

THE LANCE

Volume 57, Issue 3

La Follette High School, Madison, WI

The Student Voice of LHS

INSIDE LHS

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Some students finish the year on Zoom, while others walk the halls. pg. 3

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Cover Picture: The Lance Newspaper staff graduate together, throwing their caps in excitement for what lies ahead.

Ready for New Beginnings

After this roller-coaster of a year, Lancers look forward to all that's to come!



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THE LANCE

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Parting Words from Principal LaRosa

**Finish this school year
knowing that you are strong
and "you matter!"**

By Principal Devon LaRosa

Lancers:

It is my great pleasure and honor as your principal to be given the opportunity to write this forward for The Lance and their 2021 Second Semester Edition.

We have an amazing Lance staff who once again created an outstanding newspaper in difficult times. The newspaper has captured our heart, passion, smiles, struggles, and our pride.

The 2020-21 school year has been a very different but exceptional year. I say this because even through difficult and challenging times we managed to show how human we can be; we showed up for each other, spoke up



LaRosa

for each other, and showed genuine care for each other. I am proud to be a Lancer.

In an almost Zoom reality, we produced an amazing play: *What I Want To Say But Never Will*. We attended Zoom classes and partnered with our virtual mentors, attended virtual assemblies, La Follette-ized a new 9th grade class of Lancers, and received a shout-out in the New York Times by Harvard University.

As we close this year, there are some things I want to leave you with: You are great! YOU MATTER, not just right now, but YOU MATTER every day! You truly can do anything you want and wish to do. When you meet negativity or adversity, remember that you have been prepared for greatness and nothing can stand in your way. Lastly, continue to lead with love in your heart.

I wish you all the best now and in the future. I wish you luck too, although I know you don't need it, with the leadership, passion and knowledge you each possess. We are Lancers!

Respectfully and Educationally,

Devon LaRosa



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Doors Re-Opened, Students Faced a Difficult Decision

Did you choose virtual or in-person?

By Allison Rau

After over a year of online learning, the exciting opportunity came in late April for students to return to in-person learning through a hybrid system. While students went back for a short period of time, it has still been a nice way for some students to get the in-person experience and finish out the school year. "I like being able to see people I haven't seen in a while during in-person learning," Marlena Mraz (12), described. "I think that being able to have teachers explain material in person makes it easier to complete classwork and stay motivated based on my learning style." Talk of going back had been on everyone's radar and many people had been pushing for a safe return.

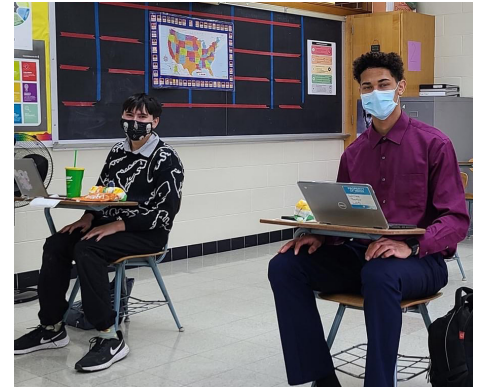
The solution that the Madison Metropolitan School District (MMSD) came up with was to create two different cohorts of students to ensure that there would be enough social distancing in both the classroom and hallways. Cohort one went back to school on Tuesdays and Wednesdays and cohort two went back on Thursdays and Fridays. Each group was split up to ensure that everyone would be socially distant in classrooms, with all desks and tables six feet apart from each other and each class had a small group of students. There was also a large percentage of students who decided to continue school completely online. Elementary students were the first to go back in March and then from there some middle schoolers and high school students went back. By April 27th everyone who wanted to go back was able to. About 60 percent of the students from La Follette went back to in-person learning.

Safety was a top priority when transitioning back to in-person school. Students, teachers and staff have worn masks at all times in the building and the hallways have been taped down the middle to create space between walkers. Along with that, after each class teachers have been disinfecting desks and seating charts have been strict for contact tracing purposes. Before

coming back to school, many teachers and staff were able to have the opportunity through MMSD to get vaccinated, which made many feel better about the transition back.

Going back in-person was something that really excited teachers as they were able to see faces again, and get to know their students for the few weeks left of school. "SEEING STUDENTS IN REAL LIFE!!!! Kids still smile even with masks on!!!" Phil Neppl, La Follette Psychology teacher, exclaimed. "I have been so excited to see students, just being able to have the small 'how are you?' conversations that were missing during virtual time, that by far has been my biggest excitement of being back!" Students who switched to in-person feel that they are learning more in the classroom as they don't have the other distractions going on in their home or learning space. It has also been a great opportunity to talk to your teacher if you have any questions about what you are learning or if you just want to talk to someone that you haven't seen in many months. While being back is a great thing, many students did also decide to stay virtual. "I decided to stay virtual because I didn't want to re-adjust to in-person school, since I'm graduating so soon," Lauren Johnson (12), said. "I like my virtual school routine, and I am happy to have the option to stick with it for these last few weeks."

We have been learning virtually for so long now, it's become our new normal, so the first few days back in school was



LHS students socially distanced and back in school.

definitely an adjustment for students, and a hybrid learning environment was a lot to get used to. Many students in school still join Zoom meetings every day to see what the teacher is presenting and to participate in different activities with the students who are still at home. Every Zoom call has a camera showing the classroom so that those at home are able to see what is happening in the classroom. "I think the students choosing to stay virtual are getting a similar school experience as those going back," Johnson explained. "Of course the in-person students are forming closer connections being face-to-face with teachers and other students, but the academic experience seems to be the same!" No matter if you have been learning in-person or virtually, you are still learning the same information, just in different ways. Overall, the process has gone fairly smoothly for the La Follette community. Being back brings hope for the future of what next school year will look like, and has offered a glimpse of normalcy.



Senior Pride Guides giving tours of La Follette to the freshmen class in April, 2021.

Reimagining School Safety at La Follette

School police officers were taken out of MMSD schools, so what will replace them?

By Tziah McNair

After the murder of Minneapolis native George Floyd last May, the world could no longer turn a blind eye to the longstanding pattern of violence inflicted upon Black Americans at the hands of those sworn to protect them. As a result, the Madison Metropolitan School District was forced to look inwardly and reflect on the ways its own practices and systems perpetuated injustice, and one was through the presence of School Resource Officers (SRO's). As a result, in June of 2020, they made the unanimous decision to dissolve their contract with the Madison Police Department. From here on out, MMSD plans to take a more remedial approach to discipline and conflict resolution.

In 1992, SRO's were added to middle and high schools across the nation with the intent of reducing and deterring crime, as well as improving attitudes towards law enforcement. Though this has proven successful in some respects, it has simultaneously caused harm to some of the most vulnerable student populations. According to the official "MMSD School Resource Officer Arrest and Citation Report 2019-20," there were 84 recorded interactions between officers and students, 51 of which involved Black students, 12 involved Latinx students and 10 involving multiracial students, leaving just nine involving white students. 59 of the 84 were considered low-income, and just under half had a "special education" status. Keep in mind: that school year was cut short by COVID-19, so one can only assume that these numbers would've increased if the year had continued as normal.

These statistics made clear the disproportionate effects of police officer presence in schools to the Board of Education (BOE). "When we look at



A restorative justice circle from an LHS trip to Iowa.

Photo Credit: Taj Suleyman

the data, the presence of SRO's has only aided and abetted the school to prison pipeline along with other exclusionary discipline measures," said Savion Castro, Vice President of the BOE. Castro is also a LHS alumni who graduated from La Follette in 2013 "[This summer] the whole community realized that the empowering learning environment we want for our Black and brown students was incompatible with the unjust nature of the policing institution that we see here in Madison and nationwide." Castro has a big vision for moving forward with school safety and discipline. "I think it starts with implementing restorative justice to fidelity and all of us adopting this philosophy that we need to do away with punitive measures," shared Castro. "Our current perception of justice is really rooted in punitiveness and vindictiveness versus healing and adjusting behavior for the better in the future. We must move on from that [malicious] vengeance to more holistic healing."

There is currently a committee of 45 teachers, parents and community stakeholders of many gender and racial/ethnic identities tasked with turning what Castro spoke on into a reality, as well as creating concrete methods to "reimagine safety." As of now, the plan is this: "Each high school will receive their own dedicated restorative justice coordinator/staff person charged with implementing the work and working with all school teams to adopt this approach of resolving conflict among students," explained the VP. In addition, programs will continue to grow

and there is a plan to invest resources and money to ensure its success. "I think we'll have a better school system for it," Castro said confidently. Still, it doesn't end there; other topics of interest within the committee are altering the behavior of adults and their perception of students. "Why is a Black student who swears in class more likely to be kicked out than a white student who swears in class?" Castro probes. "We have to start this journey of truth and reconciliation about the history of racism and white supremacy that has been perpetuated in our school by staff and it starts with accountability. It starts with airing out the truth of people's experiences, and then recruiting more Black and brown teachers, and teachers in general, who are more culturally intelligent."

