

The Student Newspaper of Lincoln-Sudbury
June 18, 2020 · Volume XXVII · Number 7 · An Open Forum for Discussion

L-S Students Organize Peaceful Black Lives Matter Protest in Sudbury

By Esha Dudhwewala
Editor-In-Chief

“Say their names!” chanted the hundreds of people in masks gathered around the traffic at Sudbury’s Town Center on Tuesday, June 2nd, referencing the names of the countless individuals who had died in the hands of racial injustice and police brutality. Just a few blocks down at Haskell Field, more protesters lined the streets with cardboard signs chanting, “Black lives matter,” as passing cars honked in acknowledgement. The peaceful demonstration was organized by two



L-S STUDENTS with signs at Town Center. Photo courtesy of Ella McGeady.

Lincoln-Sudbury juniors, Caitie Sams and Kaleigh Barrera, along with their adult sponsor, L-S graduate Jack Walker, and the support of the L-S Amnesty Club, bringing the Sudbury community together in solidarity and support of the Black Lives Matter movement.

“I learned that there was going to be a protest in Boston and asked my parents if I could go, but they were like, ‘No way,’ because of the coronavirus. There are also health risks in my family, so I asked them would it be okay if I did a protest in Sudbury, and they kind of just assumed it was going to be me and my friends,” Barrera said. “I asked Caitie, ‘Do you want to start a protest in Sudbury?’ And she said, ‘Yeah, let’s do it.’ So we decided to give people who weren’t able to go to the protest in Boston a chance to have their voices heard and spread more awareness in our town.”

“A chance to have their voices heard and spread more awareness”

The town of Sudbury, according to 2018 Census survey statistics, is 82.7% white and 0.8% Black or African American. As a given, there is much

privilege held by residents of the town that systemically does not apply to black people. White privilege is defined as inherent advantages possessed by a white person on the basis of their race in a society characterized by racial inequality and injustice.

“We wanted to use our white privilege to try and make a difference and just take action,” Sams said. “We really wanted to show that people in Sudbury are allies for Black people living in our community, and raise awareness for the movement.”



GIGI GIBOWICZ (junior) protests with a megaphone at Town Center. Photo courtesy of Ella McGeady.

The process of planning the protest was not too difficult, according to Sams and Barrera. It just took a few posts on social media platforms like Facebook and Instagram, and communication with the Sudbury Police Department and Town Manager, who were “super supportive.”

“... people in Sudbury are allies for black people living in our community”

“We wanted to talk to the Sudbury Police Department and just let them know of our plans because there have been instances where the police and protesters were clashing, so we wanted to make sure we would be able to work with them to have a peaceful demonstration where everyone was safe,” Barrera said. “Then the Town Manager actually called me, I was not



KALEIGH BARRERA holding her sign that reads, “Justice will stop the violence.” *Photo courtesy of Ella McGeady.*

expecting a call, and he was just like, ‘Hey! I think it’s great what you’re planning on doing, let’s just make sure it’s safe.’ He even sent me the permit for

the field as they weren’t going to worry about things like insurance or liability.”

Leading up to the protest, the students heard worrying rumours about the negative actions that were going to take place with the presence of counter-protesters and people attending with bats and nails. Barrera and Sams then reached out to the Police Department and Town Manager to let them know to plan for if a scenario like that did occur, but it actually never happened. Only one person, according to Barrera, was pulled over as he was more focused on being angry toward protesters than driving safely.

“There were also comments on the Facebook group ‘One Sudbury’ that we were expecting to get, which were questioning all of our steps. Part of the reason why we received those questions is because we are so young, so they wanted to make sure we were being completely safe,” Barrera said. “I think the collaboration with the Police Department and Town Manager were super helpful, so it went safely.”

Dealing with precautions regarding COVID-19 were an added safety step to consider, and the organizers accounted for this by advising everyone to bring masks and hand sanitizer while maintaining social distancing and CDC regulations. They also planned for the protest to be split up into Town Center and Haskell Field from 4 p.m. to 6 p.m. so as to avoid one densely populated area, but the day of the protest this took a slightly unprecedented direction.

“Halfway through an hour in, one protester at Haskell said, ‘Okay everyone let’s march to Town Center.’ Everyone started following that protester and I think that made the protest more meaningful, because along the road everyone driving by saw and there were a lot of people honking in

support. It was really powerful,” Sams said.

As the group of people from Haskell marched into Town Center, everyone there started to take a knee and held a moment of silence for all lives lost to racism and police brutality. According to Barrera, “none of this was planned,” and the atmosphere was “very strong and powerful.” Sams stated that this taste of action “got the ball rolling.”



SONYA CARSON (junior), and a leader of the L-S Amnesty Club, holds a sign that reads, “Silence is violence.” *Photo courtesy of Ella McGeady.*

“Starting a conversation is the first step toward change, and this started the conversation as people were like, ‘Oh that’s great, are you going to hold another one?’ So now we’re talking about doing another [protest],” Barrera

“Starting a conversation is the first step toward change”

said. “I even saw Facebook posts on the group ‘One Sudbury’ where people just started a conversation about what

Sudbury can do to help the black community more, like expanding the METCO program. I just see a lot more conversations on what we can do next.”



ALI QUIRK (junior) holds a sign at Town Center with the names of some who have died because of racist police brutality. *Photo courtesy of Ella McGeady.*

Following the protest, the organizers had a debrief of the demonstration with the Town Manager, Town Historian, and the Chief of Police Scott Nix, to go over how it went. Nix offered to sit down with Barrera and Sams to talk about their perspective, his perspective, and what Sudbury does to make sure situations such as those that happened in Minneapolis or Kentucky do not happen in Sudbury, including possible things they are looking to change.

A protest in the community could be the first step toward positive change and a more aware environment. The two students were thinking about twenty people would show up at first,

“Twenty people would show up. . . but hundreds came to show support”

but hundreds came to show support.

Barrera said, “I wanted to just start a conversation in Sudbury, and I wasn’t expecting the amount of support or the amount of people to attend as they did. My goal was to get people going and start to speak out and talk to people about the way in which they see what’s going on and what they believe in. I think the conversation is just the start of the way to change.”

MORE PHOTOS of L-S students at the protest (*Courtesy of Ella McGeady.*):





The Forum



The Student Newspaper of Lincoln-Sudbury

June 18, 2020 · Volume XXVII · Number 7 · An Open Forum for Discussion

Editorial Board and Disclaimer

Editors-in-Chief

Esha Dudhwewala
Josie Halporn
Elle Stevenson

Managing Editors

CJ Jacobs
Jack Grosberg

Staff Advisors

Paul Sarapas
Jessica Sperandio

News Editors

Elle Stevenson
Sydney Ashkinos

Opinion Editors

Jack Grosberg
Riya Misra

Centerspread Editor

Dasha Trosteanetchi

Features Editor

Josie Halporn

Sports Editor

Josh Cohen

Arts Editors

CJ Jacobs
Aneesha Sharma

Assistant Editor

Jacqueline Liu

Photo Editors

Esha Dudhwewala
Dasha Trosteanetchi

Advertising Editor

Jacqueline Liu

Staff Astrologist

Sydney Ashkinos

The Forum, established in 1994, is the student newspaper of Lincoln-Sudbury. *The Forum* strives to cover all aspects of school and community life and current events. *The Forum* is an open forum newspaper and accepts articles from all members of the community.

