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Rho Kappa Expands Celebration

By Hayden Roberts

Although our country’s Constitution Day is celebrated on September 17, Lake Highland’s chapter of *Rho Kappa* hosted this year’s Constitution Day celebration on September 26, transforming the Lake Highland campus into a historical, fun, and student-led festival with various activities and stations. During this student-run celebration, students explored the displays, competed in trivia, decorated cookies, and so much more during Constitution Day-themed festivities. Students and faculty participated in fun, patriotic-themed activities that inspired patriotism while teaching our country’s history.

With last year’s success, more LHP clubs sponsored this year’s stations and activities. Communications Officer Maggie Hawkins, grade 12, worked with this year’s Fall Event Coordinator, Alice Wenrich, grade 12, to pair, “*Rho Kappa* and especially Constitution Day, which prides itself on being primarily member-run. With the help of our Fall Event Director, Alice Wenrich, members were able to help chair a booth that we had done in past years, or bring their own ideas to the table.” With *Rho Kappa*’s recent induction of new members, more students were able to participate in the organization of the event with the help of the club officers.



(Above) The Presidential Relay Race was one of the highlights of this year’s celebration, where students would race against other teams in Presidential hats to try to win a prize. Photo courtesy of Chloe Watts.

“Our officers work hand in hand with all members to figure out how many volunteers they will need, supplies, signage, and any other materials they will need. Constitution Day is one of our biggest events all year, so every member is required to volunteer at a booth. This really helps to have everything run smoothly and efficiently. It also maintains our goal to be primarily student-run.”

At Lake Highland, Constitution Day is not exclusive to the History Department, but through the help of students and faculty sponsors, Constitution Day turned into a celebration full of learning and honoring our country’s history. With a variety of fun Constitution-themed activities, Communications Officer Magie Hawkins, grade 12, added, “With activities ranging from trivia to pickleball to *Hamilton* karaoke (a new one this year!!) all Lake Highland students find something fun to do that keeps them not only engaged

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Debate Restructures for Expansion

By Adam Wayne

As the school year progresses, the reformed Speech and Debate program is flourishing. Mr. Brian McAninch is the newly appointed Speech and Debate Director for Lake Highland. Formerly a Speech and Debate coach, Mr. McAninch is an involved member of the Speech and Debate community. But how will things change from previous years? And how will this make our team stronger?

Mr. McAninch is now in charge of a big program that showcases countless students who yearn to reach their full potential. To make this program better, he has a vision that would create a, “Team that is healthy, with strong student leadership, and is embedded in the life of the school... to better connect it into the curriculum at LHP...[and] serve the school in different capacities due to their skills in analysis, rhetoric, and public address.” He continued by explaining, “I would like to re-establish some norms from before Covid... hopefully working to establish more team traditions, working towards building more team spirit.”

A main factor in creating this vision is altering how the structure of the team works and operates. The first alteration is that Mr. McAninch has added more staffing for all the events of Speech and Debate. He explained, “We are blessed to have maintained our previous hires who are some of the best in the country...[and] to have added two more, our recent graduate Eshan Ahmad [Class of 2025]



(Above) The LHP speech and debate team; from left to right: Aubrey Coleman, Gabby McKenzie, Neel Aparanji, Shiva Sambandam, Adam Wayne, Jacob Quililan, and Chupeng Gui, are at Mid-America Cup in West Des Moines, Iowa. Neel Aparanji, a quarter-finalist at this tournament has this to say about the tournament: “The Mid America Cup was definitely an intense tournament, but I somehow made it to quarterfinals! I’m so grateful for all the support my teammates and coaches gave me throughout the tournament!” Photo courtesy of Mr. Brian McAninch.

and experienced event coach from West Valley High School in Des Moines: Mr. Conal Thomas-McGinnis. We would like to further work out partnerships with other alumni and competitors to work with students on a limited basis when there is a chance.” The effect of this new coaching is shown through the experiences of the current team members. As Chupeng Gui, grade 11, said, “In previous years, as a novice, I literally just sat in a room and did nothing.” Now, he sees that novices are getting much more from coaches and the team. He elaborated, “Like constant practices for novices, more drilling, and a greater call on practice rounds.” The Speech and Debate program has become much more accessible and helpful compared to previous years for new members interested in joining.

The second alteration involves team culture. Mr. McAninch said, “The team has functioned on ‘little islands’ as I think about them for the last several years, and while we are able to provide great resources and let people work with amazing individuals (both captains and coaches), I look forward to getting the team back together to improve on their skills. I would like to try to establish better mentorship for novices, more planned help for Junior Varsity, and find ways to better challenge Varsity.” This effect has been shown through the new mentorship the

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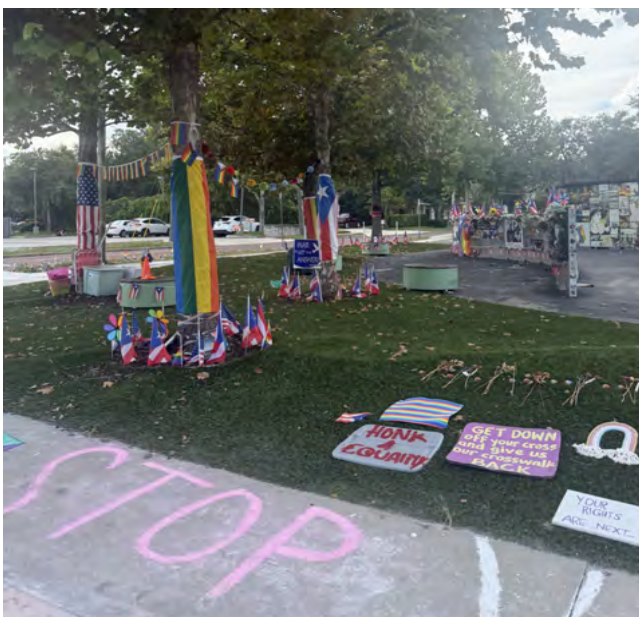
EDITORIAL

Se7enBites Offers Censorship Alternative

By Fiona Knight

On June 12, 2016, the second most fatal mass shooting in modern-day United States history occurred in Orlando, Florida. This tragic incident, commonly referred to as the *Pulse* nightclub shooting, cost 49 people their lives and left 53 people injured. As reported by npr.org, the night of the shooting, “Was *Latin Night* at *Pulse*...and the place was packed with patrons...from the U.S., Puerto Rico, the Dominican Republic, Mexico, and elsewhere.” Not only was the *Pulse* nightclub a location blossoming with diversity during the time of its existence, but it was also recognized as being one of the prime LGBTQ+ friendly spots in Orlando. Like any mass shooting, it was a situation of irrational, unnecessary death, and none of the lives lost in this shooting can ever truly be replaced. While this may be true, those lost can be memorialized, which is exactly what was done by the State of Florida in 2017 with the installation of the rainbow crosswalk directly adjacent to *Pulse* on South Orange Avenue.

This vibrant crosswalk was created to serve as a memorial for the 49 lives that were taken during the 2016 shooting. Its bright colors, spanning from red all the way to



(Above) Orlando’s residents have done their best to raise awareness for the loss that the community has experienced by writing and drawing on sidewalks as a way of decorating the area surrounding the crosswalk without directly touching it. They don’t want to risk conviction or punishment by officials.

ange Avenue on which the rainbow crosswalk was painted is designated state property. However, much speculation is circulating that the state’s motives in removing the memorial were heavily based on political and ideological bias rather than the simple redevelopment of state restrictions.

Former United States Congressman Charlie Crist detailed how he sees the erasing of the *Pulse* crosswalk as, “An extension of DeSantis’ targeting of minority groups,” as reported by theguardian.com. One could argue that, in erasing the crosswalk, government officials looked to reduce the emphasis on *DEI* (*Diversity, Equity, Inclusion*) that this memorial portrayed. However, many individuals questioned whether or not their rights to free-



(Above) The parking lot at Se7enBites is bursting with different colors, designs, and forms of art following the erasing of the *Pulse* crosswalk. Each individual who participated in the *Parking Space for Pride--A Rainbow Connection* event was welcomed to let their creativity flow and create something unique to them. Rather than just decorating a few parking spots, the owner, Chef Trina Gregory, chose to let the decoration span all throughout her restaurant’s parking lot, leaving no room for a blank space while tying the overall atmosphere together as one.

dom of speech and expression, as designated in the First Amendment of the United States Constitution, were infringed upon with the erasing of the rainbow crosswalk.

In her official statement regarding the erasing of the *Pulse* crosswalk, Representative Anna V. Eskamani shared how the rainbow crosswalk was, “Never a political statement, and caring about people of all backgrounds is not meant to be a political statement.” In this explanation of the crosswalk’s purpose itself, Representative Eskamani expertly captured the idea that the loss and memorialization of human lives is not meant to be twisted into a rivalry to pit one side against another, but rather to unite society as one. The desire was to help those who have experienced loss, cope with their pain so they may continue living with compassion and love.

An authentic form of unity can be seen in the success of Chef Trina Gregory’s efforts to reinvigorate the memorialization efforts for *Pulse* nightclub victims. Ms. Gregory is the owner of Se7enBites, a hotspot for breakfast, lunch, and brunch, located on Primrose Drive in the *Milk District* of Orlando. Following the painting over of the rainbow *Pulse* memorial, she organized an event which she called, “Parking Space for Pride – A Rainbow Connection,” for which she received 1,000



(Above) As resistance to the erasing of the rainbow *Pulse* crosswalk continued to rise after the event, more people began to participate in the action of decorating the area with chalk. However, each time this was done, the rainbow was washed away, leaving the crosswalk blank once again. As seen in the photo, there are now signs around the crosswalk warning would-be artists of consequences for defacing.

applications from individuals eager to participate, as reported by nbcnews.com. During this event, registrants participated in decorating numerous parking spots in the private Se7enBites parking lot, with a wide array of colors, designs, and patterns to make up for the lost art at the *Pulse* crosswalk memorial. When asked about her purpose behind hosting the event, Chef Trina Gregory shared how it was, “More an act out of love,” rather than, “A political statement.” According to nbcnews.com, she also stated how the event was, “A way for the art community to come together and spread some joy for all of our Orlando community.”

The event helped accomplish this goal of spreading joy despite all the controversy that followed the erasing of the *Pulse* nightclub rainbow crosswalk. Orlando’s dedicated residents and visitors were able to honor the lives lost in the unforgivable event that was the 2016 shooting. Civilian unity in “The City Beautiful” serves to encourage individuals to see the value of diverse forms of remembrance in society, regardless of political opinions, as the memorialization of human lives is not to be deemed ideologically polarized.



(Above) No longer in operation, the empty building that used to be the *Pulse* nightclub stands as a solemn memorial of the tragedy that happened there in 2016. While this may be true, many people have engaged in peaceful resistance against the lack of a true memorial by decorating the area surrounding the location with chalk, flowers, symbolic flags, and even pictures. The overflowing amount of decoration surrounding the building itself stands in stark contrast to the newly blank crosswalk memorial. The result of this was the incorporation of more peaceful protest against this event. All photos by Fiona Knight.

purple, were not only eye-catching, but arguably brought light into the surrounding area while still encouraging acknowledgment of the tragedy that occurred there more than nine years ago. The rainbow appearance served to create a direct tie between the identities of many of the individuals killed during the shooting while also offering a welcoming and accepting form of art in the heart of Downtown Orlando.