Castro also believes that if we take a "public health approach", meaning prioritizing the mental health of students, we can get to the root of the issues that cause a supposed need for SRO's in the first place.

"We do not need to threaten students with a gun or the criminal justice system to help resolve conflict. I hope that we treat our Black and brown young people better, and we are replacing this criminalization with something that is more humane and just for all of our students."

For more information on this subject, Castro encourages constituents to keep up with the local news, follow BOE members on social media, or reach out to him directly via email, available online.

Anti-Asian Hate Crimes Impact Students at LHS

This surge in violence due to the COVID-19 pandemic hits us close to home.

By Zella Milfred

The United States has a history entrenched with discrimination against the Asian American community, yet this reality often goes overlooked. The negative impacts of anti-Asian sentiments are frequently left out of discussions about racism in our country, and are often neglected in our classroom history lessons. Research released recently by the reporting forum Stop AAPI (Asian American and Pacific Islander) Hate revealed that the COVID-19 pandemic has exacerbated these harmful sentiments. Their data showed that between March 2020 and February 2021, nearly 3,800 anti-Asian hate incidents were reported, ranging from microaggressions to verbal and physical harassment. 4.5% of these took place in a school setting. An analysis released by the Center for the Study of Hate and Extremism at California State University, San Bernardino, showed that although hate crimes in 2020 decreased overall, those targeting Asian people rose by 149%. This rise in attacks is attributed to the racist perception that Asians were responsible for the coronavirus because of its origins in Wuhan, China.

"It brought sadness to my eyes to see

and hear our Asian elders being targeted and attacked and not being able to defend themselves," Ishee Xiong (11) shared. Xiong is a member of La Follette's United Asian Club, which has been focused on

educating others about the unique hardships AAPI students have faced during the pandemic, and the racism they've experienced throughout their entire lives.

Ms. Mayder Lor, who oversees the United Asian Clubs across Dane County, explained that the club "embodies inclusion and respect for the many cultures that

are represented in the Asian American communities," and that the club works to promote "strength, unity, and encouragement."

United Asian Club member Brielle Heine (10) says she never experienced blatant acts of racism or microaggressions at La Follette until the pandemic began. "When COVID started, it spiraled down from there," she said.

Last March, Heine remembers seeing a Snapchat post by a classmate about an upcoming concert by popular K-pop group BTS, saying "how are people going to pay hundreds of dollars just to get COVID from Asian people?"

In moments like these she was struck with disappointment, and says that this feeling quickly developed into "anger, sorrow and sadness." Heine remembers the fear she felt driving downtown and seeing protesters of the mask mandate holding signs targeting the Asian community. She was afraid to be in public after local events such as racist chalk writings in downtown Madison, as well as national ones such as when an Asian man was attacked on a bus in New York City in March 2020. Her family decided not to send her back to in-person school in April due to safety concerns, especially concerning the public metro bus she'd be riding daily.

Since Heine was adopted by white parents, she feels that her fears regarding these hate crimes sometimes go misunderstood and invalidated at home, and has been told that she's "overreacting."

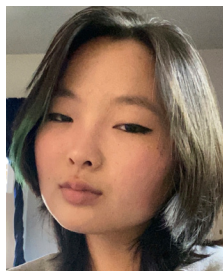
Other members of the club, such as Xiong, said that going to school as an Asian American has always felt overwhelming due to racial slurs and the unfair expectations that come with the myth of the model minority. "I felt pressured to do better because of my race... I felt like teachers had higher expectations for me because I was Asian," Xiong shared. While feeling pressure in the classroom throughout her K-12 education, she's also felt invisible in the hallways. In regards to the rise in hate crimes, Xiong said, "I not only have to worry about not catching the virus

when I leave my home but now making sure that I bring my self-defense keychain with me everywhere I go. It always worries me knowing that my grandparents speak broken English, they could be targeted any day and any time."

Club member Adora Yang (11) has experienced racist comments in grocery stores and in her neighborhood, with people saying things such as "you gave us the China virus." She believes that one of the best ways to combat this hate is through education. The United Asian Clubs across the district have done exactly that, by working together to hold educational training sessions and student panels for upwards of 1,000 staff members across the district.

"I kind of got addicted to going to panels because you feel so powerful and so professional. You really get a glimpse into being an activist. And being so young as well, it's very liberating," Heine shared. Ms. Mayder Lor has witnessed many Asian students gain confidence from participating on these panels and staff training sessions. "We saw over time that when kids started to believe in themselves, it was like a domino effect of support and love from our staff and community once we started to speak out," Lor shared. For Asian American and Pacific Islander (AAPI) month, La Follette's United Asian club has also focused on implementing more history lessons about influential Asian Americans and Pacific Islanders into our classes.

At the end of the day, there is much more work to be done at La Follette to ensure that all AAPI students feel safe returning to in-person school. It will take the dedication of the entire community to educate themselves and stand up for Asian students. Lor, Heine, Xiong and Yang continue feeling fearful when leaving their homes. Not only do they worry about catching the coronavirus, but are constantly in fear of being attacked with malicious fists or words. "What people don't understand is that we are still healing every single day," Lor said. "We're still healing."



Heine



Xiong



Yang

Your Student Newspaper Takes Home Gold

The Lance was named best high school newspaper in Wisconsin. Please help keep our newspaper going for years to come!

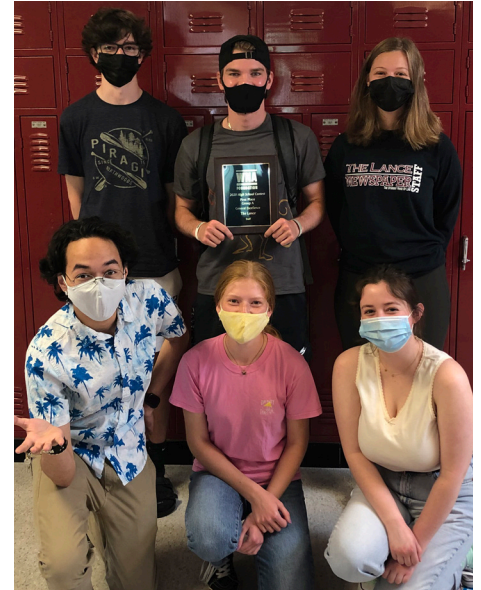
By Zella Milfred

The Lance Newspaper was recently named best high school newspaper in the state by the Wisconsin Newspaper Association (WNA) Foundation. This spring our Writing for the Media class submitted The Lance into the WNA's 2020 High School Better Newspaper competition and received first place in their General Excellence award. This competition evaluates student newspapers from across Wisconsin, and it took a look at the quality of our newspaper as a whole: its depth of news coverage, relevance of opinion pieces, and overall layout and design. Judges commented on our "depth of coverage," and enjoyed that our editorials covered local as well as national interests.

Last school year, The Lance won second place in this competition, so we are extremely proud of our improvement from year to year. "The Lance plays such an important role in our school community, but often goes overshadowed and unappreciated," Assistant Editor Tziah McNair shared. "Winning this award was reassurance that not only does the work we do matter, but it's really good and worth writing and reading."

With this recognition came a \$1,000 scholarship which was used to help print and mail the newspaper you're reading today, and will hopefully be used to continue supporting student journalism at La Follette moving forward. School closure due to the pandemic has made producing The Lance difficult, but the commitment of our tight-knit team made creating new editions possible, as well as mailing them to the homes of all students and staff. We've treated this year as an opportunity to innovate by starting new projects such as the Bi-Weekly Bits podcast and newsletter email blasts.

