

theimagemagazine

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7355
Retail Store & Donation Center

Only Got \$20 In My Pocket

**Juniors Grace Stafford
& Tom Classen
took on our
Thrifting Challenge.**

**Read all about
it on pages 12-13**

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On The Cover

The *Image* staff gave TOM CLASSEN and GRACE STAFFORD a budget of \$20 each to go shopping for an outfit at a local Goodwill. The pair spent less than \$22 between the two of them. • photo by ANUSHA SINGH

Image Newsmagazine Cover Story**Thrift Challenge highlights debate over fast fashion option vs. recycled fashion**

Thrift shopping provides environmentally sound, less expensive option for clothing shoppers

Juli Mejia
• Asst. Editor •

When browsing the racks and shelves of the clearance section in your favorite store, it's exciting to see a shirt that would make a wonderful addition to your closet.

However, experts point out that both the production of that item and the disintegration of it in the next couple of centuries is a major factor in contributing to the overall environmentally-injured planet.

According to *Business Insider*, "fashion production makes up 10% of humanity's carbon emissions, dries up water sources and pollutes rivers and streams."

Business Insider also reports the current generation has increased purchases of garments by 60% since 2000, but they keep those clothing items for only half the time a person would have kept them in 2000.

Instead, those garments are often burned or sent to landfills, taking up more space alongside other waste.

Another problem that is often associated with what has been labeled as fast fashion is the growing concern about fashion sweatshops in other countries, which do not have regulations preventing low wages, poor working conditions and even the utilization of child labor, according to Borgen Magazine.

"In addition to unfair wages, most children have to work in hazardous working environments from a very young age in the textile and garment industry," the magazine reported in a 2020 article about child labor.

While only 39% of the Lafayette community say they thrift shop, a website that allows people to sell their own secondhand clothes called ThredUp, found that 90% of Gen. Z are willing to thrift shop if money gets tight.

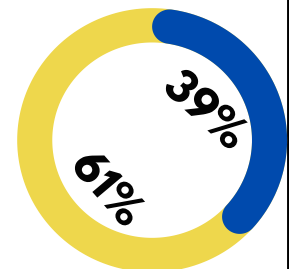
Fast
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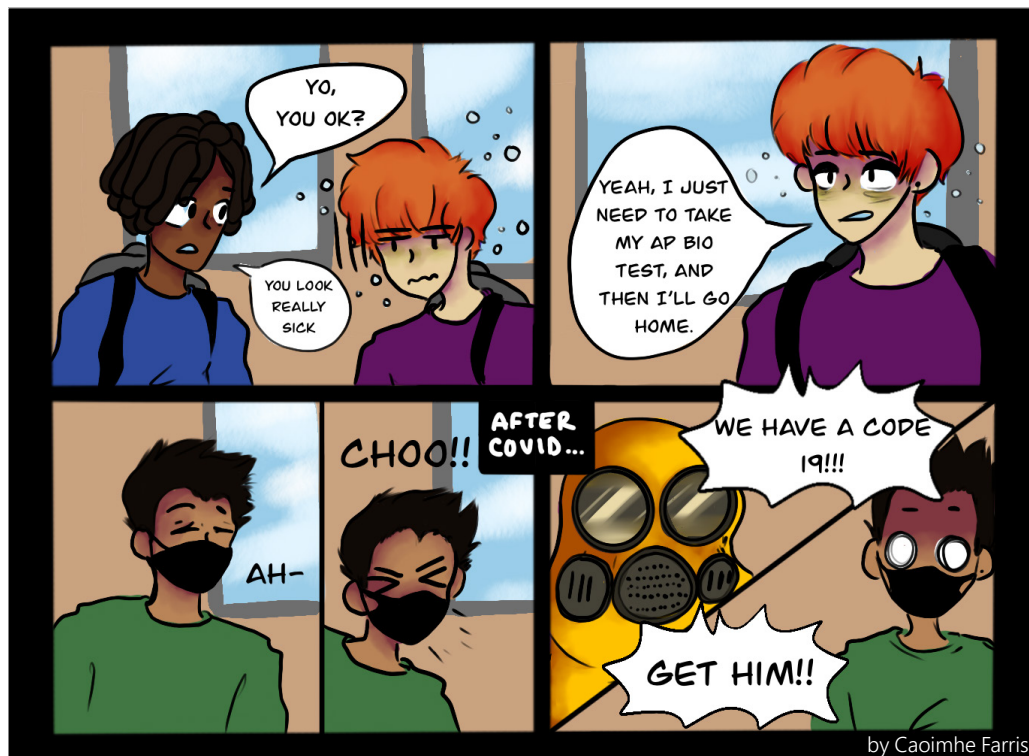
"More than 60 percent of fabric fibers are now synthetics, derived from fossil fuels, so if and when our clothing ends up in a landfill (about 85% of textile waste in the United States goes to landfills or is incinerated), it will not decay."

**NEW YORK TIMES
ARTICLE**

SEPT. 9, 2019

61 out of 100 people in the Lafayette community chose **Fast Fashion** over **thrift shopping**





Don't risk it

To avoid causing mass quarantines at school, self-monitor COVID symptoms, stay home when sick

Staff Editorial

Staff Editorials reflect the majority opinion of the Image staff.

Nurses send students home for 24 hours for having just one COVID symptom. If it turns into a positive case, every close contact will be out for 14 days. Every student needs to monitor themselves for symptoms before coming to school.

At this point in time, it's a fair assessment to say that the majority of students who are attending in-person school want to be here.

It is for this reason, that when we see an administrator peek his or her head into our classroom, our hearts stop and we wait, holding our breath and hoping it's not our name that gets called to begin two weeks of quarantine.

In a world where one positive case of COVID-19 can send 56 students home for two weeks each, more caution must be exercised by every single student.

As the world adapts to living with COVID, when students have to quarantine, they are forced to watch the world move on without them through a screen, which also puts those students at a disadvantage.

While online school might work better for some students, those who are attending in person are here because it is better for them. Those who are doing everything right to avoid exposure outside of school could easily be quarantined because another student was not as careful and did not monitor their symptoms correctly or who was just irresponsible when they knew they were sick.

If a student displays even just

one symptom, they are sent home to quarantine for 24 hours. It's not up to the administration or nurses to monitor symptoms for us. That is the responsibility of everyone who is choosing to attend LHS in person.

Every morning, you should spend time checking for symptoms. And, if you have one, stay home. When you come to school sick, you could potentially affecting every single student and staff member you come in contact with during the day.

It's time to learn to be selfless.

If the country was at a point where vaccines were readily available for everyone, the situation would be different, but we aren't there yet.

Since returning second semester, the number of Lafayette students quarantined at one time have been as high as 166 in early February. This is completely unacceptable and completely preventable.

Though we have been a culture of powering through, this is not the year for that. If you are not feeling well, even if you think it is nothing, there has never been a better year to call in sick.

And, when you know you have been exposed to COVID, you have a responsibility to the rest of the Lancer community to stay home.

Stars & Gripes

Stars & Gripes is a satirical column written collectively by the Image staff members.

Stars To:

- Netflix finally added Nickelodeon's *iCarly*. We are currently prepping our Spaghetti Tacos.
- It's almost time to celebrate the one year anniversary of the longest Spring Break ever. I guess we all learned to be careful what you wish for.
- The Senior Memory Maker events have all been moved to the weekend of March 12. That calls for a lot of together time with the parental units.

Gripes To:

- Administrators having to remind students who made their way through the parking lot this winter that Slip n' Slide is a summer activity.
- Teachers having to wait to get a COVID-19 vaccine. Groups ahead of them in Missouri are TikTok influencers and ghosts.
- K-8 students get enjoy days of playing in the snow and making fun of their older siblings who have lost snow days to virtual classes.
- After The Weeknd's halftime performance, many were anxiously awaiting the weekday.
- Ted Cruz and high school seniors have one thing in common, they are both in Cancun when they shouldn't be.
- Gen Z should keep quiet on their dislike for Millennial's side parts and skinny jeans. You ate Tide Pods.
- 🤔 Wow. Talk about cancel culture. We are totally crying over this. And kind of laughing.



Lafayette's Class of 2021 Glory of Missouri winners traveled to Jefferson City on Feb. 8 to be recognized at the State Capitol. After the ceremony, they posed on the Capitol steps with their plaques. The students who were selected for the honors this year and their selected virtues included: (Bottom Row) **KEVIN VERA**, Enterprise; **NEEZA SINGH**, Liberty; **PRANAVI PITCHAIAH**, Law; **TRINA MAKALINTAL**, Truth; (Middle Row) **KATHRYN WENGER**, Progress; **NA'ZIR DENT**, Temperance; **LOGAN COLEMAN**, Honor; **ROHITH RYALI**, Knowledge; **KYLE KLOSTERMANN**, Fraternity; (Top Row) **JEFFREY CHAN**, Education; **AISHA ANALIL**, Equality; **MAYA FRANK**, Virtue; **SYDNEY BERRY**, Justice; and **HOPE WARE**, Charity. • photo courtesy of MANDY LEWIS

Annual award honorees bring glory to Lafayette

Cece Beckmann
• Staff Reporter •

Every year, seniors across the state are selected by their schools as Glory of Missouri award recipients.

