

The Student Newspaper of Lincoln-Sudbury

October 1, 2020 · Volume XXVII · Number 2 · An Open Forum for Discussion

The Remote Freshman Experience at L-S

By Lola Kokott and Olivia Muller
Staff Writers

The 2020-2021 school year started in a way nobody could have imagined a year ago. Over a summer break marked by the COVID-19 pandemic, Lincoln-Sudbury students wondered if they would even get to step foot inside the school this September. Freshmen in particular had lots of questions about transitioning to a new school while in a mostly-remote environment. We decided to get inside the minds of L-S's newest students.

Out of the fifteen freshmen we interviewed, all of them were participating in L-S's hybrid plan. We asked them what they were most excited about in coming to high school. Their responses included meeting new people, having more freedom in schedules, school sports, and meeting their teachers. Although all of these aspects of high school will still exist this year, the pandemic has greatly altered each of them.

In light of this, we also asked the freshmen what they weren't looking forward to at school this fall. Almost all of the fifteen students we interviewed responded with "the online part" or "not having school or sports."

Due to the pandemic, most sports are being postponed for later in the year, and rules are being modified to fit health guidelines. And for the first time ever in the fall, students are meeting



L-S is reopening with a hybrid plan. Photo Courtesy of wcvb.com.

their teachers and peers through a screen.

Ninth grader Andrew Kushinsky said, "I hate looking at my computer for so long everyday."

Managing screen time is a challenge for students, especially as homework is online as well and free blocks are less frequent. This is part of the new schedule, which stays the same from week to week.

"I'm a little confused with how things will work," said freshman Ava Vadgama.

Despite all of these variables thrown in by the pandemic, freshmen were still simply excited to go to school, even if it was for two days a week. However, just a few days before the first day, we heard the news that we would not go back for another two weeks due to a student party.

9th graders Lili Riley, Ava Vadgama, Danielle Cohn, and Merry

O'Connor all agreed that they felt frustrated when they heard the news. Since it was so abrupt and unexpected, their built up anticipation and excitement faltered.

"I was kinda bummed out," said freshman Matt Mahoney about finding out school would start remotely. "I need to get out of the house and do something."

"I was upset that we didn't get to start high school in person, but I'm okay with it now," added freshman Lili Riley. Starting at a new school can be nerve-racking or overwhelming by itself. Now this year, school events are cancelled, sports seasons are postponed, and clubs are looking different.

When stepping into the shoes of the freshmen, it became clear that a number of things students look forward to doing at school may not be available for ninth-graders this year.

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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.

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

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News

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Bruce Freeman Rail Trail

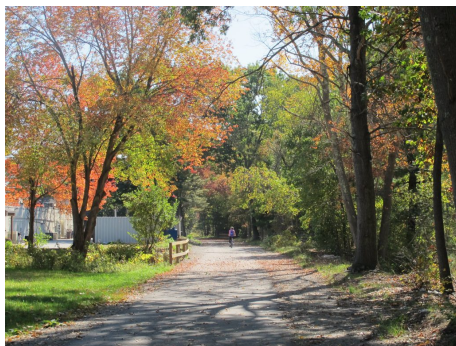
By Carly Robinson
Staff Writer

The vote for Article 52, during the annual Sudbury Town Meeting on September 12, 2020, enabled the Board of Selectmen to purchase land between Route 20 and the Framingham border.

These 1.7 miles of land of abandoned railway, owned by CSX, will be used to extend the Bruce Freeman Trail southward into Framingham.

"Extend the Bruce Freeman trail southward into Framingham"

The idea to turn the abandoned Penn Central railroad line into a recreational trail was first formally discussed in June 1985. Bruce N. Freeman, a state representative at the time, was one of the members at the meeting. Upon his death, his successor, Carol C. Clevon, introduced a bill for the trail in his honor.



BRUCE FREEMAN Rail Trail. Photo courtesy of BruceFreemanRailTrail.org.



BRUCE FREEMAN Rail Trail Map, with phases. Photo courtesy of BruceFreemanRailTrail.org

Since then, the trail has provided civilians with not only a recreational activity, but also a safe alternate route for people to use instead of Routes 27, 4, and 110.

On August 26, 2020, the Town of Sudbury and CSX reached a sale agreement. Even though extending the trail through Sudbury had been years in the making, Sudbury needed to quickly buy the land because the reimbursable grant funds, totaling \$400,000, are set to expire on June 30, 2021.

In addition, the town would have no longer been able to negotiate with CSX after December 1, 2020. The total cost of the land for the town will be \$1,220,500.

RBG Legacy

By Jack Grosberg
Opinion Editor

In the fall of 1956, a short Jewish girl named Ruth entered a Harvard graduate law class: it had 500 men and 9 women. While she might not have been big in size, she was a colossal force on the Supreme Court, and it is that force that we must continue on for her.

"While she might not have been big in size, she was a colossal force"

We must continue to cry out for equality on the basis of gender. Let her memory be our spark, our passion to keep pushing for change. For fighting for change is the American way of life, that's something that the Notorious R.B.G. reminded us of everyday.



RUTH BADER GINSBURG. Painting courtesy of [Simmie Knox](http://SimmieKnox.com).

Massachusetts Flu Vaccine Mandate

By Jade Konsler
Staff Writer

In order to mitigate the impact of the ongoing Coronavirus pandemic as we approach the flu season, Governor Charlie Baker of Massachusetts has mandated that all students receive an influenza vaccine by the end of the calendar year (December 31, 2020). Massachusetts was the first state to issue such a mandate in the United States. It is specifically intended for all children age six months or older attending Massachusetts childcare, pre-school, K-12, or post-secondary institutions. Exempt from this mandate are K-12 students who are homeschooled, post-secondary students who are engaged in remote learning, and those with medical or religious exemptions.

“All students [must] receive an influenza vaccine by the end of the calendar year”

Last year was one of the most severe flu seasons in recent history in Massachusetts. This year, because the flu and COVID-19 have similar respiratory symptoms, the Massachusetts Department of Public Health feels it is important that all residents receive flu shots in order to preserve medical resources. Even K-12 students who are fully remote will be required to receive the vaccination, and

though it cannot be required by state law, teachers and other adults are strongly recommended to get their shots as well.

Since this announcement in early August, many Massachusetts residents have expressed opposition to the mandate. In late August, hundreds of people, many without masks, gathered at the Massachusetts State House to protest the new requirement. They expressed dissatisfaction with what they saw as government overreach. On the opposite side of the spectrum, others questioned why teachers are not required to receive flu shots too.



INFLUENZA VACCINE Photo courtesy of Chicago Sun-Times.

Like the rest of the state, students at L-S will be expected to receive their flu shots by December 31, 2020 and submit a record of the administration to School Health Services. The Sudbury Board of Health and Health Department will be holding their first drive-through flu shot clinics for Sudbury residents during the month of

October. Currently, all of the slots are filled, but there is the possibility of a final clinic in the last week of October pending supplies. For more information, visit the Sudbury Health Department's Website.

“The Sudbury Board of Health will be holding drive-through ... clinics”

For those who do not live in Sudbury or cannot secure a slot, most primary care providers and some pharmacies provide flu shots for no additional cost with health insurance. Massachusetts General Hospital in Boston will also be hosting its annual Central Flu Shot Clinic from September 22 to December 12.



PROTESTORS IN MASSACHUSETTS protest the flu vaccine mandate. Photo courtesy of Joseph Prezioso/AFP via Getty Images.

Mr. Strong

By Coco Stevenson

Staff Writer

Jeremy Strong is a 1997 graduate of Lincoln Sudbury Regional High School and an actor who is known as Kendall Roy from the hit TV show "Succession." Jeremy won an Emmy for this role on September 20th, 2020. Succession has become one of the top shows on Home Box Office (HBO).

Strong grew up in Jamaica Plains, and when he was 10 years old he moved to Sudbury, Massachusetts. He said growing up he was always in plays, but wanted to start to act in movies as well. "I would spend my breaks and summers either trying to work on film sets or out in L.A. at studios and production companies," Strong said in an interview with the Boston Globe.

"Succession has become one of the top shows on [HBO]"

In 2018, he got one of his largest roles in his career: Kendall Roy on Succession. Kendall Roy is a challenging role to play, especially in the past season due to his constant intensity which leaves Jeremy Strong to get into the mindset of an extremely broken man. Strong won his first Emmy for Outstanding Lead Actor in a Drama Series for his brilliant performance.

Forest Fires in California

By Rachel Kams

Staff Writer

Since September 5th, California forest fires have been incessantly burning, totalling up to 8,100 fires and counting. The fires have burned over 3.2 million acres of land, almost the size of Connecticut. In fact, California has reached their all-time record for land burned before even hitting November and December. The most notable fire that was picked up by the media was the El Dorado Fire. Burning more than 20,000 acres and killing a firefighter, it was caused by a colored smoke device in a gender reveal party gone wrong.

While the fires are concentrated in Northern and Southern California, they can also be found in Washington State and Oregon. Close to 18,700 firefighters are fighting the fires which have burned over 4,200 buildings. Currently, 27 fires are burning throughout California and 29 people have passed.



JEREMY STRONG at the 2020 Emmys.
Photo Courtesy of E Magazine.



FIREFIGHTERS fighting the California wildfires. Photo Courtesy of Scott Strazzante.

Many residents are having to evacuate all along the West Coast. Electric companies are thinking of turning the power off for 172,000 customers so the electrical equipment does not spark another fire. Many National Parks and National Forests in California are having to close down because of the bad air conditions.

