

FORUM 2022



The Forum 2022 Staff

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The Forum 2022



Prologue

Art is like beginning a sentence before you know it's ending

~David Bayles

The present, moment is creative, creating with an unheard of intensity

~Le Corbusier

Dedication

*This Forum is affectionately dedicated to Principal Charley Fuller,
for being professional while dealing with challenges,
being a leader although not present
and maintaining focus on the education of the students
at Lake Catholic High School.*

*This is dedicated to him for his commitment and dedication to us.
May he be blessed with success in his future endeavors.*

Table of Writing Contents

Page	Title	Author	Grad year
2	Staff		
3	Lake Catholic Symbol		
4	Prologue		
5	Dedication		
14	Christopher, A Reliable Narrator?	Greg Bares	'24
18	Athletes and Academics	Zoe Pesek	'24
25	Amy Winehouse: A Legacy	Chloe Stossel	'24
30	Is a Highly Mobile Society Outweighed by Disadvantages?	Caroline Brown	'24
34	The Future of Knowledge	Tessa Koenig	'24
40	How Organized Sports Can Affect Mental Health, and How It Should Be Treated	Charlie Trinetti	'24

Table of Writing Contents

Page	Title	Author	Grad year
46	<i>The Importance of Trusting Medical Professional</i>	Dana Nicola	'24
52	<i>Prejudice in Ayn Rand's Anthem</i>	Kathryn Sowko	'24
57	<i>Companion Dogs Heal Health</i>	Kayla Calvey	'24
63	<i>Mr. June</i>	Kyan Harrold	'24
68	<i>Spring Break Trip 2022</i>	Christian Mulica	'24
70	<i>Prejudice in Anthem</i>	Taylor Scharf'	24
73	<i>Persuasive Advertising</i>	McKenzie Brugh	'23
75	<i>Big Bang or Creationism...or Both?</i>	Isabella Hayek	'24
79	<i>Acknowledgement</i>		
80	<i>Epilogue</i>		

Table of Artwork

Page	Title	Author	Grad year
Cover	Busy at Work	Ben Matejka	'22
12	Sparkly Accessories	Marissa Troha	'22
13	Photosynthesis	Zahra Kazemaini	'22
13	Lucky Bamboo	Zahra Kazemaini	'22
16	Hero Portrait	Camryn Byrne	'23
16	Bright Pink	Marissa Troha	'22
17	On the Road Again	Zahra Kazemaini	'22
17	Sunset Silhouettes	Alexandra Newnes	'24
23	A Sight for Saur Eyes	Olivia Stein	'22
23	Sunlit	Jeremy Jones	'23
24	I am Board	Camryn Byrne	'23
24	Crystal	Emma Courtot	'22
28	Christmas Tree Farm	Trey Siepka	'25
28	Mighty Cougar	Jeremy Jones	'23

Table of Artwork

Page	Title	Author	Grad year
29	Spot	Kayla Calvey	'22
29	Blue Flower	Kailie Rozman	'23
31	Six Feet Under	Ben Matejka	'22
32	Hawa	Olivia Suponcic	'22
32	A Future Doctor, Mary	Zahra Kazemaini	'22
33	Under the Sea	Callie Frimel	'22
38	Vibration Sanctuary	Adrianna Pecic	'22
39	Finn!	Anna Sanford	'23
43	Fish Bowl Without the Fish	Zahra Kazemaini	'22
44	Naples Pier	Abbey Caine	'23
44	Clearwater Beach	Abbey Caine	'23
45	Green Turtle	Taylor Kern	'24
50	Salieu	Callie Frimel	'22
50	Saio	Ben Matejka	'22

Table of Artwork

Page	Title	Author	Grad year
51	Romy Gerb	Zach Madan	'23
54	Fabulous Flowers	Adrianna Pecic	'22
54	Georgia Flowers	Camryn Byrne	'23
55	Mornings in Myrtle Beach	Ben Matejka	'22
55	Emerald Isle	Madison Kangas	'22
56	Moon Prints	Camryn Byrne	'23
61	Galway Island	Madison Kangas	'22
61	Winter Charms	Emma Courtot	'22
62	Life of a Pot	Jeremy Jones	'23
67	Living But Dead	Olivia Suponcic	'22
67	Peace Wall of Protestants and Catholics	Madison Kangas	'22

Table of Artwork

Page	Title	Author	Grad year
68	Washington Monument	Greg Thomas	'24
69	The Dolphin	Camryn Byrne	'23
69	Ellie the Elephant	Emma Courtot	'22
71	The Coast of Ireland	Madison Kangas	'22
71	Alien Planet	Ben Matejka	'22
72	Succulent	Egypt Kamara	'24
72	Autumn Apples	Isabella Hayek	'24
74	Mac Miller	Emma Courtot	'22
76	Music in Art: Non-Objective Object	Egypt Kamara	'24
76	Contour Hand Drawing	Egypt Kamara	'24
77	X-Ray Vision	Zahra Kazemaini	'22
78	Propaganda	Natalya Bergant	'25

Sparkly Accessories
Marissa Troha '22





Photosynthesis
Lucky Bamboo
Zahra Kazemini '22

Christopher, a Reliable Narrator?

Greg Bares '24

A reliable narrator, something that can be thought about and interpreted in many ways. In the book *The Curious Incident of The Dog In The Night-Time* the narrator, Christopher, introduces a whole different perspective of how a narrator can tell a story. The story starts off with the mysterious death of Wellington, the neighbor's dog, that Christopher unfortunately rolls across and gets accused of killing Wellington. Christopher is a fifteen year old boy who happens to have autism. When Christopher is wrongly accused for the death of Wellington, he swears to get the real answer about the death of Wellington so he decides he will write a book about his journey during his mystery case. It becomes very clear that Christopher is a reliable narrator because he gives all the details necessary to understand the story.

Christopher is a little different from your normal idea of a narrator, but he makes that clear to you throughout the book. He will sometimes have to take a little longer to truly understand what is going on. He may not understand something how you would normally expect someone to, but his ability to understand it in his own way and be able to give every little detail about something is why he is reliable as a narrator. Christopher will get very upset when people aren't clear with him and when he can't get an exact conclusion from someone. Which is why Christopher can only be truthful and give every detail about everything he talks about. Christopher says, "I do not tell lies. Mother used to say that this was because I was a good person. But it is not because I am a good person. It is because I can't tell lies" (Haddon 19). When Christopher thinks of lying he thinks of how there are so many possibilities of what you could say to lie and how they all just run through his head. It would be hard for him to just pick one of the possibilities so he decides he will just always be truthful. Him being truthful makes it very easy for him to be a reliable narrator because he doesn't take any short cuts around what he really wants to say.

Christopher had a big challenge that could have stopped him from being a reliable narrator. This challenge was that Christopher had a hard time comprehending people's reactions and facial expressions. He didn't know how to interact with people and didn't get how they'd interact with each other. Christopher could've lived with this challenge but didn't.

Christopher, a Reliable Narrator? (continued)

Greg Bares '24

He found his own way to overcome it with the help of his teacher, Siobhan. She helped him by giving him graphs and drawings to help him figure out what the other people's reactions meant. This helped him narrate this story because he was able to comprehend how people felt about something and allowed him to explain situations throughout the story with more details. Since Christopher had a hard time understanding some stuff people would normally understand, he liked to compare life to prime numbers. Christopher said, "I think prime numbers are like life. They are very logical but you could never work out the rules, even if you spent all your time thinking about them" (Haddon 12). For Christopher, it is hard for him to understand people and that makes life just a bit harder for him. This could've stopped him from being a good narrator, but instead of giving up he uses all his knowledge and helpful tips from his teacher, Siobhan, to get through his challenge and create a very good story that starts with his good narration. There was truly no one better to narrate than him because he lived this story and was able to give all the details that would help you to truly understand what's happening in the story.

Christopher gets a bad reputation as a narrator because of how people view him with no real thought behind it. Christopher, even with his disability, is a reliable narrator. He may have a different view or interpretation of situations than others, but it's not a bad difference, he is just way more in depth with his answers and descriptions. Christopher doesn't live his life in shame, he overcomes his challenges and makes the most of everything. Christopher is very dedicated to this story and that is a reason he is the best person to narrate this story. He lived this story and can tell what happens better than anyone else can. Christopher is very resourceful. He knows how to keep himself focused and is good about using his surroundings and resources to make him a reliable narrator. He may be different than most narrators but that doesn't mean he isn't a good one. He knows how to narrate this story, and even though it may be different than other stories, he does a very good job at narrating. He is just as reliable as any other narrator.



*Hero Portrait
Camryn Byrne '23*



*Bright Pink
Marissa Troha '22*

On the Road Again
Zahra Kazemaini '22



Sunset Silhouettes
Alexandra Newnes '24

Athletes and Academics

Zoe Pesek '24

The stereotype of the “dumb jock” has long been present in American entertainment, gracing everything from novels to television shows. But how much truth does the stereotype really hold? Statistically, not much. Student-athletes have been shown to have higher grade point averages, better attendance records, and better discipline records than their nonathlete counterparts. This leads to the conclusion that sports have a positive effect on an athlete’s cognitive skills and mental health, which in turn promote academic success.

In a 1993 to 1996 study conducted in North Carolina high schools, it was revealed that an athlete’s average GPA was 22 percent higher than a nonathlete’s on the 4.0 scale (“Those ‘Dumb Jocks’ Are At It again”). In the same study, the data showed that athletes missed about six (6.06) less days of school than nonathletes over the course of the school year. It also showed that in the reporting schools, discipline incidents were about 10 (9.8) percent more common among nonathletes than athletes.

These patterns are mirrored in other studies, leading one to question why, although it might seem counterintuitive, athletes tend to perform better academically. The answer lies partly in the effects that physical exercise has on the brain. Physical exercise is defined as physical activity that is “planned, structured, repetitive, and has as a final or an intermediate objective the improvement or maintenance of one or more components of physical fitness” (Global Recommendations on Physical Activity for Health). Examples of physical exercise include regular aerobic and anaerobic activity, both of which are fundamental to any kind of sport, whether it be running across the field during a soccer game or even pinning an opponent during a wrestling match.

Athletes and Academics (continued)

Zoe Pesek '24

Physical exercise has been linked to increased neuroplasticity in the brain, which is the ability of the brain to change and adapt in response to experience (Mandolesi et. al.). There are billions of pathways in the brain, and neuroplasticity deals with the brain's ability to carve new pathways and strengthen old ones. An increase in neuroplasticity would mean that the brain is able to more quickly grasp new ways of thinking and learn new tasks faster — both skills that are useful to students in the classroom. Being able to learn new topics and processes more quickly would ultimately positively impact an athlete's academic performance.

Physical exercise has also been shown to increase the gray matter volume in the frontal and hippocampal regions of the brain. (Mandolesi et. al.). The hippocampus is the part of the brain that deals chiefly with learning and memory, while the frontal lobe is involved with personality characteristics, decision making, and movement. Gray matter processes information in the brain, so it is no surprise that an increase in gray matter in these two parts of the brain would lead to an increase in memory capabilities and problem solving skills in athletes.

In addition to granting improved memory and problem solving skills, sports also train athletes to perform well under stress. This skill, along with the other positive cognitive effects of exercise, could contribute to the reason why athletes tend to perform well under the stress of a test or an exam. The decisive action that is required to act under pressure also contributes to handling deadlines, which is a useful skill for student-athletes.

Regular physical activity has also been shown to have positive effects on an athlete's psychological well-being. Physical exercise increases the levels of neurotransmitters in the brain, such as serotonin and beta-endorphins. Serotonin is a hormone that produces healthy sleeping patterns and acts as a mood stabilizer, while beta-endorphins are hormones that block pain. The release of these hormones can lead to a unique kind of short-term relaxation, which promotes concentration, memory, creativity, problem solving, and mood, as referenced in research published by the Canadian Fitness and Lifestyle Research Institute (The Case for Daily Quality Physical Education).

Athletes and Academics (continued)

Zoe Pesek '24

The same research indicates that physical exercise increases self-confidence and self-image, relieves aggression, and decreases anxiety and depression in the long-term. A 2004 study conducted by the Women's Sports Foundation concluded that 25.1 percent of high school students who regularly exercised six to seven days a week felt sad for two weeks or more in the past 12 months, as opposed to 35.7 percent of students who reported exercising zero to one days a week. Additionally, of the students who exercised six to seven days a week, 15 percent reported suicide idealization and 6.4 percent reported a suicidal attempt in the last year. Comparatively, of students who exercised zero to one days, 34.6 percent reported suicide idealization and 10.3 percent reported a suicide attempt in the last year (Journal of American Academy of Child & Adolescent Psychiatry).