Recently, the topic of the *Pulse* nightclub and the true significance of the crosswalk memorial has made its way back into the spotlight of local Orlando, and even national, news. Under the command of Florida Governor Ron DeSantis, the crosswalk was painted over by the Department of Transportation on August 20, 2025, in the middle of the night. According to wesh.com, “City officials said they were not notified before the removal, which occurred under the cover of darkness.” This news station also reported that the Florida Department of Transportation’s Secretary, Mr. Jason Perdue’s, justification for erasing the memorial and its message was that street art is, “Not allowed and...not compliant with state federal standards.” Under Florida law, the portion of Or-



Unique Bagels Pop-Up in Winter Park

New York City’s most popular bagel chain has just made its way to Central Florida on 646 South Orlando Avenue in Winter Park. *PopUp Bagels* started as a pandemic hobby in 2020 by Adam Goldberg and Jeff Lewis, who wanted to share their new bagel recipe and niche style of eating a bagel. Traditionally, when eating a bagel, restaurants slice it in half and spread cream cheese on the inside, eating it in a sandwich-like style. However, *PopUp Bagels* encourages customers to rip their bagels and dip them into cream cheese, hence their motto, “Grip, Rip, and Dip!” *PopUp Bagels* was funded/invested in by celebrities Michael Phelps, Michael Strahan, JJ Watt, and Paul Rudd. *PopUp Bagels* closed an \$8 million funding round led by New York City-based equity firm

Stripes, which helped fund *Erewhon Market*, *Levain Bakery*, and *On Running*. Not only do they have a notable way of advocating a new way of eating bagels, but they also serve their bagels in an odd, but quirky fashion. They present them in a cup of cream cheese or “Schmears” as they call it, of the customer’s choosing, filled to the brim. Next, the bagel is placed on top of the cream cheese, almost replicating the look and style of a cup of ice cream. Aside from the bagels, the schmears are also an important part of the experience. *PopUp Bagels* often releases rotating, limited-edition schmears and butter flavors. Past special editions have included flavors like *Old Bay*, *Ramp Cream Cheese*, and cinnamon honey butter. They also collaborate with other brands and chefs, which results in new and unusual flavors. For example, one collaboration resulted in a Gruyère bagel with escargot butter. *PopUp Bagels* won the *Best Bagel* award at the annual *Brooklyn Bagelfest* in 2021 and 2022. The brand won for two consecutive years, securing both the *People’s Choice* and *Expert’s Choice* trophies in 2022. *PopUp Bagels* is known for its avid presence in New York. Another way *PopUp Bagels* gains so much traction is its viral social media presence. Its strategy of offering innovative, limited-edition cream cheese flavors and collaborations has provoked coverage on social media within New York’s food influencer scene. This causes lines to frequently form in *PopUp Bagels* that extend around the block for new, routine, and seasonal releases. Photo courtesy of *PopUp Bagels*.



Fill Your Calendar With Glee

Christmas experiences can be hard to find outside of the home, but this year there is a fool-proof collection of options. While it does not snow in Florida, the experiences Floridians have can make up for this missing element and add to the Christmas spirit. The adventures offered that are highly recommended by locals are *Gaylord Palms Ice*, *Santa’s Farm*, *Baldwin Christmas*, *Disney Springs*, *Trees Stroll*, and *The Orlando Museum of Art’s Festival of Trees*. Walking into the *Gaylord Palms ICE!* is like walking into a real Christmas movie. There are giant, colorful Christmas lights everywhere, shows that have dancers and circus aerialists, ice skating, indoor snow falls, and huge Christmas trees heavily decorated with ornaments,

lights, and a huge tinsel. It is almost impossible to stop taking pictures because there are activities for kids, a gingerbread decorating corner, parents ice tubing, a teen scavenger hunt, and bumper cars. It is the ideal place to get in the Christmas spirit and make memories with family or friends. This year’s theme is *Rudolph the Red-Nosed Reindeer* which opens November 14. If searching for rustic and outdoorsy Christmas vibe, *Santa’s Farm* is the perfect experience for viewers. *Santa’s Farm*, located in Orlando Florida, is a family tradition when it is time to pick out a Christmas tree. *Santa’s Farm* has one side filled with pre-chopped trees that have been harvested and another area where you can cut your own tree. The lighting of the *Baldwin Christmas* is a ceremonial time for everyone in Baldwin Park and surrounding areas. Known as *The Winter Wonderland Extravaganza*, this tradition in Baldwin Park encompasses a grand Christmas tree lighting, a large parade, live holiday performances, opportunities to take photos with Santa Claus, dozens of food vendors, and numerous artists and vendors. *Disney Springs’ Tree Stroll* offers a scavenger hunt for the trees. Located in Orlando, the hunt includes 18 trees around the attraction. Last year the themes of the trees included *Black Panther*, *Coco*, *Encanto*, *Frozen*, *Guardians of The Galaxy*, *The Haunted Mansion*, *The Lion King*, *Mickey and Minnie Mouse*, *Moana*, *The Nightmare Before Christmas*, *The Princess and the Frog*, *Raya and the Last Dragon*, *Star Wars*, *Toy Story*, *Wish*, *Disney+ Tree*, *Annual Passholder Tree*, and *Town Center Tree*. This event opens November 14 and runs until December 31, 2025.



(Left) The decorations of the Christmas trees at the *Orlando Museum of Art* that stick out add a homey vibe to the tree, almost including viewers in the art. The presents under the tree also match the energy. Council 101 sponsors the *Festival of Trees* each year as a holiday fundraiser for the museum. Tickets begin at \$14.65. All photos by Ms. Ginger Bryant.



(Above) A centerpiece tree at *Orlando Museum of Art* is featured at the *Festival of Trees*. The festival runs from November 15 to November 23 this year. This tree brings vibrance to the room, with its bright colors and unique look. This modern tree draws people in and makes them stop to admire the spun glass. An opportunity for Christmas tree viewing is available at the *Orlando Museum of Art’s Festival of Trees* which opens November 15 and ends November 23, 2025.

By Lexi White

When Tommy first presented the rough draft of *The Room* to Greg Sestero, he was dumbfounded and couldn't believe what he read. Greg Sestero came to the realization that Tommy was not some ordinary man; he was quite a mystery. Greg came to the conclusion that Tommy was a pathological liar, since Tommy claimed he is from New Orleans. But that does not align with his strange Polish-like accent. Tommy Wiseau's age is also one of his many mysteries. He claimed to be Greg's age, around 19 at the time, despite being noticeably older. Tommy's age is unknown. How he got his hands on six million dollars for the production of his movie is unknown, and where he was born remains unknown. So the question still remains about the guy behind the worst movie ever made, Who is Tommy Wiseau?

Reviews

Are You Ready For Doom?

By Sebastian Adam

Avengers: Doomsday is the newest installment in a cinematic universe, created by the creative team at *Marvel Studios*, that has spanned nearly two decades. The films are inspired by *Marvel Comics*' set of iconic heroes, first debuting in 1939 with *Marvel Comics #1*. The comic debuted two characters, The Human Torch and Namor, who are now at the forefront of the newest installment in their cinematic universe. *The Avengers* universe, however, began in 2008 with *Iron Man*, starring Robert Downey, Jr. as Iron Man. Now, Downey is returning to the *Marvel Universe* as the central antagonist of *Avengers: Doomsday* in the form of Dr. Doom. He is the primary villain and perpetual enemy of the *Fantastic Four*: a family of four that gained supernatural powers after coming into contact with cosmic radiation. *The Fantastic Four* recently made their debut in the *Marvel Universe* in their standalone film *Fantastic Four: First Steps*, which revealed Dr. Doom as the main antagonist of this newest installment. The new film is scheduled to release in December 2026, and the newest *Marvel* blockbuster is sure to entertain.

Now that *Avengers: Doomsday* has wrapped up filming, speculation and theories have begun to build regarding whether the evil genius Dr. Doom will be defeated by the end of the film. However, *Marvel Studios* is no stranger to cliffhanger endings as their previous blockbuster, *Avengers: Infinity War*, ended with the heroes failing to prevent the main villain from wiping out half of all life in the universe. This trend, compiled with the leak of a sequel by the name of *Avengers: Secret Wars*, has driven fan speculation through the roof.

Many point to the comics for answers, particularly in the highly successful limited 12 issue comic run by the name of *Secret Wars*. This comic follows *Marvel's* most iconic heroes as they are pitted against each other by a greater celestial deity who goes by the name of The Beyonder. During this comic run, some of *Marvel's* most iconic storylines were revealed, including the death of two members of the *Fantastic Four*. Doctor Doom, as a vital part of this increasingly interconnected universe, plays a pivotal role in the comics, defeating The Beyonder and eventually taking his place as a near omnipotent threat to *Marvel's* greatest heroes. Doctor Doom as the primary villain of *Avengers: Doomsday* could follow a very similar route, especially when addressing the photos that have been leaked of the film.

Within the *MCU* there are many moving plots and actors that have been developing across the nearly 40 movies and 14 TV shows all fea-