"27 fires are burning throughout California and 29 people have passed."

Scientists believe the fires are so bad as a result of climate change. "The blaze was "driven by extreme winds, heavy dry fuels, and steep terrain," according to CNN. The winds are pushing the smoke all across the United States, causing the skies to look darker. California is hoping to have the fires contained soon, but with massive heatwaves on the horizon, it is not looking promising.

LS Environmental Club Passes Bylaws

By **Jacqueline Liu**

Assistant News Editor

On September 12, 2020, members of the LS Environmental Club watched as a sea of pink cards marked the culmination of a yearlong project. Starting at the beginning of the 19-20 school year, the LS Environmental Club partnered with Sustainable Sudbury and Mothers Out Front in Lincoln to pass three bylaws in both towns. While the bylaws have not yet been passed in Lincoln, all three were passed in Sudbury almost unanimously.

The first of the three articles, Article 55, was the Polystyrene (PS) Reduction Bylaw. Polystyrene is often marked with a resin ID code of “6” and/or the letters PS. More commonly known by the trademark name of Styrofoam™, polystyrene is found in both foam and solid forms. Motivated by the World Health Organization (WHO) upgrading the classification of residual styrene from “possibly carcinogenic” to “probably carcinogenic” for humans, this article will ban retail establishments in Sudbury from selling disposable food ware such as meat trays, egg cartons, and cups that were made from foam or rigid polystyrene. In addition, retail establishments are prohibited from selling packing peanuts, coolers or other containers, pool or beach toys, and float/buoys made of foam polystyrene unless they are fully

encapsulated in a more durable material.



LS ENVIRONMENTAL CLUB at the Sudbury Town Meeting on September 12, 2020. *Photo courtesy of Tad Guleserian.*

Article 56 was for authorizing the Select Board to petition for a Checkout Bag Charge. Because this article passed, the Sudbury Select Board will petition the Massachusetts state legislature to establish a bag charge in Sudbury. While paper bags are commonly seen as the more environmentally friendly version of the single-use plastic bag as they decompose much faster, a 2011 research paper stated that the production of a single paper bag required four times as much energy as the production of a single plastic bag. This bag charge will incentivize consumers to bring their own reusable bags, as well as help local businesses. Previously, they were required to bear the cost of the bags, and made up for it by increasing the price of the food.

Lastly, Article 57 was the Disposable Plastic Pollution Reduction Bylaw, which will prohibit Sudbury food establishments from handing out plastic straws, stirrers, and splash sticks. It was evident that the town was just as concerned about the both the human and environmental health risks posed by excess plastic. In response to Article 57, Mr. Fridman stated that he “sees the impact of plastic” and “plastic is causing severe problems”, citing how he first handedly saw all the damage caused by plastic during his time in Cambodia.

“Our goal was to contribute to a larger state-wide initiative”

The LS Environmental Club, when asked about the bylaws, stated that “our goal was to contribute to a larger state-wide initiative while working locally”. Driven by the desire to help their local communities become more sustainable and spread love for the environment, the club hosts regular outdoor cleanups and are currently working on both a carpooling and composting initiative for Lincoln-Sudbury. For more information on the bylaws and updates on their activities, the club can be reached at lsenvclub@gmail.com or their [instagram](https://www.instagram.com/lsenvironmentalclub) page, [@lsenvironmentalclub](https://www.instagram.com/lsenvironmentalclub).

Possible Limitations on TikTok

By Sydney Ashkinos
Assistant News Editor

TikTok. The app that has caused weeks of reports and news articles. But what exactly went down when TikTok was set to be banned?

It all started in October 2019 when there were reports of the Chinese government having access to the information from 110 million users in the United States. Not much happened with this report until December 2019 when the United States accused TikTok of selling its users' data to the Chinese government. TikTok vehemently denied this. In March of 2020, India banned TikTok for its citizens along with 58 other apps owned by China due to fear of a national security threat. This led Donald Trump to consider banning the app himself.



PRESIDENT TRUMP says he intends to ban Tik Tok for security reasons. *Photo courtesy of The New York Post.*

Another contributing factor in Trump's consideration was the Tulsa rally. Teens on TikTok had the idea to claim tickets to Trumps' rally and then not attend. This resulted in Trump's managing team to prepare for a huge

rally when in reality, it was very small. Many believe that Trump's embarrassment is a key reason why he thought about banning the app. Trump forced TikTok's parent company, ByteDance, to sell its US TikTok operations in the next 40 days, which was then moved back to 90 days. Trump also extended this to another Chinese app, WeChat.

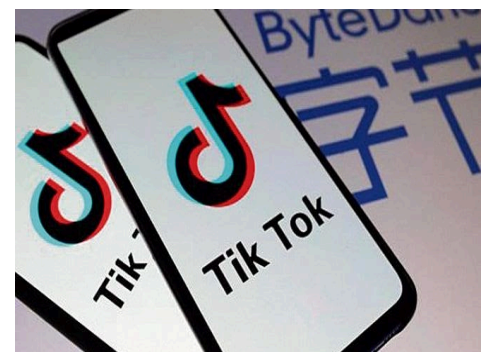
"Many believe that Trump's embarrassment is a key reason"

To add more complexity, Microsoft was planning to buy TikTok which apparently pleased Trump because he wanted it to be owned by a large American company. Around the time Microsoft was planning on buying though, they were not the only company interested in buying TikTok. Twitter was thinking about it as well as Oracle. Walmart also wanted to partner with Microsoft to buy TikTok. Furthermore, TikTok itself was filing a lawsuit against the Trump Administration, stating they had no evidence that TikTok was a threat to national security. It seemed like everything would be fine for TikTok because Microsoft was well on its way to buying it.

However, in September 2020, Microsoft's bid was denied by ByteDance. Despite numerous

conversations between the Trump Administration, Microsoft decided to leave the bidding war. Oracle then decided to take charge and wished for Trump to agree to let them own it. TikTok was looking like it would be saved until September 18, 2020.

On the 18th, it was announced that the App Store would remove WeChat and TikTok on the 20th. This was the direct result of an executive order by Trump. Fortunately, the same weekend this occurred, Oracle and Walmart decided to band together and a deal was made where the two companies would own a minority stock in TikTok Global. Oracle would be able to secure the data from United States users. Unfortunately, on the 21st, Trump said that if Oracle did not have total control over TikTok Global then he would not approve it. Since Oracle only has a minority control, this could be an issue. At least for the moment, it seems that Tik Tok is here to stay despite the constant unpredictability.



TIK TOK may be banned due to President Trump's fear of a national security breach. *Photo courtesy of The Tribune.*

Features

tF

A Glass of Lemonade with Dr. Green

By Josie Halporn
Editor-in-Chief

Basketball, football, baseball, tennis, track, a little bit of rugby... Darius Green lists off all the sports he used to play while keeping count on his hands. He quickly runs out of fingers. Long before Dr. Green was the new Associate Principal at Lincoln-Sudbury, or a doctoral student at Northeastern, or a math teacher at Hyde Park, he was a young athlete growing up in Boston.

For Green and his two siblings, sports were the only way to get out of the house as kids. Their father, a Marine, enforced a strict curfew of 5 o'clock.

"He always believed that if you had free time, then that meant that you could get in trouble," Green recalls, "And he's absolutely right."

Green's father regimented many aspects of the home in his special way. One of them was chores; the Green children cleaned the house like they were all Marines. Their first task each morning was to make their beds, and if their father's quarter did not bounce on the beds, they would have to pull them apart and do it again. Sundays, Wednesdays, and Fridays meant extra cleaning.

"We'd clean, clean, clean, clean, clean, the house from top to bottom. It instilled a sense of discipline in us," says Green.

Green's parents also instilled the importance of education in their kids.



DARIUS GREEN, new West House Associate Principal. *Photo courtesy of Students at the Center Hub.*

Because the three kids were close in age, they were able to push each other academically, and they all took advanced classes throughout their K-12 careers. Green's older brother attended Boston Technical for high school, while his older sister attended Boston Latin, and he attended Latin Academy.

"For me, education was the foundation of survival," Green says. After graduating from Latin Academy, he completed his Bachelor's degree at UMass Boston. Then it was Boston College for graduate school a few years later, and Northeastern for a doctoral program a few years after that. Green jokes that, after all that school, he won't go back to another class ever, ever again.

At one point in his long journey as a student, Green realized that he wanted to be an educator himself. It took him a couple degrees to come to this realization, though; for most of his

youth, Green had been set on becoming a lawyer.

"Green realized that he wanted to be an educator himself"

"My mom had a job as a clerk at Dorchester Courthouse, and I would come in and sit with her and do my homework," he explains. "That's where I fell in love with the law." Green chose to study history and psychology as an undergraduate, preparing for a career in law.

It wasn't until a summer off from college that the aspiring attorney began to consider a change in course. Green had taken a job at the Upward Bound TRiO program, where he worked as a counselor. His official duties in this capacity were basic: ensure that the kids adhered to curfew and that they didn't set the building on fire.

Then, unexpectedly, the program's pregnant math teacher was forced into bedrest. The program needed an immediate replacement, and Green happened to be a numbers guru on the side of all his legal aspirations. The job was his.

"That's when I kind of fell in love with teaching," Green says. "The ability to take information, break it down in different ways so that students can understand, and then they learn from it, was awesome. It also made my mind



HYDE PARK High School. Photo Courtesy of New Mission High.

sharp. That started my career in education.”

