



THE LANCE

Volume 56, Issue 3

La Follette High School, Madison, WI

The Student Voice of LHS

INSIDE LHS

Lance Adviser

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MAY/JUNE 2020

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Find more content online at thelancenewspaper.com

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Stay home, stay healthy Lancers. pg. 7

THE LANCE

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The Lance Wins Big!

Your student newspaper takes home three statewide awards.

By Zella Milfred

For the first time in its history, The Lance won top journalism awards from the Wisconsin Newspaper Association (WNA). Our Writing for the Media class submitted work into their High School Better Newspaper Contest, and is thrilled to announce that we placed in every category that we participated in. The Lance finished second place for the General Excellence award, and was additionally awarded with first place for individual Feature Story and second place for individual Editorial Writing.

This annual competition receives entries from schools all across the state, so winning an award at this level is certainly something to be proud of. "I knew the kids wrote well, I knew the paper looked nice but I had no idea we would get three awards! I was excited for the kids!" said Donna Kennedy, who has advised The Lance for 12 years. The General Excellence competition recognizes the excellence of a newspaper as a whole. It judges on quality of writing, depth of news coverage, relevance of editorial page, and the overall appearance in layout and design of the newspaper. In submitting, the class was especially excited to show off their new sports cover on the back, which provides an additional entry for our readers.

The individual feature story submitted by Editor-in-Chief Zella Milfred (11) is about LHS alum Savion Castro now a member of the Madison School Board. Judges called it a "very interesting profile" and "well

done". This story shined a spotlight on a La Follette graduate, who is now using what he learned in high school to better our community and help youth find their democratic voice.

The individual editorial submitted by Assistant Editor Tziah McNair (11) was about the existence of white privilege. In this story she delves into today's racism and the white privilege that exists in employment, law enforcement, sports, and everyday life. Judges commented that this was an "excellent topic" that incorporated "clear, compelling writing".

Because of the current COVID-19 pandemic, the Student Honors Luncheon scheduled for March 20th in Pewaukee was postponed, so awards will be sent in the mail.

To create a successful publication it takes the hard work of every single reporter. Hitting strict deadlines can be stressful, but is vital in completing an issue, and teaches important time management skills to staff. We learn how to plan, interview, research, write, edit, and publish articles in many different topics to ensure that there is a student voice here at LHS. Our focus on current events teaches us to be mindful of the world around us.

Our class is filled with many discussions, maybe sometimes a little too much chit chat, which truly brings us together as a family. Our success in these awards reflects the dedication and creativity that exists in our workspace.

We hope that The Lance continues to receive the resources and support that it needs from the school to continue investigating, writing, and publishing quality work for many more years to come. Congratulations everyone!



Zella Milfred, Editor in Chief



Tziah McNair, Assistant Editor

Business Teacher Donna Kennedy Finding New Beginnings

Kennedy retires and new adventures await.

By Zella Milfred

Donna Kennedy says she takes “a pearl” from every school year that passes. It could be what she learned from seeing students connect with each other, or from forming a strong connection with a student herself. It could be seeing one of her classes become a family. After 16 years of teaching at La Follette High School, she is now retiring with a full strand of pearls to take on her next adventure.

At La Follette, Kennedy has taught Business Technologies, Graphic Design, Computer Literacy, Personal Finance, Web Design, Yearbook and, of course, our Writing for the Media class, which publishes *The Lance*. “Mrs. Kennedy is a wonderful teacher. She’s always at school early and there late working to create meaningful, engaging lessons. She really cares about her students and their success and brings her great sense of humor into class... I’ve become a better teacher by watching her,” Molly Belt, long-time friend and fellow LHS teacher, said.

Kennedy grew up in Madison and graduated from La Follette, so her journey as a Lancer started long before teaching. She has never stopped learning, and went on to earn degrees in photography, personal finance, business administration and management, educational leadership, and curriculum and instruction.

After high school she was highly inspired by photography. She took pictures professionally, and began teaching photography at Madison College at the age of 23. From there, she caught the teaching bug. It stuck with her through owning her own graphic design business, working in international sales and marketing, travelling the world and starting a family. It lasted until she came to the school district as a Special Education Assistant at Lapham Elementary School. In 2004, she began student teaching at La Follette, and quickly started working here full time.

She first taught *The Lance* in 2008. “It was a class that I could basically make my own,” she recalls. One of the first things she did was switch to a magazine style newspaper,

much like the one you are reading today. “To me, it is more important to see kids have strong relationships with each other than becoming a journalist. It’s really not about becoming a journalist. It’s about building relationships, learning together, knowing how to collaborate, and knowing how to get things done,” Kennedy said. For her, one of the most rewarding parts of teaching is seeing students smile, and having them leave the classroom feeling like they are part of something bigger.

“I used to hate writing and kept all my opinions and problems inside, pushing it deep down. But as I joined her class I met upperclassmen and started expressing myself better through writing, and I wouldn’t be the person I am today without her,” *Lance* reporter Tylor Brackett (9) shared. The *Lance* and yearbook classes are especially meaningful to Kennedy because many students return year after year. A strong sense of community comes from working together to create a publication for the whole school.

For years, her life has revolved around deadlines for *The Lance* and yearbook. But her positive outlook and tenacity is what makes them so successful. “I always look at those two classes as challenges, I don’t look at them as hard work, or consuming my time. I looked at it as a challenge, an opportunity, and a possibility to do something that hasn’t been done before,” she said. With every publication, she is always thinking about how they can improve, and works with passion and a heart of gold. She acknowledges that the kids she’s met throughout the years have made her who she is today, and her students will say the same about her. “Mrs. Kennedy has changed my high school experience in a way that I can’t even begin to describe. G11 has been my home away from home for the last few years,” *Lance* Copy Editor Ava Kaminski (11) said. Kaminski appreciates the outlet Kennedy has given her to express her opinions. Sports Editor Michael Rottier (11) added, “I knew her door was always open to me at all times of the day, and it was very reassuring to know that I could always have her to talk to and rely upon... I will get by with the kindness and lessons she’s taught me.”

All three of the current yearbook editors agree that her LHS career is coming to

a well deserved end. Ana Graham Cook (12) credited Kennedy for pushing her to achieve. “She saw the potential that I had, and it just took off from there,” she said. What will be most difficult for her students is not being able to say goodbye in person. “As sad as it is, I know that she will be having so much fun as she continues to go on awesome adventures and take breathtaking photos,” Cece Hogan (12) added. Because COVID-19 has forced schools to go virtual, *The Lance* and yearbook have been difficult to finish. But Kennedy is making sure they get done on time. As she ends her career, she has advice for all of us as we begin ours. “Whatever you go into, you have to be knowledgeable and passionate about it. And it doesn’t matter what it is.” She reminds Lancers not to let money guide them in their career choices. “It is not the money that makes you happy, it’s the fulfillment of what you are doing and what you accomplish and who you meet along the way,” she said.

After finishing the school year, she hopes to visit her daughter Kristina out west, and her other daughter Hannah in Australia. She can’t wait to jump in the car with her husband and just start driving, with the goal of visiting every national park in the United States. A part-time job is a possibility, but she wants to first take time to focus on wildlife photography, and spending time with her family.

“Just because I am retiring doesn’t mean I am going to sit in a rocking chair on the porch,” she said with a smile. “It means that I am just going to do something else.”



Essential Workforce: Lancers on the Frontlines

Many Lancers, along with many others, are continuing to work in order to keep our community supplied with essentials.

By Ava Kaminski

During this unprecedented time there is a lot of uncertainty, confusion, frustration, and worry. While many of us are doing our part to slow the spread of the coronavirus by staying home and social distancing, there are still many people working on a day to day basis. Many of the more recognized frontline workers are adults, and if you're one of those workers, thank you for everything that you do. However, one of the more overlooked age groups throughout this pandemic has been the teenagers and young adults. Since high schoolers don't have degrees, this population is not qualified for a wide variety of jobs. This leaves many high schoolers working in retail, grocery stores, and in the food industry.

We want to recognize the work that many Lancers are doing in order to keep our fridges full and community safe. Thank you to every single one of you for putting yourself at risk for us.

Hopefully the following stories and insight from these Lancers will give you a taste of what it is like to work during the coronavirus.

"My experience working during the pandemic has been a mix of thinking I'm doing something good for the community and just pure frustration. While my fellow employees and I have received a considerable pay raise, the ways in which my store has dealt with the pandemic has not been good. As an example today [April 21st] was the first day all employees were required to wear masks," Joe Finkelmeyer (12) said. Some major retailers have been counting the number of customers that are coming into the store which has created an increase of customers shopping at stores like Metro Market, where they were initially not counting. When a new and rising number of total customers started coming into the store, Finkelmeyer said that was the first time he truly felt unsafe.