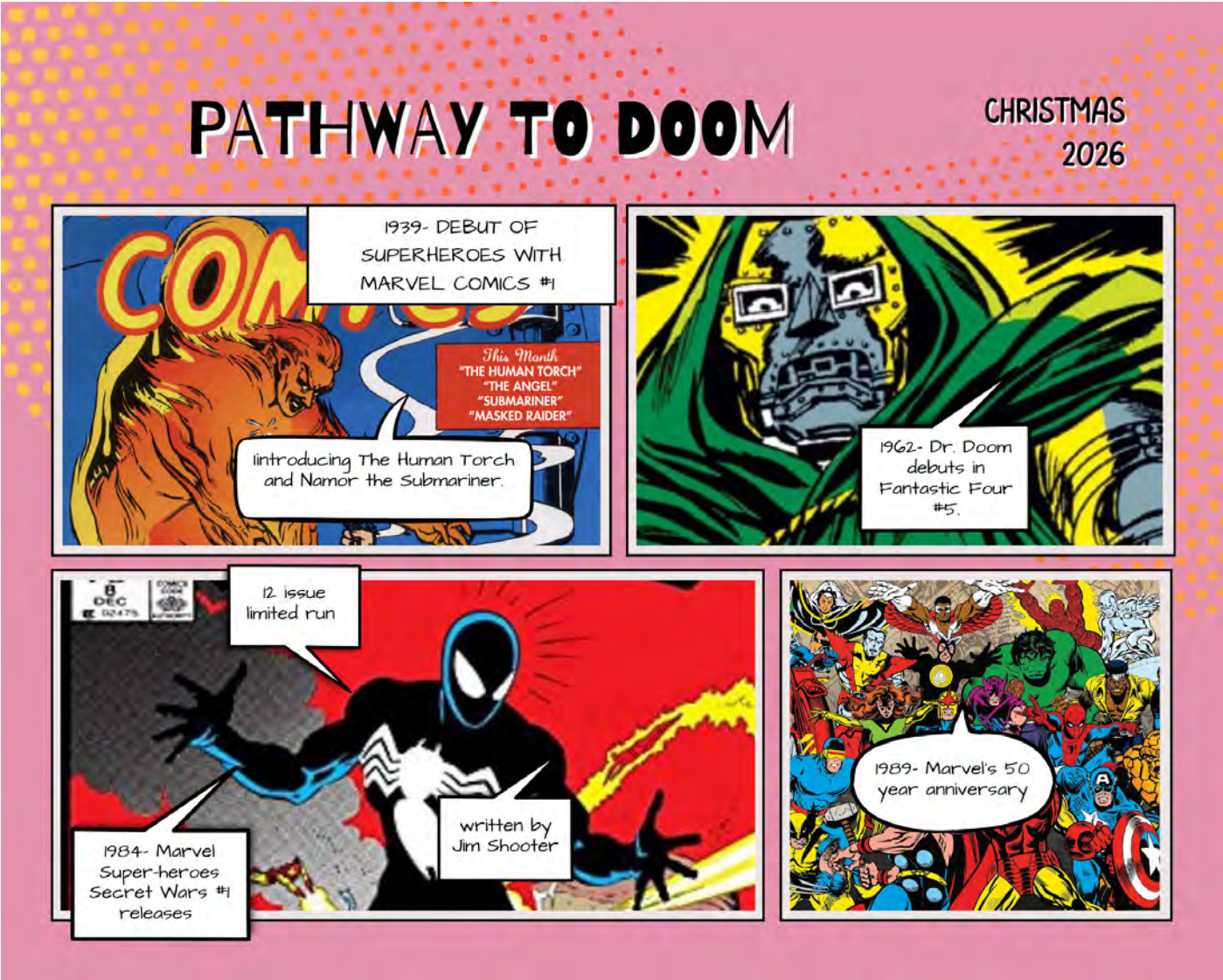
(Above) Robert Downey, Jr. is cast in the upcoming *Marvel* film *Avengers: Doomsday*, and many are excited to see him perform outside of his famous role as Iron Man in the *MCU*. Photo courtesy of Ms. Ginger Bryant.

tured on *Disney +*. However, a recent complaint raised by many fans is the sudden shift in focus for the *Marvel Cinematic Universe* due to the personal lives of actors. After the release of *Ant Man: Quantamania*, in which Jonathan Majors played the main antagonist, there were many teases suggesting he would reprise his role as Kang the Conqueror for the following movies.

According to *Screen Rant*, the main reason why the *MCU* seems to have scrapped this attempt at recreating one of their most iconic comics, that being Kang the Conqueror's 2021 issue run, is due to Jonathan Major being convicted of assault in December of 2023. The creative team behind the *MCU* has had to scramble to reconstruct a cohesive storyline after his departure, allowing Robert Downey, Jr. to take the role of Dr. Doom in an attempt to rescue fan interest. This is all in response to the consistent decline in returns seen by the superhero movie industry, after the release of *The Marvels*. This has been described as, "The worst opening weekend box office of any movie in the 15-year history of the *Marvel Cinematic Universe*," as reported by *Slate*. As the popularity of the superhero industry continues to trend downwards, *Avengers: Doomsday* could very well be the last project of *Marvel* to break the billion dollar box-office mark, similar to their two previous blockbusters: *Avengers: Infinity War* and *Avengers: Endgame* respectively.

There is a lot of pressure regarding this film for the *Marvel* creative team, and with the release scheduled for December of next year, and filming completed, their work is almost ready for the public. Many are unwilling to wait for the full movie to be released. They instead resort to

scouring the web for set-leaks and building speculation. Approaching the release of their previous blockbuster, *Avengers: Infinity War*, the executives at *Marvel* encountered a similar problem, with nearly the entire third act of the film being leaked, as reported by *CNBC*, a week before release. The legal team at *Disney* has already begun taking action to prevent this from happening again. They are ready to pursue litigation against cast-members and individuals who release the movie to the general populace ahead of its release date. Now, as the film release date grows ever closer, and the success of *Marvel* is on the line, the excitement for the *MCU* as a whole is reaching a point similar to how it was prior to the release of their two multi-billion dollar grossing films. Movie-goers will have to decide for themselves December 18, 2026.



(Above) The history of *Marvel Comics* has been long and storied. Across the numerous stories published under their banner, they have developed numerous unique storylines and characters. As these characters have been developed, they have begun to appear in the *Marvel Cinematic Universe*. Dr. Doom, despite making his comic debut in 1962, will make his first true onscreen appearance in *Avengers: Doomsday* next December. Graphic by Sebastian Adam.

A Clear Vision For A Better Future

By Kaitlyn Achong

For many children, the biggest barrier to learning isn't a lack of effort; it is blurry vision. At just 14 years old, Kashvi Gupta, grade 9, has already figured out what many adults never do. She realized that sometimes the smallest observation can spark the most significant change. While volunteering at a school for underprivileged children in India, Kashvi noticed something that most people might have missed. What started as simple tutoring sessions quickly turned into something much bigger.

Kashvi said, "I first started with education, but then I realized optometry is a bigger problem because it's hard to learn if you can't see. I was volunteer-

ing at the local school for needy children, and some kids couldn't see the blackboard," Kashvi added, "I then found out that most of them don't get their yearly eye check-up." Instead of shrugging it off, she got to work. She reached out to a local doctor and asked if she would check the students' eyes for free. Then she found a sponsor, the *Bharat Vikas Parishad*, to fund the project. With those two pieces in place, her idea became a full-scale mission.

Kashvi didn't have a typical high school summer. Instead, her normal day looked like the full schedule of a project manager. Kashvi explained, "I got ready and went to the doctor. First, I would talk to the doctor and go over the daily plan, and then I would help and supervise the kids." By the end of the five days, dozens of students had been screened. Some people discovered for the first time that they needed glasses. Within days, they had a pair that fit perfectly thanks to the *Bharat Vikas Parishad*, a volunteer driven service organization in India focused on social welfare, education, and health initiatives.

Kashvi made sure every student got the correct prescription and worked with the optical store to get the glasses distributed. She had to coordinate with parents, juggle multiple schedules, and keep everyone (doctors, kids, and teachers) on the same page. She admitted, "The biggest challenge was organizing this whole thing." She attributes the project's success to the generosity of the people with whom she worked. Kashvi stated, "I worked with the eye doctors and the optical store. Everybody was very friendly and wanted to help."

After the project, Kashvi came away with a new perspective on healthcare and education. She said, "I learned that it is tough to get things done because the health system isn't very regulated there," she said. What really made it worthwhile for her, though, were the moments after the kids got their brand-new glasses. "This broadened my perspective and made me more grateful for every little thing I received," s/he continued. "Teachers noticed the dif-

ference immediately. Kids who used to squint at the boards could finally see clearly and keep up in class."

For Kashvi, this is just the beginning. This year she was able to help only one school, but her vision is much bigger. She hopes to turn this into a national project, bringing free eye exams and glasses to children in schools all across India. Her determination has already given dozens of children the gift of clear vision, allowing them to thrive in the classroom. With her drive and passion, she's paving the way where no child's education is held back by something as simple as poor eyesight. Kashvi's efforts show how one person can truly change the world. Sometimes all it takes is the courage to notice a problem, and the determination to solve it.



(Above) Kashvi Gupta, grade 9, (center) receives an award from the *Bharat Vikas Parishad* for her dedication to improving children's eye health in local schools. She provided dozens of students with free eye exams and glasses, so they could see clearly and succeed in classrooms. All photos courtesy of Mr. Mohit Gupta.



(Above) Kashvi (left) observes as a student receives an eye exam from an assistant doctor at *Centre for Sight*, a clinic founded in 1996 by Prof. Dr. Mahipal S. Sachdev to prevent blindness in India. She was involved throughout the entire process, making sure every child's needs were met.

Baking Club Cooks Up Exciting Events

Hiba Bilal

Who says that baking has to stay in the kitchen at home? The new *Baking and Cooking Club* at LHP has brought more than the smell of fresh cookies and warm macarons onto campus. This incredible club, formed this year, offers numerous opportunities for students with a passion for baking or cooking. The president of the club, Benjamin Yoskin, grade 11, is excited to lead this club to success. He stated that he started this club because he wanted students to come in and show off their culinary skills, and also create a community of amazing young bakers.

In addition to founding the club, Benjamin played a crucial role in its organization. From meetings and activities to events, he dedicates his time to shaping this experience for members of the club. When asked about what club meetings will look like, Benjamin said that it will be a place, "Where members can share ideas for service opportunities, share food they have made, and discuss new interests in cooking." He added, "While meetings will also be a space to make announcements, I would say that's a secondary purpose since emails exist."

New clubs can sometimes have a messy or disorganized start. However, Benjamin is working with other

officers to ensure that his club runs smoothly and efficiently. As a Junior in high school and now an upperclassman, it's sometimes difficult to balance schoolwork along with club work and other extracurricular activities. Benjamin acknowledges that challenge. However, he came up with a perfect schedule for himself and stated, "It's been a combination of a to-do list, getting faster at writing emails, spending lots of time on the weekends, and establishing some scheduling to limit time wasting."

A schedule with good time management is how Benjamin is able to fulfill and stay on top of all of his responsibilities.

The *Baking and Cooking Club* has numerous goals and plans, including collaborations with various clubs and school events. Benjamin hopes to lay a strong foundation for this club during his Junior and Senior years, so that when he graduates, he can pass the torch to a new officer and ensure the club's continued success. A goal that Benjamin talked about was how he hopes he can, "Be a part of events like the *Chinese Spring Festival* and *Holi*, where food is already an important thing."

He wants to handle the organization and preparation of food for events that these clubs will be hosting. Additionally, he

believes that this will create communal, volunteer opportunities for his members by allowing them to participate in these events. Another goal Benjamin has is to make birthday desserts for teachers after his club members collected requests from faculty members. He said, "The idea is that members can earn service hours by signing up to make a treat for teachers on their birthdays." This goal is currently in its early stages, but they hope they will have multiple requests by the end of the semester.

Additionally, Benjamin believes that people should join this club because, "The club provides organizing that lets us bring home cooking to school in a more useful, larger scale that can't be done individually." He mentioned that this club will address allergy and safety concerns for its members, which will be helpful when members start cooking on campus for events. There are also many dessert items that Benjamin is excited to present and create for his club. He mentioned how teachers have already been requesting desserts. For example, he explained that "Ms. [Sandrine Villagrasa] Butler requested Tarte Tatin for her birthday, and Mr. [Jeremy] Weber [wants] a soufflé. That kind of stuff, the foods where individual tastes, interests, and lives are expressed, is where the value in home baking lies." With requests like these, they are hoping to create a system involving requests or custom orders from faculty members.

In the future, Benjamin would like to consider cooking and teaching events in which members of the club teach others who may not have any experience in cooking or baking, creating amazing culinary experiences. Lake Highland Preparatory School has many diverse and creative clubs for students to join. So if one is interested in baking, and is willing to show their amazing creations, come join the *Baking and Cooking Club* as they sprinkle their hard work into every treat they make!