The opinions expressed by writers are their own. The viewpoints expressed by the lead editorial reflect the opinions of the editorial board, which consists of the editors-in-chief and managing editors.

The Forum is distributed free to staff and students of the Lincoln-Sudbury Regional School District. Subscriptions can be purchased on *The Forum* website.

Letters to the editor may be emailed to an Editor-In-Chief or sent to @theforumls on Instagram.



Massachusetts Coronavirus Update

By Jacqueline Liu
Assistant Editor

As of June 15 2020, there have been over 100,000 coronavirus cases reported in Massachusetts, with about 80,000 recovered and 7,000 deaths. On June 8 2020, Massachusetts finally began Phase II of reopenings, which will be divided into two phases. The first wave of Phase II reopenings included: retail stores (with occupancy limits), restaurants that are restricted to outdoor table service only, hotels (without functions or meetings), driving schools, and personal services that do not have to involve close physical contact, like home cleaning or educational tutoring. While the date for the second wave of Phase II openings has not yet been decided, it will include indoor table service at restaurants, nail salons, and personal training (with restrictions).

On June 5, the Massachusetts Department of Elementary and Secondary Education sent a report to schools about the current guidelines of reopening schools in the fall. Here were some of the key points mentioned in the report:

Students who have symptoms of COVID-19 and/or are ill are required to stay at home.

For students who become sick during the day, a separate room other than the communal nurses office must be set aside for those who show

COVID-19 symptoms. In addition, schools should create policies to manage student and staff absences.

“Schools should create policies to manage student and staff absences.”

Face masks are mandatory for all students and staff.

In the case where a student has been exempted for medical reasons, six feet of separation will be constantly maintained.



EMPTY CLASSROOM. Photo courtesy of Google Images.

Students and staff must follow proper hand washing protocol.

This means washing frequently and for 20 seconds each time, with appropriate

lather and an individual towel. If no hand wash is momentarily available, hand sanitizer with an alcohol content of at least 60% must be used.

Adjustments will be enacted to confine within social distancing guidelines.

All desks will be six feet apart and facing the same direction. Protocol will be established for entering and exiting the school, along with using the bathroom.

More information on symptom screening (like taking students' temperature at entrances) will be released in the coming weeks, but as of June 15 it is not recommended due to the prevalence of false positive and false negative results. Schools are required to reduce the size of classes, with a maximum of ten students or twelve people (including staff) per room. If possible, students should stick with one assigned teacher or one group of teachers.

“Classrooms will have a maximum of ten students and two adults.”

Schools will be kept cleaner.

Schools will have to be sanitized more often to keep up with guidelines, with enforcement of proper disposal of hazardous materials.

Racism Kills In More Ways Than One

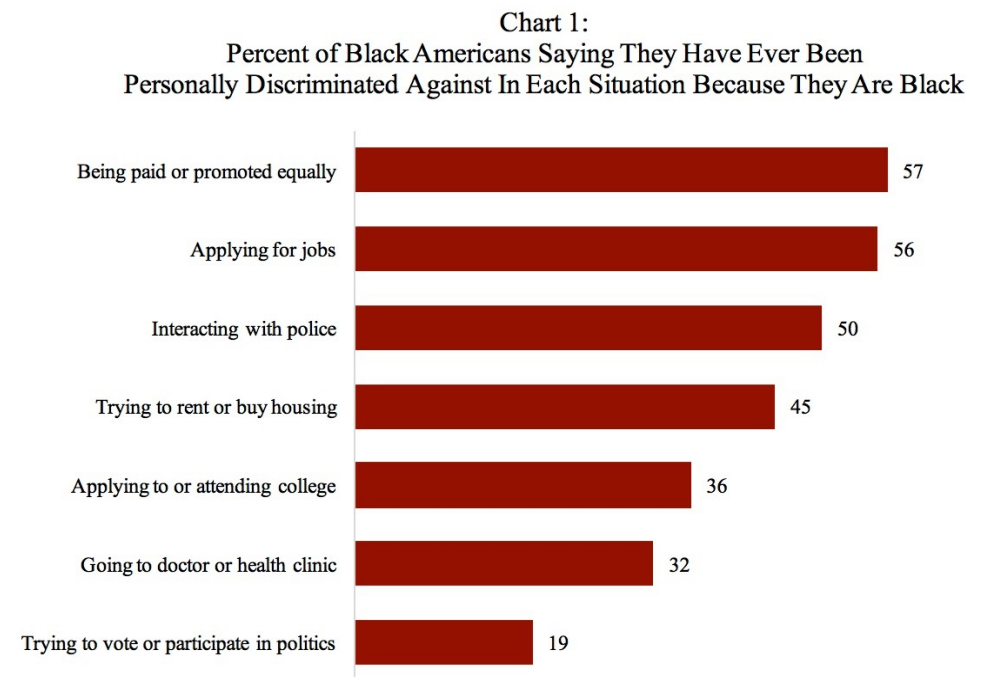
By Riya Misra
Opinion Editor

The nation erupted in cries of protest during the last week of May. On May 25, George Floyd was murdered during his arrest when an officer put his knee onto Floyd's neck for 8 minutes and 46 seconds, strangling him. "I can't breathe." This was Floyd's final plea—the exact words uttered by Eric Garner in 2014 when officers murdered him with a chokehold. These words have become a rallying cry across the nation.

The Black Lives Matter movement isn't new, although Floyd's murder galvanized their protests. The movement began in 2013, in response to the acquittal of George Zimmerman, the man who shot Trayvon Martin.

"Every aspect of health and lifestyle is cut through with a vein of systemic racism"

The Black Lives Matter movement campaigns against systemic racism and violence towards black Americans, focusing on police brutality. This movement is not unfounded. Emmett Till, Trayvon Martin, Tamir Rice, George Floyd, Ahmaud Arbery, Eric Garner, Michael Brown, Breonna Taylor, Freddie Gray, Philando Castile, Sandra Bland, Alton Sterling—police brutality towards black people is real and perpetual. Indeed, black people



STATISTICS about experiences with racism amongst black Americans. *Photo courtesy of Harvard T.H. Chan School of Public Health.*

constitute almost 25% of all police killings, yet only constitute 13% of the population, according to statistics from the website "Mapping Police Violence." They are thrice as likely to be killed, and still, the officers are rarely held accountable. Racism is the driving force that creates these disparities amongst black and white Americans, and the driving force that leads to the unjustified death of black people at the hands of a system that's supposed to protect them.

And yet, racism kills in ways that are even more discreet and deep-rooted than police brutality. Racism is

undoubtedly a public health issue. Together, health and racism create a positive feedback loop in which race issues form health disparities that further encourage racial stereotypes. The social determinants of health—the conditions of one's work, childhood, and personal environments—can be just as lethal as police brutality. For generations, people of color have had unequal access to affordable housing, appropriate wages, and quality education. These disparities can often lead to fluctuating literacy and incarceration rates, to name a few, which only serve to reinforce



PUBLIC HEALTH WORKERS join the Black Lives Matter rallies and protest against racism within the healthcare industry. *Photo courtesy of Getty Images.*

“thug-like” stereotypes that are held by people like Donald Trump. On the whole, minorities such as Blacks, Latinx, and Native Americans have disproportionately high rates of uninsured individuals, lower life expectancies, limited access to proper healthcare, and therefore weaker health statuses. This results in a significantly higher risk for preexisting conditions such as obesity, heart issues, asthma, and hypertension amongst black Americans, according to Gerri Turner of MPHOnline. In fact, Eric Garner possessed these preexisting conditions, which exacerbated the effects of the violent chokehold officers put him into.