As of April 25th, Metro Market will be counting those who are coming in, but he is frustrated with the delayed response the company has had. From his perspective, they were trying to receive more profits with added customers instead of keeping the store and its staff safe.

Not only has toilet paper been running out, but on the Saturday before Easter, Metro Market ran out of ham. Olivia Hammersley (11) had to deal with countless customers complaining about the lack of ham, some even yelling at her. "Make sure you are keeping the people around you safe; if you feel ill don't come to the store. Also a lot of the employees working at Metro are teenagers, please don't yell at us if we are out of something," Hammersley commented.

Grace Jensen (12), who also works at Metro Market, has found that some people are kinder. "So many customers have started to treat us workers nicely and be thankful for us. It's crazy that it has taken a global pandemic/crisis for workers to be treated with respect or to even be treated like humans," Jensen said. She has also noticed that some customers take off their mask when asking a question, which defeats the entire purpose.

Jesse Kleiss-Garcia (12) works at the Willy Street Co-op. At the Co-op and across many grocery stores, they are placing plexi-glass between the registers to create a barrier between the workers and the shoppers. Due to distances between registers not being 6 feet - the recommended distance you should stay away from people -

the plexi-glass adds protection for workers and customers. "It is important that we all stay calm [while shopping] and stay inside unless you need to go out for essentials," Kleiss-Garcia stated.

Ava Kersten (11) has been working as a stocker at Walmart. "People always come in asking for gloves, hand sanitizer, soap, rubbing alcohol and other things along those lines. I know that we don't have any on the shelves or located in the 'back', and then they get angry when I can't magically produce these objects," Kersten said. They also don't understand the whole toilet paper hoarding, because if you get sick you're going to need tissues over toilet paper. Just something to think about. Be nice to all workers and thank your fellow Lancers for the necessary work that they are continuing to do. These students, along with many more, are doing essential work and they will be remembered for that. Be courteous, share, and stay safe Lancers.



Lancers Colton Curley (12) and Olivia Hammersley (11) working at Metro Market.

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Traditions Like Prom Halted Due to Pandemic

LHS will wrap up the school year with no prom.

By Elijah Rader

2020 has brought us many surprises. But few as devastating to a senior as the cancellation of prom. Due to the worldwide spread of coronavirus, social distancing guidelines have been put in place almost everywhere, calling for no gatherings with more than 10 people, standing at least six feet apart from everyone, and self isolating if exposed. These rules caused the cancellation of schools and the transition to virtual learning. With the closing of schools, this also means the cancellation of prom. This is devastating to students across the country, including those at La Follette. For many Lancers, prom is an exciting springtime tradition, and losing the chance to have a fun night with classmates is a bummer. Many students had already bought expensive dresses and outfits,

which will have to stay hung in their closets for the time being. Coordinator of student engagement, Molly Hayes, has heard many voices about the canceling of prom, and understands how we all are feeling. "I care very deeply about all of our students. I feel your pain and disappointment not only for prom but for many other events that have been taken from you," Ms. Hayes said. However, if somehow the social distancing guidelines were lifted before or during summer, she says that "if we are able to do anything this summer with gatherings, my focus would be to plan a graduation ceremony for our seniors! My heart breaks for them not being able to walk across that stage in June and I know many of them want that opportunity to happen," Hayes said. She also added that decisions like this are made by district offices, or most likely Tony Evers, and members of the La Follette staff have to follow guidelines set forth by them. Current La Follette junior Cora Adams

had a big role in the planning for prom this year, and was very upset, just like the rest of us. "I will admit that I was really looking forward to prom, and have had my dress since December, but I know that there are more important things than a high school dance especially in times like these. Take this time to help others by staying home and being safe," Cora said. Even though we have lost the excitement of prom's spirit week, the school is still offering opportunities to show off our school spirit virtually. La Follette is joining Sennett and Whitehorse Middle Schools in creating "Virtual Spirit Days" including themes like Pajama Day, or activities like sharing a piece of artwork you created. Teachers will be sharing more details with students over Google Classroom throughout the rest of the school year, and your participation can be shown in classes happening live over Zoom. Let's try to stay positive, and most importantly, stay safe.

Revised Grading System; Does it Hurt or Help

Learning continues, pandemic spreads, GPA on freeze.

By Tylor Brackett

COVID-19 hasn't only changed how we learn, but also how we are graded for that learning.

The Madison Metropolitan School District has implemented a pass/no pass system for all high school classes. This means that as long as you get a D, 59.5% or above, you will pass. In this case, a "pass" will appear on your transcript, along with a footnote explaining that the coronavirus occurred during this semester.

In this system your GPA and cumulative GPA will freeze as they were on March 13, when school was first canceled. Additionally, there will be no final exams at the end of this school year. As you complete assignments, still continue to check Infinite Campus for feedback. Colleges plan on being lenient with the semester of the coronavirus, but if they formally request letter grades for

that semester, La Follette will provide them with it. Continue to do your best work, because letter grades could also be requested for academic scholarships and athletic eligibility.

"I personally like the new system because it gives students a chance to design their own schedule, although I think that pass/fail might make students

not want to try as hard as they could," Gabriela Lues (9) said. According to an email sent to families from administration, these decisions have been made to help maximize flexibility, ensure there are no disruptions to GPAs and credit attainment, and ensure grades should only benefit students for the rest of the school year.



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Impact of Covid 19: The Great Amplifier, NOT Equalizer

How COVID-19 Disproportionately Impacts Black and Poor Communities.

By Tziah McNair

It has been said that illness doesn't discriminate or pick favorites. That it "knows no race, no color, no socioeconomic status." It treats the haves and the have nots equally. But just like basically everything else in this world, that is just not true. "Inequality didn't cause the coronavirus crisis. But it is making the crisis much worse..." according to the New York Times article *America Will Struggle After Coronavirus. These Charts Show Why*. Not only are the rich likely to live longer due to access to better healthcare, the majority of the bottom 90% are facing an inevitable shift in income, which will be even more detrimental to the recorded 38.1 million Americans living below the poverty line. Aside from the fact that everyone's life has been put on pause, and that the bulk of the population is attempting to cope with the new reality, it's these populations and communities of color that are being hit the hardest.

Since the initial outbreak on U.S. soil, there has been one essential piece of data missing from the profiles of coronavirus patients: race. The small number of states that have been reporting numbers by race are finding that COVID-19 isn't quite the "equalizer" that many claimed it to be. Statistics from states such as Michigan, Virginia, Illinois, Minnesota, North Carolina, Arkansas, Louisiana and Maryland raised alarms among healthcare professionals and community and government leaders that COVID-19 is affecting black people disproportionately.

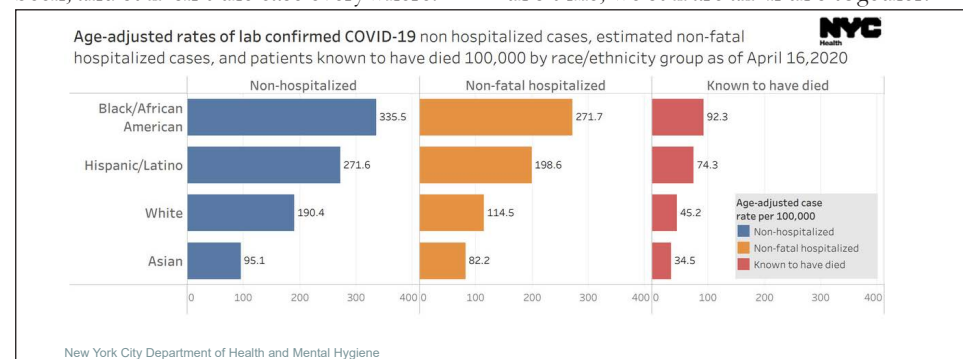
"[Maryland] is about 30% black, but in cases where a person's race is known, black residents make up more than half of deaths," Dr. Stephen Thomas, the director of the Maryland Center for Health Equity at the University of Maryland, College Park, revealed. In Michigan African-Americans have died at more than eight times the rate of white people despite making up only 14% of the state's population. Cities in Illinois are no different; 58% of Cook County deaths

from COVID-19 were black though the population is 23% black, and 72% of Chicago deaths were black patients though the city is 32% black. "Those numbers take your breath away," Chicago's Mayor Lori Lightfoot said. "[The statistics were] among the most shocking things I think I've seen as mayor." Mayor Lightfoot may be shocked, but to experts in Black Health and people who have experienced this first hand, these numbers come as no surprise. This isn't the first time something of this nature has occurred - communities of color, especially in low income areas, have fallen victim to the ugly side of the healthcare system for decades, primary examples being the AIDS/opioid epidemics in the 80s. A range of studies conducted by organizations such as the American Journal of Public Health and The Agency for Healthcare Research and Quality over the past few decades have shown that black people are less likely to have insurance and access to affordable medical testing. Studies looking at manifestations of racial bias within the healthcare system have found black patients are sometimes treated differently than whites, leading to under-treatment and/or differences in what treatment is offered. Black Americans are also more likely to have conditions such as hypertension, heart disease, diabetes, high blood pressure, and asthma. If a patient with those underlying conditions gets a severe illness, they tend to fare worse. "It's not that Black people are getting infected more often," Anthony Fauci, American physician and immunologist, stated. "It's that when they do get infected, the underlying medical conditions they may possess send them into the ICU and ultimately give them a higher death rate."