(Above) The members of the *Baking and Cooking Club* gather even on days when there aren't any meetings. The person second from the left, Christina Brown, grade 11, states, "I stay committed to the club by making sure that all new members feel welcome and by baking treats whenever I can." They all work together to come up with creative ideas for events. Their dedication goes beyond only baking, and it makes it possible for them to create a successful community. Photo courtesy of Benjamin Yoskin. Graphic courtesy of Canva.



Repurposing Trash into Treasure

By Vivica Lane

Each year, 400 million tons of plastic are produced, and this number is forecast to triple by 2060 according to *Surfers Against Sewage*. Single-use plastic, which is what usually ends up in the ocean, is created by burning fossil fuels. This releases carbon emissions. Not only do fossil fuels release carbon emissions, but when plastics break down in landfills, they release greenhouse gases that worsen climate change. Plastic pollution in the ocean has been a horrible problem, but lately, Miami-based *SeaSweepers* have found a sustainable solution. *SeaSweepers* was founded in 2022 by Naveen Sydney and Taryn Laroche with a mission: to recycle the plastic in the ocean. It is harvested from companies that clean up the ocean and then transport this marine plastic to their recycling center to clean, melt down, and then repurpose the materials to create chairs, sunglasses, swimwear, and so much more.

Plastic waste is a massive issue, but what makes it worse is that plastic is seldom recycled the right way. *Our World in Data* explained that, “Nearly one-quarter of the world’s plastic waste is mismanaged or littered.” CEO Naveen Sydney, knowing this problem, created a vital solution to this, as he stated, “We don’t just want to collect plastic; we want to transform it,” he explained in an interview with *WRLN Radio*. The process of repurposing marine plastic begins with the collection of the debris from organizations like *Ocean Aid 360*, *Reef Relief*, *Fill a Bag*, and more. There are no marine plastic recycling centers in the United States. Therefore, when people send their collected plastics to recycling centers, all the recycling centers can do is incinerate them. Research from *Environmental Factor* explained that when incinerating plastic, it releases

pollutants like microplastics, bisphenols, and phthalates that can hurt the air quality and human health. With the *SeaSweepers*’ new remedy, their concept not only helps limit the amount of pollution in the ocean and landfills, but also, “Significantly reduces carbon emissions by almost 50%,” according to *SeaSweeper*’s official website.

Plastic in the ocean has hurt so many marine animals, such as seabirds, turtles, and whales, as these animals mistake the plastic for food. When a turtle sees a floating plastic bag in the ocean, they may see it as a jellyfish and decide to eat it, leading to intestinal blockage as well as clogging and suffocation of the turtle’s organs.

Studies from *Environment America*, “Estimate that up to 90% of living seabirds

have some traces of plastic in their body.” When animals consume plastic, they can feel full, which then leads to starvation even if they do not realize it because their bodies are so bloated with plastic.

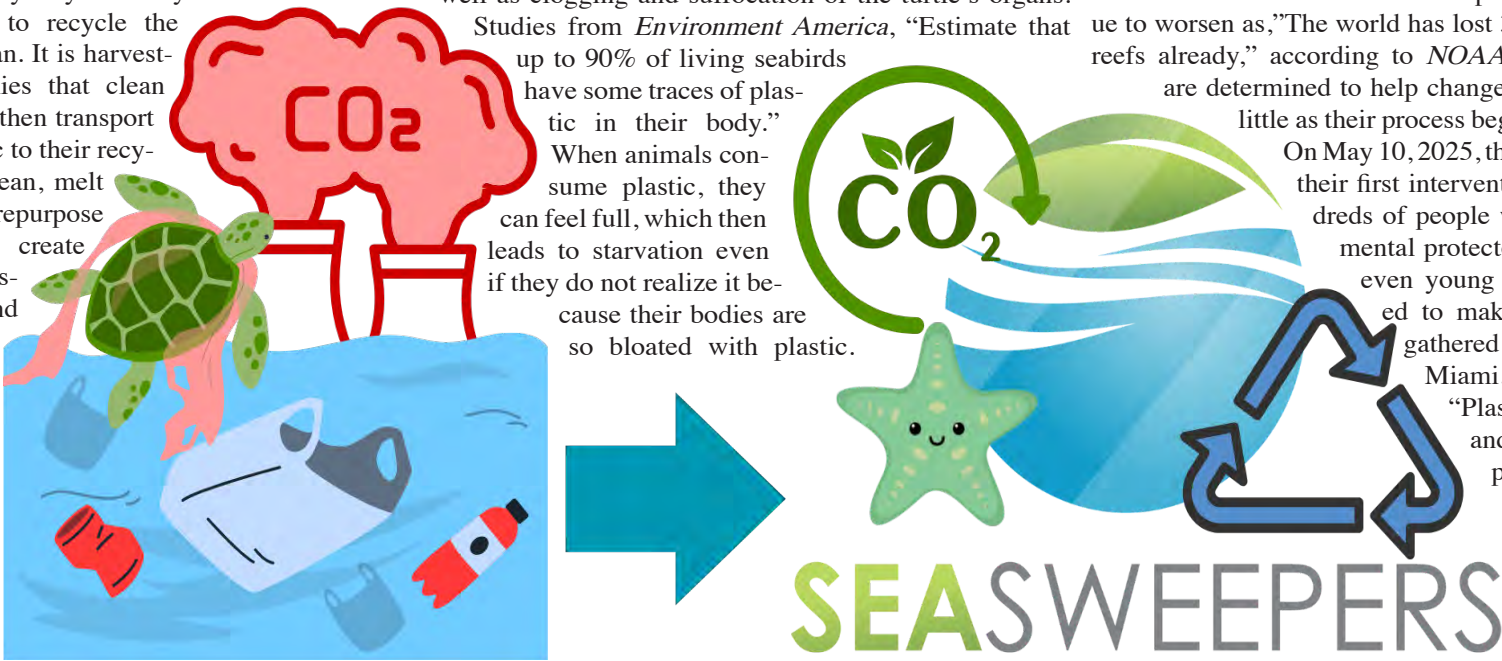
It multiplies the amount of animals that are dying from genetic causes. Because they can not do anything about this plastic, animals have no control over whether they pass genetic defects to offspring. Even if this doesn’t happen, animals can still be exposed, which disrupts the food chain and natural selection as evolutionary traps begin to occur more frequently.

As researched by NOAA (National Oceanic and Atmospheric Administration), not only is this plastic hurting the animals, but it is also hurting the living organisms like coral and plants inside the ocean. Carbon emissions from ocean acidification and pollution only continue to worsen as, “The world has lost 30-50% of its coral reefs already,” according to NOAA. The *SeaSweepers* are determined to help change this issue little by little as their process begins to come to life.

On May 10, 2025, the *SeaSweepers* had their first intervention: they had hundreds of people who were environmental protectors, advocates, and even young people who wanted to make a difference, all gathered in Coconut Grove, Miami. Motivation from, “Plastic sorting races and other contests for prizes” were used as a tool to inspire a passionate and fast-working environment for the community of advocates. In the end, the *SeaSweepers* announced that by,

“Late 2025... 25 park benches” will be crafted entirely from marine plastics and, “Permanently installed and dedicated to the City of Miami.” This donation was given to inspire the community of environmentalists, reminding them that sustainable solutions are possible, even when the process can be long and very difficult.

The *SeaSweepers* is the first ever marine based recycling facility in the U.S. They are determined to continue to grow while they pursue their journey as a 100% mission driven company. At this time, the *SeaSweepers* are in the phase of transporting the cleaned marine plastics to their facilities. They are still gathering more and more plastics as well as going through the cleaning process of the plastics. Check the *SeaSweepers* website for updates on their process and to watch their solutions come to life at seasweepers.io to discover how you can get involved.



(Above) It may seem like individuals can’t control this constant plastic waste that goes into the ocean every day, but every reusable water bottle, bag, or biodegradable items make a difference. So don’t doubt for a second that making a difference has to be worldwide. There is always opportunity for volunteering and helping limit this recurring problem. All photos and graphics by Vivica Lane.

Not only can the animals be injured or killed from consuming these plastics, but even being exposed to the toxins that plastics contain can, “Show a range of deleterious effects,” as explained in *Environment America*. This inherited deformities causes multiple species of animals to be endangered because of the bad health conditions that are being passed down to each gener-



(Above) The turbidity of the water is the cloudiness of it. Turbidity matters in an ecosystem because if it is too cloudy, it prevents sunlight from reaching aquatic plants, therefore affecting photosynthesis and the overall survival of aquatic plants.



(Above) Victoria Huber, Leila Raden, and Kady McKenna, all grade 11, are officers of the *Environmental Impact Club*. They began their participation in the *EarthEco Water Challenge*. This challenge uses tests to see if the aquatic life was thriving through pH, temperature, turbidity, and oxygen level present in the water.



(Above) Xavier Aires, Cole (Benjamin) Cornett, and Skylar Sornabala, all grade 11, participate in the *EarthEco Water Challenge*. Which brings awareness around the world and creates opportunities for small impacts in school communities.

SPECIAL FEATURE

Traveling Trends Offer What Presents Can't

By Ava Anderson and Fiona Knight

When most people think of the winter holiday season they either imagine spending it at home or abroad. According to *Bankrate*, 48% of Americans choose to travel during the holidays, while 52% said they prefer staying home. Staying home for the holidays is often viewed as the more comfortable option as it provides more of an opportunity to be around loved ones without worrying about the impact travel prices will have on one's life, especially with the added financial obligation of purchasing gifts around the holiday. Staying home also means

that you can surround your own Christmas tree. According to *The New York Post*, the harsh reality for 47% of Americans is that they simply cannot afford to travel during the holiday season. Regardless, 49% of these Americans believe the experience of traveling for the holidays is worth the price, even if this decision will worsen their financial situation. The holiday season is undeniably one of the most wonderful times of the year, but the stressful decisions that it brings can tend to damper its merriment. So is the adventure truly worth the cost?



(Above) *The Dazzling Nights*, in *Leu Gardens*, takes place November 28, 2025 - January 4, 2026. Ticket prices range from \$22-\$28 dollars per adult to \$19-\$24 per child. However, on select nights, prices can be discounted. When going through this walkway, guests will be going under 14-foot dazzling stars that extended throughout the path. Photo by Ava Anderson.



(Left) When guests first enter the *Dazzling Nights*, a great number of trees can be seen with colorful lights dropping down from the branches. Along with the lights, scattered around were numerous poinsettias. Throughout the trail, there were a total of 800 candles glistening through the stained glass windows to provide a magical experience. Photo by Ava Anderson.