Exercise promotes positive mental health, and positive mental health promotes academic success. One can see the benefits of positive mental health on a student's academic performance by looking at the detrimental effects of negative mental health. One study on university students found that "Diagnosed depression was associated with a 0.49 point, or half a letter grade, decrease in student GPA, while treatment was associated with a protective effect of approximately 0.44 points" (Hysenbegasi et al.). The fact that athletes are less likely to struggle with depression contributes to the reason why athletes perform better in school.

Competing in sports has been shown to positively affect an athlete's self-image, which is highly associated with confidence. Students with higher levels of confidence are more likely to ask questions in class, be assertive, and be ambitious.



Athletes and Academics (continued)

Zoe Pesek '24

The benefits of team sports go beyond those of just regular exercise. Research published in *Medicine & Science in Sports & Exercise* indicates that “women who participate in sports in a social setting like clubs enjoy better mental health and life satisfaction than women who exercise at a gym or walk alone” (Eime et. al.). Being part of a team teaches athletes communication skills and good sportsmanship, both of which are useful in professional settings like the classroom.

Additionally, different sports provide different benefits. In a 2018 psychosocial survey by the Aspen Institute it was discovered that team sports, such as basketball, soccer, and football, had better social and psychological benefits than individual sports, such as track and field and cross country. The study compiled a ranking system based on cognitive skills, social skills, mental health, expert opinion, substance abuse, and academic achievement to come up with an aggregate score, and team sports — specifically softball, soccer, basketball, and volleyball — came out on top all-around (Bowers and Solomon). Though no sport is “better” than another, these results clearly display the cognitive, mental, social, and academic benefits of team sports over regular exercise.

Student-athletes enjoy a plethora of benefits as a result of participating in athletic activities. Physical exercise, and therefore sports, has been shown to increase the memory, problem solving skills, mental health, self-esteem, and other cognitive skills of an athlete. These in turn boost academic performance, as can be seen in the comparison of the average athlete’s GPA and the average nonathlete’s GPA. While sports have traditionally been seen by many as an obstacle to academic success, quite the opposite is true.

Athletes and Academics (continued)

Zoe Pesek '24

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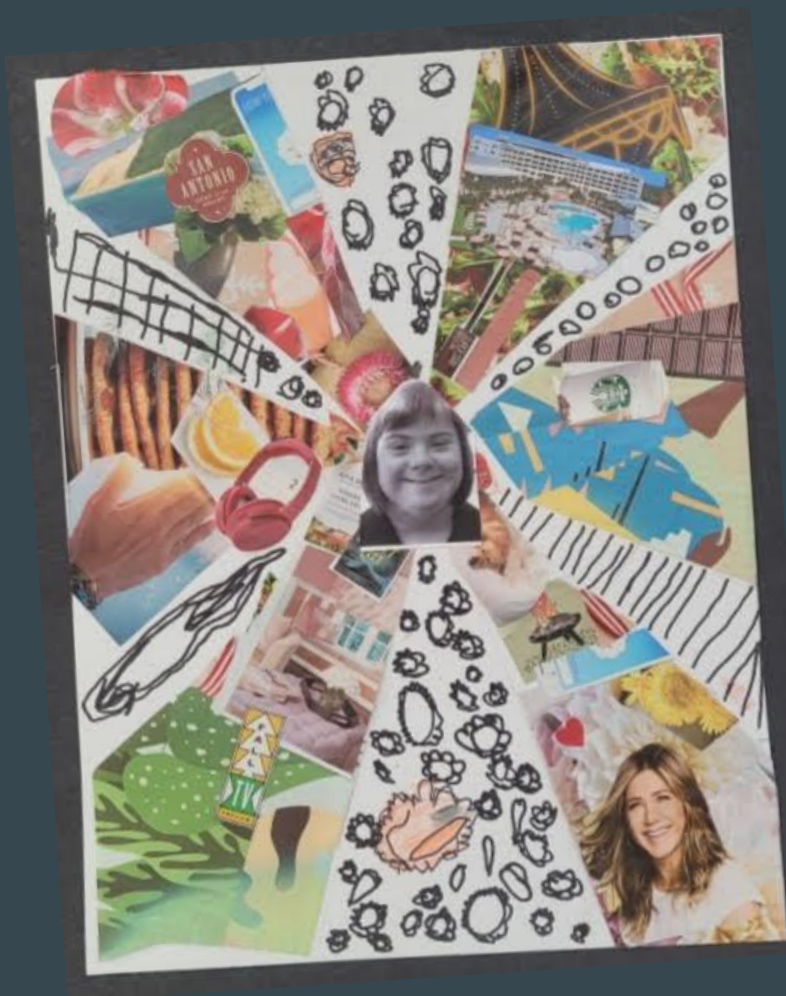




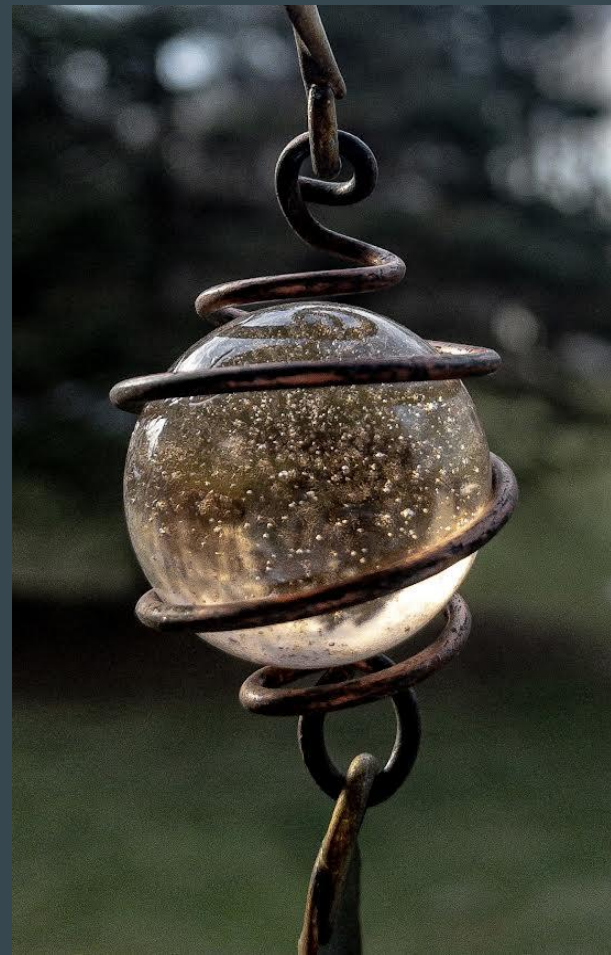
Sunlit
Jeremy Jones '23



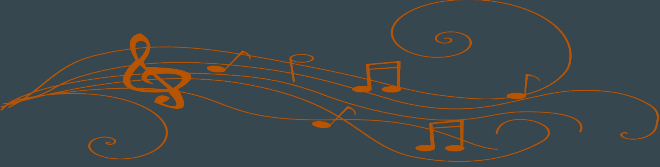
A Sight For Saur Eyes
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*Crystal
Emma Courtot '22*



*I am Board
Camryn Byrne '23*



Amy Winehouse: A Legacy *Chloe Stossel '24*

All stars are meant to burn out. These lost stars, however, are not forgotten. In the year 2011, Amy Winehouse, a twenty-seven year old British, jazz-based artist and songwriter, passed away due to an overconsumption of alcohol. Her downfall was dependent on a decreased alcohol tolerance, harsh tabloid coverage, and struggles with eating disorders. Winehouse was renowned worldwide for not only her beautiful voice, but her bluntness and quick humor. The months and years following the singer's tragic demise were filled with efforts to provide improved mental health support to artists in the music industry. Amy Winehouse's death propelled a movement that addressed the stresses of musicians, such as the presence of dangerous substances, negative media, and pressure from management teams.

Amy's troubles began at a young age. As a teenager, she was full of energy and had a bright future ahead of her; she dreamed of getting an education in theater. This aspiration was tossed out after expulsion from theatrical schooling, following the tumultuous divorce of her parents. In 2007, Amy reflected on her childhood, saying that her parents "realized that [she] would do whatever [she] wanted" (People Magazine, A Life Cut Short). Amy then consulted self-destructive behaviors, such as self harm and eating disorders, to cope with her newfound depression. These habits continued during the kindlings of her music career, wherein Winehouse depended on alcohol and hard drugs to complete her daily routine. Her interest in musicianship, however, did not diminish the harm that had been done— rather, her public image as a musician later suffered from her plight.

In the current age of social media, rumors and information spread swiftly. Newspapers, news outlets, and tabloids in the 2010s completed the same task, but much more harshly. Journalist and broadcaster Suchandrika Chakrabarti remarked on the harshness of tabloids and news headlines during the early 2000s. Chakrabarti said, "...I know those headlines couldn't be written today. There would be pushback on social media [to those headlines] now" (Hawkins, How Winehouse's Death Changed Conversations). In relation to Amy Winehouse, these headlines discussed the specifics of her marriage with Blake Fielder-Civil along with photographs that portrayed Amy drunk and stumbling through the streets of Camden, London. Additionally, tabloids dubbed Winehouse "Wino" in a deliberate effort to humiliate her. These front-page stories breached Amy's privacy and disgraced her. The harsh stories have since been cut down, but the damage that they caused had already been done.

Amy Winehouse: A Legacy (continued)

Chloe Stossel '24

Following Amy's engagement to Fielder-Civil in 2007, a series of dramatic arrests and videos surfaced at what would be considered the crux of Amy's addiction. Multiple incidents, including a specifically haunting concert where Winehouse appeared intoxicated on stage, amounted to the cancellation of two tours and public appearances for the remainder of the year. In the same year, 2007, Amy's father recommended that she go to rehab and therapy for her excessive drinking. Her management had previously requested that she join a rehabilitation facility, which prompted her to write an anthem of opposition titled "Rehab" for the album "Back To Black." Winehouse's friend commented that "'[Amy] bought a mini bottle of vodka on the way to rehab in typical Amy style,'" (People Magazine Editors, *A Life Cut Short*). It seemed like Winehouse might get her happy ending after all, until she relapsed after abstaining from alcohol for a month. A decreased tolerance for alcohol from that month of abstinence, combined with her petite size, and the toil from years of eating disorders, were all factors of her death.

Whereas Winehouse used only music to battle her inner demons, an increasing amount of therapy and support programs are becoming available to help artists battle their struggles together. A new type of job, established by psychotherapist Tamsin Embleton, called "music industry therapy" soon reached mainstream media. The goal is to offer help to those in the music industry such as directors, record label management, and musicians who are unable to help themselves. It is sadly with Amy Winehouse's help that mental health has become a necessary conversation between adults, kids, and educators alike.

Amy Winehouse's passing allowed the world to move forward with programs that support people with ongoing mental health issues and stresses. Her music continues to inspire generations of people and act as an empowering, relatable force for all. Furthermore, online media has pushed for a greater reaction and plans to counteract behaviors that cause depression and anxiety. Education about basic ways to care for those who are struggling continues to push for a healthier mindset in communities worldwide. Winehouse's melodies, combined with stories of redemption and support online, help the world realize that it may take an army to start a war, but it takes only one individual to inspire that army to persevere.