The Glory of Missouri awards represent the 14 virtues of good government engraved on the walls of the House Chamber — Knowledge, Liberty, Equality, Law, Justice, Fraternity, Education, Progress, Honor, Truth, Virtue, Temperance, Enterprise and Charity.

The virtues were engraved between 1922 and 1924 when the capitol was rebuilt after a fire.

Lafayette's 2021 honorees traveled to Jefferson City on Feb. 8 to receive plaques during a special ceremony.

The plaques are signed by the Missouri House of Representatives.

Assistant Principal Mandy Lewis, who was in charge of the awards, said, "We send out an email out to our staff asking them to nominate students based on 14 virtues with the definition of each. We ask them for a student that they feel like exemplifies any of those characteristics."

Senior Hope Ware, who received the award for Charity, said, "I am someone who is constantly giving to other people. I love making people smile. Many times when I am down about something I will do something to help someone else because I know how much it sucks to be down or have a bad day."

She added, "It is an amazing thing to be able to put on my resume for college. It is also just a big honor and feels great to be rewarded for things that I do

daily at my own will."

Senior Pranavi Pitchaiah was recognized for the virtue of Law. She said, "I'm thinking of going into law for my future career, so it definitely was nice to get the award and it solidifies my future goals as well."

In addition to the ceremony, the students also had a chance to walk around the capitol building and visit the museum.

Even though there were COVID-19 and security protocols in place, senior Kevin Vera, who was recognized for Enterprise, said, "We still had the chance to walk around and experience the State Capitol while we were there. In the rotunda, where the ceremony was, it was really cool that there was artwork on the ceiling. It was just so amazing to be there and see everything. We also were there as the legislature was in session so there was a lot

of activity."

Senior Sydney Berry, who received the award for Justice, said, "The trip was a great experience. Due to COVID-19, we had a self-guided tour rather than a traditional tour guide. It was still just as surreal being able to walk the same halls as our Representatives."

She added, "I love everyone who went and I'm really thankful that I got to share this day with my amazing classmates."

Senior Na'Zir Dent, who received the award for Temperance, said "I felt a lot of gratitude. I was thinking about who chose for me to get this award because I got it through votes from my teachers. I also was thinking that I hoped I was doing everything right because there were cameras everywhere and a little slip up would have been really embarrassing."

TESTING OUT

Many universities altering admission requirements due to COVID-19

Caroline Black
• Staff Reporter •

In a “normal” school year, juniors would be preparing for standardized tests including the Scholastic Aptitude Test (SAT) and the American College Test (ACT) while most seniors would be anxiously awaiting college acceptance letters.

In 2020, many students were not able to take the ACT or SAT due to COVID-19 restrictions. Therefore, hundreds of colleges and universities have become test-optional for Fall 2021, meaning current seniors are not required to submit these standardized test scores for admission at certain colleges.

While a college may be test-optional, sending in a score may still have an impact on admission. The given college may not require a test score, but sending a high score for example could end up benefiting the student due to the college’s desire for outstanding achievements.

College and Career Counselor Sarah Wengler advises students to find out if their desired test-optional school looks into the scores before submitting an application.

“In the admission process there can be a lot of shades of gray. Students can still submit their scores and some colleges may take their score into account in the decision making process for admission or scholarships. Other colleges may not take the optional score into consideration. The best way to decipher this is by calling the admissions office or speaking with the representative at the college,” Wengler said.

Britni Fischer is a recruiter from St. Louis Community College (STLCC) in Wildwood. For a community college, not much changes in regards to the admissions process since standardized scores weren’t required initially. However these scores are used differently.

“ACT and SAT scores are not required for admission at STLCC and that was the case even before COVID-19. We do encourage all students to send them, but they are not required by any means. ACT and SAT scores are used for placement into courses at STLCC. Academic Advising used them to help choose the right courses for students to start in, choosing classes they would be successful in,” Fischer said.



A student prepares for an upcoming ACT despite many colleges going test-optional on their admissions requirements for next year. However, strong test scores can still help students improve their chances of acceptance to some schools and also help in earning valuable scholarship money. • photo by JULI MEJIA

For a public university, going test-optional means that the application process is different from a traditional application.

Tim Eggleston is University of Missouri’s Regional Admissions Representative and has helped in the admissions process for this year as well for Fall 2022.

“This current 2020-2021 application year, Mizzou offered two pathways to admission. We still have our traditional pathway that includes evaluating a student’s high school coursework along with their standardized test score. We also have a test optional pathway that holistically reviews applicants based on their high school record, a personal statement or essay as well as a resume,” Eggleston said.

Since a large number of colleges have become test-optional, many are curious to know if schools will keep the current admissions requirements.

“Test-optional becoming a thing of the past is a possibility for some schools but I personally do not think all schools will waive test scores. Like so many other things due to COVID, schools, groups and leaders are learning things by trial and error. I believe colleges will see how this year goes and make small steps at a time in regards to making any changes, including being a test-optional school,” Wengler said.

In regards to the University of Missouri’s plan for next year’s admission process, Eggleston said, “We are currently evaluating our policy and hope to have a decision made for the next application cycle sometime this spring.”

Senior Kyle Klostermann took the ACT five times and believes colleges going test-optional was very beneficial for both himself and other seniors.

“Almost every single college I applied to was test-optional, since some students didn’t have the opportunity to take the ACT or SAT because of the pandemic. I ended up sending my scores to each university since I believe it improved my chances of earning a

scholarship,” Klostermann said.

Klostermann prepared for the standardized tests before the pandemic began. Even despite the pandemic, Klostermann is grateful for the course of action that he decided to take.

“Thankfully, the pandemic didn’t end up affecting the number of times I took it, since I was satisfied with my scores before the pandemic began. I believe this system is adequate to level the playing field amongst all applicants, and it allows colleges to consider the other accomplishments that students had achieved when they weren’t able to submit scores,” Klostermann said.

In addition to seniors, juniors that wanted to take the test were also limited. The changes to go test-optional this year does not affect their class, but many are wanting to know if they will also be given the same advantage as this year’s seniors.

Junior Arjun Suresh believes going test-optional is not entirely sufficient but thinks colleges should either accept or reject scores completely.

“I feel it isn’t fair for them to return to normal policies next year, because many students in the Class of 2022 may not have had the chance or ability to take the ACT this year,” Suresh said.

To Suresh, standardized testing is always going to be an issue, not just in a pandemic.

“I do feel that the test optional policies are useful, but I think all colleges should either stop accepting standardized tests from the ACT and SAT or accept them and expect them both fully. This being said, I feel that it is better for America if the ACT and SAT begin to be discontinued as I think they aren’t as useful in determining college admissions as subject specific tests like AP exams,” Suresh said.

For more information on changes to 2020-2021 AP testing, visit lancerfeed.press

Working on front lines during COVID-19 pandemic increases dangers, chance of exposure

Nurses perform vital functions in multiple medical facilities, situations for patients during crisis

Mannings adapt to remain safe

Hannah Fitts
• Staff Reporter •

Since the beginning of the COVID-19 pandemic, health care workers have shown remarkable resilience and dedication despite the risks.

While many are taking precautions like socially distancing or quarantining to avoid a chance encounter with someone carrying the COVID-19 virus, health care professionals expose themselves every day.

Though they don't focus on the threat to their own well-being, many are concerned about transferring the virus to those around them—coworkers and patients, yes, but also the families and friends waiting for them at home.

With limited official guidance, health care workers have been making tough calls about the safety of moving between hospitals and clinics and homes full of people who might otherwise never be exposed to COVID-19.

Registered Nurse Stephanie Manning said, "I worry about bringing the virus into my home every time I work. It makes me

feel nervous and anxious because COVID is very contagious, even with PPE wearing, hand washing and sanitation."

One family-safety measure all health care workers agree on is extreme hygiene.

Junior Grace Manning is Stephanie's daughter and believes her mom is very careful when she comes home by doing things like changing her clothes and shoes to limit any chances of exposure when she gets off work and returns home.

"Even though I feel confident that my mother is taking the right steps to make sure she does not expose us at home, I have opted to not attend large gatherings and instead isolate," Grace said.

Grace is attending classes in-person, and she knows that she could be exposed to the virus, however, she is very careful with proper masking and distancing protocols. She also said she gets both negative and positive reactions from others.

"When students hear my mother is a nurse, I find there are more positive reactions and views on nurses and health care workers, in general, since this all began," Grace said.



Registered Nurse, **STEPHANIE MANNING**, poses outside the Mercy COVID Respiratory Care Center in Kirkwood. Manning wears protective clothing along with a face mask and shield to protect herself as she examines patients at the unit. She is the mother of Lafayette junior **GRACE MANNING** • photo courtesy of **STEPHANIE MANNING**



(ABOVE) The team at the Mercy COVID Respiratory Care Center in Kirkwood gather around after assisting patients, running vital signs and processing COVID-19 tests. They are required to wear proper PPE throughout their shift. (LEFT) The nurse practitioner at the unit completes charts on a patient who was evaluated at the outdoor clinic. She and the team at the clinic run vital signs and process tests in order to provide fast service for those who were tested for COVID-19. • photos courtesy of **STEPHANIE MANNING**

Lancer grad faces unprecedented times in new role as nurse

Hannah Fitts
• Staff Reporter •



Christine Casey,
Class of 2016

Now more than ever there is a necessity for nurses and it's no surprise nursing majors and graduate students at earlier stages of their education are providing important service during the COVID-19 pandemic.

