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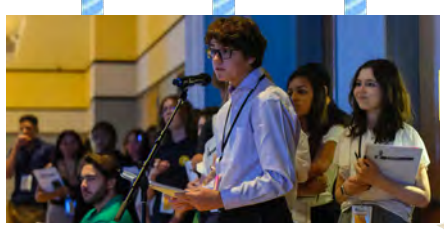
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Celebrating 25 Years of News

By Alyssa Wiboon

This year, *Twice-Told Tale* is celebrating the 25th anniversary of its establishment! In these past few years, Lake Highland's student-run newspaper has helped provide a platform for students interested in journalism, kept the school community informed, preserved the history of the school, and fostered a sense of school spirit. How did it all start? *Twice-Told Tale's* roots trace back to student interest.



(Above) Zane Rimes, grade 12, attended the *George Mason University Journalism Conference*. Photo by Zane Rimes.

In 1999, a student noted the fact that LHP was one of the only high schools in Central Florida without formal school news coverage, and the Upper School Director at the time suggested that Ms. Ginger Bryant, English 11 teacher and founder of the Orlando Chapter of David Copperfield's *Project Magic*, would be the perfect sponsor. Since the school already had a literary magazine, *By Any Other Name*, it was combined with *Twice-Told Tale*, the newspaper, into one Upper School journalism class. Newspaper students work together to produce six issues of the newspaper each school year, along with two seasonal literary magazines and two photojournalism projects. Students also learn how to report newsworthy stories and create art through layouts. There is always so much to learn each year.



(Above) Newspaper is not just a class; it's a family. Photo courtesy of Delaney Bolstein, class of 2024.



(Above) Before an official newspaper publication, Lake Highland had a newsletter called *Highland Times* in the 1970s. Photo by Alyssa Wiboon. Graphics courtesy of *Canva*.

Many wonder how *Twice-Told Tale* got its name. Once each issue goes to print, it takes about two to three weeks at the printers because plates have to be made for a four-color separation process. By the time the publication reaches the hands of students and faculty, it is likely old news. Readers might be hearing our stories for the second time. Therefore, our articles are "Twice-Told Tales." The phrase was coined by William Shakespeare and was featured in *King John* (Act 3, Scene 4): "Life is as tedious as a twice-told tale, / Vexing the dull ear of a drowsy man." What about the literary magazine? How did *By Any Other Name* get its title?

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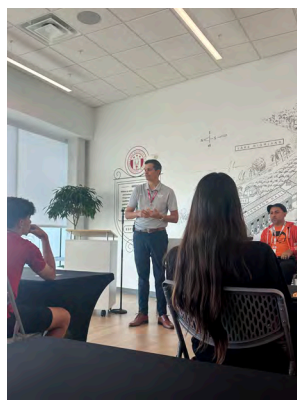
Hispanic Forum Inspires Leaders

By Sofia Cohen

Hispanic Heritage Month, celebrated from September 15 to October 15, is a time to honor the rich traditions, history, and contributions of Hispanic communities. This month serves not only as a celebration of culture but also as an opportunity to acknowledge the vital role that Hispanic individuals play in our society. Lake Highland recently hosted a *Hispanic Business Forum* to celebrate *Hispanic Heritage Month* in the *Starling Gallery* on the fourth floor of the *Porter Family Center for Innovation and Academics*. This event featured three business owners and professionals who shared their inspiring journeys. These three speakers highlighted how their cultural backgrounds have affected their careers for the better. Each shared how their Hispanic heritage instilled a strong work ethic, creativity, and motivation. These speakers included Mr. Manny Vivar, CEO of *HostDime*, Dr. Carolina Cruz, UCF professor and VR pioneer, and Mr. Juan Amo, *Bank of America* Senior Vice-President. Mr. Vivar is an immigrant from Mexico, and Dr. Cruz and Mr. Amo are from Venezuela.



(Above) Señora Sybil McKinzy, AP Spanish and Honors IV teacher, is enjoying traditional Hispanic food from various countries. All photos by Sofia Cohen. Graphics courtesy of *Canva*.



(Above) Mr. Nicholas Abrahams, President and CEO of the *Winter Park Health Foundation* and proud LHP father, gave the introduction of the three speakers.

Lake Highland also hosted a Hispanic festival to celebrate Hispanic culture for this month on Friday, September 27, during club/assembly time. The *National Hispanic Honors Society (NHHS)* organized this event to celebrate and educate others on Hispanic Culture. They set up individual tables for each Spanish-speaking country which students will visit with their own passports. Students learned about each country and played a quick game of trivia to earn a passport stamp. Once completed, they traveled to the next table. There was also an area where students could make carnival masks, take Salsa dance lessons, watch the *Disney* movie *COCO* in the *Johnny Holloway Black Box Theater*, play bingo, or engage in dominos.

The *Hispanic Business Forum* instilled inspiration into all listeners of the presentation. All three

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Our Bodies are Landfills

By Kacie Palla

Did you know you eat a credit card's worth of plastic every week? This happens when you consume something that's been in a plastic container or has been exposed to plastic in shipping or processing. Microplastics are fragments of plastic less than five millimeters in length. They are everywhere: inside our food, drinks, make-up, clothing, and air. These plastics go into our bodies and stay in our blood, organs, and tissues. Are these plastics safe? What threats do they pose to our health? Neuroscientist Jaime Ross, Ph.D., conducted an experiment on microplastics in water and used mice as her subjects. In three weeks, Ross found that these plastics had made their way to the mice's brains, leading to cognitive decline, according to the *Association of American Medical Colleges*. What's even more concerning about this is that Ross used "clean" plastics with no toxic chemicals. So what would happen when we ingest plastic with harmful chemicals?



(Above) Because of the widespread use of plastic, it is impossible to completely remove it from our diet, but it is possible to stop some of the consumption. Fruits and vegetables absorb plastics through roots which go into the plant. A study by Gea Oliveri Conti, Ph.D., found that apples and carrots have the highest concentration of plastics. Both are very healthy, but finding alternatives might stop more plastic consumption.

The topic of microplastics is still relatively new, and not many experiments have been conducted. Therefore, not much is known about the effects of plastic on our bodies. Many studies have come out recently with different conclusions on the matter. The *FDA* stated that, "Current scientific evidence does not demonstrate that the levels of microplastics or nanoplastics detected in foods pose a risk to human health." Meanwhile, a study performed by *The New England Journal of Medicine* concluded that patients who had ingested microplastics had a, "Higher risk of a composite of myocardial infarction, stroke, or death," than those who hadn't. It is clear that it is up for debate whether microplastics actually harm us, but it certainly doesn't hurt to avoid consuming them.

Almost everything you eat and drink contains plastic, whether it's from packaging, processing, or contamination. Although consuming plastic is inevitable, there are things you can do to minimize it. Many cutting boards are made of plastic, and using them creates plastic chips that stick to your food. Bamboo boards are a great alternative as they absorb little moisture and are bacteria-resistant.

Another huge source of microplastics is water. *The National Institute of Health* researched plastic content in water and found that there are 240,000 small pieces of plastic in a liter of bottled water. A great way to avoid these plastics is to drink tap or filtered water. *The Plastic Pollution Coalition* researched this point and found that, "Individuals who meet their recommended water intake through only bottled sources may be ingesting an additional 90,000 microplastics annually, compared to 4,000 microplastics for those who consume only tap water." As well as water, tea can also contain microplastics that come from the tea bags. Many tea shops sell loose-leaf tea, which eliminates the waste made from bags. The tea is put into a small metal strainer rather than a microplastic diffuser, eliminating any plastics in your warm drink.

Other foods that contain microplastics are seafood, fruits, vegetables, and salt, but eliminating all of these from our diets is not feasible. Instead, we can be more mindful of the chemicals in our foods and try to get the safest kinds. Many plants can have harmful pesticides or additives, so buying organic crops is a great alternative. Seafood cannot be protected from plastics. A study was conducted on our oceans by Kyushu University and they found that, "There are 24.4 trillion pieces of microplastics in the world's upper oceans, with a combined weight of 82,000 to 578,000 tons." All marine life ends up ingesting these plastics, and when humans eventually eat them, they are also eating the plastic. This issue is unavoidable, and the best thing we can do is try to limit the waste we generate to prevent litter from going into the oceans.

Everyone loves their sparkles, but how far will we go to get them? Most glitters are made from PET, or Polyethylene Terephthalate, coated with aluminum and cut into tiny bits, and then thrown on everything from clothes to decoration. But these glitters don't go away. They take over 1,000 years to completely biodegrade according to *Today Glitter*. This results in sparkly seas and dead marine life. Thankfully, many companies like *Today Glitter* have come up with biodegradable alternatives made of cellulose.

Consuming plastic isn't preventable as it is a material we have become dependent on, but there are still many things we can do to make a difference. Eliminating unnecessary plastic from our lives will stop litter from going into the oceans and landfills and ruining animal habitats and the surrounding environment. Even one person doing this will help, as one person uses about 79 pounds of plastic each year according to the *European Parliament*. Some things we can do in our own community are taking care of our campus, joining LHP clubs like *Students for Sustainability and Environmental Impact*, as well as spreading this information to friends and family. Being more mindful of the waste we produce will help our society move towards a more sustainable future, making our world a better place.



Left) Lettuce is the most likely vegetable to contain pesticides, and now we have to worry about microplastics as well. While a pre-packaged salad mix might be quick and easy, it is also important to consider what the plastic puts into your food. A study done in Portugal found that lettuce grown in urban areas or next to roads contains higher levels of microplastics, so looking into locally grown lettuce is a great way to know where your food originates from. (All photos by Kacie Palla)

(Right) Women are advised not to eat certain things during pregnancy, but their water could also be at risk. A study in the journal *Toxicological Sciences* found microplastics in every sample of placenta they tested. These microplastics could have come from anywhere. It looks like pregnant women have more to worry about now.





The Sacrifice of One, For All

By Ava Anderson

Lake Highland has produced a Veterans Day Show every year for the school and the public for over 30 years. The program was originally started by Mrs. Cheryl Sims. The program is now directed by Mr. Chris Greening for the past several years. This program involves the *Boy Scouts*, the dance team and class, the chorus, and many other groups on campus. This show is greatly praised by veterans. Veterans have expressed their appreciation to LHPS for, "Never Forgetting." Mr. Chris Greening stated how there are, "Typically around 1,400 reservations for over the course of two shows," each year. This data does not include the online viewers who are watching the show live or LHPS student audiences. For the 2024 Veterans Day Show, the theme is "Land of the Free because of the Brave." This is because, truly, according to Mr. Greening, "Our rights and freedoms rest on the shoulders of the brave veterans."

The U.S. has been known to be the land of freedom and opportunities. However, that would not be possible if it were not for a certain group of people: the veterans. The six fundamental groups, the Army, Marine Corps, Navy, Air Force, Space Force, and Coast Guard, all contributed to making America the best country in the world. It is easy to see how we need a military to protect our freedom. However, sending a soldier off to war is never easy. During the Vietnam War, there was a great population of Americans who got drafted. But there was also a significant amount of citizens who volunteered. According to the *Atlanta History Center*, "The vast majority of those who served in Vietnam volunteered."

One of those volunteers was Mr. Kevin J. McManus. Mr. McManus was ranked as Lieutenant Colonel O-5, U.S. Air Force. Lt.Col. McManus was granted his pilot's license at *Vance AFB*, Oklahoma, in September 1965, with additional pilot training. From there, McManus was sent off to fight in Vietnam. At home, he had his family and his girlfriend, Mary Jane McCahill. In 1966, while the soldiers got four days to return home, otherwise known as R&R, (Rest and Recreation), Kevin and Mary Jane married on his first day off in Hawaii.

While Lt.Col. McManus was at war, he and Mary Jane would continuously write letters to each other. From 1966-1968, two years had passed and all was going well until Mary Jane wasn't receiving any more letters. At that moment, she knew something had gone wrong, as she had previously received a letter almost every day. After a couple of months, Mr. Kevin J. McManus was marked as a POW (Prisoner of War). This new information was tragic; yet it was also a sigh of relief for Mary Jane because she knew he was alive. Mary Jane was worried, but she had faith in Kevin. From 1968-1973, for five years, Kevin and roughly around 766 soldiers were held captive in Vietnam.

In April of 1972, Mary Jane received a letter. She described the letter as being in, "Code." The letter was from Kevin. However, it did not seem as if it were for her. It stated something along the lines of, "Wouldn't it be nice to walk down memory paths and see our ladies green?" Mary Jane turned the letter over to the Air Force, as she was required to do so with all the letters she received. This letter was later decoded to be a message for the Air Force meaning, "Mike Ling (another Air Force pilot) had also been imprisoned." Shortly after that letter was received, *Operation Homecoming* took place. This was an operation that led to the retrieval of all Vietnam War prisoners. Greetings from everybody were given. A party was even held at *The White House*, and parades were held in the streets. The party held at the *White House* contained all of the POWs and celebrities such as John Wayne. Mary Jane described the greeting as even, "Overwhelming."

