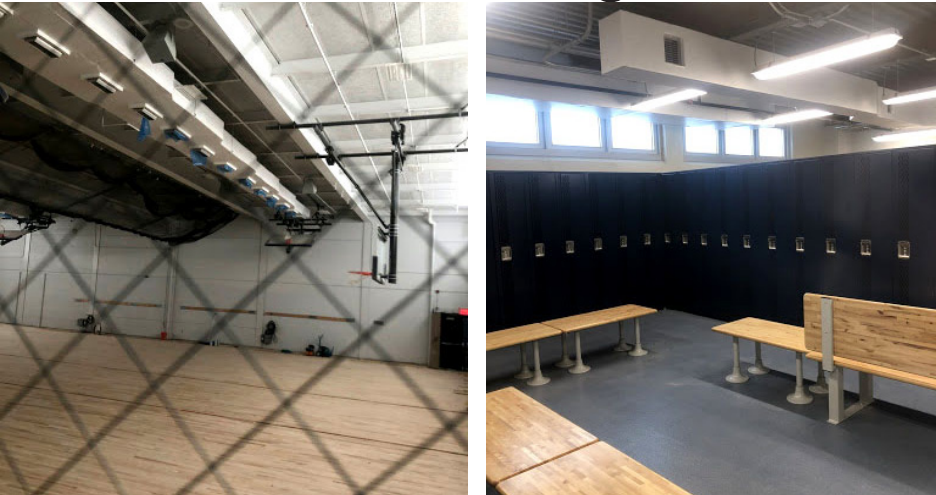


Gym Flooring Isn't Only Item Left On The LHS "To-Do" List

We Are Getting There



The gym (left) doesn't look much like the gym we remember from 2019. The girls' locker room (right) has been totally transformed. Photos by Charlotte Fellingham

by Charlotte Fellingham
Lion's Roar Staff

Blood, sweat, and tears have gone into the Lincoln High School's renovation project for more than two years now. The ongoing project is nearing its completion and the final product is highly-anticipated by staff, students, and the Lincoln community. Everyone involved with the renovation has been working hard and adapting in order to create a smooth transition and an improved school.

The renovation is completed in the A-wing and C-wing, the auditorium, the kitchen, the cafeteria, the administration offices, the nurse and the library. But there is work to be done. Construction continues on the gymnasium, more administrative offices, more classrooms and computer labs.

The newly reconstructed kitchens are now in full use for the cafeteria staff and for culinary classes. The culinary classes were working in a temporary space at the beginning of the year and did not get to enjoy any hands-on experience. Now that the kitchen is completed, they can finally experience the class to its fullest extent; cooking and baking.

Although parts of the building are finished, a lot of teachers are yet to be fully settled. Some teachers either don't have all of the promised materials, some are not fully unpacked. Many of our teachers settled into

a permanent space, but a good number are in temporary spaces as their next and final classroom is yet to be renovated. They have at least one more move on their agendas.

Some teachers are unsure of where their final destination will be, as classrooms are sometimes moved between one academic year to the next due to a number of reasons, including changes in personnel.

There are two big differences between the A-wing and the C-wing. The A-wing is a renovated wing, formerly known as the "former middle school," or C-wing. The new C-wing is completely new construction, and has been open since the start of the school year.

Freshman Sophia Cavanaugh talks about her experience with the renovation: "It was hard at first to navigate and find my classes but now that I'm so used to it it's easier. But once they changed I had to adjust again. It's a lot of change but it doesn't affect my learning experience."

While the A-wing renovations did not produce extremely dramatic results -- most of the classrooms have not changed significantly-- some problems have arisen since its reopening in November. For instance, classroom white boards were not yet installed, lights and light sensors were malfunctioning, wifi issues were prominent, projectors -- critical to a hybrid

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Bernie Memes Business, Charitable Business, That Is

The shot seen 'round the world



The pose that went viral: The photo of Vermont Senator Bernie Sanders at the January 20 Presidential Inauguration gave many Americans a welcomed opportunity for a hearty bi-partisan laugh with memes dominating social media and the internet for days. Bernie poses here (L to R) with freshmen Katherine Kilsey, Sarah Choiniere, Haylee Ferreira and Sadie Hurley. Original photo by Brendan Smialowski; Photo illustration by LR Staff.

by Catherine Hien
Lion's Roar Staff

Ever since Inauguration Day on January 20, images of Bernie Sanders, Democrat Senator from Vermont and former presidential candidate, have been flooding the media and inspiring a frenzy of memes.

A photo of him sitting with his arms and legs crossed, relaxed in his puffy green coat, with unassuming brown patterned wool mittens during the inauguration exploded across all media platforms.. The beloved Senator Sanders, is being spammed all over the face of the Earth, he cannot be escaped.

Millions of photoshopped images of Bernie and his mittens are flooding the streams.

At the inauguration of President Joe Biden, Bernie sat cozy and warm, choosing to cover his suit and tie with sensible outdoor.

What is special about the mittens is that they were a gift made by a Vermont school teacher. For the teacher, it was unexpected that he would wear the gloves to such a high profile event.

Requests flood the school teacher's emails, asking for their own personal pair of mittens. While she

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Even snow days are not snow days any more



No snow angels until the last bell of the day rings. Photo by Katie Jahnz

by Katie Jahnz
Lion's Roar Staff

On December 17, 2020, the white snow flurried down onto the still-green yards of Lincoln households, instilling joy and hope in the hearts of many with children in Lincoln's public school system. A snow day!

Due to the pandemic, classes have shifted to mainly computer-based experiences, so it has become easier for teachers to connect with students, no matter where they are.

If enough snow accumulates on our roads, will there be a snow day? Right? Like the snow day students have always known and loved? Or will school be taught virtually, synced to our regular class schedule, like Lincoln High School saw at the end of the 2019-2020 school year?

Or, will there be an asynchronous day, a day where classwork is posted by teachers, and students assume responsibility for completing the work by the next day? This means no checking in to a Zoom meeting at an appointed hour.

Well, that depends.

On February 1 and 2, Mother Nature convinced the school district to rescheduled as LHS's first two midterm exam days. This time, those days were deemed virtual and asynchronous, meaning that students worked individually and at their own pace, with their teachers available to them virtually, all day.

There are pros and cons to each approach to a classic New England snow day, and many students and parents have opinions on what should happen. However, it is up to the people in charge of each school, and ultimately the superintendent of each school system, to make the final decision.

Mr. Frederick Hoppe, Lincoln Teachers Union President and a teacher at the Lincoln Middle School had addressed these issues with the school department, and addressed questions that need to be considered before deciding what the next step should be.

For instance, the possibility of losing power and internet service when the students are confined to their own homes during a blustery winter day, the responsibilities of older students who might have to take care of their younger siblings, and shovel a walkway, or driveway, are all factors that were considered.

Hoppe said, "As long as we consider these three things, I would like the administrators, the kids and teachers to sit down and discuss this, and hopefully, create something that reflects all of the concerns of the stakeholders."

"I would personally support a hybrid approach," he said, "but at the end of the day, I want all parties involved to have a say, to be heard, and to have ownership in the solution."

The three factors demonstrate the challenges that learning from home has created for school systems. The best approach, Hoppe concluded, is flexible.

There is no question that LHS Principal Robert Mezzanotte agrees, though under normal circumstances, he prefers to maintain a class schedule both on and off campus. "The district provided some flexibility, but at the secondary level the expectations was that teachers provide synchronous learning for students, while also having some asynchronous options available as a 'backup'," he said.

If any outside forces interfere, including power outages, internet connectivity problems and the like, teachers are asked to be prepared to assign work to their students as a back up asynchronous plan.

"My personal feeling is that since we have

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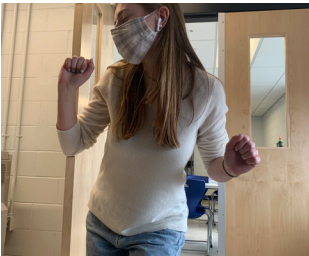
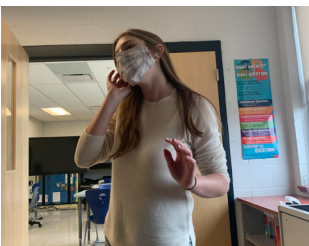
Catherine’s Rank & File
by Catherine Hien

Battle of the Music Sources

Since the beginning of time (2008-2015), music outlets on electronic devices have been battling for that number one spot. The music apps that are most popularized are Apple Music and Spotify. With its millions of users, money continues to pour out of pockets to these music platforms. Now we can only ask ourselves to decide: Which app is better?

If you have no idea what I am talking about... Apple Music and Spotify are two similar music outlets that provide music for paying listeners. These two apps include a top chart of music that week, radio stations, podcasts and all sorts of music hits. The apps allow one to become creative and design their own playlists with whichever songs they desire and explore different platforms. The music industry has certainly popped off throughout the years, especially with the creation of these music platforms.

Let’s discussed on which paid app is significantly better. The categories that will be



analyzed are the streaming services’ overall functionality, convenience, and variety of hits. Through an in-depth investigation (which consists of looking at my Apple Music account and my sister, Elizabeth Hien’s

Spotify account), I will simply explore the possibilities the two services have to offer.

To begin, I would like to discuss my preferred music app and finally explain myself. I have been an Apple Music fan for quite some time now (2016-2021). The opportunities are endless when it comes to Apple Music. To further explain, Apple Music has a layout that is extremely simple to maneuver. For instance, I am able to easily look for my favorite music in an organized library Apple Music has to offer. Though Spotify and Apple Music share many similarities, I still find myself leaning more towards Apple Music for the sole purpose of its organization abilities and its appeal to the eye.

Now that my biased opinion is out of the way, here lies the facts of each app’s qualities and functions. On both sides, there are definitely some faults and positives. These

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Why I hate my phone

By Charlotte Fellingham
Lion’s Roar Staff

Have you ever stopped to think about how much personal information is on your phone and social media? Everyday we use our electronics and rarely stop to think about its impact on the future, and what it’s doing to us right now. Electronics have a lot of benefits and have completely changed society, but there are always positive and negative parts of change. The Social Dilemma is a documentary that highlights why everyone should be terrified of the thing people spend, on average, more than seven hours on every day.

The Social Dilemma, directed by Jeff Orlowski, interviews employees from Pinterest, Facebook, Twitter, and other large social media companies. The employees from these companies, even the creators of these companies themselves have spoken about the issue. They made statements that express that they are scared of what they have created and what it could possibly do in the future.

People rarely stop and think about how much information and trust they put into their phones. Personally, my phone has every single piece of information about me that anyone can imagine; my bank balance, who my friends are, where I ordered food from last night, who I text the most, and what my history grade is.

But what does technology do with this information? Does my phone say, “Oh, that’s nice perfume she just ordered, maybe I should buy one myself?” No, it doesn’t, it sells that information so that the perfume pops up as a Snapchat ad the next day alluring me to buy more.

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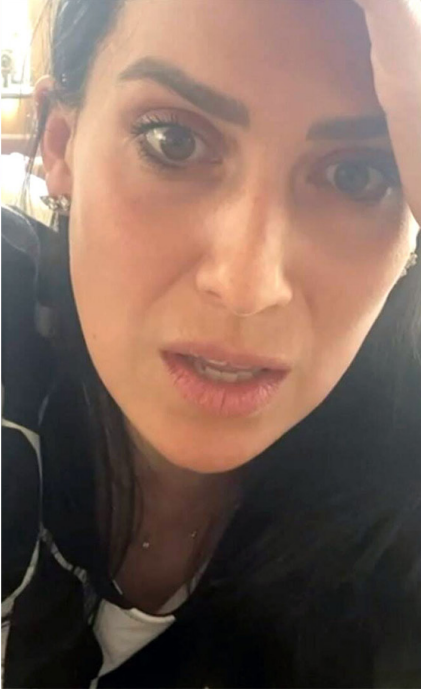
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WE ARE WHO WE BELIEVE WE ARE

Please Accept Our Self-Identities

by Rachel Smith
Lion’s Roar Staff

VOGUE Magazine, December 2020: a blue ruffled dress with black accents and a small black suit-jacket flows in the wind as Harry Styles blows air into a light blue balloon. According to the magazine, he “makes his own rules”, and as we can see from this cover he is breaking



The now celebrated December cover of VOGUE, left, and Hilaria Baldwin’s Instagram message explaining her cultural identity, have Internet trolls and television pundits buzzing. Why?

gender norms and embodying his true self at all costs.

The rest of the images that accompany the article inside of the issue show off his unparalleled ability to wear just about anything and look as if it was made for him, including custom Gucci, Martine Rose, JW Anderson, and Emily Adams Bode. In the name of fashion, art, and self-expression, Styles does not fall short of bringing his game to this cover. In fact, he embraces and celebrates fashion in a way befitting the first male to appear solo on the magazine’s cover. However, with all of the positives that came with its unveiling, an almost contrary reaction surged, and the unexpected backlash seized the spotlight.

‘It is extremely troubling to understand that a man wanting to paint his nails has become such a pressing issue when police brutality, COVID-19, and climate change exist.’

On Monday, November 16, Candace Owens, political activist, author, and commentator, tweeted “There is no society that can survive without strong men. The East knows this. In the West, the steady feminization of our men at the same time that Marxism is being taught to our children is not a coincidence. It’s an outright attack. Bring back manly men.”

Her response was to a tweet that had been sent out by VOGUE in promotion of their December cover, starring Styles. Many people joined in an uproar, taking either Owens or Styles’ side on the “issue”. But, truly, what was the issue?