Many have already received hospital security clearances and have the skills needed to screen patients and serve as navigators to guide patients with mild illness to COVID-19 testing and resources for self-care.

Lafayette graduate Christine Casey, Class of 2016, had been practicing on her own for

five months by March when the pandemic hit.

Casey attended Goldfarb School of Nursing and now works at Missouri Baptist Hospital.

Relatively new to the hospital setting is one of the hardest parts with transitioning from a student to a practicing nurse, along with figuring out how to utilize all of her knowledge and learn the in and outs of a new hospital.

"We all had to be flexible as the hospital was creating a COVID unit, initiating therapies for these patients, and moving staff around in order to staff the unit," Casey said. "It was scary at first especially with the lack of PPE and the world as a whole not knowing too much about the virus."

She said the most frustrating aspect of her current role was seeing people ignore the social distancing and quarantine guidelines while she was caring for very sick people.

Casey has followed the guidelines, distancing from her family and risked her

own health to take care of patients. From her point of view, it is kind of a job at nurses who are practicing all the appropriate regulations.

"COVID was new for everyone so whether new or experienced, everyone was learning and working together," Casey said. "I've seen some very sick patients and some that do very well with just a little bit of extra oxygen. It has all been very unpredictable and when patients do not follow the guidelines, it makes things that much more difficult."

Now, 11 months later, Casey said much more is known about COVID and what therapies to use so it's not as frightening from a nursing perspective.

"I'm proud when I look back on how well we adapted and stepped up during this crazy time," Casey said. "The vaccine is definitely a light at the end of the tunnel. 2020 [was] a year of nursing I will never forget that showed the strength of nurses, all health care personnel and the power of medicine."

Otis relies on education, gains different experience



Megan Otis,
Class of 2010

Megan Otis is a 2010 Lafayette graduate. She was involved in Class Advisory, Key Club, Student Council, basketball, softball, Superfans, Senior Women and choir.

Q: What were your goals and how did you work to achieve them?

My goal was to become a pediatric ER nurse. I graduated from Maryville University with my BSN in 2014. I started as a Neurology Nurse at Barnes St. Louis but my goal was to work there and get experience to soon switch over to my passion, pediatric nursing. Later in 2014, I found placement in Mercy St. Louis ER and found my new passion of Emergency Nursing. After about 10 months of caring for adults, I transitioned to pediatric ER nursing and have been here ever since — going on my sixth year at Mercy ER and seventh year as a nurse.

Q: Are there any things that surprised you about nursing versus what you learned in school?

The amount of information I actually learned in nursing school probably surprised me. There are so many more parts to nursing than I realized from pharmacology to anatomy.

Q: How have some of these things changed since COVID-19?

Many things have changed, but a few that dramatically effected the ER specifically. Isolation: wearing different kinds of PPE in positive or suspected rooms and wearing gowns, gloves, special masks, scrub caps and goggles. This can get very hot very fast, especially if you are doing a lot of work in a room. Visiting restrictions like not allowing visitors for ER patients or the hospital all together. This was very hard for a lot of people and their families. But for us, it was a way to decrease the potential spread of the disease. With volumes in the ER there are more people coming for primary care or non-emergent issues due to offices closing, doctors not seeing as many patients or outpatient surgeries and procedures being canceled. This can easily overcrowd the ER.

Q: Why did you become a nurse?

I actually shadowed at St. Louis Children's Hospital while I was at Lafayette when I was trying to decide my career path. I knew I loved working with children, I babysat a lot and worked at a daycare. I fell in love and knew that I wanted to be a nurse and to care for children. My dad is actually a counselor so I believe I got my love of wanting to help people from him. Ever since I started in the ER, I knew this was my path. Children are very resilient and most of the time are very happy and thankful, even after some hard things. My motivation hasn't shifted in the way that I still love what I do. But I do strive to learn more about different areas of nursing. I

have multiple certifications in different areas of nursing from trauma, to pediatric emergency medicine, stroke nursing, behavioral health nursing and advanced cardiac life support. I am also involved in multiple committees to help better our care of children in the ER.

Q: Do you have any other information about your education and experience?

One of the hardest things has been the feeling of being the "contaminated one" when it comes to our outside peers and family. I have never once in my life before COVID hit felt like people didn't want to be around me because of what I do for a living. But being an ER nurse on the front line during a pandemic people knew I was exposed more often, even though I wear appropriate PPE and take all necessary precautions. To not be able to see your grandma, hug your mom, see your non-healthcare working friends, your best friend's new baby because of your job is hard — it takes a toll. It has been isolating and honestly has forced a lot of people to leave our field. We have been stressed this past year, in more ways than one. It has been great to be appreciated for the care that we give, but we have always given it. This is just the first time it is being recognized on this level. Getting fully vaccinated already has been one of the greatest gifts of being a front line worker, and I cannot wait until the majority of the population can have this gift of science as well so our world can resume back to as normal as it can be.

Brace For It

February marks Dental Health Month observance

Jack Daws
• Staff Reporter •

February is National Children's Dental Health Month. This occasion is typically marked by the dental care community focusing especially on educating children about oral hygiene.

According to the American Dental Association (ADA), "This month-long national health observance brings together thousands of dedicated professionals, healthcare providers and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others."

However, given the COVID-19 pandemic, the community will not be able to do as much as they usually would, especially with in-person education.

Dr. Stephanie Copeland graduated from Lafayette in 2003 and now works with Copeland Dental Group, which is located in Town Center in Wildwood.

"Usually we would do something through our daycare in our office, but this year with the pandemic, things like guest speakers aren't really happening, so we aren't able



Some struggle with dentophobia, also known as an irrational fear of going to the dentist's office. Although this phobia may make it difficult, the ADA still recommends regular visits at intervals determined by one's dentist. Most dentists recommend getting check-ups every six months to monitor oral health and prevent serious dental issues.

to do what we usually would," Copeland said.

The pandemic has presented even more challenges to the dental care community.

According to a poll of dentists working in public health done by the ADA during the week of Jan. 18, 66.7% of respondents said their practice was open but with fewer patients than usual.

Jen Brotherton is a dental hygienist who works for several practices, including Southside Dental Care.

"It is alarming when people don't go to the office when recommended, every six months. It allows problems to fester and only get bigger as a result," Brotherton said.

In response to fewer people

seeking dental care, the ADA released a statement on Nov. 17.

"At this point in time, the American Dental Association (ADA) firmly believes dental care can continue to be delivered safely. Guidance recommended by the ADA and the Centers for Disease Control and Prevention continue to safeguard the health of the public. Dental



Braces

Usually worn for 1–3 years

Only removed by procedure

\$1,700–\$6,000

More effective for complicated situations

Cause discomfort and irritation

More likely to trap bacteria

Vs



Clear Aligners

Usually worn for 6 months to 2 years

Easily removable

\$2,400–\$9,000

Nearly invisible

Comfortable

More likely to be broken or lost

Infographic by Jack Daws

care is essential health care. Regular dental visits are important because treatment, as well as prevention of dental disease, helps keep people healthy," it said.

Copeland said her practice focuses on the ADA's statement.

"The ADA has said that dentist's offices are safe, and we have been taking the necessary precautions to make sure it stays that way for our office," she said.

The decrease in people going to the dentist is also concerning given how the pandemic has caused more people to have oral health issues.

In an New York Times op-ed titled "A Dentist Sees More Cracked Teeth. What's Going On?," Dr. Tammy Chen described how her practice had seen an increase in tooth fractures during the pandemic.

"I've seen more tooth fractures in the last six weeks than in the previous six years," Chen said.

In addition, she said as early as March 2020, she began receiving more phone calls about "jaw pain, tooth sensitivity, achiness in the cheeks [and] migraines."

Chen believes stress is the most obvious answer as to why these problems are increasing.

"It's no secret that pandemic-related anxiety is affecting our collective mental health. That stress, in turn, leads to clenching and grinding, which can damage the teeth," she said.

In addition to stress, Chen believes the surge in tooth trauma results from two other factors.

The first is more people are working from home, often in awkward and slumped positions, which can curve the spine.

Bad posture during the day can lead to teeth grinding problems at night.

The second reason is that COVID-19 anxiety leads to an overactive nervous system.

This "battle-ready" body state keeps the jaws clenched, and prevents the jaws from having adequate rest.

Given how the pandemic has affected oral health, high school students should be focusing more on their mental health in order to also benefit their dental health, since COVID-19 anxiety is especially prevalent among students.

Regarding teenagers' dental care, Copeland stressed the importance of a balanced diet in improving and maintaining oral health.

"[Teenagers should] make sure they are brushing their teeth

and flossing or using a waterpik every day, because it really is very important," Copeland said.

Brotherton stressed the importance of these habits and the sensitivity of issues that result from ignoring them.

"If good habits are not established early in life then it can lead to serious problems down the road, like decay and tooth loss. Making your dental health care a priority is important. The first step you can take is to have a regiment of brushing twice a day for two minutes and flossing daily. Doing it daily for 21 days is how you establish a healthy habit for a routine that sticks," she said.

Brotherton specifically emphasized the importance of flossing.

"People have said that it is not really important to floss, but they could not be more wrong. Flossing is one of the key pillars to good dental health. Though it cannot be substituted for brushing your teeth, flossing is just as necessary," she said.

