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Special Olympics Sparks Opportunity for All

By Zeal Patel

Most children follow a set path starting with childhood sports, whether it's basketball, baseball, or even football. From continuing to make friends and develop physical skills to learning teamwork and improving self-esteem, children utilize sports as a method for their youth development. Throughout primary and secondary school, some transform into athletes, hopefully taking their skills to the next level—university, overseas, and potentially professional. Yet, after potentially being recognized as one of the best athletes in the world, they have the opportunity to participate in the *Olympics*—the mecca of sports competition. However, for millions of children around the world, intellectual and developmental disabilities hinder this conventional path. Fortunately, as society progresses their understanding of child development, opportunities such as recreational leagues, parasport competitions, and the *Special Olympics* opportunities continue to grow. But what catalyzed this innovative thinking? In the late 1950s to 1960s, Eunice Shriver saw how unjustly people with disabilities were treated. As an adult, she realized that many children with intellectual disabilities never had a chance to participate, incentivizing her to create the *Special Olympics* movement. In order for a person to participate in Paralympic events, any person with a disability qualifies. However, *The Games* itself are far more



(Above) A participant from the *Special Olympics of Florida* is throwing shot put, a track and field event that involves tossing a heavy spherical ball as far as possible. Women "put" an eight-pound ball, while men "put" a 15 pound ball. Volunteers assist in recording distances, congratulating participants, and providing medals. All photos by Zane Rimes.

Special Olympics Sparks Opportunity for All, Continued on Page 12...

Cattle Car Makes Train Stop at Lake Highland

By Staff of the *Twice-Told Tale*

Hate Ends Now, *The Cattle Car Experience* was brought to Lake Highland to give students an opportunity to experience and learn about the Holocaust. While students learned about the Holocaust throughout their high school history courses, *The Cattle Car* provided a realistic setting in which participants were able to relate to what they have previously learnt. After entering the car, guests were faced with film projections and personal interviews of those who had been affected by the Holocaust. It is important that students use this opportunity to be aware of how discrimination is still exists so they can make it a priority to fight off all hatred in today's society.



(Above, left to right) Mr. Derek Daly, Director of the Upper School, and Mr. Jonathan Hiatt, Associate Director and Upper School Dean of Students, were two of many faculty and administrators that accompanied students in viewing the *Hate Ends Now* event. Mr. Hiatt shared his thoughts, "The *Hate Ends Now* Tour was such a powerful and immersive experience. Being in the cattle car, hearing from Holocaust survivors, and getting a small taste for the horrific events they dealt with was indescribable." Photo by Kailey Calvo.

(Below) As the *Hate Ends Now* Tour visited Lake Highland, the experience was located at the heart of the Upper School campus. The environment around the Cattle Car felt open, to draw the attention of everyone in the Lake Highland community, yet busy and interactive at the same time with various students and faculty coming in and out of the Cattle Car all day long. Many individuals visited the experience either to gain more knowledge about the Holocaust or to share this once-in-a-lifetime experience with people who were not able to view the Cattle Car firsthand. Photo by Rebecca Reif.



Cattle Car Makes Train Stop at Lake Highland, Continued on Page 7...

EDITORIAL

Organic Foods Sustain Past the Premium

By Santiago Calderon

You are walking into the supermarket, grocery list in hand, and start heading to the produce aisle. “Let’s start with bananas,” you may think. When looking at the options, you see two separate labels: conventional and *USDA* certified organic. They both look pretty similar, but organic bananas cost over 50 cents more per pound than conventional ones. So, which do you pick? Maybe you pick the organic ones for the health benefits you’ve heard about or the fact that they may taste better. Despite the withheld controversy about whether purchasing organic foods is worth the premium, there are a lot more components behind what you see on the aisles of your local *Publix*, *Whole Foods*, or *Trader Joe’s*—particularly what constitutes sustainable agriculture as the world continues down the trajectory of climate change.

To start, organic foods are an important alternative to mass-produced conventional foods that contain chemical fertilizers, pesticides, and herbicides. Not only do organic organizations like the *Organic Trade Association* lobby against dangerous conventional farming production practices, but they have expanded the market for natural formulas. Because organic pesticides and herbicides



(Above) Currently, there’s a widely-held debate regarding the costs GMOs, chemical fertilizers and pesticides, and animal growth hormones and antibiotics have when entering our food supply and influencing health outcomes for consumers.

Industry groups on both sides have published studies offering conflicting evidence, but this doubt has persuaded many consumers to eat organic to prevent the health-related harms of agricultural chemicals. Photo courtesy of *Bloomberg*. Graphics courtesy of *USDA*, *The Non-GMO Project*, *Bee Better Certified*, *Local-Harvest*, *Rainforest Alliance*, *The Vegan Review*, and *Fair Trade Certified*.

these deaths occur in third-world countries where there are little to no regulations protecting production workers, formulators, sprayers, or farm workers from their detrimental effects.

More problematic is where our meat originates. Factory farms are industrial agriculture operations that typically cram as many animals into a confined space as possible, pumping them with antibiotics to prevent the spread of disease and growth hormones to maximize meat output. According to the documentary *Food Inc.*, chickens are being raised in half the time but are twice as big today compared to the 1950s, containing twice the fat with a third of the protein. Chickens never even see sunlight, as they are locked in giant chicken coops without windows, and are grown so quickly that their bones cannot keep up, causing them to fall every few steps they take.

The sheer amount of genetically modified corn that has been mass-produced, and massive quantities of fossil fuel-based resources used in factory farming, have been primary contributing factors to widespread deforestation and pollution.

That’s why social scientist and ecosphere researcher at Kansas State University, Matthew Sanderson, quantifies that big, industrialized agriculture is the root of 50 to 60 percent of all nitrous oxide and methane emissions—along with 75 percent of water-quality problems in American rivers and streams. In fact, many of these toxic chemicals entering waterways have caused “dead zones,” where it is impossible for aquatic life to survive. On the contrary, organic animals are required to be raised in living conditions that moderately accommodate their natural behaviors, such as cows being able to graze on pasture for 120 days, be fed 100% organic foods (even for

fish), and be antibiotic and growth-hormone free. That way, you aren’t just paying a premium for healthier and better food quality, but the environmental animal health costs are also factored into what you serve on your dinner plate.

Finally, organic farming is critical for the future of agriculture, one where climate change will play a significant role. Currently, the *NASA Earth Observatory* has reported that one-third of the United States is experiencing, at minimum, moderate levels of drought. When droughts occur, crops shut down stomata—which are cell structures in leaves that are crucial for exchanging carbon dioxide and water during photosynthesis—to prevent the short supply of water from evaporating. As a result, lower levels of carbon are provided to plants during photosynthesis, resulting in a lower supply of fully grown, healthy crops come time for harvest.

Organic farmers plant native vegetation to help organisms and add organic matter to soils that are broken down by natural organisms. A study by the *USDA Agricultural Research Service* provides a

simple example: just a teaspoon of organic soil can contain up to 1 billion helpful bacteria from 15,000 different species. Meanwhile, a teaspoon of soil treated with conventional chemicals can host as few as 100 helpful bacteria. Because organic farming has a variety of crop production and improved water retention, organic agriculture has the potential to improve soil structure, decrease the risk for crop failure, and increase farmers’ food supply during droughts and shortages. That’s why a 40-year study conducted by *The Rodale Institute* concluded that organic farming can produce 137 to 196 percent more yields than our traditional, conventional system during drought conditions. Being able to increase yields under critical climate conditions we can prevent natural disasters from decimating our food supply, causing shortages in some of our most critical resources.



(Above) The Great Recession devastated countless farmers around the world, particularly those running small farms. Yet, organic farmers are able to have lower initial costs since they don’t have to purchase industrial machinery or chemical fertilizers and pesticides. Organic farmers not only charge organic premiums, but are also more resilient to rapid price changes in conventional foods. Photo courtesy of *TIME*.

naturally break down more quickly, they can prevent insects and weeds from developing pervasive chemical resistances that would require a cycle of scientific engineering of more intense chemicals—for insects to later become resistant to those. As a result, Washington State University researcher Charles M. Benbrook discovered that genetically engineered crops have resulted in a seven percent increase in pesticide use and a 50 percent increase in toxic herbicides. On the other hand, a scientific analysis published in *Nature Communications* found that since organically produced crops grow under more sustainable environmental conditions, the probability of spraying any pesticides at all is reduced by 30 percent.

The impact of these dangerous pesticides is abundantly clear. A *United Nations* report estimated that 200,000 people around the world die yearly from chronic exposure to agricultural chemicals. More alarming, is that 99 percent of



(Above) Compared to grocery stores, the growth of gardens and small rooftop farms in urban areas has provided areas where people can come together and connect with the earth as their source of food. These urban farms can fill-in gaps for low-income areas where there’s a lack of healthy foods, improving local food security and nutrition. Photo courtesy of *Global Opportunity Explorer*.

Overall, it’s time to start thinking about the environmental and human costs that our traditional agricultural system is producing, not just the foods you are paying to eat. So, the next time you stroll by the organic section, maybe take a second look at what’s going on behind the scenes with the products you eat. Their impact beyond the price tag is the true value of what’s on your table.

FACES AND PLACES

New Habitats Offer Fresh Starts

By Sarah Finrock

Habitat for Humanity (*Habitat*) is a charitable organization dedicated to giving people a fresh start with a new home, for a cheap price. As the largest not-for-profit builder in the world, *Habitat* operates in 70 countries. Its origins are much more modest than that. In 1976, *Habitat for Humanity* opened its doors in Americus, Georgia. Married couple, Millard and Linda Fuller, went through a religious awakening in Christ while retreating at *Koinonia Farm*. They wanted to dedicate the rest of their lives to faith-based service. As a successful couple, they decided to give their wealth back to the community by founding *Habitat for Humanity*.

The qualifications for home ownership through *Habitat for Humanity* can be quite steep, but this is to ensure the donations and volunteer labor will go to good use. *Habitat* performs an extensive background check, including employer reviews, character references, and financial audits, on all potential buyers. Race, religion, and ethnic origin play no role in the selection process. Owners are expected to put 500 hours of “sweat labor” into the homes they are set to own along with other volunteers. There are exceptions to this rule, such as people who are physically disabled. Instead, people with such exceptions are asked to volunteer in other ways, such as the *Habitat* resale stores.