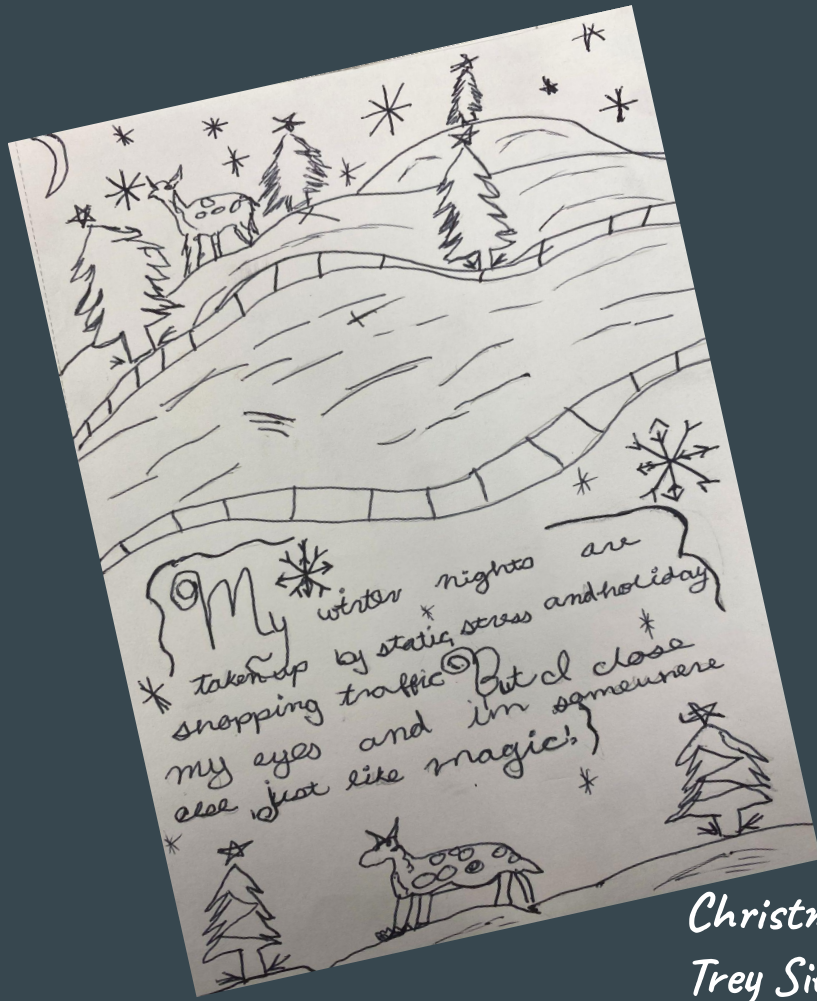
Amy Winehouse: A Legacy (continued)

Chloe Stossel '24

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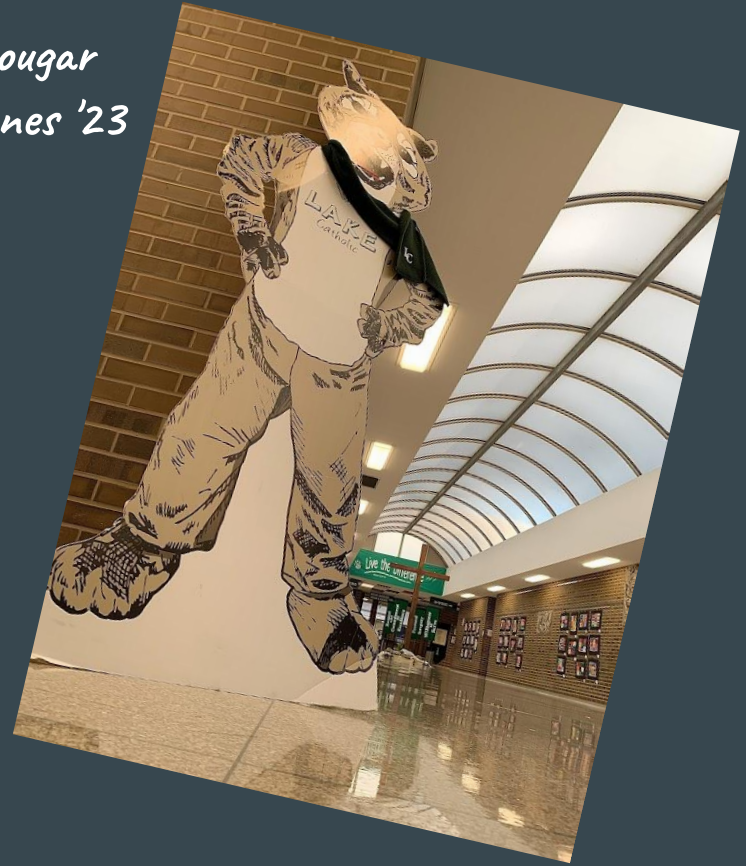
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Christmas Tree Farm
 Trey Siepka '25

Mighty Cougar
 Jeremy Jones '23





Spot
Kayla Calvey '24



Blue Flower
Kailie Rozman '23

Is a Highly Mobile Society Outweighed by Disadvantages?

Caroline Brown '24

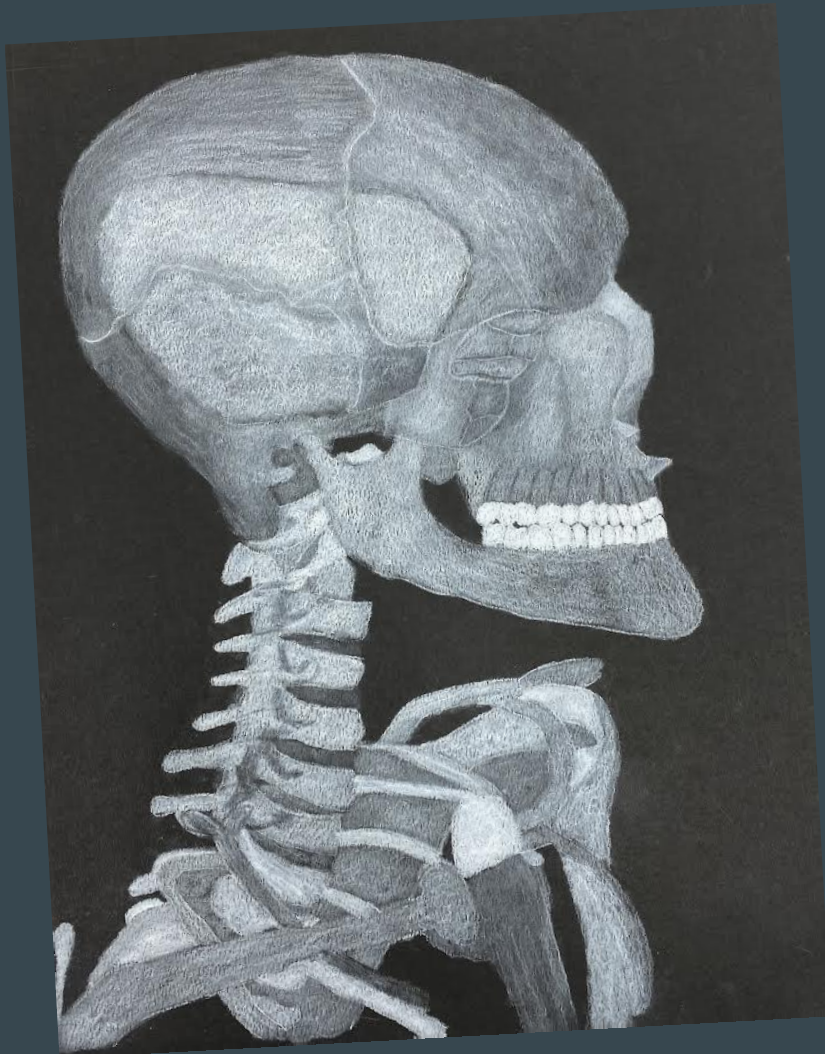
Is our fast paced, constantly moving society really an advantage to our lives? Perry Patetic makes the argument that living in a highly mobile society has its disadvantages in our lives that outweigh the advantages. I agree with Patetics' argument because a highly mobile society can lead to lack of needed support, and make it a struggle to maintain relationships.

The first reason Patetics' argument is true is because a highly mobile society can lead to lack of needed support. Patetic quotes, "Not too many families live together in the same neighborhood; generally we travel long distances for grandparents, and grandchildren to spend time together." Looking at this quote on a deeper level in situations where a family member could be sick or in need of support, distance, and traveling makes it hard to support a person in need. Other commitments make it difficult for anyone to travel, and suddenly leave to help someone else. This is one of the disadvantages of a highly mobile society.

The second reason Patetics' argument is true is because a highly mobile society makes it harder to maintain relationships. High mobility in society has made it easier and more common for people to move for work, school, or other commitments. This comes with the disadvantage of people feeling the need to give up on relationships. Whether it is a friendship or a significant other, distance puts a strain on relationships because the relationship is not easy to maintain anymore. These strained relationships are a disadvantage to a highly mobile society.

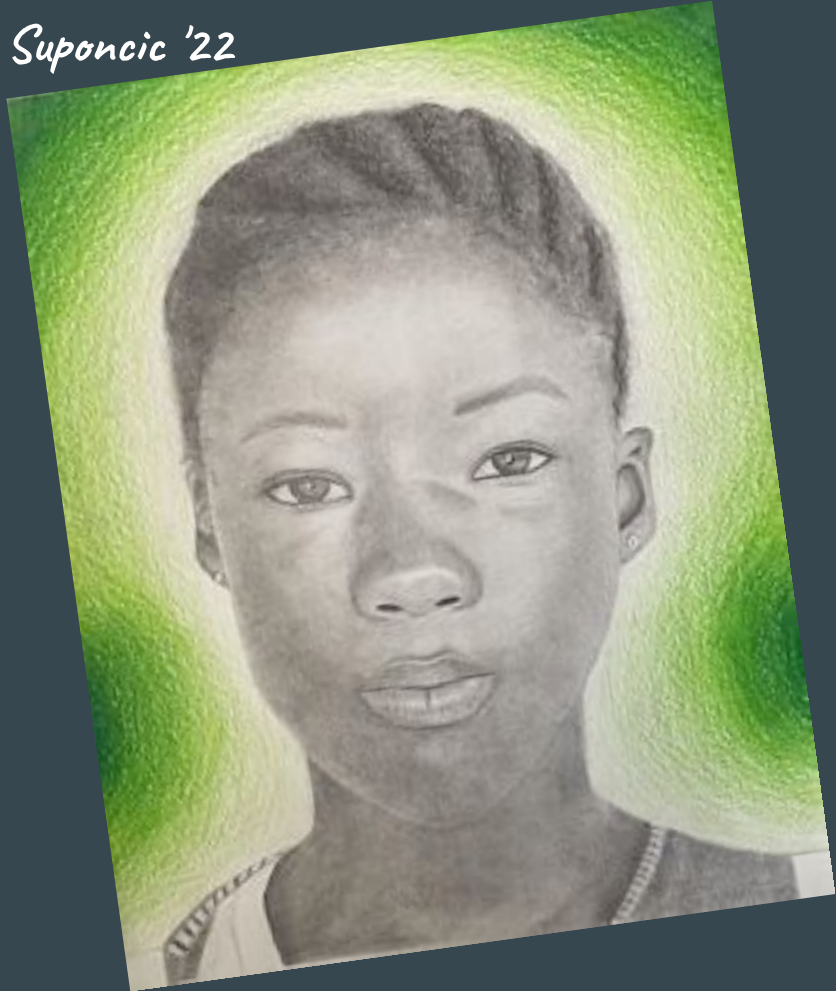
Although the argument could be made that a high mobility is good to improve our society, it speeds up the pace of our society. This could cost people more effects than a good job, my argument being the loss of necessary support and maintaining strong relationships.

In conclusion, Patetics' argument is true because a highly mobile society has the disadvantages of lack of the support we need, and a struggle to maintain our relationships.



Six Feet Under
Ben Matejka '22

Hawa
Olivia Suponcic '22



A Future Doctor, Mary
Zahra Kazemini '22



Under the Sea
Callie Frimel '22



The Future of Knowledge

Tessa Koenig '24

One, two, three, eyes on me! Teaching is one of the most important and most needed jobs in our society today. A world without teachers would be a world without knowledge. Teachers are just as important as doctors, especially for children. So why don't they get paid just as much? Unfortunately, due to various reasons, the number of well educated and committed teachers has lowered. This is caused by low income, not being satisfied with their workplace, and not being able to live comfortably. The leaving of teachers in schools is causing student performance and education to lower, and frustration of teachers and parents to rise. Many teachers are leaving the occupation because of the low salary levels, working in a poor environment, and not being able to live with ease outside of school.

Hundreds of teachers across the country are leaving their teaching profession due to low pay and salary levels. A number of educators have also participated in strikes to protest for higher pay. The "BYU Education and Law Journal on Law and Policy Impacts of Teacher Attrition" has a study that shows regardless of how long a teacher has been teaching, 57 percent of their respondents agreed that teachers are not paid well. 85 percent reported that salary is a very important consideration when making a decision to remain a teacher (Hanks et al. 131). To "fix" this issue, many think that all that has to be done is to throw a few extra dollars to the teachers. Maybe it will work for a short time, but ultimately, it is a short term solution, and a long term failure. Tossing teachers the occasional "peanuts" in the form of a few hundred or thousands of dollars every so often will not solve the teacher shortage. In a recent study from the Department of Education's National Center for Education Statistics, author Calfas found that of all K-12 public school teachers who left their jobs in the 2012-13 school year, 6.8 percent said they did so as a result of their salary. Teacher pay has been falling since the 1990s (Calfas). But fewer people want to become teachers now. Over the last 5 years, there has been a 35 percent decline in enrollment in teacher education programs. This is because potential teachers can be lured into other fields with more promising wages such as tech, or even waitressing and bartending (Calfas). Low salary is widely publicized as the leading cause of teachers leaving the profession. Along with some other issues, it is still one of the top reasons.

