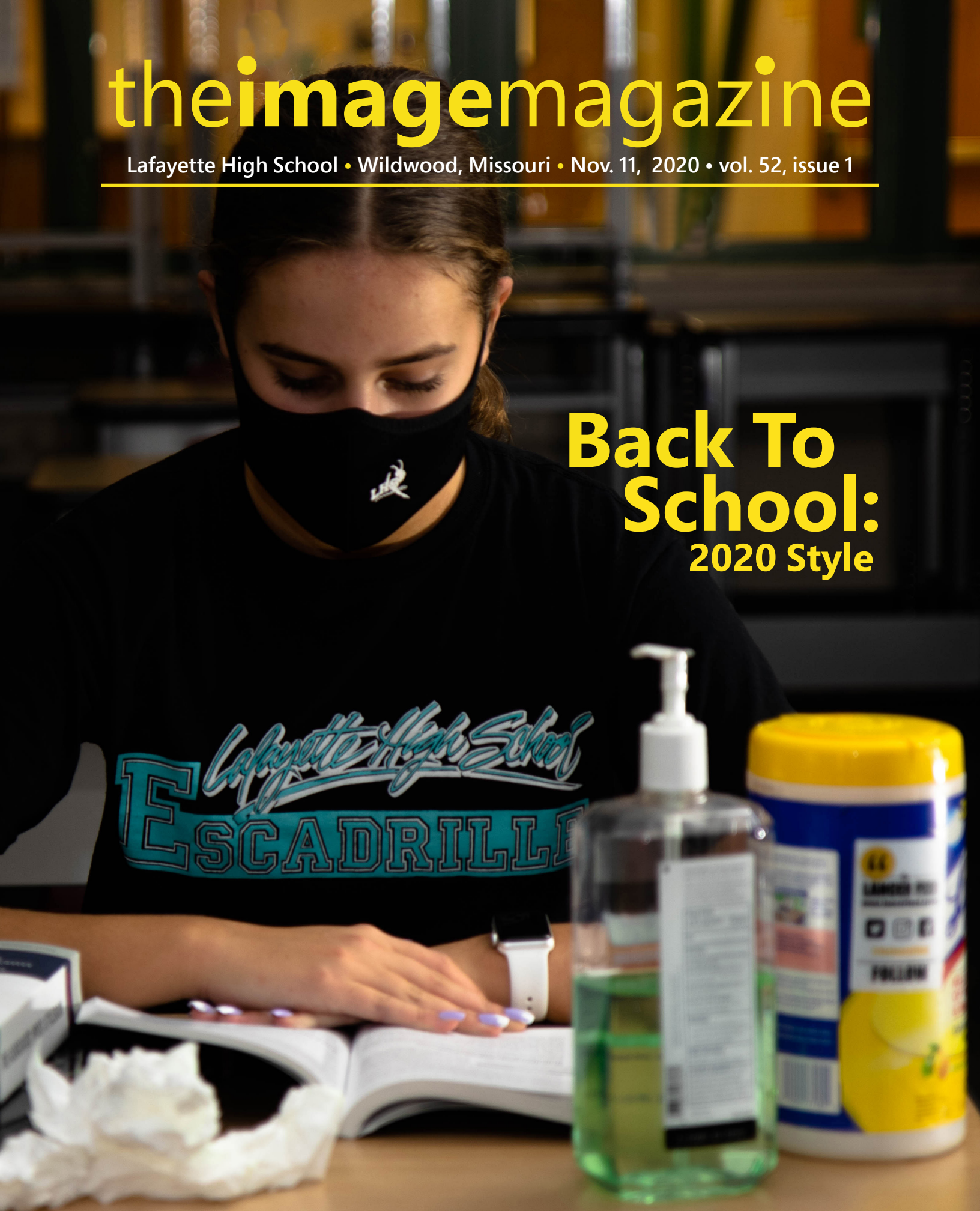


# theimagemagazine

Lafayette High School • Wildwood, Missouri • Nov. 11, 2020 • vol. 52, issue 1

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## Back To School: 2020 Style



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## General Information

The *Image* is produced by students in the News Production class. Free copies are distributed on campus. Subscriptions are also available for \$40 per year.

Rockwood student publications are the official student-produced media of news and information published/produced by Rockwood students and have been established by both policy and practice as designated public forums for student editors to inform and educate their readers as well as for the discussion of issues of concern to their audience.

Publications will not be reviewed or restrained by school officials prior to publication or distribution.

Because school officials do not engage in prior review and the content of all Rockwood student

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A full listing of all the policies followed by student publications staff members can be found at [lancerfeed.press](http://lancerfeed.press) under the About tab.

The *Image* is a member of the National Scholastic Press Association and the 2019-2020 edition received an All-American rating with four Marks of Distinction and was named first place in the NSPA Spring Best in Show competition for newsmagazines. The *Image* is also a member of Quill and Scroll, JournalismSTL and MJE.

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## On The Cover

With the return to in-person learning beginning on Nov. 12, the 75% of LHS students who chose to return to the building can expect a whole new experience in the classrooms and hallways ranging from mask wearing to strict social distancing requirements. • photo illustration by SOPHIA SCHELLER

## Image Newsmagazine Cover Story

# Back To School

## After six months of online learning, most students will return to LHS classrooms

### Juli Mejia

• Asst. Web Editor •

### Keira Coverdell

• Staff Reporter •

With the imminent return to school, students and their families were faced with a major decision: return in-person or stay virtual.

For many, online school came with a number of challenges ranging from unreliable Wi-Fi to distracting environments at home to just a lack of socialization with classmates and teachers.

But, with COVID-19 cases even higher than they were last spring when schools closed initially and the demographic including the high school age bracket seeing some of the highest increase in positivity, the decision did not come lightly for many.

In the end, just 25% of Lafayette's students decided to remain virtual.

Associate Principal Mike Franklin said the decision was not an easy one for many, but he did understand why so many made the decision to return to school.

"One thing we are hearing from students is that they want some of the normalcy that school offers back in their lives," he said.

Students had to factor in a number of variables in making their decision such as their mental health as well as their current ability to learn successfully online.

Junior Jessica Watts decided to return to the classroom.

"I really struggled being online. I would call myself really extroverted, and I feed off the energy around people. I don't know how safe it's going to be, but I would prefer to take the risk," she said.

While measures are in place to make classrooms as safe as possible, not all families were comfortable with returning.

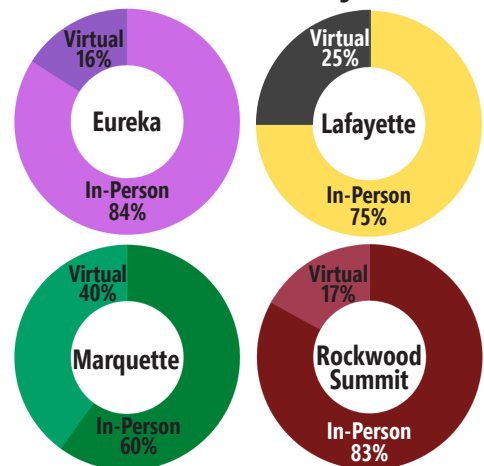
Freshman Aly Palmquist made the decision to remain online.