Mortgages with *Habitat for Humanity* historically have had no interest rates, but after expand-



(Above) The help of volunteers is at the forefront of what keeps *Habitat* alive. In Florida, many high school students help out in order to meet their *Bright Futures* requirements of 100 community service hours for free college tuition to a Florida university. There are also people who seek to better themselves by volunteering, or families and friends who desire to bond over a common good. Many businesses organize employee builds, volunteer events, and fundraisers in order to bolster company culture. The volunteer opportunities with *Habitat for Humanity* are endless. While the most common is working on job sites, there is also a demand for resale employees, corporate volunteers, and fundraiser organizers. Photo courtesy of *Habitat for Humanity*.

ing into the foreign market, some overseas homes now have interest rates to protect from inflation. To prevent people from acquiring a home for cheap, just to sell it quickly and take the money, the organization technically has 100% equity in the home until the mortgage is completely paid off. This is unlike traditional mortgage payments, where ownership is gathered over time. Monthly payments go towards paying for the building materials and the, “Fund for Humanity,” towards future construction projects. However, mortgages tend to be much lower than other homes in the area. The national average is \$90,000 for a *Habitat* home, but this can go up to \$130,000 in places like Miami.

To increase volunteer engagement, the charity hosts annual themed construction events. Since 1991, every Mother’s Day season, they host “Women’s Builds” across the nation, where a group of all female volunteers work together. Since then, over 1,400 homes have been worked on by women led teams. There is also the “Jimmy & Rosalynn Carter Work Project.” President Carter was active with *Habitat* from early in its inception. *Habitat* also offers “Global Village Trips,” where trained trip hosts will do all the travel planning to overseas build locations. Participants stay in the country for nine to fourteen days, and while there, they volunteer on build sites. Destinations offered include Columbia, Jordan, and Vietnam.

Habitat for Humanity also raises funds through their resale stores. Similar to a thrift store, the operation accepts free donations of clothes, furniture, and office supplies, and then sells them for cheap prices. The locations are all volunteer run, so 100% of sales go back to the charity. In Florida, many resale stores see high school volunteers aiming to fulfill *Bright Futures* requirements (a scholarship awarded to graduates with 100 community service hours along with other academic prerequisites).

The charity has not operated its four decades without controversy. The Fuller couple was eventually ousted from their organization

in 2005 after a change in corporate culture. It is not exactly clear what the reasoning was, but Millard faced sexual assault allegations by his former co-worker, and the couple made comments that were disliked by the organization. Critics have also said the requirements to own a *Habitat* house could not be met by homeless and very low income individuals. However, *Habitat* backs their ownership standards, emphasizing that they have less than a 2% foreclosure rate, which is higher than the national average, but due to the nature of giving homes to people that otherwise could not afford it, it is still quite impressive. An article by the *Weekly Standard* examined the cost-effectiveness of *Habitat* builds. The article stated that foreign builds could be completed much quicker by using local labor, which would be much cheaper and

also help countries with high levels of unemployment. Nevertheless, the charity said their mission was about more than providing low-income housing. When volunteers work at a site they gain and spread community understanding of the low-income housing situation. Build crews are also able to bond and share a joy for giving back when no one is getting compensation for their efforts.



(Above) Anyone over the age of 16 can volunteer on an active jobsite, regardless of ability. There are more advanced jobs involving power tools and working on roofs, which requires safety harnesses. However, there is still a need for clean-up crews to sweep away sawdust and nails in order to keep the building environment clean. Safety is a number one priority at any *Habitat* site, and each session starts with a safety brief. Photo by Sarah Finrock.



(Above) In order to reduce costs for a *Habitat for Humanity* house, many of the houses are built incredibly similar to each other. Customizing house layouts astronomically increases the final price. Although overall home layouts are nearly identical, each site needs its own design in order to comply with geological conditions and ground structures. Also, *Habitat for Humanity* provides housing for people with different limitations. Such homes are more customized to provide need-based support for people with disabilities and special needs such as wheel-chair ramps and easily accessible bathrooms and showers. Photo by Sarah Finrock.



Exciting Entertainment Revives I-Drive

By Luis Roldan

In Orlando, there's no shortage of entertainment options, especially considering that the city has long held the title as one of the world's top tourist destinations. But with the swift impact of the pandemic, the area known as the "Happiest Place on Earth" quickly turned empty. With travel restrictions and fear of the Coronavirus running rampant, many businesses had no choice but to shut down, some even for good. Several International Drive staples, including *ICON Park* and *Pointe Orlando*, however, took their losses and created a whole new experience for guests once travel became more accessible and safer again. Dubbed "I-Drive" by locals and visitors alike, the area has always been a desirable destination for entertainment seekers. However, I-Drive has recently taken a distinct approach to keep the amusement alive. Seeing the growing popularity of immersive experiences trending worldwide, *ICON Park* decided to bring the *Museum of Illusions*, which has more than 30 locations in 30 major cities, right to Central Florida. And what better place to expand their influence than the hub for entertainment?

Walking into the *Museum of Illusions*, I was mostly expecting a display of all the trendy illusions I see on my *Instagram* feed. However, I was surprised to see that it was much more interactive than I original-

ly expected. I saw people of all ages, whether they were children or adults accompanying them, who had the same curiosity and excitement for the different exhibits inside the *Museum of Illusions*. Each showpiece had a separate set of instructions to follow the illusion it was trying to convey, and that made the experience much more easy to follow and enjoy.

Personally, my favorite exhibit was the set of paintings that change form as guests walk past them. I even walked by a mural of a man whose eyes moved as visitors changed their position in front of him. This quickly reminded me of the widely believed theory behind the woman in the famous *Mona Lisa* painting. In addition to these quirky showpieces that were scattered around the museum, there was also a variety of educational illusions that made me play mind games with myself as I was trying to solve the puzzles. I have to admit that I spent almost 10 minutes attempting to figure out one of the harder illusions. The length of interaction can increase based on the level of difficulty. As I approached the exit of the *Museum of Illusions*, I came across a piece that read, "If a picture is worth a thousand words, be sure that an illusion hides more than a million," and after this new adventure, I couldn't have agreed more.

After what seemed to be hours wandering around the *Museum of Illusions*, I spent some time exploring the rest of *ICON Park* to see where my hunger would take me for dinner. I ended up at *Tapa Toro*, which was conveniently located right next to the museum. I came to find out that *ICON Park* had renovated the entire area and brought in new businesses and attractions to attract a, "New type of tourist" to the area, which includes a number of international restaurants and vendors. *Tapa Toro* immediately drew my attention when I saw live flamenco dancing taking place on the restaurant's patio. Its lively vibe and expansive menu make it one of the most popular destinations in the complex, one of the servers told me. Given their advice, I knew I was in for a special treat.

It is clear that these two locales are setting the scene for a revamped tourist experience both in and out of Central Florida. *ICON Park's* influential presence in the area is already helping to bring more action for the public to take full advantage of. With the growing support of visitors from across the country, I-Drive can come back as a must-see destination.



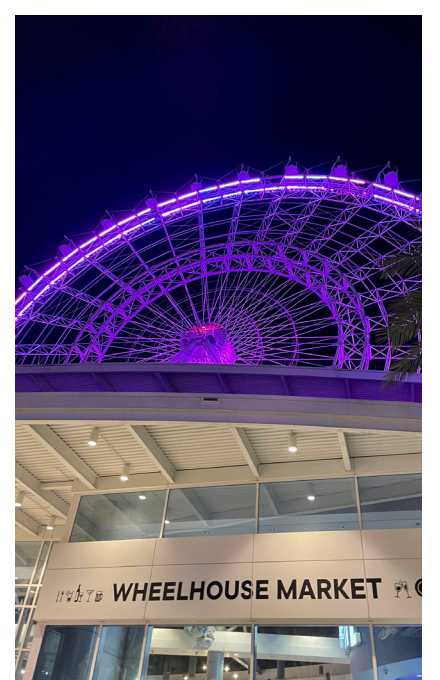
(Above) Graphic courtesy of *ontheworldmap.com*.



(Above) Rides at *ICON Park* are just one part of why thrill seekers keep on eagerly returning.



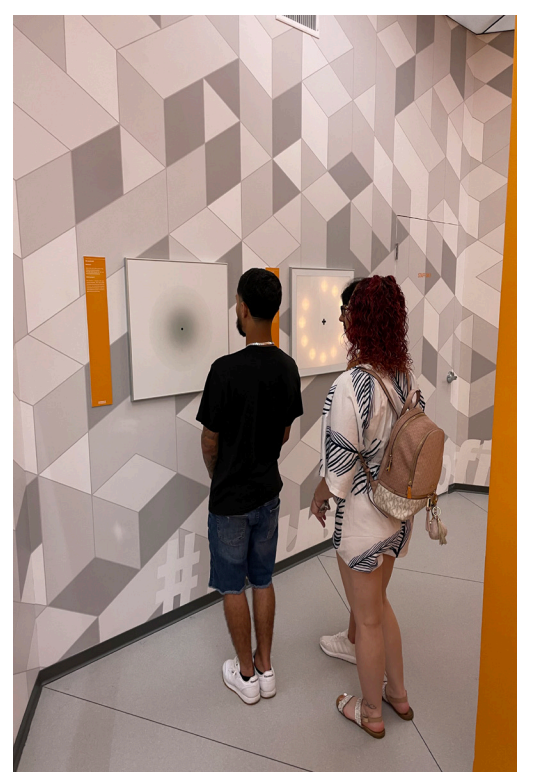
(Above) The chorizo-wrapped dates provide a tasty look into *Tapa Toro's* inventive Spanish selections.



(Above) The *Wheelhouse Market* greets guests with merchandise and snacks before riding *The Wheel*.