The Future of Knowledge (continued)

Tessa Koenig '24

Most people like to find jobs that will support their lifestyle, so when a job does not support their needs, there is an issue. Many teachers have to work second jobs to keep up with rent, groceries, and what they need to take care of themselves. A teacher in the “Money” article said, “... I chose not to go to the emergency room.’ She knew she could not afford the expenses” (Calfas). The fact that many teachers (and also people in other professions) have to put their health behind them because they can't afford it, is very sad. Another teacher from the “Money” article explained, “...how often do I put my health on the line because I just don't have the funds to be able to care of myself?” (Calfas). To get more money, teachers often have to work second jobs. This all-around is a hard situation for them. In 2015-2016, 18 percent of U.S. teachers worked second jobs. Believe it or not, teachers are 30 percent more likely than non-teachers to have a second job (Cleaver). It is very important to fix this issue, and the only way to do that is by raising income. The importance of this is so high because if teachers do not work second jobs, they will have much more time to focus on their classrooms. Therefore the children will overall have a better learning experience and environment. Teacher morale will heighten as well as the focus on their students.

According to the “BYU Educational and Law Journal on Law and Policy Impacts of Teacher Attrition” Hanks et al. states that workplace satisfaction was the second most influential predictor of how often a teacher has considered quitting. Satisfaction with one's workplace is very important. Research has consistently found and shown that teachers' workplace conditions are deteriorating. As a result of that, many teachers feel as if they are somewhat forced to quit their jobs. Hanks et al. suggests that the worse the workplace conditions, the more teachers are frustrated about their salary level. Which yet again, leads to a high rate of teachers wanting to leave the profession. A woman interviewed in the “Money” article stated that, “She felt that lack of respect stifled her work as an educator as she dealt with low pay” (Calfas). This again shows that a bad workplace leads to frustration regarding pay. This also shows that on top of pay, and bad working conditions, there is a lack of respect towards teachers. One man interviewed in the “Money” article sadly and frustratedly explained how he felt. “‘It's a profession that should be treated almost like doctors, but we're treated almost like essential babysitters,’” (Calfas). The anger is clear, and there is no question on why many teachers feel disrespected. Unfortunately, this is driving countless teachers out of their careers.

The Future of Knowledge (continued)

Tessa Koenig '24

Countless studies have been done on the benefits of raising teachers' pay. Specifically, studies that show when teachers get paid more, student performance is enhanced. In one study shown, Cleaver reveals that a 10 percent increase in teacher pay was estimated to produce a 5-10 percent increase in student performance. This also has long term benefits. In that same article, it states that a 10 percent increase in per-pupil spending for each of the 12 years of education results in students completing more education, having 7 percent higher wages, and having a reduced rate of adult poverty (Cleaver). A family interviewed in the “Money” article explains that they are going to homeschool their daughter. This is because they say that she is suffering due to the growing size of the classroom (Calfas). If less teachers get paid, more teachers will leave their job. And when more teachers leave their jobs, there aren't enough teachers to have smaller-sized classes. This ultimately affects how the student is learning. When there are bigger class sizes, the one-on-one time with a teacher is lowered. On account of that, benefits for families in poverty are even more substantial. Though there is one question: Why *do* students do so much better when teachers are paid more? Well, there is no clear answer. In Cleaver's article, she explains that, “...perhaps it is an increase in the teachers' quality or having support from adults.” However, any way it is looked at, it is clear that because all students are so important, teacher salaries should be raised.

If we are to keep teachers teaching, more must be done than petitioning for a raise in teachers salaries. Money is not the only important thing to educators. A competitive salary is a very important way to acknowledge the hard work teachers do everyday. However, there are even more, specifically research-backed, benefits to increasing teacher pay. Respecting teachers, making their workplace a place they enjoy, and giving them a helping hand so that they are able to live comfortably, are just the beginning of ways to help. These ideas are often invisible to many people. That cannot be the case anymore. These ways of helping teachers all over the country are crucial. The need to keep talented and committed teachers is even more important. If schools have no more committed teachers, both schools and students will fail. The future of education revolves around this vital issue. Something needs to be done, or else the future of education and knowledge will be at stake.

The Future of Knowledge (continued)

Tessa Koenig '24

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Vibration Sanctuary
Adriana Pecic '22



Finn!
Anna Sanford '23

How Organized Sports Can Affect Mental Health, and How It Should Be Treated

Charlie Trinetti '24

When you were younger, did you ever feel the desire to play any sports? Or be a part of an organized club, but you chose not to because you were too afraid or too scared to try new things or meet new people? Well if so, then your philosophy at that time was incorrect. Within this paper, we will dive into the minds of young adolescents or teenagers who either are a part of an organized club or are in a sport that involves a team, and not just the individual. This paper will show the benefits of playing organized sports and the minds of some professional athletes who were a part of an individual sport, or had no time to focus on mental health and focused too much on physical health. Being a part of an organized team sport as a young adolescent can not only have many effects on your mental health, they can damage it or fix it. With that being said, mental health should be more focused on as a child in athletics.

As a young child, you are destined to face a little bit of adversity. Whether it is just smaller things at home, or even struggles at school with grades, you are bound to take this into effect. There are many different ways to try to ease your mind or get away from these adversities, but one of the most efficient ways to do so is becoming part of a sports program. There are many different sports teams that you can go out and join, so there is no need to worry about your likes and dislikes when it comes to them. There are even sports where there is no physical contact involved, so if you feel you are not big enough to participate in maybe football or basketball, you can always try baseball or an aquatic sport. B

There will always be a point when you are in your younger stage of your life where you will have to take a look at mental health. While doing this, you will notice if you are being physically and socially active. If you are having mental health issues at a young age, you are probably not doing enough of those things, which is why joining a sports program can be very beneficial. There are many different ways you can go about this route. You can lean towards golf or bowling, which involves focus and concentration, which helps you ease your mind. You can also go out and just do something with your friends like shoot hoops, or go play catch with a football. When you are around friends and doing something you enjoy and are playing for fun, it can really cause you to become happy, at least for the moment. When you are feeling that, you realize that you do not want to lose it so you would much rather be having fun with your friends than either focusing on a sport by yourself or being alone in any way.

How Organized Sports Can Affect Mental Health, and How It Should Be Treated (continued)

Charlie Trinetti '24

This can also go both ways, though. You should never be putting in too much time and effort into one particular thing. Sports at a young age should be a way to help you with easing yourself from stress, not causing more of it. Do not begin to take it too seriously until you know the direct path that you want this sport to take you down. One thing that you will learn throughout is that winning will also give you a lot of satisfaction and dopamine. So some will learn the feeling of this and try to cling onto it, but in a different way they did when they started by just enjoying the sport. They feel that they have to have this feeling, which will lead them to spending too much time focusing on trying to achieve this one goal. For some, this can be a helping factor in their life, helping them escape reality and focus on something they love. But in most scenarios, this will be a fruitless effort that will result in more mental struggle. Always remember that this is used as a stress reliever, not something to cause more stress.

There are many statistical things that doctors have researched behind the knowledge of mental health involving young teenagers. As stated in this passage. “Participation in sports can have long-term effects on your mental health.” Many of the publishers went out and interviewed young adolescents that were either involved in an organized team sport or an individual oriented sport, and compared the overall average throughout them. To start things off, 30 percent of the athletes that are part of an individualized sport do it for goal oriented reasons, while only 21 percent of team sport athletes do it for goals, leaving 79 percent of the team sport athletes doing it for fun, while only 70 percent of individuals do it for fun. 13 percent of the individuals said they have experienced depression/anxiety, while only 7 percent of the team sport athletes have experienced those mental health issues. Also, 8 percent of the individual athletes are one sport athletes, and train all year around. From those 8 percent, 13 percent of them suffer from depression or anxiety. It puts way too much pressure on just one young child to where it drives them to be sad everywhere except for their sport, which they do not even enjoy, and are just playing for goal oriented reasons.

One last thing that will be presented here is how professional athletes, who most likely grew up as one sport athletes like some of these children. There have been many scenarios where players ranging from the Olympics, to swimming, to American football, and all the way to tennis. As shown, Simone Biles, 2 years ago, had to drop out of the Olympics because of depression and anxiety. Not

How Organized Sports Can Affect Mental Health, and How It Should Be Treated (continued)

Charlie Trinetti '24

only that, she was ranked number 1 in her whole entire sport. So you're probably wondering, what would ever be that bad to where you would have to leave if you knew you had a good shot at winning the olympics? Well, her entire life, all anyone focused on was her physical health, and how well she could compete in gymnastics. Once she got to the biggest stage, she realized how much she has lost, and also what she has gained throughout her life. Again, since she was ranked number 1, she also had all the pressure on her from around the world. This is why they need to focus more on this when athletes are younger.

These are many reasons why mental health should be more focused on throughout a teenage athlete's life. Many of them go through struggles without anyone noticing because they feel the narrative that they should be mentally tougher just because they are physically tougher than other kids their age. They feel that since they have some things going for them in their life, there is no possible way that they are suffering from depression and anxiety. They shun that thought out of their own minds, trying to convince themselves they do not actually think that way. So if you ever see a friend or family member that might be struggling, make sure to just check up on them and make sure they are doing ok.

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Fish Bowl Without the Fish
Zahra Kazemaini '22





Naples Pier
Clearwater Beach
Abbey Caine '23



Green Turtle
Taylor Kern '24





The Importance of Trusting Medical Professionals

Dana Nicola '24

They couldn't move. They were paralyzed, but their bodies were awake. They can feel, hear, and see everything, but couldn't say anything. This is how Tracy and her husband described their experience when they were in a car crash. They were rushed to the hospital and needed surgery done immediately: "My husband sustained nine broken ribs, a shattered breastplate, and a lacerated liver and he was hospitalized for two weeks. My injuries included 10 broken ribs, several of which were crushed in multiple places puncturing my lung, stomach, and diaphragm along with rupturing my spleen" (Tracy). Despite their critical condition, they still believed in the doctors to save and help them. After the surgery, they both made a full recovery and are perfectly healthy due to the surgeons that saved their lives. The patients would not have survived without their faith in the doctors and their hard work and dedication. The trust a client has with the worker plays a huge part in the quality of the job. Trusting in medical workers plays a crucial part in the effectiveness of the work they produce.

Many individuals believe trust is not visible when in reality it is. Trust is one of the most important things in the medical field. All medical workers have to make a connection with the patients regardless of the circumstances. Trust, Distrust, and Trustworthiness, has recognized that: "A shared narrative depends on and strengthens the trust of the patient for doctor and doctor for patient, at least in the primary care context" (Susan Dorr Goold). Utilizing the word "shared narrative" implies that many individuals agree with the claim. A shared narrative is known as an act of looking at the bigger picture and listening to what others have to say. In primary care, the doctor and patient have to create a bond. This helps many feel comfortable and confident while getting access to health care services. When a doctor senses you trust them, they have the reassurance that you will follow their treatment plan. If there is no trust between the doctor and patient, the patient would be less likely to hear out the doctor's health plan for them, which puts the patient at risk. Additionally, creating a trusting relationship between the doctor and the patient is crucial, as patients are more likely to be forthcoming with information. Patients who trust their doctor or healthcare professional will be able to make better decisions and be more in control of their health. Getting to know a patient builds more trust so that there are no blocks in the medical care that is being given.

The Importance of Trusting Medical Professionals (continued)

Dana Nicola '24

Many seem to be under the impression doctors can be replaced by things like machines and google, even though it may give a diagnosis, that does not mean it's an efficient way to treat a medical problem. Resuscitation of Anesthetic Accidents Due to Either Anesthesia in Children, states, “.....describes the ways that bias, racism, and other structural injustices are built into many data-sets and may be perpetuated or amplified by machine learning applications that are trained on these datasets. Expanding on the social justice considerations the authors identify, developers should ask whether training datasets include data that represent the full scope of the patient experience. That is, do the data that can be captured in a health record or other available dataset accurately reflect who a person is and the life they lead” (Grégoire, France). This exemplifies that Machines can't always get the job done efficiently. As many know machines can not experience feeling, meaning it does not have trust and can not gain trust. The machines may hold data efficiently, but they can not feel the feelings of a person and have empathy to understand the person as if a doctor were too. Doctors have been trained to listen and understand what their patients need, which is known as actively listening. By actively listening to patients, you demonstrate respect for them and build trust. This approach allows physicians to act as trusted people to talk to and provide relevant medical knowledge, as well as translate it into options aligned with patients' stated values and priorities. Technology will never replace what it is to be a worker in the medical field because the very crucial patient-doctor relationship is unique to each patient and the efficiency of the work performed.

