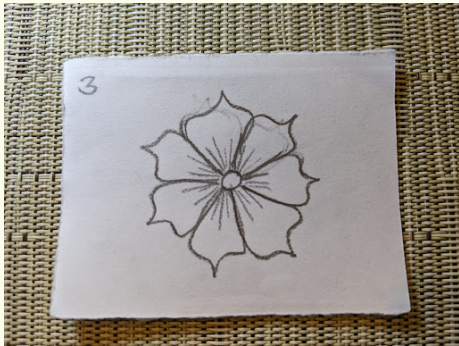
It’s spring soon, and when most people think of spring, they think of flowers. Unfortunately, when most people draw flowers, (unless they have had practice) they aren’t as detailed as hoped --sometimes just a circle with rounded lumped petals on the outside. In this article, here is one step-by-step approach to drawing flowers, and a few tips and tricks to give your flowers a “spring” in their step!



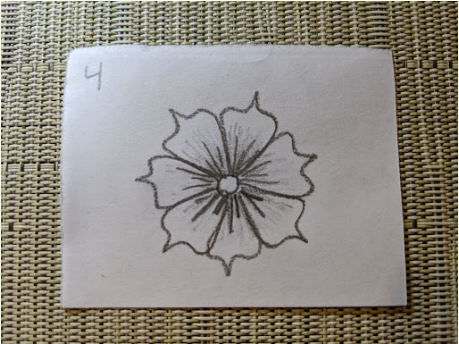
Starting with a boring flower, we can give the petals a little shape, by giving them a pointed bit.



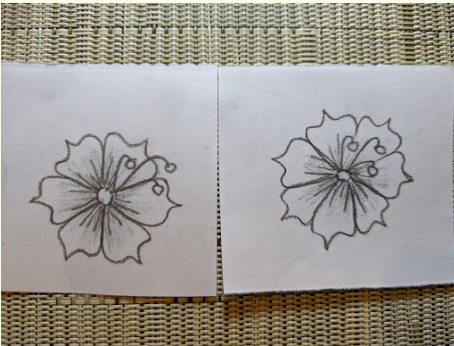
Tip: if you are drawing a flower from scratch, rotate the paper so you can make the petals even. Then, add some lines around the center, to indicate 3d space.



Next, add some shading. Shade darker around the center, lighting up as it you reach the petals. Now, it’s starting to look more like a real flower.



Optional: Consider adding stamen, the small stalks with pollen on them. You can make them as long or as short as you want.

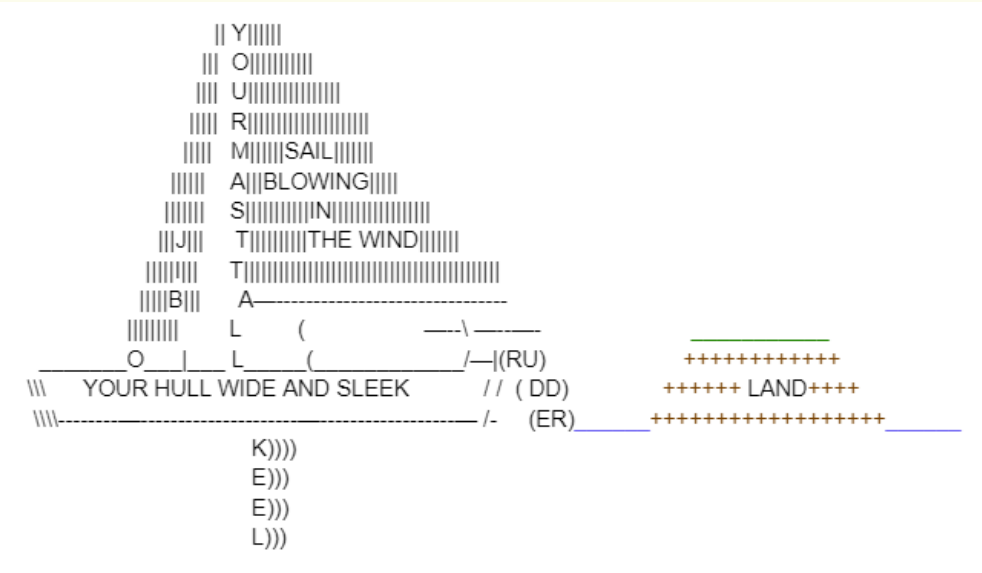


Photos Courtesy of Stella J

And this is how to turn your normal, boring flowers into more detailed, lifelike flowers!

# POEMS INSPIRED BY KWAME ALEXANDER

## SAILING



~OTTO R.

### THIS YEAR, I

This year, I  
joined more than  
200 zoom calls  
wore 273  
different masks,  
got covid tested  
18 times  
got vaccinated  
2 times  
used trace for  
88 days  
canceled 24  
different events  
sat on a lunch  
tarp for 70 days  
social distanced  
with 400 people  
and covid STILL  
hasn’t ended.

~VIVIAN H.

### THIS WEEK, I

This week I,  
  
Eat burritos  
Try chorizo  
  
Finish Glee  
(They lose nationals)  
  
Decide on questions  
For a mock hearing  
  
Read a new book  
Not a happy ending  
  
Fight with sister  
She wins

Decorate the calendar  
January is boring

~MAISY S.