The soldiers had no knowledge of any news that was occurring during those five years in captivity. They were told about the moon landing, and most soldiers thought everybody was joking. When Lt.Col McManus arrived home, he described his experience nationwide. He shared the harsh and brutal torture that he and other soldiers had to endure while being captured. Beating, dislocated bones, hunger, and isolation were all methods of torture used. However, Kevin was fortunate enough not to deal with the dislocated bones. Afterwards, Kevin and Mary Jane had seven wonderful children. Kevin lived gracefully until 2008 when he passed away. Lt.Col McManus is remembered with great honor as he was a fantastic soldier, husband, father, friend, and hero.

Lt.Col. McManus and many other soldiers sacrificed their lives to fight for our country. Even the ones who did survive lost the life they had before. From the Vietnam War alone, 10% of all soldiers dealt with PTSD, according to the *U.S. Department of Veteran Affairs*. The scars from war will stay permanent on the outside but remain mostly on the inside. Most humans could not endure half of the situations the soldiers had to face while fighting, which is why honoring the veterans is crucial. At Lake Highland, they make sure that honor is gifted to all veterans.

America is known as the "Land of the Free." Freedom did not come with the land. The veterans fought so that the land could obtain freedom. Veterans fought for freedom for all. Mr. Chris Greening wished to give a message to everyone about veterans. He stated, "One of my favorite moments every year is to be in the Canteen and hear the stories told by the veterans. Listening to their stories helps remind me that celebrating and remembering veterans is not just for Veterans Day and Memorial Day. We owe our freedom to the brave men and women who gave up their families, friends, and, in many cases, their lives to stand up for something greater than themselves. When you meet a member of the military or a veteran, show your gratitude and say, 'Thank you.' Not just on one or two days out of the year, but always."



(Above) After *Operation Homecoming*, Mary Jane McManus reunited with her husband Kevin J. McManus in Honolulu after being separated for over five years on February 22, 1973. Holding back tears, Mary Jane was able to look at her husband, knowing he was now safe. Reporters were desperate to know what had happened in those five years. Mr. McManus would share his journey with reporters, citizens, and schools. He mentioned to Mary Jane that all the class boys would frequently ask about the tortures. Mr. McManus was said to have been struggling to contain his laughter as the boys would try to come up with their methods to use against prisoners. Although McManus went through thick and thin, he still loved to share his experience. Photo courtesy of Mrs. McManus.



(Above) At the *Clark Air Force Base* in the Philipines, the second plane of released POWs had arrived directly from Hanoi on February 18, 1973. The second plane that arrived held 18 POWs including Kevin J. McManus. Once they landed, they were immediately mobbed by photographers, reporters, and some of their family members. Mary Jane McManus described it as a, "Wonderful welcome back to the free world." Photo courtesy of Mrs.. McManus. Graphics courtesy of *Canva*.

How To Honor Veterans:

- Volunteer
- Donate to Veterans and their families
- Send letters (motivation and appreciation)
- Thank them for their service



(Above) Kevin J. McManus is seen here being captured near Hanoi, Vietnam. In the background, the Vietnamese peasants can be seen watching as Mr. McManus is led to his imprisonment. After this photo was taken, the monstrous tortures most likely took place. Fear can be exhibited through McManus's eyes, not knowing what would happen next. Photo courtesy of *Maine Military Museum and Learning Center.*



Child Stars Reveal the Truth of the Industry

By Emily Cypher

The world's most famous child stars tell the world the darkest secrets of the entertainment industry for minors in a new documentary, *Child Star*, released September 7, of this year on *Hulu*. The documentary was co-directed by Nicola Marsh and Demi Lovato; this was Lovato's first film she directed. Lovato led the discussion amongst her peers in *Child Star*, reporting with an insider perspective while asking questions only a child star could know. This helped the cast explore the question many child stars secretly contemplate, such as whether fame is worth all the negatives that come with it. With all the symptoms of the stereotypical child star, including substance abuse, mental health issues, and the lasting effects these child stars still live with today, the answer gets rather complicated.

Signing up to be a child star is not like signing up to play a sport as an adolescent. Signing up to be a child star means risking the privacy and freedom to live without the spotlight. Actors can't play one season and quit the next. Child star Kenan Thomspon, famous for his performance on *Nickelodeon's Good Burger*, warned people during his conversation with Lovato that by signing up to be a child star both you and your family are signing up to be committed for a lifetime. Thompson emphasized this because he knows, "It's not a normal existence to have somebody in your family be famous." Even so, that decision is among the easier things to consider for a child actor, but when decisions are tough, Thompson and the others strongly emphasized to Lovato the importance of having a mentor.

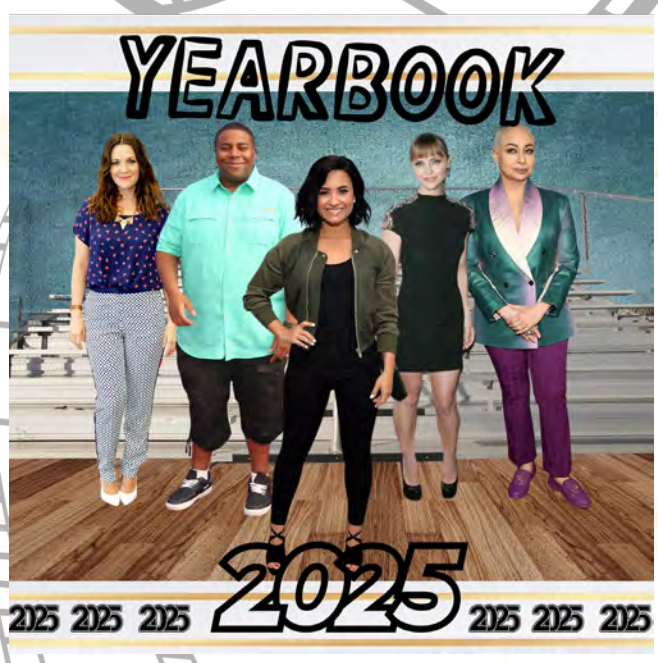
The child stars as a whole, strongly reiterated that having a mentor is extremely helpful in taking precautions against mental health issues. Lovato recalled that she often wished she had a mentor to let her know it was ok to take a break when she was first starting, but without a mentor, "Nobody really knew how to stop the machine." As a result, Lovato filmed three movies, one season of her TV show, and recorded and wrote an album. Following her burnout, Lovato also recalled being difficult to work with at times, as she talked with Raven-Symoné from the popular TV series *Raven's Home* on *Disney Channel*. During their short time filming together, Symoné remembered that she, "Didn't hold it against you," with the gut feeling Lovato had something else going on.

More often than not something is going on behind the scenes, but because of how isolating it is for child stars, it's often harder for them to work through their feelings. Christina Ricci, known best for her role as Wednesday Addams in *The Addams Family*, specifically talks about this with Lovato, venting about the difficulties that come with not telling your friends everything. Ricci recalled one of the first times she'd come back to school after working on set and being accused of bragging when she just wanted to share with her friend. This led Ricci to think substance abuse was the only way to be happy.

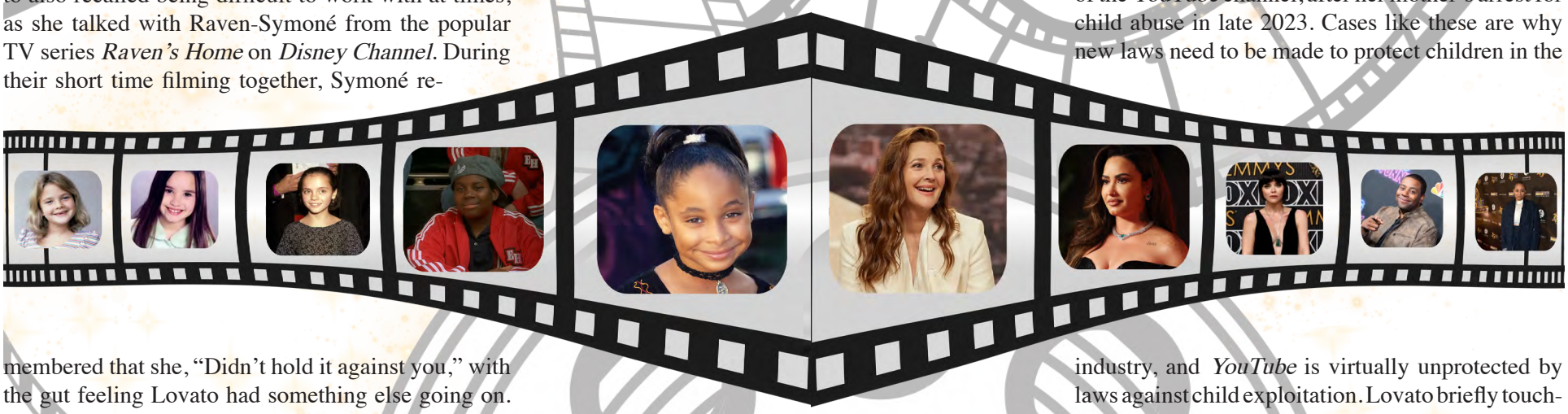
Alcohol and drug addictions are sadly not abnormal things that follow child stars. During Lovato's discussion with Drew Barrymore, Barrymore shared her struggle with substance abuse that started from an eerily early age. Although Barrymore highlighted that, while her substance abuse issues had been bad, her father-and-daughter relationship with Steven Spielberg helped her through it. For the first time, Barrymore realized that, "There was no authority in my life, so I loved every boundary he set to me. It didn't hit me until I was an adult. Oh, that's how parents are supposed to make you feel." However, the downside to boundaries set in the industry is that they work both ways, good and bad.

Drew can specifically recall that she struggled deeply with boundaries daily. Outside of Spielberg, Drew was always taught to, "Open yourself up to everything." As a result of having few boundaries, Drew felt she turned herself, "Into a commodity," and by extension, "You're talking about validation, you're talking about feeling less than, you're talking about losing people, gaining people." Many young stars just like Drew, including Demi Lovato, learned how to measure their self-worth toxicly. Revisiting the past throughout the documentary, Lovato observed that she, "Looked at my success as my self-worth." For a long time she, "Had a really hard time differentiating the two, and I dealt with a lot of need for external validation."

The insecurities and intense need for external validation are engineered into child stars from a very young age. For this reason, Alyson Stoner, from the *Cheaper by the Dozen* franchise, experienced severe body image issues. Stoner can explicitly recall learning all the things she didn't realize were wrong with her after seeing the edited pictures from her first photo shoot. In a heavy conversation with Lovato in a portion of the documentary, Stoner described her immense struggle with her eating disorder during the filming and press tour for the hit movie *Camp Rock* on *Disney Channel*. The scary thing is that eating disorders are not the worst of what these child stars are dealing with.



(Above) The *Child Star* documentary interviews a generation of actors who share the best way to survive the industry. All graphics by Emily Cypher.



Recently there has been an influx of reporting about the child entertainment industry in the media. Earlier this year the *HBO Max* viral series, *Quiet on Set: The Dark Side of Kids TV*, premiered on March 17, 2024, revealing ugly truths. Many of the child star horror stories are all consistently based in a toxic environment and also lack a supportive adult to guide them through the industry. The docu-series, along with the newest documentary *Child Star*, are a call to action demanding change to the child entertainment industry.

Without a change to the industry, child stars will repeat the common story of being forced into work. Symoné felt similar to that growing up and explained to Lovato that she, "Understood that this was a job," but she also dealt with the belief that performing was the main way to earn her parent's, "Love and affection." To ensure that child stars don't get exploited, we need to put more protections in place for children in entertainment. The laws currently in place are small and limited, such as *Coogan's Law* which is only applicable to select states excluding Florida, which is a hotspot for film production. The law requires that 15% of the child stars' income be saved in order to have earnings once they turn 18. Although this has benefited many child stars, it doesn't apply to the new generation of *YouTube* stars.

One of the most famous cases reporting on the exploitation of kids on *YouTube* was the *Eight Passengers YouTube* family case. Shari Franke (the oldest daughter) has shared her toxic and abusive home environment that went on behind the scenes of the *YouTube* channel, after her mother's arrest for child abuse in late 2023. Cases like these are why new laws need to be made to protect children in the industry, and *YouTube* is virtually unprotected by laws against child exploitation. Lovato briefly touches on protecting children portrayed on *YouTube* as well as the importance of making the laws a reality.