“Race issues form health disparities that...encourage racial stereotypes”

A phenomenon that emphasizes the weak relationship between black Americans and public health is the Tuskegee Effect, a feeling of distrust

and overall aversion amongst black communities towards the U.S. healthcare system, triggered by generations of abuse from said system. The phenomenon is named after the Tuskegee Syphilis Experiment, which was conducted in the middle of the 20th century.

In the experiment, according to the CDC, researchers studied hundreds of black men with syphilis to see if the disease affected black and white people differently. The men, although they truly were just test subjects in the researchers’ eyes, were never informed of their diagnosis, never consented to treatment, and when penicillin was discovered as the cure, were never administered the drug.

The Tuskegee Syphilis Experiment marks one of many U.S. health studies conducted on black people, and it has fostered the Tuskegee Effect, a legacy of wariness and distrust in the U.S. healthcare system amongst black communities. It is impossible to argue that race *isn’t* a social determinant of health when it

has such an explicit effect on health disparities across the nation.

The pandemic has pulled back the curtain on racial inequalities even further. The health conditions that black people are at higher risk for—hypertension, asthma, obesity, diabetes—are all lethal in the face of COVID-19. This perhaps explains why black counties are at “three times the rate of infections and almost six times the rate of deaths as counties where white residents are in the majority,” as per Reis Thebault, Andrew Ba Tran, and Vanessa Williams of The Washington Post.

“The social determinants of health...can be just as lethal as police brutality”

Furthermore, the pandemic has aggravated income and housing instabilities amongst black people facing constant discrimination in the workplace and housing industry. Above all though, the pandemic sheds light on the dire state of healthcare amongst many black people.

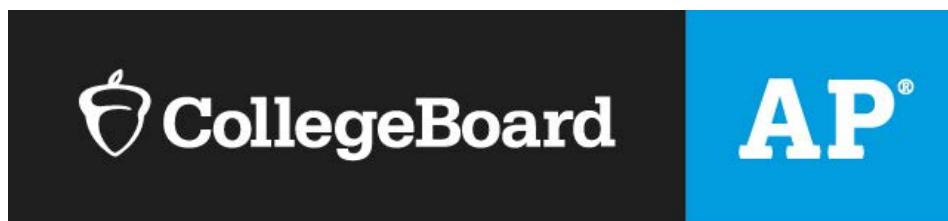
Those who are uninsured or received poor quality treatment are at a severe disadvantage compared to those whose race grants them privilege in the healthcare industry. Combined, these social and health disparities are lethal. Police brutality has been ceaseless for quite some time, endangering many black Americans, but in the wake of the new pandemic, which doesn’t seem to be letting up anytime soon, racism continues to pervade society. Every aspect of health and lifestyle is cut through with a vein of systemic racism, racism that was born in a nation built on the backs of slave labor, which continues to affect communities in every way possible.

The AP Abomination

By Achla Gandhi

Contributing Writer

On March 23, the College Board sent out an email to 3 million students signed up to take AP exams to inform them that due to COVID-19, 2020 AP exams would be taking place online.



“The odds [were] heavily stacked against those who were underprivileged”

While at first glance this alternative seemed like the perfect solution to the dilemma presented by the onset of the virus and social distancing, in reality, it undermined the very reason that standardized tests such as these had been created in the first place.

Standardized testing was created in an attempt to level the playing field

THE COLLEGE BOARD is receiving backlash for its handling of the 2020 AP exams.

Photo courtesy of Getty Images.

for college-bound students. It was meant to be a fair and accurate representation of college preparedness that GPA and extracurriculars could not necessarily supply. As clear as it was through the 2019 college admissions scandal that, despite the College Board’s efforts, some people still have unfair advantages. Standardized tests did their job for the most part, allowing anyone with at

least access to a library the opportunity to succeed. However, the 2020 AP tests were an exception. It was painfully clear through the numerous complaints by test takers, along with the 500-million-dollar lawsuit against the College Board, that this year’s tests had the odds heavily stacked against those who were underprivileged. Not only did this defeat the purpose of standardized tests, but it made the scores unrepresentative and essentially invalid.



“The scores [are] unrepresentative and essentially invalid”

AP exams are known to cost around 100 dollars which, while expensive, can be considered reasonable given that the test is three hours long. However, this year’s tests were cut down to 45 minutes, less than a third of the original time. Furthermore, the exams were no

CHEATING is quick and easy, yet hard to detect when it comes to online testing.

Photo courtesy of Getty Images.

longer on paper, so the cost of materials and proctors per test decreased significantly. 100 dollars for the “new and improved” test was nothing short of ridiculous, but the College Board didn’t offer even a partial refund for the tests. Considering this, one could only assume that the online tests would be of the utmost quality. Yet, the reality suggested that the College Board never had the best interests of students in mind; rather, the billion-dollar “nonprofit” was merely looking for the easiest way to make the most revenue possible.

Cheating occurs across all standardized tests; however, online testing this year made large-scale cheating undetectable and easy, especially from those in the upper class.

“Online testing this year made large-scale cheating undetectable and easy”

Although the test was open-note and there were strong plagiarism checkers in place, there was nothing stopping

someone from having a family member or a tutor take the test for them, aside from a stern warning at the beginning of the test. But how would they know if someone cheated? Unlike other online tests that were administered over quarantine, there was no sort of monitoring while students took the AP tests. The low-risk and high-reward scenario encouraged cheating among the students who could. This still could be considered an acceptable tradeoff, had everyone been presented an equal opportunity to do it. But that was not the case. Only test-takers with well-educated parents or enough money to afford willing tutors could participate in this form of cheating, thus presenting an unfair advantage over those with lower socioeconomic status.

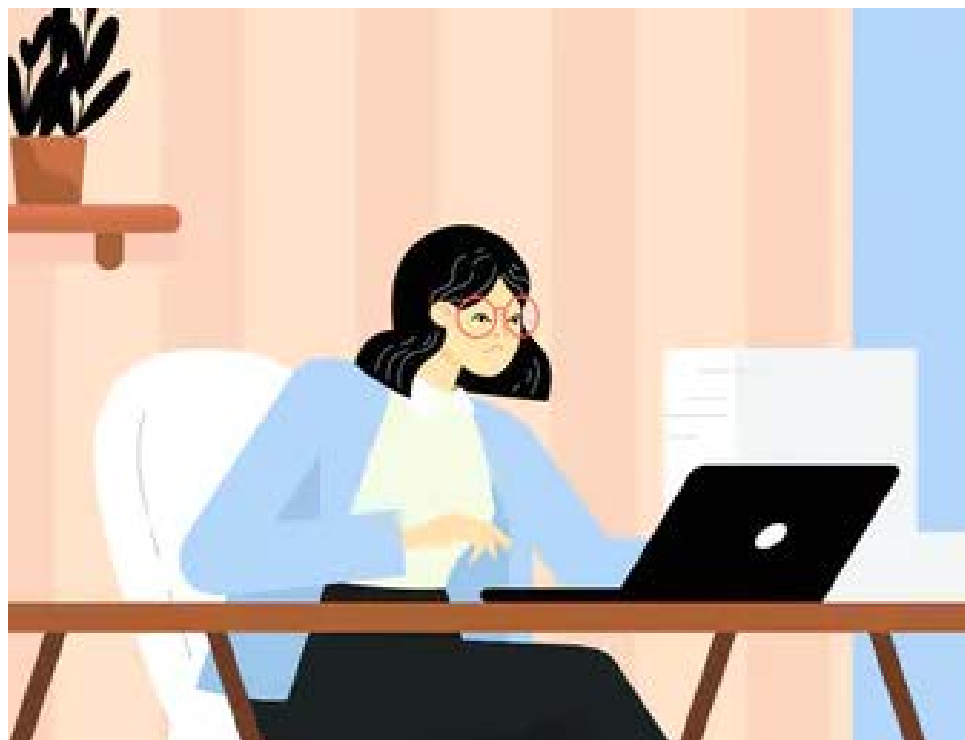
In addition to the disadvantage when it came to cheating, APs also put certain test-takers at a disadvantage in terms of the actual test-taking. Test-takers who had to take their test in unstable environments, had subpar devices or network connection that led to errors in the test, and those who