## MY PIANO

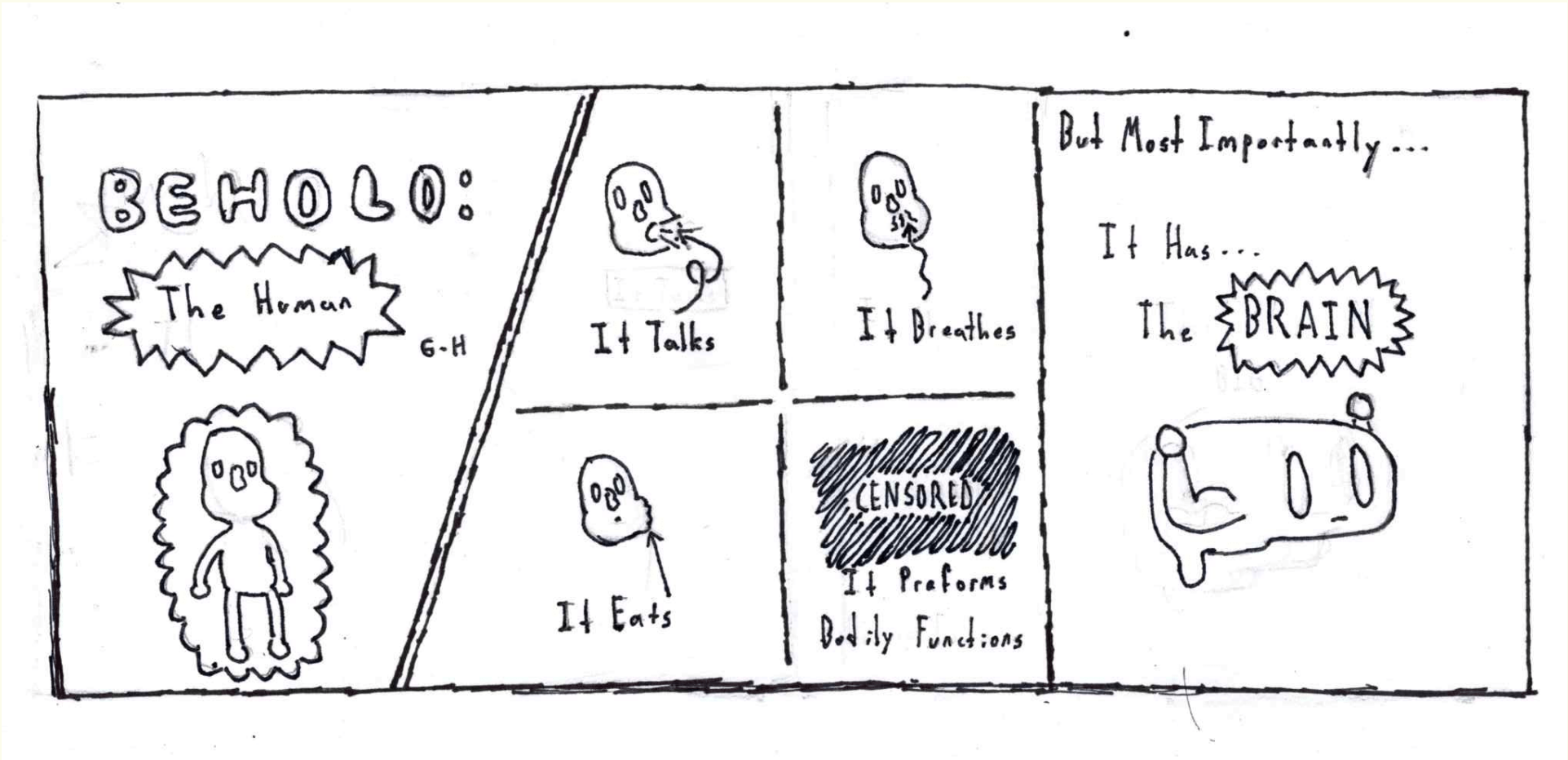
my piano,  
is shut down,  
all night,  
every night.  
  
in the morning, the strings stretch  
to a new day,  
listening to the sounds of morning  
taking in the smell of plants,  
and see what cannot be seen to the  
eye.  
  
when my piano opens its lid to a  
new day,  
keys glistening,  
hammers ready,  
the music captured within my  
fingers.  
  
notes revitalizing my soul,  
sailing away from the disquietudes  
that I hold,  
led astray from the thoughts that  
haunt my core,  
letting my vexation wash away  
with the tide.  
  
there is a certain being living with-  
in my piano,  
crawling, clawing to get out,  
but sometimes,  
it taps the glass that holds it inside.  
  
flushing out sadness,  
staring at me through a clear wall,  
wondering why I can never reach  
~PRINCETON K.

the other side,  
filled with melancholy happiness.  
  
hours of dedication lie after my  
path,  
my fingers permanently  
engraved into the keys,  
to last a hundred years.  
  
fingers skittering,  
notes uplifting,  
I feel a storm  
of notes incoming.  
hammers are swinging,  
the pedal is clinging,  
a swirl of notes that feels like mud,  
but then arises a sound similar to  
frolicking in a field of flowers.  
  
Fingers gliding,  
Notes sliding  
Biding time for my grandiloquent  
ending  
my piano and I sing the same  
melody.  
a never-ending story of  
vengeance, suffering  
misery, loss  
contentment, victory.  
My piano and I  
speak the same language  
sing the same lyrics  
as we always did  
and will do.



COMIC MEDLEY

ALDER G-H., KEVIN N., & TRUE N.





# SPRING WORD HUNT

## Spring Search!

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

- |           |          |          |         |
|-----------|----------|----------|---------|
| Butterfly | Sunlight | Rainbows | Flowers |
| Blossom   | Bunnies  | Buzzing  | Clover  |
| Pollen    | Nature   | Birds    | Bees    |
| Equinox   | Garden   | Green    | Warm    |