Owens’s “manly man” is an outgrowth of the gender normals that are still alive and well

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toon by Mya Miller



A Day of Tragedy and Treason in D.C.



Circumstances leading up to the insurrection of January 6 are currently the subject of the second impeachment of the former president.
Photo: Wikimedia Commons

by Katie Jahnz
Lion’s Roar Staff

Thousands of Donald Trump supporters raided the Capitol building on January 6, 2020. Waving American, Confederate, Trump, and ‘MAGA’ flags, it is shouted from Capitol Hill in Washington D.C. to ‘make America great again’. Fourteen days before the inauguration of President-elect Joe Biden, a group of people who claim to have pride in their nation do not represent on this day what real love for America is about.

Shortly after 2 p.m. protestors formed together and rushed onto the steps of the Capitol building while the Electoral College objection

was being debated by the Congress. This anger can be derived from many previous circumstances, including the loss Trump had faced in the presidential election just two months prior.

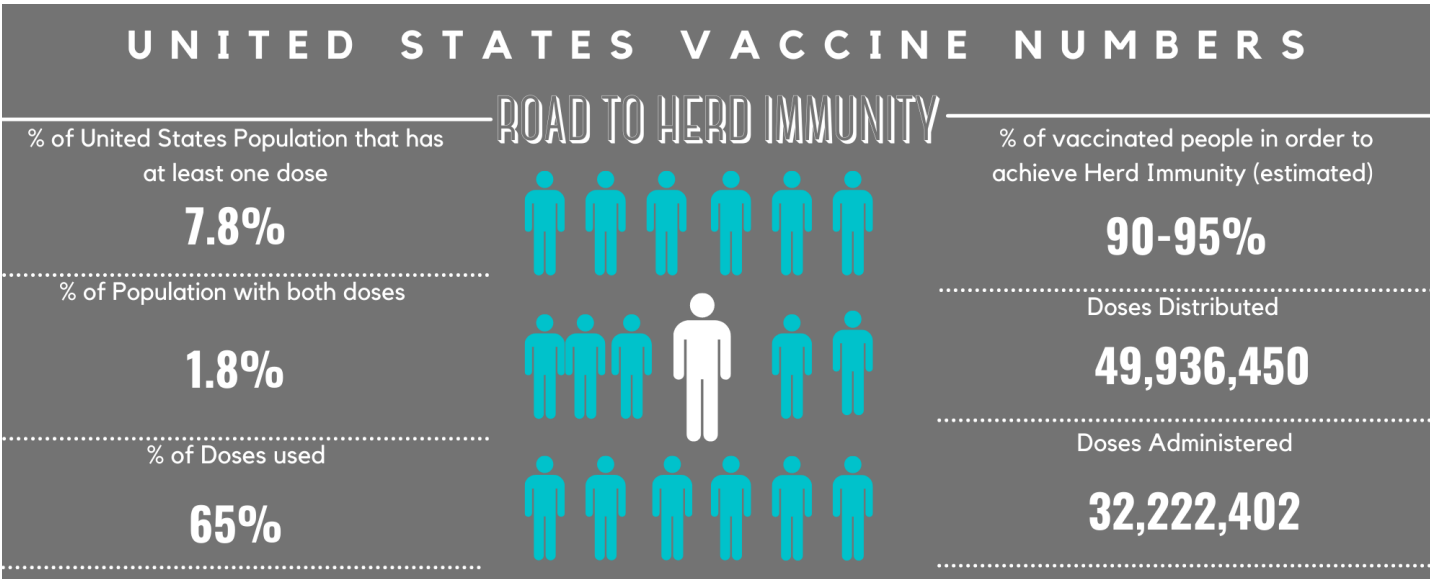
Cameras from all major news stations panned the crowded streets of D.C., reporting ‘Breaking News’ which pauses all other regularly scheduled programs from continuing. Viewers witnessed the lines of police officers dressed in rioting gear, tear gas being dispersed and fired into the crowds, and the groups of people who formed together outnumbering the police. Many people in the crowd were reportedly saying that they ‘are proud to be a part of this’.

Joe Biden, who was already originally supposed to speak about the economy on this same day, spoke live on national television and talked to American citizens. He addressed the nation, “Let me be very clear. The scenes of chaos at the Capitol do not reflect a true America, do not represent who we are. What we’re seeing are a small number of extremist, dedicated the lawlessness.” He continues, “This is not dissent, it’s disorder. It’s chaos. It borders on sedition. And it must end, now.”

Biden then looked squarely into the camera and spoke directly to the nation’s president: “Therefore, I call on President Trump to go on

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We can’t go back to “normal” until we achieve herd immunity



Most of the population has to be immunized in order to contain the spread of the virus. Infographic by Charlotte Fellingham

by Celeste Lynch
Lion’s Roar Staff

After nine months of social distancing, event cancellations, and mask-wearing, the coronavirus vaccine has finally been approved. Pfizer and Moderna’s COVID vaccines have proven effective in clinical trials and are going to be rolled out in the coming months, but this doesn’t mean that life will go back to normal anytime soon. Before we can go back to normal, we have to achieve herd immunity.

According to the World Health Organization, herd immunity is a concept used for vaccination, in which a population can be protected from a certain virus if a threshold of vaccination is reached.

Basically, once the majority of the population is vaccinated, people will become increasingly less likely to contract and spread the virus.

On December 13, 2020, Dr. Anthony Fauci, director of the Nation Institute of Allergy and

Infectious Diseases, predicted that the United States could achieve herd immunity against COVID-19, by “the end of the second quarter of 2021”. According to Fauci, the vaccines will be widely available to most Americans by the spring.

Fauci claimed that “sometime by the end of March, the beginning of April, that the normal healthy man and woman in the street who has no underlying conditions would likely get it”. However, this all depends on the willingness of people to get vaccinated. Many people fear the vaccines side-effects, or think it’s unsafe because of how quickly it was developed.

In order to reassure the population, Presidents Obama, Bush, and Clinton have volunteered to get vaccinated publicly, so that the nation could follow their example. Fauci has also promised to do the same.

“As soon as my turn comes up, which likely will be very soon, I’m going to get vaccinated

publicly, so that people can see that I feel strongly that this is something we should do”.

Although these new vaccines provide a light at the end of the tunnel, Fauci said that extraordinary health measures, like masks and social distancing are likely to continue into the second half of 2021 and beyond. The only way to get back to normal is to get the infection rate so low that it’s no longer a public health threat. The most effective way to lower the infection rate is to continue to follow all public health measures and to get vaccinated as soon as possible.

Some of the first COVID vaccines have already been distributed to the elderly and frontline workers, and have been proven to be over 90% effective in clinical trials. Pfizer’s vaccine requires two doses, three weeks apart, to be fully effective, so it will take a long time before everyone can be fully vaccinated and protected from the coronavirus.

JANUARY 6: What our experts have to say

by Grace Miguel
Lion’s Roar Staff

On January 6, the tragic events that occurred will haunt our nation for decades to come. In a time of division for our nation, it is important that we come together to try and rebuild. Here is what some of LHS’s history teachers have to say about this point in history.

Mr. Ron Almeida:

“Not since the War of 1812 when the British burned down the Capitol Building, has the Capitol--the symbol of American democracy--been attacked. To protest is American. To riot and commit treasonous acts is un-American. A few years ago I visited the Capitol Building and stood on the floor of the House of Representatives and the Senate. I was in awe because it was in these chambers that the slaves were freed, women gained the right to vote, Civil Rights legislation was passed, and this is where we decide whether to go to war. The recent attack on Congress defiled these sacred halls. This was not an attack by some foreign power, rather, it was an attack by Americans on Americans. As Americans we disagree with each other and we debate--sometimes passionately--yet never turn to force. Will our democracy shatter because of this? No, I don’t think so. People of all political stripes have been united in calling the events of January 6, 2021 what it was: an attack on our country. The question before us now as a nation is whether or not we will learn from this tragic episode in our collective history or when days turn into months will we go back to business as usual. I earnestly hope it is the former rather than the latter. Disagree with each other. Argue your point. Stand up for what you believe in. But don’t forget that we are all Americans.”



Photo courtesy of LHS Yearbook

Mr. Frank Yip:

“What happened last Wednesday is obviously shocking and disturbing. Unfortunately, it was not surprising given the divisive rhetoric of our leaders. However, perhaps the horrific images of OUR Capitol and democracy under attack by Americans will serve as a wake-up to all Americans to have a true reckoning of the role of propaganda in the rise of authoritarianism. We need to understand how these ideas were allowed to fester and manifest themselves in the awful and tragic events we all witnessed. All people who played a role in these actions must be brought to justice to account for their actions because there is no reconciliation without truth and remorse. Historically, history will view January 6, 2021, as a dark day in American history, but many of America’s greatest moments are born out of its darkest days.”



Photo by Celeste Lynch

Mr. Sergio Neves:

“This event showed me how vulnerable our nation is to misinformation and how dependent we are on technology, what began in the dark corners of the internet as just a conspiracy theory grew into the monster we see today. The feat they accomplished on January 6th had not been seen since the War of 1812. The Nations around the world used to look at us as a beacon of hope, but until we as a people learn to think for ourselves I don’t see us leaving the path we put ourselves on anytime soon.”



Photo courtesy of Mr. Neves

Just Getting Started?

Five tips for new investors



Photo: Pixahive

by Christian Khoury
Lion's Roar Staff

New investors have taken advantage of quarantine and started investing in the stock market.

While some learn faster than others, there’s still a lot to learn about the market that you may not even know. This is my take on the best things to know before you start investing in the stock market.

Tip 1. Watch as many beginner videos as possible.

You can find tons of Market beginner videos from Youtube to Tiktok. Just make sure you follow a trusted investor by many. Get many different perspectives from different traders and watch their many beginner-friendly techniques.

Tip 2. NEVER hop on a “trend”

One of my main rules of investing is to never hop on a trend and to always do your research before buying. For example, Stock A has had a huge uptrend for the past couple days.

This does not mean that Stock A rises forever. Usually these kinds of stocks are known as penny stocks, a stock that doesn’t cost much. Penny stocks that have extreme uptrends are usually pump and dumps. Stock A will most likely drop to its original price (when it was idle) within a week’s time, at most.

From Dimes to Stocks
Those coins are actually worth money!

by Griffen Cournoyer
Lion's Roar Staff

My family has owned a plot of land in Manville for several generations, and over time we accumulated a lot of cool antiques, old toys, and storage space. Recently, we rented a dumpster to get rid of trash and roof debris from construction, and discovered several interesting items, one of which was a cigar box of old coins. Needless to say, the box was heavy. After dusting it off and pulling them out, I counted over 500 nickels and over 300 dimes, a lot in change even without looking at the dates. But why would dates be important?

On August 10th the price of silver reached \$27.25 per ounce, and has remained high. Around the US, those with any silver and gold have been cashing in, but the most common items haven’t been jewelry or materials, but coins. Coins minted prior to 1965 were made with some composition of silver, excluding pennies and nickels, but we’ll get to that later. Dimes made prior to 1965 are 90% silver, and with over 300 of them this could become a quick payday. After sorting dimes from nickels, I was ecstatic. Every single dime and nickel was minted on or prior to 1964, meaning every dime was 90% silver and worth way more than the simple 10¢ or 5¢. I was able to easily sell off all dimes to an eager buyer in Woonsocket for \$1.40 per dime, but now I had over 500 nickels worth only 5¢ each. Nickels, apparently, were only made with 35% silver during World War II to save on metal for the war effort, so my entire bag of nickels was worth more as money than as a material.

With the price of silver still being high, I encourage you to check dates on your silver coins, some may be worth more than you think! Quarters, dimes and half dollars made before 1965 are made with 90% silver, and with most cash-for-gold places buying them per-piece instead of by weight, your time sorting will be worth the effort, especially if you want to make a quick buck. Even if you have old jewelry you need a bit of encouragement to get rid of, now is the best time with this boom over precious metal.

Tip 3. DO NOT buy penny stocks if you are new to trading.

Penny stocks will ruin portfolios if you throw all your money into them. They are not safe and can lose their entire value in a day if something mildly bad happens. Penny stocks have barely any to no resistance.

Tip 4. Only trust verified investors.

Stocktwits is an app where you can follow your favorite stocks and see what people are saying about it. Personally most of the users are unprincipled people who try to lure you into buying a stupid penny stock that will dip the next day without you knowing. DO NOT trust anyone if they aren’t verified. DO YOUR OWN RESEARCH.

It’s just like a research paper. If you do your research you’re most likely going to succeed on your essay. Same thing goes for the market.

Tip 5. DO NOT invest your whole portfolio into one stock.

This one is very risky, and I do not encourage this. If you have for example, \$1,000 in your portfolio, you may decide to invest 10%, or even 20% if you wanna be a little risky. But DO NOT put your whole portfolio into one stock. You never know when your stock of choice will lose 10% of its value in one single day.

You can take some risks with your investments, but don’t be scared to lose some money in the long run.

Market Mayhem

The story behind the stock market subreddit r/wallstreetbets

by Christian Khoury
Lion's Roar Staff

Over the past couple years, stock market investing has proved to be a great source of income for the average Joe. With just the right amount of knowledge, you can help yourself to a large amount of profits. But for others, the stock market could be just the opposite.

If you find yourself stumbling across the subreddit r/wallstreetbets, you will be surely surprised by how they operate.