Child stars are going to continue to be an essential part of the media, and their role in it will continue to develop. As a result, the laws that surround them need to grow alongside the industry. Documentaries and docu-series like *Child Star* are an essential part of spreading awareness of the reality of the child star industry, and as a result, more people will guard against child exploitation in the industry. The child entertainment industry doesn't need to be the negative space that it is just because of its history. It can become the dream the media glamorizes it to be by putting the right protections in place.



New Cruises Kill the Competition

By Mary Collins

Cruising has never been more competitive. From robot bartenders and zip lines to entire roller-coasters cramped into as small of a space as possible, cruise ships are getting more outrageous every year. The *Prinzessin Victoria Luise* was created in 1900 and is considered the first cruise ship to ever set sail. Back in the day, it was considered one of the largest ships with so much to include. There were 120 cabins, a gym, a library, a social hall, and one singular dining room. Only 200 guests were able to attend, which is 7,400 less than the new *Icon of The Seas*, not even including the 2,350 extra crew aboard. This vacation in the sea was awarded the distinction of being the largest ship in the world in 2024 at a whopping 1,198 feet long. It is 20 decks tall and carries 250,800 gross tonnage. That's roughly five times bigger than the *Titanic*. There are seven swimming pools, an ice rink, multiple shows, 40 dining venues, six record-breaking waterslides, a rock climbing wall, 55-foot waterfall, and a bowling alley.

Nowadays, cruises are constantly battling to see which ship is going to be rewarded the largest of all ships. This year, *Royal Caribbean* has been taking the lead, constantly going up against their own ships so that other companies cannot claim the title of largest cruise ship. This means that other companies have been creating attractions just to have the title of "First" or "Biggest." For example, *Carnival's Mardi Gras*, which opened to the public in 2023, has the first ever cruise ship to include a roller coaster. It is located on deck 19 and was one of the most talked about events in cruise history. This is because *Carnival* not only appealed to the public eye by opening something that people have never seen before but also offered a fun attraction to get the attention of roller coaster and cruise enjoyers.

Cruise ships are also now offering and expanding with their elite members. If a family chooses to upgrade levels and pay extra on these ships, it can start getting special things such as member-only discounts, private events, and exclusive parties. The more a passenger pays, the more special offers can be acquired like the spa, and specific areas dedicated solely to them. *Royal Caribbean*, for example, has staterooms that come with two stories, two bathrooms, lots of space, and an entire slide! They have catered a lot towards those who want the special treatment and made sure they have the best experience possible at sea.

The biggest competition between cruises is *Royal Caribbean* vs. *Carnival*. When families choose to book a cruise, they are most likely going to choose between these two companies. Although there are other contestants like *Norwegian* and *MSC*, the most popular cruise lines are going to be these two. This excludes *Disney Cruises*, although it is voted the best family cruise. However, when looking for an affordable vacation, this may not be the best option, as an average price for two people is around $1,000.

The battle between *Royal Caribbean* and *Carnival* has been going on for quite some time now. When looking at *Royal Caribbean,* one can find more attractions, bigger ships, family-friendly options, a wide variety of restaurants, and more offerings. When looking at what *Carnival* offers, most say that it is a lot more fun with more parties, bars, a better teen club, a more wild and activity-filled itinerary, and some argueably better destinations. It is also known for being the cheaper option, as *Royal Caribbean* is known for being pricey. Some argue it is worth the price, while others believe they don't want to spend $1,500 for a seven-day vacation. Both of these cruises have two different types of vibes, and depending on the person, each cruise offers something unique.

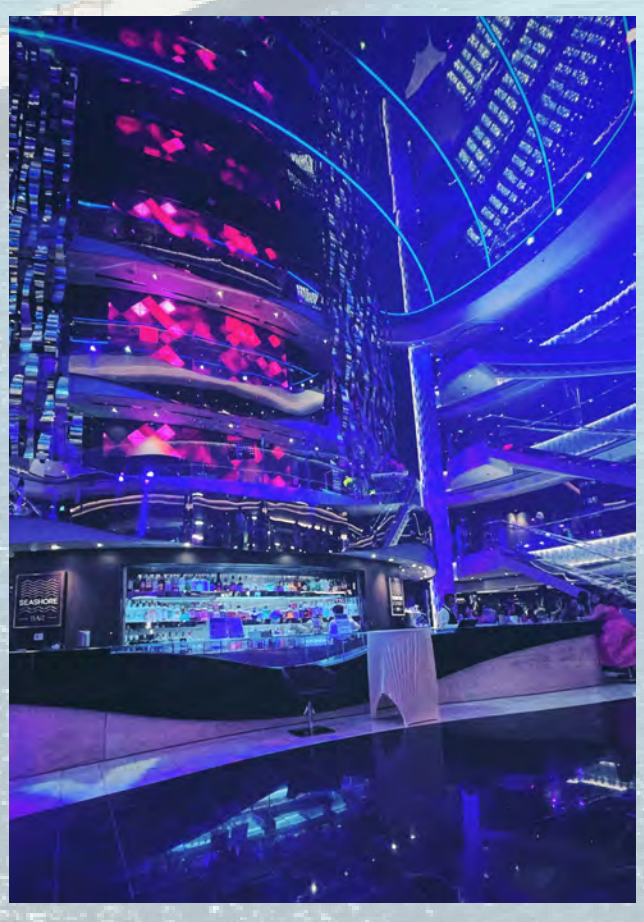
Cruise ships have gotten crazy when it comes to trying to be different. Almost all cruises have now spent millions of dollars by creating their own private islands that people stop at while enjoying their Caribbean cruise. Although these sorts of vacations can be fun, the battle to see which will be the best in the game has gone absolutely crazy. While this is all happening, *Disney* remains neutral because, no matter what they do, the quality of *Disney* cruises will always be better than other cruise lines. Are these cruises worth the money? What really is the best cruise? Although all of these answers are opinion-based, each cruise will be a different, fun, unique, and relaxing experience for most.



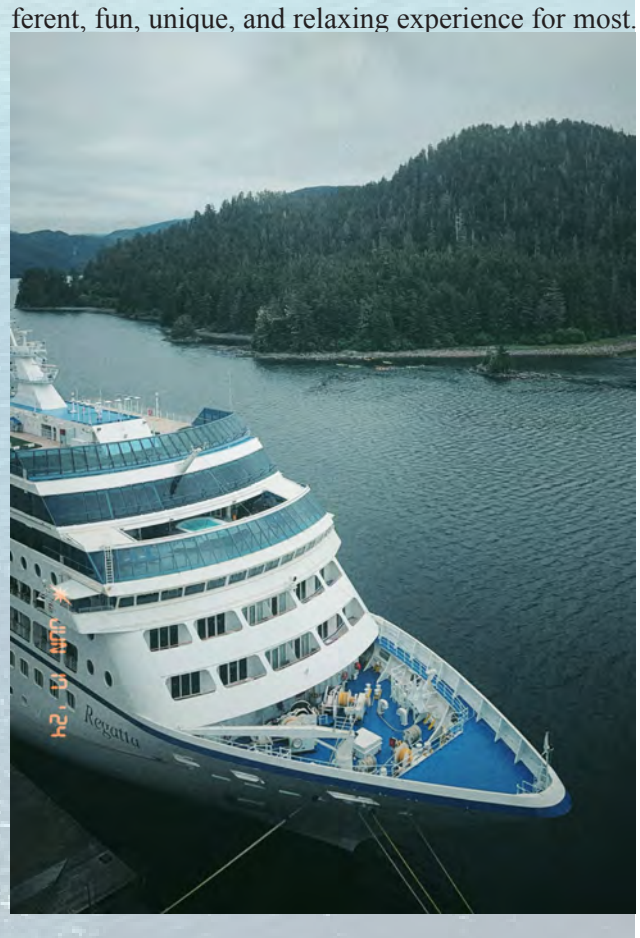
(Above) Ports are also a huge part of cruising. Where a ship goes depends on whether or not someone books that cruise or not. Private islands have gotten more popular, and almost every company has its own island. Each private island offers different activities and excursions though, like how *Carnival* and *Royal Caribbean* have more of a fun island with slides, zip lines, and waterparks while cruise lines like *MSC* have more relaxing islands with tons of beaches and food areas. Before choosing which cruise to board, passangers should make it caters to their enjoyment. All photos by Mary Collins.



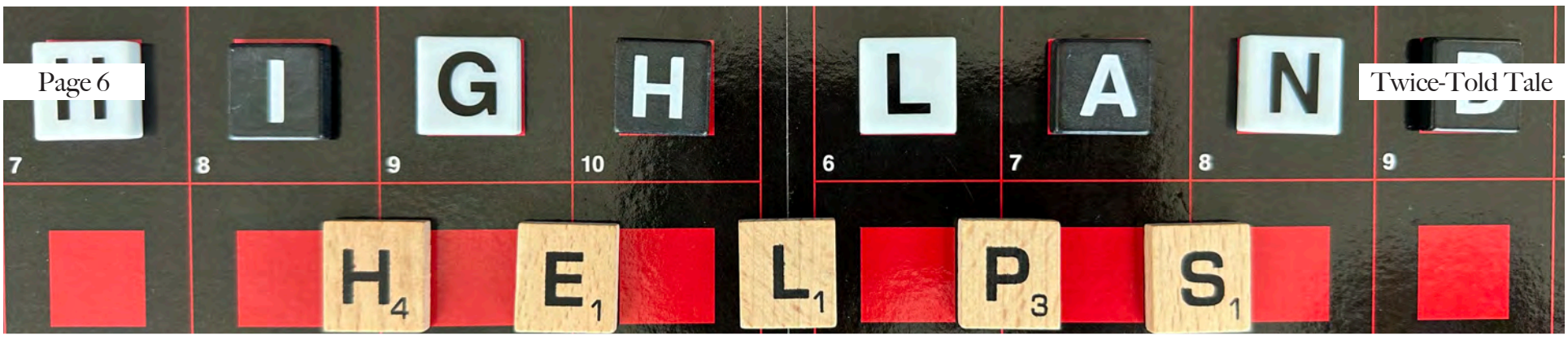
(Above) Relaxation is a huge part of these ships when it comes to certain families. Cruise lines like *Celebrity Cruises* and *Virgin Voyages* offer 18+ cruises for a more calming experience. This is so that guests can experience a vacation without the worry of children.



(Above) Parties, shows, live music, dancers, singers, and more can be found in the atrium on the *MSC Seaside.* Along with the exterior, the inside of these ships are also outrageous. Most visitors don't get to complete all activities available because there are so many options.



(Above) With more attractions and sights, cruiselines have made sure safety protocols are heightened. All passengers are required to attend a muster station to ensure they know what to do in case of emergency. The process to get on and get of is a lot more hightech.



Art Club Combats Poverty

By Hayden Roberts

How could art help fight poverty? The sponsor for Lake Highland's *Art Club* is Mrs. Kathleen Forster, who has been overseeing and mentoring this student-run club since 2009. Club President Cleo Richardson, grade 12, partnered with Mrs. Forster and Lake Highland Alumni Ms. Karlye Block Martorelli with her charity, *United Against Poverty Orlando*. Although these two programs have been working with each other since 2018, many students still do not know much about what they do or how they help fight poverty in Orlando. What can be done with a work of art?

Lake Highland's *Art Club* began in 2009. With the mission of, "Sharing Our Art to Benefit Our Community," according to Mrs. Forster. But how does the *Art Club* achieve its mission? Mrs. Forster explained, "The LHPS Upper School *Art Club* begins each school year by creating motivational artworks for *United Against Poverty* to be displayed at their annual *Hand UP* luncheon for donors. The *Art Club's* secretary Beatriz Beraha, grade 11, explained, "*Up Against Poverty* is this organization we partner with every year where the goal is for students to create a piece of artwork, to donate towards the charity, that demonstrates a positive or uplifting message to inspire those at *U. A. P.*"

These upbeat artworks inspire donors to provide this organization with time and resources that can assist the constituents with a hand up from their misfortune so that they can become self-sufficient. With such a great mission and such exceptional opportunities, students may be wondering how they can get involved. Mrs. Forster has had so many students with this question that she stated, "Any Lake Highland artist may get involved with *Art Club* by attending a meeting, signing up for participation, and actively participating in community service projects." The way the club works is that the members consider requests for artwork and assistance with events on campus to determine which projects they will bring to life. Additionally, Mrs. Forster added they, "Serve the community with requested artwork and develop activities and artworks for various festivals on and off campus. Major festivals include *Winter Park Teen Art Happens*, *Lake Highland Prep's Fall Arts Festival*, *Winter Park Sidewalk Art Festival,* and *Lake Highland Spring Sidewalk Chalk Event and Show*." With so many opportunities to get involved in the community and earn community service hours, it is obvious why so many students choose to participate in Lake Highland's *Art Club*.