From there, Green accepted his first full-year teaching position at Hyde Park High School in Boston. It was a tough beginning. In a school of 1700, over half of the Hyde Park students were freshmen. Many were repeaters who had failed the grade, as old as 19 or 20, and the MCAS scores were exceedingly low. The school did not have a formal plan to deal with the problem, and so Green became determined to find a solution.

“Green accepted his first full-year teaching position at Hyde Park High School”

He discovered that those early stages of MCAS are heavy on reading and word problems, and that this was probably the reason behind all of the student failures. So Green took a class on foundations of reading, and then applied its teachings to his own classes. He started to mix his algebra lessons with reading comprehension. The kids started passing.

This method of evaluating gaps in student understanding, and then filling

them, is a signature of Green’s. He brings the fundamentals of coaching sports to his classroom, approaching student-teacher relationships with a similar team mentality.

“I need to know who you are, just like you need to know who I am,” Green says of working with students. “And the more we build that relationship, the better off we can help each other. I still get letters and phone calls and Facebook [messages] just checking up on me, saying hi, because of those relationships that were established. It comes from a coaching model.”

It was clear from his early days at Hyde Park High School that Green was a different kind of educator. With that came friction from those around him.

“It was rough,” Green describes. “They knew I was different, and that I looked at things differently. Some teachers, and administrators [and] department chairs, hated that. They resented that. I would get pushback, because I would always be given the hardest students with the expectation to fail. For me, failure wasn’t an option.”

More traditional teachers, those with decades of instructional

experience, looked at Darius Green and asked: *What’s this young guy coming in here and doing?* In response, Green would invite his colleagues to sit down with him for a glass of lemonade and just talk. He let people know that his door was always open.

“You can’t spend your time trying to make everybody happy,” Green says, “But my focus was on the kids, and anyone who wanted to work with me and allow me to work with them, it was about improving outcomes for students.”

Soon Green was ready for a true leadership role, eager to extend his impact to other teachers and students. His only hesitation was in moving away from working directly with kids. He had heard other teachers label administration as the “dark side” of education, and worried that making the transition could distance him from classrooms.

In his role as an administrator, Green has worked to fight this divide. He still feels connected to the classroom, because his main responsibility is making sure that teachers have the support they need.

Now, after ten years in administration, Green is making another big transition. This time he’s stepping away from the urban school districts he’s worked in his whole career, and joining the Lincoln-Sudbury community. In making this move, Green hopes to diversify his experiences.

“My ten years at Somerville High School were awesome, but I reached a point where I wasn’t learning anymore. I did everything,” he says. While looking for new places to explore, Green was drawn to what L-S had to offer.

“It was said to me that Lincoln-Sudbury is a very different

place, and it is," Green explains. "It held my attention because of the excellence in academics. It held my attention because of the movement toward student voice, or student activism." What really sold him on the school was the connectedness between the teachers, students, and parents. It was a fit.

"It held my attention because of the movement toward student voice"

As of July 1st, Green is officially the West House Associate Principal, and so far he has only good things to say about his time at the school. He especially praises the resiliency of L-S's faculty and staff as they navigate reopening during the COVID-19 pandemic.

"When you have a committed staff, they go above and beyond to make sure that the experiences that the students have are phenomenal," Green says. He appreciates how hard the teachers have worked to improve their craft, and how hard the school has worked to prepare for every possible scenario.

"There's a special admin book for every crisis," he explains, and then jokes, "A dinosaur that was thawed out in Greenland, that's page 72! They have a plan for it."

In the current hybrid plan, Green likes to work in his office with a mask at the ready, usually hanging off of one ear. That way when someone walks in through the always-open door, he can immediately cover his face and begin a conversation. It could be anyone. Inquiring about a calculus problem. Talking about a Celtics game. Sitting down for a glass of lemonade.

New Faces at L-S



Darius Green - Associate Principal West House

Kirsteen Patterson - Director of Business and Finance

Ivonee Henriquez - Business Office

Ami Harwood Moores - South House Counselor

Jennifer Greenwood - North House Counselor

Kendra Pavlik - LSA/Excel Special Educator

Jordan Kimberley Thomas - Academic Intervention Specialist

Peter Riedel - Librarian

Michael Haines - Building and Grounds

Christopher Taddeo - Building and Grounds

Jenny Staysniack - History Department

Jeff Brewington - Math Department

Catherine Cooper - Math Department

Gabriela Mendez - World Language Department

Chris Durocher - FATA

Ashley Gomes - Wellness Department

Features

tF

My Experience as a Kennedy Intern

By Jack Grosberg
Managing Editor

Over the summer, I interned for the Joe Kennedy for Senate campaign. Under COVID conditions, I worked from home, phone banking for hours, calling hundreds of voters and texting thousands of them. I stood outside in town centers from Concord to Reading. I dropped off lawn signs and reported the results from the Fairbanks Center on election night. I interacted with countless voters, be it over the phone, texting, socially distanced standouts, or just a passerby on the street.



GROSBERG interned for Joe Kennedy. *Photo courtesy of kennedyforma.com.*

One of the most important things that I took away from the whole experience is that, a large number of citizens are willing to be open-minded. Even if they don't support the candidate, they will listen to your calls and address you with respect. That being said, there are definitely overenthusiastic voters, like a few Ed Markey campaign volunteers who slashed our lawn signs.

Throughout the entire campaign, I had a front row seat to democracy at work: especially on the last night when I reported results from the Fairbanks



GROSBERG with Joe Kennedy. *Photo courtesy of Jack Grosberg.*

Center. That night will stick in my mind for years to come. There was no fanfare, no pomp, and no circumstance. It was me, a high-school student, and a middle-aged Markey volunteer. Going into that night, I knew we weren't going to win and as the loss became apparent, the Markey volunteer remained respectful towards me and the Kennedy campaign.

"We are only separated by what our ideas of a better America look like"

When we had both finished reporting results to our respective campaigns, the Markey volunteer turned to me and said, "It is really something that you are doing this and getting involved, it's

inspiring." She was respectful and took the time to acknowledge my efforts, something that is missing from today's politics. If the two of us could have a respectful conversation, even though we were from opposing campaigns, why can't others do the same? Sure, we were from the same party, but that should not matter. Why can't all sides - Democrats, Republicans, and Libertarians - show each other respect? We are all humans. Showing respect does not mean that you have to support their ideas or not stand up for your beliefs. Showing respect is listening to what others have to say, understanding where they are coming from, and acknowledging the efforts and time that they put into their work.

"Showing respect is listening to what others have to say"

It is really not a difficult task; it is actually quite easy-- a simple, "I understand and I respect what you're saying. In my opinion..." or "It's really great how much effort you put into this."

In the end, we all just want to make America a better place. We are only separated by what our ideas of a better America look like. So, while you don't have to enjoy the outcome, we should all be able to commend the journey.

Features

tF

Applying to College in a Pandemic

By Esha Dudhwewala

Editor-In-Chief

The Class of 2021 is facing the pandemic's unusual effects on a significant life experience: the college process. With standardized testing cancellations, the absence of a spring sports season, and jeopardization of in-person extracurricular activities and campus visits, seniors face a hurdle never before seen in post-secondary education planning.

Test centers for the SAT and ACT have repeatedly closed, leaving over one million students around the country, according to the Washington Post, unable to take the standardized tests that have been used as metrics in college applications for decades. As a result of these closures, the majority of colleges around the country-- including all eight Ivy League schools and the whole University of California system-- have gone test-optional for the next admissions cycle. However, if a student is able to provide scores, they are still reviewed and considered.



SAT TEST CENTERS have repeatedly closed around the nation. *Photo courtesy of The Princeton Review.*

"It would give me a lot more assurance if I were able to provide SAT scores after mine have been cancelled over and over again at the last minute, so when I heard that schools could choose to offer in-school testing I got really hopeful. I started a petition with my friend to appeal to the L-S leadership to try and get them to host one," Elle Stevenson, a senior at L-S said.

L-S has opted to hold an in-school SAT test on October 14th, now a remote learning day, with over 300 students signed up. However, college counselors pointed out that as many students will not have these test scores to show, the focus in admissions for colleges will lie elsewhere.

"I truly believe that this coming admissions cycle for the majority of colleges is going to be one of more promise to many students even without test scores than previous years," said Katelyn Klapper, Certified Education Planner and owner of College Options in Sudbury. "Most colleges are going to be fairly eager for students who want to be on their campuses, pay the tuition, and make the commitment to be there for four years."

"I truly believe that this admissions cycle...is going to be one of more promise"



JAMIE GOSSELS, owner of JGossels College Consulting. *Photo courtesy of Jamie Gossels.*



KATELYN KLAPPER, Certified Education Planner and owner of College Options. *Photo courtesy of Katelyn Klapper.*

Another cause of concern for college applicants, along with testing, has been grades from the second semester of junior year which were interrupted by the pandemic. L-S decided to adopt a policy where students either passed or failed the class and no grades were recorded.

“My general recommendation for kids is to not stress as everyone is in the same position as everyone else with respect to grades from the spring of junior year not being normal, whether it was ‘pass/fail’ or another system depending on the high school,” Jamie Gossels, Owner of JGossels College Consulting in Sudbury said.

“...not to stress as everyone is in the same position”

The reason for this, as Klapper explained, is that the extenuating circumstances in which those grades were given don't reflect the same quality of instruction and learning that there would have been in person.

“Having the ‘pass fail’ system is really not very different from the school districts that decided to award grades, and I think admissions readers will take that into consideration,” Klapper said.