lived internationally and had to take the test as late as 2 a.m. or 4 a.m. in the morning, all faced unfair and uncontrollable conditions that disadvantaged them. When the scores come out in July, it will be hard to tell if the results represent a student’s understanding or just reflect one’s amounts of privilege.

The rich and powerful don’t need AP tests. If Felicity Huffman and Lori Loughlin have taught us anything, it’s that the rich already have the means to get into prestigious colleges, whether through fraud, corruption, and donations, or just expensive tutors and private schools. AP tests can largely benefit the underprivileged, the ones who want to show colleges their knowledge despite subpar education systems and a lack of extracurricular opportunities and moreover want to make college more affordable by testing out of required courses.

“AP tests are doing a disservice to the...people they had set out to help”

Yet, 2020 AP tests are doing a disservice to the very people they had set out to help. The College Board made the choice to kick people who were already down while lifting those who never needed assistance just to make a profit from one of their biggest sources of revenue. In other words, the 2020 AP tests did not work towards eliminating inequality: they profited from it.



TESTING from home can present new challenges. *Photo courtesy of Getty Images.*

A Message for My Fellow Americans

By Jack Grosberg

Opinion Editor

Dear My Fellow Americans,
Our nation is sick, tired, and furious. First, we are unable to focus on the safety of our fellow countrymen and women in face of a pandemic, and focus more on the future than the now. Then our leaders became tired of waiting and opened up our nation while it was still sick. Now, after 8 minutes and 46 seconds of torture, asphyxiation, racism and murder, our nation is being called upon to face its scars and dehumanizing customs.

Let me ask you something: how many more lives have to be lost to prove to you that this nation is built on racism? Was Will Brown not enough? Or Emmett Till? Or Martin Luther King Jr.? Or Trayvon Martin? Or Freddie Gray? Or Michael Brown? Or Ahmaud Arbery? Or Breonna Tylor? Or George Floyd? Does it mean nothing to us that we all bleed red? I ~~guess not~~. Or has our nation's selective memory erased the fact that the first blood spilled to create this nation was that of a black man named Crispus Attucks, when he rose up to British oppression before being the first victim of the Boston massacre?

When we rise up and call for change, we are gassed as if it is war, but tear gas is banned in war. So what is this? Is it a revolution, an uprising, and a social upheaval, or is it just tearing off a bandage? Why must Americans have



U.S. Constitution. Photo courtesy of Heritage.

to worry about their lives when stopped by police, just because of the color of their skin? The pain, anger, and anguish of racism is so terrible that it is hard to put into words.

Let's run things by the constitution: how many times has it been violated in the last month? The First Amendment is being violated when police impede on peaceful protesters' right to assemble, and arrest the press. The 4th was violated when the police murdered George Floyd without due process of the law. The 6th was ignored. The 8th says no cruel and unusual punishment, so the 8th amendment was clearly ignored. Finally, the 14th was forgotten when Derek Chauvin took George Floyd's life without due process of the law. So when the president threatens to use the army on American principles, he mustn't forget one thing: that men and women of our nation's armed forces swear by oath to defend our constitution against all enemies.

So I ask you, if our constitution is under siege, why are we threatened to have our army turned against us instead of protecting us in order to uphold the constitution? Now I'm not calling for a coup d'etat, I just want our nation's leaders to think before they act.

I want everyone to think, think really hard about racism and ways that you can confront it. Take a look at your constitutional rights and make good use of them, and protect the constitution as if it were a family member. Speak up against injustices even when you are scared and outnumbered. Remember a voice carries volume, but millions of voices bring change.

**"A voice carries volume,
but millions of voices bring
change"**

A Satirical Quarantine Morning Routine

By **Jacqueline Liu**
Assistant Editor

QUARANTINE DAY 1

[5:00 AM]

My alarm rings. Excited for the day ahead, I quickly jump out of my bed and run to the bathroom. As I brush my teeth, I quickly jot down my to-dos (in preparation of my 15 hour work day). Not wasting a minute, I change into my overpriced running clothes and go for a quick 5 mile jog around the neighborhood. I start the first mile of the run by listening to daily affirmations through my airpod pros. Then, I switch to NPR for miles 2 and 3 and a productivity podcast for miles 4 and 5.

After my run is finished, I take a five-minute cold shower to improve immunity and circulation. For breakfast, I make an extreme health smoothie consisting of two scoops of protein powder, celery, spinach, goji berries, and a dash of unsweetened almond milk. Of course, I take my non-peer-reviewed energy shot consisting of ginger, lemon, and apple cider vinegar on the side. Delicious.

[8:00 AM]

I sit down at my adjustable standing desk with a cup of hot black coffee to start my day. After meditating for 10 minutes, I timeblock the times in which I do my assignments. Pulling my binder out of

my backpack, I flip to the correct tab and start my work with a cheerful attitude.



EXTREME health smoothie for breakfast. *Photo courtesy of EskiPaper.*

QUARANTINE DAY 72

[10:00 AM]

I blearily open my eyes and flinch at the bright sun burning through the blinds of my window. What time did I go to sleep last night? My laptop is at 2%, with Netflix still open. What time is it? I squint, looking around on my bed for my phone. It looks like I forgot to charge it again, but I quickly make out the numbers 10:01 before the screen goes black.

Shoot.

I leap out of bed and stick my battered charger into the port, praying that my laptop hadn't died just yet. I frantically click around my 45 open tabs, looking for Google Classroom. Found it! My teacher eyes me suspiciously as I log on five minutes

late and in the middle of her sentence. She greets me with a semi-cheerful voice, and I am all too aware of the mess behind me that is clearly visible on my webcam.

[12:00 PM]

Finally, my last class is finished. I pull up my email, and cry internally at the 400 unread emails of google classroom assignments. Feeling hungry, I go downstairs to rummage around my pantry for something to eat. I find a box of processed sugary cereal and some almond milk that has probably been sitting in my fridge for a little too long. After eating, my blood sugar instantaneously crashes and I lie back down on my bed in despair. Just a five minute nap won't hurt, right? My homework can wait a little bit longer.