What is *United Against Poverty*? *United Against Poverty* is a national charity set on bringing volunteer opportunities to people across the country. Lake Highland Alumni, Ms. Martorelli, is in charge of *United Against Poverty's Orlando* branch. Ms. Martorelli wanted to partner with Lake Highland and specifically work with Ms. Forster's *Art Club*. When talking with Mrs. Forster, Ms. Martorelli called it a, "Full circle moment" with the chance to work with her alma mater. Even if you are not interested in art but still want community service, *United Against Poverty* has plenty of opportunities for everyone who wants to earn service hours. This includes cleaning and organizing stock shelves, sorting and donating clothing, and taking inventory in their "Emergency Pantry." Even if you are bored over the weekend there are plenty of opportunities to volunteer with your friends.

Why do current members stay in this club? From what Mrs. Forster has noticed, she stated that, "Lake Highland art students create art with their hearts. As a result, serving is a natural extension of this love of art." Each year, new members are voted on and elected to help come up with ideas for new volunteer opportunities and dates in which members can participate. Why did Mrs. Forster want to sponsor this club? What made this club stand out from the others is that Mrs. Forster believes that she, "Chose to develop and work with *Art Club* to provide opportunities for students to develop their leadership capacities and have a safe place to share ideas, visit, and create personal projects." Mrs. Forster's room in Highland House is known across the campus as a place for creativity, collaboration, and relaxation. Students come in during P.R.I.M.E. Time and lunch to create art and relax. Because of this unique environment, plenty of students who are not enrolled in any art classes, or are members of the *Art Club,* come in to create art and help create projects that the *Art Club* and *United Against Poverty* will use.

Beatriz Beraha, grade 11, is the current Secretary for the *Art Club*. Like most students who join this club she thinks, "This club is a safe space where I can just sit down, be creative, and have my friends alongside me while also helping serve and give back to my community." Beraha believes that, "*Art Club* is a very fun and relaxing club where you can make art, participate in events, earn service hours, best of all you do not have to be good at art to join!" Beraha encourages students to join or at least come and sit in on a meeting to get a better idea of what the club is about and what they do. Even if you have never made art before, "*Art Club* is open to all levels and anyone who wants to learn or continue making art." But what truly makes *Art Club* special for Beatriz is, "*Art Club* is really special in so many ways, but I think one of the main reasons it is such a special club is because of the bonds we create. Everyone in *Art Club* is tied together by their love for making art, and *Art Club* is a chance for students to get together with their friends and just relax by making art. Not only that, *Art Club* gets to do so many fun events throughout the year and a lot of them incorporate service hours, like *U. A. P.* We also host our annual sidewalk chalk day for *Arts Week*, arts festivals, arts sales, and so much more." *Art Club* also has opportunities for those who are not in the club to have a chance to work with the club at these festivals.

United Against Poverty is a unique organization that everyone can be a part of even if they do not like art, or have never tried it. With so many opportunities to help those in, need not just in your local communities but across the country. With so many chances to earn service hours and activities to do with friends and family, the *United Against Poverty* organization is one of the best in the country to help get service hours in your community. *United Against Poverty* is an incredible opportunity for anyone looking to serve the community through school. So go join Lake Highland's *Art Club* and make a difference in our community.



(Above) Before *United Against Poverty* takes *Art Club's* paintings to their building, members pose with their final artworks. Members would spend hours working on these paintings to encourage donors to sponsor their future works. All photos by Hayden Roberts.



(Above) Emma Jaramillo, grade 10, created a unique work using different food packaging. Emma said, "When I heard they had a food pantry I wanted to use these wrappers to be able to create a piece of art from those leftover materials." Jaramillo had been collecting these materials for months and wanted to use them as bright and colorful layers for her piece. Jaramillo used the hands to symbolize grabbing the snacks.



(Above) At the *Art Club's* first meeting, everyone learned what they would be doing in the club and how they would be helping give back to the community. The club title holders introduced themselves, what they do in the club, and why. Members learned who they can go ask for help or clarification whenever they are confused. They also discussed different opportunities and when everyone was available to plan accordingly. Then they got to start creating their artwork.



Normalized Doesn't Mean Normal

By Fiona Knight

"Guns are the leading cause of death among American children and teens. One out of ten gun deaths are age 19 or younger," according to sandyhookpromise.org. In today's world, this statistic is disturbingly unsurprising to much of the American population. To many, school shootings and gun violence among teens are simply commonplace because, whether we choose to acknowledge it or not, these acts are poisoning our daily lives and misconstruing the ideas people have of what the normalities of society are. As guns become more accessible nationwide, they are making their way into the hands of adults and even children. For many children, the sole purpose of having a gun is to use it to take the lives of those around them, simply because they can. By allowing restrictions on guns and security to become more relaxed, during a time when they need to be enforced more than ever before, society is practically enabling the murders that come from these so-called "normal" shootings.

With each gun that makes its way into the hands of someone incapable of handling it with caution and security, institutions like schools are put at a higher risk of being targeted and attacked by these hate crimes. Before more innocent lives are lost, we must work to develop a universal understanding of how intolerable school shootings are and examine the safety measures that can be implemented to prevent them.

Many schools, like our own, recognize the true severity of the recent increase in school shootings and are taking every possible precaution to prevent them. From increasing the number of lockdown drills students have each month to incorporating police force surveillance throughout the campus, selective schools are cracking down on school shootings by reducing their likeliness before they have the chance to occur. In addition to physically keeping students safer, these efforts enable students to have increased peace of mind while at school.

Isabella Rampersad, grade 11, stated that the increased security measures being enforced by schools, "Make all of us students feel more safe going to school every day," which benefits overall mental stability for children and adolescents. While Lake Highland and various other schools are lucky enough to have the resources to implement these effective measures, it is important to acknowledge that not all schools are so fortunate. Too often, the security put in place to keep us safe is deemed annoying when, in reality, it is a privilege. Nevertheless, there are always precautions that can be taken to reduce the number of school shootings and threats of violence, no matter the situation of the particular school and the area surrounding it.

In Volusia County, Florida, for example, Sheriff Mike Chitwood has brought a new technique of disciplinary enforcement for students who threaten to partake in gun violence at schools. Upon bringing each offender into police custody, Sheriff Chitwood proceeds to post the mugshot of this individual on police social media which has become extremely popular, making national headlines. By bringing attention to the severity of what these threats are doing, Sheriff Chitwood hopes to establish awareness of the punishments that these individuals will face. It encourages people to address these crimes with the seriousness that they deserve. Following the recent rise of school shooting threats, in Florida specifically, Sheriff Chitwood publicly shared his intentions when dealing with offenders, stating, "Since parents, you don't want to raise your kids, I'm going to start raising them," according to *ABC News*.

Sheriff Chitwood strongly believes that children who commit adult crimes should be punished as adults, and regardless of how controvertial this opinion is, it does hold some validity. Recent events have shown that it doesn't take the direct involvement of an adult for school shootings or threats of school shootings to occur. All it really takes is a weapon and a person with a motive of some sort. In fact, the bulk of the threats Sheriff Chitwood has publicized have come from students who already have some type of weapon in their possession. In many cases, the student has acquired a weapon from their parents that was not adequately secured, leaving officials unsure of who is at fault. This leaves us all wondering one thing: Where is the line drawn between children being seen as individuals and children being seen as their parents's liability upon committing a potentially life-threatening crime?



(Above) The outward slanted fencing surrounding Lake Highland's campus is a new addition to this year's extensive security measures. This fencing is extremely different from that of previous years that anyone could easily pass through. All graphics courtesy of *Canva*.



(Above) Ms. Kelsei Robinson, a Lake Highland security team member, oversees Gate 3. Each time a car enters the school grounds, Ms. Robinson conducts a background check to insure that no criminals are granted access to the campus. All photos by Fiona Knight.



(Above) Police surveillance cars can be seen circling the campus throughout the entirety of the school day to regulate student activities around the premises. The same applies for the Middle School campus and all of Lake Highland Preparatory School's properties.

Aside from leading to controversial opinions and societal division on how gun violence offenders should be dealt with, school shootings are forever changing how people attempt to get their message of gun violence awareness across all different age groups. Just recently, around six years after their son, Joaquin Oliver, was tragically murdered in the Stoneman Douglas High School shooting in Parkland, Florida, Manuel and Patricia Oliver released a video game titled *The Final Exam*. This video game centers around a simulation of a school shooting where players have one goal: to make it out of school alive. The game itself is supposed to resemble the experience of their son Joaquin in hopes of bringing awareness to adolescents regarding the importance of gun legislation and restrictions. By conveying their message in the form of a video game, Manuel and Patricia Oliver hoped to gain the attention of adolescents, particularly high school students. The game provides players with an intriguing mission and set goal they have to reach if they wish to complete the game according to *CBS News*.

While this idea is fairly ingenious, it is also extremely disturbing and is a perfect example of how school shootings are practically ripping our society apart. This video game is just one demonstration of violence making its way into every aspect of the upbringing and lives of children. But what's next? Will students be exposed to in-person simulations of school shootings to prepare them for a situation that could mean life or death? Will these simulations eventually become normalized just as school shootings have now been for some time? Will students ever feel safe in school again?

While none of these questions have an immediate answer, they all center around a similar main idea: We must stop the increase in gun violence and school shootings before they become so common that they are viewed as a normal part of American life and upbringing. At this point in time, there is still hope that society can turn itself around if we really work on implementing safety measures to prevent these acts of violence. But soon enough, it will be virtually impossible for anything to be done to overpower the force of weapons and the offenders who choose to use them to take the lives of others. So, before school shootings have the chance to become further normalized in society, and overpower the restrictions that desperately need to be put in place to stop them, we must consider all the lives that will be lost if we do not take action now. In the words of Mrs. Amanda Jones, "Be smart. Be safe. Know that you are loved. And look out for the other guy."



Overcoming the Holiday Slump

By Yara Koteish

Around this time of year, the trees lose their bright, summer-like green, the breeze in the air begins to feel crisp, and summer officially transitions into autumn. People tend to feel misplaced and unaware of where to spend their time as they search for happiness in this darkening season. Some mourn the joyful summer days. A famous quote by Dr. Seuss, found in his book *Oh, The Places You'll Go!*, states, "And when you're in a Slump, you're not in for much fun. Un-slumping yourself is not easily done." This is a saying many can relate to when entering the new season. Sadness can creep in when waving goodbye to summer, which is now merely a memory. Luckily, autumn has a lot in store and can be a time of year with much to anticipate. Orlando offers various fun opportunities and activities this season that can brighten up communities to make seasons a little more enjoyable. Countless seasonal festivals around Orlando provide unique experiences that are great to visit with friends and family. Partaking in fun fall and winter activities, like going to these festivals, is a perfect way to wrap up 2024 on a positive note.

(Below) Flower fields are also very prevalent in farms and fall festivals that allow guests to come and pick them from the field. *Southern Hills Farms* has a dahlia flower field that adds a pop of color to the farm's environment. All photos by Yara Koteish.







(Above and Left)
Pumpkin patches can be found all around Orlando. They are mostly found in farms like *Southern Hills Farms*, *Wildflower Farms*, and *Hagerty Farms Pumpkin Patch*.



(Right) Not only do fall festivals and pumpkin patches, hosted at farms, offer an enjoyable time for people to come and visit. They also sell things like honey and other goods that are higher quality considering they are prepared with fresh ingredients from the farm instead.

(Above) Mini pumpkins and squash are a smart thing to purchase if you're looking to decorate your house with some fall-themed decorations. *Southern Hills Farms* offers a variaty of pumpins and squash from which to choose. Another benefit of purchasing these mini pumpkins and squash is pumpkin painting. Some people think that carving a regular-sized pumpkin can take too much time and effort out of their day, so painting a pumpkin can be a good, fun alternative for a fall activity to partake in this year.





(Above) The sunflower fields in *Southern Hills Farms* are a good place for visitors to take pictures and also pick some sunflowers to buy and take home. Scissors are offered to people who want to cut some sunflowers and take as floral arangements. They are also very festive and fit into the fall season's vibe. Relating to fall-themed flowers, *Leu Gardens* is holding a fall festival and has many flower fields that add color and vibrance to the environment around, even though flowers are not seen as something that would relate to autumn. Flowers like marigolds and other seasonal flowers are seen in many hues ranging from crimson red to bright yellow which brings people into the autumn spirit.