We are deeply saddened to say that The Lance Newspaper will not be running as a class next school year because not enough students signed up for it during scheduling. It will instead be running as a club, and we encourage all students to join! If you like to write, are interested in current events, or want a place to voice your opinions, then this community is the perfect place for you. "Student voice is absolutely vital, and I think we may even be able to get more of it now that it's open to everyone - in the sense that you don't have to worry about fitting it on a schedule or stressing for credit," McNair said, in regards to the newspaper transitioning to a club. We hope that the class being dropped is not the end to a longstanding and wonderful tradition of student journalism at our school, dating back to the 1960's when La Follette was built and the very first Lancers walked its halls. And we hope that La Follette continues to support this unique environment which fosters critical thinking, creativity and collaboration for LHS students. After contributing to The Lance for four years, I have seen how student journalism teaches young reporters how to communicate effectively about the issues that matter to them and to their community. It gives them a voice to express themselves and power to create change. Through interviews with anyone from a classmate to a U.S. senator, students



Members of The Lance class holding the WNA first-place award plaque.

gain confidence in communicating with others and asking critical questions. As Editor-in-Chief, I'd like to congratulate everyone who contributed to The Lance in this roller-coaster of a year. You should be extremely proud of the state-wide recognition we've received, as well as the hard work you've put in every day for this publication. My fellow reporter's determination and creativity continues to inspire me, and I'm not exaggerating when I say that being a part of The Lance has changed my life. Let's continue offering a space for students to express themselves and inform the LHS community for many years to come.



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The Bad Guy: Celebrity Role Models and Body Image

This teen sensation has changed up her look. What does it mean for the celebrity culture surrounding body image?

By Brigid Mullen

We as a society are not particularly kind to our bodies. Everyone in the world has things they'd like to change about their appearance, and struggles with insecurities regarding others' perception of them. This has been exacerbated by celebrity culture, especially within the last few decades due to the introduction of social media. With celebrities and new-age media influencers who all have seemingly effortlessly perfect bodies being pushed into our faces what feels like 24/7, it can feel pretty difficult to be comfortable in your own skin.

However, a few celebrities are challenging this toxic celebrity culture, with 19-year-old singer Billie Eilish being one of them. Eilish rose to fame in her late teens with her breakout hit single "Bad Guy" and follow-up album "When We All Fall Asleep, Where Do We Go?". Her mesmerizing voice and unique sound quickly made her music stand out from other pop music being released around the time, and her alternative look made her stand out from other celebrities. Up until very recently, Billie Eilish's signature style was baggy, oversized clothing in bright neon colors. "It kind of gives nobody the opportunity to judge what your body looks like," Eilish stated in 2019 when asked about her clothes. "I want layers and layers and layers and I want to be mysterious. You don't know what's underneath and you don't know what's on top." Eilish's choice to keep her body anonymous was an unusual and powerful stance to take in today's society, and she was championed by fans as a rule breaker, who was in total control of, and knew exactly what she wanted to do with, her image. "I think as her fame grew she tried to stay consistent with how she acted in the public eye, so from her first album to now, the public still knows she's in it for the music," explained Lydia Burke, a senior at La Follette.

In recent weeks, the conversation sur-



Eilish on the cover of the June 2021 issue of British Vogue. Photo Credit: New York Times, Craig McDean

rounding Eilish's impact on celebrity culture and the body positivity movement has shifted somewhat, in response to Eilish's appearance in the June issue of *Vogue*. In the *Vogue* article, Eilish discusses her latest album, "Happier Than Ever", and her life during the past year of quarantine. In the photoshoot, Eilish foregoes her typical bright-colored baggy t-shirts and sweats for a custom Gucci corset and skirt. This new look is not just for the shoot, rather, it's part of an entrance into a new era for Eilish. Her latest album cover also sees her wrapped in white silk, and showing a bit more skin than she would have in the past. This change-up in Eilish's look has sparked a bit of controversy over the past few weeks. Some mourn the loss of the old Billie, who was defying gender stereotypes and beauty expectations in ways no other celebrity really was. However, others say calling this shoot the death of the old Billie strips it of its complexities, and what it truly is: an evolution. The choice to switch up her look and show more skin for this shoot was made entirely by Eilish herself. Eilish has always struggled with insecurities regarding her body, and cites those insecurities as the main reason for her depression. This led to the baggy clothes that became her signature look as she rose to fame in her late teen years. This reclamation of her body, on her own terms, is something to be celebrated, not scorned. "I liked that she wore baggy clothes as kind of a statement that she had the choice of what people could see or not," says La Follette senior Kristen Menge. "The *Vogue* cover was powerful because she chose to show her body, and she looked good." Eilish has used this moment to be completely honest about her struggles with

body image, especially during the last few years as she became a celebrity. "It made me really offended when people were like, 'Good for her for feeling comfortable in her bigger skin,'" Eilish says of an incident last fall when a paparazzi picture of her in more form-fitting clothes went viral. This trend of toxic excessive celebration, of jumping to call someone brave or inspiring when they're just trying to exist in their own bodies, is indicative of a real dark and hypocritical side of the body positivity movement. "The more the internet and the world care about somebody that's doing something they're not used to, they put it on such a high pedestal that then it's even worse," Eilish continues. Although the baggy clothes may be gone, Billie Eilish still retains full agency over her body and image, and in doing so remains a positive role model for her fans, who are mostly teenage girls. "Billie has somewhat created her own branch of body positivity," Burke continues. "Her initial brand was 'I don't share my body, not because I'm ashamed, but because it's what makes me comfortable.' I think her most recent statements that went along with the *Vogue* shoot continues with that idea, that 'I can do what I want because I'm comfortable with how I look in what I'm choosing to present to the world.'" To say that body image and body positivity -- especially when considering societal influences such as celebrity culture -- are tricky subjects would be an understatement. But when it comes to tackling these complex, sticky issues within yourself and in larger society, Billie's bottom line is: "Showing your body and showing your skin -- or not -- should not take any respect away from you... If you feel like you look good, you look good."

Artists of the Term:

Apollo Kaufman and Mad Brandt

The origin and survival of art in an era of turbulence and uncertainty.

By Chris Moura

Motivation can be tough sometimes, especially nowadays in an age when everything we need is just a few taps, types, or clicks away but yet it all still leaves us feeling out of touch with ourselves. How can the livelihood of who we are as people survive the test of time in a format that comes from within; from the true heart and soul of expression? It is discovered here within the world of art, here in your very high school, it's within these two artists of the final term in our 2021 school year. Apollo Kaufman and Mad Brandt. Starting from his earliest days of cognizance, Apollo has been involved with creating drawn works of art in a multitude of mediums, eventually picking up writing along the way in the style that has been self-proclaimed as 'spontaneous prose'. "I mostly used pencils, markers, colored pencils, and any art supplies from my mom's collection that I could get my hands on and that she didn't deem too valuable," said Apollo Kaufman (12). It may also be noted that it was his own mother's artistic expeditions that sparked the young Kaufman to entertain the act of art further. "Growing up, my mom had been a huge influence being an artist herself, so I've always been in that kind of environment. My drive to create is fueled by love for life... I take in things that I love and gain the practical skill to create images and projects that are meaningful to me," said Kaufman on his inspirations to create illustrious illustrations. In more recent years, Kaufman has been working with oil pastels as a preferred medium for creating visual artwork. Two of his latest pieces, one of them a portrait of postmodern writer William S. Burroughs, the other the cover for a work-in-progress science-fiction piece, *Highway Picnic*, were both created with the help of oil-based pastels. "It's not too messy but can still blend, where other



Senior Mad Brandt

mediums don't offer as much flexibility and then some are too messy like paint," said Kaufman on why he has utilized this medium recently.

In a similar yet unique manner, Mad Brandt began their artistic career with just pens and markers, starting with the accentuation of things they found beauty in and the recreation of things dubbed not-so-beautiful. "I would see something that I would like and would want to make my own. The opposite scenario also inspires me, if I saw something and thought it was awful, I would want to make something better," stated Mad Brandt (12). Consistently, Mad can be found working endlessly on new visual works or graphic novel-inspired pieces as they always have an idea right at their fingertips waiting to be brought into the physical world. "If I wanted to draw something specific I can't draw it because it's like there's a voice saying 'nope I want to make this.' Then if I listen to it I find myself out of an art block sooner," said Brandt on how they cope with artist's block on the regular. A majority of the visual pieces they create are made digitally, using computer programs that they state make the artistic process much faster. "I can do a lot more digitally than traditionally. I [can] go back to drawing on paper but it is much more time consuming," com-



Senior Apollo Kaufman

mented Brandt on their preference of medium. Recently, they've been working on creating comics based on their favorite movie scenes, "I loved those movies so much that a single drawing wasn't enough, a comic is perfect because I can draw multiple pictures within each page," continued Brandt onto what they like to capture these days, perfectly harkening back to their start in making things they find beautiful even more so in their own unique way.

And truly, isn't that what art is all about? The view of our environment through the lens of the human soul? Even throughout the hardships we've all faced this last year, these two have prevailed and shown the world just how beautiful it really can be. "I took [quarantine] as an opportunity to shut myself in and create more than ever, but it does become difficult to create in isolation. Despite that I've still grown very much as an artist through the year and am grateful for every opportunity that I get to create," said Kaufman on maintaining motivation over the last year. "I had gotten used to drawing with lots of commotion around me. But that was something I had to gradually adjust [to], my motivation to draw never changed when I was stuck at home," added Brandt on keeping up the pace in a different work environment.