PREPARE FOR an instant blood sugar crash. *Photo courtesy of Eat This, Not That.*

Sudbury's Health Department Works Tirelessly through Pandemic

By Josie Halporn
Editor-in-Chief

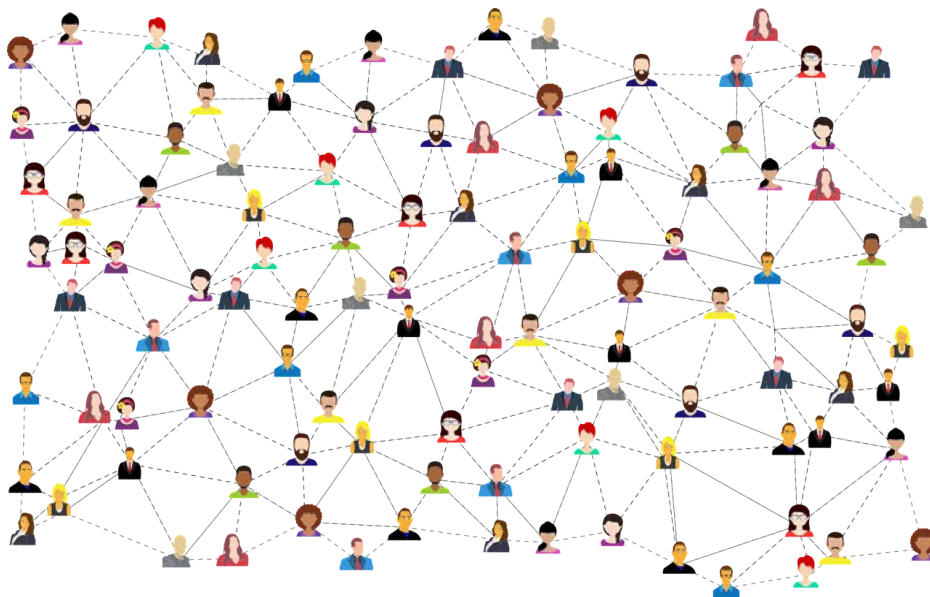
A quick login to Zoom on Tuesdays at 4 p.m. reveals the hard work of Sudbury's Health Department and Board of Health throughout the COVID-19 pandemic. During the June 9th virtual meeting, attendees were able to hear from the public health nurse, town social worker, and department director on what they've been seeing in the community.

Ellie Gottlieb, a rising junior at Lincoln-Sudbury with an interest in epidemiology, has been attending the weekly meetings for the past few months. She emphasizes the tireless efforts of the Board to keep the town safe.

"My first meeting and all the subsequent meetings I was so shocked at the amount of work that they're putting in, for the things that the normal population wouldn't really think about," said Gottlieb.

"There's just so many different facets of what they're doing," she continued. "It's so admirable to me that they're putting in all of this hard work and hardly being recognized for it."

Sudbury's public health nurse Phyllis Schilp has taken the lead on contact tracing efforts in the state. It's a huge job to reach out to each and every person who may have come into



CONTACT tracing. *Photo courtesy of OSU.*

contact with a diagnosed patient. Schilp also handles disease investigation, educating the public on COVID, and talking with nursing homes, assisted livings, places of businesses, and residents.

"It's just been all COVID-related," Schilp said in an interview with the Forum. "All the other duties that I do have basically been put on hold right now . . . It used to be a 35 hour a week position; I'm probably working close to 60 with 11 other nurses reporting to me right now."

The Health Department has also seen a dramatic increase in the amount of social work to be done. According to Gottlieb, income insecurity is the problem town social worker Bethany

Hadvab has talked about most in recent months. Mental health is also a prominent struggle for people trying to cope with today's stressful times.

"[Bethany] said that she's been finding it harder and harder to actually make contact with people because people have so much stress nowadays," Gottlieb added. It's difficult to help people when they can't be reached.

"Finding it harder and harder to actually make contact with people"

Bill Murphy leads the team at the Health Department. He receives a lot of the communication from the public

about COVID-19 and runs meetings with the Board about the pandemic. On top of these Coronavirus-related responsibilities, he still has to do real estate inspections. He still had to manage a rabid raccoon case last week. He will still participate in a big webinar this week all about Triple E.

Even if COVID-19 cases sustain a downward trend, there won't be much decrease in the Health Department's workload. Now the Board has to tackle the reopening underway in Massachusetts.

“There won't be much decrease in the Health Department's workload”

“Right now we're just entering Phase Two of the Governor's plan,” Schilp explained. “I fear that a lot of people won't be practicing that mask and six-foot apart and we'll be seeing more group gatherings, unfortunately. And that would cause the disease to spread, as it did in the beginning before all those precautions were in place.”



OUTDOOR seating at 29 Rustic in Sudbury. *Photo courtesy of 29 Rustic.*

Each new phase carries a multitude of questions for the Board of Health. Many are coming in from restaurants hoping to launch outdoor

seating options and summer camps hoping to run their season.

“The week before last, [the Board] talked about these new mandates that the state has put in place for camps, and how you have to have a certain amount of indoor space for enough campers to social distance,” said Gottlieb. “Because of this, some camps just don't think they'll be able to raise a profit off of this season. Especially with hiring counselors and getting all the payments in. So I think many camps are going to choose not to open. It's just a question of which ones will and which ones won't.”

Another major question is whether schools will open their doors this fall. According to Gottlieb, the Health Department will provide their guidance and recommendations, but the ultimate decision is up to the state and school council. In an environment where students are congregating and social distancing is difficult, health concerns abound.

“Another major question is whether schools will open their doors this fall”

“[The board] has been talking about what they're going to do in the fall, and obviously there's not [many] guidelines from the state government yet,” explained Gottlieb. “But they're thinking if someone gets the disease at a school, that means they have to shut the whole school down because it's just impossible to tell who you came in contact with.”

If a nurse contracts the virus, there's no back-up plan. The same goes for teachers. And what about students who don't want to return in September, maybe because they or a family member has a compromised

immune system? The Board of Health is worried about all these variables.

For now, the town will have to wait and see what guidelines the Department of Education releases and what path the disease takes. The health department is also still waiting to see if there's any community spread in wake of the recent protests in Sudbury and Boston.

“We'll know in the next couple days, because it usually takes about two weeks for an incubation period, or from exposure to contracting the disease,” Schilp told the Forum. “In a few days we'll be able to figure out if any of the protests really caused the disease to spread. Yes, I'm very worried about people getting out in public and the possibility of spreading it. Again, like it was before social distancing and mask-wearing.”

All of these efforts by the Health Department to protect the community are inspiring to a certain aspiring epidemiologist. Ellie Gottlieb comes back every week to get more information from the Board and hear about the work that they're doing.

“They're working so hard, each and every one of the members of the Board of Health,” she stressed. “They're behind-the-scenes doing so much for the town.”



THE BOARD of Health serves the Sudbury, MA community. *Photo courtesy of town website.*

Features



Welcome Mr. Guanci!

By Elle Stevenson

Editor-In-Chief

“Porky’s Barbuce” and “The Movie Guys” had a rivalry only few remember. However, English teacher Mr. Guanci describes the feud with depths of nostalgia and humor. In fall of 2017, L-S alum Mike Guanci joined the English department, and now the Forum Editorial board is extremely excited to welcome him as our new advisor!