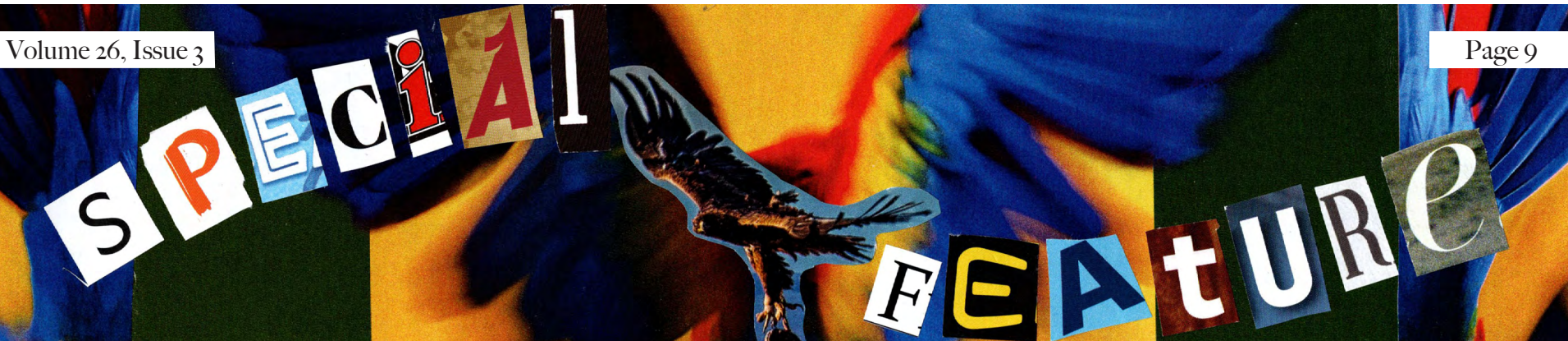


(Above) When reaching the end of the path, countless arches and walkways were bundled with colorful lights where many families stop to take photos. Featured on the arch were lights depicting parrots, flowers, and much more. On *dazzlingorlando.com*, they claim that Europe's holiday festivals inspire their luminaria walls. Before going to the *Dazzling Nights*, there are some things to note. To complete the path, the estimated duration is from 60-90 minutes. Additionally, although mentioned that the price was from \$19-\$28, onsite parking can cost up to an additional \$16. Overall, the experience is no-doubt worth the price. Photo by Ava Anderson.



(Left) Rows and rows of lights extended outward from the tree. The program claims that the 2024 tree was the biggest tree that has ever been featured in their program. The tree was set to be, "Bigger than ever," for their fifth anniversary, according to *dazzlingorlando.com*, to top off the tree, a massive star can be seen twinkling from the start of the path. Photo by Ava Anderson.

Traveling Trends Offer What Presents Can't,
Continued on Page 9...



Traveling Trends Offer What Presents Can't

By Ava Anderson and Fiona Knight

...Traveling Trends Offer What Presents Can't, Continued From Page 8.

(Right) During the Christmas season, *Borough Market*, located in the heart of London, is packed with excited shoppers and tourists. Being only a two minute walk from the significantly populated London Bridge, this market is extremely accessible to all. The diverse food choices and festive decorations make this destination perfect for getting into the holiday spirit by spending time with family. The efficiency of the workers and the eagerness of the customers make purchases pleasant rather than painful, largely contributing to the success of the location. Photo by Fiona Knight.



(Left) *Covent Garden* is arguably one of the most popular tourist sights in all of London because of the vast array of shops, restaurants, and craft markets it offers. Each year, *Covent Garden* receives more than 44 million visitors from all around the world. During the holidays, vendors and city officials go all out when decorating the venue, contributing to the sense of magic that attracts visitors. Not only are there disco balls, and bells hanging from the roof of the main path, but there are also countless shining wreaths and Christmas trees everywhere. Photo by Fiona Knight.



(Left) *Liberty, London*, one of the city's signature luxury shopping destinations, makes a point of giving shoppers an enjoyable experience rather than a stressful one. Their large array of decorations and everyday items makes it impossible to walk out empty handed. While they do have traditional Christmas necessities like stockings and tree toppers, their exclusive ornaments and *Liberty* merchandise are extensive. Photo by Fiona Knight.



(Above) From November all the way to early January, sparkling, statement-piece decorations line many of London's most famous streets. Regent Street, located in the central area of the city, is home to London's famed angels, hanging high in the center of the street over the people and cars passing by. Since 1954, these figures have served as a representation of the excellent British architecture famed internationally. The early sunset in the city during the winter provides the perfect backdrop for these statuesque angels to shine and be seen by all. Photo by Fiona Knight.



(Left) Every year, *Chanel* stores internationally showcase their undying glamour and love for the holiday season with their eccentric Christmas decorations. Not only are these decorations, including this sparkling bow, beautiful, but they are virtually impossible for any passerby to miss. Their brightness can be seen even far away from the store and contribute greatly to the joy of the city by lighting it with luxurious cheerfulness. *Chanel* not only embraces the holiday season with decorations, but seasonal specialties for purchase, specifically their luxury advent calendar. Composed of hand lotions, ornaments, and make-up all the way to their world renowned perfumes, their gifts are the embodiment of extravagance. Photo by Fiona Knight.

SPOTLIGHT

Keeping Up With The Schellbachs

By Sofia Cohen

Mrs. Adrian Schellbach might be new to the Lake Highland faculty, but she is definitely not new to the Lake Highland community. As an alumna of Lake Highland, Mrs. Schellbach has a deep connection to our school. She once walked these same hallways as a student. Now, she returns, but this time as a teacher, a wife, and a mom.

Looking back on her time as a student, she remembers it being rewarding yet challenging, much like it is today, stating, “My experience was probably no different than most students now. I was constantly working hard to keep up with school and my extracurricular activities. Teachers were always pushing students to be better inside and outside of the classroom.” Mrs. Schellbach also mentions that learning time management was a big part of her experience as a student at LHP, stating that, “It’s a skill that’s undervalued by many when reaching adulthood.”

After high school, Mrs. Schellbach went on to continue her education at the University of Virginia, where she earned her undergraduate degree. She also spent time studying abroad in Spain. While she enjoyed her time up north and abroad, it didn’t take long for her to realize something: she missed home. “I realized quickly that I’m a true Florida girl that can’t stand the cold,” says Mrs. Schellbach. “This made moving back to Florida an easy decision,” she added. Soon after, that decision brought her back to Lake Highland, this time as a faculty member. She states that one of the main reasons she wanted to come back was the impressive academics that LHP has to offer. “The quality of education at LHP is unmatched, so I knew it would challenge me as an educator to meet that standard,” she said. She added, “I’m always looking for ways to improve, and being surrounded by the best faculty in Central Florida was a great way to do so.”

Additionally, there is another huge reason why she came back to her LHP roots: family. Before LHP,

she worked for the Orange County School District. However, her husband, Mr. Calvin Schellbach, was already a part of the Lake Highland family, and their daughter, Shea, just started preschool at Lake Highland. Now, the whole family gets the blessing to come to school together every day. “It’s a Schellbach car ride to and from school every day. That’s an opportunity I couldn’t pass up,” she stated.



(Above) Mrs. Adrian Schellbach and Mr. Calvin Schellbach and met back in 2015 here at the local Orlando dog park. Ten years later, their daughter Shea loves visiting *Disney*.

Working at the same school as her husband who works as the school’s photographer has been amazing, stating, “He’s my best friend. So the fact that I now can spend even more time with him is the best possible scenario I could imagine.” And having her daughter start her own journey here makes everything even more heartwarming. “It means the world,” Mrs. Schellbach stated, “I know she’s getting the best possible education in Orlando. I’m a little bitter, as she still refers to it as ‘daddy’s school’ since Mr. Schellbach worked

here before I did, but hopefully she’ll learn that it’s really mommy’s school,” Mrs. Schellbach pointed out.

At LHP, Mrs. Schellbach teaches AP Government, and her passion for it shines through her teaching. “I’ve always enjoyed teaching AP classes,” she stated, adding, “Government is obviously the most relevant class you can take right now. Considering the current political climate, it’s important for all students to develop an understanding of the U.S. government’s design as well as the intent of the founders with the Constitution.”

Although she’s now a teacher, Mrs. Schellbach still feels connected to her time here as a student. Mrs. Schellbach said, “It’s surreal at times.” She noted the fact that she is, “Constantly reminiscing about my experiences, and sometimes it feels like I’m in a time warp. Whenever the *Rex Building* bells chime, I have a split-second thought that I’m going to be late to class... then I remember I’m an adult now, and the schedule is completely different.” So far, her favorite part about teaching at Lake Highland has been her students. She explained, “I’ve been consistently impressed by the work ethic of Lake Highland students and their desire to learn. It makes me so happy to see that that tradition has continued.”

As an alumna of LHP, while seeing present students in her shoes, Mrs. Schellbach urges students to, “Try something new.” She admitted that she’s, “Blown away by the opportunities that exist for students; don’t be afraid to use them! The schedule is designed for you to be involved in more than just one thing. If you’re an athlete or in the performing arts, you can still be involved in clubs. Take advantage.” From LHP student to LHP teacher, Mrs. Schellbach’s Lake Highland story has truly come full circle. Now, she’s helping create new opportunities and stories for the next generation of Lake Highland students just like she once was.

Rhode Steps Farther into the Market

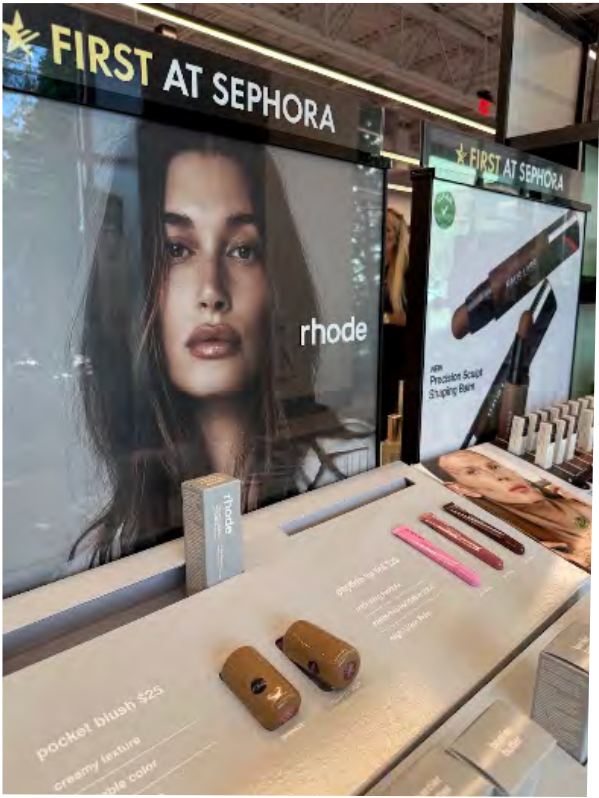
By Shanze Humayun

September 4, 2025 marked *Sephora*’s most successful launch in its 50-year history. Hailey Bieber’s skincare brand, *Rhode*, first debuted on June 15, 2022. Many fans immediately fell in love with the products, especially the lip peptide treatments, which were also seen all over social media. Because of how much revenue *Rhode* was generating, Hailey Bieber took this as an opportunity to secure a \$1 billion acquisition by *e.l.f. Beauty*. Now, with its highly anticipated launch at *Sephora*, *Rhode*’s most raved-about, iconic staples, ranging from their *Pocket Blushes* to their deep hydration *Glazing Milk*, are finally more accessible than ever. Known for its highly effective, clean ingredients, *Rhode* remains a standout in the skincare industry, leaving everyone eager to get their hands on its next viral product.