All doctors need help, that is why people like surgeons, nurses, and anesthesiologists exist. These individuals play an important role in one's experience in a hospital or doctor's office. Not only do the patients need to trust their provider but so do the coworkers. Trust in the work environment means the employees are proud of where they work and are more willing to go above and beyond to help you. A patient can tell if you are enthusiastic about your job, and that determines how the patient feels towards the employee. Trusting in the workplace is very important, because it helps employees feel secure in their jobs and, as a result, it reduces bad outcomes. Trust builds teamwork and sympathizing skills, which are used every day in the medical world. The medical world is a chain, you go for a checkup and you may have to get bloodwork, which can result in either surgery or simply getting medication from the pharmacy. Trust helps save time during the appointment. For example, if there is trust between the doctor and the patient it will be

The Importance of Trusting Medical Professionals (continued)

Dana Nicola '24

easier to communicate and find out what the patient needs. Doctors have many patients, so the nurses will communicate with the patient as well to find out what they need. Without trust, there is no true communication, which leads to a misdiagnosis. Doctors understand that you are not going to trust them right off the bat, but they will communicate with you to make sure you feel safe and protected as they help you. Many patients are hesitant about telling their doctors about drugs or sex history, but little do they know doctors have no judgment, they only want the information so they can give proper care. Some medications may have bad side effects with other drugs you take which can lead to death or multiple health problems.

Many people doubt medical professionals. Everyone has their own experiences and reasons to bend their trust in medical workers. These reasons may be valid but certainly not for all medical workers. All medical professionals go to school for 10-14 years. In these years they are professionally trained to do procedures, give correct medication, and most of all how to show trust to patients. It's also very hard to get into medical school. To qualify for medical school one would need a 34 or higher act score, a 3.5gpa or higher (Kowarsk, Ilana), and 511 on the MCAT (What Is A Good MCAT Score To Get Into Medical Schools?). As you can see no one can abruptly decide to go to medical school, it requires a lot of knowledge and patience. Doctors can also tell when their patient is lying, just like every other human, when patients lie they make less eye contact, move around frequently, and may try to keep the conversation short, so they don't get caught in their lie. There is no point in lying to your doctor because they can already tell. The only thing the lie is doing is hurting the patient. Doctors can't give you any strong medication to truly help you because it may interfere with a drug problem that you're hiding from them. Medical professionals are never a threat, they are all doing their best to help their community in some way.

The Importance of Trusting Medical Professionals (continued)

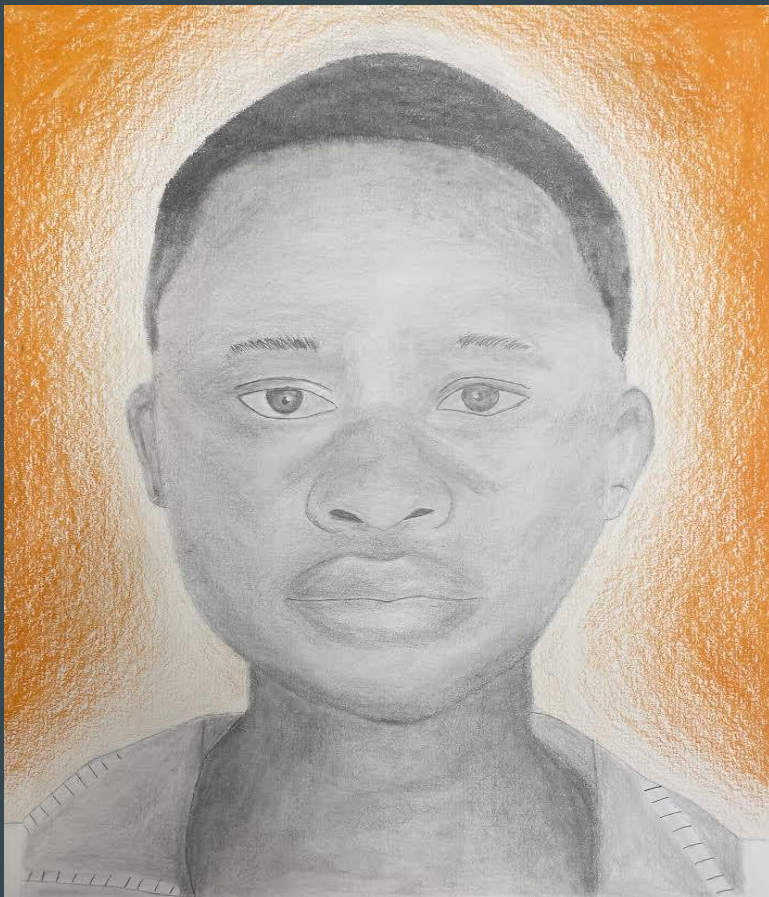
Dana Nicola '24

Overall, trusting in medical professionals has an important part in the success of the work they produce. Trust is something everyone needs, and in the medical field, it is one of the most important tools used. Trust varies from each person's perspective, but in every medical worker, you will find trust. Trusting plays a big part in the production of the work the patient is receiving. No machine can replace a doctor's knowledge, and not everyone can become part of the medical field because it's very hard, so remember the next time you need medical attention, trust the workers and always tell the truth so you can get the proper care.

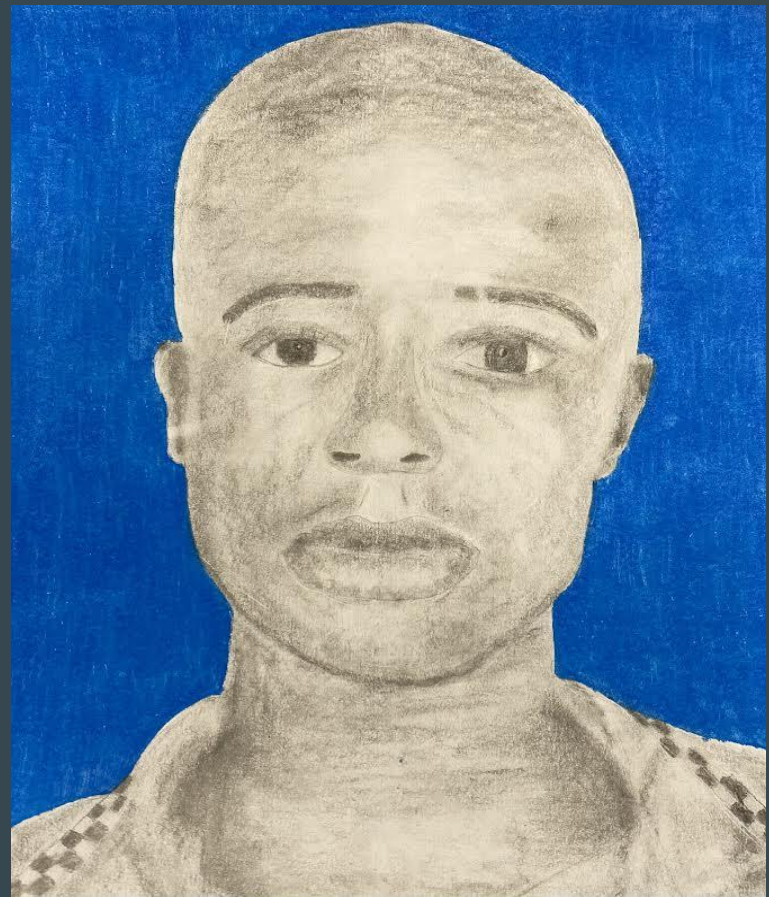
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Salieu
Callie Frimel '22



Saio
Ben Matejka '22



*Romy Gerb
Zach Madan '23*

Prejudice in Ayn Rand's Anthem

Kathryn Sowko '24

Society can never be equal. No matter how much we try to emphasize “Everyone is equal” it can never be true. There is always a higher power telling people what is right and what is wrong. They make laws that control lives but somehow live in that same society unaffected. People assume “They know what they’re doing” or “They’re never wrong”. These higher powers go unquestioned just because of the part they play. There is no one role that defines a person. Ayn Rand’s *Anthem* is a perfect example of this.

Equality 7-2521 is different from other men in Ayn Rand’s *Anthem*. He is six feet tall and has a hunger for knowledge. From birth, he is taught that both of those characteristics are forbidden (even ones he can’t control). When Equality 7-2521 says “We strive to be like all our brother men, for all men must be alike.” (Rand 19) it proves that he is brainwashed to believe that he and his “brothers” are all truly equal. This is contradicted when they are assigned a house to live in. If they are all equal, why are some given “House of the Doctors”, and some given “House of the Scholars”?

Equality 7-2521 gets assigned the “House of the Street Sweepers” which allows him to explore his surroundings. This works out in his favor when he finds an underground tunnel with his partner International 4-8818. They both swear to not tell the City Council. This promise to not tell the City Council shows that there are others that are “different” like Equality 7-2521. This gives Equality a spark of hope so he revisits the tunnel each night with new things he had stolen from the different houses. This tunnel gives him something that is his own and makes him hopeful and happy.

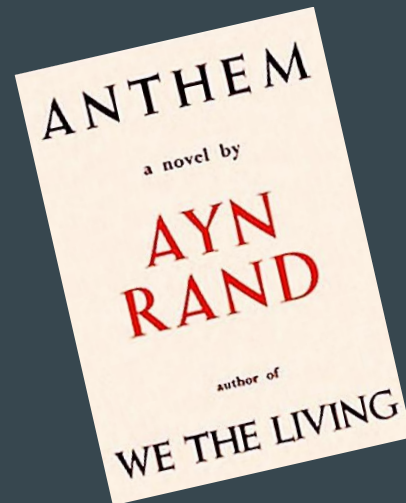
The use of objectivism is profoundly used in Ayn Rand’s *Anthem*. Objectivism means that the main objective of the human experience is to pursue personal happiness and respect other humans. When Equality 7-2521 says “For, it has been explained to us, men are free and the earth belongs to them; and all things on earth belong to all men; and the will of all men together is good for all; and so all men must be happy.” (Rand 45 46) it signifies that their beliefs are based on objectivism. Equality 7-2521 and others follow this form of prejudice to the extreme because of the society they live in. As Equality is learning new things in his tunnel, he is experiencing personal freedom, which in the future helps him think and speak for himself.

Prejudice in Ayn Rand's Anthem (continued)

Kathryn Sowko '24

Age is an important concept in Ayn Rand's *Anthem* because it signifies what house you are a part of. Equality is attracted to a girl whose name is Liberty 5-3000. When they meet he asks what age she is. She says that she is seventeen which means that she won't be in the House of Mating for another year. In Ayn Rand's *Anthem* if you are five years old you are sent to the Home of the Students and once you reach your fifteenth year you go to work. If you are a woman and turn eighteen you are sent to the House of Mating. It was very unusual for anyone to make it past the age of forty; anyone who did was deemed an "Ancient One". This shows that people of different ages were treated differently and therefore a victim of prejudice.

Prejudice can come in many forms, and they don't always include race. Judging someone because of their age, class, or what job they have are also forms of discrimination and are present in Ayn Rand's *Anthem*. While these forms of prejudice could be overlooked, the varying perspectives offered in *Anthem* as written in the third person make prejudice easily detected.





Fabulous Flowers
Adriana Pecic '22



Georgia Flowers
Camryn Byrne '23



*Mornings in Myrtle Beach
Ben Matejka '22*



*Emerald Isle
Madison Kangas '22*

Moon Prints
Camryn Byrne '23



Companion Dogs Heal Health

Kayla Calvey '24

Dogs are the number one best pet in the world. Dogs play a major role in increasing positive levels of their owners mental and physical health. Whether it's a reason to get out and walk in nature or assisting owners with their panic attacks. Our dogs help us in many different ways throughout our everyday lives. They provide us with a sense of love that for most is unreachable. They show us unconditional love and give us a bond of a child, increase positive levels of mental health and physical state, and serve as our protectors.