While this information has now become accessible for the public, that hasn't always been, and still isn't the case everywhere.

Leaders in medicine, public health and legal fields have decried the lack of wide reporting of race statistics as a fundamental injustice. It's an issue that contributes to misunderstanding the full scope and depth of the impact infectious diseases have on populations of color. "I got calls early on from some state health commissioners that they were seeing a disproportionate number of deaths in people of color," Dr. Georges E. Benjamin, executive director of the American Public Health Association and emergency medicine physician, said. "When I initially went looking for the race information early on I couldn't find it. At that point they were anecdotes and not evidence, but enough of them raise alarms." The Centers for Disease Control and Prevention has been under increasing pressure to release more data and to be more transparent about the toll the coronavirus takes on communities of color, because without data to show where and how the disparities are happening, alarms can't be raised quickly enough and the problem will only continue to prevail.

The rate of African American deaths is partly representative of a system that is entrenched with inequality. Health disparities have long been prevalent in the African American community and this pandemic is "shining a bright light on how unacceptable that is" (Fauci). Until the scales are balanced and racial inequality ceases to stick its hateful head into our lives, unfortunately, this won't go away. Physicians: as leaders in these times, it's important to speak out if you identify systemic barriers and actively work to remove them. To the rest of you, stay home! The best way to decrease these numbers is to stop the spread, and the only way to ensure that is by following social distancing orders. While we may not all be equal in this time, we still are all in this together.



What's Hot What's Not

By: The Lance Class

What's Hot: Reconnecting with classmates virtually

What's Not: Awkward zoom calls

What's Hot: Social distancing

What's Not: Spreading viruses

What's Hot: Disinfectants

What's Not: Ingesting them

What's Hot: Graduation

What's Not: No graduation ceremony

What's Hot: Being a senior

What's Not: Not being able to say goodbye

What's Hot: Free yearbooks for seniors

What's Not: Everyone else has to pay

What's Hot: Walking your dog

What's Not: Going six times in one day

What's Hot: Being at home

What's Not: Can't have friends over

What's Hot: Sleeping in until noon

What's Not: Forgetting to do your school work

What's Hot: Virtual learning

What's Not: Virtual learning

What's Hot: Summer

What's Not: Social distancing at the beach

Random Facts

By Ava Kaminski

- The class of 2020 is the first class to graduate with 9/11 being a historical moment instead of a lived experience.
- In 2002, Halle Berry was the first Black actress to win the Academy Award for Best Actress
- Disney's Lilo and Stitch was released in 2002
- The first phone to have a camera was released in 2002, and from then our world changed
- In 2002 George Bush signed in the No Child Left Behind Act, starting the debate about whether or not you can 'hold' children back a grade

What Grinds Your Gears?

Stay home, stay safe, self-isolate

By Ava Kaminski

In case you've been living under a rock, or just haven't been paying attention to the news, we're in the middle of a global pandemic. This isn't a joke, and this isn't something to take lightly, thousands of people are dying from the coronavirus or COVID-19. One of the best ways WE can stop the spread of this virus is by staying home and social distancing.

By staying home, I really do mean staying home. Unless you need groceries, prescriptions, or other essentials you should not leave your house. Still go for walks outside (while maintaining social distance), sit on your porch and enjoy the nice weather but this is not the time to catch up with your friends, or meet up with your significant other. I know plenty of teenagers that are saying "it's just one person my boyfriend/girlfriend can come over," and while it may just be one person it can still spread the coronavirus. The U.S. Centers for Disease Control estimates that 25-50% of coronavirus cases are asymptomatic. This means that the person is infected with the disease but they do not show any of the symptoms and would likely not follow stricter quarantine guidelines. For example, let's say that your boyfriend's mom is the only person that goes out of the house, and she goes to get groceries weekly. Though she took protective measures she still ended up catching the virus, but because she was asymptomatic she did not isolate herself from her family. She then passed it to her family members, including your boyfriend, who then passed it onto you and your family members. If everyone is meeting just a few people, this can continue to spread throughout multiple households.

It is so important to flatten the curve, so that our health care workers can continue to treat patients. The curve is two separate graphs with the predicted number of patients with and without protective

measures. With protective measures there are less cases that are coming into the hospitals at once, giving providers a chance to treat everyone. If we were continuing with life "business as usual" then the virus would spread and there would be too many people seeking treatment. It would get to the point where health care providers may have to decide who lives and who dies.

Others don't feel staying home is necessary because they say that COVID-19 is similar to the flu, and while that has some truth to it there are some major differences when it comes to the viruses. Currently we have a vaccine for the flu, which in turn helps to stop its spread. We don't have a vaccine for the coronavirus, and no one is protected. One other important factor to the spread of COVID-19 is the rate of transmission - how many people an infected person is likely to infect. Transmission rate for the flu is 1-1.4 and for COVID-19 it is 2-2.5. While these numbers may seem to have just a small difference, in reality this means that COVID-19 spreads twice as fast as the flu, making it easier for more people to get infected.

Governor Tony Evers issued a "Safer at Home" order. If you're at the point where you don't care about what the government has to say, I want you to read one story from a health provider on the front lines. Then go read a story about someone who survived the COVID-19 ICU floor. You do not want this virus, it is painful, scary and deadly. It may not be affecting you personally yet, but if you continue to go on "business as usual" it will find its way into your life. "I stay home for both my safety and the safety of others. I hope that by staying home I can help reduce the time we all have to self-isolate," Melina Nguyen (11) stated. If you're still not convinced, at least stay home so that we can leave our houses safely sooner. Stay home so that events can stop being canceled, and so that we can be in the presence of people outside of our family. Please stay home and stay safe Lancers. It is best for you and the people you love.

Artists of the Term:

Graham Cook, Hogan and Hunter Graphic Geniuses

Going above and beyond to bring you the Statesman!

By Jessica Rieder

This school year definitely didn't end on what we'd call a "normal" note, but three La Follette artists went above and beyond to make sure that we would still have a yearbook to commemorate all the time we had with each other this year.

Ana Graham-Cook, Anya Hunter and Cece Hogan, the head editors of the La Follette Statesman Yearbook, took no days off, even after the news of quarantine. They worked hard from home to complete the project that usually would have had in-class time, and an entire staff's to support their efforts.

Cece Hogan (12) is one of the three yearbook co-editors that's been hard at work from her home. She joined yearbook after taking graphic design her freshman year because she had an interest in photography. Her time in the class has meant a lot to her and has given her skills that she can use in many different job settings. "The three years that I've been in the class, I've learned so many important lessons in a job-like setting and I've had the chance to work with so many people and learn from them," Hogan said. "It has been a place where I feel comfortable and in control when all else is the complete opposite," she finished.

In addition to working on the yearbook for three years, she also kept busy during her time at La Follette with varsity soccer, National Honor Society, SAAC, Green Club and Power Club, all while maintaining a 3.81 GPA. Next year she'll be attending Northern Michigan University to major in environmental studies and sustainability.

Ana Graham-Cook (12) has been working hard to complete an incredible 2019-2020 yearbook as well. She joined the class her sophomore year after taking graphic design. "I have always been someone willing to try new things and yearbook was new, so I took a chance and it has paid off," Graham-Cook said. "The yearbook class has really paved my way through high school and I can't even imagine what I would be doing if I wasn't in yearbook. It is a big time commitment because it is way more than just putting photos and words on a page," she added. She has also been a part of the varsity girls soccer team throughout high school, and she's had lots of fun and loved all her teammates! She's maintained a 3.7 GPA while keeping busy with soccer and yearbook. Next year she'll go to Ripon College and although her major is undecided she is committed to play soccer there!

Anya Hunter (12) is another head editor who has been determined to complete a great yearbook for this school year. She joined the class her sophomore year as well, at the recommendation of her older

sister Grace who also was a yearbook editor. She enjoys being creative and taking pictures, so she thought the class would be a great fit for her; evidently it was!