For years, fans have been asking Hailey Bieber to make *Rhode* available in person, not only to avoid the \$6.95 shipping fee, but also to have the opportunity to test shades and formulas before committing more than \$20 a purchase. With the launch at *Sephora*, shoppers have a chance to finally test the constantly raved about lip peptide treatments, view the products in real life, and best of all, have products in their hands on the same day. This phenomenal advancement not only extraordinarily benefited *Rhode* and *Sephora* but also shoppers and fans. At most *Sephora* locations, many items were out of stock due to the popularity of the brand. As seen on various social media platforms, the products are actually as good as they are shown to be. Many influencers have also seen a great improvement in their skin after using the products. This causes them to influence others to purchase the line, and also causes them to constantly restock. This huge success, marking *Rhode*’s arrival at *Sephora* makes *Rhode* a lot more convenient for customers, especially on a budget.

Beyond accessibility, *Sephora*’s new launch showcases a major event in its history. Being showcased

on these beloved and famous shelves places *Rhode* in an excellent position. This gives the brand new visibility and



(Above) *Rhode* has officially launched at *Sephora*, designed to give a minimal, effortless glazed look. From *Glazing Milk* to *Pocket Blushes*, every product is formulated to make you glow. The products Hailey Bieber is shown wearing tempts the customers to buy *Rhode*’s products. This chic display attracts customers the minute they walk in. Photo by Shanze Humayun.

status in the prestige beauty industry. This excellent step up gives Hailey Bieber a fresh, new beginning in the industry and a successful welcome. According to *Cosmetics Business*, in its first two days at *Sephora*, the brand exceeded \$10 million in retail sales. This not only proves how well the brand itself is doing, but it also shows how reliable their products are, which keeps fans constantly repurchasing.

Hailey Bieber is also a genius at marketing; her content promotes her brand in a very aesthetically pleasing way. This leads fans to be even more tempted to purchase her products because of her “it-girl aesthetic.” Her lip combinations consist of many shades and products for *Rhode*, which encourages fans to buy those exact products, leading to more revenue for the brand itself. Hailey constantly records herself wearing her products, and she starts beauty trends that promote her brand without fans even noticing. These products not only work to aim for a clean, hydrated makeup base, but also work individually to help with acne.

Many users reported that *Rhode*’s products have benefited their skin in many ways. Customers also restored customers’ skin barrier with *Rhode*’s beloved *Barrier Restore Cream*. This product does exactly what it says: it restores the skin barrier, hydrates, and moisturizes. Many fans also appreciate the brand’s inclusivity by making all of their products’ shades suitable for every skin tone. Hailey Bieber is seen pairing lip shapes with the tinted lip peptide treatments and a touch of the *Pocket Blush* for an extra pop of color, which influences her fans to purchase these exact items.

As *Rhode* continues to be one of the top-selling brands in *Sephora*’s history, it also offers their customers confidence and excitement. With every sale, *Rhode* not only ensures their customers’ satisfaction but also continues to solidify its place in the beauty industry. This explains why Hailey Bieber’s brand, *Rhode*, is a global fan-favorite and is seen all over various social media platforms.



Discovering the True Power of the Dollar

By Mabel Lin

As things have been getting more expensive, our bank accounts have been drying up. Most of the time, instead of buying fun things, we tend to focus on essential needs to maintain our budgets. The cost of living in the U.S. has increased an overwhelming amount within just the past decade. Inflation has risen up nearly 50%! However, Lake Highland faculty and students have found ways to spend money on the things they genuinely enjoy. From concert tickets to snacks at *The Source*, we explore how far the amount of money that teachers' and students' spend would go in the year in which they were born. Additionally, we'll discover how much the buying power of the dollar has decreased annually, and what the purchasing power was in the past. Let's take a closer look at all the non-essentials students and teachers purchase.



(Left) Valentina Lasa and Layla McCord, both grade 9, have bought more expensive items. Valentina said she, "Bought *Coldplay* tickets this summer" to see them in concert this past July. She bought her ticket for about \$300, but if she had made the purchase in 2011, it would be equivalent to around \$431. In 2011, she could have bought a designer purse from stores like *Coach* or *Kate Spade*. On the other hand, Layla decided to spend her money on, "New brakes for [her motocross] bike because [her brakes] kept on bending after wrecks." She was also born in 2011, and her brakes cost about \$300. In 2011, it would have also been equal to \$431, and that money could be used to purchase a tablet or a phone during that time. Photo courtesy of Layla McCord.



(Above) Kenzi Achong, grade 8, says she, "Just bought the *Rhode* pocket blush in the shade *Toasted Teddy*, because [she's] seen it everywhere" and was inspired because, "A lot of [her] favorite celebrities wear it." She bought this makeup item for \$25 which would roughly cost about \$36 in the year she was born: 2011. Photo courtesy of Kenzi Achong.

(Right) Kate Caborn, grade 12, explained how she bought her most recent non-essential item which was, "Vinyl Records," from albums, "*A Matter of Time* by Laufey, *How Big, How Blue, How Beautiful* by Florence + The Machine, and *Man's Best Friend* by Sabrina Carpenter." The Laufey and Sabrina Carpenter albums cost \$25 each, and the *Florence + The Machine* Record cost \$50. The total cost amounted to \$100. Kate was born in 2008, when she could have bought a *Nintendo DS Lite* for \$100. That would be the equivalent to \$150 today. Krishna Moorjani, also grade 12, has purchased a fun non-essential. He stated, "The most recent fun, non-essential item that I bought was a boba drink." The drink cost him around six dollars, and he was also born in 2008. That same drink is equal to about \$9.00 today, but in 2008 it could have been used to buy a full fast food meal including the entree, side, and drink. Photo by Mabel Lin.



(Above) Anika Andretti, grade 10, said the most recent non-essential she has bought was, "An acai bowl" for \$12 from *The Source*. In 2010, she could have spent the same amount on a movie ticket and a bucket of popcorn or a drink as those snacks would have been worth \$18 today. Photo by Mabel Lin.



(Above) Avni Raghoonandan, grade 11, says she bought a, "Glow in the dark nail polish," costing around \$10. Since she was born in 2009, \$10 back then would be the equivalent to \$14 today. In 2009, she would have been able to buy a couple days' worth of meals from *Taco Bell* for \$10. Photo by Mabel Lin.



(Above) Mr. Michael McCabe, instructor of orchestra, said he bought, "Concert tickets" and he was able to see, "Some of my favorite bands this year: *Blink-182*, *Oasis*, and *My Chemical Romance*!" In total, they cost \$600. He tells us that he was born in 1996 and believes that it, "Has affected [his] musical tastes a lot." That \$600 would have increased by 87.3%, meaning that it would be equivalent to \$1,124 today. He could have bought several weeks of groceries for a family of four. Mrs. Jennifer Stein says she and Mrs. Jennifer Gower, teachers of Middle School English, "Buy pens and journals nonstop, and need no more but must buy more." The last thing she bought had been a four set pack of pens for \$16. Mrs. Stein explained that she gets, "Super cute journals at *TJ Maxx* or *Marshalls* for less than \$6, so I feel no buyer's remorse." Mrs. Stein was born in the year of 1984. During 1984, she would have had \$50 and could buy a cassette tape instead. Photo courtesy of Mabel Lin.

Continuations

Rho Kappa Expands Celebration

By Hayden Roberts

...Rho Kappa Expands Celebration Continued From Page 1.

during the long assembly time, but also to help inspire patriotism, a big aspect of the mission statement of *Rho Kappa*.”

With the expansion of this year’s celebration, students set up more events than ever, and gave students more chances to earn prizes at the prize station. Students could earn a stamp by completing a station, and once a student acquired five stamps, the student could take tokens to the prize station to cash in their prize. This year it was easier than ever to achieve this goal with this new and returning stations including: the prize booth (where students can cash in their punch cards), presidential relay race, *Freedom to Read*, *Hall of Dreamers*, Constitution trivia, Bingo, *Cooking and*

Baking Club, cookie decorating, a watermelon eating contest, bracelet making, *Jazz Band Ensemble*, thank a Veteran cards, lawn games, pickleball, puzzles, coloring sheets, citizenship test, rights through the decades, pie in the face (hosted by *Dance Marathon*), and *Hamilton* karaoke and photo booth.

Although bringing the life of this historical celebration to school is one of the main goals of *Rho Kappa* members, Constitution Day is more than just an event. It is an opportunity to honor and highlight the significance of not just civic and American history, but also honor the bravery of those who helped make our Constitution as well as our country. Not only are the activities like karaoke and cookie decorating fun, but they are also a great way for students to learn more about the Constitution and its history. Hawkins believes that, “Constitution Day is especially important to *Rho Kappa* as a whole because it is an overlooked day but so important to American history. It is a time where we are able to get our community together to celebrate the foundations of American democracy.” Last year Maggie volunteered at a station. However, this year as Communications Officer, she helped coordinate the entire event with a student’s perspective, while instilling *Rho Kappa*’s mission statement. She said, “*Rho Kappa* stands as an organization at Lake Highland that wants to inspire patriotism and civic engagement. Constitution Day helps us do that in a fun way for all students.”

With brand new stations and fun activities, *Rho Kappa* brought Constitution Day and its history to life at Lake Highland, sparking civic pride and engagement across students and staff. There were also opportunities for students to run their own stations and create activities to help the entire student body engage in the importance of the Constitution. With the help of *Rho Kappa* and all of its members and

sponsors, Constitution Day helped spark a wave of patriotism throughout the school and also made Constitution Day a highlight of Lake Highland’s academic festivities.



(Left) LHP’s *Drama Club* dressed up and acted as famous presidents like Abraham Lincoln, and Theodore Roosevelt during the celebration. *Drama Club* members brought presidents to life as guests walking around and visiting different stations to interact with students. Photo courtesy of Chloe Watts.



Above) During the celebration, the pie in the face station hosted by *Dance Marathon* gave students the chance to pie *Rho Kappa* members. Members were dressed up in a poncho and seated while waiting for a pie of whipped cream to be slammed in their faces. All of the money from this station was donated to *Dance Marathon*. Photo courtesy of Chloe Watts.

Debate Restructures for Expansion

By Adam Wayne

...Debate Restructures For Expansion Continued From Page

Varsity members have been providing for the novices that enhance the members skills, relationships, and teamwork.

There are weekly signups for every Varsity captain to help the mentee work on cases, speeches, and feedback from judges. In previous years, the novices were much more separate from the older members, especially in events such as Lincoln Douglas or Public Forum, where the Varsity members are working on much more complicated positions. For the Junior Varsity members, there have been lectures provided by the Varsity Captains on subjects such as psychoanalysis, federal policies, and topicality. Varsity members are also helped daily by coaches, practice rounds, and constant drilling during practice. There they can learn how to more effectively present themselves and



(Above) LHP Speech and Debaters, Bianca Tujilo (Left) and Christina Brown (Right) have both won awards in their consecutive events at the *Central Florida League Tournament 1# (CFL 1)*. Christina Brown has won First Place in Lincoln Douglas Debate while Bianca has won Third Place in Congress. Christina feels proud after *CFL 1*, saying, “Winning *CFL 1* was an incredible honor, but what makes me proudest is standing alongside such a hardworking, passionate team.” While Bianca recounts, “Minh and I served as the captains of the group for the day, and we trained our novices thoroughly. We ended up bringing home two podium trophies for Congress. I’m really excited for how the rest of the year will play out—considering all of our members, new and old, recieved pretty good ranks. The excitement radiating off of our new novices is so refreshing. P.S. join Congress. Photo courtesy of Mr. Andy Snyder.

the team and each other right now, but I’m excited to see where we go as the year starts into the full swing.”