The act of changing dental habits can be accomplished using many different methods.

"Educating people about how important it is, but also educating them about different options available. Flossing might not work for some people, but they can instead also use a waterpik," Copeland said.

She also recommended students choose the best options available for dental care tools.

For toothbrushes, she said students should try and use one that is ADA recommended. And for toothpaste, she recommended ones that contain fluoride.

"The best toothpaste is the one that you like the flavor of because you will use it longer. I do not personally believe that the toothpastes that say 'tartar control or gum health' are in your mouth long enough to really be that much more effective than traditional fluoridated toothpastes," Brotherton said.

Many high school students also seek teeth-straightening procedures.

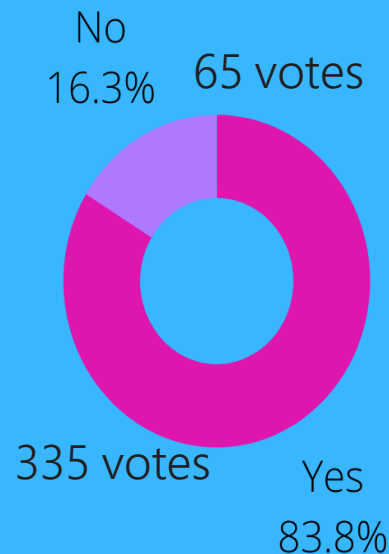
As for which process to choose, it can differ for each case.

"It depends on the person. I think everyone should get an evaluation before getting braces or Invisalign to make sure they don't have any cavities or things like that. For what to get, Invisalign work great for some people, traditional braces work great for some people, it just depends on the person," Copeland said.

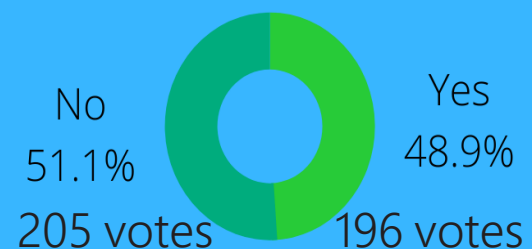
The 2021 slogan for National Children's Dental Health Month is "Water: Nature's Drink."

Oral Hygiene Habits Poll Results

Do you brush your teeth twice or more per day?



Do you floss regularly?



Results obtained from an Instagram story survey conducted by the Lancer Feed, with 401 respondents to the first question, an 400 to the second.

Infographic by Jack Daws

Blasts from the PAST



Old trends make comeback in new generation

Samantha Haney
• Staff Reporter •

In 2020, things such as scrunchies and record players got popular and were considered a trend.

The scrunchies dominated the 80s with their flexibility and gentleness on people's hair. They could be worn either in hair or on wrists. Generally they could be found in workout videos and in bright colors.

Vinyl record players became popular in the 70s. They have a certain vintage style, and a distinct noise.

Typewriters were another trend, starting from when they first became common in the 1880s. They have the vintage style and at that time were used to type up documents or letters.

A trend is defined by the Merriam Webster Dictionary as a 'prevailing tendency or inclination.' That means that things that spread wide and

far are generally the ones considered trends.

The way that these trends spread has been accelerated by social media. If an influencer or even someone with a smaller amount of followers posts one of these trends, it can spread quickly.

Another way for trends to spread are through word of mouth. When people talk to friends about things that they've found or done, that can put the thought in their mind. Freshman Sara Woods has seen this happen with dances.

"Sometimes I'll just observe other people getting roped into the dances or my friend will send me something. Occasionally I stumble upon them myself, but overall they just appear gradually," Woods said.

While that is an easy way for dances to spread, having objects become trends can be

more unpredictable.

One of the trends that reappeared recently is tie-dye. The term tie-dye was invented in the mid-1960s. It refers to using string and rubber bands to create patterns with dye on fabric. It became popular around the 80s and stayed around but not as a trend. Recently, DIY tie-dye has become a trend through social media.

Senior Kayla Toben has experienced getting trends from social media.

"A lot of my trends came from TikTok, just because it's a really up to date place. Immediately when a trend starts it will be all over TikTok," Toben said.

Another trend that reappeared is Polaroid cameras. While there are newer versions of the original, having the photos on film from those cameras is something that has gotten popular through a mix

of word of mouth and social media. While Toben doesn't own a Polaroid camera, she has seen it through social media as a trend.

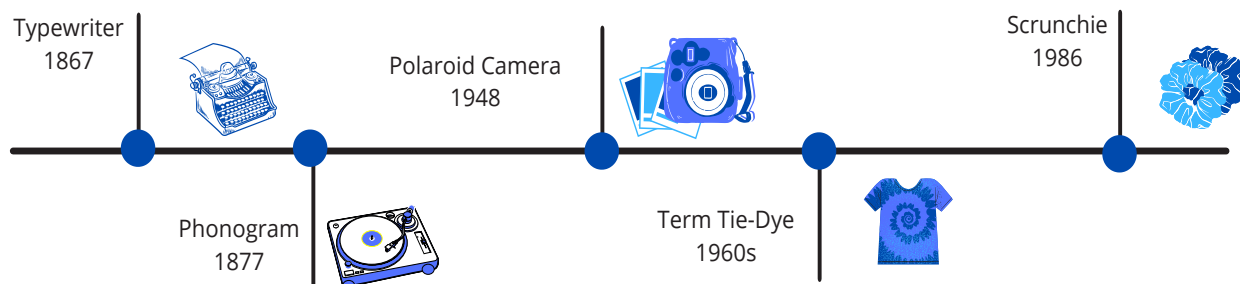
"I do not own a Polaroid camera, but I really like Polaroid pictures because it's a really quick and easy way to capture in the moment photos without having to get them developed," Toben said.

Similar to Toben's experience, trends can become popular without people participating in them.

One example of that is with typewriters. These originally were less of a trend and more of something everyone just used, but they've made a comeback as a creative writing tool.

However, while a large amount of people own them, most just see images and videos through social media or overhear friends talking about their own.

Popularity of objects, concepts develops over time



Sources: Teen Vogue, Britannica, ACS

Unpopular Opinions:

To agree or not to agree? That is the question

Makayla Archambeault
• Editor-in-Chief •

Paige Daniele . 10

Pickles and peanut butter are good together.



Joseph Marchand . 10

Chick-fil-A is really bad.



Natalia Parr . 11

The Office and *Friends* are not good shows.



Gary Strozewski . 11

Making your bed is the most pointless chore and is just a huge waste of time.



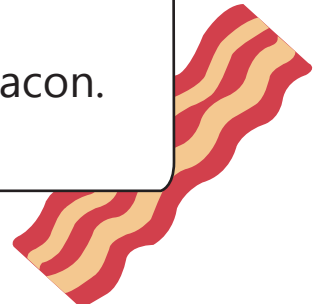
Brandon Keipp . 12

Travis Scott (although talented) is the most overrated artist of our generation.



Hallie Unland . 12

I don't like bacon.



The Price Is Right

Secondhand steals turn into great deals



Juli Mejia
• Asst. Editor •

Juniors Tom Classen and Grace Stafford were each given \$20 to try to purchase an entire outfit for themselves by shopping at Goodwill in Chesterfield Valley.

With \$40 total in hand, Classen and Stafford managed to only spend \$21. Stafford bought a black top, blue jeans and a necklace. Similarly, Classen also bought blue jeans along with a brown cardigan. After the experience, both Classen and Stafford said they would consider thrifting again if given the chance.

“

Most of my favorite clothing items [in my closet] are actually thrifted. I love going, especially with friends, to find unique worn-in clothing so I will definitely be going more.

”

Grace Stafford • 11

Classen's Receipt

\$12

ChValley 17355 Edison Avenue Chesterfield, MO 63005 636-537-8151				
Ticket# CHEV-2028569 Station: CHEV-4 2/5/2021 11:01 AM User: RL				
Description	Qty	Price	Ext	Prc
Jeans, Men's	1	\$5.00	\$5.00	
Red/Base - \$5.00				
Men's Shirt	1	\$4.00	\$4.00	
Red/Base - \$4.00				
Subtotal			\$9.00	
Tax			\$0.00	
Total			\$9.00	

\$9

Stafford's Receipt

ChValley 17355 Edison Avenue Chesterfield, MO 63005 636-537-8151				
Ticket# CHEV-2028569 Station: CHEV-3 2/5/2021 11:01 AM User: ZS				
Description	Qty	Price	Ext	Prc
Bracelet	1	\$3.00	\$3.00	
Green				
Woman's	1	\$5.00	\$5.00	
Red/Base - \$5.00				
Woman's Shirt	1	\$4.00	\$4.00	
Green/Base - \$4.00				
Subtotal			\$12.00	
Tax			\$0.00	
Total			\$12.00	



Classen looks over a hoodie that says 'I need my Barn Time.' While not choosing this hoodie, Classen did stick to the brown theme, as he later bought a brown sweater. "I chose my items because I felt like the sweater and jean combo would be trendy and really come together as a nice outfit," Classen said.