What's *Hot* What's *Not*

By: The Lance Class

What's Hot: Graduating high school

What's Not: Falling off of the stage

What's Hot: Summertime

What's Not: Bug bites

What's Hot: Hot dogs

What's Not: Corn dogs

What's Hot: S'mores

What's Not: Sticky marshmallow fingers

What's Hot: The sun

What's Not: Getting burnt

What's Hot: Camping

What's Not: Bear attacks

What's Hot: In-person graduation

What's Not: Limited tickets

What's Hot: Being double vaxxed

What's Not: The after effects

What's Hot: Going to college

What's Not: Missing friends

What's Hot: Fireworks

What's Not: Pollution caused by them

What's Hot: Elbow bumps

What's Not: High fives

What's Hot: Fun summer jobs

What's Not: Working too many hours

Random Facts

By The Lance Class

- Some snakes breathe through their skin.
- The smell from cutting grass is the plants in distress.
- The wood frog can hold its urine for 8 months.
- The unicorn is the national animal of Scotland.
- The letter 'E' shows up in 11% of English words.
- Mars & Murrie are the names behind M&Ms.
- The moon has moonquakes.
- Humans are the only animals who blush.

What Grinds Your Gears?

COVID-19 storylines: tiresome at best, dangerously irresponsible at worst.

By Brigid Mullen

TV has always been one of our greatest forms of escapism. Yet, as the COVID-19 pandemic drones on, many shows have become less impactful as escapism as they become bogged down with useless, irresponsible plotlines attempting to cover the pandemic. In theory, this makes total sense. Art and storytelling always reflect the events and sentiments of their time. After a third of Europe died in the plague, we had the Renaissance, and a special emphasis on the macabre and morbidity in art. So far, however, our post-COVID renaissance seems to be less "300 year period of artistic inspiration" and more "the latest season of a TV show rehashing outdated events and tired jokes from a year ago, dredging up exhausting collective trauma for 44 minutes, only to drop that "plotline" after three or four episodes". That's not to say that every single piece of COVID-driven art is exhausting and unnecessary. It's just that the vast majority at the moment is groan-inducing at best, inaccurate and subsequently dangerously misinformative at worst.

Common annoying occurrences in shows currently covering COVID include characters disregarding social distancing guidelines, traveling with little to no post or pre-travel quarantine, and the aforementioned practice of starting the season with a heavy focus on the coronavirus, only to ignore the pandemic with a jarring return to business as usual a few episodes later. Again, there's no real need to include a COVID plotline in your show, and these things only become problems when writers make them so. The most egregious of these offens-

es has to be the common occurrence of characters trapped in coronavirus plotlines failing to take mask guidelines seriously, if at all. In NBC's *Superstore*, for example, the essential worker characters stay masked when on the store floor with customers, but unmasked any other time, no matter the size of the group or the distance between group members. Making a point of wearing a mask to begin with, and then taking it off to prove a point, or when "no one's around," has quickly become a staple of these messy COVID plotlines. This serves a functional purpose, of course -- we have to be able to see the actors' faces so we can see them acting, there's really no way around it. At best, this takes the audience completely out of the story, screaming for the characters to put their masks back on. At worst, this makes light of the pandemic and the need to wear a mask, which far too many are already neglecting. Seeing your favorite characters take their masks off as soon as they're overly emotional, or when they're visiting with family they haven't seen since before the pandemic, makes people feel like it's okay to remove their own mask when they're going through the same thing. This is a sentiment we really don't need to be normalizing right now, even as we enter what is hopefully the home stretch of the pandemic.

So how do you avoid these tired, tone-deaf tropes that make audiences cringe at best, and disregard safety guidelines at worst? The easiest, most obvious option is to avoid a COVID-plotline altogether. These plotlines can be done well, in theory, and there's no doubt in my mind that within the next few years we'll see a movie or show handle COVID with nuance and poise, and sweep a post-pandemic awards season. However, while we patiently wait for that, the last thing I want to see when I turn on the TV is my favorite shows and characters trying and failing to handle the pandemic.

Roars & Mutters: My Irreverent Look at Parent Convos

Do you have a hard time decoding conversations with your parents? Then this article is for you!

By Ben Blazel

Parents are confusing. They can be loving one minute, and ridiculing you endlessly the next. It can be extremely difficult to understand what they are truly trying to say to you. This has been true in my life, but overtime I have learned to bridge this gap. After many years, I have learned how to dissect and decode parent statements in order to find their true meaning. The rest of this piece will be filled with real interactions that I have actually had with my parents, and the conclusions I was able to successfully draw from them. I hope these examples can help you navigate the battlefield of parent-child communication in the future!

What My Parents Said: "Stop blowing up grapes in the microwave!"

What They Meant: "We love you so much and are so proud of you, and your scientific innovation!"

What My Parents Said: "Why did you use my debit card to make an unauthorized \$75 purchase, and more importantly, why did you use it to buy a life sized Jon Bon Jovi poster!?"

What They Meant: "We understand that this was a necessity and appreciate your cultural competency. Any other purchase would have been a shot through the heart."

What My Parents Said: "How did you get a 'D' on your trigonometry test!? Did you even attempt to study?"

What They Meant: "I am obligated, as a parent, to pretend that I am mad about this, but in reality I have no idea what trigonometry is, and I guarantee I was terrible at it too."

What My Parents Said: "Take the garbage outside please. Pick up day is tomorrow."

What They Meant: "Feel free to take the garbage out whenever it is convenient for you. Even if that means you do it a day late, causing our trash can to overflow on the curb for a week. It is totally okay this will bring judgmental looks from neighbors, casting shame on our home."



Photo Credit: The New Yorker

What My Parents Said: "Stop throwing that vase like a football."

What They Meant: "You can use that vase as a football until your arm gets tired, or it breaks (we know it will be the latter)."

What My Parents Said: "We are going out for dinner. Where would you like to eat?"

What They Meant: "We are going out for dinner, and we are pretending that you have a say in this decision. In all truthfulness, this is not a democracy. Therefore, we are going to a pizza place and I don't care that you're lactose intolerant."

What My Parents Said: "Your father lost all of our money in a pyramid scheme."

What They Meant: "Your father lost all of our money in a pyramid scheme."

What My Parents Said: "When I asked you to water the plants, I didn't mean the fake ones too!"

What They Meant: "We are extremely grateful for all of your hard work in terms of plant care. We are well aware that these fake plants look exceedingly real, despite the fact that they are sitting in plastic dirt."

What My Parents Said: "It looks like we are going to have some beautiful weather this weekend for the first time all spring!"

What They Meant: "We are cleaning the garage this weekend."

What My Parents Said: "That is an interesting new shirt."

What They Meant: "That shirt is hideous and offends me greatly."

What My Parents Said: "Let's have a bonfire this weekend!"

What They Meant: "We are going to make you pick up every stick in the yard to use as 'kindling,' even though we all know in the end that your father is going to get frustrated and just douse some old newspaper with lighter fluid and accidentally burn down the garage."

What My Parents Said: "What is the matter with you!? Why can't you turn the lights off when you leave a room?"

What They Meant: "Let's play the game where I yell at you about something I am equally as guilty of."

What My Parents Said: "We are going to try a new recipe for dinner tonight."

What They Meant: "We are going to set off every smoke detector in the house and then order takeout while your mother sobs into an oven mitt."

What My Parents Said: "You need to get off of technology and spend more time outside."

What They Meant: "Since I am texting you this information, I am aware of my own hypocrisy and too ashamed to admit it."

What My Parents Said: "I packed you lunch."

What They Meant: "I threw a lunchable, a fruit roll-up, and a caprisun in a paper bag for you. I hope you enjoy cavities and/or a shortened life span."

What My Parents Said: "Why do you always wait until the last minute to tell me things!?"

What They Meant: "Even though I alerted you of your orthodontist appointment ten minutes after you were supposed to be there, your behavior still baffles me."

What My Parents Said: "We love your brother more than you."

What They Meant: I have yet to decipher this one, but I have no doubt that the real answer is out there somewhere!

Spring Musical Complete, Despite COVID-19

La Follette presents *Twelfth Night* in video format.