Another crucial aspect of the college search that has not happened due to social distancing is campus tours, which schools have moved



VIRTUAL CAMPUS TOURS are the new way to visit schools. *Photo courtesy of Getty Images.*

online in an effort to provide some understanding for prospective students.

“I’ve been doing virtual visits for all the schools I’m applying to, and it’s been effective in the ability to provide an overview of the academic life of the school,” Anisha Kundu, a senior at L-S said. “But it hasn’t been as effective in showing the student life in terms of student groups, activities, and campus culture.”

Besides being able to assess good fit in a school, a worry comes with the fact that some schools track demonstrated interest which can be shown by visiting. However, students can demonstrate interest by attending virtual programs and information sessions that are being offered by multiple institutions.

“It is helpful for the student to learn more about the school, and attending an online program will show just as much demonstrated interest as an in-person visit,” Gossels said.

The shift to an online admissions program has brought along its benefits as well, from more one-on-one interview opportunities to live student panels.

“We’re seeing a number of schools become more innovative with their recruitment programming,” Klapper said. “They are offering opportunities to sit in on presentations with department heads and professors, and much of this exposure was only available through an in-person open house previously, which is a silver lining of the Covid-19 situation.”

Klapper recommends that students and parents attend these virtual programs and tours together, just as they would when visiting campuses in person.

“It’s easy to tell a student to go research on their own, but what you’re missing in that dynamic is some of the

shared dialogue about impressions of the campus and programs. A student is going to hear a message in one way and the parent might hear it in another,” Klapper said.

Just as school was canceled in March, so was the spring sports season which is an important component to many seniors who were looking to get recruited by colleges.

“My recommendation for students is to contact the coaches of specific schools who are going to be best able to tell students what they can do and what the landscape looks like for the incoming class,” Gossels said.

Despite lacking records and videos from their junior year season, multiple L-S students have managed to stay on track with recruitment for sports such as lacrosse, baseball, and tennis.



ART REILLY, activities and athletics director at L-S. *Photo courtesy of Sudbury Wicked Local News.*

“We’ve had some kids that didn’t play our season last year but are signed with schools already. Colleges still have to fill their teams,” Art Reilly, L-S athletic and activities director said.

Extracurricular activities will also look different for students, as clubs have had to adjust to remote meetings which can be tough on groups relying on hands-on work such as Robotics.

“Over the summer we did a survey with all the activity advisors to see which clubs could run remotely, hybrid and in-person,” Reilly said. “As long as we can do it safely without

endangering kids, Bella Wong and the administrative team have been extremely supportive of whatever athletics and activities we can offer as we understand this is important to the kids for their fun and social emotional health.”

While activities are happening differently, or not at all, there are ways students can continue to pursue their passions even without school being in session.

“Even if you’re learning something new on your own, that is definitely something you can share with colleges. It doesn’t have to be an organized club or activity through school,” Gossels said. “I would encourage students to think outside the box as colleges are looking for kids who can be flexible and resilient under these circumstances.”

Students still have control over certain aspects of the application process that remain unchanged, namely the personal essay.

“Without some of the more analytical data available to admissions readers, everyone is in agreement that the pieces of an application that include insight into who the student is in and outside of the classroom become all the more vital,” Klapper said. “Recommendations, essays, and interviews are probably going to be looked at more closely because they need to be.”

“Recommendations, essays, and interviews... looked at more closely”

The Common App added an additional optional essay to give students a space to explain any impacts the coronavirus situation may have had on their health, safety, or education.



A COVID-19 PROMPT has entered the Common App this year. *Photo courtesy of Getty Images.*

“My definitive recommendation is to not complete it just to be whiny about the things you weren’t able to do, but if you have positive contributions as a result then you might want to consider including that,” Gossels said. “Definitely include if you’ve had hardships with respect to anything like Internet access or having to take on additional responsibilities at home.”

College counselors stress that everyone in the country is in the same boat so there will be a tremendous amount of understanding for everyone’s situation.

“I know that for every college in America, there is a commitment to a more holistic review of applications than there ever has been in the past,” Klapper said. “The universal language and message has been: we understand the challenges this has created for students and families and everyone is in the same boat.”

As Gossels put it, “It’s not like colleges are expecting to see COVID overachievers. They’re not expecting everybody to take great advantage of this time to save the world.”

“...there is a commitment to a more holistic review of applications”

It is not just the students that will have to deal with this uncertainty in

admissions but also the colleges as they decide how to compare students without many of these metrics so commonly used in the past.

“I think that students need to trust this is part of the equation that college admissions officers are going through themselves, and they have great empathy for the challenges this year has presented us with,” Klapper said.

The college admissions process has certainly changed what students would imagine their applications would look like, but the whole country is sharing the challenges of this pandemic together.

“The whole country is sharing the challenges of this pandemic together”

Gossels said, “I’ve heard a lot of admissions representatives speaking in webinars over the course of the last several months and all of them say first of all, not to stress. And second of all, that they are going to look at applications with grace, compassion, and humanity.”

**Interested in writing
for The Forum?**

**Send an e-mail to one
of the Editors-in-Chief
or our adviser:
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**No previous news
writing experience
required!**

Features

tF

Clubs Promoting Equality at L-S

By Mallory Otten

Staff Writer

Feminism is the advocacy of women's rights on the basis of sex, but the modern feminist movement has turned toward fighting for broader equality. LGBTQ+ rights, racial justice, workplace equality, opportunities for women in STEM, and stronger community ties are all issues that matter to the feminist movement. At L-S, there are places for students who care about these issues, all with welcoming communities that make progress for school-wide equality.

"Welcoming communities that make progress for school-wide equality"

For those who want to educate themselves on LGBTQ+ issues, the Gender-Sexuality Alliance hosts virtual panels on LGBTQ+ history every month from October to March. These panels give context and significance to the historical and current struggles of the LGBTQ+ community.

There are also opportunities for fighting racial inequality within the Racial Climate Task Force (RCTF), a group of students and faculty who are committed to listening and learning about experiences of racial intolerance at L-S as well as working toward a more welcoming racial climate for all. The RCTF also works for equitable

access to elements of curricular and co-curricular activities for all students.

The Lincoln-Sudbury chapter of Girls Who Code, a club that teaches computer programming, addresses gender disparities in the STEM workplace. Students attend computer science events and camps and connect with other high schools, promoting interest in engineering and computer fields while working to close the gender gap.



GIRLS WHO CODE meets at L-S. Photo courtesy of girlswhocode.com.

Students Together Empowering Women Club (STEW) is a place for all genders to examine women's issues in a safe space while also discussing personal experiences of intolerance. In the past, STEW has worked to make menstrual products available in school bathrooms, created displays for Women's History Month, and attended educational conferences on women's issues.

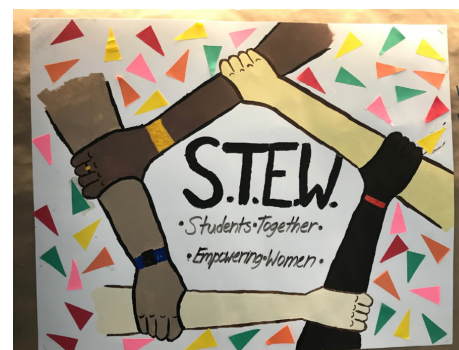
On a community level, students can apply to be peer mentors for middle school students and teach compassion and acceptance while also giving younger students the chance to relax during stressful school days. For more volunteering opportunities,

students can join the MLK Action Project to help the Sudbury community and surrounding areas.



PEER MENTORS help middle school students. Photo courtesy of Sudbury Public Schools.

L-S strives to create a welcoming community for all and by creating extracurricular opportunities for students to promote equality, including the feminist movement, the school is working towards a safe environment for all students regardless of race, ethnicity, gender, or sexual orientation. All of these opportunities are open for anyone at LS to join, as long as they want to build a stronger community based on the principles of equality and kindness.



STUDENTS TOGETHER EMPOWERING WOMEN meets at L-S. Photo courtesy of lsrhs.net.

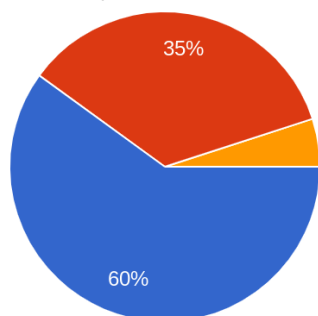
Centerspread

tF

Back to School Survey

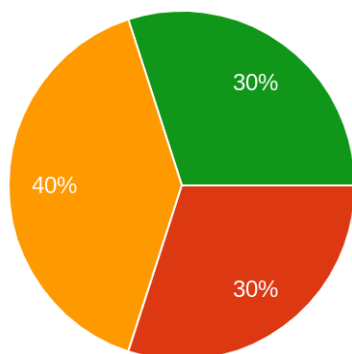
How do you feel about doing online learning for the first week of school?

- Good
- Bad
- Okay



How much work do you have each week for school?

- A little (less than 1 hour)
- Some (1-2 hours)
- More (2-3 hours)
- A lot (3-4 hours)



What do you do during your hour and a half lunches?

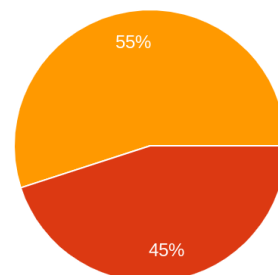
- ★ Homework (75%)
- ★ Calling friends (18%)
- ★ Spend time on phone (3%)
- ★ Going outside (1%)
- ★ Nap (2%)
- ★ Workout (1%)

What are you excited for when we go to school?