Stafford would check her items before putting them in her cart to make sure they are clean. "I noticed that some of the clothes I looked at were a little worn. Before picking anything up, I always like to check for [stains]," Stafford said. • photos by ANUSHA SINGH

1

Tom Classen and Grace Stafford show the clothing items they bought while shopping at the Goodwill Retail Store in Chesterfield Valley on Feb. 5. The Goodwill franchise was founded in 1902 by Edgar J. Helms, a Methodist minister. Helms would take secondhand clothes from wealthier cities and hire people from lower income communities to repair the used goods to resell.



2

Almost ready to check out, Classen and Stafford look over the jewelry display at the front counter. Stafford found a \$3 green necklace, and decided to buy it because it accessorized her outfit nicely.



3

Junior Anusha Singh, a *Legend* yearbook section editor, served as the photographer for the Thrifting Challenge. She accompanied Classen and Stafford while they were shopping. Singh said the two spent more time sorting through everything than actually looking for clothes. "I would say it took both of them about half an hour to find their outfits. There was a lot to choose from, and they both found a lot of really good staple pieces," Singh said.



Thrifting could offer solution to fast fashion's harmful impact

Thrift shopping allows people to continue to shop at cheap prices, but also minimizes the support for the fast fashion industries.

Sophomore Grace Duffin thrifts often because she understands the problems with shopping fast fashion.

"It's better for the environment and it's cheap," Duffin said. "It's up to [people] but I think everyone should try [to thrift] sometimes because it's way easier on the environment."

Originally, thrifting was meant to provide job opportunities for people from low income families, and encouraged people from higher income communities to donate unused clothes or items for them to sell for a reduced price.

Recently, thrifting has become a popular activity for people in multiple different ranges of wealth, allowing shoppers to buy more expensive products for less.

Goodwill manager Angela Moore said that over the course of the nine years she has worked for the company, she has noticed that there are plenty more teenagers thrifting than in the past.

"[I would encourage people to thrift] because there are always cool finds and who doesn't like to save a dollar?" Moore said.

While the number tends to be different based on location and day, Moore said she receives around 100 donations a day on average.

Sophomore Natalie Fischer, who thrifts about once a week, donates often alongside her family. When it comes to the amount of time she keeps the clothes, however, Fischer estimates that she keeps a clothing item for about a year before it gets out of style or doesn't fit right.

According to an article written by Imogan Lamport on her clothing blog Inside Out Style, "A study of 620 items disposed of in a six month period by 16 households in Norway found that the average lifespan of a garment was [about five and a half] years but only actively worn for a period of four years."

Thrifting can help give more life to clothes, especially when some materials like leather take 25 years to decompose.

"I think people don't [thrift] because they think it is gross, because they don't have enough money for clothes or just because they can't find certain things they want specifically [at a thrift store], Duffin said.



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A Great Deal or A Big Scam?

Even savvy consumers can make online errors without knowing these helpful tips

With the Internet's rise in popularity, many things have become more accessible and convenient.

Contacting someone across the world is a piece of cake, depositing checks no longer requires a trip to the bank, and there are millions of hours of entertainment right at our fingertips.

However, this convenience results in some dangerous aspects. From strange messages from older men, to fake organizations tricking students to unknowingly give away personal information, the Internet can be a very threatening place if one does not actively try to stay safe on it.

Junior Alexis Tao knows how true this is. She has often received Direct Messages from strangers on Instagram.

Tao said, "Random, weird old men DM me, offering me money. The way they talk usually has a lot of typos and is very suspicious."

The ability for strangers to DM underage girls proves a possible threat to their safety.

Senior Noah Davies also said he receives robot messages claiming he has won a prize or gift card that leads him to several pop-up ads that have the potential to infect his device with viruses.

"It's an ongoing problem and I don't really know what I can do to stop it," Davies.

Students are also bombarded with emails promoting scholarship and academic opportunities sometimes from organizations that are not genuine.

Students can even open an email from the National Society of High School Scholars, asking for money to join the society.

Often eager to brag about this on their college application, students readily sign up. Unfortunately, all they get is a withdrawal from their bank account.

Phishing is when a hacker poses as a credible organization or website and

contacts consumers requesting personal information that they will later sell or illegally use.

These scams happen every day to over 400,000 people. Whether they fell victim to false advertising and bought something they did not actually want, or never received their purchase at all, phishing and scamming can affect anyone.

Most young people can often recognize fake emails and text messages. These obvious scams often display many typos or are from a website or organization that the person has never tried to access before.

Unfortunately, savviness does not always prevent scams from occurring because some hackers are very good at disguising and posing as credible sources.

Earlier this year, a hacker posed as Principal Karen Calcaterra. They tried to obtain information by emailing teachers through an email that had her name, but it wasn't her actual email. It was not the first time it has happened.

"As soon as I am made aware of one [phishing email], I send it to our Chief Information Officer Deb Ketrang, and she blocks any additional emails from the phished account to our rsdmo.org emails," Calcaterra said.

Junior William Caron is interested in Cybersecurity and keeping people safe and informed online.

"As technology improves, scam methods change, and people get older, it will be harder for younger people to be aware of scams that are going on. You could introduce malware into both your network and the schools network. There are many instances where entire school districts were shut down because of a student introducing malware into the network," Caron said.

There are ways to prevent scams and stay protected online. A website's credibility can be checked with a quick scan. Also, using complex passwords with

a capital, lowercase, symbol, number, and eight or more characters can further protect information.

Websites that email or contact consumers out of the blue and without any prompting can often be fake.

Normally hackers will have some sort of discrepancy in their email address. For example, the email may have a typo or a letter or two switched around.

Websites with positive reviews and actual customer pictures with their purchased items can hint to a legitimate website.

Junior Molly Nemnich ordered what she thought was a subscription package for skincare. It turned out to be a scam.

"One time my sister and I were really into facial products and we saw an ad for an illuminating facial wipe subscription."

Nemnich and her sister only received one package, but continued to be charged each month, triple the amount they expected. They attempted to unsubscribe from the service, but struggled because the website was fake and had disappeared.

Junior Logan Phillips thought he would be receiving a birthday present from his girlfriend. He never did.

Phillips said, "My girlfriend ordered me a pair [of socks] for my birthday. The next day she found out [the website she ordered from] was fake and had just scammed her."

According to USA.gov, checking the URL of any website and making sure each part of the link relates to the name of the website can give credibility to a site.

Another thing to check in the URL is that the beginning says "HTTPS" not "HTTP". Websites under the HTTP domain are not secure and may be read by anyone with some hacking knowledge. Utilizing these techniques is a simple way to further secure information and money.

As long as one is careful about the information they give out online, "It's not hard to stay safe online," Caron said.

Truth Be Told

In world filled with misinformation, media literacy skills more important than ever for students

Claireece Cross
• Staff Reporter •

Isabelle Grigorescu
• Staff Reporter •

News and media literacy is important for students in high school, as having it is key to have a successful future whether in college or beyond.

Social studies teacher Brittany Trott said, "My students usually gather several different sources in order to become fully informed. We use mainstream media such as *CNN*, *FOX*, *New York Times*, *STLToday*, *St. Louis Post-Dispatch*, *BBC*, *NPR* and *Daily Wire*, all sorts of media."

She continued, "In order to be fully informed and truly understand a topic, I teach them to use multiple sources and we use strategies regarding images, headlines and sensationalism before even reading the articles. I also tell them they are more than welcome to use opinion pieces or editorials, but in order to fully understand an event, opinion pieces will be one sided and can often alter the facts and data to spin the story. We use fake checking tactics as well, [like] reverse Google image searches to determine accuracy."

Yet, many younger people have begun to consume news through a lens of bias and entertainment that is projected through social media.

According to a survey by *agilitypr.com*, "A large majority of teens age 13 to 17 in the U.S., 78% say it's important to them to follow current events and 54% get news at least a few times a week from social media platforms such as Instagram, Facebook and Twitter, while 50% get news from YouTube."

Instead of getting news from



Media bias can play a large role in the intake of information, especially when only one media source is used by a consumer. AllSides.com is a website that presents major news stories as reported by different news organizations in order to present the bias shown between different sources. • photo from AllSides.com

what are generally considered more reliable sources such as *USAToday*, *The New York Times* or *Stanford.edu*, students are looking toward Twitter, Instagram, TikTok and YouTube.

And, while some may fact check items, many don't.

More than 96% of high school students surveyed on a study done by Stanford University failed to consider that ties to the fossil fuel industry might affect the credibility of a website about climate change, while more than half believed a grainy video on Facebook that claimed to show ballot stuffing constituted "strong evidence" of voter fraud in the United States. The video was shot in Russia.

While studies show that students don't always fact check, for important pieces of news, some are more media literate and careful about what they believe and share.

Junior Olivia Runge said, "I do both. Sometimes I fact check and sometimes I just say things without thinking much of it."

In order become more media literate, students can make a concerted effort to become more educated about the information they receive and where it originates.

The making and spread of information through social media

Most news organizations maintain accounts on social media and other platforms, which are competing for attention with corporate brands, celebrities, influencers and personal connections.

"Six in 10 teens say they are more likely to get their news from celebrities, influencers and personalities rather than from news organizations utilizing the platform," *agilitypr.com* reports.

With so many relying on alternative sources for information, teens are more confident in the news they get directly from news organizations.

For teens who learn about current events from news organizations, 65% say it helps them better understand what is going on. But, just 53% of teens who get news from social media

talk about how it helps them get a better understanding of what is going on, and 19% said it has made them more confused about current events, according to *agilitypr.com*

Still, some students do some fact checking when the news seems questionable.