By Annabelle Reynolds

It's no secret that La Follette theatre has looked different this year. Although we haven't been able to meet in person, actors and stage techs alike have been working tirelessly to create a show to be viewed sometime in early June. The 2021 spring musical at La Follette is an adaptation by Shaina Taub of the famous Shakespeare play, *Twelfth Night*. While the traditional play is not a musical, Taub wrote creative lyrics and musical numbers, capturing the thoughts and feelings of the characters. *Twelfth Night* is about twins, a brother and a sister that look so similar they could be mistaken for each other. They are on a ship when a storm hits, and the siblings, Viola (Tziah McNair) and Sebastian (Nolan Hegge) are separated. Viola washes up on the shores of Illyria and pretends to be her brother, calling herself Cesario and dressing in Sebastian's clothes. She works for the Duke Orsino (Lilyana Sims) who is deeply in love with

the Countess Olivia (Mina Linsenmayer) who just lost her brother and is not ready to open her heart to anyone. This show really brings to light sexism and the differences between how men and women are treated in society. In one of Viola/Cesario's songs, she even goes as far to say, "Why has this power in me never been given a chance? Is it as simple as putting on a pair of pants?" There is also an entire subplot with Olivia's servant, Malvolio (Lydia Burke), falling in love with the Countess Olivia and mistakenly thinking she feels the same about him. *Twelfth Night* is not lacking humor, with a fool named Feste (Annabelle Reynolds), a drunken uncle named Sir Toby (Jayquan Jaeger), another servant to Olivia, Maria (Julia Wentz), and a hot headed knight, Sir Andrew (Cecelia Ridgeway). Sebastian searches for his twin, Viola, throughout the show, with his trusty guide Antonio (Leah Piddington). *Twelfth Night* is a very beautifully written and detailed show, and LHS students are doing their very best to make it understandable and enjoyable for the audience. Each actor has been filming their lines

and songs individually with a green screen behind them on the La Follette stage. It's different, but the actors have definitely risen to the challenge. "I think that the students involved have really come to understand the format a little better and what kind of acting is involved. Getting an understanding that this is not the real theatre, that this is a whole different type of acting than you would do on the stage -- I think a lot of the students have really engendered that and really are bringing that across right now," Sam White, the director of our musical, said.

After everyone films and records their songs, Mark Penisten, the technical manager at East High School and for the district, will splice everyone's recordings together to make a cohesive final project, and help ensure clear sound and video quality.

This may not be the process many seniors and freshmen expected their first and last high school theatre experience to be like, but they learned valuable lessons about flexibility, and how to create something beautiful in times of hardship. Keep your eyes open for more information involving the release of *Twelfth Night*!

TIPS and TRICKS

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Q A

What can I get out of saving? I don't make very much money?

Saving is way more than just pooling cash — it's about organizing your life. When you set up a savings account, you can easily lay out your money and plan for the things you want.

Q A

Okay, so how is a savings account going to help me organize my life?

One way is to create multiple accounts. Set aside money for the things you pay for each month (like Spotify or your phone bill), and others for the things you want to save for. Whether you want a new phone case, you're saving up to buy a car, or saving for college, you can easily separate that money and see the progress you're making.

Q A

That sounds kinda complicated. How hard is it to move all that money around?

It's easy in the Summit app! You can set up automatic withdrawals and never think about it again. And if the things you want to save for change, you can simply adjust what goes where.

Q A

This sounds good, but where can I go for more info?

You can call Summit at 800-236-5560, or visit our website at SummitCreditUnion.com for a variety of blogs with great info.



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summit

2021 Film Reviews: What to Stream Now

Lights, camera, action!

By Ben Blazel

With 2021 nearly half over (a scary thought to ponder), and a multitude of new projects hitting the public everyday, another Lance movie review seemed appropriate. In this latest installment you will come to learn which show is a must watch, what documentary will leave you wondering “why did I just watch that,” and there will be a very special surprise recommendation from a La Follette community icon. Stick around, because you won’t want to miss any of it!

Pretend It’s A City

“Pretend It’s A City” is the single greatest miniseries of all time. While this may sound like an over exaggeration, it couldn’t be closer to the truth. This Martin Scorsese directed docuseries of Fran Lebowitz is the funniest show you will ever watch. Fran Lebowitz is a highly accomplished author best known for her outspoken mannerisms. While Lebowitz achieved notoriety writing for a multitude of publications and her successful first book *Metropolitan Life*, her fame only grew when she began to receive platforms to speak out on issues both large and small. This is what her career transformed into. Fran Lebowitz became a New York icon who paid her bills doing what New Yorkers do best, complain. In essence, that is what this entire series is truly about. There are various elements that delve into Lebowitz’s life as a whole, but the majority of the series is honestly just a place for her to complain about things that cause her annoyance, as well as sharing some of her wild experiences with the world. While this seven-part docuseries is primarily aimed towards comedy lovers and cynics, I honestly believe that anyone can derive pleasure from it. Fran Lebowitz is a visionary who speaks to all generations, regardless of her age. She lives the life that we all wish we could: one in which we can express our indignations



for a living. Aside from watching Lebowitz produce beautifully articulate thoughts in a way that only an author could, and expressing them in a manner that only a chain-smoking New Yorker could, the whole series is beautifully shot. An artful comedy is truly the only way to describe it. This is a must watch!

The Last Blockbuster

This quite possibly may be the world’s most useless documentary, yet there are elements of it that are actually quite entertaining (at least to the right crowd). The best advice one can receive before viewing this documentary is to watch it ironically. Netflix over the years has produced a variety of hard hitting documentaries that have displayed the range they are capable of achieving. This is not one of those documentaries. This is a documentary about the downfall of the video rental empire “Blockbuster Video.” While many students reading this may not even know, or remember what Blockbuster was, this is still worth watching. This is the type of documentary that leaves one having more questions than answers. Many documentaries have this effect, but “The Last Blockbuster” does it on another level. It doesn’t leave you wondering questions about why this video rental empire fell. It leaves you wondering things like “why did they choose to cast all these D-List celebrities” and “what was even the point of making this?” Both of which are extremely valid questions, which is what makes viewing this so entertaining. The documentary consists of “famous” individuals such as Doug Benson, Kevin Smith, Samm Levine, and Brian Posehn. If you’re wondering “who are these people”, you are not alone. Comedy fans may know them... but most don’t. Their sole purpose is basically to talk about how much they loved Blockbuster, but in theory they’re not contributing anything of real value. The documentary also follows the rollercoaster ride that the actual last standing Blockbuster Video Store has been on for the last several years, which



is truly bizarre. This is certainly not a must watch, but something that anybody looking for an ironic documentary should give a chance.

Staff Recommendation

The final review installment is brought to you by La Follette film guru, Mr. Meloy! For those of you who have been lucky enough to have Mr. Meloy as a teacher, you know how fond he is of the cinematic arts. His movie recommendation certainly doesn’t disappoint either! Amongst all of the modern works included previously in this article, Mr. Meloy throws it back to 1994 with Frank Darabont’s adaptation of Stephen King’s famed novel, *The Shawshank Redemption* for his pick. Meloy picked “The Shawshank Redemption” because he felt it was a film that “many hadn’t seen yet” and could be “enjoyed by both staff and students” alike. He wanted to give this movie a nod as well because he believes that over time “fewer and fewer people have seen it,” despite its original success. Meloy goes on to provide interesting reasoning for why he believes it is still criminally underrated. In the eyes of Mr. Meloy, “The Shawshank Redemption” was robbed of its glory due to the fact that it was released amongst the likes of films such as “Forrest Gump” and Quentin Tarantino’s “Pulp Fiction.” Both of which amassed large amounts of success and even today are considered to be two of the greatest films ever made. The Shawshank Redemption stands out to Meloy over those two films because of the creativity of the plot. He astutely points out how the movie is essentially “two different films in one” and didn’t want to provide much further detail in hopes of not spoiling it for those who haven’t seen it. Meloy says “[he] can almost guarantee that everyone will enjoy ‘The Shawshank Redemption’”, and if that isn’t a rousing endorsement to watch the movie, then I don’t know what it is! Also, let it be known that if anybody in the school wants to discuss movies or culture at La Follette, Meloy is your guy!



Stand Alone Honors Leave the Room

The school district makes a change to fight inequalities in our building.

By Ava Kaminski

Pre-COVID, if someone were to point me to any classroom in La Follette, I could probably guess whether it was an honors or non-honors class. Post-COVID, the school district is planning to get rid of honors classes, starting in the 2022-23 school year for incoming freshmen. The goal is to push all students to be in college level courses by their junior and senior years in either dual enrollment or AP classes, which will remain separate from earned honors classrooms.

Earned honors was first introduced in the district for students in the Personalized Pathways program in 2017. Earned honors is a simple concept: all students take classes of the same rigor, but students are able to earn honors credit by doing extra work. Whether it be an extra project or extra smaller assignments here and there, in the end they will earn honors credit on their transcript.