"I'd love to go back to school, but I'm not quite comfortable going back yet. I guess I want to wait until things are more stable," she said.

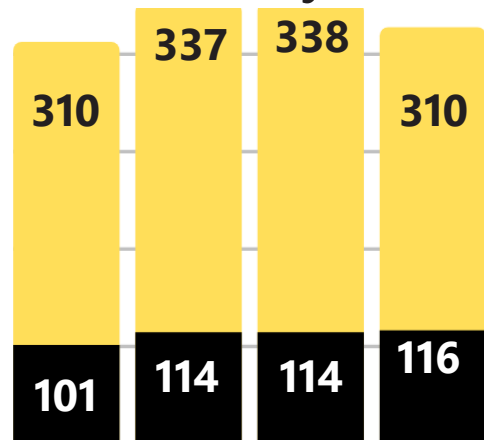
Junior Stefan Ganev is in the same situation.

"To be honest, I am not returning, because my whole family has conditions and stuff, and we don't want to risk it. Virtual has been working for me, but some classes I wish I would be able to have in person. [I might return for second semester], it really depends on how they're going to do everything," he said.

## Student Selections by School



## LHS Choice by Grade



9th 10th 11th 12th

data as of Nov. 6, 2020





## Stars & Gripes

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

### Stars To:

- Starbucks holiday cups are back just in time for students to get their caffeine fixes as they wait in their cars before being allowed into the school building at 8 a.m. And, you're going to need it since you haven't had to wake up this early for class in a long time!
- Grab & Go meals in the cafeteria are free for the year thanks to a USDA grant. That's great news since we will be spending all our money on hand sanitizer and cute masks.
- Coming back to school means finally getting to see your classmates' half faces instead of just black screens and names.

### Gripes To:

- Pets across the LHS community finally returning to their normal lives that we know nothing about.
- After eight months of only being able to cause internet traffic, sophomores can return to causing back-ups in the hallways here.
- Hoping we can maintain in-person school for at least as long as it took for Nevada to count election ballots.
- No more filters or snappy Zoom backgrounds.
- Coming back to school after school Spring Break with no awesome travel stories, tans and almost the whole year still to go.
- The end of snow days. RIP lazy days of no school and chilling out.

# This Is On You

Responsibility for keeping students in class falls squarely on the shoulders of community at large

## Staff Editorial

Staff Editorials reflect the majority opinion of the *Image* staff.

**Rockwood has done its part to open the schools and put protocols for safety in place, but what happens off campus will determine how long the doors stay open**

Preventing the spread of COVID-19 works like layering slices of Swiss cheese. While each layer of prevention does have holes and possible pitfalls, the more layered the protection is, the less likely the virus will make it through holes in all the layers.

As the Rockwood School District opens high schools for in-person learning, many layers of protection have been established. These include mandatory mask wearing, social distancing, frequent sanitization of all surfaces and strict contact tracing in cases of positive COVID-19 cases.

The administration has done its part for those who chose to return.

Now, the responsibility, in order to keep students learning in the building, will fall on the students themselves.

And that responsibility extends beyond the school walls. In fact, it primarily exists outside of school, where officials are not able to ensure safety protocols are implemented.

It is inevitable a student or staff member will test positive. However, the likelihood of that individual transmitting COVID to another individual at school is very small due to the layers of protection in place.

Where the problem exists is outside the building where those layers of

protection are not being used.

Since the Francis Howell School District opened for in-person learning at the beginning of the year, 1,101 students or staff have been quarantined as a result of contact within school of a positive COVID case. Of those 1,101, nine ultimately contracted COVID-19. Of those nine cases, six were close contacts like a family member or due to an event outside of school.

This is a community issue. Health experts agree out of school gatherings are the main cause of the spread, not in-person schooling.

As posts are shared on social media of large gatherings of FOCOs and other events, it seems the concern surrounding the real danger of COVID-19 is non-existent.

But the truth is COVID transmissions are occurring at these events, and cases are on the rise, and that puts our ability to remain in the classroom at risk.

Everyone is going to have to take CDC recommendations more seriously right now. If students and their parents want to keep the schools open, they are going to have to make some real sacrifices outside of school as well. It is out of the administrators' hands now. It is in yours.

# Think positive, test negative

## Quarantine sparks new hobbies, experiences for Baca, Vinas

### Cece Beckmann

• Staff Reporter •

Over the last several months, COVID-19 has forced the country into lockdown, and while everything that can be heard or seen on platforms such as social media is primarily negative, some students have found a way to look on the bright side.

Sophomore Celeste Vinas said being able to spend more time with her family is what made her quarantine a little better.

"Obviously because of quarantine I was 'forced' to actually interact with my family. Instead of just eating dinner together every night, we ate every meal together and [the interactions] became a full blown history lesson with my grandpa," Vinas said.

Vinas found that by listening to her relatives' stories, she learned more about her family than she has ever known.

"[My grandpa] talked about how his parents met and how they escaped the war and moved to Uruguay with him and his brothers, where he met my grandma and later raised my dad and his two sisters until they moved back to Spain for a couple years," Vinas said.

Despite the situation, Vinas said she enjoyed her time learning more about her family's history from her grandfather and getting the chance to talk about it with her whole family.

"It was a great opportunity to become closer as a family and it allowed me to appreciate the precious time I had with my grandparents," Vinas said.

For some, all the extra time spent at home helped them to learn something new.

Freshman Andrew Baca spent his time picking up new hobbies.

"I enjoyed riding my bike during quarantine because I got to get outside for once and just feel free from being bored out of my mind inside," Baca said.



"Playing guitar during quarantine was enjoyable because I was given a lot of time to practice,

which I hadn't had before quarantine started."

### Andrew Baca • 9

Outside of bike riding and playing video games, he also used all of his extra time to learn how to play guitar.

"Some of the songs that I learned were a lot of Beatles songs, such as *Let It Be*, *I Want to Hold Your Hand* and *She Loves You*. I also learned other songs such as *Imagine* by John Lennon and *I Don't Wanna Know* by Fleetwood Mac. It took [me] maybe two months to learn all of these songs," Baca said.

Baca attributes his newfound passion to the time that quarantine provided him with to pursue a hobby he simply didn't have time for pre-COVID-19.

"Playing guitar during quarantine was enjoyable because I was given a lot of time to practice, which I hadn't had before quarantine started, and I sort of just taught myself off of YouTube tutorials," Baca said.

Baca was also able to find

inspiration outside of his own motivation through looking at the greats.