Thousands of clueless investors are throwing their money into Stocks, Forex, Options etc. Having little to no knowledge about the market, they go headfirst into a “profitable” stock a stranger on the subreddit told them to play. Give it a couple days and the new trader already lost 97% of his whole portfolio.

What possibly does the subreddit consist of, you may ask? Well it’s pretty simple. You have your Bears and your Bulls. You have screenshots of gains and losses, but the main buildup and traffic of wallstreetbets are the memes. There are screenshots of people making unprecedented amounts of money, but there are just as many, if not more, of people losing their whole life savings, fairly large portfolios, and even their college saving accounts in a matter of minutes.

How is this even possible? The subreddit shares a vast majority of options calls, typically really high risk, high reward ones, and others similar to that. For risk takers, it is an enticing proposition that often cannot fulfill its promise.

The problem is that investors can easily lose their whole portfolio due to their option plays. To clarify, options allow investors to buy the asset at a stated price within a specific timeframe and also allow the holder to sell the asset at a stated price within a specific



One of wallstreetbets' best known memes.
Photo by r/wsb

timeframe. The expiration time of an options contract or other derivative is the exact date and time when it is rendered null and void. The time limitations can wreak havoc for investors.

Some investors will gamble with a lot of options calls, pray for something insane to happen, and then watch their portfolio be nullified.

With options, investors can lose more than just 100% of their investments. The option calls will dig at a portfolio so aggressively, that they can even turn many investors’ accounts into a negative account balance.

WSB investors are mostly known for their extreme losses. Top investors call them, “idiotic children,” but in the eyes of these strangers, losing 50% of your portfolio, “isn’t that bad.”

The Ups and Downs of Bitcoin

by Christian Khoury
Lion's Roar Staff

Bitcoin is on an insane uptrend and the train just will not stop. The virtual currency has been a favorite of a lot of famed investors and CEOs, including Elon Musk and Michael Novogratz.

Bitcoin has been a #1 investors pick for virtual currency, otherwise known as crypto currency, which can be mined using mining rigs. No not rigs that mine minerals in the ground, Computer like GPUs’ that mine for hours on end. With this recent spike, bitcoin investors are saying that the 2021 year will be really good for the holders.

How to actually obtain Bitcoin

There are a few ways that people can take part in the Bitcoin culture. There are Bitcoin miners that have mining rigs set up in giant warehouses mining throughout the day, and then there are the investors and shareholders. Yes, you can invest in Bitcoin. Many users have Bitcoin wallets and some insurance agencies make you obtain some just in case your account info is taken by hackers. Why do hackers demand Bitcoin? Because it is totally anonymous and so are the investors.

Bitcoin is hitting new records every second, at one point reaching an insane \$34,800, on the 12th anniversary of the bitcoin network being created. This is a remarkable accomplishment for a currency that people once thought would never reach \$20,000 again like it did back in December of 2017.

Well, here we are, and investors’ expectations have definitely changed since then. Wall Street biggies are saying the crypto will hit an easy \$100,000 by the end of the 2021 year. So why isn’t everyone buying bitcoin then? Well... because nothing in the market is promised.

Construction

From page 1

classroom -- were not delivered in time.

Each A-wing problem is gradually resolved, and many have already been fully corrected. But there are exceptions.

Currently, the biggest problem of the reconstruction project is the gymnasium floor. The floor was described as “wavy and bumpy” by the Lincoln School Committee, which deemed it unsafe for athletes and gym classes. Administrators ordered that the gym floor be completely replaced. That work is underway.

This mistake is currently in the process of being fixed according to the specifications of the Building Committee. The committee chose a solution at a recent meeting: “To remove all of the floorboards, to repair various sections, and then lay the floor back down, except for sections under the closed bleachers, which would not be replaced.”

As of the end of January 2021, said, Principal, Mr. Mezzanotte, “The floor is currently in the process of being renovated. It is scheduled to be completed around late February (assuming everything goes as planned).”

A visit to the still-vacant gymnasium on the southeast corner of the building reveals a partially assembled floor of unfinished light

beige wood flooring, much lighter than the original caramel floor. The gym walls that once were covered with wood paneling midway up, are now white. The gym bleachers are yet to be installed.

Due to the lack of a gym at LHS, the winter sports that would normally use this gym have been affected by the change. Basketball for both boys and girls is taking place at Lincoln Middle School until the LHS gym opens. In the meantime, LMS is also hosting games in their gym as well, so LHS basketball practices take place at later times, and for thirty minutes shorter than they normally would.

LHS Senior, Elizabeth Hien, talks about what it’s like being on the basketball team, “Playing at the middle school was definitely strange at first. This year has been so different anyway that I’m so grateful we are able to play it doesn’t matter where it is. I’m sure the new gym is going to be amazing, I’ll have to come back next year to see it.”

All of the new accommodations needed due to the limitations of the pandemic, as well as the construction project, are a lot to handle. Making allowances for all that is going on, students, staff and administrators appear to be working together to make the school as normal and functional as possible, which is a very hard and complicated thing to do.

Nigerian youth demand protection and police reform

by Celeste Lynch
Lion's Roar Staff

If you’ve been on social media lately, you may have seen #EndSARS. SARS is the Special Anti-Robbery Squad, established in Nigeria in 1992, in response to a violent crime epidemic including robberies and kidnappings. At its time of establishment, SARS was credited to have reduced the number of violent crimes in Nigeria, but now, many citizens claim it has evolved into a criminal enterprise exempt from punishment.

Thousands of young Nigerians protested out on the streets, similarly to the young people who have protested against racism and police brutality in the United States. At first, the protests were mostly peaceful, but the situation took a deadly turn when police fired on citizens in Lagos, Nigeria’s capital city. The police mobilized to take back the streets from protestors, inspiring looting and the destruction of property in Lagos. At least 17 police stations were destroyed in Lagos.

SARS has a long history of unfair treatment and violence. According to Amnesty International, a human rights organization based out of the UK, there was 82 cases of torture, unlawful executions, and ill-treatment between June of 2017 and May 2020. The majority of the victims were young, poor men. Amnesty International has called the Nigerian governments’ apathy towards this issue “an absolute disregard for international human rights laws and standards”. SARS has a reputation for targeting people carrying valuable goods or with nice clothes, but who “look suspicious”.

The Nigeruan people have been against SARS in Nigeria for decades, but it wasn’t until recently that people have formed major protests against the law enforcement organization. Thousands of people were outraged by a video of a SARS officer killing an innocent man in Ughelli, a town in southern Nigeria,



Protestors at the End Sars demonstration in Lagos demanded justice in October. Photo by Kai-zenify, Creative Commons

published on October 3. The video went viral and people began sharing it around the world with the hashtag, #EndSARS. The Nigerian government claimed that the video was fake, arresting the person who recorded it which only added fuel to the fire, as people became more enraged with their government’s inaction towards the violence of SARS.

After weeks of protest, Nigerian president, Muhammad Buhari, promised to disband SARS, saying it was “only the first step in [their] commitment to extensive police reform,” but this did very little to stop the unrest in the streets of Lagos and the rest of Nigeria. Young Nigerians are continuing to protest against SARS, as this is not the first time that

the Nigerian government has promised to disband SARS. The fervor of the protestors continues to increase as the Nigerian government continues to send the military and establish a curfew in the capital city against the protests. Despite the restrictions, clashes between protestors and police have become increasingly violent.

Young Nigerians have used their social media platform to share their views on SARS and police brutality in their country with people around the world.

Half of Nigeria’s population is under the age of 19, meaning that Nigerian youth is a powerful force in their nation, and they may be the generation to end SARS.

The real benefits of RI’s Promise to grads

by Lauren Rose
Lion's Roar Staff

Since August of 2017, the Community College of Rhode Island (CCRI), offers free tuition for two years, this is called The Rhode Island Promise Program. Rhode Island is one of the 17 states that offer a tuition-free community program. It helps encourage more young people to advance skills through higher education without accumulating debt that threatens their future success.

The program also helps improve the Rhode Island economy by increasing the education and skill levels of the Rhode Island workforce. Multiple locations can be found around the state in Warwick, Providence, Lincoln, and Newport, and classes offered at the Westerly Education Center.

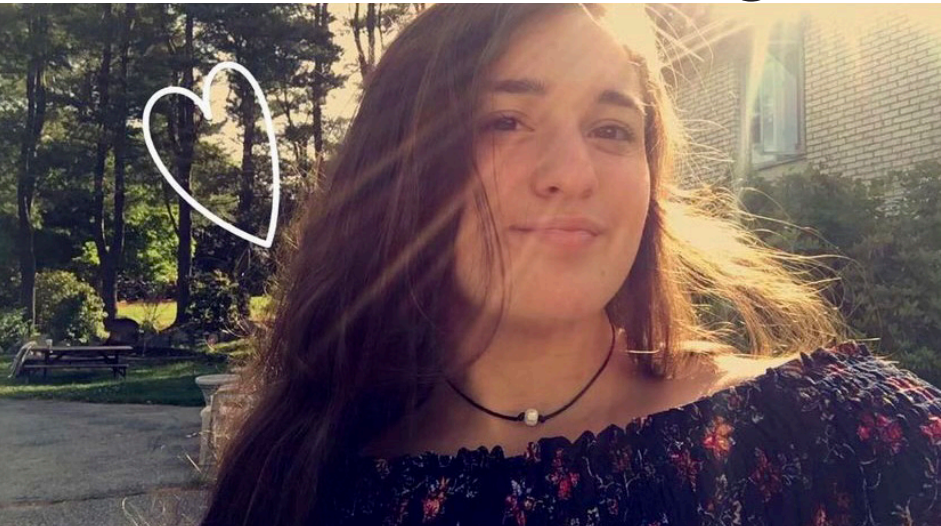
To qualify for the scholarship, students must be a Rhode Island resident. They also must have graduated high school, or earned a High School Equivalency Diploma before reaching the age of 19. Students who graduated at the age of 19, 20, or 21, must have documented reasons for the late graduation, like starting kindergarten to twelfth grade late, or repeating a grade.

Undergraduates must enroll as “full-time” college students, meaning registration can not contain fewer than twelve credits.

Although tuition is free, there are still additional mandatory student charges. This includes textbooks; late registration fees; fees associated with particular academic programs (for example, nursing or dental fees); fees associated with particular courses (for example, materials fees); and, travel costs associated with attendance at CCRI.

Lincoln High School alumni Samantha McClean and Aidan Bridges are both participating in the program, among other Lincoln High School alumni. McClean is undecided in her major, but she chose CCRI “because it is a smart decision to take advantage of the two years. I am getting my general education done for free and when I decide to transfer to a new school, I can go straight into my major.”

A lot of students that are undecided choose to go to CCRI to help save money until they know exactly what they want to do with their lives. After completing the program, McClean plans on transferring to the University of



Rhode Island (URI) to earn her Bachelor’s degree, and move to Florida and continue her academic career.

Bridges is majoring in business management, and plans on transferring to URI after completing the two year program. “I am happy I made this decision because I will not have as much student debt,” Bridges said, “and when I have my associates degree, I will be eligible for higher starting wages in some jobs.”

Unfortunately, with the pandemic, the classrooms are different with virtual learning. In person classes are offered to students who need to complete labs and such.

“All my classes are virtual, but I am hoping that I can get some in person classes next semester,” McClean said.

A lot of people leaving high school want to experience college life by living in dorms, which CCRI can not offer. It is just something to think about considering that some graduates have lost money during the pandemic.

“It is a very good opportunity in my opinion,” Bridges said. “It will not be around for too much longer. If you want to cut your student debt in half then it is a very good



Rhode Island made a promise to college-bound students, and they are grateful. Above, Samantha McClean and Aidan Bridges, both of the Class of 2020. Photos: Instagram, LHS Yearbook

option.”

“I wish that I got to go to URI or a college down south,” McClean said, “but I am also happy that I did the CCRI program. It’s a good decision to save some money and CCRI is a good program.”

February’s Salute to Black History

by Emily Harrison
Lion's Roar Staff

Every year, there is a month-long celebration of Black History Month that highlights the contributions that African-Americans have made to history not only in the U.S. but everywhere. This month of deserving recognition first started in 1915, which was fifty years after slavery was abolished by the thirteenth amendment.

By the time Black History Month comes around, there is a theme for each one. For 2021, the theme starting on February first will be “Black Family: Representation, Identity and Diversity” This theme will focus on the growth of Black families and communities that started to grow and are continuing to grow in the U.S. The different themes are important each year because of how much history there is to focus on. A theme will help to maintain a general focus on this one area of education rather than trying to learn lots of important history in a month.

By no means does this mean that Black History month is the only time to educate yourself on African American history. This month is not a limit to how much history you can learn in a month, but rather an opportunity to focus, commemorate and reflect.

Black History Month is celebrated in different ways, but some ways include visiting a Black history is civil rights museum, support a Black business, attend or host a Black cultural event, and call out racism or discrimination when you see it. It is just as important to practice these things outside the month of February as it is during this time.

Last year, the University of Rhode Island hosted multiple events including an MLK movie of the week followed by a discussion, Black poetry open mic night, and soul food dinner. Cities and towns such as Providence and Bristol were also a popular host site for Rhode Island events. They offered lectures and musical performances as well as theatrical productions and short films.

As for the history and origins of Black History Month, Carter G. Woodson was thought to be the “father of Black history”. He earned his Ph.D. at Harvard University in Massachusetts and was the founder of the first Black history week in 1926.

Our country was meant to be a safe place for everyone.

Since 1976, every president has designated the month of February to be about Black history.