"Yearbook class has been a big part of high school for me. I made a lot of friendships through that class and learned a lot of useful skills, such as how to use Photoshop and InDesign. I also learned how to be creative and think outside the box," Hunter said. "It is very hard to work on the yearbook from home because you have to be extremely careful not to make mistakes, as other people can't fix them for you. It's also hard to communicate even with Zoom meetings with the other editors and Ms. Kennedy to make sure we're all doing our part and that our pages look good. However, it is going pretty well and even though it's stressful, I think the book will still turn out great," she said. In addition to being in yearbook, Hunter has been on the LHS Dance Team and was a captain her senior year, participated in National Honors Society, did lots of volunteering and kept an impressive 3.91 GPA. Next year she'll be attending Liberty University for a major in elementary education.

We are all extremely appreciative of the three La Follette artists who ensured that we'd have a yearbook for this hectic year, and we're sure that they'll all excel in their futures with the skills they've learned from their time in this rewarding class!



Senior Ana Graham Cook



Senior Cece Hogan



Senior Anya Hunter

Artists & Musicians Succumb to Covid-19

Recognizing the artists and musicians who have passed.

By Annabelle Reynolds

If there's one thing we know about this growing global pandemic, it's that COVID-19 doesn't discriminate. It doesn't matter who you are or what you've done. The list of influential people who have died from the coronavirus continues to grow, and it doesn't look like it's stopping anytime soon.

Famous actors, singers/songwriters, Hollywood mentors, and chefs; most of them 60 years of age and up, have perished from the coronavirus. These deaths are heartbreaking to many who have grown up with them and have been affected by their work.

Terrence McNally was a four-time Tony award winning playwright who died from complications of COVID-19 on March 24th. He was praised for his work on the plays "Love! Valour! Compassion!" and "Master Class", as well as for his musicals

"Ragtime" and "Kiss of the Spider Woman". In 2019, he was presented with the Tony Lifetime Achievement award for all of the hearts he changed through the art of theatre.

A well known Hollywood dialect coach and actor named Andrew Jack also died from complications of the coronavirus. He is well-known for his role of Major Ematt in "Star Wars: The Force Awakens" and "Star Wars: The Last Jedi". He was also a major Hollywood dialect coach, who worked on many well known movies including "Avengers: Endgame", "Sherlock Holmes", the "Lord of the Rings" trilogy, and the upcoming movie starring Robert Pattinson, "The Batman". Jack was extremely influential to everyone he worked with, and an amazing dialect coach.

Actor and teacher, Lee Fierro, died due to complications of COVID-19 on April 5th. She is best known for her role of Mrs. Kinter in Spielberg's "Jaws" and "Jaws: The Revenge". Fierro was the artistic director of the Island Theatre Workshop. The Theatre's board president, Kevin

Ryan, estimated Fierro had taught and mentored over 1,000 young actors over the course of her career. "[She was] fiercely dedicated to the mission of teaching. She, no matter what it was, would stay at it and get the job done," Ryan explained.

Matthew Seligman, a bassist, also died from complications of the coronavirus. He suffered a hemorrhagic stroke and was in a coma for two weeks before his death. Throughout his career he worked with many top musicians, including David Bowie and Thomas Dolby. He was a staple of the 1980's music scene, and was a member of the Thompson Twins, The Soft Boys, and Bruce Woolley and the Camera Club. He also played with David Bowie during his memorable 1985 Live Aid performance.

Unfortunately, these four are not the only influential artists that have passed due to COVID-19, and there are many more that are not mentioned. We must continue to remember those who have passed during this unprecedented time, and let their legacies live on.

This year's musical "13" recognized in the 2020 Jerry Awards

By Zella Milfred

Every year, the Jerry Awards recognize the best performances in Wisconsin high school musical theater. Judges review productions from more than 85 high schools across the state. As the Jerry Awards celebrate their ten year anniversary, La Follette celebrates the winning of two of their 2020 awards for the production of our spring musical "13."

La Follette's first win went to Outstanding Ensemble. LHS theater director Joshua Brown says this one is especially meaningful because it shows the hard work of every single person on stage. In feedback, one of the judges stated, "Not only was there the usual enthusiastic applauding for the musical numbers but throughout the show, the audience broke into applause, and always laughter, at much of the line delivery. It was a joy to be in the audience."

Our second win went to Outstanding Supporting Performance by Jacob Jennissen (12) as Archie. "It's such a big honor and something I can look back on for the rest of my life," Jennissen shared.

In total, the cast and crew had received six nominations. These included Outstanding Lead Performance by Tziah McNair (11), Outstanding Lead Performance by Colton Curley (12), Outstanding Choreography by Kimi Evelyn, and Outstanding Direction by Joshua Brown.

Every year, the cast and crew of the musical vote on an additional award called the Spirit Award, which goes to a member of the production who embodies what being in the musical is all about. This year it went to stage manager Chris Moura (11). "He is one of the hardest working students I've ever had the pleasure of directing, and I am thrilled that his fellow cast and crew mates

recognized him with this award," Brown said.

Because of the coronavirus, half of the scheduled performances were canceled this year, leaving many heartbroken. "We all worked so hard memorizing our lines, lyrics and choreography, and when we heard the news that the show had been canceled it was like a big punch in the gut," Jennissen said. Even with this loss, the cast and crew still enjoyed every second of the performances they did get to put on. We congratulate everyone involved in making it such a memorable performance, and we look forward to an equally, if not more, outstanding one next year.



Photo Credit: Melissa Austin

Where Are They Now?



Andrew Bentley: Class of 2002. Bentley is one of the first alumni we ever featured in *The Lance*, and he is now back with some very exciting career updates. He is currently attending Harvard University as a Master in Public Administration student. He is in a program for students who have had a minimum of a ten-year long career before attending, and his 200 classmates represent 60 different countries! "I came to graduate school because I think education is fundamental in terms of personal development. I also want to show my kids, who are four and one years old, what it's like to be committed to education," Bentley explained. In taking courses like political philosophy he is learning more about our incarceration system and exploring the idea of justice. He reminds Lancers to enjoy time with loved ones, and to try and see the world through other perspectives. Remember, it is never too late to stop learning.



Dan Keollen: Class of 1975. Believe it or not, Keollen helped create the chips that power your phone, tablet, and computer every single day. Through his work done in the semiconductor field, he created the chips that enable phones to call each other and allow computers to access the Internet. He is also proud to have helped a start-up company called Level One Communications grow to be a significant technology leader. "I am now helping young entrepreneurs realize their dreams of building businesses and companies," he explained. It may not be surprising that his best memories at La Follette are those spent working on independent science projects. "Don't constrain yourself and don't be afraid of tackling big projects, helping others and leading," he added.



Bronson and Preston Taalbi: Class of 2012 and 2014. Brothers Bronson and Preston Taalbi continue to work together after high school in their mix of creative careers. Preston describes himself as a musician, editor, and cinematographer, and is currently a camera assistant working on the new *Avatar* sequels for filmmaker James Cameron, an opportunity he received after moving to California. Bronson is also a musician, and for him "music" is a very broad term. "It has guided me into audio engineering, producing, graphic design, and marketing," Bronson shared. Music made by the Taalbi Brothers is influenced by punk, folk, Spanish and Mediterranean guitar playing. Their music has appeared on the AMC television drama "Breaking Bad" and the ABC show "Dancing With the Stars". Bronson has his own band as well, called Bronson Wisconsin, which has toured all around the country. The La Follette orchestra's playing even appeared on the intro to his debut album "Like a Storm". Preston's best memories from attending La Follette are the times spent with friends at sports games, concerts, and talent shows. "I think every class and teacher relationship has had something to do with preparing me for my future," Preston said. He remembers his LHS career internship class as being especially rewarding. Bronson has great memories of hanging out in Mrs. Anderson and Mrs. Kennedy's rooms, and all that he learned from Mr. Cyra in band class helped him to later navigate a career in music. They want to remind Lancers to begin finding their passions and start pursuing them right away. Pay attention to what strikes you personally. "Figuring out what I liked doing and pursuing it ASAP made the people I met along the way see how much I really wanted it and they were more likely to help me achieve those dreams. Being so young, positive and driven will give you a little head start and a huge leg up!" Preston said. "Talk about your passions! I think that sharing what's important or intriguing to you is essential in growing," Bronson added. As you enter the world after high school, act professional and, of course, fake it till you make it!



Amber Amundsen: Class of 2002. Amundsen is a second grade teacher in Minneapolis. "Hopefully I am inspiring young kiddos to be their best selves!" Amundsen told *The Lance*. She recognizes that her LHS teachers had an impact on her and took a role in inspiring her to become a teacher herself. Her favorite ones always made her laugh, kept her accountable, and were patient. A special thank you goes to her LHS teachers Mr. Ginter, Mr. Corbett, Mr. Adams, Mr. Reichling, and Mr. Nelson. She has great high school memories of her basketball team winning state and getting to perform with the pom pom team at the Kohl Center. "Use the relationships you build at La Follette to support you in your life journey. Stay connected and don't be afraid to reach out to other La Follette grads. They want to help!" she added. Be proud to be a Lancer, just like Amber is!