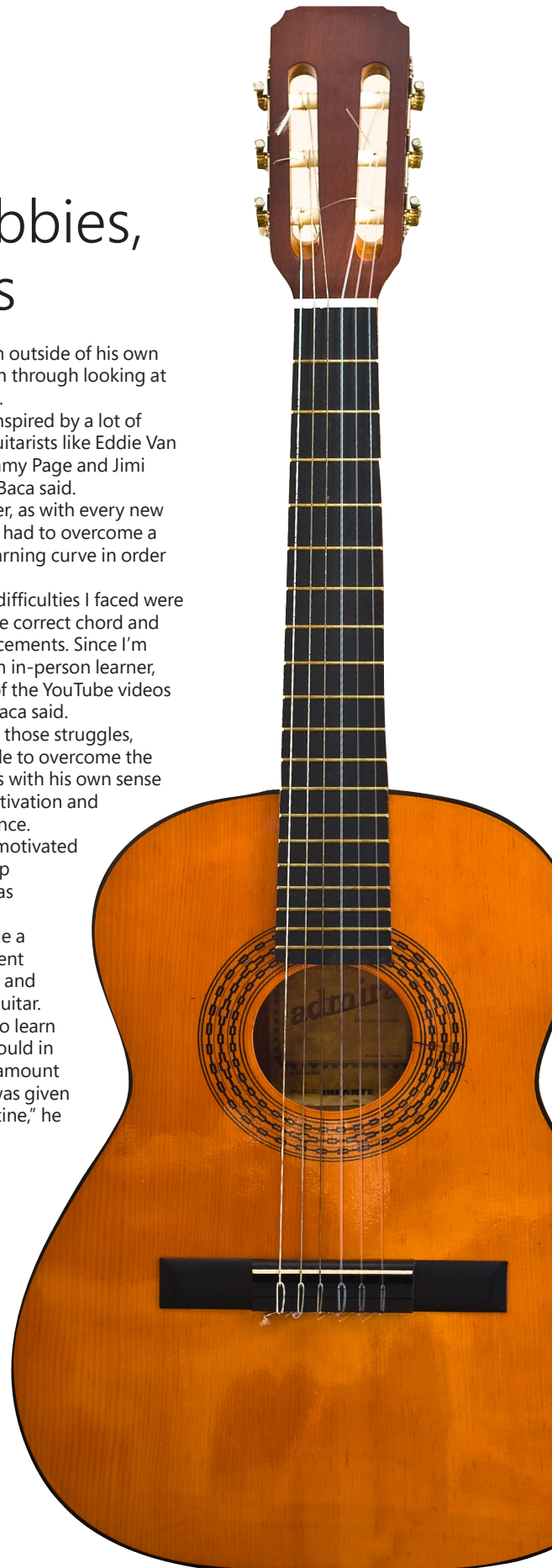
"I was inspired by a lot of famous guitarists like Eddie Van Halen, Jimmy Page and Jimi Hendrix," Baca said.

However, as with every new hobby, he had to overcome a certain learning curve in order to prevail.

"Some difficulties I faced were getting the correct chord and finger placements. Since I'm more of an in-person learner, not a lot of the YouTube videos helped," Baca said.

Despite those struggles, he was able to overcome the challenges with his own sense of self-motivation and perseverance.

"What motivated me to keep playing was knowing that I made a commitment to playing and learning guitar. I wanted to learn all that I could in the large amount of time I was given in quarantine," he said.





# From Zoom to the Room

Classes, clubs adapt to combining virtual, in-person schedules

**Caroline Black**

• Staff Reporter •

**Jack Daws**

• Staff Reporter •

As the transition begins where some students will return to in-person learning while others stay online, the Lafayette community is looking forward to new opportunities to learn in-person, as well as participate in extracurricular activities, while also understanding the situation definitely presents new challenges.

Science teacher Shannon Campbell said, "Some students really need the connection with their teacher in order to be successful in a class and that is hard to do in an online format. I do think the time constraint of compacting a semester into a quarter was a challenge."

After months of being out of school, many are looking forward to returning not only to extra-curriculars, but also to traditional classes.

Being back in-person offers many educational and social benefits to students.

Senior Brynn Roach said, "I think it brings up morale being back at school and being with all your friends. It's kinda depressing doing school at home by yourself. I think going back to school just lifts everyone's mood."

Some students made the decision to stay home due to reducing the risk for family.

Junior Anusha Singh said, "My grandma lives down the street from me and she's high risk. That was a factor because I do grocery shopping for her and visit her a few times a week," Singh said.

So, each teacher has had to make a plan to accommodate both learners in their classrooms and online.

World language teacher Brian Fish said, "I plan to use my SMARTboard to



(Left) At a Senior Advisory meeting on Oct. 1, Assistant Principal **MANDY LEWIS** leads the club virtually over Zoom. (Right) Senior **HOPE WARE** listens at an in-person Student Council meeting at Lafayette as the Executive Board discusses their plans for executing some virtual back-to-school activities. • photo by ANNA SAVACOL and NANCY SMITH

lead my kids through in-class activities and they will use their Chromebooks to complete those exercises. I will livestream my class for virtual learners so they can participate in those activities simultaneously."

During online learning, extracurricular groups also have struggled to continue while others have not met at all.

Many of the 70+ clubs and activities will be active and resume their in-person meetings once school starts, with about 20 continuing to offer a virtual option.

Model United Nations is a group that hasn't met yet this school year.

Sponsor Lori Zang-Berns said, "Unlike in the past when we have participated in two or three local conferences with other area high schools."

Key Club has found a way to continue operation despite having to move virtually.

Sponsor Scott Beaver said, "We haven't done much in

terms of official meetings or group activities, but we have been encouraging students to complete random acts of kindness, taking time to help people in their community."

Junior Aashish Allu attended, and even led, virtual meetings for Speech and Debate as well as Lafayette Science Council.

"Online meetings have been a hassle. While Zoom functions properly, it's hard to get interaction among different club members and trying to keep people engaged," Allu said. "I personally like in-person meetings because it's easier to check if people are still listening and it makes the atmosphere more enjoyable."

Clubs planning to host in-person meetings once school resumes require compliance with guidelines that have been put in place for safety.

These protocols include meeting in a room large enough to accommodate all members at a safe distance

from one another along with logging attendance, dates, times and locations of meetings.

For some, their group has been forced to turn what was a class into a club. For example, the *Legend* is a year-long class that meets to create the yearbook. The move to quarters meant they stopped meeting during Quarter 2.

Adviser Nancy Smith said, "Now we meet as a club. We have been Zooming twice a week after school and will meet in my room to work after school not that we have returned in-person. It is definitely a challenge."

The mask mandate set by Rockwood also extends to club meetings.

"I have a low tolerance for people who do not respect the mask requirement. Masks are required and that will be enforced in my classroom," Zang-Berns said.

For a full list of active clubs, check out the Activities tab on Lafayette's website.