During my first La Follette course selection process in eighth grade, most of my teachers, and a majority of my classmates, scared me out of signing up for honors classes. They talked about how stressful it was, how difficult it would be, and how we would be setting ourselves up to struggle. Since stress was the last thing I wanted in my life, I requested a schedule without any honors classes. When it came time to actually participate in those classes, I regretted it instantly. I walked into the classroom and felt like I wasn't going to be challenged, and I'm not the only student who's been steered out of taking a class they are perfectly capable of thriving in.

When examining the environment of a classroom I consider two things: who is there and what is happening. At La Follette, honors and AP classes are disproportionately white; I can count on one hand the number of people of color that have been in my AP and honors classes. This is a problem that needs to be addressed in schools, and earned honors is a

way to have accurate representation of our school body in all of our classes. "When I went to school, [honors classes] were used to box me out. I had no brothers or sisters that had ever taken them so I had no system inside the network. It was used as an opportunity to not allow me to have the same experiences as other students," Devon Larosa, La Follette's principal, commented on his personal experience. Another aspect of the classroom is student behavior. In my experience, when walking into an honors class, it is normally quiet - unless students are engaging in a lively discussion about the velocity of a ball or the War of 1812. Students are generally asking questions and look like they want to be there.

"We have to divorce the idea of behavior and instruction being intertwined," Principal Devon Larosa emphasized. Restorative justice is going to play a main role in resolving conflicts around La Follette in years to come. Administrative staff at La Follette would also love to see life coaches, community mentors, and even mental health counseling at the school. While these are currently ideas and have no

definite plans, giving students the support they need so they can focus on school while they're in the classroom is a great step. Hopefully having programs like this can help solve behavior issues that we see, since behavior normally stems from needs not being met.

Instruction is the other side of this issue that needs to be addressed. "Students in honors classes need a continued level of rigor, so one of the main questions we were asking ourselves is how we can offer that in earned honors settings," Larosa added. We should consider that in elementary school, students aren't divided into classes based on their academic levels. Instead, those teachers are able to adapt their lessons to fit the needs of all their students. Moving forward, teachers at La Follette will be receiving training on how to do the same.

As someone who has thrived in honors classes, I was initially concerned about the consequences of this decision in regards to classroom behavior and distractions. But I now feel as though this will strengthen our community and help more Lancers thrive once they leave the halls of LHS.



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Demystifying The Defund Movement

Beyond the misconceptions, what does it really mean to defund police?

By Elijah Rader

There were many social movements that seemed to come to the forefront of people's minds during the COVID-19 pandemic. As more people were forced to stay at home, away from work and their loved ones, they became more aware of what was happening around them. Countless influential movements have been persevering and drawing justice for years, such as the Black Lives Matter movement, however many average citizens in America tend to only "care" about such issues when it's considered "trendy" and there are pretty infographics to repost on Instagram. Nevertheless, after the murders of Ahmaud Arbery and George Floyd in early 2020, the movement for social justice was just as hot as it's ever been. Cops kill around 1,000 people in America every year, yet since 2005 there have only been 139 arrests, and even more shockingly only 44 were convicted. This brings the arrest rate between 1 and 2 percent consistently. Due to this crazy statistic and the fact that it took over a year to convict Derrick Chauvin when there was a clear video of him murdering a non-resisting George Floyd, people are rightfully outraged. With America's history of blatant racism exercised through policing and similar programs, there has been a recent move to "defund the police," with some even calling for complete abolition. Black people are killed at three times the rate as white people despite being 1.3 times less likely to be armed. This statistic alone should be enough to get people to realize that at the very least, we need reform. However, many are scared when hearing "defund the police" and think it means that from the moment the pen strikes the paper, there are no more police and our country is in chaos. That isn't the case.

In America, the total police budget for all of the country is around 114 billion dollars, which is an insane amount. The military budget is up over 930 billion, another mind boggling number. "Our resources and funds are wildly misplaced here in the United States. Not only are our police overfunded, our military is as well" Ben Daly (12) said. If even just 10% of that massive amount of money was put into public systems such as education, housing, and healthcare, crime would dramatically drop, and this disgusting amount of deadly police force would shrink. As time went on and the funds slowly went away from police and into social programs, crime would only continue to go down, leading to possible abolition. Abolition doesn't mean a sudden drop in police, it would be a slow transition where the funds go from the class traitors we know as police, and into communities to help them grow and eliminate crime without senseless violence. Police do nothing but add to crime and instigate. "We give billions of dollars to corrupt systems that could be allocated for neighborhoods, homelessness, schools, infrastructure, you name it." Daly added. It's all in

the name of oppressing the lower class from rising up and taking money from rich people.

"What we need isn't reform, it's revolutionary change, because if even one person is killed by a police a year, that's one to many and reason to overthrow the system."

Martin Luther King Jr, Malcolm X, Angela Davis, Frederick Douglass, and Harriet Tubman were all civil rights leaders who were pro police abolition. It's all about the community. As long as there are militarized police like we have in America, there will always be unnecessary death at the hands of them. That's why we say ACAB, the system is internalized and rooted in oppression of the lower class and people of color. There was never an organized police force until slavery ended, and we've seen time and time again officers being caught unjustly treating everyday good people. What we need isn't reform, it's revolutionary change, because if even one person is killed by police a year, that's one too many and reason to overthrow the system.



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A Senior Reflection on a Complex Year

Departing seniors have faced challenges, but grew stronger because of them.

By Parker Olsen

When we started high school four years ago, I think it's safe to say that no one thought we would be going out like this. At the time it seemed like the only oddities we would endure would be the normal weird high school things that you just laugh about and then question what in the world we were doing. Now here we sit, a good portion of us still in our homes, about to begin a new chapter of our lives. A pandemic was most certainly not on our radar when we dreamt up our senior year; we were told it was supposed to be one of the best times of our lives. It is still kind of unimaginable that our final school year took place in our bedrooms. Despite being, let's be honest, a completely underwhelming but somehow at the same time completely overwhelming year, filled with disappointments and missed chances, we are seniors after all. We needed to make the best of this situation and give ourselves something to celebrate in our sendoff from high school.

We missed Prom, two years in a row, but still we found a way to have something like it: Morp. Many of us were unfortunately unable to have a senior sports season, something that many of us had been looking forward to for years. We had our college searches interrupted, among other plans complicated or completely canceled. Yet we still made the best of what we had, overlooking all the misfortunes that came along with the year.

We found ways to finish strong, ways to adapt and take advantage of opportunities we never thought we would be given. All of us had to adjust to learning from home, a task no one was ready for. As strange as virtual learning is, I think we have all managed to find ways that worked for us. Whether it is working from a desk or a bed we



Decorated LHS hallway for the return to in-school in April.

have all persevered to get through this odd year, which is an accomplishment of its own. Some Lancers led clubs and events in a completely different style than ever before.

A lot of us probably agree that we thought we would be happy to get out of high school as soon as we could, yet when we weren't allowed into the building for so long we found ourselves missing it. "I didn't expect how much better it is to learn from a teacher in-person," says Gabe Dengler-Jeanblanc (12). Then, almost as soon as we were allowed back in, we only got to enjoy a few final days in the halls of La Follette.

It has been a strange on-and-off experience. Personally, I was prepared to never step foot in the school again. But in April, we were given the option to come back and now I am shocked to be here, again I am preparing myself to never come back to the school as a student. Along with school, some sports got the chance to come back. I never realized how hard it was for me to not be playing a sport until I got the news that we would have a senior season.

"I'm very excited to start the tennis season especially because of how uncertain it was," said Dengler-Jeanblanc. Personally, I sobbed when I got the news that we would be able to play. It was like a finish line that

kept getting farther and farther away suddenly came to a stop and became within reach. Finally it felt like we were getting redemption from having missed out on so much, what we had to endure is immeasurable.

Some of our Lancers got to do things that few seniors ever got to do. In this graduating class there are people running their own businesses, people that have spoken for presidential campaigns, a lot of things that when you tell someone about them they question if you're being serious or not. This class is filled with amazing people that have already done amazing things and expect to go on to do even more great things. I would say that the sky is the limit, but in honesty it wouldn't be surprising if we exceed that great height too.

There is no way to truly capture what this year has been like for us. We missed the end of our junior year and only some of us have returned to in-person schooling as our senior year comes to an end. Despite these hardships that felt never-ending, we have endured and are ready for the next chapter of life, whether that be a job or continuing education. It was not what we dreamt of but it has certainly been an unforgettable experience, congratulations to the La Follette graduating class of 2021.