Hannah Kennedy: Class of 2010. After graduating from LHS, Hannah attended UW-Madison and majored in Zoology, Environmental Studies, and Conservation Biology. She then moved to the Florida Keys to work as a Marine Education Coordinator for the Pigeon Key Foundation and Marine Science Center. After four years of working for this non-profit, she moved to Townsville, Australia to pursue her Master's degree in Marine Biology at James Cook University. "I have had the opportunity to learn from some world renown marine biologists, volunteer for Sea Shepherd Marine Debris Campaign, and snorkel/dive the Great Barrier Reef," she explained. Hannah will be completing her degree in the Maldives where she will lead a research project on coral reef replenishment. She reminds LHS students to keep an open mind and say yes to the opportunities that come your way, even when they are not part of your original plan.



Kristina Kennedy: Class of 2014. Kennedy has always loved exploring the outdoors. After graduating from La Follette, she went on to get a Bachelor's of Science in Wildlife Ecology at UW-Madison, and has since worked in a mix of careers. She has been a Wildlife Technician in Michigan and Idaho, a ranch hand at the Musk Ox Farm in Alaska, and an environmental educator for the US Fish and Wildlife Service in Minnesota. "The coolest part about working in the wildlife field is the variety of projects that I get to work on, like trapping and collaring black bears, white-tailed deer, and elk!" Kennedy shared. More recently, she has been doing gravity surveys in the mountains of Nevada for a geophysical services company. Her best memories from LHS are ones spent playing tennis and throwing in track and field. She would like to thank Coach Schmitz for teaching her the value of hard work. "Even though the current circumstances may not be what we all expected, it's important to always do your best work because that will open up cool opportunities for you in the future!" she added.



Mark Mueller: Class of 1974. Throughout his life, Mueller has been a researcher in theoretical physics. Much of his passion stems from what he learned, and how he learned it, in his high school physics classes. He explained that from his LHS Physics and English classes he "began to learn how to analyze and understand the world, and how to live in the world as a human being." He has also had careers in finance in New York and Boston. He encourages current students to seek out people who they admire, and continue to learn from them. "You will wake up tomorrow and you will be 50; embrace every chapter of your life and the people you care about, and don't waste a moment," he said.

Fall College Plans Uncertain for Many

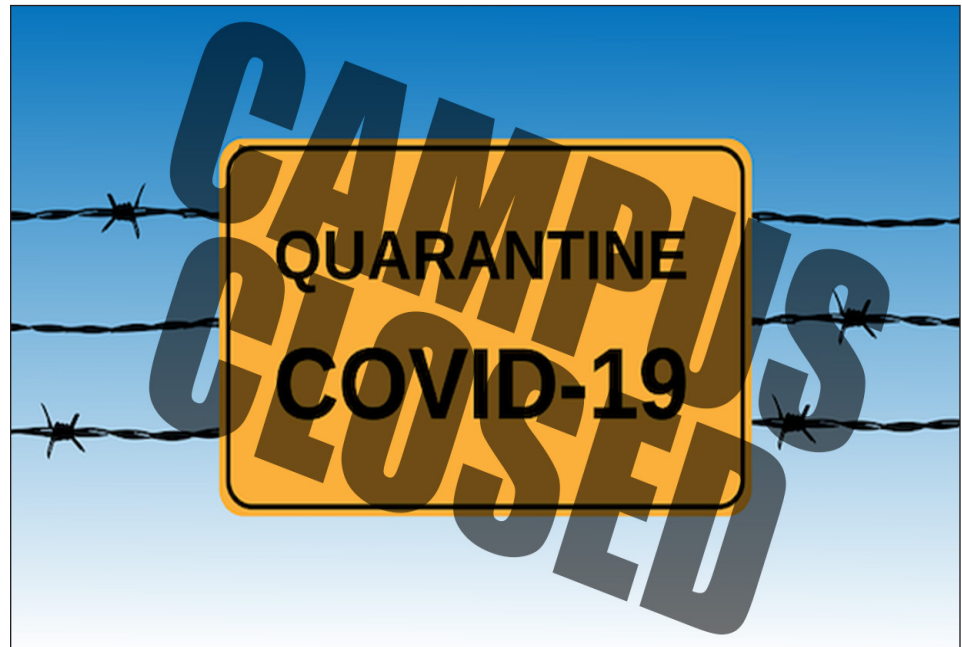
Global pandemic impacts many seniors plans for the future.

By Cecilia Ridgeway

For many, the thought of college is exhilarating. Picking a school to go to and deciding what major to pursue is a turning point in a student's life. Some Lancers decide to stay close to home, and others have out of state plans. Due to our current circumstances, many will have to rethink the college plan they had their hearts set on. "I was really excited to go to college but now my family and I are concerned that it may not be completely safe in New York by the time the next school year is supposed to start," Sela Lynk (12) said.

Students and teachers are currently unsure if universities will reopen by the fall, and if they do, some may stay closer to home than they had planned because of the current restrictions on travel. "As of right now, I haven't 100 percent decided on a college plan, so it's hard to say how the pandemic is affecting that particular choice. If anything, it is making me want to stay closer to home and my family," Rory Helms (12) shared. This also affects college's international students, who will most likely have to stay in their home country because of all of the travel restrictions, and the continued threat of COVID-19.

According to The New York Times, many college students are demanding a discounted tuition after they "lost their spring term". But as colleges brace for a financial hit, providing financial aid for families may become harder. "One big reason why I chose to go to a state school is for the experience, but if I'm not going to get that, I think it would be smarter for me to go with the cheaper option, community college," Kyrstan Fosdick (12) said. With students and their families facing the hardships of unemployment, there could be additional hesitation in going



to an expensive school.

If the pandemic continues into the summer, schools are considering starting next school year online, which may result in more students taking a gap semester or year. Although students would still be receiving an education virtually, some worry about missing out on the valuable in-person experience of college and the many resources they have to offer.

For students still debating on where to attend college or figuring out what to do after high school, the pandemic may impact their decision. Some may decide not to go to college and then have to do online schooling again if the shutdown is not reversed. "This pandemic has changed my feelings because I was very excited about going to college and seeing how classes are going to be, but now I'm afraid that we will have to have school online and that just seems like a stressful way to start college," Emma Walters (12) said.

On the bright side, many schools are making the SAT and ACT test-optional for the class of 2021 due to many school's testing dates being cancelled or delayed. This, along with colleges being desperate for an increase in enrollment, may help many juniors when applying to colleges in the fall. "We

will be understanding of the variety of ways in which schools decide to wrap up the current academic year and will not disadvantage students based on these circumstances," the UW-Madison admissions website states. According to NPR, so far there are about 1,000 U.S. colleges that have already stopped requiring the SAT and ACT test scores.

Although it is easy to feel discouraged, our Lancer's persistence is evident. "I think if anything, the pandemic has made me more motivated to reach my goals of becoming a healthcare worker so I can help if something like this were to ever happen again," Fosdick said.

According to the UW-Madison, they are continuing to learn and adapt to the pandemic, and are making decisions accordingly. Schools around the country will be faced with the challenge of balancing profit, and giving support for the well-being of students. Many seniors are unsure if their ideal college experience will come to be, and the effects of the pandemic on higher education could linger for many more years to come. But taking it one day at a time, and keeping your dreams close to your heart even though they may seem unreachable, is more important now than ever before.

Seniors, Goodbye is Not the End

As the school year takes an unexpected turn, our seniors will not let this stop them from achieving great things.

By Annabelle Reynolds

Seniors, it is no secret that you've been through a lot in the last four years. Countless changes in staff, administration, technology uses, daily schedules, graduation criteria...the list goes on and on. Nonetheless, you have never ceased to rise above all standards set and continue on through rough times. You made it here, after all.

The end of senior year. It is filled with a sense of accomplishment, that after thirteen years of school you can finally say that you made it, and with excitement for what's to come. Whether it takes the form of attending college, starting a work training program, or taking a gap year, everyone is turning a page when they get that diploma, and no matter where you go, we know you'll shine. While precautions have been taken to stop the spread of the coronavirus, our seniors may not get the end of year celebration they've always dreamed of. At this point, Madison schools have canceled regularly scheduled school for the rest of the year and all in-person commencement ceremonies, meaning traditional graduation. While La Follette leaders are looking at alternative solutions, nothing has been decided yet. "My heart aches for students and staff who will not be together to finish out the school year, in particular our graduating class and those transitioning to middle or high school. Our senior class has already had to sacrifice a lot, and their resiliency and focus is something I will always appreciate and never forget," Jane Belmore, MMSD Interim Superintendent, wrote to families.

Seniors, your accomplishments have not been forgotten. You are going to graduate and get that diploma one way or another. It's not fair that this is how you'll remember the last semester of

high school, but all we can do is keep moving forward. So instead, don't remember it like this. Remember the other parts of high school; the sports, the homework, the music, the normal. This doesn't define your experience and it certainly doesn't define you.