- ★ Being able to see people in person (70%)
- ★ Being in an actual classroom (17%)
- ★ Being able to communicate with teachers (6%)
- ★ I'm not excited (4%)
- ★ Not having to unmute to talk (3%)

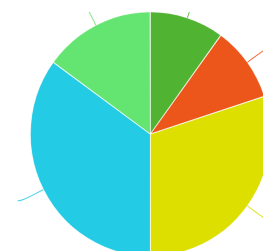
How much do you get to talk in class?

- A lot (most of class is spent interacting with other students)
- Some (about half and half)
- Little (the teacher talks most of the time)



How many hours a day do you spend looking at a screen?

- 4 hours
- 6 hours
- 8 hours
- 10 hours
- 12+ hours



Puzzles

tF

Astrology

By Sydney Ashkinos
Astrologist-in-Chief

Aries: March 21 - April 19

Aries, if I am being totally honest, then I am mad at you. You lied to me and were the imposter in Among Us. How rude. I don't want to be friends with you anymore. Your lucky numbers are 39 and 48.

Taurus: April 20 - May 20

Taurus, I feel like you just have the energy of a golden retriever that is lowkey a spy. You seem like you would be a happy tour guide at Disney but you secretly are evil and want to take over the world. Stay away from me. Your lucky numbers are 123 and 345.

Gemini: May 21 - June 20

Gemini, I would 10/10 recommend that you go see a chiropractor. I can hear your bones cracking from here. Your lucky numbers are 124 and 0.3479.

Cancer: June 21 - July 22

Cancers, I feel like you all are just desperate for a medium caramel swirl iced coffee with cream and sugar at Dunkin'. Just me? Well I still suggest you get one, they are amazing and cheaper than the Charli. Your lucky numbers are 16 and 18.

Leo: July 23 - August 22

Leos, I just have a burning feeling that your favorite One Direction member was Liam Payne. Please let me know if I'm right. I think I am. Your lucky numbers are 2015 and 20123.

Virgo: August 23 - September 22

Virgos, why do I feel like you have an unhealthy obsession with a TikTok eboy? Please stop. Your lucky numbers are 98 and 99.

Libra: September 23 - October 22

Libras, congratulations on your recent or upcoming birthdays! But honestly I don't know what to tell you because this year will be the worst year of your life. Sorry, I don't make the rules. Your lucky numbers are 2 and 524.

Scorpio: October 23 - November 21

Scorpios, I sincerely apologize because I always hate on you guys but you were just born into my least favorite time of the year. I HATE Halloween and I've never had a good one. Also early November is just awful. It's not your fault and I'm sorry. Your lucky numbers are 3179 and 489.

Sagittarius: November 22 - December 21

Sagittarius, this month you should redo your rooms. Because as 5th-grade-you knew, a new room = a new you. I am getting the vibe that you want to spice things up a bit and this will definitely do the trick. I recommend maybe repainting your room or moving the furniture around. Your lucky numbers are 2394 and -389.

Capricorn: December 22 - January 19

Capricorns, all I have to say to you is: STOP PINNING THINGS TO YOUR PINTEREST WEDDING BOARD. It is becoming an unhealthy obsession and I am just looking out for you. Your lucky numbers are 298 and 1.

Aquarius: January 20 - February 18

Aquarius, you remind me of the game Aquapark.io that everyone played in April. I don't know how I feel about that game and therefore how I feel about you. Your lucky numbers are 7 and 302.

Pisces: February 19 - March 20

Hi Pisces. This month you seem like you are fishy. Maybe you like fish. Maybe you like to go fishing. Maybe you like the color blue. Either way you seem like a fish. Your lucky numbers are 4 and 793.

Stop Consuming Trauma Porn

By Riya Misra
Opinion Editor

The term “trauma porn” is distinctly uncomfortable. Its disturbing association of two topics that typically remain separate out of sheer decorum, if nothing else, is impactful—and purposeful.

Trauma porn is any type of media that exploits one’s pain and suffering for media buzz. This is important to remember: trauma porn is *exploitative* in nature. And indeed, the obscenity of the term mirrors the obscenity of the act itself: voraciously consuming media of starvation, violence, and grief. Suffering is reduced to a form of online currency, traded for likes, views, comments, and reposts.

“Minds become passive and numb...no longer are we shocked into activism”

Trauma porn has, like a fungus, begun spreading across social media and trickling into activism accounts. Perhaps it’s poverty porn, shots of Indian slums and street beggars in the 2008 *Slumdog Millionaire*. Perhaps it’s the Yemen Crisis, photos of skeletal and sickly children spread across Instagram like the latest TikTok trend. Or perhaps it’s the Black Lives Matter movement, videos of Ahmaud Arbery’s and George Floyd’s brutal murders circulating across websites.

Many think this is activism, spreading awareness through shock. It is not.

Shocking people into action perhaps worked, once upon a time. In May, during the rapid resurgence of the Black Lives Matter movement, clips of police brutality towards Black people began circulating across social media, jarring many users to the core and pushing them towards posting and petitions and protests, empowering them to confront various entities of oppression. Yes, it worked—briefly. But now, the media is congested with trauma porn, constantly churning out more information than anyone can possibly process. We’ve become so used to seeing violence against Black bodies, emaciated children in third-world countries, caged immigrants at the Mexican border: and the result is desensitization. Minds become passive and numb, increasingly accustomed to media depictions of trauma, and no longer are we shocked into activism. We muster up flickers of empathy and compassion, but never enough to act on our emotions; and our Instagram feeds just reinforce the ubiquity of trauma and suffering.

Not to mention, trauma porn is inherently dehumanizing. Our consumption of trauma is disturbingly akin to a zoo, in which marginalized communities are treated as animals stuck behind a glass wall and we, the bumbling and blissfully ignorant toddler, gawk from a distance.

Ethics are, without a doubt, called into question. As people are “recycled through the system as a statistic, unnamed and unidentified” (“Does ‘Trauma Porn’ Really Exist?”), they lose their individual worth and instead become metonymic for their struggles. Suddenly, Yemeni children represent starvation; Black people represent racism and police brutality; immigrants represent the border crisis.

“They...instead become metonymic for their struggles”

This is painful and dehumanizing, amplifying struggle by minimizing every other aspect of life that makes a person whole.

At best, trauma porn stirs up weak empathy. It discourages activism, as it’s reposted until the horrors it depicts become intangible, watered down, and normalized. Some may argue that its circulation spreads awareness about issues of inequity and justice; but these people forget that awareness is a means to an end, not an end in itself. The purpose of awareness is to promote action: fighting for health, freedom, justice, and rights. Awareness by itself fosters disillusioned resignation, so what is the purpose of awareness that’s not succeeded by action? The answer is simple: there is none.

Well, Well, Well, Welly's!

By Elle Stevenson

Editor-in-Chief, News Editor

Food: Elevated Comfort Cuisine

COVID-19 Awareness: 9/10

Overall Experience: 8/10

When I drove to Welly's last week, I had high expectations. Many people have been buzzing about the newest dining experience in downtown Hudson. Although the 25-minute drive can be unfortunate, Hudson makes up for it by being everything that Sudbury is not. Edison lights are strung all over the sidewalks, restaurants have clearly mastered the subtle art of outdoor dining, and fall is in the air.

Welly's is a relatively small establishment on Main Street. Despite having fierce competition right next door with Rail Trail and Cafe 641, Welly's is thriving. Signature dishes include a Spicy Cashew Chicken and Irish Countryside Shepherd's Pie.

Ordering takeout is a simple two step process at Welly's: I simply ordered online and then picked it up.

"Despite having fierce competition next door...Welly's is thriving"

I was very impressed with how COVID-sensitive the employees were, though I will say the typical Thursday

night crowd at Welly's was not as impressive in terms of coronavirus precautions. I noticed multiple people wearing their masks over their mouth but not the nose, and definitely questioned their thinking. But overall, I was impressed with the COVID-19 awareness; the staff brought the food outside to those picking up, so I didn't even need to go inside, which was nice. Social distancing wasn't exactly enforced outside though, which left something to be desired.

I ordered an Eggplant Parmigiana. As a vegetarian, I found the options slightly lacking, though my family of carnivores enjoyed the variety of meat dishes to choose from. The eggplant parm was excellent for the first few bites, but the eggplant soon became quite overpowering.

"My family of carnivores enjoyed the variety of meat dishes to choose from"

If eggplant is your favorite vegetable and you enjoy eating a pound of it for dinner, this dish is for you. Personally, I hit a slight breaking point when my pasta became eggplant flavored. Dishes that my family enjoyed were the Pepperoni Pizza, Chicken Parmigiana, *Q Kenney Steak Tips, and the kids Mac 'n' Cheese. The pepperoni pizza had rave reviews from everyone and was considered one of the best pizzas

my family had eaten in awhile. The chicken parmigiana was voted the superior parm and was also considered excellent. The steak tips lasted about three seconds and was the favorite dish of the evening. The Mac n' Cheese was considered delectable, but also strongly resembled Kraft Mac n' Cheese, so do with that information what you may.

Overall, Welly's was a success and well-well-well worth the trip. The serving sizes were reasonable (maybe slightly on the big side), the food had defined, enjoyable flavors and it felt that they were doing an excellent job with COVID-19 precautions.

Final Questions:

Would you go back?