Junior **TOMMY HAGAN** sits in his isolation room. He contracted the virus early in the 2020-2021 school year. The test returned positive just as Rockwood changed from a hybrid model to an all virtual model for the first quarter. • photo by SOPHIA SCHELLER

## Hagan, others, contract virus, overcome its effects

**Sophia Scheller**  
• Staff Reporter •

Everyone has been impacted by the coronavirus pandemic in some way. For many it has just been an inconvenience — a hassle to be in lockdown or deal with online school or make changes in the everyday routines they were used to. For some it has meant more. For some, they know just how real COVID-19 is

and fortunately have not had serious consequences from it. Football player and wrestler junior Tommy Hagan contracted the virus. “[I tested positive for COVID-19] the day before school started,” Hagan said. “I had mild symptoms and my mom thought it would make sense to get a test.” After receiving the positive result, Hagan went into isolation in his bedroom. According to the Center of Disease Control (CDC) website,

“Isolation separates sick people with a quarantinable disease from people who are not sick.” “[My isolation room] had the essentials,” Hagan said. “Phone, phone charger, bed, Xbox. If anything, staying by myself for a while was beneficial. That was the silver lining of it all.” Isolation was successful for the Hagan family and they managed to limit the spread of the virus so Tommy was the only family member

contracted the virus. “I have working parents and social siblings, but we were responsible,” Hagan said. “I immediately quarantined up until the point I wasn’t symptomatic. No one else in my [immediate] family tested positive.” Though the virus didn’t spread to his family, Hagan did have to deal with some of the typical symptoms that accompany a more mild case of COVID-19. Lisa Maragakis, M.D.,

M.P.H., senior director of infection prevention at Johns Hopkins medicine, said, “Early symptoms reported by some people include fatigue, headache, sore throat or fever. Some people experience a loss of smell or taste. Symptoms can be mild at first, and in some people, become more intense over five to seven days, with cough and shortness of breath worsening if pneumonia develops. The type and severity of the first symptoms can vary widely from person to person.”

Hagan said he had some of the distinctive symptoms, but only one atypical symptom. “My only unique symptom other than the typical fever, shortness of breath, headache, etc., was my eyes hurting. It was really unique and unlike anything I’ve ever felt before,” he said.

Hagan’s symptoms only lasted for about two days before tapering off. Tommy’s dad, Brian Hagan, said, “[I had] no fear. By the time he tested positive, his symptoms had ended.”

Since his brush with coronavirus, life has pretty much returned to a sense of normality for Hagan.

He continued playing football for the Lancers, racking up 33 tackles and one sack this season.

“I understood the risks just as everyone else did,” Hagan said, “But I wasn’t going to let a virus take more from me than it already has.”

And, Hagan is far from the only Lancer to test positive for COVID-19

Sophomore Paige Borgmeyer, who plays for volleyball for the Lancers, tested positive for COVID-19 on Nov. 7.

“I had some congestion, headaches and loss of taste and smell on [Nov. 2] that led me to get tested,” she said.

Because the entire volleyball team wore masks for the duration of their

practices and during games, Borgmeyer said she really believes she was exposed somewhere outside of school.

However, another player who did not want to be identified was not so sure. Alice\* said, “I got tested the Monday after I started showing symptoms because I wanted to know for volleyball. We were going to Districts that week and I needed to know if I could go or not.”

Although Borgmeyer suspected she contracted the virus elsewhere, Alice was not as confident.

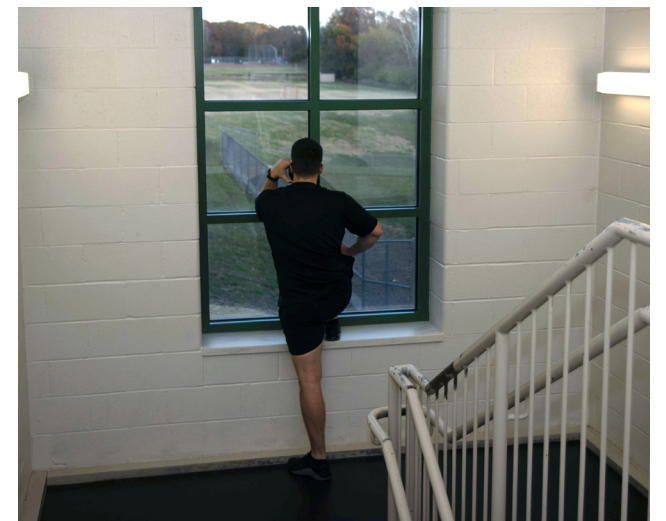
“[I think I got it from volleyball]. I mean, I really think I could have gotten it from anyone. But we wore masks when we played and whenever I went for volleyball, so I don’t know, but since other people also got it on the team, I think it’s from that,” Alice said.

“**At volleyball, we were super careful about [stopping the spread]. We wore masks at all practices, games and bus rides.**”  
PAIGE BORGMEYER • 10

Like many others frustrated with the restrictions due to the virus, Alice was glad to have gotten the virus and built immunity, even for a couple of months.

“Since I had COVID-19, I feel even safer coming back to [in-person] school,” Alice said. “I feel [safer] because I’ve had it and I can’t get it again for maybe a couple months,” she said.

But, Alice warns the socially active kids to be cautious, so they don’t need to constantly be in quarantine and can help school return to a sense of normalcy.



Athletic trainer **ERIC DOHERTY** steps into the hallway to make a phone call to a parent concerning a positive COVID-19 case on of the Lafayette sports teams and a possible close contact exposure of their child. These notifications are a part of the district’s contact tracing protocol. • photo by SOPHIA SCHELLER

“It’s crazy how if you do get it, you have to be in [isolation for at least 10 days],” Alice said, “It’s weird being in the house for a long period of time, because usually I’m doing something out of the house but I couldn’t [while I had the virus].”

For students with siblings currently at college, the COVID-19 outbreaks on university campuses events have created some challenges as well and could present more issues as they get ready to return home for the holidays.

For Cailey Bingham, Class of 2020, and her brother, junior Jake Bingham, Cailey’s first trip back from college looked a little different than what they imagined it would.

In early September, Cailey contracted COVID-19. “She had rancid food in her dorm and one of her friends came in and was appalled by the smell. It was then she realized she couldn’t smell and had COVID-19,” Jake said.

From there, Cailey had a few options.

“She had the option of going to the quarantine dorm, which was a hotel near [Kentucky University],” Jake said. “[The university] bought it out and all the COVID

positive kids stayed there. She chose to come home.”

She stayed with her boyfriend for the isolation period, since everyone in his family had already contracted the virus.

Not being able to see his sick sister didn’t bother him much.

“I was worried for the first couple of days until it became apparent that she wasn’t having any super bad symptoms,” he said.

But for others, the situation is more grim.

On Nov. 2, a 13-year-old boy from Washington, Missouri died from complications due to COVID-19.

Peyton Baumgarth began to quarantine on Oct. 26. Not long after that, he needed to be hospitalized.

In an interview with KSDK, Wayne Franek Jr., Peyton’s uncle, said, “We thought this was a passing, nothing worse than the common flu, and obviously that’s not the case.”

The Missouri Department of Health and Senior Services said Baumgarth’s was the first death of someone under the age of 18 in Missouri.