Dogs have a positive impact on our lives in many ways but, in one marvelous way they are able to provide a deeper understanding of love for many. Dogs show love and affection in more ways than one and without reason, what you have or don't have will never matter to them or change the way they adore you. One of the many ways that dogs show us a deeper form of love is through providing people with the opportunity to cost effectively and bondfully "raise" a child who can't have one. There are many women who can't have children for various reasons and many people who are not financially stable enough to raise a child. According to *The child-free couples who treat their pets like children*, Rochow when talking about her dog stated, "She ended up going to the emergency room for dogs. It ended up being less than \$1,000, and I just imagine an ER visit in an ambulance – or even just an ER visit for a baby – would not be anywhere less than \$1,000. There's no way" (Klein). Going to the ER in the United States today can almost seem like it costs an arm and a leg for an emergency medical visit, and medical visits for new parents of a baby tend to happen more than not. Raising a dog instead of a child is more cost effective for people who can't afford two lives. Dogs also will always be there to hold an unbreakable bond and love us when we need it the most. After a rough day at work or a day where you just do not want to get up and do anything, your dog will always be there to provide lots of comfort and kisses. Even if you lose your lifelong best friend or go through a break up, your dog will be by your side no matter what you go through, they will love you. It will never matter to your dog what you have in life or what you have lost, the only thing that matters to them is that you came home and you love them. Dogs give a deeper bond and form of love that many never know.

Companion Dogs Heal Health (continued)

Kayla Calvey '24

Dogs can increase your mental health and improve your physical state. They bring smiles to not only children's faces but adults too. Coming home from a long day and seeing your dog's tail wag happy to see you, not only changes your mood and puts a smile on your face, but also helps you feel that you are loved and wanted. They give you a reason to get out of bed every morning. Some mornings you just wanna lay back and do nothing, especially when life gets hard. Dogs give you a reason to get up because they need to be fed, walked, or want you to get up and play. According to *The Psychosocial Influence of Companion Animals on Positive and Negative Affect during the COVID-19 Pandemic*, it states, "Companion animals also helped increase guardians' experiences of self-compassion, ability to maintain a regular schedule, feel a sense of purpose and meaning, and cope with uncertainty" (Kogan, Lori Currin-McCulloch, Jennifer Bussolari, Cori Packman, Wendy Erdman, and Phyllis). During the months of the Covid 19 quarantine, many didn't know what to do with their lives and fell into a mental slump. Dogs helped a lot of people through it, many even got a new puppy for something to take care of and give them a purpose for the time that felt like was being wasted laying around. Dogs provide our lives with schedules and happiness. While being quarantined for Covid 19, having a dog meant having something to take care of and someone to be with you when you feel lonely. They also provide us a chance to feel better about ourselves. When you feel down, they'll find a way to show you they care, even if it's just noddng up against you for a snuggle. Dogs improve the way we see ourselves. Many people struggle with feeling like they're not important. Dogs provide a sense of importance through needing a caretaker and can provide a person with a sense of ownership. Knowing that you have someone who depends on you to feed them and be with them, provides a sense of care for yourself. They physically can change you as they depend on their physical needs being met, sometimes the only force that's making you get out in nature and go for a walk is your dog. Walking your dog everyday not only is good for them but also good for you. You will feel more fit and full of life, it can lead you on a path to wanting that exercise everyday. Which in the long run will overall make you feel better about yourself. Everyday a dog helps someone in some way mentally or physically that can improve someone's life.

Companion Dogs Heal Health (continued)

Kayla Calvey '24

Dogs make our lives better and serve us in more ways than one. They are amazing guards, protectors, and assistants. Dogs provide people with a sense of security and safety. Not only are service dogs the ones who protect and assist people but, all dogs do in one way, shape, or form without a vest on. From the well known K9's assisting the police force to the lap dogs in apartments, all serve as guards. K9's can lead a search for a criminal and protect others from someone with bad intentions. Dogs can sense if someone has bad intentions. Dogs can sense emotions, if you are nervous or have a reaction of fear, even the slightest. Dogs can pick up on it, they know who makes you uncomfortable and who shouldn't be around you. They can pick up on your movements and emotions and react accordingly. They are also amazing protectors. They have provided a better sense of security than most security systems. Many women who are left alone at home or live alone get very frightened at the slightest unknown noise. Dogs provide comfort allowing one to know what to worry about and what not to. According to *8 Reasons Why Dogs are the Best Friends Ever*; it states, "My dog can pretty much hear what's happening a block over. If there's another dog a neighborhood away, my dog wants to meet that dog immediately and loudly tell it not to come too close to *his* house. If a noise occurs and my dog doesn't have a reaction, I know it's harmless" (Karen Belz). When a person hears a noise and automatically gets frightened many turn to their dog to see if they are reacting to the same noise. If they are not, it provides a sense of comfort knowing your pet does not find it as a form of any alarm. Knowing they are strong and smart creatures allows their owners comfort knowing they can depend on their dog to keep them safe. Dogs keep us safe in many situations whether they are trained to or just reacting on instinct.

Companion Dogs Heal Health (continued)

Kayla Calvey '24

A dog can change your life, they will protect you in any situation, love you unconditionally, be a sense of purpose, and physically make your life better. Dogs are the best pet in the world because of the ability they have to love you on a deeper level and be a better friend than anyone you will ever meet in life. Not only will you care for your dog on a deeper level but they will care for you as if you are the only thing that means anything to them. A dog will make your life great in so many ways, it is without a doubt they are the best pet in the world.

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*Galway Island
Madison Kangas '22*

*Winter Charms
Emma Courtot '22*





Life of A Pot
Jeremy Jones '23

Mr. June Kyan Harrold '24



With the third overall pick in the 1984 NBA draft the Chicago Bulls select, Michael Jordan. This was the beginning of one of, if not the greatest NBA careers of all time. Michael Jordan was a 6'6" shooting guard that played 13 seasons with the Chicago Bulls, and 2 seasons with the Washington Wizards. He also played a year of minor league baseball, but that did not go as planned for him. Additionally, he is very famous for his shoe and clothing brand named Air Jordan. Overall, basketball is one of the toughest sports to be objectively the best at. Therefore, Michael Jordan is the greatest basketball player of all time because of his stats, skill, and accolades.

The first reason Michael Jordan is the greatest player of all time is because of his stats. Stats are one of the most important aspects when talking about who's the greatest basketball player of all time. Michael Jordan has very adequate stats. The first stat is points per game (PPG). Michael Jordan averaged 30.1 points per game. This is the highest career PPG average of all time. In comparison, LeBron James only averages 27.1 PPG on his career. Kevin Durant averages 27.2 PPG. This exemplifies how Michael Jordan's numbers are incredible. Jordan pushed all limits known to scoring a basketball. In an article about Michael Jordan's scoring it says, "During the Bulls' second three-peat, Jordan won three consecutive scoring titles"(Goldsberry). Jordan was winning championships while still putting up amazing numbers. If one were to take his 13 seasons with the Chicago Bulls he averaged 31.5 PPG. His time with the Bulls was the prime of his NBA career. The highest PPG Michael Jordan had in one season was 37.1 PPG. This is the fifth all time, and first among guards. This is also the most in a single season post NBA and ABA merger (Modern NBA basketball). Michael Jordan was able to put up these numbers while only attempting 1.7 three pointers a game, and only making 0.5 per game. This means he was putting up these all time stats, while mainly shooting two point shots. In the past ten years of the NBA, there are on average 29 three point attempts a game, and about 9.5 made per game. When Jordan played, there was almost no such thing as the three point shot. There were about 9 threes shot a game with only 3 made per game. If Jordan shot more threes, his PPG could have gone to almost 35 PPG. Another factor is pace of play. The pace of play was about 92 for the time Jordan was in the league. The pace of play now is close to 102. This might not look like a significant jump, but it is. This jump causes there to be on average 15 more points a game. Those 15 extra points, and the increased use of the three ball could have increased Jordan's stats. With the pace of play, and three point shooting being as high as it is in the current NBA, this shows how impressive Jordan truly was (Basketball Reference).

Mr. June (continued)

Kyan Harrold '24

Jordan's elite scoring does not end at just the regular season. His dominance continued into the playoffs. Dominating the playoffs is another considerable sign that a player, such as him, is the greatest of all time. Michael Jordan averaged 33.4 PPG in the playoffs, while LeBron James averages 28.7 PPG in the playoffs. Allen Iverson is the closest in proximity to Jordan with 29.7 PPG in the playoffs. Jordan also has the most points scored in a single playoff game with 63 points. This particular game was an overtime loss to the Boston Celtics. Michael Jordan also has the most 50 point plus games in playoff history. Jordan has eight 50 point plus games in the playoffs. He also has the most 40 plus point playoff games with 38. Michael Jordan also averaged 43.7 PPG in a single playoff run. This is the most all-time. Jordan also has hit 8 game winning shots in the playoffs. This is the most all-time in the playoffs. Jordan and Damian Lillard are the only two to end a playoff series with a buzzer beater. This shows that Michael Jordan was at his best when it came to being clutch (Basketball Reference).

The second reason Michael Jordan is the greatest of all time is because of his skill to score a basketball. Jordan had one of the most simple, but effective play styles. He started his career with more of an action packed arsenal of moves. He would fly to the basket to get his buckets. He would shoot incredible moving shots. This was all very good. He scored a lot of points very efficiently. But he was never able to win as much with this method of scoring. Later in his career he turned to a more casual, but better scoring option. In an article about Michael Jordan's incredible scoring prowess it says, "More than 20 years since Jordan retired, it's clear that the ways he created all those buckets were not just gorgeous and effective -- they were singular. Jordan thrived in ways and in places that few players before him could match, and that even fewer players today can emulate"(Goldsberry). Jordan was the best at his craft. Jordan himself says the only other person that was even close to him in craft was Kobe Bryant. Kobe says he modeled his own game off of Jordan, but was not able to recreate it in the smooth, and unstoppable way Jordan did it (*The Last Dance*). Jordan turned to more of a post game later in his career. He would still drive to the hoop, but not as flashy as before. He would shoot fade-aways and pull-up jumpers off of screens as his main options. Another quote from the article about Jordan's scoring prowess says, "This is where Jordan would break out the "windshield wiper," his nickname for his favorite fadeaway variation where he faked a turnaround over one shoulder and then sprang back and shot over the other"(Goldsberry). This is how Jordan would put up his incredible numbers, and still

Mr. June (continued)

Kyan Harrold '24

win. In the 1996-97 NBA season Jordan shot 49.5% from the mid-range on over 1,000 attempts. Jordan was third overall for efficiency while shooting almost 300 more shots than everyone else. Jordan's fade-away was the reason he was so successful throughout his career.

The last reason Michael Jordan is the greatest of all time is because of his accolades. Accolades are in many people's eyes the most important aspect of the G.O.A.T. debate. Michael Jordan is the best when it comes to accolades. He is a Hall of Famer, which is a given. He is a 10x Scoring Champion. That backs up his incredible scoring ability. He was the best scorer in the league for most of his career. He also was one of the best defenders in the league. He won the Defensive Player of the Year (DPOY) award, 9x All-Defensive first team, and a 3x Steal Champion. Jordan was not only good on offense, but his defense was one of his biggest weapons. He was the best scorer and defender in the league at the same time. He was the first player to ever win the DPOY award, and the Most Valuable Player (MVP) in the same season. He was the Rookie of the Year, and made the All-Rookie first team. He was a 14x All-Star, and 11x All-NBA first team. This shows he was one of the best almost every season he played. He was a 3x NBA All-Star MVP, 5x regular season MVP, and 6x Finals MVP. He was the best player on the court at all times. In the All-Star game, which is just for fun. He was the best during the regular season. He was also the best in the Finals which is the biggest stage in basketball. He showed up when it most mattered. Jordan has 6 NBA championships. He is 6-0 in the Finals. He was the best on the court in every Finals he was in. That is why he won every time. That is why the biggest factor for the G.O.A.T. debate is championships. The ball would be put in his hands no matter the situation, and he would get the job done. That is why he is considered the G.O.A.T. because of his flawless record in the Finals. He also won an NCAA championship in college basketball. Winning was not new to him. He was selected in the NBA 75th Anniversary Team this year. He was ranked number one of all-time in that selection. He had his number retired by the Bulls after his retirement. Michael Jordan has so many other accomplishments and records that they cannot all be listed (Basketball Reference).

Mr. June (continued)

Kyan Harrold '24

Michael Jordan is the greatest basketball player of all-time because of his stats, skill, and accolades. Jordan has shown he is the best when it comes to scoring and accolades. He is one of the first people brought up in the G.O.A.T. debate, but there are other people that have very good arguments against him. That is why there will never be a clear answer when talking about the G.O.A.T. of basketball. If there was a clear answer there would be no need to argue who the best player is. This argument brings so much energy to basketball because everyone wants there to be a clear G.O.A.T. when there never will be. Jordan will always be many peoples G.O.A.T.