So what happens next? It's crazy to think about how long you've known some of the students in your grade. You may have even gone to school with some since kindergarten, others you've only met in the past few years. Now all that changes. These are the last classes you'll have with most of them, and it's sort of bittersweet. You'll part ways and say goodbye, but you will be able to move on to bigger and better things. Of course, saying "goodbye" doesn't always mean you'll never see them again. Staying in touch is easier than ever, all it takes is a phone call.

All of you have done incredible things in the last four years, including sports, theatre, music, and activism, just to name a few. These passions helped you find who you are, what you like, and shaped you into the person we all see today. La Follette teaches more than just academics; It teaches life. "Everyone who works there is there to support you, whether you think they are or not. They all taught me that it's okay to not be okay, and I think that's going to carry me through the rest of my life," Zoe Svanoe (12) said. Life isn't about being perfect

or feeling great all of the time, it's about learning that it's okay if you're not. If anything was going to prove to you that life was going to throw you around every which way, it was high school.

And sometimes, you can't get enough of it. "I guess all I can say in the end is that high school really does go fast, I never wanted to believe it, but it does. So to anyone who still has a couple years left, enjoy your time," Svanoe continued. Being a role model is one of the best things you can be, and you never let us down. We watched you lead sports teams, musicals, clubs and rallies, and you have taught us how to be leaders ourselves. Many of you stood up and became Pride Guides, and worked with our student engagement coordinator, Molly Hayes, to help the 9th graders settle into the high school routine. You were a continuous hand they could hold, and teaching them all that you know has surely made a difference in their high school experience. Passing the torch is difficult, but with leaders like you, we know we'll be okay.

Saying goodbye is hard. Letting go of things is always tough, especially when it's something as impactful as your childhood and school as you know it. But if you continue to work as hard as you do now, we know you'll be okay. And most of all, we will miss you. Because if La Follette has ever been one thing, it's a family.



Senior Pride Guides at the beginning of the school year never thought it would end like this.

MMSD Graduation Ceremonies Canceled

SENIORS!! Celebrate your successes with pride and gratitude.

By Jessica Rieder

As we all know by now, it's been a while since our day-to-day life was something we considered "normal". The global COVID-19, or Coronavirus pandemic has put the entire world on pause, and there's no clear timeline for when things will resume. All schools across the nation have been closed and moved to online, non-essential businesses have been shut down, and all gatherings have been canceled or postponed. Everyone has been advised to quarantine themselves in their homes and only go out for essentials, like groceries and prescriptions, as a means to stop the virus that has infect-

ed and killed thousands of people. On April 10th, the Madison Metropolitan School District made the official decision to cancel all traditional graduation ceremonies for the outgoing class of 2020. "I know this is disappointing news, and that you are missing out on a number of events and activities that you were looking forward to in your final year of high school," Jane Belmore, interim superintendent, said in a letter to seniors and their families. She assured everybody that district leaders were working hard to come up with an alternative ceremony to celebrate this year's seniors and all of their accomplishments. Of course, with all gatherings being canceled until further notice, graduation parties, which are a big tradition, are unlikely to happen as well now. "I'm upset about graduation being canceled. It would've been nice to be able to walk across the stage, especially since

that's what I've been looking forward to for all of high school," Alexis Sather (12) said. "I'm thinking about throwing a little party with my friends as a celebration," she added. This change of plans is obviously devastating for the class of 2020, but it doesn't change how proud they should be of their accomplishments in not only their high school career but throughout all 13 years in the school system that got them to this point. We should still find a way for all of the seniors in the district to feel celebrated, even if they won't be walking across the Kohl Center stage on June 12th. Make sure you let the seniors know how much you appreciate them and their contributions to your school, and if you're a senior, celebrate yourself! You've worked hard and you made it, even if it won't be symbolized with a traditional walk.

Statesman Yearbook Completed; Gift for Departing Seniors

By Zella Milfred

The school abruptly closed; all things came to a grinding halt - except for the production of this year's Statesman yearbook. Thanks to the dedication of our yearbook class, the 2019-2020 La Follette Statesman Yearbook has been completed and will be available at the end of this school year as always. And not only that, but each senior will be receiving one completely free of charge. "I believe gifting a copy of the Statesman to every senior will help them remember the great time we shared in the first half of the year and further remember that this year we did something great at La Follette High School and that we are forever connected together," Principal Devon LaRosa said. LaRosa remembers that when growing up poor he was never able to afford a yearbook for himself, even when he was the first in his family to graduate high school. Although his friends always offered to

share, it was never the same not having his own.

In the difficult time we are currently facing due to the coronavirus, sharing the memories found in our yearbook to a wider student audience is especially important.

"The yearbook now, more than ever, helps us capture who we, authentically, are as a school. It will help us look back on memories from this year. I believe the yearbook will serve as a commemorative piece that we all can share collectively," LaRosa added.

Yearbook adviser and business teacher Donna Kennedy will be retiring from teaching at the end of the school year and is grateful to have such a dedicated team of editors to get the book completed before deadline so that additional books could be printed for all seniors. Seniors who have already pre-ordered and paid for a yearbook will get a refund. Stay tuned for more details about yearbook distribution on the LHS website.

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As Corona Takes Its Course, How Can I Find My Source?

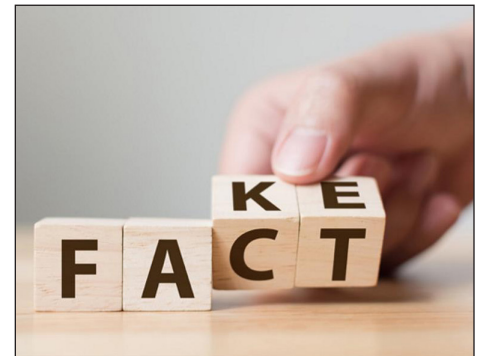
Tips to make sure that all of your information is accurate.

By Tziah McNair

As easy as it is to point the finger at social media when it comes to classifying the root of modern day problems, it can also be a gateway for a solution. Whenever major events take place in this world, it's to the thanks of social media that we are able to be informed and stay connected. That being said, these platforms are absolutely pointless if the news we are receiving isn't legit. In a time when anyone and everyone has the potential to create and distribute content, it's incredibly important to make sure that the things we allow to infiltrate our timelines are in fact accurate, especially in a period as uncertain and ever changing as now. So, how can you do so? Keep reading and find out. There are generally eight ways to determine if a site is reliable or not. The first is to look for established institutions. As said before, almost anybody can string a few words together and whip up a pretty website. While you should consider the way a site looks, fancy designs and mediocre information aren't exclusive; seek out sites that have been around for a while and have been labeled as trustworthy. Chances are you've heard this from English and history teachers since the 6th grade, but .gov, .org, and .edu are tell tale signs of a dependable site. If it's run by government agencies, nonprofit organizations, foundations, or colleges and universities, you're probably in a solid place. However, that's not always the case. Time is a vital piece of finding the most valid news. Though the information was probably true at one point, the world and its people are constantly evolving. Checking that the date of a published piece is recent will ensure the most accuracy. Another way is to look for websites with expertise in the field that offers the information you are trying to obtain. If you need a new dress, you aren't going to go to the hospital, just like if you break an arm your first stop won't be to Windsor - the same rule applies. If you're searching for updates on COVID-19, as interesting (and admittedly helpful) as the article on

Forbes.com may be, you're going to find the best stats on The Center for Disease Control and Prevention. Furthermore, it's best to steer clear of commercial websites (sites run by companies and businesses - usually ending in .com), for they are more than likely attempting to sell you something. That underlying goal means that the information being presented will be tilted in favor of their product or idea. Which brings me to my next point: beware of bias. We all have it, which means the work of every journalist will have it. That doesn't mean that every article out there is seeped with it; look for language that suggests it may be leaning one way over the other, and seek out an alternative. "Certainly, any organization or individual is entitled to a perspective," AustinCC.edu says. "However, that doesn't necessarily make the perspective one which readers can rely on. One person's opinion is not necessarily informed." The most professional writers know how to avoid this, so try to read the works of those authors. That said, if a work is published anonymously, it's much harder to check credentials and verify that it isn't amateur. Not that you can't rely on relatively inexperienced writers (afterall, you are reading a high school newspaper), but the more serious the issue, the more important it is to confirm its precision. The final way to make sure

that what you learn online is true (at least the final one we will discuss) is looking for repeated information. According to CommonSenseMedia.org, approximately 54% of teens get their news from social media, and if you know how that goes, it's basically a) a tweet with a statistic, quote or cluster of facts that make you exclaim "PERIOD" or "and that's the real tea". Or, b) an instagram account copying and pasting said statistic, quote or cluster of facts on a colorful background. Rarely are there links or attributes to the writer, so how can you verify this? Easy: search for the same thing repeated on another platform. In simpler terms: fact check. This is a step that you should never neglect, even if you've done all the things above. If you find the same information on more than one platform, chances are it's true. By doing all of these things, you can guarantee that the facts you get are truly factual.