Cambridge's Second Chance to Explore Careers

By Emily Cypher

This school year Lake Highland is renewing its Spring Break study abroad trip exploring the U.K., with one exception, students will study at Cambridge this year. This past school year (2023 to 2024) students studied at Oxford's Pembroke College, and while the universities have changed, much of what students will gain from the trip has stayed the same. Trip participants will spend 10 days abroad, with two days in London. For the remainder of the trip, students will be studying at Cambridge University. The university shares its name with Oxford, England, and houses many exciting places waiting to be sought out and explored.



(Above) Students will spend 10 abroad during the spring seminar. Of the 10 days two will be spent in London and the following will be at Cambridge. During their stay, they will visit surrounding colleges and landmarks just as students did in Oxford when they visited *Tom Quad* in *Christ Church*. All photos and graphics by Emily Cypher.

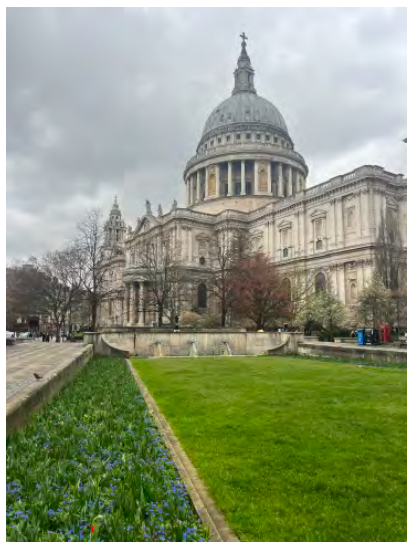




(Above) Like this past year's trip, the Cambridge Seminar will visit famous landmarks in London during their two days in the city before they travel to Cambridge. One of the popular landmarks amongst the students is *Westminster Abbey*. Within *Westminster Abbey*, students get to see the *Lady Chapel*, known for its beautiful ceilings, and explore in groups of three.

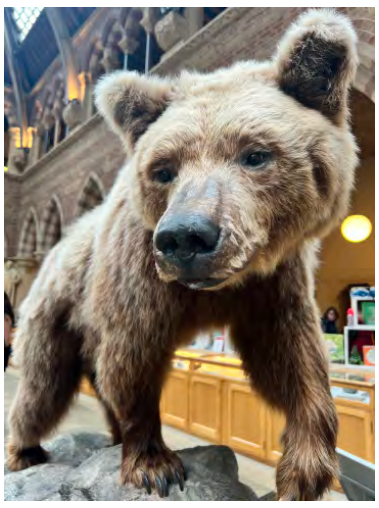


(Above) In between London and Oxford, students travel to Bath and *Stonehenge*, but this year students are expected to go see a soccer game in Cambridge with *United Football*. The game is between *Match* and *Charlton Athletic*. In addition to that, students will also decide on a field trip near the end of the Cambridge Seminar, potentially to Ely or Duxford.



(Above) In addition to *Westminster Abbey*, students also get to see the streets of London. Whether it's on their way to dinner or another event, students will likely see other monuments. In groups of a minimum of three, students can walk by themselves in designated areas. A notable site students will pass by for photos is *St. Paul's Cathedral*, which is popular with students.





(Above) After the students' final days in London, they will move on to the next part of the Cambridge Seminar. Students can expect to have a travel day, until arriving at one of Cambridge's famous campuses. During their stay at the college, students will follow a schedule starting with a breakfast check-in, their classes, lunch, afternoon activities, dinner, and an evening activity or free time depending on the day. At Oxford, the year prior (2024), students specifically enjoyed visiting the *Oxford University Museum of Natural History* as an afternoon because of the displays of animals and their history.



(Above) Before students have their afternoon activities, they can explore the surrounding city to find a lunch spot. Last year when students studied at Oxford, a popular spot to eat at was Oxford's *Covered Market*. The market is a known landmark in Oxford that dates back to the 1770s and is known around the world. The *Covered Market* is known for its 50 independent shops, restaurants, cafes, and more. The market sells tote bags offered at almost every shop. The tote bags are a charity item that goes towards the upkeep of the market. Anyone can purchase a tote upwards of four pounds.



(Above) Throughout England, a popular tourist attraction is the country's world-famous punting. Same as in Oxford, students apart of the Cambridge seminar will be able to go punting. The boating experience seats about eight people, as they are pushed around a shallow lake by someone at the rear of the boat using a tall pole. The unique boat ride is very calming and a great time for students to relax during an otherwise very eventful day. Students should also prepare to pack for the weather in the U.K. as the temperatures are very different than the temperatures in Florida.



(Above) The class that students will participate in will likely be similar to the ones students participated in the year prior. Last year's course options were business, psychology, and medicine. The courses offered an overview of each career field and were an excellent way for students to test if the selected course was a field they'd like to pursue. Another part of the course is how it simulates a week of college life, allowing students to explore whether they'd like to live in a big or small city. The insight they gain will help them learn their preferences with where they choose to study in college.



(Above) As a whole, the Oxford Seminar offered many experiences for students, and the Cambridge Seminar will be no different. Everything from a potential college credit to freely roaming around, simple as it seems, was a highlight for many of the students. This allowed them to find coffee shops, bookstores, and so much more. Students loved getting to explore as they found many coffee shops, such as *Mjölk Kafé* which the year's previous students visited in Bath. The Cambridge Seminar is an opportunity of a lifetime and an experience students will never forget.



AP Capstone Caps Research Skills

By Sofia Tenghoff

It may seem absurd that there's a class at Lake Highland where students can do projects on anything from AI to anatomical science. But that's what AP Seminar is. AP Seminar, a class offered at Lake Highland, consists of researching, writing about, and creating presentations about almost any topic that students choose. Its following class, AP Research, focuses mainly on developing advanced research skills; again, on almost any topic. Together, these two classes offer students the opportunity to graduate with the AP Capstone Diploma. But with only 12 students in AP Seminar this year, one might wonder why these classes are less popular and lesser known.

Mrs. Chelsea Christensen, the current AP Seminar teacher at LHP, says that in AP Seminar, "Using an inquiry-based framework, students practice reading and analyzing articles, research studies, and foundational literary and philosophical texts." The AP Capstone Diploma is described by *College Board* as a certification that, "Helps students develop key skills that they will use over and over in college: conducting research and communicating their results." Indeed, AP Seminar and AP Research have a structure of working on these skills. And being able to conduct research is important in every aspect of life. Simply relying on what others have already researched, argued, and discovered is not enough to keep humanity moving forward.

As Mrs. Christensen explained, "I want my students to learn, yes, but maybe more importantly, I want them to question what they learn as well as what they read and see and hear." Accordingly, in AP Seminar, critical thinking is at the heart of the curriculum. Students get to read arguments by other authors and evaluate their effectiveness. This helps students improve their own critical thinking and writing skills, as evaluating other authors' arguments helps them improve their own. Additionally, AP Seminar requires students to write their own essays about research they've done. As for communicating results of research, AP Seminar involves many presentation projects, and Dhanush Tella, grade 11, says he enjoys the many presentations he's done in AP Seminar so far.

Lake Highland has offered AP Seminar for several years, but right now, it only has two class periods, each with less than 12 students. Interestingly enough, AP Seminar can help people with a variety of interests. Minh Bui, grade 11, said, "I chose to take AP Seminar because I had previous experience in debate and believed the class would be a good way for me to hone those skills." I took AP Seminar as a way to improve my writing for my personal creative writing pursuits as an aspiring fiction writer.



(Above) Marty Hall, grade 12, and Mrs. Chelsea Christensen discuss an AP Seminar worksheet in room P407. AP Seminar involves complex analysis of articles by other authors. Photo by Sofia Tenghoff.

Additionally, AP Seminar fosters the exchange of perspectives and ideas between students. Mrs. Christensen said that in AP Seminar, "Students engage in conversations about complex academic and real-world issues through a variety of lenses, considering multiple points of view." In AP Seminar, students have a lesson in the library from LHP librarian, Mrs. Cindy Wray, on how to conduct research for their projects. Mrs. Wray said that databases are better for evidence for an argument, as opposed to *Google*, which is good for answers to questions. She stated that LHP's databases can all be found in the "Library and Research" section of *Classlink*, something from which all students, not just AP Seminar students, can benefit. But AP Seminar isn't just about an independent skill.

It's about teamwork. Dhanush Tella, grade 11, said that something he enjoys about AP Seminar is, "Doing work with pretty chill people," and that it helps him think in a, "Multi-faceted manner." In AP Seminar, students must work on teams for several research presentation projects, some of which last an entire semester. While some essays and analyses are written alone, a group research project counts for a large part of the AP exam and a large part of the grade in the class. This teaches students that group work has a true, tangible value in school, just as it does in college and in the workplace. As the only AP classes with group work on the AP exam, AP Seminar and AP Research hold an important place in our curriculum, and they should be valued and recognized.

Individuality also holds an important worth in school. Mrs. Christensen has said that one of the things that make AP Seminar so unique is that it, "Allows them to take ownership of their own learning experience." So, overall, the opportunity for group work, as well as the college-preparatory research skills and the freedom of research choice that students get, marks AP Seminar and AP Research as unique, applicable classes that may be just what some students are looking for.

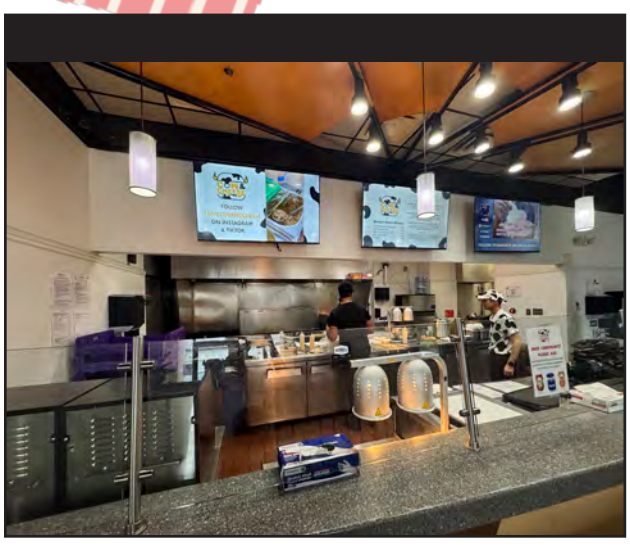
Maitland Burgers are a Smash Hit

By Zane Rimes

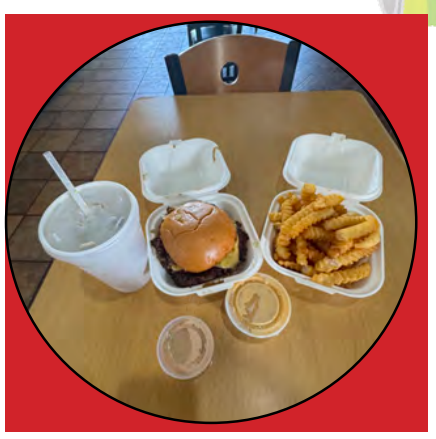
A new style of smashburger restaurant has recently opened up in Maitland. With its unique flavors of burgers, fries, and "Beer Cheese," *Cow and Cheese* has Maitland residents raving about their new take on fast food. Replacing the previous restaurant, *Olea Mezze Grill* which had been open since 2017, *Cow and Cheese*, opened by Kwame Boakye, is the more modern and cheaper version of *Smashburger*. Their burgers are made by grilling caramelized onions into their patties. Then, they top off the burger patty with cheese and their special sauce called "The Doc Sauce." *Cow and Cheese's* delicious signature burgers don't disappoint with their juicy patties and almost sweet taste on a brioche bun. They also offer the soda brand *St-ubborn*, which provides different flavors of soda, from grape soda to pineapple cream soda. The restaurant itself has a very unique and fun ambiance, with its graffitied wallpaper and speakers that blast good music, promoting conversation among its customers. The open kitchen shows off the chefs working hard prepping fries, baking the buns, and caramelizing the onions. Many don't know that *Cow and Cheese* is also in cahoots with some crowd-favorite restaurants such as *Chicken Fire* on Colonial Drive and *That Wing Spot* on South Orange Avenue. The correlation between these restaurants is very interesting, as they all support each other as they are all owned by Kwame Boakye. Highly recommended by the public, *Cow and Cheese* is the perfect spot for friends and family to socialize and enjoy a tasty burger for cheap. With Maitland constantly renovating itself and adding new shops and restaurants, *Cow and Cheese* is a must-see whether you live in the Maitland area or not.



(Left) The burgers served at *Cow and Cheese* show off their distinct flavors. The restaurant has a vibrant atmosphere with outstanding music.