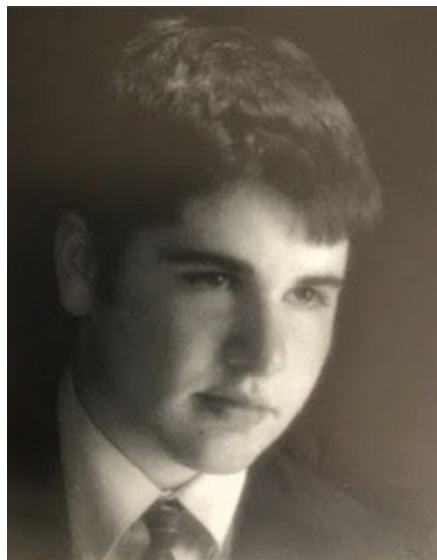
“[Mr. Guanci] participated in the Forum during his time at L-S”

Mr. Guanci is also an exciting addition to our team, due to the fact that he participated in the Forum during his time at L-S. After being inspired when reading his friend’s restaurant review column “Porky’s Barbuce,” Mr. Guanci and his friends created the movie review column “The Movie Guys.” Although it doesn’t seem to have been determined which review column was more successful, we can all agree that Mr. Guanci will bring something special to the Forum this year.

Besides the humor and review columns, Mr. Guanci will also bring a wonderful perspective and love of learning to the Forum and L-S as a whole. “I started realizing just how much I could learn about the

world through books. I think it’s how I learned to pay attention to what matters and to sift through what doesn’t matter (still trying to learn that),” he said.

Mr. Guanci’s love of reading and true fascination of stories is something to be admired and emulated. As many stories get lost in translation, Mr. Guanci focuses on the true meaning, and works on navigating what really matters in life.

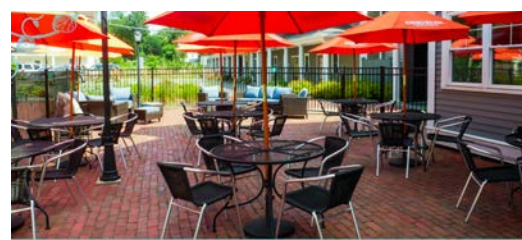


MR. GUANCI’S high school yearbook photo. *Photo courtesy of Michael Guanci.*

As young adults, writers, and students Mr. Guanci raises an intriguing and wonderful point. At the end of the day, isn’t everything about figuring out what really matters? With our small newspaper and as developing writers, we are hoping to make this central theme of our paper this year.

“What is so great about journalism is it’s all about figuring out what matters”

As high school students who are soon going out into the world and pursuing beyond, this is a message we are excited to learn from Mr. Guanci who stated, “What is so great about journalism is it’s all about figuring out what matters, and then turning that thing that matters into a story. We all love stories. It seems like the best journalists are better at figuring out what stories are worth telling and how to tell them.”



New Ways To Enjoy Our Rustic Twist
On Comfort Food Favorites



Rustic
American



Rustic
Mediterranean



Rustic
Mexican

Pickup curbside, or enjoy your favorite rustic dishes
and cocktails al fresco!

Patio seating is available
by reservation only.

Menus & Reservations At
rustic29.com

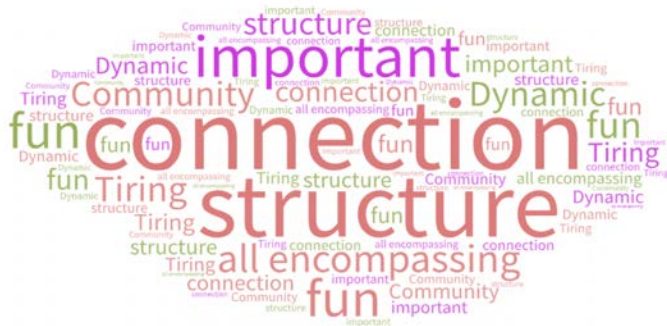
Centerspread

tF

Survey of the L-S Community

Has the outlook of the L-S community changed during quarantine?

How does the L-S community describe school in one word?



What people in the L-S community miss the most about school:

- ★ The smell of muffins in the cafeteria
- ★ Seeing friends and teachers
- ★ Passing by people in the hall
- ★ The structure that it provided
- ★ Being independent

How have people in the L-S community been spending their time?

- ❖ Running
- ❖ Preparing for College
- ❖ Baking Bread
- ❖ Meditating
- ❖ Painting
- ❖ Reading

When asked: “What did school provide you?” the L-S community responded:



L-S Music During COVID-19

By **CJ Jacobs**

Arts Editor

Though our school year has been drastically changed over the past few months, the L-S Music Department and Musicians' Union have not let that stand in their way of creating music together. Be it virtual concerts or online award ceremonies, they have managed to keep music alive during this unpredictable time. Musicians around L-S have joined together to try to play and sing with one another in the time of COVID-19. They had come up with new and creative ways of doing so in order to keep the musical spirit alive.

The Musicians' Union recently held a virtual concert that they uploaded to Youtube. In their 'Quarantine Coffeehouse,' L-S students performed in order to raise money for Saint Vincent de Paul in Sudbury, a group dedicated to helping those in need.

"...they have managed to keep music alive during this unpredictable time."

While they were unable to hold their usual in-person coffee house performance, they still managed to make it work in order to bring people together and raise money for a good cause.

The L-S Music Department has also been hard at work so as to not let the current situation dampen their spirits. A virtual send-off was held by the music department for their seniors. All L-S music students and their families logged into a Google Meet to support their friends and listened as Mr. Oh, Mr. Grandprey, and Mr. Bunting gave speeches to the seniors and gave out music awards.

The band students then surprised Mr. Grandrey with a video thanking him for all of his dedicated work this year and years past.



L-S MUSIC Department Logo. *Photo courtesy of Lincoln-Sudbury Regional High School.*

The L-S Choir has also been figuring out ways to continue to sing together even though they are so far apart. Students have sent in recordings and have joined together every week on google classroom to check in with one another and practice their music.

"We may be separated by screens, but virtual choir is such a great way to bring us all together! Mr. Bunting has done a great job of organizing it, and we not only learn a lot, but also have fun being there! We all had a lot of fun cheering for our seniors, and somehow managed to keep things running well in spite of there probably being 70 or more people on the call! I'm so glad we're able to stay in touch, and I thought this virtual senior send-off was a great way to say goodbye," said Sarah Malinoski, a sophomore student in treble choir when asked about her experience with virtual choir classes.

". . .virtual choir is such a great way to bring us all together!"

Though we all must be apart during this time, it is as important now as it ever was to continue to connect with each other and offer support in any way that we are able to. The L-S Music Department and Musicians Union have proved that though it is difficult, it is still possible to enjoy our usual musical traditions, even if we can't all be together in person to do it.

No matter how far away we are from one another, we are never really alone. We will always be able to reach out to one another and share in the things we normally would.