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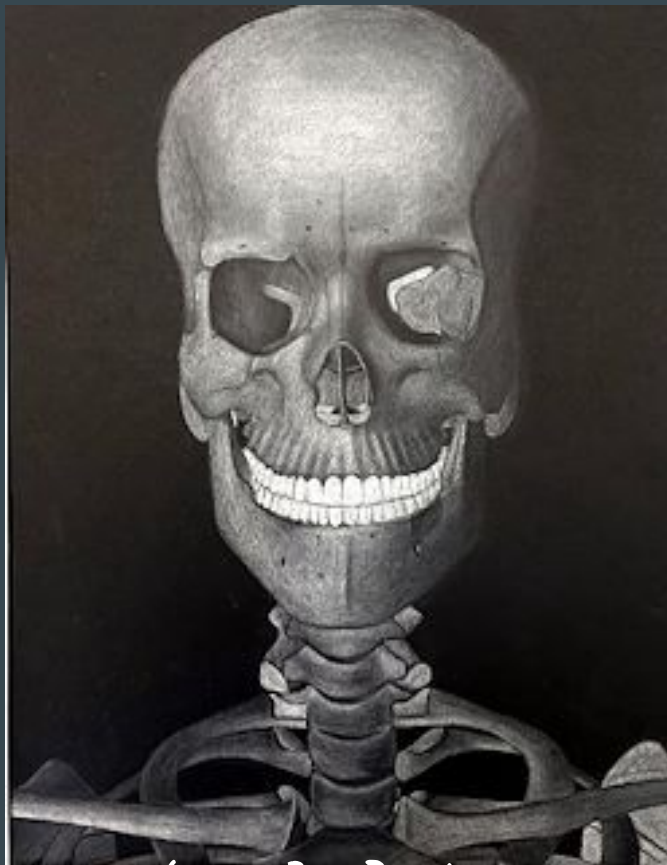
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Living But Dead
Olivia Suponcic '22



Peace Wall of Protestants and Catholics
Madison Kangas '22

Spring Break Trip 2022

Christian Mulica '24

This past spring break my family, Raul (our foreign exchange student), and two friends from Lake Catholic, went to Washington DC. Unfortunately, due to covid, our eighth grade trips were all canceled in 2020. Therefore, this was our first trip to the capital and it was both a learning experience and a fun trip. We stayed at the Westin on Capitol hill. We had a really fun trip.

First, we left early morning Friday, April 15. It was really interesting for Raul to see the landscape across some of the mountains and into Washington DC. When we arrived we checked into our hotel. Then we ventured out into the street and began walking toward Capitol hill. We first got to see the White House. It was really cool to see something we've only seen in movies.

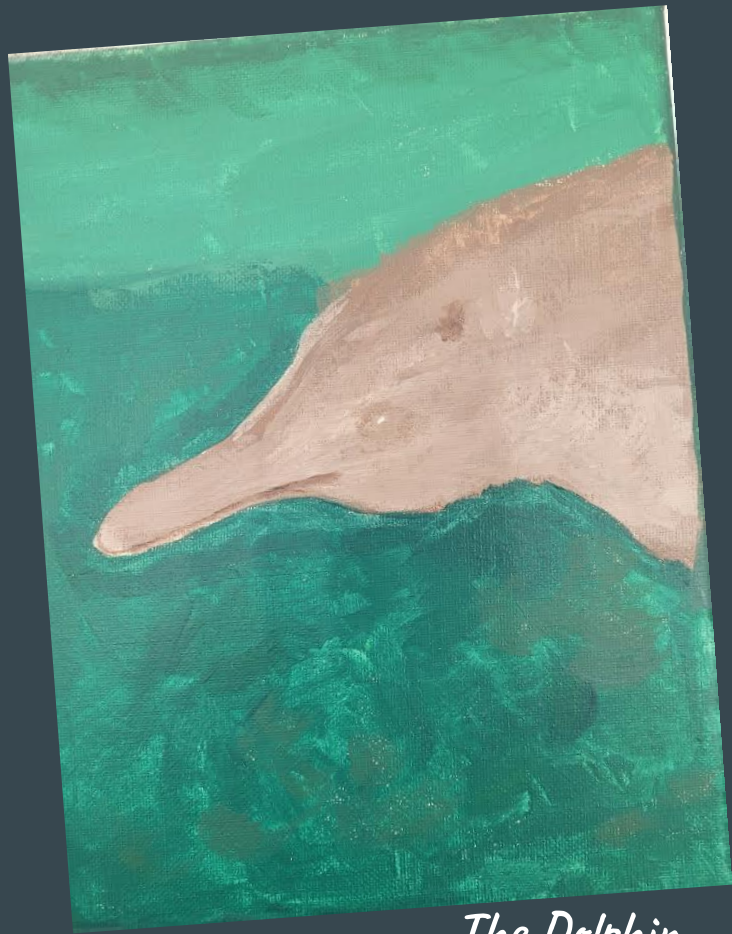
Next, my dad decided we should get scooters to get around the area. This way in the short time we were there, we could view everything to be seen. We then went to see the Washington Monument and the Lincoln Memorial. These both were packed with visitors, but again it was amazing to see.

Furthermore, we made our way to the Tomb of the Unknown Soldier and Arlington Cemetery. This was where we really appreciated our country and Raul got to see some really great landmarks. We also were able to see the Vietnam Veterans Memorial. It was remarkable how many names were carved in.

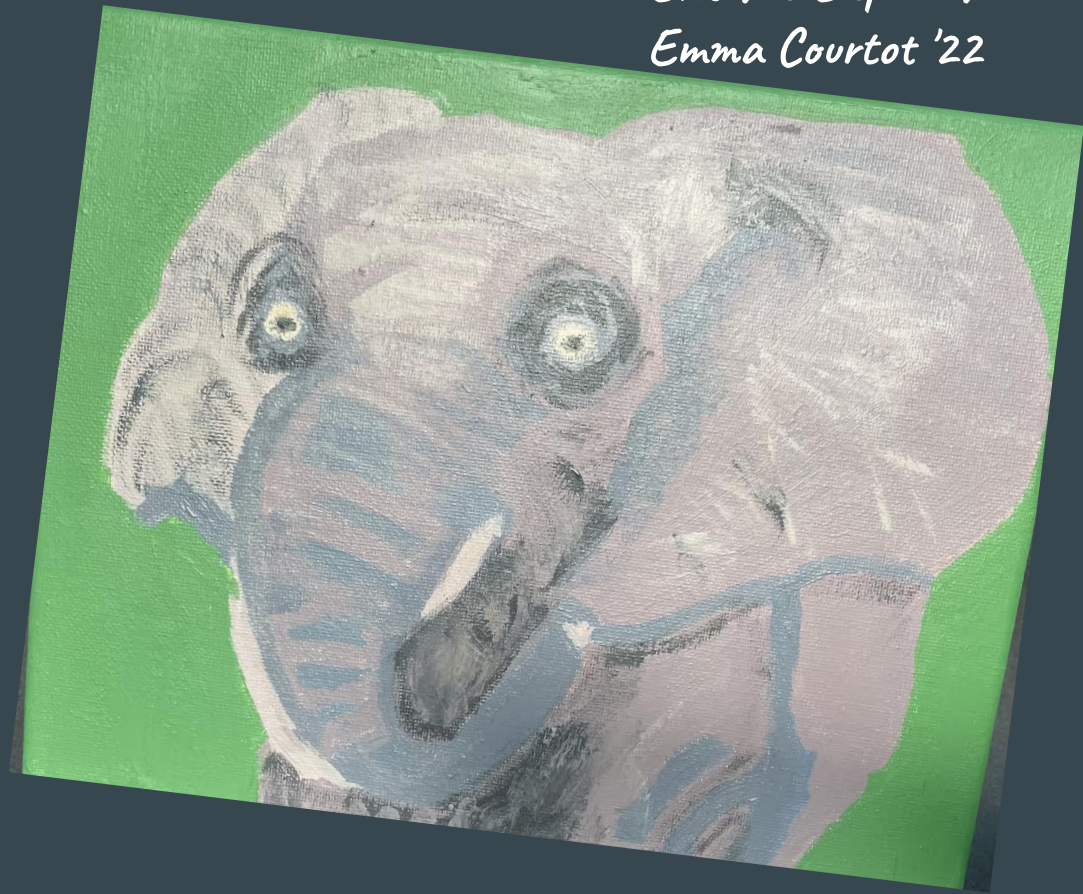
Overall, we had an amazing visit to Washington DC during spring break. From there we traveled on to South Carolina. However, seeing the monuments that represent our country, with Raul and close friends, was something that I will never forget. It was really a trip worth taking in order to respect our country.



Washington Monument
Greg Thomas '24



The Dolphin
Camryn Byrne '23



Ellie the Elephant
Emma Courtot '22

Prejudice in *Anthem*

Taylor Scharf '24

Anthem, written by Ayn Rand, is a book written about a collectivist society, where things are decided for the group instead of the individual. Prejudice is described as a preconceived opinion that is not based on reason. The prejudice in *Anthem* is both similar and different to racial prejudice. Two examples of prejudice that Ayn Rand mentions in *Anthem* are ageism and classism. In the story *Anthem*, the mention of race is not present. Because of this, there was no racial discrimination or prejudice. There were other forms of prejudice in *Anthem*, though, including ageism, classism, and prejudice against relationships.

Ageism is a socially constructed way of thinking about older persons based on negative attitudes and stereotypes about aging. This is present because when you reach certain ages, you get put into different homes. Once a person gets to the age 40, they are considered “useless”. It seems as though you are old at this age when you are just middle aged. This is an example of ageism because it is discriminating against those who are that age or older. Ageism is against everyone living. No matter what you do, you are assigned something to do or somewhere to be based on your age alone. Rand portrays this type of prejudice in an interesting way because it is just a part of the life people live in the story. The Council made up a system for you to follow your whole life. It seems unusual for the society we live in, but she makes it a normal thing for what Equality has been dealing with.

Another form of prejudice that is demonstrated in *Anthem* is classism. Classism is prejudice against or in favor of people belonging to a particular social class. The way that Rand portrays this is that people are assigned to different jobs. People are assigned a job when they turn 15. Equality wants to be a scholar, but is assigned to be a street sweeper. This society is said to be collectivist and everyone is equal, but this is not true because there is an obvious dominance over other people shown from the Council of Scholars. Classism in *Anthem* is directed to everyone. The scholars direct it toward Equality when he tries to present his invention to them. “A Street Sweeper! A street sweeper walking in upon the World Council of Scholars!” (Rand 69). The scholars showed classism against Equality because he was a Street Sweeper.

There is a type of prejudice in *Anthem* that does not have a specific name, but is blatantly present. Relationships are strictly not allowed in this society, therefore there is a prejudice against love and friendship. It is considered a transgression to like someone more than the collective group. Equality commits this transgression twice in the novel. First, Equality befriends International. Second, Equality falls in love with Liberty. This is not allowed because of the prejudice against relationships. Equality says “For men are forbidden to take notice of women, and women are forbidden to take notice of men.” (Rand 38). This shows that romantic relationships are strictly forbidden.

In conclusion, Ayn Rand portrays many forms of prejudice other than racial prejudice since race is not mentioned in *Anthem*. The forms of prejudice are ageism, classism, and prejudice against relationships. The Council of Scholars clearly shows these prejudices against the people. This proves that there does not have to be race present in order to show prejudice in any case.



*The Coast of Ireland
Madison Kangas '22*



*Alien Planet
Ben Matejka '22*



*Succulent
Egypt Kamara '24*



*Autumn Apples
Isabella Hayek '24*

Persuasive Advertising

Mackenzie Brugh '23

Sue Jozui believes the advertising strategy of using a celebrity to persuade a consumer to purchase your product is wrong. For a famous celebrity going on television for thirty seconds or wearing a company's merchandise to make an extra million dollars seems easy. This strategy is wrong because it belittles the audience's intelligence, it might not be true the athlete believes in the product, and the advertisement does not give enough factual information about the product.