(Left) *Cow and Cheese* offers an assortment of drinks, fries, burgers, sauces, and so much more to go with your meal. Specifically, their "Beer Cheese" sauce is a savory and rich cheese sauce that accompanies extremely well with their salted fries and even a good burger dipping sauce for those who dare. Their drinks are much more abundant with flavors of pineapple, root beer, and so many others. All photos by Zane Rimes. All graphics courtesy of *Canva*.



(Left) The open floor plan kitchen allows the customers to witness how *Cow and Cheese* make their magic on their food. The whole area is unique with multiple stations from cheese, fries, and patties.



Industry Replaces Environment

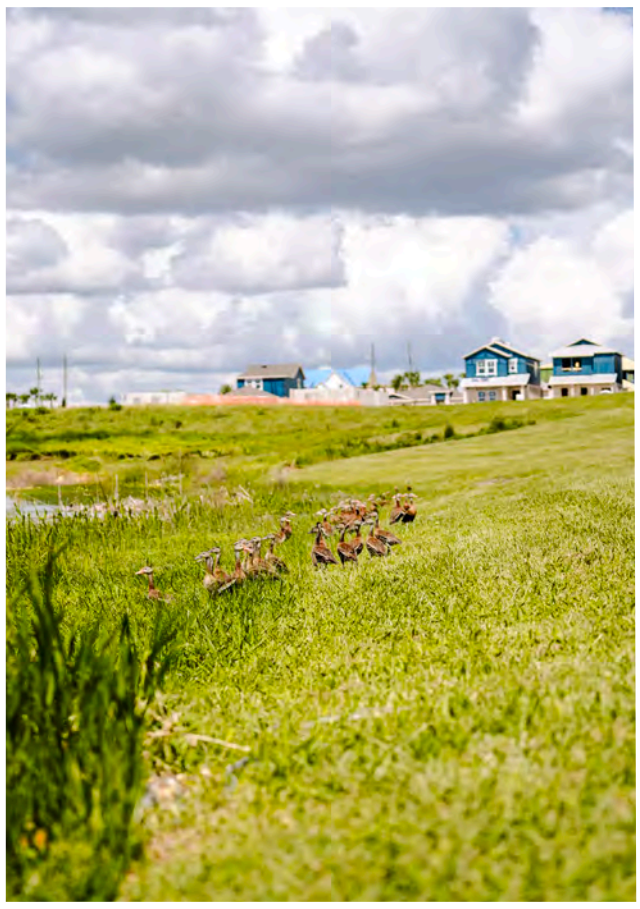
By Reily Green



(Above) The environment has been completely taken over by the industrial life, with individuals selling over 4,000 acres to companies like Amazon looking to build homes and shopping centers. The animals we are all used to in Florida are being abruptly stripped away from us for no apparent reason. To take away a government-owned field with nothing on it is different than taking away habitat from our wildlife. The ducks are living in marshes, ponds, lakes, rivers, and canals. Ducks mostly eat seeds, but they also eat insects, snails, mollusks, crayfish, and some very small fish. This small lake out in Ovideo is feeding grounds to the ducks; it is now being stripped away from them.



(Above) Florida is facing significant environmental challenges as new housing developments continue to expand. Mattamy Homes is building the population of the houses and areas continues to grow driven by factors like its warm climate and economic opportunities. This has led to a surge in demand for new homes. Unfortunately, this growth often comes at the expense of Florida's ecosystems. The green that everyone knows Florida has is slowly disappearing under the sand and bricks of the homes with no social connection. The house market has exploded, and to be fair, it was in a reasonable way. The houses are selling higher than what they were originally listed at, but somewhere in the owner feels bad taking away everything that isn't there. All photos by Reily Green.



(Above) Florida is home to numerous wetlands, including marshes and swamps, which provide essential breeding and feeding grounds for many duck species. how beautiful a city could be over 52,000 acres of untouched land. The south, and especially Florida, is home to a large variety of the country's duck population. There are 34 duck species in Florida. These ducks flee during the winter from eclipse states. The ducks need Florida to survive; it's not just hurting the community but the animals as well. Photo taken from a housing project near Lake Mary.

The grasslands and agriculture of Florida are being ruined right now by the development of towns and shopping centers near The Villages. Where cows and horses used to roam, beautiful crops were grown, and a peaceful experience in the wild. This is now a loud working environment. This construction is an eyesore—the expansion of the Amazon complexes and the production of new warehouses. These warehouses are the same we complain about for pollution, but now that it's Amazon, Everyone ignores it because everyone likes Amazon right? No, although it's convenient for the human population of the world. It doesn't help the animals and agriculture out too well. The south has especially suffered because Florida's climate is perfect for our animals.

Florida has become very popular for northeasterners. Once retired, everyone looks to move down to the no state tax, Goldilocks weather, Florida. Although others may not see the issue, our land is being stripped away, and we are losing our country's land to big incorporations. Why lose land when we don't need to? It's time to fight back, Florida.



(Above) This is what land in Florida used to look like: very green, nice lakes, and trees as far as the eyes can see. The land you see here is being used to dump sewerage into in Orange County.



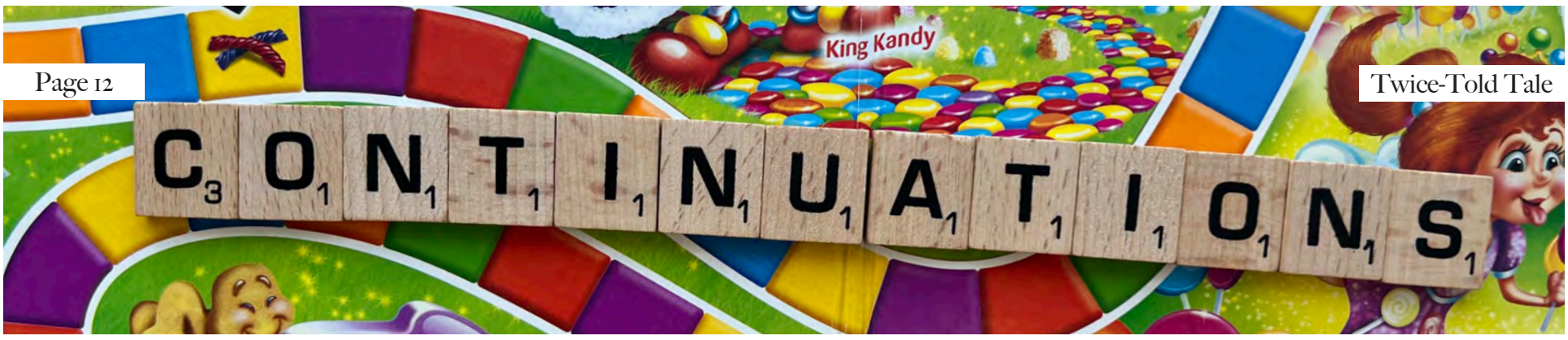
(Above) As the sky becomes grim and dark, these workers continue building the duplicate houses we all hate. The houses are not going to suffice in the long run. Most of these are cheaply built and struggle to defend against Florida weather. The hurricane that came through recently affected the houses; it could hit Orlando harder.



(Above) Industrial factories are major contributors to air pollution. The amount of toxic gases that factories release into the air increases health and environmental damage. In factories, toxic materials and gases, like carbon dioxide and methane, are burned and pumped out into the atmosphere. Amazon has been known over the years for destroying our environment to use space for their factories, effectively taking away our oxygen.



(Above) Just about 15,000 acres have been dug up on the Bronson's former out of the 52,000 initial acres. out of We could still save more than 26,000 acres of land before the building is complete. The big machinery digging up our land and turning beautiful provinces into ruins is not needed. Environmental experts in the past have proven that this is what we need. rather, Open spaces are needed.



Celebrating 25 Years of News

By Alyssa Wiboon

...Celebrating 25 Years of News, Continued from Page 1.

The literary magazine's name is also a Shakespeare reference. "A rose by any other name would smell as sweet," according to Shakespeare's famous *Romeo and Juliet*. *By Any Other Name* traces way back, before the establishment of the newspaper publication. *By Any Other Name* had its name when Ms. Bryant wrote for it as an Upper School student at Lake Highland. She is a proud alumna of the Class of 1990.



(Above) Through *MOXIE*, we received merchandise for singer Benson Boone's new album. Photo courtesy of *MOXIE*.

The printing process is more complicated than one might think, since we don't print locally in Central Florida. *Twice-Told Tale* is printed by *Breeze Publications*, located in South Florida. Meanwhile, *By Any Other Name* goes to *Fused Graphics*, located in Texas. It takes around two to three weeks for 1,000 copies of each publication to get shipped back to the hands of our staff. Without the help of *Breeze Publications* and *Fused Graphics*, we would not have the beautiful physical newspapers and magazines that we have today. However, we also have online content that updates daily on our website twicetoldtale.org, which was established in 2021. Each article is showcased and then archived for anyone to go back and reference.

The newspaper and literary magazine are recognized nationally in competitions. The newspaper publication competes through the *American Scholastic Press Association*, and they have a jury of professionals who adjudicate all student-run newspapers in the nation. There are various categories for awards, ranging from *Best Investigative Reporting* to *Best Use of Color*. Our class selects our best content to submit to each category. Currently, our newspaper is ranked Second Place in the nation when compared to other schools of our same enrollment size. We were consistently ranked First Place in the nation, so our dedicated staff is working nonstop this year to regain our top title. Our literary magazine, *By Any Other Name*, is currently ranked First Place in the nation by the *American Scholastic Press Association* and holds the title of *Superior* by the *National Council for Teachers of English*.

Newspaper is all about opportunity. We have had guest speakers of different backgrounds and professions, from Erik von Ancken with *WKMG Local 6 News* to Special Agent Jason Park with the *F.B.I.*, as well as a journalist from *The Miami Herald* who all came to talk with our class and share their valuable experiences. We also work with a company called *MOXIE*, which is an entertainment outlet that pairs us with artists in the entertainment industry. We receive backstage passes, free merchandise, and content to review before it drops to the public. From these various opportunities, the newspaper staff has covered many notable stories over the years. For example, Delaney Bolstein, Class of 2024, wrote a piece in 2023 entitled *F.B.I. Opens Up*, which revealed the partnership between the agency and LHPS that many faculty and students didn't know existed. The annual *George Mason University Journalism Conference* also invites Lake Highland Newspaper staff members to attend their event to inform them about what it takes to become a professional journalist and meet fellow journalists from around the country. As a staff member of Newspaper, there are endless opportunities inside and outside of school to take advantage of so that the staff grows as reporters.



(Above) Past literary magazines and newspapers are all archived. Photo by Alyssa Wiboon.

Alumni of Newspaper stick with their passion for journalism and carry on their love of writing into college. Amanda Wiboon, Class of 2022, stated, "When I came to FSU, I joined *Her Campus*, which is a nationwide writing organization operated by college women. I've enjoyed my involvement with this organization since it has not only been a space to write about topics I love but has connected me with many college women who love to write as much as I do!" Similarly, Minaal Arain, Class of 2024, said, "I'm currently a journalism-pending major and hope to be in the *Nicholson School of Communications* at the University of Central Florida for journalism next fall. To me, Newspaper is a chance to develop your own voice, both as a writer and as a person, while bringing attention to stories that matter to you." The heart of Newspaper follows staff members wherever they go.

Newspaper is so much more than just writing about the world around us. Ms. Ginger Bryant explained, "Newspaper is all about helping students find their voice while staying current in an ever-changing landscape. Our staff members are learning the rights and responsibilities of what it means to be a journalist in a field littered with blogs and false information. Our high school reporters are learning to be discerning, inquisitive, intellectually curious fact-finders who seek the truth." Personally, my favorite part about Newspaper is the family aspect. Because the class consists of students in grades 9 through 12, I've gotten the opportunity to connect with others who I otherwise might have never talked to. I have also gotten the honor of fulfilling many leadership positions throughout my time in Newspaper. I have learned lifelong lessons in communication, teamwork, dedication, and passion that will carry on with me into college and beyond. Some of my favorite memories would have to be our "White Elephant" gift exchanges during Christmas, our photojournalism field trip to Ivanhoe Row, and playing detective with different crime events from the news.

Rich in history, there is much to celebrate as *Twice-Told Tale* hits this big milestone! Newspaper is built upon a team, opportunities, and a love for journalism, and it will continue to do so. The future is bright, and there is so much to look forward to this school year. The annual fall issue of *By Any Other Name* has already accepted submissions and is coming soon in December 2024!

Hispanic Forum Inspires Leaders

By Sofia Cohen

...Hispanic Forum Inspires Leaders, Continued from Page 1.

speakers spoke passionately about the importance of community and family values in shaping their approach to entrepreneurship. They emphasized that their cultural roots have guided them to hard work and forming connections with customers. Although they insisted on the importance to their cultural roots, they reminded their audience that it is your commitment and hard work that leads to your success. Mr. Amo stated, "Your cultural roots can get you a seat at the table, but your work will get you the job." Your cultural background can form connections with friends, co-workers, and bosses but your future lies in your determination to succeed.