The new changes to the program provide a bright future for the program. With teammates getting better lessons, practices, and drills, the program seems to have grown from previous years. As Mr. McAninch said, “It is both exciting and humbling to step into this new role and lead LHP’s storied Speech and Debate program. I am excited to be part of the legacy of this amazing team, and I hope to continue to learn and hone my craft and to find the right people to continue to help lead and prepare this team.” This quote is simply a piece of how LHP speech and debate will change over the years. With its new staff, structure, and director, the LHP speech and debate team has extremely bright future in both the short term and the long term vision of the students, providing new opportunities and experiences for them.



(Above) At the LHP Club fair, Nicholas Childs (Left) and Neel Aparanji (Right) are seen promoting the *Speech and Debate Club* by showing off the numerous awards and community of the events. Photo courtesy of Mr. McAninch.

strategize their speeches. The captains are the core of this behavioral change and serve as huge leaders of the team. Mr. McAninch commented, “I think we have some amazing people this year who have stepped forward to help lead the team, who have dedicated a lot of time to honing their events. We are learning processes and figuring out how best to support



(Above) LHP Speech and Debaters, (Left to Right) Aayan Malik, Sanjana Mannepalli, Victoria Huber, Maria Annie, and Christina Brown, are seen preparing for their next round at the *Central Florida League tournament 1#*. These debaters have worked hard to prepare their cases, practice speeches, and do practice rounds in preparation for this tournament. Photo courtesy of Mr. Andy Snyder.

FINE Dining

Qreating a Blend of Spaces

By Kaelyn Becht

Students at Lake Highland Preparatory School have most likely seen teachers walking around with coffee cups that have a lion design and the word “Qreate” written on them.



(Above) Some popular menu items from both seasonal and standard menu items include the Sweet Potato Latte, Pumpkin Matcha, and Purple Pearl. All photos by Kaelyn Becht.

But how many of us truly know what the buzz of this coffee shop is all about? Why do teachers and people enjoy going there so much? Despite a plain appearance on the outside, Qreate is a calming coffee shop with a soothing atmosphere that combines creative expression with a side of coffee. The shop contains an array of exotic flavors of different coffees and teas from which to choose, in addition to a rotational seasonal menu. The shop also offers a variety of savory and sweet baked goods, including sandwiches, croissants, muffins, toast, and bread twists to pair with the drinks. A photography

studio sets this shop apart from others, and there are numerous reasons why people hold this coffee shop so close to their hearts and favor it over other coffee shops.

What sets Qreate apart from other popular coffee shops is its incorporation of a fully functioning studio inside the shop. Well-known local photographers use this studio for their work as it provides them with a place to do their work that also serves as a place to relax and enjoy something tasty. There are even book signing opportunities for the work these photographers produce. Qreate provides the option to rent their studio for photo shoots and offers a membership plan for photography enthusiasts, which helps those who desire to have a more in-depth ex-

perience in this coffee shop’s studio. Artists can utilize color backdrops, free tethering, free workshops, and an open studio. Qreate’s workshops include an *Intro to Photography* course and a *Latte Art Workshop*. The *Intro to Photography* course assists beginners to photography and is taught by Mr. Hu himself. The *Latte Art Workshop* allows people to learn from the *Specialty Coffee Association Baristas* who expertly demonstrate, “How to properly steam make and pour latte art,” according to Qreate’s official website.



Another reason why Qreate is so special is its kind and friendly treatment of its patrons. For teachers working at Lake Highland, Qreate coffee provides a warm welcome from employees who really care about them and make a point of being hospitable. English teacher, Mrs. Jennifer Stein, enjoyed talking with employees along with her fellow English teacher, Mrs. Jennifer Gower, about what trips they had or things they did. Mrs. Gower also mentioned how the owner, Mr. Hu, “[K]nows [the teachers] all by name and lets [them] try new drinks and be guinea pigs every now and then.” The shop changed their opening hours to accommodate the teachers who wanted to purchase coffee in the early

(Left) Ms. Desiree Allison, a mathematics teacher, detailed how she, “Started going to Qreate when [she] taught at the Middle School because it was across the street.” However, after coming to Qreate for a while, she found herself swept into the pleasant nature of the employees who memorized her name and would show interest in her life, including her job as a teacher. The shop had such an inviting and warm atmosphere.

mornings. Qreate’s inclusivity and prioritization of customer service makes people who go there feel special and welcomed and contributes greatly to why they love it so much. All teachers described how the environment in Qreate is very calming and welcoming, so they enjoy tutoring there.

The coffee shop Qreate offers not only a pleasant environment but also boasts strong coffee and whimsical menu items, including a sweet potato latte topped with a roasted marshmallow. The shop’s intricate blend of art mediums and cuisine make the shop stand out from other coffee shops and invites those with a creative passion to explore what the shop has to offer. Impressive photographs and vibrant drawings on the walls encourage people to come into the shop and have a taste of what Qreate is all about. Creativity and artistic expression is not only accepted in this shop, it is encouraged. Qreate invites customers to embrace innovation in an environment that not only serves guests coffee, but works of art.



(Above) The owner and founder of Qreate, Mr. Quay Hu, is a Sony Ambassador, award-winning travel and lifestyle photographer, videographer, and coffee enthusiast from Florida known for his work as a member of the Sony Alpha Imaging Collective. Quay described how he, “Wanted to build a space that promotes creativity and networking within the creative community through events” by creating a hybrid space that encompasses both a professional photo studio and coffee shop.

Affordability Meets Authenticity

By Michael Joynes

At first glance, East Garden looks like any typical restaurant. However, the inside of the establishment is full of authentic food and aromas making it a great dining option for anyone interested. Though the location relies on word of mouth for new customers, they specialize in quality food and services for their Chinese cuisine. The business has very affordable options with large serving sizes for parties of four to five so groups only need to order a few dishes. East Garden serves beef and broccoli, house fried rice, and pan-fried turnip pudding. Their beef and broccoli is tender and succulent and is elevated by the sauce and vegetables. The house fried rice has a blend of meats containing chicken, pork, and shrimp which enables customers to taste every aspect of the onions and soy sauce. Not only that, but their fried rice can feed around four people for the price of \$18.00.

The pan-fried turnips are a mix of crispy and fluffy textures, including perfect crust combined with spices and seasonings. It makes a great starting dish. When being seated, the staff is welcoming giving customers a warm atmosphere. Ordering food is quick as the staff is always walking around, checking on diners and refilling waters. The interior of the restaurant is very open, with ample seating for when it gets busy. They have paintings all over the restaurant adding to the atmosphere. All these different aspects of the establishment keep customers returning.



(Above) In the back of the restaurant there is a giant piece called *Along the River During the Qingming Festival* painted by Zhang Zeduan. This painting is meant to show the daily life of people from the Song period in Beijing. The piece was drawn on a handscroll, and was meant to show the different social and economic standings in China.

All photos by Michael Joynes.

I discovered this place through some of my family’s closest friends. They moved from California, and ever since they came to Florida, they have been scouring the area for the best Chinese spot around. It took them around a year to find East Garden, with it being the best one. These friends were so excited to share the best Chinese food that they’ve had in Florida. My family ordered a variety of things when we went to this spot. They had the juiciest duck with succulent honey roast pork. These flavors also pair well with hot tea and deliciously spicy sauces. These details are what caught the attention of our friends. They have traveled all over the world, and this is by far the best Chinese they’ve had in Florida.

East Garden has very accommodating hours, depending on when customers want to dine out. During the week they are open from 10:00 A.M to 9:00 P.M. Mondays through Sunday and are closed on Wednesdays. The business’s versatile hours allow customers to dine at almost any time whether it is an early lunch or dinner. They are open on Christmas and New Year’s for people who don’t want to cook on those holidays. The environment of East Garden brings people together with the inviting staff and delicious food. The restaurant strives to serve the best quality food and is located at 5136 West Colonial Drive in Orlando.



Cariissima Charms Designer Labels

By Mary Collins

Starting in Orlando, *Cariissima* has grown from humble beginnings to collaborating with notable brands such as *Veronica Beard*, *Aerie*, *AMIKA*, and most recently, *Marc Jacobs*. Giovanna Collao, Lake Highland Class of



(Above) Even though her business became so successful, Giovanna still had her difficulties when trying to balance so much. She stated, “I faced so many challenges building my brand. I had to teach myself nearly everything about running a business and made plenty of mistakes along the way. Even after six years, I feel like I’ve learned more in the past six months than I did when I started in 2019. I am most proud of balancing being a full-time college student while growing my business. Everything came down to balance. I was splitting my time between school, friends, and building something I was deeply passionate about. It taught me discipline and the value of hard work.”

2019, used her creativity and imagination to bring her dreams to life by starting her own online brand. The vibrant and youthful brand offers a range of bracelets, bag charms, t-shirts, necklaces, and more for people of all ages to enjoy. Whether you’re looking for a unique bag charm, some jewelry for an event, or a personalized name tag, *Cariissima*’s creations are crafted with love and detailed personalization, reflecting the commitment to quality and customer satisfaction. Back in 2018, Giovanna Collao spent her entire summer in her grandfather’s hometown which is a land of passion and romance. Italy had always been an important part of her life, visiting often and being able to spend her childhood experiencing the beautiful culture and atmosphere surrounding the city. While walking around, she would constantly hear, “Ciao



(Above) Giovanna handmade over 1,000, “Un Verano Sin Ti,” shirts, gaining Bad Bunny’s attention. This led to the tops to be posted on his main *Instagram* story.



(Above) What makes Giovanna’s products different is that they are all customizable, providing the ability for each to be one of a kind and personal to each customer. Her official page can be found by typing “Carriissima” into any search engine. All photos courtesy of Giovanna Collao.