Absolutely, the food is the perfect comfort food and everyone enjoyed their meals overall. There was no wait for our food, and everyone was really welcoming.

Which day of the week most describes this food?

I would say a casual Friday fits most with Welly's menu. It is very easy, but very enjoyable.

What is the Mac 'n' Cheese like?

As I mentioned earlier, the Mac 'n' Cheese seems almost definitely to be Kraft Mac 'n' Cheese. If you adore Kraft Mac 'n' Cheese and would prefer to pay \$4 for someone else to make it for you, then this is the place for you.

TikTok A Safe Space For Teens?

By Zoe Powers

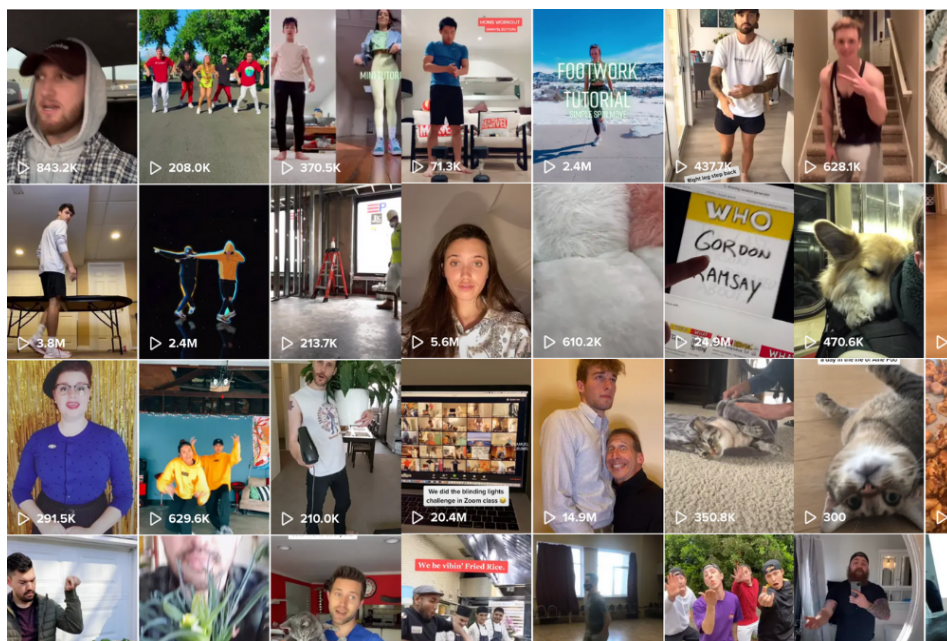
Staff Writer

TikTok, the social media platform that has taken over the lives of our generation of teenagers, has been stereotyped as a toxic and addictive app that only shows pretty people and dance trends. In some cases this may be true, but my experience with it has been very different.

Back in early July, President Donald Trump threatened to ban TikTok because it was owned by a Chinese company, ByteDance, that supposedly stole users' data. Ever since then, the president has continued to threaten the existence of the app. As soon as I realized that TikTok could be banned in the United States, I was furious, yet also mystified.



TRUMP has threatened to ban TikTok over security issues with ByteDance. *Photo courtesy of Reuters.*



MANY TEENAGERS have found a community within TikTok. *Photo courtesy of Maggie Awad.*

How could this one app, a set of 1's and 0's, have made such a large impact on me?

TikTok is a platform that brings together a community of teenagers and young adults from all over the world. As teenagers, we often feel like either no one understands us or the world is against us.

This app changed that: it created a space for people around the world to communicate and express themselves. It is an emotional and mental outlet, as well as a safe space to speak about personal issues: trauma, discrimination, depression, mental health, and so many other struggles.

The TikTok community that I know is understanding and supportive.

I have been exposed to the struggles that teenagers and young adults go through, more so than I ever would on Instagram or any other social media platform.

"[TikTok] is an emotional and mental outlet, as well as a safe space"

The app should not be banned because of this safe space it creates for teenagers to connect and thrive without the external pressures of everyday life. But more so it exposes us to the struggles of life, how nobody is perfect, and how we must live our lives to the fullest.

Leave RBG's Supreme Court Seat Alone

By Allison Webber

Staff Writer

Ruth Bader Ginsburg was a pillar among women and Democrats for 87 years, 27 of those as a Supreme Court justice. The Wall Street Journal describes the late justice and feminist as “a pioneering legal luminary and de facto leader of the court’s liberal wing.”

The Notorious RBG passed away on September 18, 2020, leaving a vacancy in the Supreme Court. Trump has recently nominated Amy Coney Barrett, a conservative judge, to fill RBG’s seat—but Ruth Bader Ginsburg should not be replaced until after the upcoming presidential election.



AMY CONEY BARRETT at her Supreme Court nomination at the White House. Photo courtesy of Getty Images.

Barrett’s appointment would change the balance from five conservatives and four liberals to six conservatives and three liberals and, although it is only one person, every vote matters in a ruling. The addition of Barrett to the already conservative majority would threaten Roe vs. Wade, the Affordable Care Act, gun regulation, and LGBTQ+ healthcare and protection.

Indeed, Barrett has publicly endorsed “the value of human life from conception to natural death...and the indissoluble commitment of a man and a woman,” which are common pro-life and anti-LGBTQ arguments, in a 2015 letter addressed to Catholic bishops.

“Justice Ginsburg’s ‘most fervent wish’...was that her victories not be reversed”

Additionally, after 27 years of persistently fighting for causes she believed in, The Wall Street Journal reports Justice Ginsburg’s “most fervent wish” on her deathbed was that her victories not be reversed by a conservative replacement: we should respect her final wish.

The Congressional Research Service reported that the average time to confirm a justice after they have been nominated is two months. With less than 40 days until Election Day, any nomination or confirmation would have to be extremely rushed. Not to mention, Justice Scalia passed away during Obama’s final year of presidency and Obama hoped to replace his vacant position. He was not able to do so because, as CNN reports, Republicans believed the “next President ought to choose,” and refused to even grant a hearing for Obama’s nominee. Now that the positions are switched, many Republicans are ready to allow Trump



RUTH BADER GINSBURG passed away on September 18, 2020. Photo courtesy of AP Photo.

to replace Ginsburg immediately. Senate Republicans believed that it was wrong to replace the conservative Scalia with a liberal justice, but are now fully prepared to replace liberal Ginsburg with a conservative. This is blatant hypocrisy.

The Senate currently has a conservative majority, so they favor replacing Ginsburg before Election Day. However, Biden believes that voters should first vote for their president, who will then nominate a new justice. We should honor Ginsburg’s legacy by allowing the American people to first choose their president, instead of hurriedly filling Ginsburg’s vacancy before the election.

Try Veganism For A Week

By Ingrid Felsch

Staff Writer

When you ask most Americans their favorite food, chances are they will name a dish with animal-based ingredients. But did you know that eating animal-based foods is terrible for the environment? Meat production creates a huge impact on the environment, be it deforestation and forest fires, water and land use, or greenhouse gas emissions. Many overlook the negative effects of animal-based foods, believing that one diet couldn't have a significant impact.

"Veganism is the starting point for healthier lives and a healthier environment"

The truth is that everyone can make a difference, beginning with their food choices. Veganism is the starting point for healthier lives and a healthier environment.

Switching to a vegan diet has an immediate and positive impact on one's health. The leading cause of death in the U.S. is heart disease: around 655,000 people die from it every year. According to a 2020 study from Northwestern Medicine and Cornell University, just two servings of red meat, poultry, or processed meat per week create a higher risk of heart or cardiovascular disease. Additional recent studies from the American



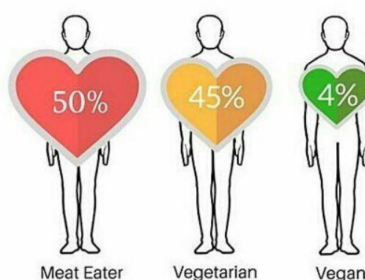
VEGANISM is beneficial in many ways. *Photo courtesy of Getty Images.*

Association for the Advancement of Science and Harvard Medical School support the conclusion that meat consumption is linked to heart disease.

In addition to the positive health benefits of veganism, the environment would enormously benefit from fewer animal-based diets.



Risks of Heart Disease

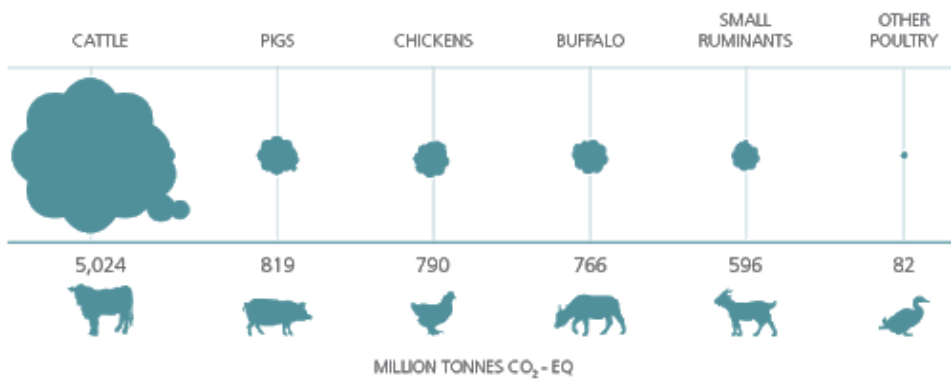


STUDIES show that meat poorly affects cardiovascular health. *Photo courtesy of Advanced Cardiovascular Care Center.*

Deforestation, forest fires, excessive water use, and greenhouse gas emissions are all negative results of the demand for meat and poultry products. The New York Times reported that livestock accounts for 14.5% of the world's total carbon emissions. This is equivalent to the amount of carbon dioxide released from cars, airplanes, and ships worldwide. And yet, there are ongoing debates about imposing carbon taxes on transportation, but few on taxes for the meat and dairy industry.