His death also came shortly before the state set a record of 5,422 new reported cases in one day on Oct. 30.

\*name withheld upon request



# Back to class, but not quite back to normal

New policies provide only option to allow students to attend in-person



**Morgan Vehige**  
•Sports Editor•

When Lafayette closed its doors to students last March due to the spread of COVID-19, no one knew exactly when they would be able to return to classrooms, but the hope was that 2020-2021 would start like a normal year.

That did not happen. And, while Nov. 12 finally marks the return of students who chose an in-person learning option, the halls and classrooms will look very different than they have in the past.

Student and parents received a handbook via email with the new



procedures Lafayette will be following to keep all Lancers as safe as possible at school.

In her letter to the LHS community explaining the new procedures, Principal Karen Calcaterra said, "I ask for your support and patience as we strive to learn about how to best educate and meet the needs of our students during this global pandemic. Nearly everything we are doing is something brand new to us. Your understanding is valued and appreciated as we may need some time to implement plans and make adjustments."

The following are some of the major adjustments for students.

No student is allowed in the building until 8 a.m. unless they have a Zero Hour class.

Buses are scheduled to arrive between 8 a.m. and the start of school. Students who drive or get dropped off will have to remain in their cars until 8 a.m.

Upon entering the building, students must be wearing a mask properly, and must go directly to their first class.

After class, students will have to move directly to their next one. They will not be allowed to congregate

in the halls or other areas of the building.

Students will have six minutes between classes and may use the restroom during that time.

In classrooms, students will have teacher-assigned seats. This is for contact tracing should that become necessary. Also, students will not be allowed to move around the room during class. Seats have been arranged to meet the guidelines of a minimum of three to six feet apart.

Associate Principal Mike Franklin said, "Since 25% of students elected to stay virtual, our class sizes have dropped in most cases. This isn't to say that we don't have classes that are still 25 or higher, but they are the exception and not the rule. The limits for class sizes are set at the beginning of the year and were not changed for second quarter."

Upon entering and leaving the room, students will be asked to use hand sanitizer.

Breakfast will be available for students before school and there will also be snacks and drinks available for purchase at that time.

There will not be a scheduled lunch hour as students will be dismissed for the day at 1:26 p.m.

Students may not eat in classrooms, but can have a snack

in the halls during passing periods. Students are asked to try to keep their masks on as much as possible by having smaller snacks that are able to be eaten under the masks. Grab and Go sack lunches will be available at the end of the day. No other items will be available for purchase at this time.

After the last hour of the day, students who don't have an after school activity or who have pre-arranged to meet with a teacher for academic help will be required to leave the building.

All other students will have to report to the Commons.

Just like Quarter 1, all teachers have office hours by Zoom built into their schedules for students who need additional help whether they are in-person or virtual learners.

Time may vary by teacher, so it's up to the students to make an appointment or find out what the teacher's policy is.

End-of-the-day dismissal will be staggered to prevent crowds of students. Seniors and juniors will be dismissed at 1:10 p.m., the second floor will be released around 1:15 p.m., and the first floor will be released around 1:20 p.m. Buses will be loaded and dismissed from the lot by 1:30 p.m.

### CAFETERIA OFFERS GRAB AND GO LUNCHES FOR AFTER SCHOOL

Lunch provided too much risk for students to transmit COVID-19, and the number of shifts needed to properly social distance students wouldn't allow time for disinfection and other cleaning procedures to take place.

So, for students who stay after school to get help from teachers, there will be bagged lunches available to eat in the Upper Commons. After 1:56 p.m., those students who were eating lunch will be released to go see the teacher they need to meet with.

Athletes and activity participants staying after school will be given an assigned seat in the Lower Commons. They will eat until 1:56 p.m. After that, they begin a guided study hall hour until they are dismissed to their activity at 3:10 p.m.

The items in the Grab and Go Lunch will change each week, but each bag should contain an entrée, a side item and dried fruit like raisins. There will also be an option to grab a carton of milk or additional fruit or vegetable.

### NURSE'S OFFICE PREPARES FOR COVID, COLD AND FLU SEASON

Students must be accountable for any symptoms they have during cold and flu season. That means stay home if you are sick!

**High Risk Symptoms Include:** a new cough, shortness of breath or difficulty breathing, a new loss of sense of taste or smell

**Low Risk Symptoms Include:** nausea, vomiting or diarrhea, fever (100 degrees or greater), headache, chills fatigue, body aches, runny nose or congestion or sore throat

There will be two nurse's offices. One will be for general nursing needs and the other for those who exhibit COVID symptoms

If a student exhibits multiple low-risk symptoms, or one high-risk symptom, they will be isolated and sent home

“The biggest problem is remembering things aren't normal, because we all want normal back. We want to go back to the way it was, where you're in groups walking down the hallway or hanging out here or there. Just remembering we are supposed to stay distanced . . . I think that's going to be the hardest part.” • Traci Bolton, guitar teacher

## Several big changes will create different school experience

### Lockers

There will be no more lockers assigned in the halls or for PE. Students need to carry everything in their backpacks. Administrators remind students to bring everything they need for classes including their Chromebook charger and headphones, as well as personal items like Chapstick, hand sanitizer, extra masks, kleenex, etc.



### Commons

The Commons will be off limits in general. The only time the Commons will be open is if a class is meeting in that area or after school, for students who will be staying for lunch before a sport or activity, or who need to stay after school to get help from a teacher



### Hallway Etiquette

Students will not be allowed to hang out and talk in between classes. There are stickers on the floor to indicate social distancing guidelines. Students can snack in the halls, but must eat quick snacks that can go under their mask like granola bars, pretzels, grapes etc.



### Drinking Fountains

The drinking fountains will be closed for the entire day, but the water bottle fillers will be open and students will be able to use them during passing periods.



infographics by Morgan Vehige  
photos by Sophia Scheller

# Coming Clean

Facilities staff, custodians, classroom teachers add routines to keep everyone safe



In addition to enhanced cleaning and disinfecting procedures taking place across the district, every classroom has been equipped with large containers of hand sanitizer for students and staff in an attempt to keep the infections from spreading. • photo by SOPHIA SCHELLER

## Hannah Fitts

• Staff Reporter •

## Samantha Haney

• Staff Reporter •

Cleaning and disinfecting are part of a broad approach to preventing infectious diseases in schools. Effective disinfecting of surfaces, especially “high touch” surfaces, significantly decreases the number of environmental pathogens on those surfaces, which reduces risks of transmission and infection.

4M Building Solutions is a large commercial janitorial company. Vice President Josh Hendricks said, “This year a lot has changed with COVID. We have seen a lot more disinfecting happen. Previously, the only places we would perform disinfecting in a building would be in the restrooms. Now it’s everywhere.”

He said it is vital to disinfect high touch areas like tables, doorknobs, light switches, counter tops handles, desks, phones, keyboards, toilets, faucets and sinks regularly.