Sophomore Amelia Karsten said, "Most of the time when I post important information, I repost from other accounts or users. Before I repost anything, I always make sure to look where the original post came from and whether or not it came from a reliable source. If I'm not sure if the original post is completely true, I'll look up the information and see if I can find more details on the topic from reliable news sources or articles."

A 2018 study done by Massachusetts Institute of Technology (MIT) News found that on Twitter, fabricated news spreads faster than factual stories.

The study revealed that rather than the bots, which are set to eliminate false information, being the cause of the spread of misinformation, it was users.

The study also reported that false news stories were 70% more likely to be retweeted than true stories.

This means that false news reaches 1,500 Twitter users six times faster than it would take the same amount of people to receive true information.

Recently, organizations like Instagram have taken precautions to prevent the spread of misinformation on their platforms.

On Oct. 29, Instagram announced, "Starting today, for people in the U.S. we will temporarily remove the 'Recent' tab from hashtag pages. We're doing this to reduce the real-time spread of potentially harmful content that could pop up around the election."

However, despite attempts like this to stop the spread of false information, it will always find a way to be spread.

Director of the Media Lab's Laboratory for Social Machines Deb Roy, who helped run the study, said the idea "Think before you re[post]", can benefit all users.

The following page includes tips and resources you can use to make sure the information you are reading and reposting is true.

Before reposting, ask yourself these questions about the information:

1. Who is the sender of the message?
2. What is their motive or intent?
3. Who is their target audience?
4. How is the message created to get you to think/feel a certain way?
5. What information is being left out of the message?
6. Who is making money from this?

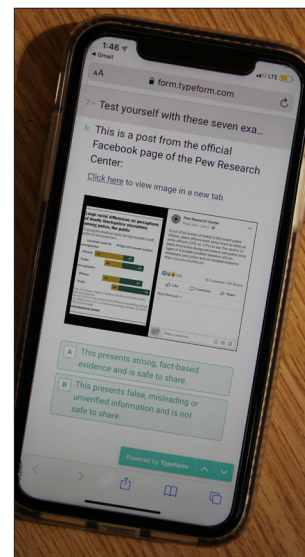
Information provided by Professor of Media Literacy at Webster University, Julie Smith

For fact-checking news, use one of these:

factcheck.org
hoax-slayer.com
politifact.com

snopes.com
truthorfiction.com
urbanlegends.about.com

These sites were used in a 2018 Twitter study performed by MIT scholars to track the spread of false news through the platform



Online media literacy tests, such as those available on newslit.org, allow anyone with access to the Internet a place to test their ability to determine factual information by presenting different sources and data, which the user must determine if the sources are credible and thus can be shared based on the information given.
• photo illustration by MAKAYLA ARCHAMBEAULT



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Show & Tell

Nonverbal cues speak volumes to others

Makayla Archambeault
• Editor-in-Chief •

When they are caught in a lie, most people tend to demonstrate certain physical characteristics that can help others determine that they are indeed being dishonest. From sweaty palms to avoiding eye contact, it can all be traced back to the brain's processing of the emotion fear.

Psychology teacher Krista Silvernail said, "The part of the brain that's responsible for our emotions and being able to conceal our emotions or express them is the amygdala. It's this little, tiny almond-shaped structure, and the strongest emotions that it's attached to are aggression and fear."

She continued, "The amygdala acts in such a way where sometimes it's a very automatic response that we don't really have to have multiple parts of the brain involved in being able to detect fear so that could be an explanation for why a person is behaving in the way that they are if they are covering up something or lying."

While covering up a lie, the use of the amygdala can also take a mental toll on a person.

"The stress that comes from that could affect your immune system. It can trigger an additional stressor in your life that will start attacking your immune system in various ways like you [would] probably not be sleeping as much. There are really important stress hormones secreted when we sleep. The worrying is going to cause greater levels of anxiety, it definitely could take a toll on your health," Silvernail said.

When a person is lying, a lot of their focus can be placed on covering up that lie or convincing others and themselves to believe their version of a story.

The stress of this process causes the brain to react in involuntary ways.

"Emotions can be both innate and learned. Fear is present with us at birth, we don't have to really learn how to react to fear and so forth but some of them are learned and if a person has grown up in an environment where emotions are suppressed, it might be easier for them to control those emotions, therefore being better at lying as well," Silvernail said.

Despite nonverbal cues that seemingly would be giveaways if a person was lying, it gets a little trickier when you consider opposite emotions can elicit similar involuntary responses.

"The thing is, when our heart starts beating or we get sweaty palms or something like that, we have to access what it is and attach a label to it. Sweaty palms, a beating heart, that could even mean that we're nervous or have high levels of anxiety or it could mean we're very excited about something, so just because we have changes in our physiological state, it can't be attached to just one emotion," Silvernail said.

As the world has become more reliant on technology for communication, lie detection has become increasingly difficult, especially when it comes to nonverbal cues.

"I think today it's harder [to tell if people are lying] because there's so much communication behind the scenes and you can send an email, you can send a text and you can't read the body language of people and I think that's why face-to-face communication is super important," Silvernail said.

Advanced technology has helped to detect academic dishonesty in writing.

However, many teachers have experienced situations where they have been able to defer from body language, paired with evidence from their submitted assignments, to identify dishonesty.



"In general, people who lie try their best to look natural and casual when they're lying, so it can be easy to spot because it just winds up being awkward. They may try to laugh it off or destroy the evidence while you stand there. Or they don't want to make eye contact and try not to look at you at all, which can be a red flag. Or they create this really elaborate story or their timeline doesn't make sense."

Dawn Indelicato-Faw •
Language Arts



"This particular student crossed their arms immediately and could not make eye contact with me. These are usually two dead giveaways that a student is lying. For many, I know making eye contact is difficult with a teacher, but in this particular instance, it was very clear as these two actions happened simultaneously. The two immediate reactions told me that my instincts and the evidence I found were true."

Matthew Steffens •
Business

"One way I can tell if a student is being dishonest is the lack of eye contact. Seems somewhat strange, but when someone doesn't look me in the eyes while we're talking, I am cautious."

Jodie Fowler •
Industrial Technology



"I had a kid lie to me about cheating on a test. When I asked him about it in private, he would not make eye contact or stand with his body facing mine. He was fidgety and kept slightly turning his body. I kept thinking he might turn and run away."

Jennifer Keillor •
Science



True Confessions

Students debunk misconceptions about about their religious beliefs

Sofia Ganey
• Staff Reporter •

There are over 4,200 religions in the world. Depending on the area, some are much more common than others and more widely practiced.

According to 2020 Pew Institute data, in the St. Louis metropolitan area, 75% of adults identified as Christian (which includes Protestant, Baptist, Catholic and Mormon) 4% identified as Non-Christian faiths which include Jewish, Muslim, Hindu and Buddhist and 21% identified as either Atheist or Agnostic. In St. Louis specifically, Catholics make up 25% of all adults who identified a religion.

So, for those who practice those religions like Mormonism, which reports over 16 million members worldwide, but only 2% of the St. Louis religious community, there can be some misconceptions about the religion and its practices.

Sophomore Celeste Vinas is a member of The Church of Jesus Christ of Latter-day Saints. She said members of her faith prefer to identify this way as opposed to the more common tag of Mormon as it is more specific to their beliefs.

"People refer to the members of my religion as Mormons, which leads to a lot of misconceptions about what we practice and believe," Vinas said.

A common misconception of the religion is that it is not based in basic principles of Christianity.

Sophomore Megan Kingston is also a member The Church of Jesus Christ of Latter-day Saints and she agreed the term Mormon causes some confusion.

"[One] common misconception I face is the name of my church. Many people think that we aren't Christian," Kingston said.

The church teaches from both the *Bible*, including both the Old Testament and the New Testament, and the *Book of Mormon*.

Many outsiders to the religion believe the church's founder and first president, Joseph Smith, wrote the *Book of Mormon*, but church doctrine teaches that Smith translated a collection of writings passed down through time.

Also, like other religions, church members sometimes wear special religious clothing. Some members wear undergarments known as "temple garments" under their normal clothing.

"Symbolic religious clothing is common among many faiths. For example, a nun's habit, a priest's cassock, a Jewish prayer shawl, a Muslim skullcap or a Buddhist

Sophia Scheller
• Staff Reporter •

monk's saffron robe," Kingston said.

"Temple garments are worn by adult members who have made sacred promises to keep God's commandments and live the gospel of Jesus Christ. They are worn under clothing and represent a personal aspect of our relationship with God and a commitment to live honorable lives," Kingston added.

Those who practice faiths outside of Christianity often face even more misunderstanding from people.

Junior Ayesha Muhammad is Muslim. Earlier this year, she began the Muslim Student Association (MSA) to try to bring about more rarenesses of her faith and share information to stop the spread of misinformation.

"Many Muslims have experienced discrimination or noticed misconceptions spread about Islam through the media," she said. "I wanted to work towards solving this issue by starting in my own school with educating my peers and clearing up these misconceptions. Another goal of MSA is to raise awareness on Islamic issues and bring change in any way possible."

She said discrimination against Muslims often stems from misguided beliefs about the religion, such as the common western belief that Muslim women are oppressed.