Carissima,” a beautiful saying of endearment filled with love, warmth, and kindness, translating to, “Hello dearest” in English. Giovanna explained, “It made me feel appreciated and cherished. That’s exactly how I want people to feel when they shop in *Cariissima*, feeling the same joy and love that I felt when I heard that word in Italy.” Physically starting a brand was a breeze for Giovanna, due to her creative mindset and business goals. She began creating her brand with an *Instagram* account and only 20 pieces of jewelry. “I have always been super creative but never imagined having my own business; it all just fell into place,” she stated Giovanna’s vision for *Cariissima* is to create meaningful, customizable pieces that allow people to express themselves in a personal way. She added, “We value quality, creativity, and community, and we’re committed to making every piece feel special and unique.” With so many products to offer, *Cariissima* caters to men and women of all ages. Anyone who shops her brand, usually goes in with the intention of wanting to add a personal touch to their style—whether that’s customizing their handbag, appreciating statement details, or looking for a meaningful gift. They offer handmade jewelry and accessories, usually using vibrant colors, fun characters, celebrity inspiration, and trendy fashion choices. What makes Giovanna’s products different is that they are all customizable, providing the ability for each to be one of a kind and personal to each customer. Even with all these major milestones *Cariissima* has reached, Giovanna Collao still takes her time to make sure every package is carefully conceptualized and pre-



(Above) This year alone has been a huge breakthrough for *Cariissima*. Giovanna added, “I feel really proud that our hard work and dedication have led to being not only recognized, but also valued and respected by such influential names in the fashion industry. It’s a reminder that every step we’ve taken to build this brand has been worth it. I’ve done it all myself—from hand-making products, answering emails, running our social media, responding to DMs, building our website, photographing products, and packaging and shipping—with the support of my amazing family.”

pared, making sure every customer is happy with their experience. She continues to have such unique and flourishing ideas that differ from various brands on the market and online. *Cariissima* has meant everything to Giovanna, as shown through the presentation of her products. From hand stringing her first 20 pieces to designing for *Marc Jacobs*, Giovanna Collao proves that *Cariissima* is more than a brand, but a movement of creativity, with a future as vibrant as the pieces she creates.



(Above) Her most recent collaboration with designer Marc Jacobs was such an exciting milestone for Giovanna. The collaboration was part of a collection featuring three incredible artists. She shared her work throughout the Marc Jacob’s store. The pieces are available in 12 *Marc Jacobs* stores across America Giovanna stated, “During *New York Fashion Week*, we had the amazing opportunity to fly to the city and create personalized bag charms for guests throughout the weekend.

Dangers on the Road Unite the Team

By Emily Cypher

More than half of the scheduled games for Lake Highland’s Varsity Football team are planned away games and include some of the team’s most competitive competition. Away games are inherently difficult due to the transportation of equipment, but they are also, and potentially most important, mentally stressful on players. Teammates react differently to the stress of visiting games. For some, their performance is affected, and others are more prone to anger. This reiterates the benefits of having a coaching staff at Lake Highland, that outweighs some colleges. Head Coach Ben Bullock emphasizes the importance of teamwork in his program, establishing clear bonds that the players have to lean on while on the road. Traveling games present an entirely different type of high-risk environment, adding a whole new set of dangers on the road that unite the team.

Home-field advantage truly isn’t just a myth; there’s a lot of truth in the saying. In fact, *Kindbridge Behavioral Health* reported, “In American football (*NFL* and *NCAA*), 57.6% of games are won by home teams.” While *NFL* teams are playing

at levels far beyond that of high school teams, that doesn’t discount the impact of homefield advantage. One of Lake Highland football team’s four captains, Liam Tobin, grade 12, explained that at away games, “The atmosphere is always different. At home, it is really positive, and away it’s all about keeping your composure.” It’s not just the players that have to adjust, but the staff as well. Coach Bullock explained, “We try to frame it as different. The travel logistics of taking the team and all of our equipment, and preparing the team mentally for an unfriendly environment,” are added elements that can build on to an already stressful environment. But that’s where routine comes in.

Logistically, there’s a lot the coaching staff has to do to prepare for visiting games, especially those with farther distances. To prepare for long trips and away games in general, Coach Bullock explained, “We strive to maintain consistency for the players.” The second away game of the season is located in Mount Dora, an hour away

from the school, and has the team arriving home close to 10:00 P.M.. That’s after a full day of school. Maintaining consistency is what, “Keeps them on a routine as much as possible, which helps with their preparation. There is a lot of behind-the-scenes work when it comes to road games. We can’t go back into our own locker room if we forget something,” Coach Bullock added. All these added aspects build onto the stress of an away game. However, their routine and knowing they’re, “Having other guys rely

might need in case of an emergency. Coach Schenker added, “For all other items, we stock a travel medical kit that will help us deal with many different injuries and illnesses. Within this kit are items that will help us evaluate and treat orthopedic and general medical issues.”

These items are used more than most people would think. In football, players are constantly getting simple injuries that trainers help with, such as turf burn. Moreover, trainers are on site to elevate any injuries that could potentially be more severe. Coach Schenker noted that, “We also bring an Automated External Defibrillator (AED), crutches, and a splint bag to be prepared for any emergency scenarios. We bring everything we can so that we are always prepared for both the expected and unexpected.” Being prepared is the most useful tool when it comes to any team’s success, and the Lake Highland Football team is more than prepared.

Even with the aggression from home teams during visiting games, traveling isn’t all bad. There



(Above) Bus rides vary for each away game. However, during the season, there are no overnight games; it’s just long hours on the bus to the game and back to school.

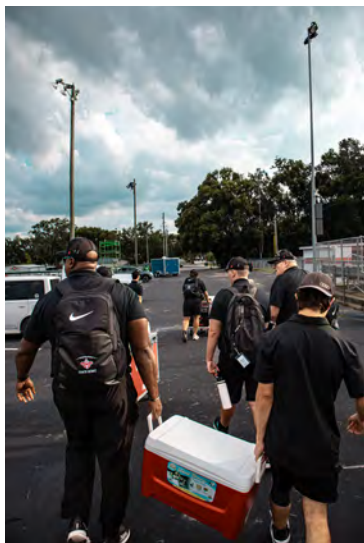


(Above) Transferring equipment to the field isn’t an easy process. Sometimes, schools have faculty members helping the visiting team transport all their equipment to the field. All photos by Emily Cypher.



(Above) Players approach the games with, “The difference between turf and grass matters for what [is needed] for the game, turf tape, etc,” Eddie Bohne, grade 12, added.

are also special traditions that come with it. Coach Bullock explained that, “On long trips, we have pizza at the bus after the game. We also stop at a particular service plaza if we are heading towards Miami for a game.” The players themselves also look forward to traveling for some away games. Brady Weber, grade 12, is looking forward to going to, “Lakeland for the state championship.” The long hours, dangers that come with away games, and early morning practices are all worth it because, for Weber, the most impactful part of being on the team is, “Building friendships that I wouldn’t have if it wasn’t for football.” Team sports, in general, benefit those who participate in them in the long run. Being more than halfway through the season, the Lake Highland Football players, coaches, and trainers are united, working towards one goal: victory, together as a team. As John C. Maxwell, author of *The Leadership Handbook*, said, “One is too small of a number to achieve greatness.”



(Above) All the equipment packed on the bus serves an important purpose. Coach Ben Bullock explained, “We bring extra equipment for the players, extra uniforms in case of blood or other reasons, video equipment, Sideline Replay equipment, iPads, athletic training equipment, and water.”



(Above) Coach Ben Bullock emphasized, “Each player has their own travel bag packed with their equipment. There is a lot of equipment to be packed up so we can go on the road.” Video equipment serves an important purpose, allowing players and coaches to rewatch plays mid-game to adjust plays.



(Above) The football team always has trainers with them, Coach Scott Schenker explained, “For away football games, we travel with two athletic trainers and our student intern from the University of Central Florida.” Having trainers on the sideline gives players access to help at any time.



(Above) Having trainers on hand at all times during away games allows them to prepare in any location by wrapping players and being there during games. Coach Scott Schenker explained, “This is our standard operating procedure for all football games that are not at Lake Highland.”



(Above) Something most people wouldn’t think about regarding the difficulties with traveling for away games are the obstacles that come with locker rooms. “Usually, the locker room is far, so we can’t go in right before kickoff and talk as a team like we do at home games,” Eddie Bohne, grade 12, added.

The COLUMN

Sister Swan Fosters Sisterhood

By Savannah Fondo

One pad and tampon at a time, Sadie Swan Hansen, grade 12, is fighting period poverty across the Orlando area. It began with a conversation with her mother's friend, Barbara, who immigrated to the United States from Cuba around the age at which she entered puberty. Barbara's family did not have a lot of money upon arriving in the United States, leaving little to no money for hygienic products such as pads or tampons. This left Barbara and her sisters using unhygienic methods to manage their periods, such as, "Old dish rags or crumpled newspaper in their underwear." Sadie was, "Horrorified at the thought of this."

This sparked something in Sadie's seventh-grade mind. As she did more research, she realized that, "Girls attending schools in my neighborhood frequently resort to unhygienic 'solutions,' such as using plastic grocery bags in their underwear. Or, they just don't attend school during their monthly cycle. Some girls also feel forced to sit out of sports because they don't have appropriate protection." As Sadie



(Above) Sadie Swan Hansen asks her friends and takes volunteers to participate in "pad parties," which are events Sadie hosts to pack the feminine hygiene products for the schools in need. These events are important as Sadie states, "The mission depends on people donating time to help pack the products and deliver the packages to the schools." These parties are a great opportunity to give back to the community. All photos courtesy of Sadie Swan Hansen.

first delivery is etched into my brain and heart forever" as she delivered two boxes almost the size of her height to a local high school. Five years later, Sadie is still going strong with her *Sister Swan Project*, dedicating time over the summer to prepare for the back-to-school deliveries. Sadie is proud to say that, "The *Sister Swan Project* has now collected and delivered more than 40,000 pads and tampons to schools in a 20-mile radius of my home."

Hearing the story about Barbara, Sadie realized that period poverty has been an overlooked issue since at least the 1960s and is still ongoing to this day. This means that something needs to be changed in our communities to end period poverty. Sadie believes that this issue has been overlooked for so long because, "People are unwilling to talk about something that makes them feel uncomfortable. People have to be more willing to be bold and talk about something important, even when it's uncomfortable, because the need is real. When we are willing to tackle uncomfortable topics, the impact is helpful and fulfilling."

The *Sister Swan Project* has brought awareness to this problem locally, but it will not end period poverty globally, nationally, or even state-wide. To further the *Sister Swan Project*, Sadie states that, "A significant next step would be to work with legislators to pass legislation that will require all public schools and public restrooms to have feminine hygiene products available in all of the girls' restrooms. This would be mission completion for the *Sister Swan Project*!" To help Sadie and her family fight period poverty in our local communities, please donate feminine hygiene products such as pads or tampons to the *Sister Swan Project* by contacting Sadie, emailing at SisterSwanProject@gmail.com, or DMing the *Sister Swan Project Instagram*: @sisterswanproject.



(Above) In preparation for the "pad parties" and deliveries, Sadie stocks up on pads and tampons. The amount of pads needed for the girls at the schools in need demonstrates that feminine products are just as important as any other toiletry and should be treated as such.



(Above) "The *Sister Swan Project* relies on donations of pads and tampons (or financial contributions that are used to purchase period products)," so they can make deliveries such as this.

from her school, started to collect feminine hygiene products. Sadie called local Title I schools to see if they needed any feminine hygiene products, and when some schools desperately needed help, Sadie, "Felt an indescribable mixture of joy and sadness that there were people to help."

To gain more awareness, Sadie started a *Sister Swan Project Instagram* account, and after only a matter of weeks from their first post, they had collected more than 1,400 pads and tampons. Sadie said that, "The day of that

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