Rockwood is taking extra precautions to keep students and staff safe during the coronavirus pandemic.

“Our teams are continually striving to utilize the safest and most effective disinfecting practices and products available,” Rockwood Facilities Director Chris Freund said.

On Nov. 7, crews applied a special advanced level of protection with a new product called BIOPROTECT, which works for 90 days.

According to their website, “In testing at the Global Virus Network in May of

2020, it was determined BIOPROTECT also quickly eliminates SARS-CoV-2 (COVID-19) and continuously prevents SARS-CoV-2 growth.”

There will also be regular nightly cleaning following other safety and disinfection guidelines developed by the Centers for Disease Control (CDC) and the St. Louis County Department of Public Health for classrooms, workspaces, outdoor spaces and playgrounds.

“It will take a cooperative effort from all staff members to perform these wipe downs as needed. These products have been utilized safely in our district for an extended period of time prior to the pandemic,” Freund said.

Specific curricular areas are also taking measures to clean their classrooms and equipment and keep students safe.

Science Department Chair Cristina Marasigan said there was some initial concern with some of the products provided by the district.

“The district has provided us with something called Pine Quat or Lemon Quat. However, we found out that it can cause hives if you don’t wear gloves. We don’t want the kids to use that.”

Since they don’t want to use the provided materials, science teachers began looking for new options to clean their labs and equipment.

“We created our own disinfectant based on CDC guidelines. Basically it’s isopropyl alcohol and water and other things like that,” she said.

The measures don’t end there. Marasigan said her department decided to have students sanitize their tables

before and after class. They also are going to have students wash their hands after class since the science rooms have sinks.

“We want to put that as a daily routine. It will just keep everyone safe and keep a level of comfort,” Marasigan said.

Other departments are taking measures as well, including the library. Since the books, computers and area are shared with numerous students each day, librarian Nichole Ballard-Long is helping implement procedures based on information from the Missouri School Library Association (MASL).

“Kids coming into the space will hand sanitize as soon as they come in. We plan for anybody who pulls books off the shelves, for those books to just be placed on a cart and we’ll quarantine them for at least 24 hours before they go back on the shelves. When people leave, we will ask them to hand sanitize again,” she said.

Since books students check out will be spending time with unmasked people, the library will quarantine those books for a time as well.

Shared equipment is a factor in the Fine Arts, Physical Education and FACS Departments among others.

Shelley Willott, Assistant Superintendent of Learning and Support Services, is helping coordinate some of the more specialized guidelines.

Willott said, “Teachers have been provided a document that explains specific strategies to use in project or production based classrooms. We are constantly updating that as new information about the best mitigation strategies emerge.”





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Language arts teacher **JEFFERY LANDOW** reads at home with his partner, Meghan. He is classified as high risk due to an autoimmune disorder and she has Type 1 diabetes, so he has concerns about returning to school. • **MELISSA SCHUMACHER** lives with someone who is high risk. For Schumacher, going back to school could bring the virus back home, where they have successfully kept the virus from entering before. • photos by SOPHIA SCHELLER

# Risky Business

Returning to classroom causes real concerns for some staff members

**Hannah Fitts**  
• Staff Reporter •

In most cases, those who get COVID-19 experience mild symptoms and safely recover at home. But those in high risk groups are in danger of becoming severely ill and experiencing complications from COVID-19. In addition, those who are exposed and may not themselves be in that category often have a high risk individual in their home.

So, returning to LHS in-person could cause concern. Students have the option to stay online. Staff members really don't.

Jeff Landow and Melissa Schumacher, two language arts teachers, are hesitant about the return to school based on the potential exposure they are risking.

Landow said, "Twelve years ago I was diagnosed with a couple of autoimmune disorders, both of which require what are called immunosuppressant drugs to basically treat the symptoms."

He explained that those drugs, given in both pill form and also an infusion help the disorder, but also "basically kill off your immune system, which means if you get sick in any way, your body doesn't have a lot of defenses to fight back. So that's what makes me high risk."

And though Schumacher is not high risk herself, she lives with someone who is high risk. She is not convinced schools can provide adequate protection for staff and students.

"Rockwood, like most county schools, cannot even meet the minimum CDC guidelines for a safe classroom," Schumacher said, citing a June article from The Centre for Evidence-Based Medicine.

"Most importantly, many classrooms do not allow students to be placed even three feet apart. People have a 3% chance of contracting the virus in a closed room if they are three feet or more apart from an infected person. This risk goes up to 13% if under three feet," Schumacher said.

Even though she is skeptical, Schumacher does believe Rockwood is trying its best to limit the spread of the virus in schools.



"I think the district is more or less doing all that is possible given the facility restrictions," she said. "Like many schools, it would be very expensive to fix these exposure problems. High capacity air purifiers would be totally cost-prohibitive. Plastic dividers are expensive and would have installation complications."

Landow said administrators are helping by moving him into a larger room and he has some plans to protect himself as well.

"I'm going to put some tape down and create a buffer zone for my desk. I'll try to keep a distance from students, which is really sad. I love going around and talking to students and like looking over their shoulders at their laptops. But you got to do what you got to do. I bought a bunch of N95s, which are the top grade like masks you can buy. I did buy some face shields. I don't know if that's overkill or not, but we'll see," he said.

In Schumacher's classroom, students will be placed as far away from each other as possible and she will leave the door open.

She said, "I will need to change and take a shower right after I enter the house. I'll go ahead and put them in a separate laundry basket, wash my mask and sanitize the front door knob."

The options for teachers are limited. They can take leave through the Families First Coronavirus Response Act (FFCRA) which provide employees sick leave and family leave related to COVID-19. However, that time is limited and does not pay full salaries to employees.



# Stopping the Spread:

Contact tracing, quarantine strategies work to slow disease

## WHAT IF A STUDENT EXHIBITS SYMPTOMS AT SCHOOL?

**1.** Student reports symptoms to an adult and is directed to the nurse

**2.** If student has 1 low risk symptom AND no close contact:

-Nurse notifies parent to pick up within 30 minutes  
-Students can return 24 hrs. after symptom resolution without medication

**3.** Student has 2 or more low risk symptoms OR 1 high risk symptom and no close contact:

-Parents pick up within 30 minutes  
-Student checked by healthcare provider  
-If COVID negative: may return after 24 hrs. without fever and no symptoms  
-If COVID positive: may return after 24 hours of no fever and no symptoms and released from isolation by public health official

**4.** If student is with or without symptoms BUT had close contact

-Nurse places student in isolation area and notifies parent to pick up student within 30 minutes  
-Student can return 14 days from last contact unless symptoms develop. If symptoms develop, call MD.

infographic by Keira Coverdell

**Kevin Vera**

• Staff Reporter •

**Vijay Viswanathan**

• Ad Manager •

There has been a surge in COVID-19 cases over the past few months, and according to data from the *New York Times*, 42 states, including Missouri, are reporting surges in COVID-19 cases. Missouri reported 3,244 cases Nov. 9 bringing the state to a total of 212,441. St. Louis County's average daily case rate for November is 512.