February coincides with the birthdays of President Abraham Lincoln and Frederick Douglass who both contributed greatly to ending slavery. This designation of the month of February wasn’t formally introduced as official until 1986 when Congress passed Public Law 99-244. This law made February the official month dedicated to Black history.

African Americans are often stereotyped as slaves who have been nothing but a burden to this country. The month reminds Americans that our country was not created to become a place of discrimination and superiority, it was meant to be a safe place for everyone to come and be welcomed. The Black community has contributed greatly to the richness of our culture and history, and deserves recognition,appreciation, and validation.

As Martin Luther King Jr. said, “We’ve broken loose from... slavery and we have moved through the wilderness of legal segregation. Now we stand on the border of the promised land of integration.” It is now part America’s duty to work for proper integration and to give back to those who have been wronged by slavery and other injustices.

We, as Americans, need to make it our duty to learn about a large part of history that has just been pushed aside for so long.

February may be a time to focus on the contributions that African-Americans have made and continue to make to history, but we need to be better when it comes to learning outside of this time period. Some helpful resources for learning more about Black history include numerous websites, museums, events, books, films, movies, and theatrical productions that can be found almost anywhere.

The Winter Blues Are SAD

‘Tis the season for some well-deserved self-care

By Emily Harrison
Lion's Roar Staff

As winter slowly bears down on us, lots of things begin to change which can result in undiagnosed winter blues. After Halloween hit, the reality of darkness set in. this year, the clocks were set back one hour on November first. Though people tend to gain an hour of sleep that night, lots of people prefer to have more daylight from the late afternoon to night. Daylight disappears quickly in the winter as days can feel like they last a lifetime. On March 14, the clocks will be set ahead once again, causing an hour less of sleeping, but the daylight everyone craves.

The change in daylight causes many people to suffer from SAD or Seasonal Affective Disorder. Seasonal Affective Disorder is a depression-related disorder due to the change in seasons, but most cases of SAD occur during the wintertime since it becomes cold and dark. According to the American Academy of Family Physicians, the chance of suffering from this form of seasonal depression grows as people age, making it less common in teens under twenty years old. SAD is also up to four times more common in women than men and tends to grow worse the more north your state is located.

Even though SAD is statistically more common in adults, the winter blues is plenty existent in everyone, making it really important to look out for others as well as yourself. Even though it may be cold, it is crucial for mental and physical health to get outside whenever possible. Things like vitamin D can be obtained naturally through sunlight, which also promotes a chemical in your brain called serotonin.

Serotonin is often associated with happiness and sunlight because it is an antidepressant and helps to lighten one’s mood and stay focused. According to WebMD, the lack of serotonin is one of the leading causes of Seasonal Affective Disorder but also has the simplest treatment: sunlight. Because daylight savings strips the



According to the Mayo Clinic, SAD can affect us at various times of the year, leading to changes in appetite, sleep habits and mood. If you feel as if you cannot escape it for many days on end, and you are not motivated to do things you normally enjoy, contact your doctor. Photo by Sophia Cavanaugh

sun away earlier, it is more difficult to spend time in the cold air but warm sun.

Some other ways to beat the winter blues include exercise, eat healthily, take up new hobbies or continue old ones, and socialize. Not only is exercise good for physical outcomes, but it also can help to relieve stress by improving mental health long term. Exercise helps to release endorphins and

chemicals similar to serotonin that reduce anxiety and stress levels as well as gives people something to do. Especially while we are living in a pandemic, there are a limited amount of things that we can do to stay healthy. Though it may be cold, exercise is a token to preserving or improving mental health.

Eating healthy may not be fun, but it

certainly has its benefits. During the winter, it is easy to get lazy because of how much energy and motivation people lose. In order to receive the correct amounts of nutrients, it is important to eat a balanced diet full of fruits, vegetables, proteins, and more to gain the energy and motivation needed to improve your mood and mental health.

Another way to take on boredom and the blues in the winter could be developing new hobbies or reinstate old ones. Keeping yourself busy with hobbies is better than straying to unhealthy ways of coping with the winter blues. Some possible hobbies can include picking up an instrument, cooking, working out, journaling, and photography. All of these and so much more are healthy alternatives to keep your mental health in a good place or improve it.

Along with activities for the winter in general, there are also many safe holiday-fun activities to practice during the time of coronavirus in the winter.

As long as it is cold enough, ice skating in places like Providence or a local pond/river (as long as it is safe) is a good option to spend time outside safely. Though Christmas trees don’t typically last past January, taking a day to spend time outside and shop for the perfect Christmas tree can prove to be lots of fun as well as decorating them.

According to a survey of retailers done by Evercore ISI, families are trying to make the most of these tough times, and Christmas tree sales are up by at least 29%. Experiences and activities seem to be more of a priority than material things, so the holiday season is a great time to invest time in them.

Now more than ever, the winter will bring boredom and possible Seasonal Affective Disorder to many.

Adapting to these times of sadness and blues through some of the ways mentioned can, believe it or not, go a long way. Not only are some of these ways mentioned very helpful in dealing with the winter blues, but there are many more out there.

‘I’m Fine. We’re all fine. Everything is fine.’ Listen To The Pleas for Help

By Savanna Atstupenas
Lion's Roar Staff

I have been part of so many conversations, just in the background, a voice never heard but always there to listen. I have heard people talk and talk and never listen.

Everything seems like a competition, and words are often forgotten or pushed off as not important. Light topics soon turn dark and dangerous, and what started out as happy conversations ends up being a conversation that ends in tears.

We say, “Oh I hope you feel better,” or “I’m here if you need to talk,” but not once does that person ever stop and actually listen.

If I told you one person in your group was

The facade of happiness often hides the most depressed person behind it. Everything is a competition. Too often, no one listens to anyone’s trauma or issue. They just push them aside and say, “Well guess what happened to me?”

Trauma isn’t a competition; everyone’s issues or fears are different.

“It’s like your head is in a bubble,” another LHS student who struggles with depression admitted. “It doesn’t seem too bad at first, you can see perfectly fine: the air is crisp, but as you go on the quality of life decreases. The film is so dark there is barely any light left, the air almost completely carbon at this point. You begin to slowly suffocate. That’s what depres-

By Sara McGinness
Lion's Roar Staff

The global pandemic that took over 2020 has taken more from us than just our Saturday night plans and going out to eat. As a teenager, not being able to see friends or go out makes us unhappy, but not being able to see the people who mean the most to us in this world is really emotionally trying.

Rates of depression and suicide increase during times of high stress, and the current nearly year-long pandemic seems to have brought on stress like no other single public crisis in recent history. Case in point: in and around Las Vegas, upwards of 3,100 alerts relating to student suicidal thoughts were fielded by the Clark County school district. Eighteen suicides reported in the first nine months of the pandemic (double the number of the entire previous year) convinced school officials in December to bring students back to school as soon as possible. Planning and implementing that transition back to the classroom is underway.

All over the nation, and the world, the pandemic has had a significant impact on the intensity of stress for most young people, with the isolation, illness, loss of loved ones and limits on mobility that has been introduced into our lives since March 2020.

Over quarantine, about two to five U.S. students (ages 12-19) reported struggling and developing mental or behavioral health issues associated with COVID-19. These issues include anxiety, depression, increased substance use, and suicidal thoughts.

Being isolated for long periods of time can have a bigger impact on your physical and mental health more than you may think. Studies have shown that social isolation over long periods of time can be a chronic condition affecting all aspects of a person’s existence. Social isolation can lead to feelings of loneliness, fear of others, or a negative self-esteem. These are some issues that someone who deals with mental illness might experience.

No one knew what was coming in the beginning of March 2020 thinking that the world would be shut down for the next six to seven months. Throughout the long months of 2020, many students and other people all over the world were suffering, or started suffering, with physical and mental health problems. The rate of youth mental health has worsened over the past couple years. Last year about 9.2% of the American youth population suffered from mental illness but since then, it has risen to 9.7%.

One of the biggest excuses that adults gave us during quarantine was that we don’t need to see our friends and that FaceTime was the same thing as being there. Honestly, even when we were still technically “seeing our friends”, it just wasn’t the same.

One of the biggest causes of the increase in youth mental health cases during quarantine was overthinking. Many students who suffer with depression, anxiety, bipolar disorder, and other conditions experienced overthinking during this isolation period. Overthinking is when the brain



Photo by Sophia Cavanaugh

‘Stop talking for just a minute, forget about the competition and just hear what the other person is saying.’

depressed, would you be able to determine who I was talking about? Or would you stare at me and say, “What are you talking about? We are all fine.”

People see only what they want you to see if they don’t dig past the surface. While looking over a website about mental health and depression, I came across the common signs of depression. One was: “You’re thinking about death or suicide. (If so, talk to someone right away!)”

I don’t understand why people think it’s so easy to talk about how you feel and what’s going on in your mind.

“I, for one, know that when I feel down or wanting to die the last thing I want to do is go to someone and talk about it,” an LHS student said recently. “The few times I have talked about it I was told that it wasn’t real and I was just an idiot and I only wanted attention.”

So is there a solution that works for everyone, or is there not one?

sion is, this suffocating feeling that you don’t notice until it’s too late. If you don’t break the seal and let new air and light in, you’ll die.”

When I sit by my friends we talk freely, but as soon as we are surrounded by others we start pretending. You have the super happy and energetic, the darker quieter kid, the jerk, and much more.

Ever heard the saying “Don’t judge a book by its cover”? Well, that saying couldn’t be more true for people.

Now more than ever we need to look out for each other and start listening. Because we are all home and not around people as much, nobody truly knows what goes on inside your house, only you do. People often glance at somebody and assume that individual kids are happy or are spoiled, or *emo*. We need to stop labeling people because at the end of the day the energetic kid could be trying to deal with

Valentine Lock Down

by Giuliana Maselli
Lion's Roar Staff

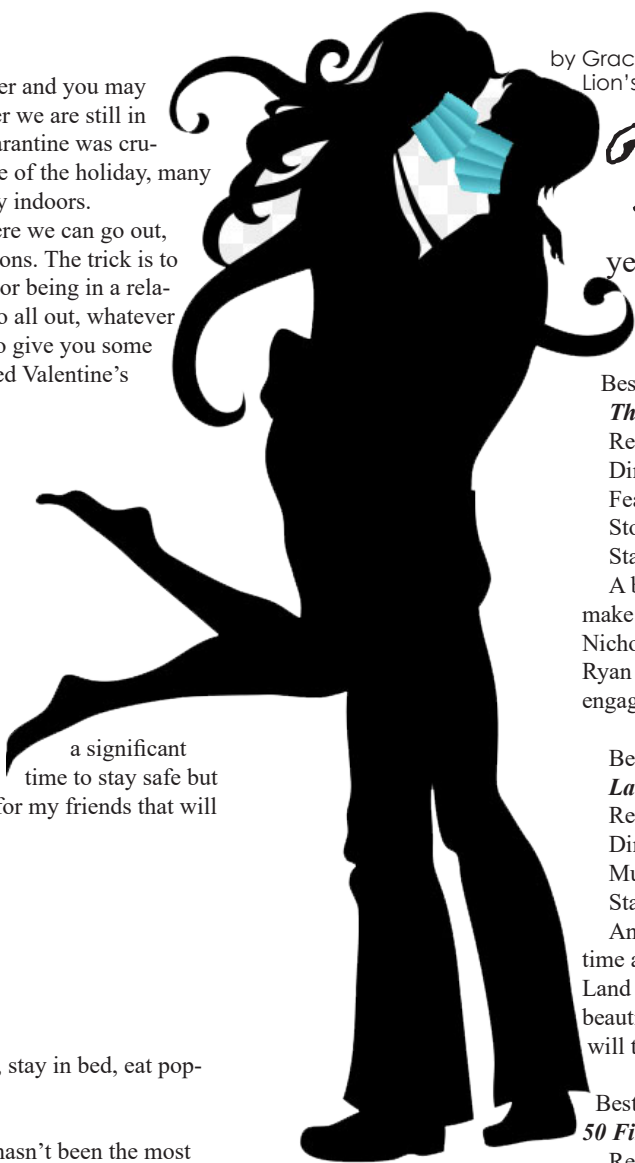
Valentine’s Day is around the corner and you may be already planning but remember we are still in a pandemic. But, even before quarantine was crucial, to avoid the hustle and bustle of the holiday, many people preferred to celebrate Valentine’s Day indoors. Now, although we may be limited to where we can go out, staying in has never been more fun date options. The trick is to really commit to it, whether planning a date or being in a relationship. With the decor, outfits, and food, go all out, whatever the theme of your date may be. I am going to give you some suggestions for the perfect indoor/quarantined Valentine’s day.

- Have an indoor picnic
- Dip everything in chocolate
- Relax with a movie marathon
- Become master bakers
- Take a cooking class
- Indulge in breakfast in bed
- Embrace your creative side
- Bundle up in the backyard
- Relax for a spa day

Even if you will be alone and don’t have other, be productive! This Covid time is a significant time to stay safe but also work on yourself. Here are some ideas for my friends that will be alone this year.

- Clean your room/house
- Go grocery shopping
- Give yourself a mental health day
- Do at-home workouts
- Binge watch shows
- Call an old friend
- Or, if you’re not the productive type, stay in bed, eat popcorn and watch television.

This past year and continuing onto 2021 hasn’t been the most exciting year but you sure can make it fun by yourself and just take this time for you and your family, but safely!