(Left) *Pointe Orlando* recently underwent a \$32 million redevelopment which included a new corridor nicknamed "The Link," which connects visitors from the I-Drive entrance to the back of the complex. A new modern seating area also caters to guests who want to explore the variety of new restaurants and socialize. (Right) Guests at the *Museum of Illusions* were certainly mesmerized by this dot which changes positions as they stare longer into the frame. All photos by Luis Roldan.





Battlefield 2042 Disappointing Fans

By Zane Rimes

When it comes to video games, players usually want to experience what has been shown in the trailers of the featured game. *Battlefield 2042*, released on November 12, 2021, has been one of the largest failures in the entirety of the video game industry. Almost inconceivably, the game has gone from bad to worse. The game was released as a buggy mess with the game lacking basic and beloved features such as a scoreboard, hitmarkers indicating that players have hit another player, online server browsing, and perhaps worst of all, the four character class system and giving players generic “special” characters instead of making them look like soldiers. Overall these aren’t even half of the features that are missing from the game yet the list just continues.

EA (Electronic Arts) and DICE, manufacturers of games, are both at fault for being out of touch and blaming other companies for their game not doing well. *EA* and *DICE* both blamed *COVID-19* and *Halo Infinite* for a terrible reception of *Battlefield 2042*. But that is not all; older games produced by *DICE* are doing even better. Currently, *Battlefield 2042* has merely 2,208 players, while *Battlefield 4* has 1,903 players, and *Battlefield 5* has over 22,801

4TB of storage, and a 500GB SSD. From these decent specs, the game barely functions with a staggering 60 frames per second, and extreme lag spikes when playing solo. This gets even worse when playing multiplayer. The game is filled with try-hards, and there is a vast majority of people ranging from rank 1 to 1075 due to XP glitches in the past. The maps that I have played on were *Breakaway* (an ice cold antarctic mining operation), *Kaleidoscope* (a North Korean frontline assault but at a very miniscule size), *Orbital* (a last effort drone launch in the state of a flooded almost gone Florida), *Hourglass* (a very sandy state of Saudi Arabian city), *Discarded* (an abandoned beached shipyard with a tornado that goes through the map), and the final map *Renwall* (a food planting center for the so called “food crisis” in game). My favorite maps, if they could be called as such, were *Kaleidoscope*, *Renwall*, and *Hourglass*. They were very fun to play on, but to be honest, it felt very empty overall.

Core mechanics in the game, such as the basics of shooting a gun or even driving a tank, were very lackluster with options of using a radio that doesn’t even work. Other things like movement were even changed. The creation of “sprint” and “infantry sprint” changed how players run in-game. For the first hour and a half, I played on *Kaleidoscope* and conquest mode, which was the basic hit-and-run to capture the zones for the most points. Some of the more memorable moments were when I managed to glitch an entire tank onto the top of the main building—one of the more humorous bugs. I pretty much stared at the elevator door so that no one from the enemy team would make it up there. As I got

out to try and fix it with a repair tool, I was shot and gunned down by an enemy AI, and I was left in a staggering position without the ability to respond, therefore making me end the game right then and there.

During the second half hour, I switched to *Battlefield 4* which had major differences; the game actually worked. During my playthrough of *Battlefield 4*, I played on a private server which used the map *Siege of Shanghai*. While I was playing there was a major building collapse which reminded me that



(Above) Many players have experienced a game breaking bug where once the player dies, he is unable to respawn. Encounters like this are very sad to see. This game had so much potential yet it failed so hard.

Battlefield 2042 actually advertised building collapses—but they never actually happened at all in *2042*.

One of the top five things that are extreme issues with the game are hitmarkers against other players not even counting. When shooting against AI’s or other players, the bullets act as if they don’t exist. The second issue is movement being janky and almost non-existent. The movement in the game is poor and doesn’t feel correct because it makes everything slide right and left even when the player has not made those movements. The third issue is reviving buttons not working. I was stuck in the revive position for so long that I had to end my playthrough and begin again. The reason being was, I was stuck in the revive position while the timer wasn’t even working. At one point it got to 23 seconds, and it just stopped so that I could not even respawn.

The fourth issue is graphics and bug fixes. Even though my PC’s parts are good, the game doesn’t run that well on there with staggering frame drops. Sometimes the screen would be so fuzzy that I would think it’s a stuffed animal. Even in the loading screen the textures and quality are so poor it’s almost sad. The fifth and final issue is on *EA and DICE*’S shoulders. They brought themselves into this mess. Now they either need to abandon the game entirely and give everyone refunds or actually do their job and fix the game instead of saying it’s too much work to add a scoreboard.

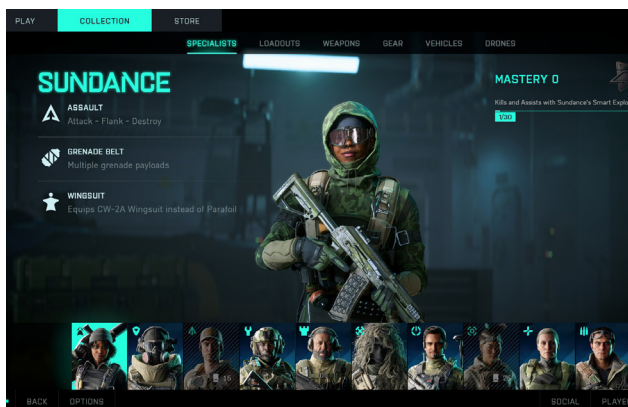
After all of the bugs and mishaps that have happened throughout the game of *2042*, it is nowhere nearly as good as *Battlefield 4*. I am not biased, but it’s just the cold hard truth. Either way, no matter how much gaslighting and begging *EA and DICE* does to make customers continue playing their horrible game don’t give in. Play something like *Battlefield 4* or *5* but not *2042!*



(Above) A beautiful yet morbid city scape in the map *Siege of Shanghai*. Even though this game is almost 10 years old, it’s still beautiful. This game still has its own unique charm despite a lack of updates. All screen captures by Zane Rimes.

players. Every day *Battlefield 2042* loses at least 55 players while *Battlefield 5* sees continued usage and growth, a game that was, “Wildly accused of being oversaturated and historically inaccurate even though they wanted it to be as accurate to WWII as much as possible,” according to *PCGAMER*.

After my “playthrough” of *Battlefield 2042*, there was so much to unpack. Full disclosure: I am playing on a PC with specs including *GTX 1070 ti Founders Edition*, *Ryzen 7 5700x*, 16GB of RAM,



(Above) A character roster in-game shows off the different specialists and their abilities. Compared to *Battlefield 4*, many people have complained that *Battlefield 2042*’s characters make players seem less like a soldier compared to other games.



(Above and to the Right) A comparison of *Battlefield 4* and *Battlefield 2042*’s tanks demonstrate the clearly defined differences between the two photos. Many people have seen and shown that the tanks feel less powerful than *Battlefield 4*’s tanks. They seem to have less health and loss of some of the abilities. Power over armor is not a good dynamic. It should be more of focus than power to make it work properly.



Creating a Better Tomorrow Today

Kailey Calvo

Lake Highland prides itself on offering many different clubs so students of all ages can find their passion. However, *Future Problem Solvers* is the only club that works on creating solutions to potential problems that could plague the global world 20 years in the future. Some of the topics that have been tackled by these outside-the-box thinkers and doers have been insects, mining, gamification, coping with stress, de-extinction, philanthrocapitalism, cloud storage, food waste, and many more. *Future Problem Solvers (FPS)*, a program catered to grades 4-12, is one way that students can exercise their problem-solving skills. The international program involves thousands of students from more than thirty-six states and seven countries to help the younger generation achieve positive futures through problem-solving, as well as critical and creative thinking.

At LHP, there are 45 students currently involved in an event of *FPS*. Mrs. Kathy Barbay, a Florida *FPS* Board Member, head coach of the LHP chapter of the *FPS* organization, and retired 5th-grade teacher, explains that *FPS* is beneficial because, "Students become stronger creative thinkers, more capable writers, and confident presenters. *Future Problem Solvers* helps develop the essential skills that allow students to work on a team, listen to others, and write a formal business plan in great detail." The most popular event that most participants compete in is "Global Issues Problem Solving," in which 38 Highlanders competed for the 2021-2022 qualifying problem, and 36 will be moving forward to the state affiliate bowl. In this event, students must find 16 potential problems from a given futuristic scene and come up with a solution in the form of a business plan.

Other competitive events include scenario writing, in which the writer must create a futuristic story based on the four topics provided every



(Above) At the state competition, LHP students are able to participate in three days of competition depending on their event. Aside from competing, students are also able to partake in fun activities like *Circus Maximus* and the Dance, Mrs. Ingrid Greci states. At the competition, LHP teams are usually among the most victorious of all competing. Photo courtesy of Mrs. Linda Calvo.



(Above) COVID-19 has impacted numerous aspects of life, including the *FPS*'s competition process. "We had to pivot because of Covid in 2020. Last school year all our meetings and competitions were digital," said Mrs. Ingrid Greci. This is the first time in two years that all *FPS* competitors have been able to be photographed together. Photo courtesy of Mrs. Candace Watson.

year. Scenario performance is another event where students must write and perform a script based on the topic they chose; and community problem solving, where students must go out to find a real-world problem in their community and come up with a creative solution. "I love this program because it offers something for everyone. Students have different strengths. Some are better problem solvers, some are better at creative writing, some are better storytellers, and some students want to solve a current problem in their community," said Mrs. Barbay.

Mrs. Barbay brought the program to LHP in 2010. Mrs. Barbay explains that she, "Was introduced to the *FPS* Program during my Gifted Endorsement classes, [and] thought it would be a terrific way to teach research skills, critical thinking, collaboration, and problem-solving to our younger students." Over the 10 years that Mrs. Barbay has been involved with the program, *FPS* has changed and grown in many aspects. Scenario performance, one of the most entertaining components of the program, was added just six years ago, as a way to, "Preserve the art of storytelling," according to Mrs. Barbay. All competitors participate in their district's qualifying problem, in which schools from each district compete against one another to qualify for the *Affiliate Bowl*, or state competition, which is located here in Orlando.