Future Plans

Cora Adams - UW-Madison	Olivia Hammersley - UW-Milwaukee	George Onyefulummo - UW- Milwaukee
Maya Adams - Madison College	Isabella Harvey - Madison College	Alan Pacheco-Gutierrez - Madison College
Bryan Aguilar - UW-Madison	Quienitez Henderson - Trucking School	Lizbeth Pacheco - Military
Luis Alcala Roblero - Madison College	Rafa Hernandez Barreda - Madison College	Zach Peetz - UW-Madison
Gadiel Alcantara - UW-Madison	Isabel Hernandez Ugalde - Madison College	Sofia Perez Conrad - UW-Madison
Rayanna Alexander -UW-Milwaukee	Keviyana Hillman - UW-Eau Claire	Alexis Pichon-Martinez - Edgewood College
Jorge Alvarado Ruiz - Madison College	Zihni Hodza - Madison College	Amy Portillo - UW-Superior
Charlie Amaral - UW-Whitewater	Ke'Sean Homesly - Madison College	Connor Poster - UW-Madison
Erick Antimo Perez - Madison College	Derrick Houmey - UW-Madison	Rauan Pritchard - UW-Madison
Dylan Arriola - Madison College	Calise Howard - UW-Whitewater	Elijah Rader - UW-Stevens Point
Greyson Baldwin - Madison College	McKenna Howard - Madison College	Angel Ramirez Arriaga - Madison College
Bryan Balzano - Career Fire Fighter	Melvin Hubbard - Navy	Jazmin Ramirez Ramirez - Madison College
Sarah Bansley - Madison College	Emma Iverson - UW-Madison	Allison Rau - UW-Lacrosse
Andres Banuelos - UW-Madison	Christian Jaeger - University of Nebraska	Annabelle Reynolds - University of Minnesota
Britney Barrera-Gonzalez - UW-Madison	Liliana Jaimes - Madison College	Deja Robinson - Cosmetology School
Yumi Bast - Edgewood College	Daeyani James - Marquette University	Isela Roja - Madison College
Benjamin Blazel - University of Minnesota	Phyllis James - Madison College	Grady Roth - Madison College
Alan Blucher - Madison College	Alijah Johnson - Madison College	Micheal Rottier - UW-Whitewater
Margrethe Blum - Edgewood College	Lauren Johnson - Vanderbilt University	Sharon Ruiz - Harvard
Mad Brandt - Milwaukee Institute of Art and Design	Mackenzie Jones - Edgewood College	Mason Sande - Madison College
Alexandra Brown - Wisconsin Lutheran College	Ava Kaminski - Northern Michigan University	De'Marr Sanders - Madison College
Henry Bull Lyon - UMN-Twin Cities	Apollo Kaufman - Portland State	Fatou Sanneh - Madison College
Lydia Burke - Marquette University	Emma Kennedy - UW-Madison	Jeanette Saucedo Meyo - UW-Madison
Karlynn Buss - UW Stevens Point	Ava Kersten - Madison College	Jordan Schlough-Gbedey - Madison College
Jennifer Cadena Mota - Madison College	Grace Kluge - UW-Madison	Savanah Shadof - UW-Madison
Christopher Cardoza - Edgewood College	Kodie Kraemer - Edgewood College	Kavonte Shorter - UW-Whitewater
Colin Casper - Madison College	Devon Kruchten - Marines	Silas Bechtold - Madison College
Kylie Chandler - Marion University	James Lacey - UW-Madison	Nyla Smith - Madison College
Alessandra Chiriboga-Pineda - Marquette University	Blanca Lagunas - Air Force	Colin Spring - UW-Milwaukee
Trevon Cloud - Madison College	Aiden Lampe - Madison College	Matthias Stokosa - UW-Eau Claire
Megan Cohen - St. Catherine University	Ashley Lara - Madison College	Renee Stram - UW-Platteville
Aleah Coleman - UW-Whitewater	Jose Leal - UW-Milwaukee	Ylli Sylejmani - UW-Whitewater
Myah Copus - UW-Milwaukee	Mina Linsenmayer - Macalester College	Zaria Terry - UW-Whitewater
Karen Cortes - UW-Green Bay	Javier Loera Espinoza - Madison College	Kareena Thao - UW-Madison
Mason Coyle - St. Marys University	Dante Logsdon - Cathage College	Miya Tolbert - Madison College
Lloyd Dacumos - Madison College	Lilly Lor - Edgewood College	Aide Trejo - UW-Madison
Benjamin Daly - UW-Madison	Benjamin Loshek - Madison College	Nicholas Turk - Madison College
Dane Davis - Madison College	Keanu Loveless - Madison College	Aryanna Turner - Edgewood College
Gabe Dengler-Jeanblanc - UW-Madison	Braeden Lueder - Western Michigan University	Marshawn Turner - Madison College
Kayden Derksen - Madison College	Nyah Lues - University of Chicago	Octavio Ugalde Gonzalez - Madison College
Korin Dobbs - UW-Madison	Sydney Maly - UW-Oshkosh	Zachary Vang - Madison College
Angela Dominguez - Madison College	Molly Mapes - Madison College	Justin Vasquez -Edgewood College
Kayla Dominguez - Madison College	Melanie Martinez - Madison College	Cristian Velazquez Avila - Madison College
Logan Dwyer - UW-Lacrosse	Natalie McDonald - Spelman College	Andres Villota - UW-Madison
Anthony Edge - Madison College	Tziah McNair - Howard University	Quinn Vitale-Hughes - Madison College
Anna Elsen - UI-Chicago	Kristen Menge - UW-Madison	Cole Walker - UW-Stevens Point
Jayden Enders - CBL License	Amelia Mieczkowski - UW-Stevens Point	Demetrius Walker - Upper Iowa University
Sean Fahey - Madison College	Zella Milfred - Northwestern University	Evelyn Walker - UW-Eau Claire
Jairo Falcon Duarte - Madison College	Ethan Minter - UW-Madison	Amariyana Walls - Madison College
D'Sean Fisher - Madison College	Adela Miranda - UW-Madison	William Ward - UW-Madison
Bartholomew Fitz - UW-Stevens Point	Joseph Moradel - Madison College	Atayvia Weaver - Madison College
Nolen Fitz - UW-Stevens Point	Emile Morris - Madison College	Jailyn Weaver - UW-Madison
Joselyn Fox - UW-Parkside	Marlena Mraz - UW-Madison	Cole Wedekind - UW-Madison
Alex Franczek - UW-Madison	Brigid Mullen - Maunt Holyoke College	Madelyn Weihert - Madison College
Tekiyah Fulks-Fisher - Madison College	Shehide Munishi - UW-Stout	Nitaiya Welhouse - UW-Madison
Luc Fuller - UMN-Twin Cities	Taylor Neupert - UW-Stevens Point	Eden Welling - UW-Parkside
Gabriela Garcia - Madison College	Melina Nguyen - UW-Madison	Dylan Wendricks - UW-Madison
Arly Garcia - Madison College	Elery Norris - Louisburg College	Desire Wonders - UW-Whitewater
Kallen Gill - UW-Milwaukee	Kiera O'Higgins - St. Olaf College	Jayda Woods - UW-Madison
Ayanna Goines - Career CNA	Genesis Obando - Carthage College	Houchi Xiong - UW-Madison
Sarahi Gonzalez Ponce - Madison College	Lydia Oliphant - Brigham Young University	Hailey Yagci - University of Tampa Florida
Kayloni Gregory - Madison College	Parker Olsen - UW-Whitewater	Tyger Yang - UW-Madison
Gianni Gubbins - Agustana Illinois	Karl Olson - Carleton College	Giovanni Zavala Ibarra - UW-Madison
	Gisselle Olvera - UW-Green Bay	Joseph Zizzo - Madison College

Congulations Lancers! Do amazing things!

Playing Strong During the COVID Era

Sports are back and accompanied with masks, social distancing, and plenty of change.

By Parker Olsen

Along with the return to in-person classes at La Follette came in-person spring sports, something that many of our student athletes had missed out on during the 2019-20 school year. The year long, and for some even longer, hiatus meant that a lot of athletes needed to be re-worked into shape. Going so long sitting at home takes a toll on your fitness and your athletic skills. In addition to having a new start, other changes have come to our athletics due to COVID-19.

Due to Madison Metropolitan School District policy, athletes are required to wear masks, whether they are playing or spectating. Not only have athletes had to adjust to wearing masks while playing, but they have also had to comply with other COVID safety guidelines. "The heat with the mask on is rough but we have to do what the CDC says, we need to follow the rules until they're lifted," says girls track coach Javell Heggs. The 2021 sports season has gone without high fives with teammates or group huddles. We have even had to add sanitizing to our routine before and after grabbing equipment. Changes are not only affecting the players and coaches, but also the families of athletes. "We can only have four spectators per family," says Coach Heggs. He also added that keeping a six feet distance has been a little difficult.