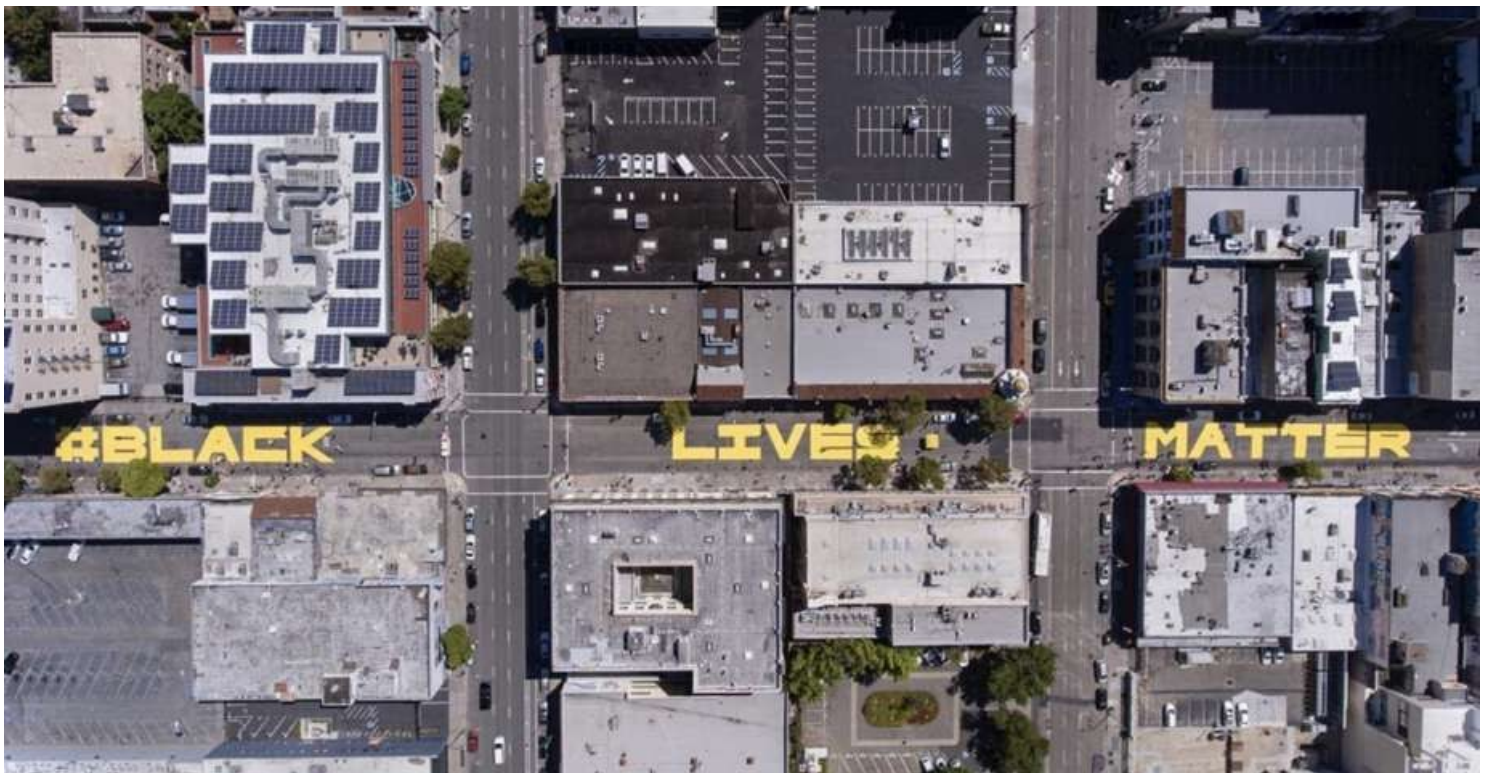
Oakland Mural Supporting the Black Lives Matter Movement

By **Aneesha Sharma**
Arts Editor

The main goal of artwork is to express the artists' feelings and send a message to its audience. Artwork is so powerful it can bring important ideas to people's attention and encourage them to rethink their actions. Most artists use their work to help bring about change for an important cause, such as the Black Lives Matter movement. These pieces have often also brought communities together just like the protests but more peaceful and with minimal police intervention.

The city of Oakland, California and its community have created a mural for the protests which spans three blocks. It took 400 artists and volunteers gathered on the street on Sunday morning to complete the mural within a day. The bold yellow letters read: "BLACK LIVES MATTER". Most of the volunteers had shown up at the beginning with materials, but the process intrigued other community members walking by who stopped and started to help. The prep work for the mural had started Saturday night when the team ran into an issue with the

police. There had been a complaint for vandalism which the police responded to and they confiscated all of the art supplies. Two members of the team had to drive all the way to the police station and request them to return their supplies. They had to agree to not work on the mural anymore but the team didn't agree. Despite the setback and warnings, they continued working all through the night. Many volunteers, besides those painting, distributed masks, hand sanitizers, gloves, water, and art tools, and a local bar and restaurant helped transport meals.



OAKLAND Mural. Photo Courtesy of SFGate.

“If a painting on the street really upsets you, we need to do more paintings”

To attract more volunteers the town had set up a DJ as well, which led to supportive honking from cars driving by. Many people saw this as a way for a community to come together and help the cause without causing destruction, creating a fun and peaceful atmosphere. Other California communities have followed Oakland’s example and painted murals of their own.

Specifically places like Seattle, Charlotte, and Washington D.C. also have all 16 letters painted across their streets.

The group of people in Seattle decided to each choose a letter and paint it in their own style. Every artist added something personal to it and many had their friends and family members help out as well. By the end a whole crowd had joined to spectate and help paint which was surprising for the original painters since the only form of advertisement was conversation.

Protesting in this fashion helped defuse tensions between both sides while still relaying a powerful message to the world.

Interested in environmental sustainability and activism?



The L-S environmental club will be hosting a series of summer webinars with speakers including:

- **Erik Limpaecher**, the leader of the Energy Systems Group at MIT’s Lincoln Laboratory who was involved in the installation of a solar water purifier in Puerto Rico.
- **Alex Vai**, a volunteer campaign coordinator at the MA Chapter of the Surfrider Foundation, an organization dedicated to preserving the world’s oceans, waves, and beaches.
- **Rosi Kerr**, the director of sustainability at Dartmouth College.
- **Alex Chatfield**, a clinical social worker and longtime climate protection activist located in Lincoln.

For more information:

<https://www.facebook.com/groups/environmental2020webinar>

Want to write for the Forum next year?
Contact an Editor-In-Chief!

Sports and Black Lives Matter

By Josh Cohen
Sports Editor

Like it or not, professional sports have long been tied to social justice and activism. The breaking of the color barrier by Jackie Robinson integrated America's pastime, paving the way for change throughout the country. When two African-Americans were on the podium at the 1968 Olympics, they raised a fist to support and raise awareness for black and human rights. Both Bill Russell and Ted Williams used their Hall of Fame inductions to point out the sad lack of black athletes recognized. NBA players in 2014 such as LeBron James and Kobe Bryant wore t-shirts at games with the words "I Can't Breathe," Eric Garner's final words. And fueling a Twitter war with the President, Colin Kaepernick took a knee during the national anthem to raise awareness about police brutality targeted towards African-Americans, ultimately forcing him out of the NFL.



ENES KANTER of the Celtics participates in a peaceful protest in Boston. *Photo courtesy of NBC Sports Boston.*

These past few weeks in America have been hard, but necessary, to watch. The protests in the wake of George Floyd's murder have brought

out the good, the bad, and the ugly in America. This can be seen with the response of pro athletes, their teams, and the leagues that they belong to. Fortunately, the majority of stories surrounding athletes and the protests have been positive, especially from the NFL and NBA which both employ close to 70% black athletes. NFL Commissioner Roger Goodell did not support Colin Kaepernick and others who kneeled back in 2016 and 2017. However, he and the league have changed their stance following the George Floyd murder and a powerful video made by black NFL stars including Defensive Player of the Year Stephon Gilmore and Super Bowl MVP Patrick Mahomes pointed out how it could have just as easily been them murdered instead of George Floyd, Breonna Taylor, Ahmaud Arbery, and many more African-Americans killed because of the color of their skin. Goodell read out loud the statement written by the players condemning racism, stating that black lives matter, and admitting the league was "wrong for not listening to NFL players earlier".