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Retaining Normalcy While Social Distancing

During these difficult times, your mental health is as important as ever.

By Brigid Mullen

As things keep getting scarier with the coronavirus pandemic, maintaining your mental health is more important now than ever. Dr. Regardt Ferreira, professor and disaster response expert, stated that “The mental health aspect of a disaster often-times gets left behind. Especially for first responders and medical personnel, more attention should be given on this subject.” There are some small steps you can take to retain some resemblance of normalcy while practicing social distancing. It’s definitely difficult, but keeping a regular schedule is of the utmost importance whilst social distancing. Now obviously, this doesn’t necessarily mean you should be sitting and doing online school work from eight to three everyday as if you were in school, but rather keeping any schedule for yourself. You don’t have to force yourself to get up at 7 am, but even just going to sleep and waking up at consistent times every day can do a lot to balance yourself.

Practicing some form of mindfulness can be very helpful as well. Taking a few moments out of your day to quietly listen to music, journal, etc can help take your mind off of the state of the world for a bit. As the National Alliance on Mental Illness put it, “Focusing your attention on the present moment, rather than ruminating about a catastrophic, uncertain future, can help you manage your distress.” Visit nami.org regarding more information on how best to practice mindfulness and meditation, and access to professional resources.

Another simple thing that can be done to maintain your mental health is to take breaks from news outlets and social media reporting information about COVID-19. Yes, we’re living through an important time, but hearing about nothing but the coronavirus all day is incredibly draining. Take some time off from the stressful news and try, for at least a little bit, to focus on some good things going on in the world, even if they seem incredibly small. “It’s important to stay healthy and mindful during a time such as this because the negativity in the world needs to be combated somehow. Taking care of yourself is always important but now especially because there’s so many things that can bring

you down. Keeping in touch with yourself can help you stay positive and come out of this even stronger,” Lydia Burke (11) said. At the end of the day though, these are all very simple and baseline steps to be taken to (hopefully!) make yourself feel more in control and optimistic about our time in quarantine. While these small steps certainly have their own importance, they are no substitute for a trained professional or medication. If you have a pre-existing mental health condition, you should certainly continue with your treatment, and watch for and report new or worsening symptoms brought on during this time. If you are feeling overwhelmed, and would like to speak with a professional about these scary times, the CDC recommends visiting the Disaster Distress Helpline, by calling 1-800-985-5990, or text Talk-WithUs to 66746.

“At a time where we are self isolating it’s easy to get disconnected from the people and things we love, so reaching out and attempting to maintain that connection is pretty important,” Burke continued. Remember that you’re not alone during this unprecedented time, and as the world makes its way through this pandemic, it’s still important to maintain your mental health.

How Pandemics Impact the Environment

How do we battle Covid-19 while protecting our environment?

By Ally Rau

During this time of uncertainty in the world, personal protective equipment (PPE) is being used just as fast as it’s running out. The United States relies on China for many of its masks, gloves and gowns. The current shortages of PPE started during mid-February when China had a large outbreak of the coronavirus which caused factories to close. More PPE than usual is being used to treat patients and to stop the spread of the virus. “We are reusing masks and shields to try and preserve them,” LHS parent Shea Lues, a

Nurse Practitioner at UW Hospital, said. “N95 masks are no longer available so some employees need to be re-fit tested.” When leaving their homes, many people are wearing masks to ensure their own safety, along with protecting others. With an increase of mask usage, we are already seeing negative effects on the environment. The supplies protecting health care workers and the public, is also the supplies appearing in our oceans, landfills and streets.

In Hong Kong, masks are already washing on to shore. According to Energy Live News, Gary Stokes, founder of OceanAsia, had already found 70 masks on shore in about a 100 meter distance at the end of February. The next week he found around 30 more. This is a major issue because masks are made of polypropylene which

takes a long time to break down, so over time it will build up and have nowhere to go. In contributing to plastic pollution, more masks are going to end up in our oceans and start to affect marine life. To prevent masks from entering our environment, many people have started to create and wear reusable ones made out of cloth and fabric. You can clean them after each use instead of only wearing them once. The HuffPost reports that you should put N95 masks in a breathable container such as a brown paper bag to allow them to dry after each use. “We reuse our face shields and just clean in between rooms and we have a technology now to re-sterilize N95 masks,” Lues said. As the demand for PPE continues to grow, let’s hope the health of our environment is not continuously put on the line.

College Plans

Alianna Alarcon - Edgewood College	Richard Mogensen - Madison College
Hailey Ballweg - Madison College	Teja Moore - Hillsborough Community College
Rachel Bautz - UW Oshkosh	Wynnton Mott - UW Madison
Emyra Benton - Madison College	Hayden Mueller - Davis and Elkins
Brooks Beveridge - UW Stout	Grace Mullen - Madison College
Ava Beyler - UW Milwaukee	Marguerite Murray - University of Minnesota Twin Cities
Grant Borcharding - University of Minnesota Twin Cities	Lillie Newson - University of Minnesota Twin Cities
William Canter - UW Stout	Nicholas Noffke - UW Whitewater
Sophia Carlson - UW Madison	Blessing Odjedele - UW Milwaukee
Brenda Castaneda - Madison college	Lilian O'Donnell - UW Madison
Binta Cham - Edgewood College	Facundo Ortiz - Madison College
Nautiya Chu - Madison College	Mete Ozgen - UW Madison
Donald Conway - UW Madison	Molly Peden - University of South Florida
William Counts - UW Madison	Anthony Persinger - Madison College
Zachery Counts - Edgewood College	George Philbin - Madison College
Chad Cummings - Madison College	Raymond Ponty - UW Madison
Kasidi Dalton - Madison College	Valery Pov - UW Whitewater
Aaron DeVries - UW Eau Claire	Julia Pritchard - Madison College
Kyle DeVries - UW Stout	Ben Probst - UW Platteville
Lauren Dillman - Edgewood College	Andrew Rajkovich - UW La Crosse
Michaela Dunbar - Loras College	Yaneri Reyes - Madison College
Ryan Engelberger - Madison College	Nyenhial Riak - UW Madison
Tia Engelberger - University of Calgary	Sara Richter - Madison College
Ronan Everett - Cornell University	Jessica Rieder - UW Milwaukee
Harry Finkelmeyer - UW Madison	Tatiana Rios-Solis - Madison College
Lizbeth Flores Valdez - UW Madison	Malik Robinson - Madison College
Kyrstan Fosdick - UW La Crosse	Abigail Rogers - Aveda Institute Madison
Marjorie Freeman - UW Madison	Benjamin Roloff - University of Minnesota Duluth
Stephanie Gracia Lizama - Madison College	Sneha Sadia - UW Madison
Carley Geil - Edgewood College	Alexis Sather - Madison College
Kayla Gehrke - Madison College	Jadyn Schensky - UW Madison
Sarai Gonzalez Perez - UW Madison	Elizabeth Schmidt - UW Madison
Mary Goss - UW Madison	Claire Schmitt - Chapman University
Ana Graham Cook - Ripon College	Matthew Schmitt - Madison College
David Gray - Ellsworth Community College	Brett Schneider - Lawrence University
Zachary Hausbeck - UW Milwaukee	Easton Seifert - UW Whitewater
Brandy Hernandez Torres - Edgewood College	Josalynn Shores - Madison College
William Hill - Madison College	Autumn-Breeze Silva - Milwaukee Institute of Art
Cecelia Hogan - Northern Michigan University	Chanel Skinner - Norfolk State University
Kayla Hollis - UW Madison	Alivia Smith - Madison College
Norah Howell - UW Madison	Faith Stluka - UW Madison
Anya Hunter - Liberty University	George Stoeberl - Ripon College
Ajafatou Jabang - University of Dubuque	Autumn Stroede - UW Madison
Aniyah Jackman - UW Madison	Brandon Stupar - Madison College
Zephryn Jager - St. Olaf College	Zoe Svanoe - UW Milwaukee
Mamadou Jallow - UW Oshkosh	Kelsey Swingen - Ripon College
Akira James - Wilberforce University	Sylvia Taliaferro - UW Oshkosh
Grace Jensen - Georgetown University	Pazong Thao - UW Madison
John Jensen - UW Madison	Lauren Trowbridge - St. Catherine University
Rhys Jones - Madison College	Ernesto Ugalde - UW Madison
Jesse Kleiss-Garcia - Madison College	Olivia Violante - UW Oshkosh
Charles Kunkel - UW Oshkosh	Emma Walters - University of Minnesota Duluth
Cyrus Lashore - University of Dubuque	Gwenivere Warren - UW Madison
Savanna Lee - UW Madison	Amber Webb - Madison College
Gabriel Macleod - Madison College	Jaime Willkomm - Madison College
Hanna Mann - Madison College	Triona Witkins - UW Milwaukee
Fernanda Martinez - Marian University	Christopher Wolfe - UW La Crosse
Mariana Martinez - Madison College	Byron Yanzapanta - UW Madison
Jose Matute - Madison College	
Toby McFarlane - Madison College	

Note: College plans were submitted by students to the yearbook staff or Student Services spring 2020.