In order to try to mitigate the spread of COVID-19 state and local governments are using three main strategies including contact tracing in the event of positive cases, quarantining close contacts and isolating those with the disease.

Dr. Daniel Vo, Division of Infectious Diseases at the Washington University School of Medicine, said, "When someone gets infected with SARS-CoV-2 [the virus that causes COVID-19], health experts try to isolate that person so that they will not spread the virus to others who are not infected."

As students return to school, Rockwood already has plans in place should someone test positive while on campus or exhibit symptoms of COVID-19.

"We have a separate nurses' office for isolation purposes," Principal Karen Calcaterra said.

That student will be immediately separated from others, cared for by a staff member wearing PPE and deep cleaning will occur as soon as possible after the person leaves the building.

In addition, contact tracing is a major factor to mitigate the spread of COVID-19.

If there is a positive case, notification will be made to those identified as a close contact and general information will be provided to all people in the building.

A "close contact" is any individual who was

within six 6 feet of an infected person for at least 15 minutes, starting from two days before illness onset or, for asymptomatic patients, two days before their positive test.

Individuals who identify as a close contact will be contacted by an administrator or school nurse and will need to quarantine for 14 days, no matter the situation. Their parents will also be notified.

A person under quarantine is asked to monitor their health for the full length of time. "During quarantine, an exposed person will be asked to stay home for 14 days after they were exposed to someone with COVID-19, watch for symptoms of COVID-19 (like fever, cough, shortness of breath), and try to stay away from others (especially those who are at highest risk for severe infection)," Vo said.

Some symptoms of COVID-19 include a fever, shortness of breath, fatigue, headaches and muscle and/or body aches.

Medical experts advise that if you present any of these symptoms or other symptoms of COVID-19, you get tested immediately.

There are multiple testing sites in St. Louis County, with some not requiring an appointment and some requiring one.

"Anyone awaiting test results may not be at school or work until they receive the results. And, a negative result does not necessarily mean a return," Calcaterra said.

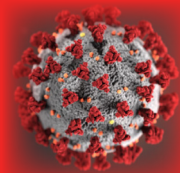
Contact tracing in the Rockwood School District will be done by nurses and administrators.

More information concerning safety protocols for COVID-19, such as guidelines for facial coverings, social distancing guidelines, and more specific explanation of the contact tracing program can be found on the RSD website, under the Health and Wellness tab on the Rockwood Safe Together website.

In addition, updated numbers outlining the number of students and staff testing positive for COVID or in required quarantine can be found on the Health Indications page on the Rockwood Safe Together site.

## Protocol & Policy: If You Test Positive for COVID-19

1. Do not come to school
2. Call the attendance office & notify them
3. Nurses will begin contact tracing procedures
4. Enter isolation



# Masking Up The Right Way

## Health experts explain proper way to cover up

**Sophia Wasson**  
• Staff Reporter •

It isn't enough to just wear a mask. The kind of mask you wear and the way you wear it and care for it are also very important to keep yourself and those around you safe.

On the Rockwood Safe Together website, nurses Elissa Brueggemann and Kristin Mueller have a video demonstrating proper face covering protocols. All students, staff members and visitors in Rockwood buildings are required to wear a cloth face covering and are expected to provide their own and wear it properly.

The first step is to, "use the ear loops to secure the mask behind your ears," Mueller said.

It does sound simple, but there are some basic guidelines to correctly putting

Level 3 surgical masks and cotton face masks have proven to be the most comfortable and efficient at stopping the transmission of respiratory droplets which cause the spread of the coronavirus.



on and wearing a mask.

Touching the front or inside of the mask can cause contamination and does not allow the mask to be the most effective it can be.

The second step is to, "pinch the wire down on the bridge of your nose, if your mask has one," Mueller said.

Step three is to tug your mask and secure it under your chin to secure the mask around your whole face

preventing direct airflow from entering the mask.

Never share your mask with other people, do not take it on or off consistently, make sure not to touch it all the time, and wear a new, clean mask every day. If you wear a cloth mask, wash it every day.

If you need to take your mask off, "take it off using the ear loops, and fold it so that the inside is facing itself," Mueller said.

The proper wearing and removal of masks may seem simple, but by applying all of these useful and efficient tips, the mask life will be a lot easier for individuals.

There are several kinds of masks. Many people tout the benefits of N95 masks which are actually a type of respirator.

Angela Betsaida B. Laguipo, RN, said, "N95 masks, which are often used by healthcare professionals. They worked best to stop the transmission of respiratory droplets during regular speech."

Johns Hopkins Medical says the best option for those not in healthcare are multiple layer cloth masks and their website has instructions on how to make your own masks.

They said it is important to save the surgical masks and N95 respirators for healthcare workers as supplies are short.

## Cruzen puts talent to work making trendy looks for friends

**Sophia Wasson**  
• Staff Reporter •

Due to COVID-19, all people are required to wear a mask almost everywhere. And while making masks at home was at first almost a necessity due to short supplies, now it is also a way to make a fashion statement and be unique.

Junior Linzy Cruzen has put her creative skills to use

while she has been at home making and hand-painting masks for her friends.

Cruzen said, "I started making masks because I had leftover fabric and I wanted to design some masks before school started."

Improvising with leftover materials, she uses the scraps to make unique face coverings.

"I like making the masks because it gives me something to do if I am watching a video or a live-stream and I can still be productive. I like to design them myself because I know they will not look dull," Cruzen said.

She said being able to pick up a paintbrush and design a mask the way she wants is a great way to make a fashion statement every time she goes out.

"I have made two masks



These represent a few of the face masks that junior **LINZY CRUZEN** hand-painted before distributing them to friends and family over the summer. With mandates to wear face masks in place all over the St. Louis area, she found a way to make fashionable, safe and unique masks to wear out in public. • photo courtesy of LINZY CRUZEN

so far for other people because they liked my mask and I offered to make them one. I have asked my friends for suggestions of what to paint," she added.

She said her masks are as protective as any other homemade cloth mask.

"They are designed to cover your mouth and nose like they are supposed to," Cruzen said.

She said when people have to wear a mask all day, having something effective and fashionable makes it easier. She likes being able to create her own so it is truly unique.



Linzy Cruzen • 11

## Tips & Tricks For Mask Wearing

### GENERAL TIPS



Wash your masks regularly.

Choose a mask made from 100% cotton which is more breathable.

Add a drop of peppermint oil at the base of the mask to help ease breathing and increase comfort level.

### GLASSES



Make sure your mask fits well.

Place a facial tissue inside your mask. The tissue will absorb some of the moisture from your warm breath and reduce the fog.

Try over-the-counter anti-fog sprays of your lenses.