At states, students compete for their chance at going to the *International Conference*. Usually, the two highest placing competitors from each event are invited to the *International Conference*, held at a different collegiate institution every other year. This conference is a favorite of competitors, coaches, and parents alike. Mrs. Barbay explained why she looks forward to the annual *International Conference*, adding, "Seeing our students as young as 5th grade meet approximately 2,000+ students from all over the world including Singapore, Australia, Malaysia, England, etc., is a super cool experience." She loved, "Watching our students collaborate with students who they thought were very different, only to find out they are so similar to each other."

Although Mrs. Barbay has coached her teams to victory for over 12 years, the 2021-2022 school year will be her final year serving as a coach for LHP and district chair. Mrs. Ingrid Greci, Lower School Counselor, and Ms. Lauren Jones, grade 5 teacher and department chair, are acting assistant coaches in the program and will be continuing to get as many students involved as possible. Mrs. Greci has been coaching *FPS* for eight years, while Ms. Lauren Jones started coaching three years ago because Mrs. Barbay was her fifth-grade teacher—and Ms. Jones knew how much she loved the program.

At the upcoming state competition, all LHP Seniors involved in *FPS* will be recognized for being a

part of *FPS*. Alex Russell, an LHP Senior and *FPS* member since fourth grade, reflected on some of her favorite *FPS* achievements, explaining, "My favorite memories are winning states in fifth grade and last year as well as winning 3rd place at Internationals during my Freshman year." Although Alex and her team, which composed of her sister Maddy Russell, grade 12, Fiona Ireland, grade 12, and Ethan Brown, grade 11, achieved great success within their time in the program, their real success came from the friendships formed during their time competing, as they were able to travel to Massachusetts, Iowa, and more. "Though I am grateful for the success I have had in *FPS*, what I will ultimately remember most and be most grateful for are the amazing friendships I have made throughout the years," Alex shared. The lessons learned from taking part in the *FPS* program are invaluable and the benefits gained will prepare students for tackling more difficult college material and life situations where critical and creative thinking will be essential for success.



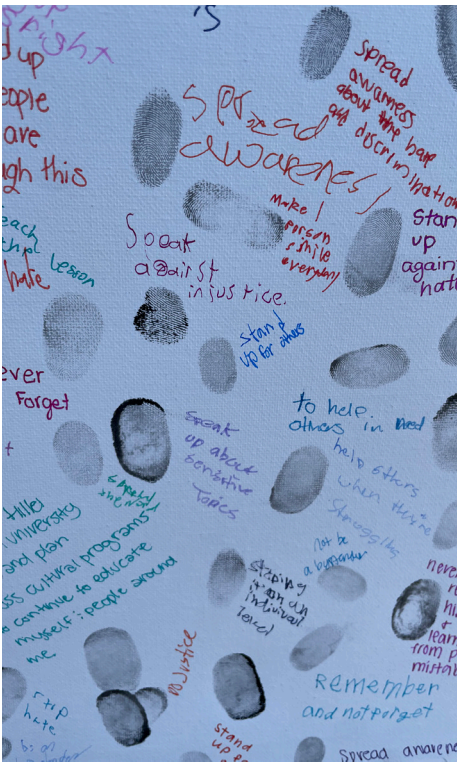
(Above) Some of the favorite *FPS* memories for coaches and participants alike are being lucky enough to travel to and participate in international competitions at a variety of universities throughout the United States with students from over 36 states and 7 countries worldwide. LHP was lucky enough to attend the last *International Conference* in June 2019 at UMass Amherst, and LHP's competing teams brought back many awards to add to their huge collection. Photo courtesy of Mrs. Linda Calvo.

H O T T O P I C

Cattle Car Makes Train Stop at Lake Highland

By Staff of the Twice-Told Tale

...Cattle Car Makes Train Stop at Lake Highland, Continued From Page 1.



(Left) Students reflected on their experiences after the cattle car exhibit by writing meaningful messages to share with the community. Daniel Nabatian, the director of JSU Central Florida, elaborated on some of his insights: "This tour has been so well received and has helped Jewish students feel more secure with their identity at school. My only hope is that more schools in Orlando follow the lead of Lake Highland and bring this important project to their campuses in the future." Daniel's dedication to this project is a reminder of the passionate individuals who strive to keep the memories of Holocaust survivors alive. Photo by Luis Roldan.



(Above) Rhea Nandwani, grade 12, describes her experience. "I signed up for the *Hate Ends Now* Tour because I thought it would be a good way to learn more about the atrocities of the Holocaust from a deeper perspective. I think one of the best ways to truly honor victims is to place yourself in their shoes and empathize with the struggles they endured. By increasing our empathy, we ensure that the stories of victims never die. I also signed up for the tour for an uncensored lesson about the Holocaust, something rawer than we could be taught in history class. While I will never fully understand what the victims of the Holocaust went through, completing this experience gave me more insight into a dark part of history. I was so grateful to hear the firsthand accounts of two Holocaust survivors- their bravery in reliving their stories ensures that we will never forget the tragedies of the Holocaust." Photo by Zeal Patel.



(Above) Before *The Hate Ends Now* Tour, Wyatt Mayer, grade 9, said, "It's sad that all of these groups were targeted even though they hadn't done anything." After experiencing the event, Wyatt added, "It was a very depressing experience that I never knew had so much more detail. I hope that after this experience people will know how the Holocaust should never be repeated ever again." Photo by Zane Rimes.



(Above) In Mr. Andrew Prazeres' classroom, AP United States History students learn about the genocide of Jewish people during the Holocaust. The lesson focused on the dehumanization and loss of identity as a result of the cruel and inhumane conditions of the concentration camps. With the entire class viewing images in the small replica cattle car, the tour replicated a small fraction of the confined conditions endured by people during the Holocaust. The tour stressed the importance of Holocaust awareness, especially during a time of increasing ignorance and discrimination. Once the canvas is finished, it will be gifted to Lake Highland as a reminder to always stand up for what you believe in and, "Make your mark." Photo by Alexandra Caballero.



(Left) As president of the Jewish Student Union chapter at Lake Highland, Jonah Podberesky, grade 10, hopes that students can feel enlightened after the *Hate Ends Now* Tour. He helped plan for the cattle car to come to Lake Highland and believed that this one-of-a-kind experience will promote a cultural understanding of the Holocaust following the recent anti-Semitic attacks at the University of Central Florida. "I felt amazing going into this tour and helping plan for this tour to come to LHP. I think this is what Lake Highland and all of Orlando needed after the terrible things that happened in Central Florida a couple of weeks ago," Podberesky added. Photo by Amanda Wiboon.



(Above) Ms. Crystal Raphael, Lake Highland's Director of Diversity, Equity, and Inclusion, also had an impactful experience with the *Hate Ends Now* Tour. In the context of students understanding the relevance of issues, Ms. Raphael explained, "A lot of times we think history is just history, but if we know history well, and if there aren't necessary change agents, history tends to repeat itself... Students need the words to jump off the page at them and get to that place where they can feel empathy." This empathy is necessary to spark community action against issues of prejudice, hate, and discrimination. Ms. Raphael is looking at a few other immersive experiences for LHPs and has also been in conversation with the regional Jewish Student Union to discuss ways to bring this event every other year, all in hopes of motivating students to pursue understanding over animosity in today's world. Photo by Santiago Calderon.

(Right) Sophomore, Jonah Podberesky, noted, "When I was in the cattle car, I felt so many emotions I didn't know what to do. I felt sadness and respect for the people in the Holocaust and for my family all at the same time. Overall, I felt amazing learning more and more about the Holocaust and what my family and other families had to go through." Photo by Delaney Bolstein.



(Above) Yumi Okuda, grade 11, exclaimed of the Cattle Car, "I think that being in the cart in itself, and having that 360 viewing experience, really helped to fully immerse me into what happened during the Holocaust. Hearing the voices of the survivors and seeing the heart-wrenching images on the walls made me think about how we need to continue to spread this world with more love and acceptance of different cultures/diversities. Because although the past cannot be changed, there's no reason as to why we can't start changing society now for the present and future." Photo by Sarah Finrock.

SPECIAL FEATURE

Chinese New Year Begins a Year of Celebration

By Serena Young

The last time I wore this *QiPao* was at my cousin's wedding. I wore it again at Lake Highland Preparatory School for another important occasion: Chinese New Year celebration — the Year of the Tiger. Chinese New Year runs on the lunar calendar, making the first day of the year land on February 1, 2022. While my cousin in China got a full two weeks off school, I was able to share this holiday with other students and my family.

Earlier in the day, students were privileged to watch traditional Chinese performances MC'd by students taking Chinese class Sofia Minutoli, grade 11, and Ronin Ford, grade 12. The Tibetan dance and a Chinese folk song were performed by award winning dancer Xiaoyu Tang and award winning singer Lilian Guo, along with students Avery Peterson, grade 9, and Ashley Robinson, grade 9, singing as a trio. Fellow student Tammy Yang's, grade 10, father, Mr. Jiufeng Wei, awed the students with his Chinese traditional acrobatics, spinning a forty pound clay pot on his head as the finale. Isabella Delbakhsh, grade 10, shared, "I got to learn more about Chinese culture through their performances. I didn't realize how big this celebration was until now."

I followed the students to the *Calkins Library*, where the celebration took place. Red couplets framed the doors, wishing whoever walked through the entrance a year full of luck and wealth.

Inside, I was greeted by a palette of the lucky color red. Chinese lanterns swayed from above, paper flowers bloomed on arranged branches, and red packets filled with treats framed an altar of tangerines. Students surrounded the red packet table, digging for goodies which included individually packaged milk tea-flavored mochi,

Mrs. Beryl Zhang, LHP's Chinese teacher credited with organizing this celebration, shared the significance of Chinese New Year. "It's a time when the biggest enemies can become friends and express best wishes to each other; a new start — it's about togetherness. It's the only major holiday when coming home is required," she explained.

In addition to all of Mrs. Zhang's students, members of the Chinese Club also helped decorate and run the event. The Co-President of the Chinese Club, Elle Dafnis, grade 11, shared why this holiday is special to her. She noted, "It's incredible how it brings everyone together. There's so much positivity, and everyone is so tight knit."