The changes don't stop there. Coach Heggs mentioned that this year the WIAA had to reconsider how to have the State tournaments, possibly having separate venues for each division or staggering each division to have their own set of days in order to keep crowd numbers down.

These changes aren't shocking, as safety is the top priority. Coach Heggs says that less students came out for girls track this season because it is harder with school ending at 12:30pm rather than right



Yang playing in 2021 state girls tennis championship.

Photo Credit: John Hart, Wisconsin State Journal

before practice. But even during this challenging time, athletes have been coming together more than ever before. "It feels like the kids are back and able to be free," Heggs says. "Kids are coming out that have never ran before and they (veteran runners) are accepting them more than ever before because everyone has been locked in."

The new environment for sports isn't exactly normal, but many are just happy to be out participating on their teams again. "My motto is always keep love in your heart, that's what we're trying to do out there," says coach Heggs, "I'm trying to bring together a team that's a family atmosphere." He continued to say that this year is unlike any other and that his team has really come together and embraced each other no matter their race, gender or nationality. This year is being spent as get-in-shape season and competing for the fun of it. "We are focusing on getting them in shape, the physical part is huge," Heggs commented. He also added that an added challenge this season has been limited accessibility to have practice in the school, he says that there have been more injuries than normal in part due to limited access to the school as well as because of lower activity prior to the season than compared previous years.

For many, the return of sports has been a relief. Missing out on sports this past year was really difficult for many athletes, especially for upperclassmen who had

been working so hard in previous seasons to get their game to a top level. In overcoming the oddities of having socially distanced practices and masked competitions, our Lancer athletes have remained on top of their game. In the alternative girls tennis season Annalise Yang, a freshman, took home the gold as the individual state champion. In cross-country, Karl Olson competed at the state tournament. Angelina Myhr played in the state tournament in girls golf. Expectations are high for many other Lancers who will be competing this coming spring. All this just goes to show that Lancer athletes are always ready to compete at the highest level, no matter what the circumstances.



Britney Barrera-Gonzalez (12) on LHS soccer team.

Athlete of the Term:

Terry Treads on to Whitewater

Senior Lancer Swimmer Zaria Terry reflects on her success throughout high-school, and where her talent will take her next!

By Michael Rottier

There is no doubt that being a student athlete can be particularly stressful and tiring, especially for someone with the kind of success La Follette senior Zaria Terry has had throughout her four years on the girls swim team. Being a successful student athlete comes with a responsibility and commitment to the grind like no other, and Terry is no stranger to its rewards or struggle. "A tough obstacle that I had to overcome was getting up at the crack of dawn to go to morning practice, then making it to school on time, [complete a full days worth of school work and participate in classes], and also the after school practice which had me at school until 6:30-7:00 at night," Terry (12) said. This tedious schedule helped Terry continue to grow and dominate in the water. It also helped build her work ethic, confidence and stress tolerance on land.

Terry has been swimming for almost her entire life, and has been swimming competitively since she was five years old. With her many years of experience, Terry had high aspirations for herself when joining La Follette's girls swim team. "One of my goals was to be swimming on varsity by my sophomore year," Terry said. But her



Senior Zaria Terry

determination paid off and she was able to make varsity very early in her freshman season. This was only the beginning to an incredibly successful career in high school swimming. After performing well in her freshman season, she qualified for state during her sophomore and junior years. In tenth grade she placed sixth at state in the 50 meter freestyle with a blistering time of 24.10 seconds. Terry reflects on this experience as her proudest accomplishment on the Lancer swim team. "When I made it to state my sophomore year I got a party in the teachers lounge and it felt very special to be able to celebrate with my teammates and friends," Terry recounted. Despite her hard work, and the sacrifices she has made throughout her four years to contribute to her success, she knows

she has more than just her own efforts to be thankful for. "My high school swim coaches, Megan and Allison: thank you for pushing me to be a better swimmer and student. You'll never know how much I appreciate you guys," Terry replied when asked what she would say to her most supportive adult figures throughout her journey.

Next year, as she moves on from high school, she will be attending UW-Whitewater to continue her competitive swimming career as a Warhawk and to earn a degree in business. There is one last piece of advice that Zaria wants to leave underclassmen student athletes: "Don't think that because no one pays attention to your sports that it's not important to show out regardless, and not asking for help with grades or anything else is not worth missing a meet or game."

There is no doubt that Zaria will represent Lancer pride and integrity next year as she dons the Whitewater purple rather than Lancer cardinal and grey. There is no ceiling on Terry's potential future success.

College Sports

Karl Olson - Running Cross Country and Track at Carleton College in Northfield Minnesota

Zaria Terry - Swimming at UW Whitewater

Mason Coyle - Playing Baseball at Saint Mary's University in Minnesota

Evelyn Walker - Playing basketball at UW Eau Claire

Demetrius Walker - Playing football at Upper Iowa

Kodie Kraemer - Playing Volleyball at Edgewood

Eden Welling - Playing softball at UW Parkside

Elery Norris - Playing football at Louisburg College

Amy Portillo - Playing Soccer at Undecided

Mackenzie Jones - Playing soccer at Edgewood

Maya Adams - Playing Volleyball at MATC



Terry competing on the La Follette girls swim team.

Athlete of the Term:

Karl Olson qualifies for the state cross country meet for the second consecutive year.

By Michael Rottier

Senior Lancer distance runner Karl Olson could not have asked for a better finish to his thrilling four year experience on the La Follette cross country team. After being riddled with numerous injury-related struggles in the past three years, Olson took the line for the alternate sectionals cross country meet just three weeks after returning to his normal training plan. Due to the cancellation of the regular fall season, the WIAA was forced to resort to an alternate shortened cross country season this spring. This shortened season left Olson and the Lancers with just a sectional meet and a glimmer of hope to qualify for state. Despite the circumstances, Olson performed very well and punched his ticket to state with a 16:43 fourth place individual qualifier finish. The following week Olson topped his sectional performance with a blistering 16:16 at state, finishing fourteenth overall.



Senior Karl Olson

The most important aspects of Olson's experience as a student athlete at La Follette have been pushing himself and training to be the best he can be, while also embracing the sense of camaraderie from being on the team and having fun. "Going into high school I had no idea the potential I had and I didn't really have any big goals. I thought I might barely make varsity senior year at best," Olson responded when asked his goals going into high school. As a soft spoken freshman with no expectations, no one could have anticipated the amount of success Olson would truly have. Olson qualified for state both his junior and senior years in cross country, qualified for state in track & field his sophomore year, and will be chasing his second state track appearance this spring. It has certainly not been all sunshine and rainbows however. "I've had to deal with numerous injuries all 4 years and I've had to miss months of training just to make sure I'm healthy to run again," Olson commented on his several lower body injuries that have dampened his ability to train as intensely and profusely as he might've liked. "It's really frustrating to be sidelined and see your teammates out at practice doing what you love and not being able to be there too." Despite these obstacles, Olson continued to push himself and stay focused on staying in

Olson Finishes Strong

shape and getting better in whatever way he could, even if he wasn't able to go out and run. Although it may be cliché, this adversity has taught Olson that "anything is possible, and to take advantage of being on a team," because the support of teammates and coaches makes it possible to stay focused on the end goal. We may never know what kind of success Olson could have achieved if he remained healthy throughout the remainder of his career but there is no doubt that it has taught him valuable lessons that he will be able to use in his future endeavors.

Next year Olson will be attending Carleton College in Northfield, Minnesota, and will continue his athletics and academics. He'll bring with him the deeply seeded Lancer Pride and foresight he has gained while being a Lancer athlete. The opportunities are endless for Olson and he is ready for anything thrown his way.

No Fear All Fun

The No Fear All Fun run is a community 5k to honor the memory of former La Follette Cross Country and Track runner Michael Neill, who passed away 4 years ago in a tragic car accident. To continue his legacy, his friends and family have combined his passion of long distance running and helping younger kids by creating the "No Fear All Fun" run. The race will be held on August 1st at Lake Farm Park and all funds raised will go to the Cross Country programs at Sennett and Whitehorse Middle Schools. Registration will begin at 8 am, and the race begins at 9 am. This is an opportunity for Michael's teammates, family and friends, and anyone who wants to get out for a run, to gather and remember his lasting impact on all those who knew him.



Olson running at the 2021 alternate state meet.