Streaming a movie may be the most romantic thing you can do this Valentine’s Day

Films That Will Capture Your Heart

by Grace Miguel
Lion's Roar Staff

Whether you’re spending Valentine’s Day with your significant other, friends, or alone on your couch with a pint of ice cream, we can all appreciate a love story once a year. Here are seven of the best movies for all of us to watch on Valentine’s Day.

Best Sappy Love Story:
The Notebook
Released June 25, 2004
Directed by Nick Cassavetes
Featured Song: I’ll Be Seeing You
Story by Nicholas Sparks, Jan Sardi
Starring: Rachel McAdams and Ryan Gosling
A beautiful and sad love story guaranteed to make anyone cry, The Notebook is based on a Nicholas Sparks novel. Rachel McAdams and Ryan Gosling star, and are sure to keep you engaged.



Best Valentine’s Day Musical:
La La Land
Released December 16, 2016
Directed by Damien Chazelle
Music by Justin Hurwitz
Starring: Emma Stone and Ryan Gosling
Another movie starring Ryan Gosling, this time as the love interest of Emma Stone, La La Land is as inspiring as it is romantic. With a beautiful soundtrack and dramatic plot, this film will transport you into its vibrant world.



Best Valentine’s Day Comedy:
50 First Dates
Released February 13, 2004
(Just in time for Valentine’s Day!)
Directed by Peter Segal
Starring: Drew Barrymore and Adam Sandler
A heartwarming story featuring Drew Barrymore and Adam Sandler, 50 First Dates is sure to make you laugh. This story about love and commitment adds humor to an uplifting plot, making it the perfect choice to watch on February 14.



Best Valentine’s Day Movie from the ‘90s:
Pretty Woman
Released March 23, 1990
Directed by Garry Marshall
Featured Song: Oh, Pretty Woman
Starring: Julia Roberts and Richard Gere
Also with a hint of humor, Pretty Woman is an updated version of the classic Cinderella tale. Starring Julia Roberts, this movie is one of the top-grossing rom-coms of all time.



Best Valentine’s Day Drama:
Love, Simon
Released March 22, 2018
Directed by Greg Berlanti
Story by Becky Albertalli
Starring: Nick Robinson, Jennifer Garner, and Josh Duhamel
A high school romance about a gay teen and his journey to finding love and acceptance, Love, Simon is an inspiring must-watch for Valentine’s Day.



Best Valentine’s Day Movie from the ‘80s:
Dirty Dancing
Released August 21, 1987
Directed by Emile Ardolino
Starring: Jennifer Grey and Patrick Swayze
A classic that speaks for itself, Dirty Dancing will transport you back to the nostalgia of the ‘80s. With a soundtrack full of songs you’re sure to recognize, this film is perfect for Valentine’s Day.



All-Around Best Valentine’s Day Movie:
Valentine’s Day
Released February 12, 2010
Directed by Garry Marshall
Starring: Julia Roberts, Taylor Swift, Jennifer Garner, Bradley Cooper
Named after the holiday itself, Valentine’s Day is a star-studded film that follows different couples on February 14. With heartbreak, first dates, and all the many ups and downs of romantic relationships, Valentine’s Day is the ultimate movie to watch on the day itself!



Just One Question

by Grace Miguel

Describe the most romantic gesture someone can do for you

Drew Swanson ‘21: *“I’m not a huge fan of big gestures, but simply having someone’s undivided attention is important to me.”*



Grace Nadeau ‘22: *“Nothing really expensive because that doesn’t really matter. To me, it’s more about vocal reassurance or compliments rather than physical gifts.”*



Ryan McPeak ‘22: *“Personally I think the most romantic thing someone could do for me is just giving me their undivided attention. I don’t feel as though there needs to be romantic scenery or gifts or anything, I just want the other person to want to spend time with me and show me that they enjoy it as much as I do.”*



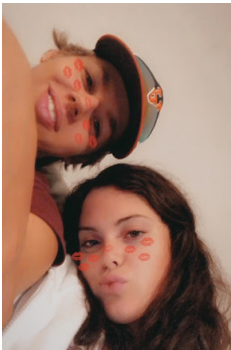
Shaili Sullivan ‘22: *“The most romantic thing someone could do for me is to go for a drive and take me out for a nice dinner.”*

Mia Bauzyk ‘22: *“The most romantic thing someone can do for me is showing me that they care for me by giving effort towards our friendship or relationship.”*



Julian Horan ‘21: *“Surprising someone with something that they love.”*

Allison Broulliard ‘21: *“I would say writing you a love letter.”*



Paige Moreau ‘22: *“I think one of the most romantic gestures someone can do for you is give you a hand written note. It’s more personal than text and it shows the person really cares about you!”*



SNOW DAYS:
Memories in the Marking



Catherine Hien with her snow swan, in the background, in this snow day selfie.
Photo by Catherine Hien

by Celeste Lynch
Lion's Roar Staff

Since I was in kindergarten, I remember snow days. As someone who didn't see snow for the first time until I was five years old, I love the snow. Living in Virginia, I would anxiously await the call from the school district saying school was canceled because of two inches of snowfall. Now, as a junior in high school, living in Rhode Island, two inches of snow doesn't phase me, but I still await the fateful phone call from Lincoln Public Schools saying that school is canceled.

The year 2020 has canceled many things, proms, graduation, birthday parties, vacations, weddings, and the bottom half of everyone's face, but I never thought that this long-honored American tradition would ever be taken away from the students of this great nation; and that tradition is snow days.

I have many great memories of snow days, like eating breakfast with my family, snowball fights with the neighborhood kids, baking, or just sleeping in on a weekday.

It's very ironic that the high school is having midterms this year, in order to make it as normal as possible, but we are still expected to be in school when there is a foot of snow out. It seems like they're being very selective about what to keep as normal. Any other year, we would be in our homes resting or sledding in Chase Farm. Now, we have to be stuck in the house staring at our laptops for six hours. This year has been hard for everyone, and studies show that our mental health has been collectively declining, especially in teens.

Society has become obsessed with productivity, and constantly working. Especially in these times, it's hard to shut work or school off. With constant emails, Google Classroom notifications, checking Skyward, Zooms, and Google Meets, it's easy to get burned out and overwhelmed.

Getting some time to get off the screens, rest and have some fun is important for everyone right now, not just kids and teens. A good day of rest could prevent burnout, and

allow students to come back to learning happy and refreshed.

I understand that the districts want to keep us on schedule to have a long summer break, but a couple days out of the year will not hurt us. The fact is that snow days are a time to make memories, or even catch up on school work. Working remotely has changed everyone's lives, but kids deserve a day off to play in the snow.

That being said, I propose a compromise. Instead of Zooms and Google Meets, we could have asynchronous snow days. Students could work on assignments at any point in the day before the deadline. That way, they can play in the snow and spend time with family, but still get in their daily dose of learning. This would keep us on track with the calendar, but would also allow teachers and students to get some rest.



Celeste's first snow days were joyful and unencumbered. Photo: Lynch Family



Nature's art. Photo by Gabriella Barrierio



Well dressed



What snow goes up, has to come down. Photo by Katie Jahnz



Do cats like

OPINION:

'Society has become
obsessed with productivity,
and constantly working....
The fact is that snow
days are a time to make
memories.'



Millie enjoys the snow. Photo by Emily Harris.

e life of LHS



d SnowWoman. Photo by Sophia Almond



snow? Photo by Nicole Goho



Above: Any day the brings snow is a day to visit Chase Farm, at least after 2 p.m. Photo by Sydney Lees
Below Lucy, Abbey and Samantha Kratman, with Bobby Rouleau. Photo by Melissa Pierce



faculty fast talk by Grace Miguel



Mr. Neves with his son Logan. Photo courtesy of Mr. Neves

What was your favorite part of coming to LHS?

Meeting and interacting with the students and actually teaching!

What did you do before becoming a teacher?

I was a Corrections Officer for seven years before deciding to change to teaching.

Favorite hobby?

Reading/Video games.

Favorite movie?

The

Goonies!

Best moment in 2020:

Being hired to

teach Social Studies at Lincoln High School.

What are you looking forward to in 2021?

Hopefully being able to camp on the beach at Horseneck beach!

An event in your life that changed you:

The birth of my son Logan. We had a health scare, and it put my priorities into perspective.

Childhood memory you'll never forget:

Little League Baseball!

Something about you people are surprised to find out:

Usually it's when I tell people I worked in Corrections, they can't picture me in that profession.

Who is your style inspiration?

Style? I'm lucky my clothes match in the morning!

Favorite celebrity?

Keanu Reeves

Favorite band/artist?

I don't really have a favorite, I like a wide range of music.

Best genre of music:

Nineties' rap/R&B

Who do you look up to in life?

My Dad. He came to this country with nothing but gave me every opportunity he could.

Most rewarding aspect of your life:

Being a dad and watching my sons grow and learn.

Biggest regret:

I try not to have regrets. All the decisions I have made led me to become who I am today.

A dream you still want to accomplish:

Getting a PhD, I'm a giant Medieval History nerd and need a reason to talk to people about it.

Best activity for a rainy day:

Reading, video games, eating pizza and watching movies.

If you could live anywhere, where would it be?

On my own private tropical island.

Favorite shoes:

I wear sneakers about 90% of the time, usually Nikes but any kind that are not too expensive.

What advice would you give 16-year-old Sergio Neves?

School is important, don't get wrapped up in the noise surrounding you.

Favorite color?

Red

Favorite food?

Chicken Wings

Dream car:

DeLorean: some days I could use a time machine.

What do you want for your next birthday?

The pandemic to be over. My birthday is in June and I really would like to camp

on the beach for my birthday this year.

New Year's Resolution:

I don't make resolutions because I never seem to keep them. I just try to be the best person I can be.

Did/do you play any sports?

Baseball when I was younger. Now I coach my sons in Martial Arts.

Something from another decade that should be brought back:

Saturday morning cartoons!

How tall are you?

5'10"

Ideal vacation spot:

Some place with a lot of history. I really want to visit England.

What app on your phone do you use the most?

YouTube!

First thing you do in the morning:

Regret staying up late!

Social media: yes or no?

Yes, Twitter mostly.

Netflix or Hulu?

Netflix

If you could travel to any moment in history, what would it be?

As an American it would be the British surrender at Yorktown. Who could have imagined that victory?

Why teach history?

I felt I should get paid to talk about what interests me. Just kidding. History allows us to see how we got to where we are today.

Describe yourself in three words:

Introvert, Caring, Goofy

Middle name?

Domingues. It's a tradition in my family that the children have their mothers maiden name as their middle name.

What motivates you?

As far as teaching I want to see my students succeed. You don't have to like history, and not everyone does, but I feel I give my students every opportunity to succeed and it bothers me when they choose not to.

Quote/motto that you live by:

"Be yourself, everyone else is already taken." (Oscar Wilde)

Savor The Flavor by Rachel Smith

There are quite a few vegan restaurants around Rhode Island, Garden Grille, by CHLOE, and Veggie Fun to name a few, yet the one situated in the seaport district of Providence beside the Pedestrian Walking Bridge is by far one of the most recognized and discussed by the people around me. Its name is Plant City, a fully vegan restaurant and marketplace that does not use or advocate for the use of animal products or



unaware that we had already perused and made our decision. As we looked it over, we realized that the menu in front of us was different from the one we had browsed online; we had been reading the takeout menu and would need to make a new decision since the two are separate



Plant City is at 334 South Water St, Providence. For reservations, call 401-429-2029.

byproducts. They are completely plant-based and source food and ingredients from local farms and producers. The kitchen is led by Matthew Kennedy, one of the leading vegan chefs in the world, who is also connected with four other restaurants that are all connected back to Plant City. Basically, this "city" truly is a house full of diversity, vigor, and dedication to its content.

Plant City's menu consists of a patio takeout window and a separate sit-down menu. There are four main food categories on their menu: New Burger, Make Out, Double Zero, and Besina, followed by a coffee bar and bakery selection as well. The "New Burger" menu focuses on burgers and other classic American dishes, like different kinds of sandwiches, fries, desserts, and drinks all based on a bistro-style. Their "Make Out" menu encompasses all of the restaurant's sandwiches and smoothies, allowing for visitors to make their own bowls and order from a variety of all plant-based lunch style dishes. "Double Zero" is their Italian menu, consisting of pizza and pasta dishes based on the cultures cuisine. Lastly, the "Besina" menu is comprised of Mexican inspired food (the name combining "kiss" and "kitchen" in Spanish) with foods and drinks based around their traditions.

As I pulled up in my car, former LHS journalist Jess Iasimone in my passenger seat, the rain fell onto my windshield making the lights of Providence behind it glisten through the water droplets. We looked up the menu before entering the restaurant, afraid that due to the state's "pause" we would not be able to dine inside. Once we knew what to order, I called inside so that we did not waste our time running through the rain just to be denied entry. They told us that there was one place available as they were only using the upstairs seating, even better for its views of the river and city on its opposite side.

We traveled up a ramp underneath strings of lights that were hung between the trees outside the front of the building. Even the rain could not take away from the aesthetic of the outside, the plants and outdoor decor all sitting around being pummeled by the rain that had begun to slow. When we stepped inside we were directed up two flights of stairs where a hostess greeted us fairly quickly, seating us at a wooden table that gave us a decent view of a window overlooking the city. There was even a tiny plant at the center of our table, everything around us enveloping a minimalistic decorative approach with exposed brick walls and modern, bare-bulb light fixtures like you would see inside H&M at the mall.