Although Muhammad is glad to have a government that supports the freedom to express one's religion, she also notes that there are some governments that tarnish the Islamic faith with incorrect ways of practicing the religion, along with violent oppressive methods used to control the masses and instill obedience.

"People tend to believe we [women] are forced to wear the hijab and cover ourselves completely, that we are denied education, among other basic rights. I believe these assumptions are made based on these practices in other areas of the world," Muhammad said.

She continued, "It's true that there are some countries that have implemented restrictive laws toward women, but this is more of a cultural issue due to corrupt governments, rather than a religious one. These restrictions, themselves, are not approved by Islam at all. In fact, women are often held to a higher standard than men and should be given the utmost respect according to various verses from the *Quran*."

The Hindu faith is another religion that is often misunderstood by those who have

Religion Poll: We Asked, You Answered

Myth: The purpose of mission trips is to convert others to the missionaries' religion.

49%
(152 people) said *True*

51%
(159 people) said *False*

Fact: Mission trips focus on charity work for the less fortunate, not religious conversion.

Myth: The Roman Catholic and the Orthodox Church are essentially the same.

23%
(66 people) said *True*

77%
(217) said *False*

Fact: The two churches are completely separate entities.

Myth: All Hindus are vegetarians

19%
(57 people) said *True*

81%
(245) said *False*

Fact: While vegetarianism is common in Hinduism, not all Hindus are vegetarians

Results courtesy of Instagram poll conducted by *The Lancer Feed*.

Infographic by Jack Daws

inaccurate information about its practices.

One common misunderstanding is that all Hindus are strictly vegetarian, but not everyone who practices the religion is.

Freshman Eshwar Murali, a practicing Hindu, said, "[It's a] personal preference. My mom is, but my dad is not and I'm not. Really, you can do whatever you want. Hinduism is about doing what you want with the values. It's about living your life with the values how you want. That's why we are pretty relaxed about it."

Many people are also under the impression that Hindus must attend weekly service in order to practice the religion, but like people of all faiths, attending a service is not necessarily a requirement to practice the religion.

Taking Creative Liberties

Historical fiction genre may skew historical truths

Janka Gerber
• Staff Reporter •

With the rise in popularity of historical dramas such as *The Crown*, *Outlander* and *Bridgerton*, historical inaccuracies in shows are becoming more important to pay careful attention to.

Historical dramas and fiction are beginning to capture a student audience in addition to the typical adult audience.

Hundreds of younger viewers are flocking to these shows for entertainment as well as the hope of finding a new way to learn information for their classes.

Librarian Nichole Ballard-Long said, "Historical fiction as a genre takes something that is true or real, and actual information from history and turns it into a fictional story. It can be any time period, and it usually draws from what really happened and weaves characters and details into the narrative."

In a Lancer Feed poll of 352 students, 58% said they watched historical fiction television shows or movies.

Junior Trey Trapani has been passionate about history since he was young. He loves to share his knowledge about the subject with his fellow classmates.

"TV, movies and media in general is where we get a lot of our historical information from and our beliefs about the past and how things are shaped by that," Trapani said. "By giving an inaccurate portrayal of what happened, we get a warped view of how it affects the present. We lose an understanding and connection to the past."

In addition to affecting a connection to the past or altering the historical facts that are presented in shows and movies, it could be detrimental to students' schooling if they believe the show to be accurate.

"People will see those [shows] and assume it's actual history and show up to school thinking that this is what history was like and then go to a history class and fail a bunch of tests because of historical inaccuracies," Trapani said. "People will form their world view around a bad view of history."

U.S. History and Contemporary Issues teacher Brittany Trott believes that the genre of historical fiction can be a good way to keep students interested, as long as they are being consumed correctly.

"The thing about going into watching these shows is you are watching it for sheer entertainment. They should not be a way for you to educate yourself," Trott said.

"It takes an educated person and somebody who cares enough to go into research and find out what's real and what's not, and what's invented all in the name of Hollywood," she added.

As a social studies teacher, Trott compares watching these shows to what her students

do in class to decide whether or not a source is credible.

"In history, we are constantly comparing primary sources," she said. "Just because the show says something or just because something is a primary source, somebody else can have a completely different account of that history or a completely different take on that political view, so you have to compare a lot of different sources. There is no one right history. Just because you see one avenue, one person's account of it doesn't mean it's historically accurate."

Arguably, the most popular fiction show, especially in the historical fiction genre, at the beginning of 2021, is *Bridgerton*. It is the most successful debut of an original show on Netflix, reaching 82 million household viewers within the first 28 days of being released.

An example of the influence of the show is scores of girls who began buying corsets and dressing up as girls from the TV program.

However, the corsets they are wearing are more often than not from the Victorian era, whereas *Bridgerton* is set in the Regency era.

This demonstrates the importance of cross checking sources and that while learning new things through watching historical dramas, even if they are dramatized or, like *Bridgerton*, may inspire new trends, often they are inaccurate or not based on specific true events.

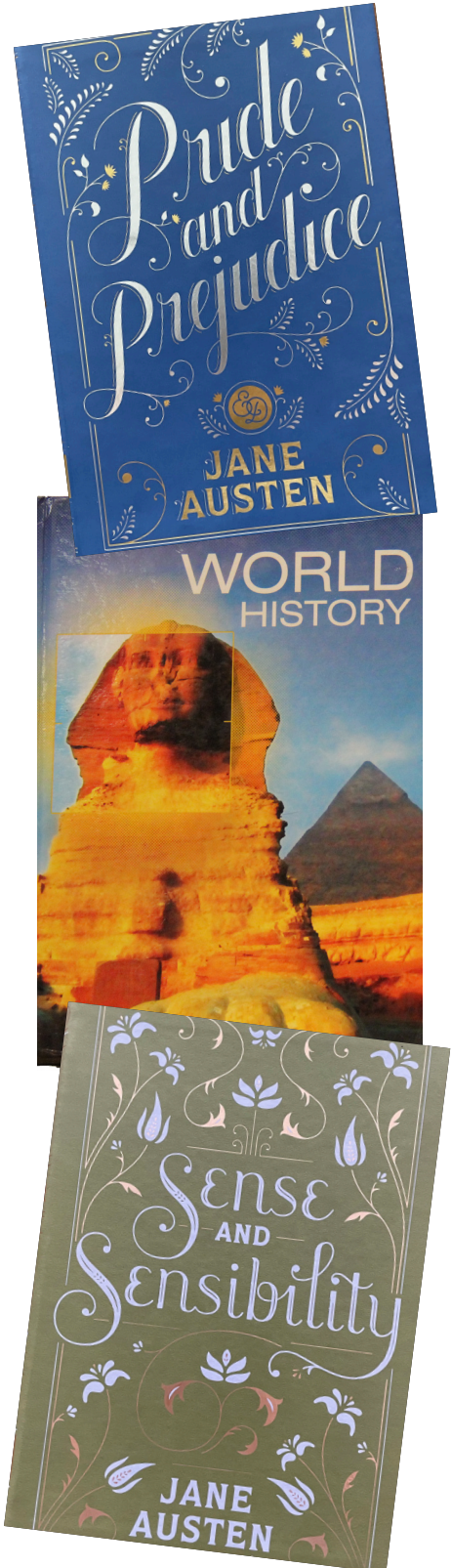
But, there are also teachers who utilize historical fiction works in their class in order to further spark interest in history, and possibly help students learn some information more accurately.

Steve Klawiter, who teaches both AP World History and AP U.S. History said it is just a matter of making sure the material he uses is accurate.

"Periodically, I show clips that are mainly documentary in nature. I have on occasion shown scenes that can help bring the material we are discussing to life for my visual learners in a way that a textbook simply cannot match," he said. "For instance, the opening scene of the D-Day landing in *Saving Private Ryan* was said to be methodically researched using respected historians and military professionals who strove to keep it legitimately aligned with historical accounts by veterans."

From another point of view, as someone who has devoted her life to the stories, Ballard-Long loves anything that can get kids into reading, but is still aware of the historical inaccuracies that can exist.

"I don't know if it's dangerous per say, but it's dangerous when we have an uneducated public that doesn't think beyond something that is certainly fictional to search for the truth. There is a fine line between art and historical fact," Ballard-Long said.



From Bead To Shining Bead

Mardi Gras adapts to challenges presented by COVID-19 restrictions

Vijay Viswanathan

• Business Manager •

Kevin Vera

• Sports Editor •

"Everyone has an entourage with them, whether it's your best friends or your cousins or some random strangers standing next to you on the parade route — you're never alone," junior Sadie Niblett said.

The celebration of Mardi Gras is known for its exuberance and fun atmosphere. Mardi Gras in 2021 was on Feb. 16. In a traditional year, Mardi Gras around the country would feature elaborate parades and colorful floats.

Due to the pandemic, many parades have been scrapped, and the Mardi Gras parade in St. Louis has moved fully virtual with a few alternatives. Mack Bradley is the President of the Mardi Gras Foundation in St. Louis.

"Everything this year is different, but at Mardi Gras, Inc. we know that if there ever was a time when we all need something to celebrate, it's now. So, the show must go on in some form— what you might call a carnival in the age of COVID. But there will be no in-person parades in 2021. Because of public health concerns that are obvious to everyone by now, there will be no Souldard Mardi Gras mass-gathering events of any kind in 2021," Bradley said.