Top 4%



Rachel Bautz



Sydney Bruce



Donald Conway



Michaela Dunbar



Taylor Fibikar



Grace Jensen



John Jensen



Gabriel Murphy



Marguerite Murray



Nicholas Noffke



Mete Ozgen



Raymond Ponty



Ben Probst



Benjamin Roloff



Brett Schneider



Autumn-Breeze Silva



Oliver Smith



Emma Walters

Congratulations Lancers



Athletes of the Term:

A Salute to All Spring Sports Athletes

WIAA was optimistic at the beginning of the pandemic, resolved to canceling the season mid-April.

By Mikey Rottier

High school athletics can prove to be where some of the most important memories are made and lessons are learned. The fact that you are only in high school for four years, is an even better reason to cherish each second of each practice and game. Because you never know when something like that will just be taken out from under you. La Follette's senior spring athletes held out hope for their final seasons even after the school year ended, but their hopes of one last go around were unfortunately squashed when the WIAA canceled the remainder of the season. To lose any year of a high school sport is devastating when you only get four, but it is even more upsetting to get your final year taken away. Even though our senior spring athletes will not get to give their sports a proper goodbye, it is important for us to appreciate the hard work and dedication they have put into our athletics programs. As for younger athletes there is still some hope for the future. It is important that younger athletes don't lose important skills and strength during the quarantine. It is essential for athletes to stay fit and in shape so that they are able to come out of the quarantine with the same or even better skills to tackle the next season. Dakovin Prather is a senior who has excelled on both the football and basketball teams throughout high school. He was a big part of this year's basketball success that was sadly cut short, due to the coronavirus. Prather is planning on continuing his athletics in college, and it is important for him to stay in shape during this time. Without any open local gyms or training facilities, Prather has to make it work with what he has. "It's not ideal to not have access to a gym or

anything. But real athletes make do with



Even though spring sports are canceled, Dakovin Prather keeps in shape working on agility and strength.

their resources that are available," he said.

So many more senior athletes have spent their last four years in their respective sports and it comes as a huge shock for them to lose their senior seasons. "It was super disappointing. I was really looking forward to having a killer senior season, getting some good PRs and having fun. I was excited about getting to see all my teammates, many of whom I've known for years, and have a good season too. It's just a huge bummer," senior track runner Rory Helms said. Overall, however, the athletes are thankful for the lessons, pride, and enjoyment that their sports have provided them with throughout the last couple of years. "Track has definitely helped me keep my motivation up through high school," senior Mete Ozgen said. "It helped me learn a lot about how the individual effort plays a role in the team's success.

I will always remember the track season as a fun time where I made lifetime memories."

Although the spring season has been canceled, coaches and athletes are still trying to keep the spirit of the game alive. For each sport, teams have set up Google Classrooms where athletes can communicate with their coaches and with each other. They also get workout routines and drills to help them stay in shape for the upcoming seasons. We commend all of La Follette's senior athletes for their commitment and devotion to the Lancer athletic program during their time. Younger students should use this to recognize the significance that sports can play in your high school career and how important it is to not take them for granted. Good luck to our seniors as they open the next chapter of their lives and continue to learn and grow through athletics each and every day.



Prather taking time out of his day to play a little isolation basketball.

Corona's Evil Play on the World of Sports

Covid 19 brings sports to its knees; competitions to a halt.

By Mikey Rottier

The relentless coronavirus has carved its destructive path throughout the world, and certainly through the sports world as well. Many players, coaches, and fans are devastated after the coronavirus has taken away an important part of their lives. With the suspension of the NHL, NBA, MLB, and other major sports organizations around the country, so many Americans have missed the never ending action and fluidity of the sports world. Fans who have been patiently anticipating the NCAA March Madness Tournament, or the start of the season for the MLB are left disappointed with no beginning in sight. Possibly even worse, fans who have dedicated their last months to following the NBA and NHL leagues throughout the winter are left unfulfilled to the wild seasons that were just gearing up for the playoffs. TV and radio stations have done their best to keep all sports fans occupied at this time. These sports channels



have attempted to make up for these trying times by airing old games from some of the most pivotal moments in sports history. ESPN has even started a H-O-R-S-E competition to stifle the bleeding of the suspended NBA and NCAA basketball seasons. Among the participants in the tournament are All Star NBA players, former NBA players, and WNBA stars. The tournament took place through a live video call on each player's home basketball court and was aired live on ESPN.

Spectators of all sports are suffering a blow during this pandemic despite the ways ESPN is trying to soften it, and La Follette Junior Ben Blazel is heartbroken. "It is hard to deny the impact sports can have on your life. Whether it is a way to exercise or an escape from reality, sports have the ability to fill a void in your life that very few other things

can. For me, sports is a way to cope with the hardships of life and achieve great triumph," Blazel (11) said. "Not only do I play sports, but I watch them religiously." Blazel also mentioned how the NBA and NHL playoffs were about to take place in the sports world, and he is upset that he is not able watch them at this time.

The sports community along with everyone around the world is staying strong and uniting together for each other's safety in a way that we have never seen before. Although some things will be missed, the country must take the correct precautions in order to stop the spread of the Coronavirus. With teams of scientists, league commissioners, and the government all banding together, the country hopes to get our favorite teams and athletes back in the game safely and efficiently.

Boy's Basketball Season Cut Short: Robbed of State Seed

Likely headed to playoffs; halted by pandemic.

By Elijah Rader

As we all know, all good things must come to an end. However, we did not expect this year's extraordinary La Follette boy's basketball season to end so abruptly after being on the verge of a state title. After going 23-1 and beating Waunakee on March 12 with no fans in attendance, the Lancers were set to match up against East once again the following Saturday for sectionals. Then, the news broke out. With the coronavirus pandemic growing by the day, the first calls for social distancing began. Activities were cancelled, school was closed and the WIAA decided to suspend the playoffs. Although necessary to keep players and fans safe, it was extremely sad-

dening after such a promising season. All players, especially our seniors, were devastated. The last chance for many on varsity to bring home a championship was lost by something that they had no control over. All of the hard work put in over the season was suddenly put to rest by a pandemic.

Senior guard Isaiah Stewart enjoyed a great breakout season as he averaged 15 points, 4 boards, 3.2 assists and 2.3 steals a game, winning him the "All-Area Boys Basketball Player of the Year" award by the Wisconsin State Journal. He also was given first-team All-Big 8 team honors, along with fellow seniors Ben Probst and Derek Gray.

The day that the WIAA Tournament was canceled, Probst wrote on Twitter, "Thank you to everyone that made these last four years so special... To all my teammates and coaches, thank you

for pushing me everyday and giving me some of the best experiences of my life... Lancer Pride forever!"

After taking a few weeks to reflect he says, "It especially was hard because the whole team worked so hard and dedicated so much time to basketball, and I have dreamed of playing in the sectional finals and possibly the state tournament since I could walk, so not getting one last chance at that was really hard." Probst knows that even when life gets turned upside down, we must keep an open mind. "I feel terrible that it didn't end with a gold ball, but what we accomplished was definitely something no one could ever take away from us," he added.

Our hearts go out to all Lancers who missed the opportunity to play for a sectional and state title, and we congratulate them for going as far as they could. L's up!



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The Student Sports Voice of LHS

Fields, Courts & Tracks Empty as Sports are Canceled

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PERSONNEL ONLY"

NO
TRESPASSING

VIOLATORS WILL BE PROSECUTED

BICYCLES
SKATEBOARDS
AND
IN-LINE SKATES
PROHIBITED

NO
DOGS
ALLOWED
MGO 8.19

• PARKING IS ALLOWED IN DESIGNATED
PARKING AREAS ONLY
• PARKING ON THE GRASS IS PROHIBITED
• GOLF, BASEBALL OR SOFTBALL PROHIBITED
EXCEPT IN DESIGNATED AREAS
• ENTRY UPON SCHOOL GROUNDS BY
UNAUTHORIZED PERSON PROHIBITED
• LITTERING PROHIBITED
• USE OF TOBACCO AND ALCOHOLIC
BEVERAGES UPON SCHOOL
PREMISES PROHIBITED
• WEAPONS ARE PROHIBITED ON SCHOOL GROUNDS
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