The NFL did have a major hiccup with their response, however, when Saints quarterback Drew Brees reiterated a Donald Trump stance from the time of Kaep's protests, opposing what he perceived as "disrespect" toward the American flag and military. Obviously, Brees' point is not and

never was related to the protests against police brutality, leading to instant backlash and outrage directed at him. Many of Brees' own teammates

"We must stop talking about the flag and shift our attention to the real issues"

called him out for being ignorant and not informed, with others going as far as releasing profanity filled videos shutting down Brees' comments. After conversations with his teammates and other prominent members of the black sports community, Brees walked back his statement and proceeded to try and educate President Trump posting, "We must stop talking about the flag and shift our attention to the real issues of systemic racial injustice, economic oppression, police brutality, and judicial & prison reform." While some of Brees' relationships have rightfully been fractured by his ignorance, he appears to be working towards becoming an ally for the black community.

Once sports return, it is expected that more athletes than ever before will be using their platform to push positive change. As celebrities who are put up on pedestals in our society, the stance of athletes can have a massive impact on our country and more prominent figures speaking out and supporting each other is long overdue.

How Leagues Are Dealing With COVID-19

By Josh Cohen

Sports Editor

With social distancing restrictions loosening in many states, American sports leagues are planning their returns. Let's take a look at what leagues have been doing right and wrong, and assign some return-to-play grades.

NBA: The NBA was the first league to shut down after Jazz center Rudy Gobert tested positive for COVID-19. Since then, they have been working hard to return as soon as possible. Now, the NBA have a solid plan in place to finish their season in a Disney World "bubble". In total, 22 of 30 teams will be returning to participate in a brief eight game regular season before the playoffs. Current dates are a July 31 return to play, August 16 start of playoffs, and the NBA Finals beginning on September 30th. Certain details have yet to be released regarding a potential play-in round for the final playoff seeds and how playoff matchups will be determined, and obviously the success of the plan will be totally determined by the coronavirus. Like Celtics coach Brad Stevens said, "Health is the number one priority. Not only with the people involved but just where we are in society, where we are with the virus in general." Nevertheless, hype for the NBA's return is through the roof and they will likely be the most watched league when sports resume. **Grade: A**

"Health is the number one priority. Not only with the people involved"

NHL: After the NBA season was postponed, the NHL was quick to follow. The two leagues typically have similar schedules with overlapping playoffs, so it makes sense that their responses to the coronavirus have been similar. Both leagues are hoping for a similar start time and are eliminating the worst teams from contention. The NHL will also have two "Hub Cities" for games similar to the NBA's Disney plan. Unlike the NBA, the NHL will forgo any regular season games and skip straight ahead with a play-in round followed by postseason games. The specific dates surrounding the league's comeback have not yet been worked out, but the NHL does seem ready for a strong return. **Grade: A-**

NFL: The NFL was lucky enough to have the pandemic hit during the offseason. The league will still be impacted, but a complicated plan of action was not necessary. During this time, the NFL held a digital draft which ran surprisingly well and received record viewers. Additionally, football stayed in the news with a successful schedule release and activism in support of Black Lives Matter. Pro Football had the smallest challenge of all leagues, so it doesn't feel fair to give

overwhelming support, but the NFL still has done an above average job during this time. **Grade: B+**



ROGER GOODELL at the 2020 NFL Draft. Photo courtesy of AP.

MLB: The three other main sports leagues in America all have plans to play, and yet baseball is stalling for one reason: money. The players, who previously agreed to being paid a prorated salary based on games played, want the owners to stick to the deal they made. The owners expect the players to take further pay cuts due to the lack of fans in stadiums. While many proposals have been floated by the Players Association and the league, neither side has caved or shown any real drive to negotiate. There is still time to make a deal, but the MLB is already way behind other sports leagues and the longer the stalemate lasts, the less games will be able to be played. The fact that America's National Pastime is being held up during a time of crisis due to money is, simply put, disgraceful. The only reason this does not get a complete "F" is because statements made by Commissioner Manfred indicate that baseball will be played to some extent in 2020. **Grade: D-**

Astrology

tF

Cancer Season Astrological Predictions

By Sydney Ashkinos
Staff Astrologist

Aries: March 21-April 19

Aries, this month the only way you will have good luck is if you fangirl over Kim Kardashian. No questions asked. Your lucky numbers are 15 and 67835.

Taurus: April 20-May 20

Taurus, I'm kinda salty right now because you haven't snapped me back. Please do, I'm desperate to get my ex off my best friends list. Your lucky numbers are 56 and 65.

Gemini: May 21-June 20

Gemini, there's literally nothing I have to say to you. Like literally nothing. Leave me alone. Your lucky numbers are 45 and 1.

Cancer: June 21-July 22

Cancers, please be my best friend but also avoid going to Kentucky. Kentucky just gives me bad vibes for you, even if they have fantastic fried chicken. Your lucky numbers are 89 and 92.

Leo: July 23-Aug. 22

Leos, are all of you obsessed with legos and being loud? Because every single Leo that I've met is like this. Please let me know I'm curious. Your lucky numbers are 34 and 4.

Virgo: Aug. 23-Sept. 22

Sup Virgos. So I'm getting the feeling that this month you're going to have the best month of your life. It also could possibly be the worst. Or maybe it'll be slightly normal. I'm not quite sure yet. Your lucky numbers are 111 and 115.

Libra: Sept. 23-Oct. 22

Libras I need some advice. This month apparently you're good at giving advice. I tried shopping online at Target and I signed up but everything I've looked at is sold out. So does anyone have any good places to shop? Please and thank you. Your lucky numbers are 3.1415926 and 0.

Scorpio: Oct. 23-Nov. 21

Scorpios, this month I feel like you all are going to be evil. Because you remind me of scorpions which freak me out. Do me a favor and stay away from me. Also, play the lottery because I can tell that you might win. Or not. Your lucky numbers are 3 and 9.

Sagittarius: Nov. 22-Dec. 21

Sagittarius, this month I am getting the vibe that you and your significant other are going through a little bit of a rough patch. I get it, social distancing is tough. However, I would recommend ending things because those Capricorns are not it during the month of June. Your lucky numbers are 108 and 31.

Capricorn: Dec. 22-Jan. 19

Capricorns, I have nothing to say to you. How dare you be mean to the Sagittarius'. Your lucky numbers are -3 and -37289.

Aquarius: Jan. 20-Feb. 18

Aquarius, do you like water? Whenever I think about you guys I automatically think of a water park. So your best luck this month is to head over to a body of water and play mermaids. Don't be annoying and tan. PLAY MERMAIDS. Your lucky numbers are 8 and 45.

Pisces: Feb. 19-March 20

Hi Pisces. This month I would suggest trying out a new activity. Maybe underwater basket weaving? If so please weave me a new basket, I'm in desperate need of a new one. Your lucky numbers are 17 and 1983.