When our waitress came over, she informed us that they required we wear a mask whenever she came up to the table. I noticed right away that there were large plastic shields between each table and they were clearly sitting people within good distance from one another. She then gave us menus and explained each of the categories as described above, giving us a few minutes with them as she was

from one another. Jess decided to ask the waitress if they could still make the sandwich that she had already set her sights on while I found something else that sounded even more delicious than what I had chosen.

I ordered the Pastor Tacos, soft shells with jack-fruit, chili, pineapple, pickled onion, and cashew crema. I knew as soon as I saw that there was jack-fruit inside of them I would fall in love since I had always ordered the barbecue pulled jack from Blackie's Tavern before they shut down. Jack-fruit is an exotic fruit native to South India that, when pulled apart and cooked a certain way, closely resembles the texture of pork meat. It is seasoned based on the dish that he resides in, this being a relatively spiced one. While the portion was smaller than I would have liked, the dish itself was delish and full of different layers of flavor. I could taste each of the elements as they blended together to taste just as an authentic taco should.

Jess ordered the tomato basil sandwich, a special request that the kitchen ended up being full-willing to recreate from the takeout menu. Just as it's description implied, it was supposed to have tomato, basil and some added extras, yet the sandwich that she actually reviewed was slightly different. We ended up deciphering that they gave her the Tomato BLT instead, which "turned out for the best" in Jess's own words. "There were enormous amounts of avocado, yellow tomato, vegan bacon, lettuce, and a specialized sauce," she described. She wholeheartedly enjoyed it, and from the small taste that I got from it I can safely say that I would order it myself on the next trip. Jess also added that "the portion was huge and made Rachel's tacos look minuscule, so it's safe to say I took much longer to finish my meal," which was completely opposite of my own order.

Although it seemed that their portions were slightly off, Plant City's food was some of the best vegan food I have had to date. If you are vegan or just want to try something new I highly recommend taking a friend along with you to experience the creative, flavorful dishes that they churn out. On top of that flavor, you will also be comforted by their somewhat fancy yet casual ambiance, making it a perfect spot for a date night either with a friend (as Jess and I got to catch up after a month of not seeing each other) or a significant other. If you're looking for a quick bite, I am sure that their takeout menu is just as good and will definitely be something I will be trying in the future. Overall, I would rate my visit to Plant City a solid 9 out of 10, a point taken away for the prices and their small mishap with Jess's order. Yet even still, the prices balance out for the quality of food and the atmosphere that for customers are given. Plant City is not only great for food and climate, but it is also very much COVID-19 friendly, leaving its customers feelings satisfied and safe.

The First Amendment

45 Words

In honor of scholastic journalism week, we celebrate the First Amendment

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

Cheerleader’s Snapchat Profanity Now Being Heard by U.S. Supreme Court

High Court Decision Expected in April 2021



Courtesy Larry Levy

by Katie Jahnz
Lion's Roar Staff

In the year 1791, James Madison stood tall and put forward to the House of Representatives an addition to the nation’s Constitution. Madison proposed the Bill of Rights which now produces the fundamental rights for all within the country. The Bill of Rights includes 10 amendments, with the First Amendment including five freedoms: speech, religion, press, assembly, and petition.

These freedoms apply to American citizen’s everyday life, whether it is being allowed to practice a certain religion freely, standing up for what you believe in, or watching the news. But, how much is too much? What crosses the line?

The First Amendment guarantees freedom of expression under government ownership, however not against a private ownership. So, a student who attends a public school, rather than a private school, may theoretically, have ‘freer’ speech when on school property.

In the revered, precedent-setting Tinker vs. Des Moines case, The United States Supreme Court concluded that, “...[students] do not shed their constitutional rights to freedom of speech and expression at the schoolhouse gate.”

This means that we can say, pray, write, form groups about, and call upon action for what they believe while at school.

This question of ‘how much is too much?’ was illustrated in the Mahanoy Area School District, located in Philadelphia. A freshman at this district’s public high school had tried out for the cheerleading team, and made junior varsity squad, but not varsity as she had hoped. The minor girl, referred to in court document as “B.L.”, but who granted a CNN television interview this month as Brandi Levy, chose to express her anger and disappointment about the junior varsity designation by expressing herself rather bluntly on her social media account in 2017.

On Levy’s Snapchat story, she posted a photo of herself with her friend using derogatory and vulgar words and phrases. She bashed the school with offensive profanity, and her

middle finger was used as an illustration of her aggravation and disappointment with the school, softball, cheer, and “everything.”

This impulsive act was eventually viewed by the coach of the varsity cheerleading team when her daughter, a classmate and teammate of Levy’s, brought it to her attention. From there, Levy was dismissed from the JV squad for violating both the team and the school’s rules.

Her school’s rulebook clearly stated that “[athletes] have respect for their school, coaches,... and other cheerleaders” and suggests avoidance of “foul language and inappropriate gestures” as well as a refrain from sharing “negative information regarding cheerleading, cheerleaders, or coaches... on the internet.”

Levy’s parents were not okay with the school’s course of action. They decided to appeal the initial decision made, along with suing the school. They argued that Levy was not on school grounds; Other people had provided that the rules looked over by sports teams could not be expected to apply to the student-athlete’s life when not on campus.

When this had occurred, the athletic director, school principal, district superintendent, and school board agreed that the punishment that the Mahanoy School District took to deal with this student was acceptable and shall remain in place.

The parents filed a First Amendment lawsuit against the school, and won the case that was argued in both the U.S. District Court and Third Circuit Court of Appeals. Levy was not on the school premises, which was the argument against the school district, protecting her First Amendment rights.

Many people involved in the case, along with outside followers of the situation, were pleased with the decision. With the prominence of social media, particularly on the high school level, the notion that schools can step

beyond the boundaries of its campus to punish behaviors conducted at home is troubling to many students and their parents.

The decisions handed down thus far in Levy’s case verified that she does have the right to post what she wants on her own social media accounts, while out of school. There are some categories, however, that are not protected by the First Amendment, and it is those categories that her school considers within the realm of their jurisdiction. They feel Levy may have crossed the line, treading into the unacceptable territory of unprotected speech generally classified as: obscenity, fighting words, defamation, child pornography, perjury, blackmail incitement to imminent lawless action, true threats, solicitations to commit crimes, and sometimes verbal treason and plagiarism of copyrighted information. (In these cases, schools would be allowed to take appropriate action.)

The Federal Courts decided that public schools cannot censor the voice of students when they are off school property just because of fear of disruption to the school. While Levy’s ill-advised Snapchatted words were directed toward the school, she did not actually disrupt any school activities, on or off of campus. Consequently, the school cannot limit her freedom of speech.

This case resulted in the Mahanoy School District further taking the question to the Supreme Court, in request to overturn the decision of the Third Circuit Court. This became very important, as it could create a foundation for future rights students have over social media. Along with the right schools have to take certain precautions over students’ actions.

The case will be addressed in the U.S. Supreme Court in April of 2021, and a conclusion will be drawn whether or not Levy had crossed the line. This will be the first First Amendment case in the Supreme Court since Ruth Bader Ginsberg passed away. Until then, Brandi Levy is allowed back on the cheer squad until further notice, with her freedom of speech intact.

Social media silences @realDonaldTrump

by Mikela Picard
Lion's Roar Staff

On Friday afternoon, January 8, 2021, Twitter banned the soon to be former President Donald J. Trump from its site for his role in inciting violence in the U.S. Capitol on January 6.

The company stated, “After close review of recent Tweets from the @realDonaldTrump account and the context around them we have permanently suspended the account due to the risk of further incitement of violence.” This permanent suspension of Trump’s Twitter account was in direct correlation to this past week’s events in Washington DC as well as his current and previous tweets during the 2020 election process.

Many argue that this was a violation of the **First Amendment** which states that “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble and to petition the Government for a redress of grievances.” They erroneously claim that suspending his account, which he speaks her mind on, is “infringing upon his freedom of speech.” But what many don’t know is that Twitter has the right to silence whomever they chose.

Twitter is a private organization which gives them the power to ban, suspend, or censor any



@realDonaldTrump tweets no more. Illustration courtesy of Pixabay.

false and misleading information that violates their guidelines. When you sign up for any social media platform you are given a page with the Terms and Conditions or Terms of Service that you must agree to in order to make an account on the app or website.

In Twitter’s Terms of Service under the “Content on the Services” section it states that “You are responsible for your use of the Services and for any Content you provide, including compliance with applicable laws, rules, and regulations. You should only provide Content that you are comfortable sharing with others,” which means you are responsible and can hold accountable for what you share on the site. In this section, Twitter also states that “We reserve the right to remove Content that violates the User Agreement, including for example, copyright or trademark violations or other intellectual property misappropriation, impersonation, unlawful conduct, or harassment,” meaning Twitter can remove any content that falls under these categories.

Additionally, In the “Using These Services” section Twitter also states that “We may suspend or terminate your account or cease providing you with all or part of the Services at any time for any or no reason, including, but not limited to, if we reasonably believe: (i)

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sports

Negro League Finally Recognized As Major League

By Emily Harrison
Lion's Roar Staff

In its 100th anniversary of existence, the Negro Leagues, as of December 2020 finally recognized as a Major League organization. All stats from players who participated in the Negro Leagues can now be added to Major League Baseball’s official record book. This step taken by Major League Baseball can be noticed as a step towards racial equality, but a long overdue one.

In 1920, the Negro Leagues were formed by Rube Foster due to the on-going laws of segregation lasting from post Civil War until the late 1960s. The sport of baseball began to grow in America throughout the 1900s, but the problem was that African Americans were not given the same level of opportunities that whites were. The Negro Leagues were the highest level of professional baseball that African Americans could play in, yet it wasn’t considered as “professional” as Major League Baseball. The Negro Leagues grew quickly across the United States which later would prompt Major League teams to consider

It wasn’t until 1947 that Jackie Robinson broke the color barrier in baseball by playing first base for the Brooklyn Dodgers. After this enormous breakthrough, the Negro Leagues disbanded in 1948 as more teams slowly became drawn to some of the big names we hear today: Jackie Robinson, Hank Aaron, and Willie Mays. It took until 1959 for every team in Major League Baseball to take part in the slow movement as the Boston Red Sox became the last remaining major league team to integrate players.

Though Major League Baseball did make this progressive decision, it is one that should



Photo: Wikimedia commons

have been made long ago. The inconsistency of the Negro Leagues in things like the scheduling of games and calculation of statistics comes to show that they weren’t really taken seriously compared to the Major Leagues. Decades of lost recognition and respect have now surfaced in an uneasy time as African-Americans continue the search for racial justice in America.

Because of the lack of recognition that the Negro Leagues get, those deserving players of awards like Gold Gloves and Silver Sluggers were never given. Out of the 3,400 or so players over the twenty-eight years that the Negro Leagues were around for,

only eighty-six players debuted in the major leagues according to The Center for Negro League Baseball Research.

Commissioner of Baseball, Rob Manfred made a statement about the decision of Major League Baseball: “All of us who love baseball have long known that the Negro Leagues produced many of our game’s best players, innovations and triumphs against a backdrop of injustice, we are now grateful to count the players of the Negro Leagues where they belong: as Major Leaguers within the official historical record.” (The Washington Post)

In terms of pay, professional athletes have always gotten paid a significant amount

more than the normal working class. According to Society for American Baseball Research, as of 2008, the median MLB wage was \$1.24 million which is about thirty six times more than the average wage of a working American. Compared to the pay that Major League players received in the 1920s, Negro league players were paid by the week and by the month. In the 1920s, Negro League players could make anywhere from \$100-\$400 a month according to the Official Major League Baseball website. In that same time frame, Major League players made upwards of \$4,000 which equals at least \$330 a month.

The lack of recognition that the Negro Leagues received goes along with the difference in pay. The lowest that Major League players got paid was considered a pretty moderate to high pay in the Negro Leagues. For most players though it wasn’t about the money. In such tough times of segregation and social injustice, these players just wanted a chance to do what they loved even if their skill potential was ignored and they weren’t compensated enough because of it.

The long road it took for the Negro Leagues to be granted their deserving title of being a Major League club is finally over. Not only is this step in baseball one closer to the gap in social injustice, but there is another one in the process. The Cleveland Indians are going to change their name of “Indians” and announce a plan sometime soon hopefully. This decision also follows that of the NFL’s Washington Redskins to change their name.

On their 100th year, Major League Baseball finally accepted what most of baseball knew already. In the words of MLB’s Commissioner, Rob Manfred Jr., “All of us who love baseball have long known that the Negro Leagues produced many of our game’s best players, innovations and triumphs against a backdrop of injustice.”(ESPN)

Historically Black Universities
Gaining Popularity Among Top Athletes



Many top athletes aspire to play basketball in Burr Gymnasium on the campus of Howard University in Washington DC. Photo by Sixman, CC BY-SA 3.0 via Wikimedia Commons

By Will Denio
Lion's Roar Staff

On July 3, five-star prospect Makur Maker changed the future of college basketball by signing with Howard University.

He was ranked 16th in his graduating class by ESPN and is the brother of Detroit Pistons’ Thon Maker.

The prestigious Howard University is an HBCU (Historically Black College or University) that isn’t necessarily known for its outstanding athletics. Maker wanted to change this and pioneer a path for black high school basketball players. With his decision he hopes that he can inspire other top recruits to follow and bring popularity and recognition to these under appreciated schools.

HBCUs have been historically shunned by “blue-chip” basketball players and Makur wants to change this.

In his commitment announcement on

Twitter, he said, “I hope I inspire guys like Mikey Williams to join me on this journey.”

Mikey Williams is another top recruit, and is ranked number five in the nation for the Class of 2023.