"The question is, which diet has the least negative impact?"

Of course, we need to eat something, and any food production has some impact on the environment. The question is, which diet has the



CATTLE are the main contributors of greenhouse gas emissions. Photo courtesy of Food and Agriculture Organization of the United Nations.

least negative impact? A quick comparison of the amount of carbon dioxide released for every 50 grams of protein is illuminating. Producing 50 grams of protein from beef emits 17.7 kilograms of carbon dioxide, while tofu releases just 1.0 kilogram. Dairy products aren't better: Producing 50 grams of protein from cheese generates 5.4 kilograms of carbon dioxide, whereas nuts generate only 0.1 kilogram. Carbon dioxide isn't the only greenhouse gas associated with meat production—raising livestock creates enormous amounts of methane. Bacteria within the stomachs of cows, pigs, and sheep help digest grass, but also produce methane that takes a toll on the environment when released into the atmosphere. Indeed, livestock globally produce methane equivalent to 3.1 billion metric tons of carbon dioxide each year, and the effects are evident in global warming and climate change.

“Imagine the sheer amount of carbon released into the atmosphere”

Emission of greenhouse gases isn't the only abysmal side effect of producing meat and dairy products. The industry's demand for land use

causes another problem: deforestation, which can lead to forest fires. A report from scientists at the University of Maryland found that tropical forests lost 61,000 square miles due to deforestation in 2017. Furthermore, the Union of Concerned Scientists found that the biggest driver for deforestation is demand for beef, palm oil, soy, and wood products.

Forests are often cleared for land use through burning: as seen these past few years, those fires can grow and spread, burning even more trees. Imagine the sheer amount of carbon released into the atmosphere when removing all those trees. Over time, reducing one's meat and dairy intake



FIRES are often used to clear out forest patches, but they can quickly grow out of control. Photo courtesy of Getty Images.

can reduce the likelihood of forest fires caused by deforestation.

Not many Americans believe a vegan diet would be easy to maintain; they think vegan foods are inaccessible and expensive, or they simply can't live without cheeseburgers and the milk in their coffee. Instead of this mindset, think of the positive effects your actions will have on your health and on the environment.

Simply by decreasing your meat and dairy consumption, you can decrease risk of cardiovascular disease, cut greenhouse gas emissions, and reduce the pace of deforestation.

If more people partly replaced meat and dairy products in their diet, average carbon emissions could reduce by 25-35%, the New York Times reports. Vegetarian diets could reduce emissions by 22-38% and a fully vegan diet could reduce emissions associated with food production by 35-55%. Cutting back on meat and dairy is easy and accessible for most. One person's diet can make a massive difference. I urge you to try veganism for a week. When there are so many positive effects, why not?

Mr. Grandprey and the L-S Band

By CJ Jacobs

Co-Arts Editor

"Because of Mr. Grandprey, band is a place where I am always smiling!" said senior Joanna Schwartz when asked about her experience as a member of the L-S band. L-S music students, in band or not, would agree that Mr. Grandprey is an essential part of the music department.

"Because of Mr. Grandprey, band is a place where I am always smiling!"

The 2004-2005 school year brought many changes to the L-S campus, from a new building to new staff members. One of these knew faces was Mr. Grandprey. 16 years later, he is still our band director and an essential part of both the music department and general L-S community. Every year he works with Mr. Oh (Orchestra) and Mr. Bunting (Choir) to put on various performances to showcase the music department throughout the L-S school year. This includes the Pops Concert, where the band, orchestra, and choir all join together for a song. During his time here, Mr. Grandprey has made the band a community where students feel welcome and can appreciate and learn music.

"Mr G. Is a perfect leader within the music program. He brings a fun and relaxed vibe to band while still being an

excellent teacher and musician." Gretchen Mills, a previous L-S sophomore said.

At the time Mr. Grandprey came to L-S, there was only one band, which was the concert band. During his time at L-S, Mr. Grandprey has added another band, jazz ensemble, and several other groups including jazz-fusion, rock, and woodwind quartets and quintets. The student members of these groups often have a lot of control over them, letting the students explore their own musical passion in their own way and learn vital leadership skills.

"Concert band was getting too big to be a valuable experience, so I added the symphonic band as a class," said Mr. Grandprey



L-S BAND performing at the 2019 Spring Instrumental Concert at L-S. *Photo courtesy of L-S Friends of Music.*

The different kinds of groups provide students with more opportunities to play all music and take responsibility for their learning.

"Older students get a chance to share their experience and assume leadership roles for the younger students. More bands equals more

opportunities to contribute!" Mr. Grandprey added.



L-S MUSIC LOGO *Photo courtesy of Lsrhs.net.*

The music students of L-S have enjoyed the expanding band. Junior Adam McGrath, a member of both the symphonic band and symphonic jazz ensemble, was happy to talk about his experience learning music under Mr. Grandprey.

"For me, working with Mr. Grandprey is great! He's always nice to the entire band despite having to deal with so many students in each class, and always stays positive in his criticisms or corrections that relate to our playing. In the jazz band Mr. Grandprey makes sure that we know the theory behind what we're playing to," McGrath said. "Band essentially serves as a way to meet and make friends with people from every grade level, while at the same time you get to work together and make great music, which is awesome. I'm always looking forward to band because it's never been a bad time."

"Shrine" Being Filmed in Sudbury

By Julia Minassian

Staff Writer

With Halloween almost upon us, countless people plan to sit down with some popcorn or candy to watch horror movies. There are classics and contemporaries, but each has a unique story and setting that gets people in the spooky spirit. In March 2020, the supernatural fantasy world of the film "Shrine" was created all around Massachusetts. One particular location of filming was Sudbury's very own Wayside Inn.

"One particular location was Sudbury's very one Wayside Inn"

A new adaptation of the 1983 novel, "Shrine," by English author James Herbert, chronicles the story of a struggling journalist who discovers a series of supposedly divine miracles in a fictional New England town called Banfield. However, these "miracles" have much more to them than meets the eye.

The film is directed and written by Evan Spiliotopoulos, who is making his directorial debut, and it stars William Sadler (Star Trek), Jeffery Dean Morgan (Grey's Anatomy), and Cary Elwes (The Princess Bride, Stranger Things), among others.

Tim Gorman and Frankie Ferrari, the film location managers who also

worked on Greta Gerwig's Little Women when it was filmed in Concord, told Metrowest Daily News that the inn was suggested as a location by one of the film's executives who grew up in the area.



THE WAYSIDE INN in Sudbury, Massachusetts. *Photo courtesy of The Boston Globe.*

The executive had recently been back in the area and had dinner at the inn. In speaking to the Wayside innkeeper, Steve Pickford, he discovered that the inn's restaurant will be closed for a few weeks for renovations. This provided the perfect opportunity for filming.

"We feel very fortunate to be able to use the Wayside Inn," said Gorman, who lives in Needham, Massachusetts. "It's got such an amazing character."

"...a spiritual revival-like event shot outdoors in a field near Dutton..."

Scenes planned to be filmed in Sudbury included a spiritual revival-like event that would be shot

outdoors in a field near Dutton and Wayside Inn Roads. In addition, there would be a 100-by-40-foot tent with a "magical tree" built near the inn.

Filming commenced in early March, and the crew planned to spend time in Sudbury as well as other Massachusetts towns, such as Clinton. The plan was to spend twenty days at the Wayside Inn as well as some time at the Goodnow Library, the Grist Mill, and the Mary-Martha Chapel.

However, on March 14, 2020, Sony Pictures suspended the filming because of the COVID-19 pandemic. The shooting was originally suspended for four weeks, though it has since resumed.



GREETING SIGN at Longfellow's Wayside Inn, Sudbury, Massachusetts. *Photo courtesy of Getty Images.*

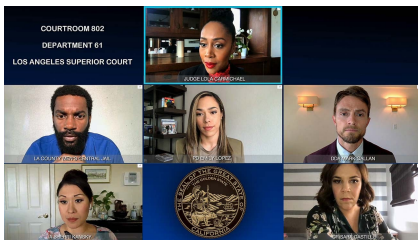
Filming During the Pandemic

By Aneesha Sharma

Arts Editor

The current COVID-19 pandemic has disrupted many industries, and the film industry is no exception. After the March shutdown, shooting ended for projects and many crew workers lost their jobs. A lot of the expensive projects which were still in the works also lost lots of money and had to be shut down midway.

In early June, the Industry-Wide Labor-Management Safety Committee Task Force submitted their plans for shooting films and shows in the years to come to government agencies all over the country.



ALL RISE on CBS filmed their last episode over Zoom. Photo courtesy of *The Hollywood Reporter*

The plans included casting over video (or if need be, in person with plexiglass partitions), limited staff and crew, staggered crew meals which would be individually packed, and a decrease in close contact scenes.

The production would also need to train everyone in hygiene and sanitization, have a COVID coordinator or medic, and frequently administer testing. The pandemic might have disrupted past projects, but

the show must go on at some point. For the time being, many shows and movies have found creative ways to shoot while still being safe, and have modified their storylines to accomplish this.