There was an array of different games and activities to play. Paper cutting, origami, calligraphy, and chopstick competition stations provided a perfect opportunity to learn about this holiday's culture and history. When asked how long they thought Chinese New Year had been celebrated, students guessed

from 500 to 2,500 years. They were shocked to learn the answer of 3,500 years.

Changing out of my *QiPao* after school, I drove home to find my dad making stuffing for dumplings and my mom flouring the board. Dumplings symbolize luck and unity since they



(Above, from left to right) Kate Ward, grade 9, Grace Wright, grade 9, Tynan Tracy, grade 9, Wali Hasan, grade 9, and Sophia Carraway, grade 10, perform and enjoy the Chinese dragon dance. The dragon dance was performed by LHP's Chinese I and II classes in front of the *Calkins Library*, requiring students to build teamwork in order to learn how to walk together gracefully. The dragon dance is both a showcase of unification and power. All photos by Serena Young.

hard peach candies, and green tea choco rolls. The room was set afloat with flutes of Chinese music while a student started singing a Karaoke Chinese song. An audience gathered below the balcony, their heads tilted up in excitement, as Chinese students lined up the stairs for their turn.



(Above, from left to right) Teacher for Chinese I & II: Ms. Qiuyan Wang, opera singer: Lilian Guo, teacher for Chinese II Honors - AP: Mrs. Beryl Zhang, acrobat: Mr. Jiufeng Wei, and award winning dancer: Xiaoyu Tang, gathered in the decorated *Calkins Library*. They were contacted through the *Orlando Chinese Professionals Association (OCPA)* by LHP's Diversity Equity Inclusion (DEI) initiative, formed to promote different cultures at LHP. LHP and *OCPA* have a longstanding partnership with LHP students volunteering at their annual Spring Festival every year.



(Above) Red packets, filled with Chinese candies and mock twenty-dollar bills, fill up the center table in the *Calkins Library*. By the time classes started, not a single packet was left, as they were all snatched up by eager students. The packets, decorated with the Year of the Tiger, symbolize the good future and sweetness coming in the new year.

Chinese New Year Brings a Year of Celebration
Continued on Page 9...

SPECIAL FEATURE

Chinese New Year Begins a Year of Celebration

By Serena Young

...*Chinese New Year Brings a Year of Celebration*, Continued From Page 8.

are round and full of goodness. There were a few dates, peanuts, and clean pennies which we secretly tucked into the stuffing of our dumplings, representing a year of sweetness, fertility, and money, respectively. After boiling the dumplings, we ate while delicious steam clouded our faces. “Ah! I bit into something hard; it’s the penny!” I yelled in triumph.

We stuffed ourselves with as many dumplings as we could, racing to see who could bite into the most specially stuffed dumplings. The rest of the dinner table was crowded with whole fish, shrimp, braised pork, taro, soy eggs, steamed buns, nian gao, and candied hawthorn sticks. After dinner, my brother and I knelt on our knees to kowtow, or bow, to our parents, thanking them for taking care of us. My parents handed us each a red packet, filled with money. Laughter rang around the room.

(Right) Mr. Jiufeng Wei, father of student Tammy Yang, grade 10, performed a traditional Chinese acrobatic performance. Wei balanced and threw two different clay pots, catching them on his neck, head, and shoulders, one weighing 15 pounds and the other 40 pounds. “He studied at the Hebei Wuqiao Art School. It was over eight hours of practice everyday for nine years,” Tammy shared. Hebei is known as the hometown for Chinese acrobatics and martial arts. All photos by Serena Young.



(At left, from left to right) Anh Le, grade 11, Miya Okuda, grade 11, and Tina Zhang, grade 11, write with bamboo brushes dipped in water for calligraphy. The specially-designed calligraphy paper darkens when in contact with water, creating beautiful strokes that mimic the traditional black ink. They each wear traditional outfits from Vietnam, Korea, and China, respectively.

(At right, from left to right) Students Avery Peterson, grade 9, Ashley Robinson, grade 9, and winner of the 2018 New York opera competition, Lillian Guo, sang “Jasmine Flower,” a famous Chinese folk song. The song was composed in the Qing Dynasty (1616 AD) and tells of the love for beauty of nature. The tune has gained world renown since being performed in the opening ceremonies of the Beijing 2008 Olympics, dueted by Celine Dion and promoted by the United Nations Educational, Scientific and Cultural Organization (UNESCO).



We rushed onto WeChat — China’s penultimate communication and social media app — and prepared for *QiangHongBao* — a race to click on the digital red packet to accept money.

“Ah! Grandpa sent one!” I yelled and stabbed my finger at the screen to tap it open. Confetti filled my screen as 22.22¥, the equivalent of \$3.49, came into my account. “Two shares left,” the screen announced, and they were quickly snatched up by my cousin and aunt in China. My dad sent out a share of 188.88¥, or \$29.69, and my cousin got it first. Then my aunt teased us with five shares of 6.66¥, about \$1.05! The numbers play a significant role with the twos representing the current year and lucky numbers eight and six sounding like the Chinese words for rich and to flow. We played well into the night, stopping only to watch the Chinese New Year Gala screenshared onto the television. I looked at my family around me and thought of the family I had an ocean away. I can’t wait until we reunite face to face. Chinese New Year is a time for togetherness and good fortune. It sets the tone for the new year to come.

HOLIDAYS

Although Chinese New Year is the biggest holiday of them all, there are many Chinese holidays worth celebrating. They all run on the Lunar calendar so the dates change each year. Here are more holidays to come for 2022:

YUANXIAO FESTIVAL

Also called the “Lantern Festival,” this day is celebrated with riddles written on lanterns, dragon and lion dances and eating yuanxiao: a dish dessert containing sticky rice flour with sweet fillings.

FEBRUARY 5

QINGMING FESTIVAL

Also known as “Tomb-Sweeping Day,” this day welcomes the coming of Spring by honoring ancestors and cleaning and decorating their tombs.

APRIL 5

CHINESE LABOR DAY

On this day, also called “International Workers Day,” workers in 80 different countries honor those who fought for worker’s rights and their achievements.

MAY 1

DRAGON BOAT FESTIVAL

Commemorating the patriotic poet, Qu Yuan, the holiday is full of eating rice dumplings called zongzi and racing dragon boats.

JUNE 3

QIXI FESTIVAL

Also known as “Chinese Valentine’s Day,” this celebration comes from the annual meeting of the star-crossed lovers, the cow herder and the weaver girl, who meet in the night sky.

AUGUST 4

MID-AUTUMN FESTIVAL

Also known as the “Mooncake Festival,” it’s the time to gather with family, eat mooncakes, and appreciate the full moon.

SEPTEMBER 10

NATIONAL DAY

The Chinese Independence Day is a week for patriotism with lots of festivities, fireworks, and concerts.

OCTOBER 1

CHONGYANG FESTIVAL

Also known as “Double Ninth Festival” and “Senior Citizens’ Festival,” it’s a holiday to climb mountains and to visit and honor the elderly.

OCTOBER 4

JANUARY 22

CHINESE NEW YEAR!

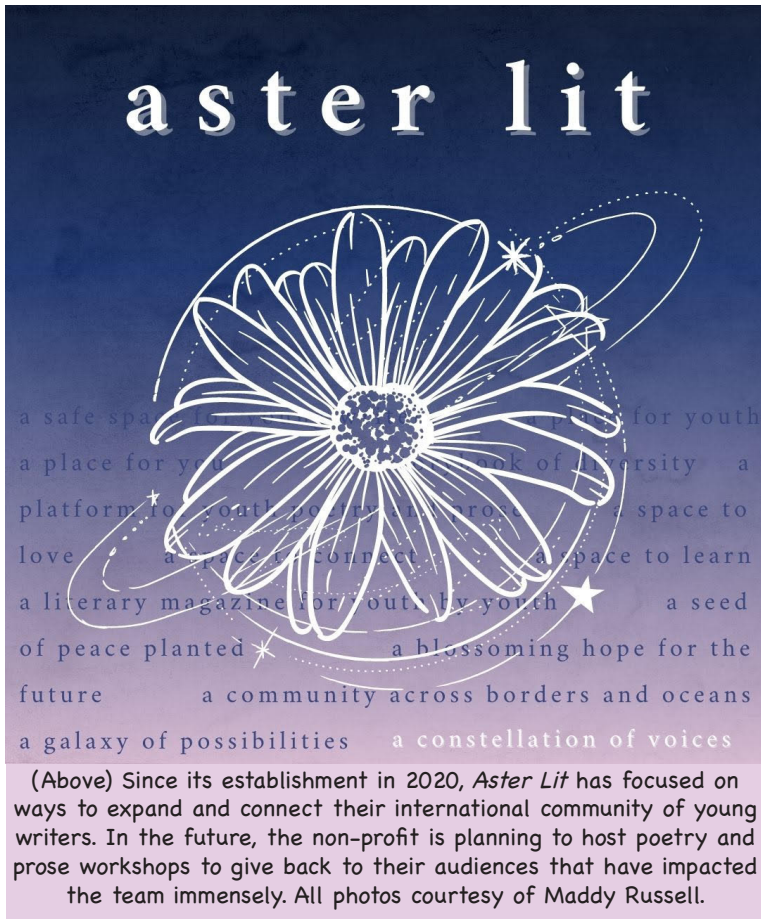


A Galaxy of Writers Shine through *Aster Lit*

By Amanda Wiboon

Derived from the Greek word, “Aster,” meaning star, an aster flower symbolizes love and wisdom with its star-shaped blooms. Like the aster, *Aster Lit* is devoted to blossoming the international youth literary community by sharing the love and wisdom with young writers that take part in their work. Created by a team of students who are passionate about the beauty of creative writing, *Aster Lit* is a growing platform that provides a starlit space for writers to express their unique voices. By sharing poems and short stories written by a diverse group of individuals from all around the world, the non-profit organization carries on its mission of shining a light on the younger generation of writers who are often ignored.