All speakers highlighted the importance of remembering where you and or your family come from in order to appreciate all the opportunities provided in this country. It is easy to forget how fortunate American children are to live in a place where anything is possible with hard work and determination. Dr. Carolina Cruz highlighted the fact that her drive for success mostly came from remembering her home country, Venezuela's situation, and how she sacrificed to live in America for her future.

Another opportunity cultural roots can offer is the opportunity to connect to others. Mr. Manny Vivar started his company, *HostDime*, as a small local business, not expecting its rapid growth into an international company. Mr. Vivar claimed that though his ingrained hard-working nature of being an immigrant, and his given ability to spark connections, are what ultimately led to his success. The impact of these discussions was significant, inspiring students to recognize the importance of their own backgrounds in potentially shaping their future. *Hispanic Heritage Month* reminds us that our identities can affect our professional lives for the better in the future.

(Right) Lake Highland wanted to celebrate as many Hispanic traditions as possible, which of course, included music. Beautiful Latin music was played with an accordion during the *Hispanic Business Forum* while students, teachers, and guests enjoyed the delicious Spanish food and coffee, including empanadas and croquetas. Photo by Sofia Cohen. Graphic courtesy of *Canva*.





Spicing Up South Indian Flavors

By Hiba Bilal

When people seek an authentic taste of Indian cuisine and want to explore a wide variety of vegetarian options, *The Madras Cafe* is the way to go. The restaurant's owner, Ms. Manisha Sheesta, had always wanted to create a restaurant that would stand out from other Indian restaurants and would be welcoming towards everyone in the community. According to themadrascafefl.com, she also wanted locals to get a taste of her mother's recipes that were taught to her as a young child. Ms. Sheesta always wanted to, "Capture the essence" of many Indo-Chinese and South Indian foods. The owner stated, "With all the restaurants serving a variety of food from all over the world in Dr. Phillips, the restaurant row was missing an all-vegan and vegetarian restaurant."



(Above) The *Chana Bhatura* is one of the house specialties on the menu. It is fried bread served with onions and chickpea curry sauce. Usually, guests will order this as their appetizer before their main course. All photos by Hiba Bilal.

In Dr. Phillips, there still aren't many South Indian vegetarian restaurants that people can enjoy, and the only place residents can go to is *The Madras Cafe*. This South Indian restaurant has been rated four and a half out of five stars on *Google*, with many reviews claiming this is the best South Indian restaurant in Orlando. As soon as guests arrive, the restuarant promises every single person an unforgettable and delightful dining experience.



(Above) A dish that is considered part of the Indo-Chinese cuisine that is served in *The Madras Cafe* is the *Chinese Bhel*. It consists of noodles cooked with vegetables, red chili, and soy sauce. It has a spicy and tangy taste, and guests usually order it as their main course.

When seated and looking through the menu, restaurant guests will notice the diverse range of appetizers, main courses, desserts, and drinks. In the appetizer section, the menu offers *Idlis*, which is described on the menu as, "Steamed rice and lentil cake" and can be served with a variety of chutneys and other dipping sauces. The rest of the appetizers offer more vegetable-based dishes, including *Chili Pakora* and *Onion Bhaji*, which are both vegetables, green peppers, and onions, dipped in batter, then fried, and served with sauces. Both provide an explosion of flavor and never lack any spice! For beverages, they provide common drinks, including water, sodas, and tea. However, they also offer different South Asian drinks, including *Masala Chai*, which is black tea mixed with different types of herbs and spices. Another beverage they offer is *Thumbs Up* which is an Indian soda and a version of *Coca-Cola*. Both are delicious and highly recommended by the manager, Mr. Leo Serrao, in the restaurant.

Moving on to the main courses, guests can look at a whole range of different types of *Dosa*, which are lentil crepes. Depending on which *Dosa* is ordered, it will be loaded with spices, vegetables, and tasty sauces. Another option for the main course is vegetarian curries or other delicious dishes the restaurant offers. All of their curries are served with rice and include cheese, vegetables, and spices. Once more, there is a wide variety from which



(Above) *The Madras Cafe* is located on Sand Lake Road and is open from 11:30 A.M. to 3:00 P.M. for their breakfast and lunch dining, and then from 5:00 P.M. to 10:30 P.M. for their evening dinner experience. Guests can be seated indoors or outdoors. Graphic courtesy of *Canva*.

to choose, with the option of choosing either paneer (cottage cheese) or tofu in their curry. One of their dishes, *Paneer/Tofu Makhani*, is described as, "Cubes of Indian cottage cheese or tofu cooked in a tomato-based creamy sauce with spices." Another one of their dishes, the *Vegetable Korma*, is also a mouthwatering dish and is served with, "Garden fresh vegetables cooked in spices, cashew paste, and coconut milk." Of these two dishes, the *Paneer/Tofu Makhani* is the most ordered, but guests have enjoyed both.

After eating their meals, the next thing guests are excited about is the dessert! The restaurant provides typical Indian desserts, including *Gulab Jamun*, which is, "Fried dry milk and cottage cheese balls in light syrup and rose water." *Ras Malai* is another option that is, "Homemade cottage cheese in a special condensed milk, flavored with rose water and garnished with pistachio nuts." However, they have also created a dessert recipe of their own that combines a regular American dessert with an Indian topping. This dessert is called a *Sizzling Brownie*, which is a regular brownie with ice cream topped with Rooh Afza. Rooh Afza, also known as rose syrup, is a red syrup that can be used to make drinks in either water or milk and can used as a topping for desserts. All of the desserts at *The Madras Cafe* are flavorful and sweet.

Known as the best South Indian vegetarian restaurant in Orlando, *The Madras Cafe* never fails to disappoint with its delicious dishes, unique flavors, and spices. With a wide variety of vegetarian options for appetizers and main courses, there is a dish for everyone to enjoy. Additionally, guests have loved and enjoyed all of their delicious desserts and drinks. Having an owner, Manisha Sheesta, who is compassionate and driven, everyone is provided with a delicious meal and an unforgettable experience. So if anyone is in Dr. Phillps and looking for a restaurant that captures the essence of delicious South Indian food and beverages, stop by *The Madras Cafe*!



(Above) Two of the drinks the restaurant offers are a *Mango Lassi* and a *Fresh Lime Soda*. There are different types of *Lassis*, and they can be either sweet or salty. The *Fresh Lime Soda* has a unique lemonade taste and is a mix between sweet and salty.



(Above) One of the *Dosa* recommended in the restaurant is the *Onion Dosa*. It has an onion filling inside and is served with two different types of sauces. Both are called chutney, and one of them is a spicy sauce made with chilis, while the other is a sweet tamarind sauce.



The Undiscovered Joy of Magazines

By Savannah Fondo

Magazines are a dying breed. Beginning in the 1970s, the digital age slowly shifted how society functions. Through education, music, news, jobs, buying homes, and reading ads, computers collectively transformed the world into a smaller, more interconnected place through the Internet. Before the digital age took over, magazines were people's source of information and interconnectivity throughout the world. For example, when JonBenét Ramsey died in 1996, the face of the pageant queen made the front page of magazines everywhere to inform the public. Magazines used to be something special, where not just facts were fed to a large audience but where authors could paint their creativity through articles, poems, art, and fashion. Magazines also use clever advertising tactics that cater towards the senses such as perfume scents and they also provide coupons.

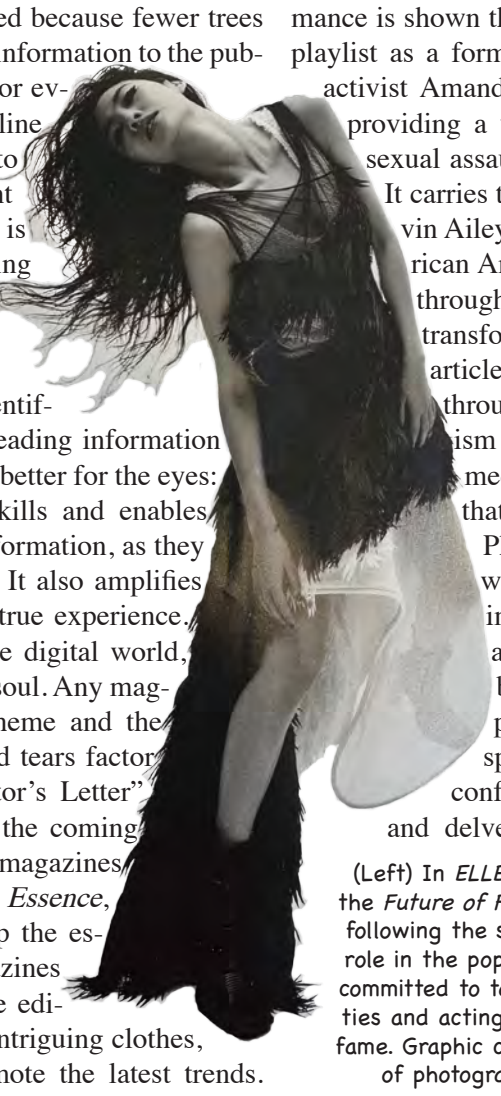
With the advancement of modern technology, people no longer need to wait and study the latest physical issue of *Vogue* for their fashion inspiration, since it is all at the tip of their fingers online. With a larger audience presence online came the decline of magazines. According to the *U.S. Census Bureau's Service Annual Survey*, from 2002 to 2020, "Estimated revenue for periodic publishing, which includes magazines, fell by 40.5%." It was not just the digital age that caused this decline. Social media also provides information on specific genres to millions of people, which also takes a toll on the success of online magazines, as people do not typically even go that far to get their information. The digital age should be celebrated because fewer trees are killed to provide information to the public, plus it is easier for everything to be put online for unlimited access to whatever people want to read. However, it is not the same as reading information physically. According to howlifeunfolds.com, it is scientifically proven that reading information on physical paper is better for the eyes: it increases reading skills and enables people to retain more information, as they are not distracted as easily. It also amplifies readers' joy for reading as a true experience.

Unlike the ease of the digital world, magazines feed the brain and soul. Any magazine worth reading has a theme and the encouraging blood, sweat, and tears factor that is provided in the "Editor's Letter" shadows that theme over all the coming pages. In the fashion realm, magazines such as *Harper's BAZAAR*, *Essence*, *GQ*, *ELLE*, and *Dazed* keep the essence of fashion magazines alive through their creative editorials, inspirational articles, intriguing clothes, and advertisements that promote the latest trends.

Harper's BAZAAR's August 2024 magazine, the performance issue, was a particularly astounding issue that begins with the *Editor's Letter* from Samira Nasr, who writes about iconic dancers such as Alvin Ailey and Judith Jamison to immerse Nasr's message of the transformative aspect of performing. Nasr communicates that performing is not just about carrying out a role but also sharing parts of themselves and different transformations of emotion on stage to captivate the audience. Nasr also speaks on the authenticity of Hollywood through their profile of Winona Ryder, which speaks volumes about how there are fewer characters in today's society. Performance is shown through Kamashi Washington's jazz playlist as a form of expression. It echoes through activist Amanda Nguyen's blend of fashion and providing a voice for people blamed for their sexual assault due to what they were wearing. It carries through the legendary legacy of Alvin Ailey and his impact on dance as an African American man. The theme continues through the many ways skirts have been transformed throughout history as a staple article of clothing. The message is seen through Winona Ryder's exceptionalism for being unique and off of social media, and the singular performers that catalog a preview of fall fashion. Physical reading of human work will forever be more powerful and impactful than anything digital, and that is why magazines need to become mainstream again to get people inspired and interested in specific topics. People need to stop conforming to what they see online and delve into what they find interesting. People need to discover things they have never seen before to broaden their horizons, be introduced to different areas of a topic, and read deep stories that will pick their brains. Magazines are a gateway that helps people find their true identity. In the famous words of Carrie Bradshaw, "Sometimes I would buy Vogue instead of dinner. I just felt it fed me more."



(Above) The new fashion trend, written in *ELLE* Magazine's August 2024 issue, the *Future of Fashion* issue, is to wear re-imagined vintage instead of the original piece. Lana Del Rey displayed this at the 2024 Met Gala. Graphic created by Savannah Fondo based off of photography provided by *Getty Images*.



(Left) In *ELLE* Magazine's issue for August 2024, the *Future of Fashion* issue, Hoyeon Jung is profiled following the success of her 2021 premiere acting role in the popular *Squid Game* series. Now, she is committed to taking on all the modeling opportunities and acting roles that follow her new profound fame. Graphic created by Savannah Fondo based off of photography provided by Mario Sorrenti.