The CBS legal drama *All Rise* filmed the ending of the season over Zoom. Not wanting to disappoint fans, the show changed its script so that they could deliver a spectacular season ending while incorporating the necessary safety measures in the time given. The episode depicted how future court proceedings would be held over video conferencing and relied heavily on the actors.

No makeup artists or camera men could have helped put together scenes and get-ups so the actors were in charge of their costumes, makeup, lighting, and scene setup. Shots were filmed through a laptop camera.

Although socially distanced filming might have been possible between the camera men and actors, it would be hard to accomplish for court scenes where many actors have to be in close proximity.

As clever as the modified setup was, not many shows are lucky to be able to work around their storyline and stay safe.

TV show musicals like *Zoey's Extraordinary Playlist* include a lot of musical numbers which require extras dancing close together. Use of green screen and computer graphics are being

discussed for future projects so that the directors can make it look as though the performances are happening just like before. Filming for movies presents its own set of complications.

Many of the movies that have been shot in quarantine have needed to run through temperature checks everyday before actors and crew members were allowed on set, and routine testing was scheduled.

Each crew also required a medic or COVID coordinator to check on everyone and ensure that sanitization of all set equipment and props was thorough.

Masks were required for everyone at all times unless shooting a scene, which is also why directors reported it being helpful to shoot in a place where PPE and masks were plentiful and easily accessible.

Hair and makeup was available in kits for actors to do themselves if they preferred to keep their distance from personnel. If a makeup artist or hairstylist were requested, everyone would have to follow the guidelines and be careful.

A few production members considered even quarantining together for two weeks so that shooting could go smoother.

The future of entertainment may be uncertain, but it seems as though the industry's workers have the perseverance to continue and the planning to pull it all off.

An Update on Boston Sports

By Josh Cohen
Sports Editor

It has been just about three months since the return of sports following delays caused by the Coronavirus. Since then, Boston sports teams have been very active. As we head into October, the Patriots are the only ones still going, so here's what has happened in the world of Boston sports.

RED SOX: Just two years removed from a World Series, the Red Sox completed their season with a 24-36 record in the shortened 60 game season. The season was lost from the beginning as a complete lack of pitching kept the Sox nowhere near the playoff hunt. One of the only positives that can be seen from this season is Alex Verdugo. Verdugo, who the Sox received in the Mookie Betts trade, had one of the best batting averages in baseball and provided energy when nobody else would. During the offseason, the Sox will have to look for a new manager after firing Ron Roenicke. Hopefully the Sox can rebound quickly for next season because a full 162 games of this would not be fun.

BRUINS: The Bruins were in first place in the NHL and the hottest team in the league when the pandemic hit. However, they could not recapture the same energy in the bubble. First, the Bruins lost all but one of their seeding games and then were eliminated in the

second round against the Tampa Bay Lightning. Goalie Tuukka Rask opted out of the bubble for personal reasons during the first round, but backup Yaroslav Halak was able to help the Bruins beat the Hurricanes in five games.

Unfortunately, the script was flipped against the Lightning as it was the Bruins who lost in five games, the last one in a heartbreaking double overtime loss. Most of the team should be back for next season and the Bruins should still be among the best in the NHL, but Zdeno Chara's days in Boston might be over and 2020 was definitely a wasted opportunity for the Bruins.



YAROSLAV HALAK after a game five loss to the Lightning. *Photo courtesy of Getty Images.*

CELTICS: The Celtics ultimately had the best return out of the Boston sports, but also the most disappointing ending. After an easy series win against the 76ers, Boston was barely able to beat the Toronto Raptors in a close game seven that featured an insane Marcus Smart block. The Celtics also looked good in the Eastern Conference Finals against the Miami Heat, but after three games found themselves down two games to one thanks to multiple

blown double digit leads. In game four, the Celtics trailed nearly the whole way and found themselves down three games to one. After a bounceback performance in game five, the Celtics seemed like they had a shot to come back.

However, a downright disgusting performance in the fourth quarter of game six led to a disappointing loss and end to the Celtics season. Luckily, the Celtics core is young and they will be back within the coming years.



JAYSON TATUM is rejected by Bam Adebayo in a game one loss to the Heat. *Photo courtesy of The Associated Press.*

PATRIOTS: After 20 years, Tom Brady is gone. Nevertheless, the Patriots still seem like they could be one of the top teams in the NFL. New quarterback Cam Newton has performed well so far and Bill Belichick's defense will always be among the best. Having a good amount of players opt out before the season doesn't help, and New England is still missing a deep threat at receiver, but in a still weak AFC East, the Patriots will be looking to win the division for the 12th consecutive time.

Sports Teams Boycott for Racial Justice

By Josh Cohen
Sports Editor

Near the end of June, The Forum ran an article about how sports leagues have been dealing with the current racial climate in America. Since then, there has been action taken throughout the world of sports. Large sums of money have been dedicated to fighting for racial justice and many symbolic gestures have been made by leagues. However, the most impactful of these actions was the sports-wide boycott that took place in the wake of the Jacob Blake shooting near the end of August.



NBA PLAYERS kneel for the anthem. *Photo courtesy of the Associated Press.*

When Jacob Blake was shot in the back seven times while being arrested by police in Kenosha, Wisconsin, the country was rightfully outraged. People had already been protesting for George Floyd and Breonna Taylor, and Blake was just another horrific example of police brutality in America. At this point, the NBA and NHL bubbles were underway as well as the MLB season. Just three days after the shooting, the Milwaukee Bucks, who typically play about an hour away from Kenosha, chose to boycott their playoff game

against the Orlando Magic. In response, every game in the NBA that day was canceled. Games the following day were also postponed, including a Celtics playoff game against the Toronto Raptors. The NHL also chose to postpone all playoff games for a day.



NFL HELMETS honoring victims of police brutality. *Photo courtesy of the NFL.*

Over the next few days, there were serious discussions in the NBA about whether or not to keep playing at all. Celtics forward Jaylen Brown was very vocal during these meetings asking players if they left the bubble, "Are you going to be in the trenches? Are you going to be in the streets?" Ultimately, the teams held a vote and only two supported completely ending the season, the Lakers and the Clippers. The season resumed soon after, but there is no question that many players will be working to make a difference once they leave the bubble.

"Are you going to be in the trenches? Are you going to be in the streets?"

In the MLB, boycotts also took place. Similar to the NBA, Milwaukee was the first team to boycott with the Brewers refusing to play. Not every team chose to boycott, however, with only 10 games being postponed in total. The Red Sox were scheduled to play the Blue Jays a day after the first boycotts, but after Jackie Bradley Jr., the only African-American on the team said he would refuse to play the team followed. In Bradley's own words, "I am the only Black person on this team, so I kind of feel like it's my responsibility to address it." The Blue Jays were reportedly not planning on boycotting and were surprised by Boston's decision, but respected the choice and declined a forfeit.

"I am the only Black person on this team...it's my responsibility to address it"

While sports were back to usual within a week, the boycotts were an unprecedented and historical protest. Athletes have used their platforms in the past, but games have never been postponed for racial justice. Hopefully, more steps will be taken by people in power to cause change, but the fact that some of the most famous athletes in the world have been taking a stand for equality is truly amazing.

Ultimate Frisbee Cancelled Due to COVID

By Rachel Blackman

Staff Writer

As we all know, COVID-19 has greatly impacted the daily lives of people around the world. For high school students, one of the biggest challenges is not being able to play sports, either normally or at all. At L-S, while some fall sports such as soccer and cross country have resumed with modifications, close-contact sports are not being offered at all, including Ultimate Frisbee. The Ultimate Frisbee team has been playing on fields at L-S for many years, but unsurprisingly, this year that will change.

Pre-COVID, a regular fall season for the ultimate team would be 20 to 40 boys and girls playing together. They would learn, practice, and hone their skills to play in games. Older players at L-S that are more experienced would return to help the new players in coaching and teaching them, alongside Coach Cobbett. Ideally, every player would show up to practice four days a week, learning the basics and how to throw. The captains and older players would be right there with them, helping them improve those skills they're learning.

"They would learn, practice, and hone their skills to play in games"

However, this fall season looks very different for returning players. For most of them having already played at least one or two seasons, it is quite an adjustment. Coach Cobbett says that "for this fall, sadly there is no season." Cobbett, the captains, and the parent organizers did try to make it work so kids would be able to play, but unfortunately not all the pieces fit.

"Coach Cobbett says that 'For this fall, sadly there is no season'"

There is not a way for all players to gather together and throw a disc around or practice any plays, but the girls' team is moving forward and adapting by doing somewhat regular pre-season conditioning over Zoom. Organized by the captains, the girls get together and do most of the normal exercises that would be done when all together on the field. While the team is unable to learn and practice skills from doing normal drills, the girls are optimistically embracing the new version of the season for now.

"The girls' team is moving forward and adapting ... over Zoom"

For Ultimate players, especially at L-S, the spring season is probably the more exciting time to play. A normal spring season would include practicing and competing against other towns and players from other states. The boys' and girls' teams would also play in games and big tournaments, some of which include teams from Canada. If the teams are allowed to play this coming spring season, Coach Cobbett is hopeful that it will look as much as possible like previous years. That means players will come together and play the game to the best of their ability while having fun, maybe winning some games here and there. If COVID prevents the teams from playing again this spring, the players will undoubtedly make the season a great one and find some way to play ultimate again soon.



L-S ULTIMATE will hopefully be back as soon as possible. *Photo courtesy of L-S Ultimate Frisbee Club*