Lake Highland Senior, Maddy Russell, has been part of *Aster Lit*’s team since the beginning. During the summer of 2020, she planned on traveling to participate in the University of Iowa and U.S. Department of State’s *Between the Lines Program*, which invited a small number of both U.S. and international students to participate in a two-week workshop about writing. Because of the pandemic, however, the program shifted online and, as a result, a large amount of the grant money to fund the program in Iowa went unclaimed. To



(Above) Since its establishment in 2020, *Aster Lit* has focused on ways to expand and connect their international community of young writers. In the future, the non-profit is planning to host poetry and prose workshops to give back to their audiences that have impacted the team immensely. All photos courtesy of Maddy Russell.

enter may win monetary awards of \$100 if granted the title of *Starlit Award Winner*, or \$50 for being an *Honorable Mention* recipient.

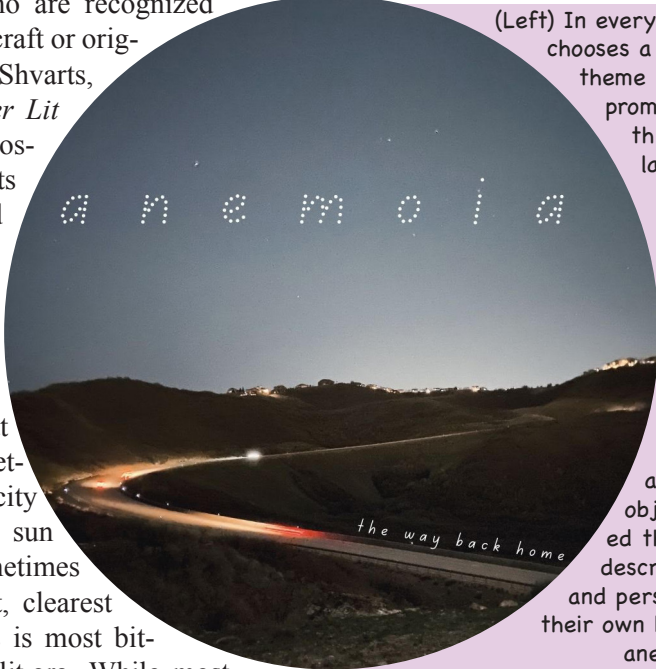
Aster Lit is not only active on *Instagram*, but has an accompanying podcast, *Ad Aster*. On *Spotify*, the team of *Aster Lit* regularly uploads episodes that explore a variety of topics. “We talk about growing up in the hypercompetitive teen writing scene, as well as interviewing writers. We interviewed poet Rhiannon McGavin recently, and it was pretty cool to chat with one of my personal favorite poets! She even read some poems from her collection *Grocery List Poems*,” Russell explains. The team utilizes *Ad Aster* to get personal with their, “Asterisks,” or writing community, offering advice on problems that writers face, as well as sharing their own experiences as young writers themselves. *Aster Lit* also uploads similar content on their *TikTok* account.

Highlanders are encouraged to join the *Aster Lit* community because there are many benefits. Russell points out that, “*Aster Lit* is just such a strong community of writers from across the world. In fact, I’ve met some of my closest friends through this project. It’s also amazing to see the caliber of writing we receive from across the world. Some of these works you cannot believe are written

(Right) The team of *Aster Lit* holds a contest every issue for young writers to have the chance to win \$100. Writers can submit their own work of poetry or prose for the upcoming summer 2022 edition when submissions open in April. As Director of Finance, Maddy Russell is responsible for transferring the prize money to selected winners. She is also responsible for managing the non-profit’s budget with the University of Iowa.



in their online issues, which are published seasonally throughout the year. Each issue features distinguished submissions and their authors—who are recognized for their outstanding mastery in craft or originality of voice. Elizabeth Shvarts, a team member of *Aster Lit* from New York, chooses themes or prompts that are intended to provoke concrete images. In their recent Winter 2021 issue, the team featured submissions that creatively interpreted apricity. “Apricity is the warmth of the sun in winter... [and] sometimes the sun shares its brightest, clearest smiles when the air around us is most bitter and chilled,” according to asterlit.org. While most of the submissions are centered around a theme, *Aster Lit* also recognizes works of poetry and prose that follow any topic that inspires its writers. “It’s important to note that submissions aren’t required to follow the theme; in fact, normally about half of our submissions don’t refer to it at all,” Russell emphasizes. There is an incentive to submit, too. Because of the grants, writers who choose



(Left) In every issue, *Aster Lit* chooses a unique, complex theme that serves as a prompt for writers to think creatively. In last year’s summer issue, for example, the theme “anemoia” was given. The word is “...a noun for nostalgia for a time you’ve never known.” Writers submitted poems and short stories about conventional objects that reminded them of the theme, descriptive narratives, and personal stories from their own lives that sum up anemoia.

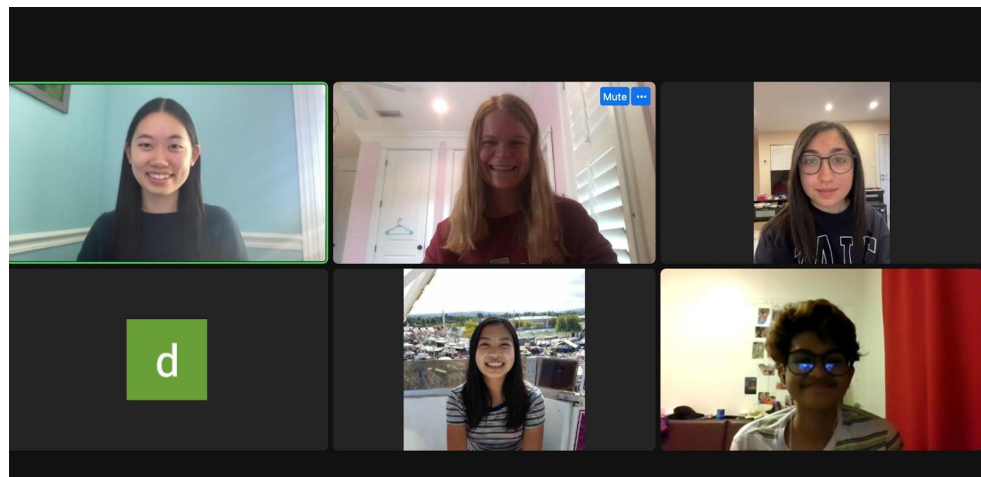
make up for this, *Between the Lines* suggested that its participants create applications for grants. Therefore, five students, including Russell, teamed up to develop *Aster Lit*, a non-profit that is funded by the U.S. Department of State via the University of Iowa. The pitch for *Aster Lit* was simple: expand opportunities for international young writers. “There are many workshops and competitions for young writers in the United States, but there aren’t as many opportunities for those internationally. We decided to start this contest and literary magazine to encourage writers from all over the world,” Russell explains.

On *Instagram*, *Aster Lit* holds contests for aspiring writers to have the chance to be featured

by people our age. I’m glad that we were chosen to spotlight some of these writers... For many of them, this is their first publication.”

Writers are welcome to submit poetry and prose starting in April for *Aster Lit*’s next issue this summer. Additionally, the team is looking for readers. “New members are responsible for helping

us read and evaluate the approximately 500 prose and poetry submissions we receive for each issue. We hope to open new reader applications to everyone in summer 2022!” Russell exclaims. To learn more about *Aster Lit* and upcoming contests, you can follow their *Instagram* @aster.lit.



(Left) *Aster Lit* would not be what it is today without its hard-working team that have dedicated themselves to uniting creative writers from all around the world. From left to right features Danju Zoe Liu, President; Maddy Russell, Director of Finance; Elizabeth Shvarts, Podcast Director of Outreach; Drew Shinozaki, Editorial Designer; Caroline Gao, Podcast Creative Director, and Hesandi Jayasekara. The group often meets on *Zoom* to discuss future plans.



Historic District Showcases Modern Content

By Rebecca Reif

(Right) At Magnolia Square, the famous clock in Downtown Sanford serves as a landmark for this area. The clock dates back to the early 1900s and was originally purchased for the *First National Bank No. 1*. This clock has been through four location changes, and was also interacted with during the Second World War by locals.



Throughout the past ten years, Downtown Sanford has transitioned from a primarily historic area to a revitalized town with various unique shops, restaurants, and activities. Downtown Sanford is also known as the “Historic Waterfront Gateway City,” based on its proximity to Lake Monroe and its historical attributes. Dating back to the 1830s, settlers moved into the area now known as Sanford in the time of the Seminole Wars. Given its close location to a waterway, this part of Sanford became a main place to transfer in and out goods, which helped Central Florida to develop. Staying true to its authenticity and unforgettable history, Downtown Sanford’s streets encompass original brick buildings, nineteenth-century Victorian homes on the outskirts, and large oak trees everywhere. However, inside those buildings are modern and lively establishments for both residents and tourists to appreciate.



(Above) *Maya Books and Music* caters to both people who love books and music, selling gently used books, vinyl records, posters, DVDs, and CDs. The upstairs portion is dedicated to the music side of the store, whereas the downstairs features the books, all totaling in over 100,000 items. All photos by Rebecca Reif.



(Above) Several clothing boutiques can be found around Downtown Sanford, and they all have a different variety and style of clothes. Given that the most visited sites in Downtown Sanford are along the same street, East 1st Street, it is not uncommon for individuals to stop in and visit a countless amount of local businesses, even if that were not their sole purpose in heading into Downtown Sanford.



(Left) Starting in the evening and transitioning to night, Downtown Sanford experiences the most popularity and business, given its vendors’ liveliness and the unmatched entertainment. Also, the events are always changing based on the season, making time spent in Downtown Sanford constantly exciting and new.

(Right) Built in 1887, one of the oldest fire departments in Florida has been transformed into a sports bar and restaurant. Other occupants of this space have included a jail, armory, city hall, and most profoundly, a fire station. *The Station Bar and Grub’s* goal was to preserve the history in this building, whilst also creating a place to socialize and eat.