In fact, St. Louis claims to have the second

biggest celebration in the United States outside of New Orleans. The celebration takes place every year in the well known neighborhood of Souldard. Souldard is a St. Louis neighborhood that dates back with history a couple of centuries old.

“

Mardi Gras represents friendship and family to me. The whole point of parades and the parties are to go and have fun with your friends.

”

SADIE NIBLETT • 11

The Souldard celebration always brings out lots of people and generates money for the city of St. Louis.

Bradley and his group took action to ensure a safe and fun celebration for the 2021 year.

In the middle of 2020,

Bradley and his group realized that it would be a while until there would be a normal Mardi Gras celebration.

They worked with the city and their sponsors to create fun events and build the tools to give the City of St. Louis a proper celebration.

"Souldard Mardi Gras, in a normal year brings people to St. Louis from around the nation in the dead of winter for one of the largest such celebrations in the world. The whole season of Mardi Gras events generates more than \$20 million in

economic activity in the region — about the same as a World Series," Bradley said.

One famous Mardi Gras tradition includes eating a sweet pastry known as "King Cake," involving a cake and a plastic figurine.

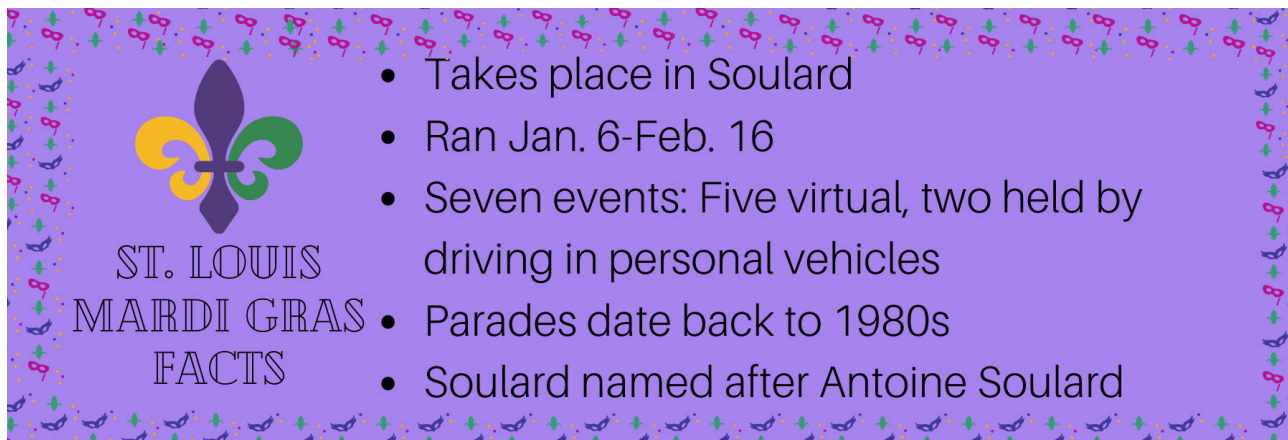
The King Cake is one of the most common symbols of the celebration and every year people turn to their local bakeries to purchase the famous King Cake.

"The whole month leading up to the week of Mardi Gras stores would be selling tons of King Cake. It was always a fight for the baby — which I never understood as whoever gets the baby has to buy the next king cake, but I guess it was just the thrill of winning," Sadie said.

"The baby" refers to a small plastic figurine in the shape of a baby that is placed inside of a King Cake. Once found, the person who finds the "baby" is the one that will buy the King Cake for the next year's celebration, or host the Mardi Gras party next year. It also symbolizes good luck to the person who finds it within the cake.

Due to the COVID-19 pandemic and limits on or banning of mass gatherings, cities across the United States like St. Louis and New Orleans looked to make this year's celebration the best in our current situation, in the interests of keeping the festive spirit of Mardi Gras alive.

"Souldard Mardi Gras has grown in 40 years from a private event started by friends who decided on a "Mardi Gras" theme for their party to one of the largest Mardi Gras' in the world. It is a defining feature of the Souldard neighborhood," Bradley said.



**ST. LOUIS
MARDI GRAS
FACTS**

- Takes place in Souldard
- Ran Jan. 6-Feb. 16
- Seven events: Five virtual, two held by driving in personal vehicles
- Parades date back to 1980s
- Souldard named after Antoine Souldard

Friends 4 Life

Connections start early, mature into strong bonds

Morgan Vehige
• Assistant Editor •

"Nathaniel was the first friend I made here. Ever since I can remember, he and I have always been best friends," senior Lily Gregory said.

For most, friends met on the playground or due to a forced meeting by parents don't last. Sure, the acquaintance may remain as a friend from the "good old days", but it doesn't evolve into a lasting friendship.

When senior Lily Gregory moved to Missouri from Wisconsin in 2007, she was a shy four year old in a completely new environment. However, she moved into the house near senior Nathaniel Mahone, and the rest became history.

"It sounds cheesy, but I would say it was a friendship at first sight. I don't remember there ever being any introductions or awkward phases. We just fit together and immediately started playing around," Gregory said. "The earliest memory I have is when we would play Power Rangers or ride in his toy car around the neighborhood."

Junior Thomas Gardet has a similar friendship with sophomore Myles Caby.

Their friendship began 12

years ago when they met at a park at the end of their street.

"It was definitely friendship from first sight because we haven't had one fight or anything through the past 12 years and we have hung out since then," Gardet said. "We hung out even if we didn't want to because our parents were always with one another and 'forced' us to go with them even though we wanted to anyway."

Becoming friends was the easy part, growing up is the difficult one.

Despite this, Gregory and Mahone found a shared interest in music, and joined band together in middle school.

"My biggest concern was losing the friends I had made and had known for years. But it just so happened that we both had an interest in music. I was in band all through middle school, so I saw her every day. We would play our instruments, we sat together at lunch, we worked on projects. We were just so lucky to have the same interests," Mahone said.

With Gardet and Caby, it was a big difference due to their different grade levels as they advanced through

middle school and the beginning of Gardet's high school career.

"There was a point where we weren't hanging out as much as we did because we went to middle school and it was just different. But we made it work and after a couple years of us not hanging out that much we really became best friends after when we both got to high school."

A 2018 study by the Pew Research Center found almost 41% of teens are unable to spend time with their friends due to having "too many other obligations".

However, from that same study, 33% believed that it was easier to keep in touch with their friend by a phone call or text message, and that holds true in Generation Z, where a friend is only a text away.

As activities diversified, Mahone and Gregory were able to find moments together during the day to talk and spend time with each other.

"We got to high school, and it was so much bigger than middle school. I stopped taking band, but it was funny because our paths always seemed to cross," Mahone said. "We always made an effort to see each other. In freshman year, I would go to where Lily would hang out in the morning just so I could see her and she would do the same for me."

The two made many great memories together, such as their chess games and singing the soundtrack of *Mamma Mia* together. It is in those moments that solidified their friendship.

Even though the two of them are most likely going to separate colleges due to their different interests in study, they believe their friendship will remain intact, like it always has.

"Nathaniel has always been there for me and we just fit together. He's easy to talk to

“

That's what a friendship is. It's knowing that you will have someone there who will make you laugh, make you smile and wipe away your tears.

”

NATHANIEL MAHONE • 12

and we

understand

each other," Gregory said. "I do worry that with college and not being able to walk over to his house in less than three minutes that we'll lose contact, but I know he will always be on my side one call away and I'm on his."

For Gardet, him and Caby are up for the challenge.

"We've been through a lot together and there is nothing that I'd change to make it better. I'm looking forward to seeing what the future will bring [for us] because we have talked about having very similar interests in jobs or just what we want in the future," Gardet said.

There is no secret ingredient to friendship. But, it takes a lot of time and effort like any other relationship to make it work.

"To an extent, you have to click first. But if anything, if you really want to have a long lasting friendship, you have to talk to each other. Not just seeing each other in the halls, but truly texting each other to check in. Both of us have had some rough days, months and even years, and whenever we talk about it or fun memories, it's what makes a long lasting friendship. It sounds cliché, but you need each other, to be honest. That's what a friendship is," Mahone said.

He added, "It's knowing you will have someone there who will make you laugh, make you smile and wipe away your tears. You also need to actively want to do stuff with them and for them. You need to put in work. Just talk to each other."



Seniors **LILY GREGORY** and **NATHANIEL MAHONE**, pose for a picture. They have been friends ever since Gregory moved to Missouri in 2007. • photo courtesy of **LILY GREGORY**

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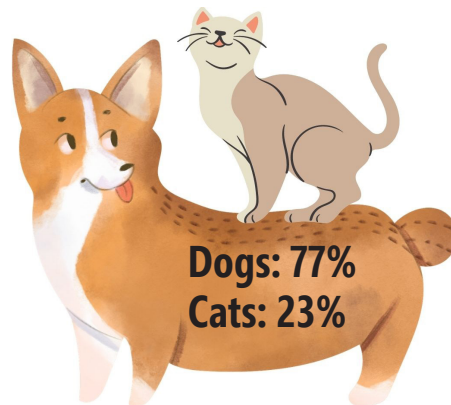
The Image asked your preferences in an email poll. Here are the results from the 517 responses.



Movie Theater: 54.2%



Streaming: 45.8%



Early birds: 21%
Night owls: 79%