(Above) When it comes to fashion magazines, there are so many from which to choose. By reading the wide variety available, readers can stay up to date on all fashion news. Photo by Savannah Fondo.



(Above) At *B. Dalton* located in the *Oviedo Mall*, the magazines are strategically placed next to seating, where shoppers can sit, enjoy their magazines, and purchase Starbucks coffee. Photo by Savannah Fondo.



(Above) The September issue is the largest publication of the year for fashion magazines. *Vogue's* September 2024 issue features Blake Lively's 1950s-inspired photo shoot on the cover. Photo by Savannah Fondo.



Tennis Camps Make a Racket

By Elizabeth Rudd

In September of 2024, the tennis courts began to bring big groups of Lower School students to participate in fun after-school activities. Lake Highland welcomed children from grades one through four by hosting tennis lessons on Tuesdays and Thursdays for two hours. The camp will be running for four months and will end in December 2024. The weekly training sessions are led by the school's world-renowned coach, Mrs. Hadas Ronen-Vazquez, as well as some Upper School students, Beck Tews, grade 11, and Rida Kola grade 11. Signing up for this after-school activity is pretty simple and easy. Students can get involved by clicking on the Lake Highland website, lhps.org.

During the first quarter, tennis was newly introduced to after-school activities. Lower School children attend twice a week from 3:30 P.M. to 5:30 P.M. in the afternoon.These tennis lessons help them get their energy out while learning a new sport. The student's skill levels range from beginner to intermediate level. During the lessons they learn how to play with one another while gaining skills to improve their game outside of the camp. Mrs. Hadas Ronen-Vazquez teaches the basic skills used in tennis, like the forehand, backhand, and how to rally. Beck Tews explained, "I like to teach tennis because I love to show the youth how much fun they can have with the sport." The coaches all share the same excitement for the camp and enjoy it.

Looking into the next couple of months, the coaches hope to see improvements with the kids through their skills and are excited to continue to work with each of them. Unfortunately, it has been difficult to have lessons due to the recent inclement weather in the midst of hurricane season. However, on the days that the camp takes place, the participants have an amazing time as a group, bonding with each other through their growing love for the sport.

The coaches go to the Lower School at 3:15 P.M. and wait for the tennis players outside of the bus loop. Afterwards, they take the children to the Lake Highland tennis courts, located at the *LHAC (Lake Highland the athletic complex)* across the lake. During the two hours of training camp. The first thing they do to start the lesson is a cardio warm-up. The kids run laps as well as jump rope with the coaches for a few minutes before they begin playing. Following their warm-up, they split off into groups where they will start learning how important the ball placement is for a rally and how to play together safely. The first skills learned are the forehand and backhand. After they learn how to perfect their backhands, they play many games, including *Gator, Red Light Green Light*, and *Jail*.

The coaches have conversations on what the lessons are going to be focused on every week so that the kids that participate can improve their skills. The coaches have all been trained by the head tennis coach, Mrs. Hadas Ronen-Vazquez. The meetings involve discussions over what games will be played during the lessons as well as what training they will do, making it easy for the players to be able to focus on their strengths and weaknesses throughout the week. Beck Tews said, "All of us coaches look foward to the days of practice during the week." Players anticpate with extreme entusiasm.



(Above) Beck Tews, grade 11, begins to teach his young students how to improve their forehand and backhand. He talks about how important it is to focus on eye coordination when the ball drops in front of you. He starts the practice by showing them the correct form with foot placement and ball placement. He and his fellow coaches help everyone in the camp learn the different ways to be able to hold your racquet for the different forms of hitting the ball, making it easy for the kids to pick their favorite way of holding it to their liking. He said, "Everybody should try something new sooner than later because if you don't, you'll lose the opportunity to know or find out if you'll like it so that in the future you can improve your skills and enjoy it. I learned that by starting something younger, I enjoy it more later. " Photo by Reily Green.



(Above) Beck Tews, grade 11, demonstrates how he does his backhand while instructing the athletes on how to get the perfect form. Tews said, "I enjoy teaching tennis to the younger kids at LHP. It's always good to show the kids new skills and making them try something new. So in the future, hopefully they will stick with it and love it as much as I do." After talking to the athletes, they started to follow his instructions after watching an example of what to copy. With more practice, the athletes began to finally understand the importance of coordination and accuracy, whether it is playing together or just practicing by themselves. Learning with a bounce drop from the coaches, which is thrown directly in front of them for practice, helps the kids to be able to start their warm ups and get ready for the rest of practice. Photo by Reily Green.



(Above) Lower School student attending lessons celebrates after winning his favorite game, *Jail*. Coach Hadas said, "Anyone can come from intermediate to advanced and are welcome to lessons with us on Tuesdays and Thursdays starting September until December." Photo by Reily Green.



(Above) According to the Lake Highland website, "*The HIGHLANDER Tennis Clinics* are an extension of our *Tennis Academies* and designed for more extensive instruction. Lake Highland has a progressive four-tier tennis program, and these clinics are the second tier toward improving your game. Introduced at this level are the fundamentals of stroke production." Photo by Reily Green.



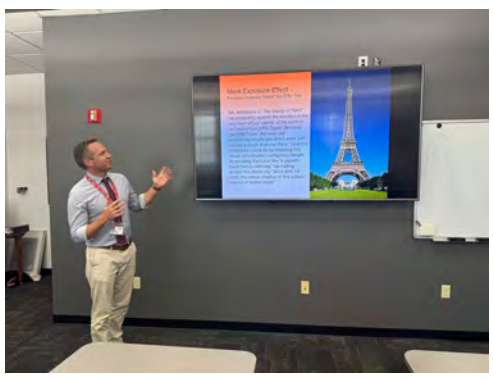
(Above) *The Lake Highland Tennis Clinnic* states, "These clinics are for the individual that wishes to continue improving their tennis game. These clinics may be done along with the after school *Academy* program and/or Middle School tennis as well." Photo by Reily Green.



Faking Authentic Realites

By Tessa Guerra

"Fake it 'till you make it," is a popular saying and concept people use in order to achieve a goal, or way or being, that they otherwise couldn't. The phrase was first referenced in media in a song released in 1968 called "Fakin' it" by Simon & Garfunkel, where the lyric reads, "And I know I'm fakin' it/ I'm not really makin' it," and, "I've just been fakin' it/ Not really makin' it." As common as this phrase is, many people are now beginning to question the theory and even claim it can lead to negative results, like severe self-doubt and even something called, "Imposter Syndrome."



(Above) Mr. Rudy Chihak teaches AP Psychology and coaches Boys Varsity Track. Mr. Chihak belives the concept is a very real phenomenon. Mr. Chihak even states that he advises his students who get nervous in social settings to, "Act like one of there more social friends." Photo by Tessa Guerra.

"Fake it till you make it," is the idea that one can behave as something they are not until they truly become that thing. Many people use the fake it 'till they make it a strategy to become a better version of themselves, whether that means being more confident, successful, happy, or qualified. For example, a person with low self-confidence can decide to act as though they are secure and comfortable with themselves, whether through their body language or the things they choose to say, helping them feel genuinely confident. The Wizard Liz, an accredited *YouTuber* known for her impactful self-development and mental health advice,- says, "If you start doing what the higher version of yourself would do, obviously you will become her."

Ultimately, the logic in, "Fake it till you make it," lies behind the idea that if you act as though you are something, there is no difference between you and the person who is acting as that something, making you that person.



(Above) Mrs. Mirena Umizaj grew up in poverty during the fall of Communism in her home country of Albania. She arrived in America at just 17, worked jobs like cleaning houses and waiting, had a child at 23, and became a single mom. Still, she pursued college and received her diploma in internatuonal relations. Knowing little about law, she became the CEO of *Mirena and Co*, and has worked on the largest class-action suits and mass tort settlements in America. Mirena says she "faked it 'till she made it." She says, "I had no idea what I was doing, but I knew what I could do was act confident. Now I am experienced and knowledgeable!" Photo courtesy of Mrs. Mirena Umizaj.

One well-known person who talks about having used the fake it 'till you make it method is American retired United States Navy SEAL, ultra-distance cyclist, ultramarathon runner, David Goggins. Goggins has finished more than 70 ultra-distance races. In an interview with podcaster Joe Rogan, Goggin says that he used to be, "That guy who ran away from absolutely everything that got in front of (him)." Goggins battled depression, bullying, and obesity in his youth, weighing in at 300 pounds at 24 years old. Goggins goes on to explain that, "Built this fake person, that walked around like [He] didn't stink" and that, "That's how (he) did it." Many performers also use the "fake it 'till you make it" tactic in having alter egos such as Beyonce who becomes Sasha Fierce, Lady Gaga who becomes Jo Calderone, David Bowe who becomes Ziggy Stardust, and many more.

So how do you fake it 'till you make it to become better? The Wizard Liz suggests you first think about things like, "How does the higher version of yourself look?... What is she wearing... How do they spend their time?... What's the haircut like?" Creating a distinct image of who you want to be can help us view that version as more tangible or make it easier to act as though we are that version of ourselves.

While many credit their abilities to the fake it till you make it method, many believe that by pretending to be someone that you are not, it can lead to worse self-confidence than a person had before. In a video titled "'Fake it 'Til You Make it'" is Bad Advice - Here's Why," *Youtuber* Akta explains that she would "fake it" all her life, but that her front failed not because anyone else caught on, but because she herself didn't believe it. She describes her experience as having, "Armor" that, "Had to come off at some point, and every time it did, it was so much worse." She goes on to say that each time she could not endure the facade. The awareness of what she did not have, and who she was not, was even more apparent, making her feel worse than she would have felt otherwise. The claim is that pretending to be someone you are not is inevitably going to fail, and people's inability to achieve a goal or way of being both with and without a whole new persona can lead to even worse self-confidence than what made them try the method in the first place.

Another thing that concerns people about, "Fake it till you make it" is a phenomenon called Imposter Syndrome. HelpGuide.org describes Imposter Syndrome as, "The tendency to believe your success is undeserved and that someday people will realize you're a fraud," and adds that, "The belief persists even when concrete evidence, such as degrees or awards, indicates that you are worthy of your accomplishments."

The problem with these concerns, however, is that it does not consider the correlation between behaving and believing. It considers the execution of the strategy as a having a "facade." Our brains our pliable. By just behaving, we can trick our brains into accepting the beliefs that come with it. The University of West Alabama even states that you can, "Make yourself feel better simply by forcing a smile." Our personality becomes our personal reality whether we are faking it or not. What you put into the world, you will get out of it, just as what you put into yourself you will get out of yourself.

All photos courtesy of: Staff photographers.

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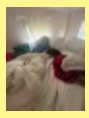
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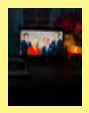
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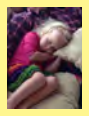
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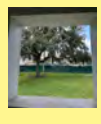
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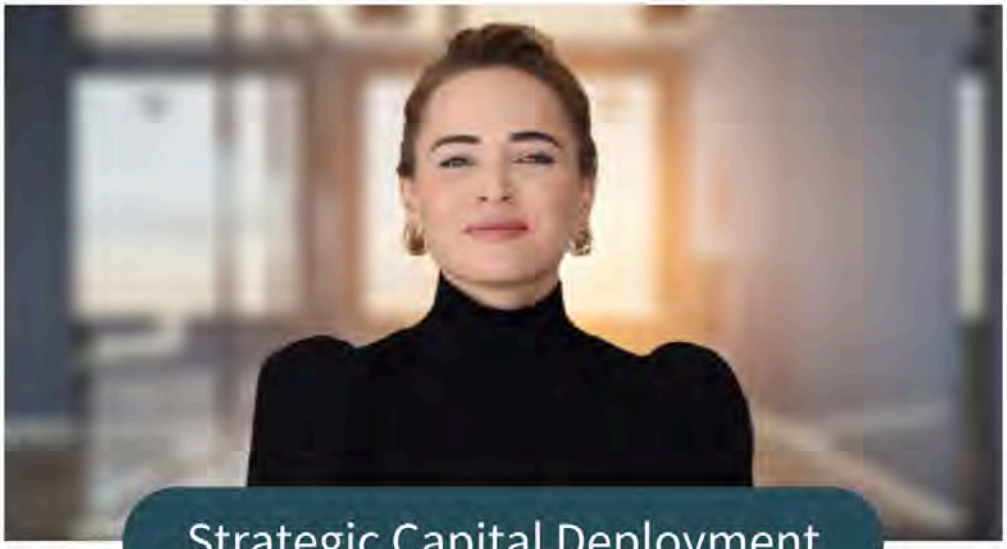
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