Incorporating more of the modern aspects of Downtown Sanford are the diverse restaurants. Restaurants are a main characteristic contributing to the popularity of Downtown Sanford, and there is a great range of cuisines offered. The most favored restaurants include *Hollerbach’s Willow Tree Cafe*: a German-inspired restaurant, *The Corner Cafe*: a Cuban-centered cafe, and *The District*: an American eatery. In addition to the restaurants, historical-themed experiences are available, and top choices for these tours are the *Sanford Ghost Tour*, which incorporates firsthand stories from Sanford locals about ghostly encounters, and the *Downtown Sanford Historical Tour*, taking guests on a walk through the major historical destinations. Whilst in the area, individuals also enjoy stopping inside the small businesses throughout the streets, whether they are antique stores, bookstores, or clothing boutiques.



(Above) Art is a huge part of Downtown Sanford, displayed through the streets, shops, and events that take place. Every month, on the third Saturday from 6:00 P.M. to 9:00 P.M., the *Sanford Art Walk* occurs, where several pieces of art are either judged or sold. In the *Historic Sanford Welcome Center*, if an individual’s piece of art is chosen, it will remain on display until the next event.



Special Olympics Sparks Opportunity for All

By Zeal Patel

...Special Olympics Sparks Opportunity for All, Continued From Page 1.



(Above) (1) Kylie Kiefer, grade 9, provides the shot put competitors with a ball while teaching form. (2) The competitor steps up to the edge of the platform, preparing to utilize the form that he practiced for months before *The Games*. (3) The competitor executes his throw effectively, receiving first place in his division. All photos by Zane Rimes.

are far more complex. With more than 30 events, 5.5 million athletes are involved in Special Olympic programs to train and learn with the goal of one day competing in the prestigious and highly competitive *Special Olympics*.

At Lake Highland, with our imbued values of diversity, equity, and inclusion, it is no surprise that Highlanders support the *Special Olympics Games*. Mainly organized by the SGA and Ms. Katie Gallagher, the Special Olympics offer an opportunity to involve children from all around Orlando with our dedicated student-volunteers and top-tier athletic facilities. Yet, outside of *The Games* itself, participants practice all year just to compete in various events such as track and field, bocce ball, soccer, and even volleyball. In some instances, there are team games that involve both participants and vol-

unteers on each team to ensure a sentiment of unity while promoting an environment of inclusion. Moreover, because of the widespread amount of time and effort many of the participants invest prior to *The Games*, volunteers aim to make the *Special Olympics* as memorable as they can for them. Part of the organizational team, Ainsley Myers, grade 12, highlights that, "As a volunteer, we not only run events and tell participants how to compete, but we also cheer on every participant and form bonds with them." And, with the tens of volunteers, everyone has a unique role in the community. Ainsley continues: "I have worked on soccer skills and games every year, so all that I do is keep score and oversee multiple soccer games. I just have to make sure that the teams get to their field, start their game on time, keep score, and cheer them on. There is some-

one to do every job; there are referees for the games and multiple people watching the score and teams."

Outside of winning an event, *The Games* represent something bigger than itself. *Special Olympics* is an international organization that changes the lives of both players and spectators. By raising awareness, cultivating an atmosphere of acceptance, and transforming the lives of athletes through the power of sports, the *Special Olympics* serve as a reminder that people with disabilities should have the right to be treated equally. Competitive sports and recreational activities allow for society to promote values of determination and courage. Lake Highland's annual *Special Olympic Games* expands awareness to communities around Orlando and provides accessible opportunities for people who otherwise wouldn't have them.



(Above) Participants in *The Games* represent various communities around Orlando. Representing Orange County Independent and Adult Training, this program assist adults with obtaining the basic skills they need to be productive workers, family members, and citizens.



Bakery Introduces Global Flavors

By Arya Sant

On Corrine Drive, visitors can find *Sugar Dough Bakehouse*, a bakery which specializes in pastries. The Asian-inspired flavors, combined with the French style dough, truly made eating at *Sugar Dough Bakehouse* a unique experience. The kind staff and modern scene created a calm, yet inviting setting. As someone who isn't fond of large crowded places, I enjoyed my experience at this quaint bakery. Personally, I would recommend visitors to order a strawberry croissant with fruit tea, as they compliment each other nicely.



(Above) The three different teas that had been decided on were the Fruit Tea, Lychee Tea, and Mango Tea. The one that stood out from the rest was the Fruit Tea because it had fruit inclusions that were added. If you are someone who enjoys sweet flavors in their drinks, it is recommended to request sweetener at *Sugar Dough Bakehouse*. I was not expecting to see Lychee Tea on the menu, as it isn't quite common. However the flavors took me back to being in India. Photo by Arya Sant.



(Left) As I entered *Sugar Dough Bakehouse*, I was immediately welcomed by the smell of fresh cookies. It seemed familiar and almost reminded me of my childhood. As we browsed the selection of pastries and beverages with my mom and brother, we ultimately decided on seven different options: Chocolate *Nutella* Craffle, Strawberry Croissant, Strawberry *Nutella* Cruffin, Chocolate Chip Cookie, Lychee, Mango, and Fruit Tea. The pricing of *Sugar Dough Bakehouse* is slightly expensive in comparison to others, so it is recommended to pay them a visit during special occasions. Photo by Arya Sant.



(Right) The Strawberry Cruffin was a mix between a croissant and a muffin, but shaped as a muffin. The inside was filled with a cream similar to the Strawberry Croissant, and the outside had a sugary texture and flavor. The texture was perfect as it was flaky, yet easy to pull apart. It came in a mini cup allowing us to easily transport it home. Photo by Arya Sant.

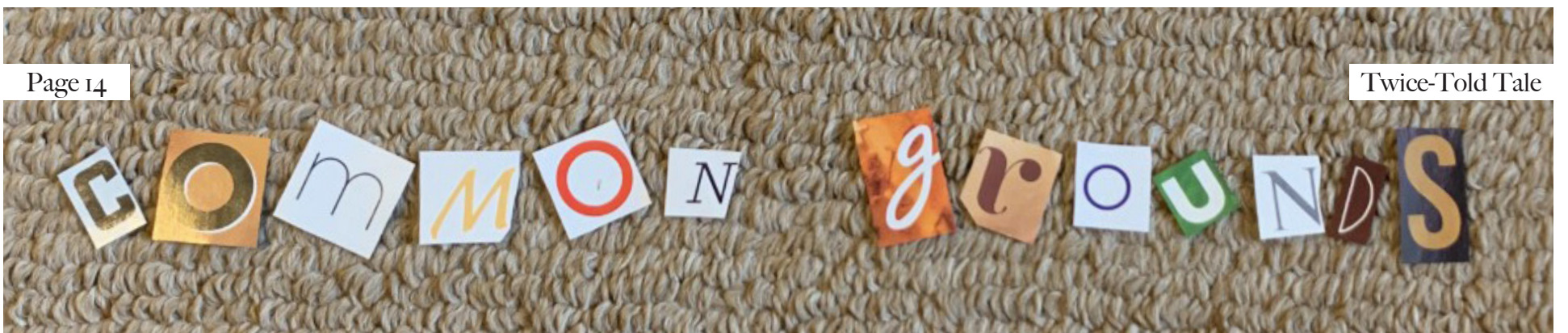


(Left) If you could only order one thing from the menu at *Sugar Dough Bakehouse*, I would recommend the Strawberry Croissant. It was essentially a croissant filled with a cream filling and fresh strawberries. The light and sweet texture of the filling was unlike any other. Although expensive, the fresh and fluffy dough of the croissant was well worth it. Photo by Arya Sant.



(Above) The display of *Sugar Dough Bakehouse* was unique, as they had desserts and pastries displayed on a brown paper behind glass. As each pastry was bought, it would be grabbed from the display and immediately replaced with another. Although it was nice to see what I was purchasing, the display also added to the overall aesthetic and experience. Photo by Arya Sant. Graphics from PNG Item, Seek, Sugar Dough Bakehouse.





Rollins College Preserves Legacies

By Alexandra Caballero and Amanda Wiboon

While Rollins College may be seen as a private liberal arts college located in the heart of Winter Park, there is much more to discover at the college than meets the eye. Established in November of 1885, Rollins College prides itself on being, “Now the oldest recognized college” in the state of Florida according to their website. With decades of history hidden within the very foundations of the campus, Rollins College serves as a historical treasure, a place where a piece of history can be found around every corner. From the recently sculpted Mr. Roger’s statue, *A Beautiful Day for a Neighbor*, to the historic *Annie Russell Theatre*, the Rollins campus is a place where people can educate themselves on history from all over the world. Specifically, Rollins’ *Walk of Fame* highlights historical figures and places whose legacies may have gone unnoticed. Rollins College serves as an archive of new and old, where everyone can celebrate the historical feats of past and present.



(Above) Sculptor Paul Day sculpted *A Beautiful Day for a Neighbor*, which was added to the campus recently in 2021. Day adorned the back of the sculpture with puppets from Mr. Roger’s show *Mister Roger’s Neighborhood* to illustrate how much Mr. Rogers valued creativity and imagination. As Rollins’ most famous alum, Fred Rogers discovered his passion for music composition while at Rollins, learning the importance of fostering relationships through creating a personalized learning environment. For the next five decades, Mr. Rogers took what he learned and became a cultural icon, teaching lessons of kindness, responsibility, and service to the community to millions of children around the world through his show. All photos by Alexandra Caballero.



(Above) Inside the *Alford Inn* that is owned by Rollins features *Cloud Cities - Nebulous Threshold*, a glass installation which hangs under the glass dome of its conservatory. Argentine artist Tomas Saraceno designed the installation to function under the natural environment, reacting to the strength and position of the sun. Saraceno’s work is part of Rollins’ contemporary art collection in which its purpose is to prompt scientific and creative thinking.



(Left) Near *Carnegie Hall*, one of the older residential halls at Rollins, displays another work of art as part of Rollins’ permanent art collection. This sculpture, made of painted aluminum, was designed by artist Jane Manus, whose body of work is characterized by an extensive portfolio of welded and painted aluminum forms. Entirely abstract, *Girls’ Night Out* references when women would spend time together.