Not only is Williams an exceptional player on the court, he has also gained social media popularity after he played with LeBron James’ son. Since then, Williams has racked up over two million followers on Instagram.

Maker hopes that if he can get guys like Williams to also commit to Howard or other HBCU schools, he can start a movement of appreciation and recognition for these schools.

Maker also thinks that if he is able to bring some of the best high school basketball players to HBCUs, that these schools will become college basketball powerhouse as well as great schools academically.

Maker has gotten the ball rolling and if other top recruits follow, we could potentially see a big change in the tide in college hoops.

March Madness will be different,
and so will the participating teams

by Will Denio
Lion's Roar Staff

March Madness is usually one of the most exciting times of the year for sports enthusiasts. The annual tournament brings sixty-eight of the best division one basketball teams in the nation, divided into four different regions and ranked from one to sixteen. Every March, college basketball fans across the country are eager to experience the great entertainment which this event brings.

Unfortunately, due to Covid-19, the tournament didn’t happen last year, but this year it has been confirmed that we will get March Madness. However, the 2021 tournament will look quite different. The tournament will be held in Indianapolis, instead of scattered games across different cities and regions. In a typical year, the tournament is played all over America, the bracket is split into four regions and they play their first two rounds of games in the assigned regions. Out of an abundance of caution, the NCAA decided that it was best for the tournament to be played in one location, similar to what the NBA did with their playoff “bubble.”

Some of the venues for the tournament include Lucas Oil Stadium (home of the Indianapolis Colts), Bankers Life Fieldhouse, Hinkle Fieldhouse, Indiana Farmers Coliseum, Mackey Arena in West Lafayette, and Simon Skjodt Assembly Hall in Bloomington. Collegiate hosts include Ball State University, Butler University, the Horizon League, Indiana University of Bloomington, Indiana University-Purdue University Indianapolis and Purdue University. These schools have offered their facilities, staff members and hospitality in order to make March Madness 2021 a success.

As for the actual games, this season has brought some NCAA teams into the limelight. It has not been a typical season and the rankings prove this. College basketball analyst Andy Katz produces his “Power 36” list of the best 36 current teams in division one college basketball. Katz describes how the 2020 season has seen the fall of the many notoriously great programs and the rise of new and young programs looking to take over the game and dominate. A popular story has been the fall of the “blue blood” (Kentucky, Duke, Kansas, UCLA, Indiana and UNC) programs. The “blue bloods” are schools that are historically great and always seem to make a run in the tourney. The University of Kansas is the highest ranked blue blood according to Andy Katz most recent rankings. Kansas sits comfortably at eight, UCLA trails not far behind at fifteen, Kentucky sits at twenty-nine, Duke follows at thirty-three, but perhaps the biggest story is that UNC and Indiana are nowhere to be found in the power thirty-six. This not only changes what the brackets look like but it could also entail a change of power in college basketball.

Not only will the location and format look different this year, but so will the teams that make it to the tournament. As for local teams, Providence College looks solid this year and will most likely receive an at-large bid. Bryant University in Smithfield is dominating their conference, the NEC, and will earn themselves a trip to the “Big Dance” if they win their conference. As for URI



Mackey Arena Photo by Christopher Cooke

COVID brings LHS virtual swim meets

by Lauren Rose
Lion's Roar Staff

On January 11,2020, boys and girls basketball, ice hockey, indoor track and field, and swimming started their first practice. Unfortunately, for wrestling and cheerleading, their season will be postponed until further notice. Athletes and coaches have to follow new rules under the COVID-19 guidelines. All athletes have to wear masks during practice and games, just like how it was for the fall sports, but this time indoors. There is a higher risk of spreading the virus considering being indoors and wearing a mask will for sure help limit the spread. But how will the swim team be able to follow these rules? It is not like you can wear a mask in the pool.



There's one way to attend a swim meet. Photo by LHS Athletics

To help limit the spread, people need to limit the amount of people they are with, and stick to that crowd. Sport teams play less teams or hang within that community. Multiple teams gathering up together increases the chance of never going back to normal. Even during a pandemic, athletes still want a season, as it is an escape of what is really happening around the world. Sports help kids’ minds reduce feelings of stress and anxiety. Swimming is the hardest sport to practice proper social distancing and wearing a mask. Although, there is no evidence that being in the swimming pool itself can spread the virus, chlorine and bromine help disinfect the pool and kill the virus. Sadly, humans are not mermaids and can not breath underwater, so when coming up for air, or diving into the pool, there is still a chance of spreading and catching the virus.

In Massachusetts, the Massachusetts Interscholastic Athletic Association (MIAA) approved that schools will be allowed to host virtual swim meets during the 2020-2021 season. So it is not a shocker that Rhode Island will hop on the bandwagon as well.

Last year, Lincoln High School’s girls swimming team won the Division two Championships, and they are looking forward to doing the same this year. Virtual meets can help them accomplish that goal, again.

Senior co-captain, Caroline Bucacci, said “As much as I am happy that the virtual meets will allow us to actually have a season, it was very disappointing to hear. Our team thrives off of cheering and being in a larger group during meets.” Bucacci continues, “With that major element gone it will be interesting to see the shift in dynamics but knowing our team, I’m sure the excitement will still be there.”

Senior co-captain, Melissa Pierce, said, “Many things will be different because of how well connected our team is. We probably won’t be able to have pasta parties which is something many

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Training at home is key to physical fitness

by Lillian Piasecki
Lion's Roar Staff

Americans across the country have been locked down by the ongoing pandemic, staying home and quarantined since March 13, 2020, when the United States officially declared a Public Health Emergency.

Since that fateful Friday, we all have been trying to stay social and active while isolating. Many public spaces have closed including movie theaters, chain retail stores, mom and pop shops, bars, restaurants and gyms. Because of this, we have all been trying to keep entertained during this time of uncertainty.

Many Americans attend the gym but fewer

helps prevent and heal back pain and is a great stress reliever. Yoga is popular among 27 million people and has been around for over 5,000 years originating in northern India. Yoga improves strength, balance and flexibility, helps you sleep better and also helps to manage stress. According to www.hopkinsmedicine.org. The easiest way to workout is to start with some equipment free exercises. Lunges are an easy full body exercise that focuses on your legs. Push-ups are also easy basic, yet effective exercise that focuses on your arms. Burpees, a little more difficult, is a full body exercise helping with endurance and strength. Planks are an effective way to work both your abdom-

Children and teens should exercise one hour a day.

-US Department of Health & Human Services

than 5% of adults participate in 30 minutes of physical activity each day. Only one in three adults receive the recommended amount of physical activity each week. On top of that children now spend more than seven and a half hours a day in front of a screen according to the U.S. Department of Health & Human Services.

Children and teenagers should exercise one hour every day and adults two hours and thirty minutes of moderate intensity activity throughout the week. When it’s cold outside no one wants to be outdoors, and not everyone has exercise equipment at home, but exercise can be as simple as basic workout routines and family game nights to stay social.

Thirty minutes of exercise each day can help to lose weight, reduce your appetite and improve your metabolic health so it’s good to exercise often but where to start? A very easy start to, or full workout is stretching. It improves your performance for other workouts, increases blood flow to your muscles,

inal muscles and your whole body. Starting off with small reps including an exercise routine in your quarantine can be active at home.

Along with physical health, mental health should be part of your routine. One way to stay mentally fit is to interact with friends and family, but during social distancing it’s harder to meet up with our friends and stay connected to our family. Spending time with family builds confidence for everyone. Family game night is one way to stay connected in your home. Even an hour of quality time can help feeling social. Have at least one meal together a week, talk about the activities you did and your family. Exercising or working together can make it more fun and less of a chore. And the classic board games can be fun and connect you and your family.

Quarantine is tough for everyone, but small things make a big difference in happiness and stress. Quick workouts can lead to a more productive day and connecting with family can improve mental health.

Another Female Makes MLB History

by Emily Harrison
Lion's Roar Staff

Major League Baseball is continuing to break barriers as the Boston Red Sox have hired the first black and female minor league coach in history on New Years Eve. This progressive move by the Red Sox’ hire of Bianca Smith follows those of the MLB, the Miami Marlins, and the San Francisco Giants. The MLB officially elevated the status of the Negro Leagues to major league and the Miami Marlins hired the first female East Asian American general manager who currently is the highest-ranking female in baseball.

A forgotten move in Major League baseball seems to be when the San Francisco Giants hired Alyssa Nakken to become the first female coach in MLB history. She is to become a full-time coach after she earned her master’s degree in sports management and played softball for Sacramento State. This was the first move in Major League baseball that seemed to spark the hiring of women to come by other clubs and organizations.



Bianca Smith on her Twitter account. Photo: @biancaesmith12.

Bianca Smith will become a minor league coach for the Red Sox organization after being a hitting coach for Carroll University in Wisconsin. Her primary work will be focused on player development in the Red Sox’ spring training facility in Fort Meyers, Florida. Smith will use her skills of coaching hitting and apply it to her new job with the Sox.

Smith has no absence of experience as she previously worked baseball-related jobs at Case Western Reserve University, the University of Dallas, and internships with both the Texas Rangers and the Cincinnati Reds organizations. Now working in professional baseball, Smith wants to focus on learning more about the body and its mechanics in order to apply specific drills, based on athletes’ bodies. Along with mechanical studies, Smith also uses statistics and analytics to determine the best course of action.

The Boston Red Sox are beyond excited to welcome Bianca Smith, but her aspirations are much more than being a coach. Her ultimate goal is to become a manager to see how much she can grow and learn. “I

want to continue to challenge myself and right now, that [goal] is MLB manager. I don’t see that changing anytime soon...As much as I love coaching, I want to be in that position. I want to learn as much as I can to be in that role.”(ESPN)

Unfortunately, the challenges of being a woman, never mind a black woman in baseball operations comes with its challenges. Bianca Smith has been judged several times upon Her appearance alone

Some interactions with Bianca Smith and people include; ““Oh, which player is your kid?” I’m like, ‘They’re four years younger than me. I’m not even that much older than them. I don’t know why you’d think one of them is my kid.’” and “Somebody comes up and assumes I’m the equipment manager,” Smith said. “I’m the trainer. I’ve had the question, ‘Oh, which player are you dating?’(The Providence Journal)

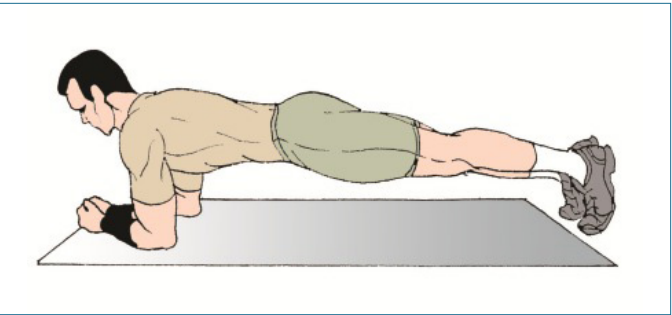
According to the Institute for Diversity and Ethics and Sport, Major League Baseball earned an overall score of 79.5 in 2019 for

Please turn to SMITH, page 14

Ten easy exercises that will keep you fit and healthy

by Sophia Cavanaugh
Lion's Roar Staff

Thanks to the pandemic, many of us have had to curb our attendance at the gym and rely, instead, on our ability to secure physical activity through a few limited opportunities we have both outside and in.



Planks are excellent for building upper body and core strength. Illustration: Cliparts #213586

With more cold wet days ahead, there are still no excuses. You can do these simple and time-tested exercises to stay fit and healthy:

Push Ups: This classic calisthenic can help strengthen your arms and core. Be sure that your back is straight and your head is facing forward!

Jumping Jacks: This great cardio exercise is performed by standing upright with your arms together and legs together and then separating them and bringing them together again as you jump, and then jump back.

Crunches are also a good exercise to do at home. To perform crunches you lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale. Exhale and lift your upper body, keeping your head and neck relaxed. Inhale and return to the starting position.

Squats: Stand up with your feet shoulder-width apart. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees. Press your heels into the floor to return to the initial position. Repeat until the set is complete!

Planks: To do a plank, get in the push-up position, only put your forearms on the ground instead of your hands. Hold that position for as long as you can. Try to last a little longer everyday.

Burpees: Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back until

your legs are fully extended and your body is in plank position. Do a push up, jump forward, and then push through the heels to return to the starting position.

Mountain Climbers : These are performed by putting both hands and knees on the floor. Place your right foot near your right hand and extend your left leg behind you. In one smooth motion, switch your legs, keeping your arms in the same position. Switch your legs back and forth twice, such that your right leg is again close to your right hand.

Side lunges are performed by standing with legs slightly wider than shoulder-distance apart and toes pointed forward. Shift your body weight to one leg bending the knee until it reaches a 90-degree angle and the other leg is straight. Glutes are pressing back behind you. Return to center and switch sides.

Wall Sits: They don’t look tough, but try to do this for several minutes at a time. This exercise is performed by making sure your back is flat against the wall. Place your feet firmly on the ground, shoulder-width apart, and then about two feet out from the wall. Slide your back down the wall while keeping your core engaged and bending your legs. “Sit” for one minute and 20 seconds, and rest 30 seconds. Repeat.

High Knees High knees is like jogging but only with greatly exaggerated movements, and all in place. These are performed by lifting each knee as high as you can while you jog.

Jan 6

From page 3

national television now to fulfill his oath and defend the Constitution and demand an end to this siege.”

Trump, who at this time had not taken steps to make such an address on live television, posted to his Twitter account at 3:13 p.m., “I am asking for everyone at the U.S. Capitol to remain peaceful,” he tweeted.