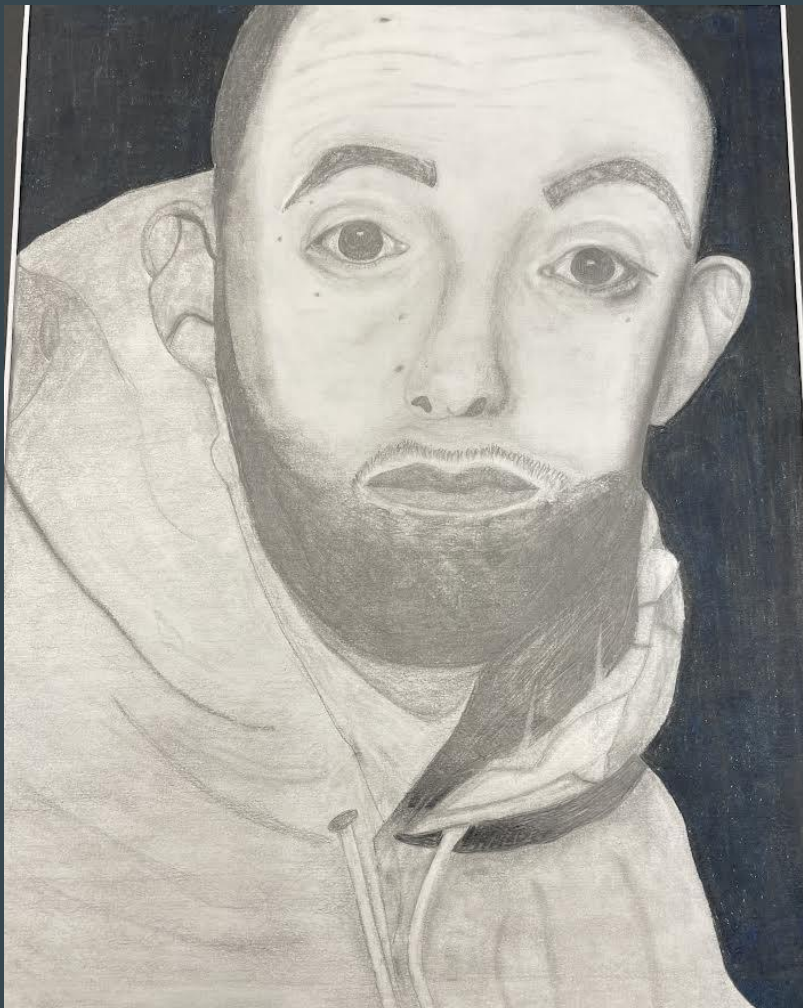
Using a popular athlete or public figure to persuade an audience to purchase a product insults the intelligence of the people. The consumers are expected to approve of the product just because some pretty face said the product was worth the money. As consumers there should be higher standards. Companies should advertise the benefits of their product, not someone who is paid to say they use the product. The attempts to trick consumers into purchasing products because their favorite athlete, television show host, or childhood idol told them to is unprofessional and discredits the intelligence of the American people.

When Shaquille O'Neal says to use the General Insurance, use Old Spice deodorant, and use Icy Hot for aches and pains, he is paid millions for each advertisement. Shaq and many other celebrities make millions of dollars every year in endorsements. This offer is too good to pass up, by just saying a product is superior to others millions are made. This raises the question: do the endorsers even use the products themselves? Just because someone is paid to go onto television and represent a product or wear a company's merchandise does not mean they believe in the product themselves. These celebrities endorsing the products are not always the perfect role models such as O.J Simpson endorsing Herts in 1992, Sharon Stone endorsing Christian Dior in 2008, and Madonna endorsing Pepsi in 2002. All of these celebrities created a bad self image for themselves and the companies they were partnered with. Partnering with a wild card big name person can be a risk that might not be with taking. This proves celebrities endorsing products does not mean they approve of the product and they are not always the best role models for brand image.

A famous person in society can go on television for thirty seconds and say to buy this product with no detailed information on the product and many people would purchase the product regardless. The product will most likely not live up to expectations due to not looking at the product as a whole, but as the pretty face that said the product was worth the money. Consumers should look past the face and want to know more about the product itself. Advertisements should inform consumers of their products and say the cons of it. Consumers should want the companies to give more information and less big names.

Hiring a big time star to endorse a product insults the intelligence of consumers, does not prove the person approves of the product, and can give little details as to what the product is. Consumers should hold the large brand name companies accountable and expect more. Consumers also should be smart enough to look at the product as a whole and not at the famous athlete, television host, or childhood idol that was paid to promote the product.

Mac Miller
Emma Courtot '22



Big Bang or Creationism... or Both?

Isabella Hayek '24

How was the universe created? This is a question that people have been pondering for a long time. Some people think that the universe was created by God, as it is written in the Bible, while others believe that the universe was created by only the Big Bang. There is scientific evidence that supports the Big Bang theory, that the universe started from an explosion of energy. I believe that the universe began by theories of both Creationism and the Big Bang.

There is a great deal of scientific evidence that supports the Big bang theory as to how the universe began. Scientists used to think that the universe was static. In 1929, astronomer Edwin Hubble, using the Mount Wilson Observatory, discovered that the universe was expanding (Chow and Dutfield, Space.com, Discovery). By measuring how fast the universe was expanding, Hubble determined that the universe was 13.7 billion years old. While this was the first piece of evidence of the Big Bang theory, other scientists also performed experiments which supported the Big Bang theory.

Scientists tested the Big Bang theory by recreating the conditions of the Big Bang 13.7 billion years ago. By using a massive Hadron Collider in Switzerland, they created matter similar to after the Big Bang by colliding particles into each other at very high speeds. (Discovery) They recorded trails of subatomic particles similar to what happened after the Big Bang. While scientists can prove some things about the Big Bang theory there are other missing parts that cannot be explained.

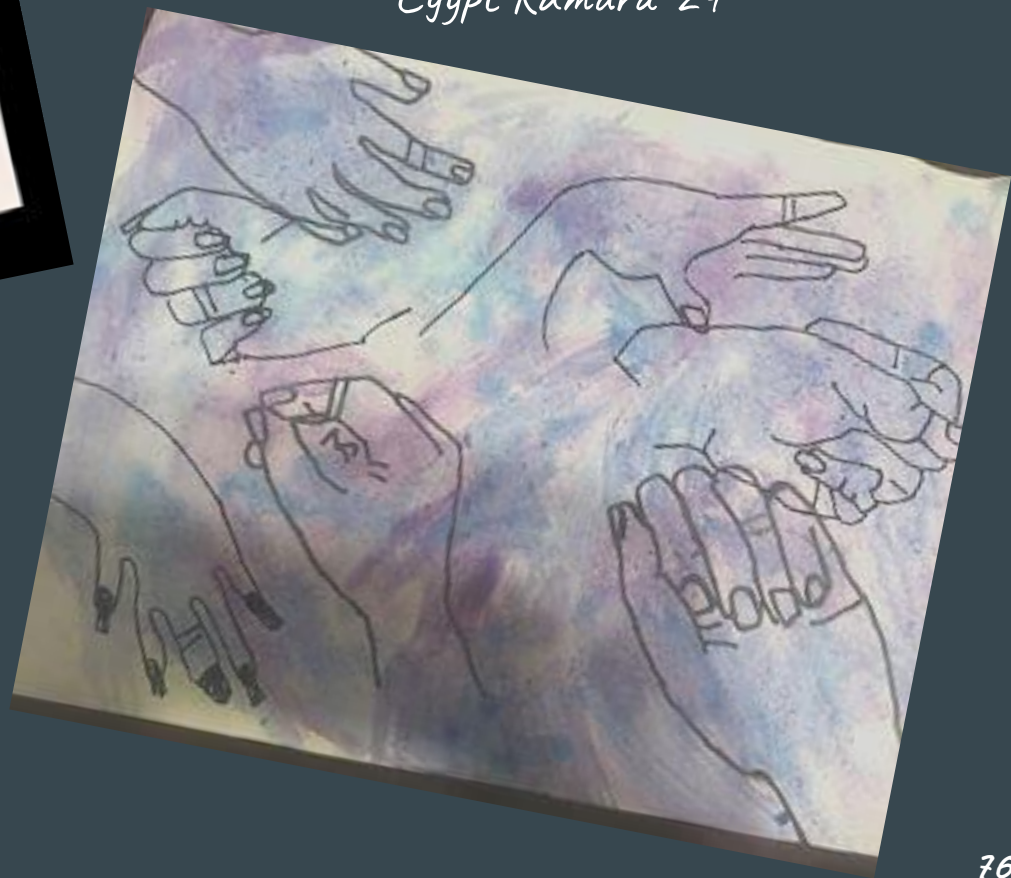
The beginning of the Big Bang theory started with an infinitely dense and small ball of energy but nobody knows where that came from as before the Big Bang there was nothing. A scientist named Carlos Frank studied the effects of gravity on the creation of the universe. He determined that after the Big Bang only the perfect amount of gravity would create the universe. (Discovery) Scientists discovered when energy gets created into matter, it also forms antimatter. If there was not more matter than antimatter, the universe would have not been created. (Discovery) When the universe was created, there was slightly more matter than antimatter which helped create the universe. These all support that there was a higher power that was necessary for the universe to have been created.

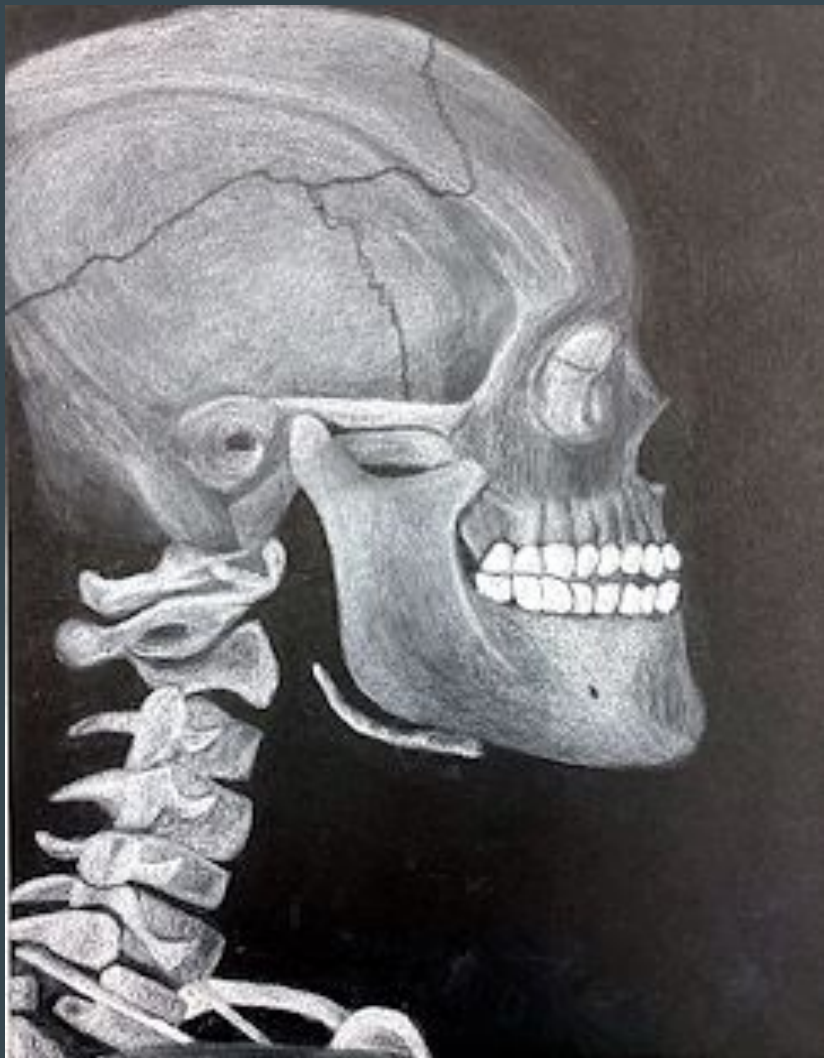
I've shown evidence that supports both the Big Bang theory and Creationism. While there is scientific evidence that supports the Big Bang theory, there are also holes in the Big Bang theory as well as the need for conditions to be perfect for the universe to be created after the Big Bang happened. The creation of the universe is due the Bang Bang with assistance from a higher power. Therefore, I believe that both the Big Bang theory and Creationism explain how the universe was created.



Music in Art: Non-Objective Object
Egypt Kamara '24

Contour Hand Drawing
Egypt Kamara '24





X-Ray Vision
Zahra Kazemini '22

Propaganda
Natalya Bergant '25

FOLLOW ME NOW OR YOU WILL REGRET IT LATER

DO

WHAT

IS

BEST

FOR

ALL



You when you decide to follow me



This is what happens if you dont follow me



SHE WILL KEEP YOU SAFE



Thank you

Lake Catholic Administration

Mr. Mark Crowley

Mr. Charley Fuller

Mrs. Kelley Turner

English Department

Art Department

Epilogue

The artist sees what only others catch a glimpse of

~ Leonardo Da Vinci

A true masterpiece does not tell everything

~ Albert Camus