(Right) The *Annie Russell Theatre* is the longest standing theatre in Central Florida, with a performance season every year since 1932. With the theatre being named after actress and teacher Annie Russell, Russell dedicated her life to enhancing the dramatic arts program at Rollins. The “Annie” is nationally recognized for its architecture and its role in education and the performing arts.



(Above) The *Knowles Memorial Chapel* is a church that has stood since its establishment in 1931. Named after Francis Knowles who worked tirelessly to establish Rollins, the chapel provides a place of meeting, peace, and hope. Ralph Adams Cram, an architect who also took part in designing the Church of St. John the Divine in New York and the University of Notre Dame, designed the chapel with inspiration from Mediterranean-styled architecture.

S P O R T S

Varsity Softball Hits Off a New Season

By Alexandra Caballero

As the spring season quickly approaches, the Varsity Softball team is already one step ahead. Starting as early as January 2022 with tryouts, the Varsity Softball team at Lake Highland Preparatory School has once again returned to the home base—ready to compete for another season. Whether or not you may have attended a game or passed by the team as they practice, the Varsity Softball team is eager to win, and they're more than willing to put in the work to do it.

For the team, practice is a crucial part of preparing for their competitions. At the *O'Meara Softball Field*, a typical practice begins with completing a series of team stretches and joining in pairs to warm up hitting the ball. Because the team has a consistent routine to warm up, the rest of practice largely depends on how



(Above) Playing against a variety of schools this year, including many from the *Citrus League*, the Varsity Softball team warms up with activities such as team stretches and practice in the batting cages.

they are performing at that moment. Especially the day after a game, the softball team reflects on the highs and lows of the game, taking into consideration what they can work on to improve for the next game.

The coach of the team, Coach Scott Schenker, stresses the importance of communication and reflection at practice, debriefing the team on any games the day before and providing helpful feedback after what he observed from each game. Many of the team's practices are designed based on how the team has been competing with many of the various drills carried out during a single practice targeting specific abilities which could be improved on from the last game. Oftentimes when they aren't competing against other schools, the team participates in inter-team competitions. These competitions aren't so much focused on skills, but morale—specifically working on boosting aggression and determination on the field. For the team,



(Above) For Coach Scott Schenker, he is honored to help everyone grow as an athlete as they continue to achieve their goals. He explained, "They are family, and there is nothing more rewarding than that." All photos courtesy of Alexandra Caballero.

being an athlete means not only practicing the skills necessary for competitions but also bringing the right attitude and mindset onto the field.

It is this value of supporting each other and bringing a positive mentality each day that Coach Schenker likes to emphasize when he's with the team. With one of the team's core values being family, Coach Schenker explains how, "We are a family, and we will help each other in everything we do whether that is on or off the field." Creating an environment where these young athletes can help strengthen and lift each other up, the team finds it critical to discover who they want to be to the world and what type of legacy they want to leave behind. This close community of support and respect is what Coach Schenker likes so much about the sport, which is why he notes softball, "Has taught me so much about life in so many different ways and at the same time is something that will always be fun and enjoyable."

With the season just starting, Coach Schenker explains that with the team's diligence and strong schedule, they are already using what



(Above) According to Ellie Hartsgrove, grade 12, and Juliette Benoist, grade 12, the mental aspect of softball is the greatest challenge. The game's intense strategy makes it easy to overthink and affect gameplay. For them, it's best to keep a clear mindset.

they have learned about each other's strengths and weaknesses on the field. "We have a team that is very cohesive on the field, and this will help us win games. We have a lot of speed, and in a game that is on a small field, it makes us dangerous as we can do many different things to produce runs."

Although the team is fairly new this year with it consisting of both returning and new players of all ages, everyone on the Varsity Softball team is a valued member. Although some of the athletes may be young, Ellie Hartsgrove, grade 12, emphasizes the fact that, "Their age does not necessarily equate to their experience." While the team has not had much experience competing together, many of the athletes have been playing for years now and know the ins and outs of the game. With the team's

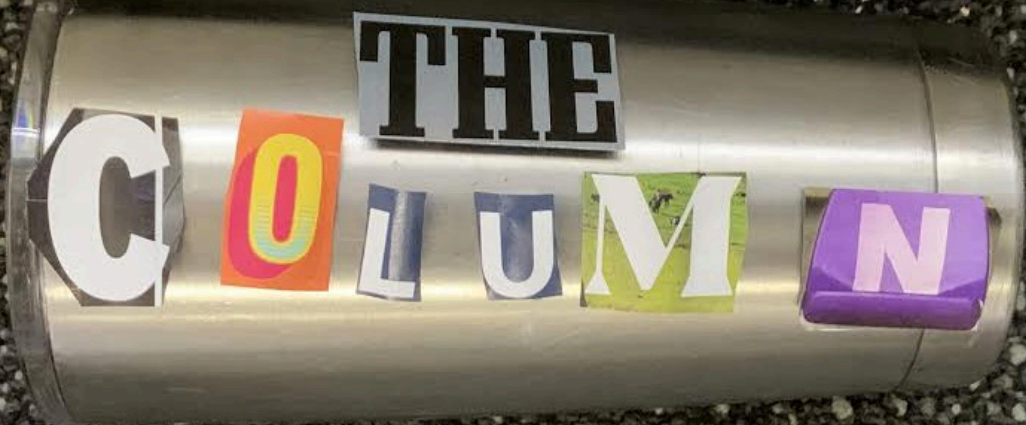
strong environment of support and camaraderie, this season appears to hold a lot of learning from



(Above) For many of the players, the most important aspect of the team is the bond they have created between each other. As someone who joined the team in 7th grade, Juliette Benoist explains how after she graduates, "I will miss practices and just being with the other girls on the team."

each other as well as motivating each other to do their best. Juliette Benoist, grade 12, has already noticed that, "Everyone tries hard and works because we all want to win and have a successful season."

While winning games is the goal in softball, by the end of the season, the team itself is most important above all. From what he has seen already this year, Coach Schenker explains how, "We have a range of personalities on this team that always keep each practice interesting. It makes for a good day, every day." Like many of the other team members, Benoist explains how she hopes that, "Our team and the girls on it are close and happy they decided to play on it this year." Although the team hasn't played together for that long, many on the team are hopeful for a good season with Benoist explaining, "We have a lot of potential and talent on our team, and I believe that if we work together, we will succeed."



Tweens are the New Teens

By Delaney Bolstein

Marked by newfound interests and celebrity crushes, the tween years are the transition period from childhood to teenhood. Tweens navigate through various levels of independence as they start drifting away from their parents. Filled with emerging identities and hormones, tween girls yearn for self-expression by choosing bright colors and prints, while tween boys generally avoid gaudy outfits. However, it is the awkwardness of trying to figure out one's identity that creates a sense of nostalgia. This period is a time when peer

coming less noticeable with each generation. The tween girls of the 80s looked to Seventeen Magazine in similar way girls now look to Instagram supermodels. The age at which girls are sexualized from a fashion point of view becomes younger and younger with each decade. Just as people of the 50s would be shocked to see ten-year-olds wearing neon t-shirts with monkeys, so too could the people of the 80s would be shocked to see ten-year-olds today in glorified bras.



(Above) Kiera Moore and Delaney Bolstein, both age ten, bake cookies during the summer before sixth grade. Kiera sports a neon green tank while Delaney wears a shirt with a hipster cat. They represent the uniqueness of tween fashion while doing what most tweens today would not imagine staying off their phones. Photo courtesy of Ms. Lori Moore. Graphic courtesy of iconscout.com.

pressure and the social woes of high school remain in the future ahead of them. For the time being, tweens are just themselves—bold, confident, and unique.

Yet, this uniqueness, a hallmark among tween girls worldwide, is starting to fade. Clothes made for girls their age seen in stores like Justice, sporting neon colors and plenty of glitter, have gone from staples in tweens' wardrobes to non-existent. What was once a target audience for fashion manufacturers, has now become a part of the "teen" demographic. Tweens today opt for the same styles one would see on a sixteen-year-old, regardless of how appropriate it is.

So, who's to blame? The culprit is social media. As the age when children receive phones is on the decline, their social media usage is on the incline. Platforms such as Instagram, TikTok, and Youtube have become the biggest influence on tweens rather than television advertisements. Tween girls are looking to older creators, in their teens and beyond, as models for their own life. Social media has turned the "tween girl," into a younger teenager accompanied by the same fashion choices and attitudes.

Nonetheless, it should be noted that the distinction between tween and teen is be-

coming less noticeable with each generation. The tween girls of the 80s looked to Seventeen Magazine in similar way girls now look to Instagram supermodels. The age at which girls are sexualized from a fashion point of view becomes younger and younger with each decade. Just as people of the 50s would be shocked to see ten-year-olds wearing neon t-shirts with monkeys, so too could the people of the 80s would be shocked to see ten-year-olds today in glorified bras.

Yet, this is not an attempt to shame girls for wearing sultry clothes (they can do whatever makes them feel happy), but rather an explanation as to why tween girls are absent today. Because of social media, and, most importantly, its widespread impact upon this age group, girls become mere representations of their favorite influencers and gain the approval of their peers while doing so. The problem with these "prosti-tots" is that with the sexualization of young girls, comes growing insecurities. A tween girl can not compare herself to a sixteen-year-old when it comes to her body, but if all that surrounds her are gorgeous people not much older than herself, she begins to wonder, "Why not me?"

Tweens tend to look up to teens, disregarding the effects of puberty, instead only looking at the main things achievable: clothes and personality. The ending of the "tweens" provides proof that the negative effects of social media, including body shaming and peer pressure that seemingly only affect teens, have trickled down to the much more vulnerable tweens.



(Above) Zane Rimes, age 12, models an oversized leather jacket. Zane's pose accentuates his jawline while showing off his shirt underneath. However, it is the Justin Bieber haircut that completes the look. His swagger defines what it means to be a tween. Graphic courtesy of freeiconspng.com. Photo courtesy of Mrs. Maranda Arnold.

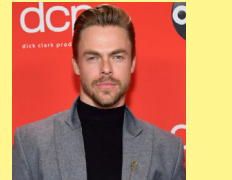
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