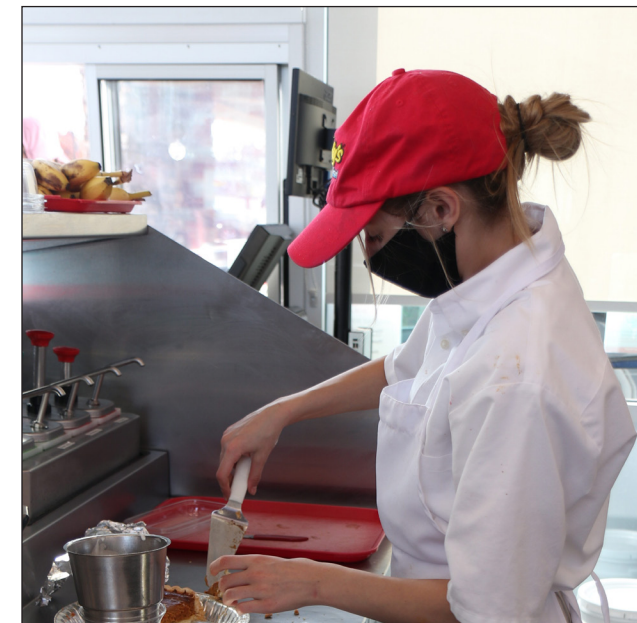
Wash your lenses with soapy water, rinse and let air dry or dry with a clean, microfiber cloth.

### MASK TOO HOT



Choose masks that are made from 100% cotton, especially if it's more than one layer of fabric. Cotton allows more airflow than other fabrics.

Information from Allina Heath System  
infographic by Elizabeth Elliott



Sophomore **HAILEY PEER**, scoops frozen custard during her Nov. 9 shift at Andy's Frozen Custard. Peer, along with other employees, are required to wear masks for the duration of their shifts. • photo by SOPHIA SCHELLER

## Job that requires mask, COVID experience teaches Peer necessity of protocols

**Elizabeth Elliott**  
• Staff Reporter •

For many students returning to school in-person, wearing a mask for several hours every day will be a new occurrence.

However, some students have already experienced having to wear face coverings for long periods of time because of their part-time jobs.

Sophomore Hailey Peer has been working at Andy's Frozen Custard for five months and works shifts that average seven hours at a time. She wears a mask for the entire shift.

"I comfortably wear a mask at work making sure that it fits perfectly and isn't too tight or falling down the whole time. I also make sure that the mask is thick enough to be effective, but not so thick that I can't breathe," she said.

Having to wear masks regularly, Peer said the trick is to find a mask that works for you.

"The masks I wear are very comfortable and fit me perfectly, so I don't find them as much of an inconvenience during the day. I also wash my mask pretty consistently. But I also have multiple masks to rotate throughout the week," Peer said.

And, Peer really understands the importance of mask wearing. "I already had COVID-19, and I one don't want to get it again, and I don't want to have anyone else get it because I know how terrible of a disease it is," she said.

She said she is frustrated when she sees people improperly wearing their masks and stressed how important it is to follow all the protocols.

"Just wearing a mask over your mouth and not your nose doesn't protect a person from breathing in the transfer of the disease, so if everyone wears their mask properly we may, eventually, be able to get back to normal," she said.



# Remembering Life Unmasked



Language arts teacher **TRACY GLADDEN** smiles with her band, Stone Sugar Shakedown, in front of the Capitol Records building in Hollywood, California. The band was forced to stop playing together when COVID-19 hit, as many music venues shut down. • photo courtesy of TRACY GLADDEN

Gladden reminisces about tours with her band, looks forward to new venues post-COVID

**Juli Mejia**

• Asst. Web Editor •

Although most people have special memories of fun gatherings, trips or events they attended before COVID-19, some were lucky enough to document those memories in photos captured in the moment.

Language Arts teacher Tracy Gladden has plenty of photos of some very special memories from before quarantine.

Gladden's favorite photos are from time spent performing with Stone Sugar Shakedown. She has been the band's lead singer for the past 11 years.

The group's main genre is funk and they describe themselves as a jam band.

The group originated when Gladden and her friend, Nick Elwood who does vocals and plays guitar, decided their passion for making and sharing music with other people was strong enough to start a band.

When Gladden and Elwood first started playing together, they would do acoustic shows at coffee houses and other

places when was a student at the University of Missouri.

As time went on, they ended up meeting more people who were interested in joining their growing band.

Other band members include Kevin Baudrex (bass), Jeremy Jones (percussion), Alex Maurer (drums) and Jesse Owens (guitar).

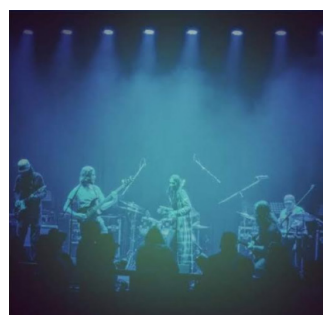
Even as the only female member in the band, Gladden doesn't feel out of place.

"I love [being the only girl in the group]. I feel like they would help out if I needed anything and I could go to any of them. I feel protected and encouraged, I love it," Gladden said.

However, since the COVID-19 outbreak in March, Gladden has not been able to play with her bandmates and is unaware of when they might get to play together again.

"Right now, it's really tough. There are so many music venues going out of business. The arts are in real trouble," she said.

Although Gladden has not been able to play with the band, she is looking forward to the day



**TRACY GLADDEN** plays alongside other members of Stone Sugar Shakedown in their final concert before COVID-19 broke out and shut down music venues across the country. • photo courtesy of TRACY GLADDEN

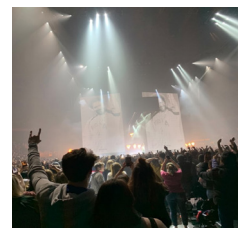
she can be on stage performing.

And for others who have dreams for the future, Gladden encourages students to surround themselves with other like-minded people and to never give up.

"Perseverance is a huge part of it. You have to have thick skin. You can't just do it to have validation from everyone," Gladden said.

To find Stone Sugar Shakedown's music, check out Spotify or YouTube.

## Students Share Favorite B.C. Photos \*before COVID



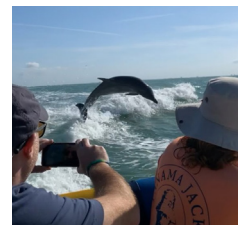
Freshman **CHRISTIAN ERKERT** attended a Post Malone concert at the Enterprise Center on Feb. 7 to celebrate his birthday. The concert was a part of Malone's Runaway Tour. • photo courtesy of CHRISTIAN ERKERT



Sophomore **NATALIE FISCHER** attended a varsity football game with her friends last school year at LHS. The Lancers were up against Ritenour High School. • photo courtesy of NATALIE FISCHER



Junior **THOMAS GARDET** gets a photo with his junior varsity basketball teammates after winning their first tournament by defeating Borgia High School, 51-42 on Jan. 30. • photo courtesy of THOMAS GARDET



Senior **PEYTEN JUBELEA** captures a photo of a dolphin mid-air while on a trip to Sanibel Island in Florida during spring break, right before COVID-19 hit. • photo courtesy of PEYTEN JUBELEA