A short time later, a video message from the president was posted and broadcast on social media: “We had an election that was stolen from us,” he said. “... but you have to go home now. We have to have peace.”

As the uproar continued for hours, D.C. Mayor Muriel Bowser imposed a 6 p.m. curfew in an effort to thwart the threat of violence. Mayor Bowser also spoke on the phone with CNN about these attacks. She reported many arrests and indicated that there would be more. Nonetheless, windows were smashed, people raided and looted the Capitol building, physical violence led to numerous injuries among rioters and police officers, and tragically, in the end, five people died.

Ashli Babbitt was shot in the neck by Capitol Police. Rosanne Boyland was trampled by the massive crowd. Officer Brian D. Sicknick had sustained fatal injuries and died as a result of protecting the Capitol. Benjamin Phillips and Kevin Greeson, both protestors, had died. Christopher Stanton Georgia had committed suicide after his own arrest due to the involvement of the insurrection.

When rioters forced themselves into the Capitol building, they entered many secure areas. Richard Barnett took a photo at the desk of the Speaker of the House, Nancy Pelosi. A disturbing photograph was captured of Barnett with his feet propped up on Pelosi’s desk in her office. He left a manila folder with the words written on it with a black marker, “We will not back down.”

As of this writing, more than 140 arrests have been made, 170 cases have opened, and 100,000 tips have been sent to the FBI with more to come as the investigation continues.

Members of the Senate, who had been evacuated as the event unfolded, feared for their lives. Reports of threats including those specifically against Pelosi and former Vice President Mike Pence have been supported with multiple pieces of evidence on video.

George W. Bush, the 43rd president of the U.S., issued a statement in the late afternoon in which he had described the actions of these Americans on this day as “sickening” and “heartbreaking”.

Apps

From page 2

points will be entered into the final decision of which is better: Spotify or Apple Music?

Let’s start with the Spotify Premium app in the battle of the music apps. Spotify’s Premium tier gives you access to almost everything. Whether you’re listening on desktop, mobile, or tablet, premium users can play any song they want whenever they want. At their own leisure, listeners can find and hear playlists, discover new music, create and edit playlists, plus share music and playlists on the app.

What differs Spotify from Apple Music is that its company provides a free version of the app. With the free app, however, come loads of advertisements. Also, when creating playlists on Spotify, it has song suggestions pop up as you add new music. With Spotify, you also have the ability to see how many monthly listeners an artist has. These details are a key reason there are users on this streaming site.

For an ad-free experience, the cost of Spotify is \$9.99 per month. Spotify presents its music in a very much different layout than Apple Music, which could confuse non-users. According to the 2020 statistics, Spotify Premium leads the streaming service with its hold of around 130 million users.

Last but not least, we have the Apple Music app. Apple Music is a revolutionary streaming music service, a pioneering worldwide live radio station from Apple broadcasting 24 hours a day and a great new way for music fans to connect with their favorite artists (Apple). Individually, Apple Music is \$9.99 a month (like Spotify), however, it provides a reduced price for college students which is \$4.99 a month.

Features on Apple Music include: an unlimited access to Apple Music songs on demand, displays lyrics, personalized algorithmic playlists, mood-based playlists, user-created playlists, access to other radio stations, and an offline song playback. Piggybacking off of Spotify, Apple Music possesses about 72 million subscribers, making it the second most popular in the world for music streaming.

By the end of the day, the two apps make bank from its customers. To think about it, it does not really matter which app one prefers for streaming music. Music helps cope us and relieve our stress from our busy, everyday lives.

Phone

From page 2

So you’re thinking, “So what if my phone knows what I buy,? Why do I care what a lifeless computer knows about me?” I didn’t care either, honestly. I never even thought about it to begin with. I’ve heard all my life, “Electronics are bad for you,” and “That phone is going to rot your brain.” But I always thought, “What am I supposed to do about it? How am I supposed to live technology-free, in a technology run world?”

My answer is that you can’t. Especially during times where everything is virtual, I use my computer for school for at least seven hours a day. But thanks to this documentary, I have learned about the depths of technology, and how to limit the information I used to so freely give up. Furthermore, I now understand it well enough to recognize when my phone is trying to get me to stay on another hour by recommending this video I’ve been meaning to watch.

The Social Dilemma is a brilliant, eye-opening, masterpiece that enlightens us about how technology is starting to take complete control over our world, and we, as technology users, are fueling it. The documentary begins with a basis of how social media platforms and algorithms were created, and then progressed to how they have advanced so much so that they have begun to have a mind of their own.

The documentary provides frightening examples, revealing how technology has affected polarization in the media and in politics. The coronavirus was used as an example of something that has been a main focus in the media; mixed with opinions about its conspiracies, and facts. Technologies and social media algorithms recommend and feed you with more of the information that you like to see, agree with, or interest you, so that you stay on that platform. So for the people who believed that COVID was a hoax, they were presented more information about how it was a hoax, other groups that thought it was a hoax, other articles explaining how it was a hoax, fueling their opinion and limiting the information that they see about how it wasn’t a hoax.

Sure, you can go completely off the grid, shut off your phone, delete social media, and attempt to live a technology-free life. I genuinely think it’s close to impossible; at least it would be in my life considering I use technology every single day for school. But if I’m being honest, I don’t want to live a technology-free life. I use it for entertainment, for school, for communication, and to basically run my life.

I didn’t make any massive changes as a technology user, I have deleted social media a few times, but I haven’t done anything permanent. As a mindful user, I have changed so much and I now have a completely different view on technology and the way that my phone is catered to me. I recommend this documentary to anyone who uses technology, whether it is a small amount or a large amount, this documentary will change your life.

Madness

From page 12

and Brown University, URI is in sixth place in the Atlantic-10 conference and unless they pick it up soon, they may miss the tournament.

Unfortunately for Brown, the Ivy league is not playing any games this season. March Madness is going to look different this year for sure, and the layout will be something we have never seen before, but the NCAA is taking all and every precaution to make sure that March Madness 2021 will be a hit.

Styles

From page 2

both here and in other countries today. These norms see men wearing suits and ties, pants, and sneakers, with women in dresses, heels, and makeup. However, many people in today’s society fight this “norm”, wishing to embody their inner persona without worrying about them, taking advantage of the art of fashion, the array of both clothing and beauty products, including cosmetics and other items available on the market. Yet, for people like Owens and those who share her mindset, the blurring of lines is unacceptable. Although it does not affect them, the critics feel compelled to announce that society is breaking down under the weight of individuals wanting to convey their own identity and individuality.

This entire debate brings forward the question of where our priorities lie. Do such issues really matter in the grand scheme of things? When Harry Styles appears on VOGUE’s cover, it surpasses all else in the intensity and level of importance society seems to place on it. This idea may be controversial depending on who you are in conversation with, yet it is extremely troubling to understand that a man wanting to paint his nails has become such a pressing issue when police brutality, COVID-19, and climate change exist.

Around a month after Style’s VOGUE cover, Hilaria Baldwin, Alec Baldwin’s wife, was similarly attacked for the way that she chooses to express herself. An anonymous Twitter user called Baldwin out for claiming that she “impersonates a Spanish woman”. Baldwin was quick to release a video on Instagram explaining her story: she was born in Boston and raised by ancestral Massachusetts residents, and expressed confusion as to why she was being slammed for embracing a culture which she found herself heavily immersed in as a child. Baldwin’s backstory was misrepresented by sources disconnected from her, something far outside of her control.

Style’s choice of expression was through his clothing while Baldwin’s was through cultural embrace, both aspects of their personalities that have little to do with the concerns of those around them. By choosing to dress a certain way or admire a certain culture or way of life, these two celebrities faced incessant slander and hatefulness from the media and those following it. Instead of focusing negative energy on something that does not concern or even slightly affect society as a whole, we should be discussing matters that are attacking our well-being and future.

The media headlines are constantly flooded with biased views, misinformation, and irrelevant topics that take away from the more important things that directly affect you and me. Many individuals have become too wrapped up in ensuring that no one’s “feelings are hurt” but that everyone’s opinions are seen and heard, two things that inherently contradict one another. We must focus on things that are begging for our attention right now, things that could cause our downfall if we allow them to become overshadowed by distractions. We’ve got bigger problems to tend to and important issues to keep in the forefront. It’s time we focused on things that really matter.

Swim

From page 13

kids look forward to on our team. We also won’t be able to have as much interaction with each other and our coaches before and after practices.”

To help protect athletes, Junior co-captain, Sadie Brown, claims that “Wearing a mask at all times besides when swimming in the pool are enforced to keep everyone safe throughout the season. The locker room will most likely not be used as much as in years past. Limited numbers of people will be in each lane and in the locker room at a time.”

Senior co-captain, Domenica Dacosta, said “I am extremely excited to face adversity during a pandemic with this team. I know for sure the whole team will do anything if it means we have a season.”

Virtual meets is just a small change the athletes have to adjust to. All winter sports have new kinds of rules that the players will have to adapt to. They are fortunate enough to have a season and are grateful for it. It is a wake up call to appreciate everything you have, life can change in a flash. Lincoln High School can accomplish a ny challenge; Stay safe and healthy, LHS.

Bernie

From page 1

was being flooded with requests, meme artists were working overtime. Bernie is being photoshopped with everything and anything. For instance, colleges are projecting Bernie sitting alongside their school’s mascots to joyfully welcome back their students from winter break. Bernie is also being photoshopped into famous movie scenes. Bernie finds humor in this new profound interest in his Inauguration attire, “makes people aware that we make good mittens in Vermont... we have some good coats as well.” he told CNN.

When the photo was used on a novelty sweatshirt and tee and even mittens, sales immediately rallied, and sold out. The good news: all proceeds of the merchandise went to Vermont’s emergency food providers, including food banks, Meals on Wheels and other charitable organizations.

. NBC News reported the final week of January, less than 10 days after the inauguration, that the meme helped raise around \$1.8 million for the state’s hungry.

Bernie feels warm (physically and emotionally) when interviewed about the charitable donations. He told NBC. “We’re glad we can use my internet fame to help Vermonters in need.”

What has come out of the internet sensation of Bernie Sanders has only resulted in good, warming the hearts of people everywhere..

Cozy Bernie also demonstrated how cold the January 20 event really was. The harsh winters of Washington, D.C were immortalized by the memes. Bernie’s warm attire was essential for the chilly circumstances.

Smith

From page 13

diversity hiring practices which increased in 2020 to 80.7. The world of professional sports has a long way to go when it comes to racial justice and gender equality, but steps like these certainly make a difference.

After reaching out to Bianca Smith about being a woman in professional baseball as well as her new role with the Red Sox, here is what she had to say: “It’s great to see so many women making their way into the visible side of professional sports recently and it’s encouraging to hear of many others who are interested. I’m not the first and I certainly won’t be the last. I’m very excited to be joining the Red Sox organization. I enjoyed my time at Carroll University but I’m excited to contribute to the Red Sox and provide as much value as I can to our players.”

Thanks to brave and aspiring women and women of culture like Bianca Smith, Kim Ng, and Alyssa Nakken, professional sports like Major League Baseball are starting to become a place for all. Major League Baseball seems to be increasing their ethnic and gender diversity when it comes to who they hire which will, in turn, create a better baseball community.



The good news is, there's

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the final word

Snow Day

From page 1

grown so used to virtual learning this year,” Mr. Mezzanotte said, “and since we would have to make up the snow day at the end of June, it makes sense to assign schoolwork on snow days and have the day count.”

Students who have been navigating this very unusual year have their own ideas, with many lamenting the extinction of the once-joyous snow day.

Interestingly, many parents agree. They are arguing that kids should simply be allowed to just be kids, particularly after being confined to the physically static situation of virtual learning.

Having a snow day is exciting, especially for the students in elementary grades. When there is snow on the ground, children want to play. They want to touch it, run in it, throw it and slide down hills on it.

Many teachers and students are hoping for an approach different from the one that they had on December 17. Why not just call it a day? The arguments: we have shared a very stressful year. A day off may be beneficial to everyone under the current circumstances.

In previous years, if there was too much snow to ensure safety, students would just stay home. But, due to the new procedures in place required by distance learning, there seems to be no excuse but to keep marching forward while maintaining an orderly school calendar.

Clearly, there are numerous teachers and students who don’t mind the loss of a classic snow day. We have the technological ability to move forward, why would we voluntarily lose an extra day of summer?

The last day of school is slated for June 25, 2021, much later in the year than normal. This is the result of the first day of school being on September 14, 2020, also much later than normal. No one would want to be in school during early days of summer vacation any longer than necessary.

A survey sent out to LHS students asked, “When there is too much snow to come into school, how should the day look for students and teachers?” More than half, 53.33%, responded that there should be an asynchronized day when it snows. Exactly one third, or 33.33% said that there should be a snow day, with no school.

A minority, 13.33%, said that there should be a virtual learning day where the students are taught from their homes with specific times where their class would meet.

When the same group of people were asked “Why did you choose the answer above?”. the answers poured in. Twenty-three people said asynchronous days are the best option as students can accordingly plan when to do their work, and teachers and students do not have to be on the computer all day. Many cited make-up days as a reason.

Sixteen respondents said they should simply just have a day off. Six people explained that the school days should continue, particularly because of LHS’s investment in new technology to make that happen.

Lincoln’s superintendent, Dr. Lawrence Filippelli, decided that a virtual learning day would be best for all Lincoln Public Schools. This does not permanently establish the policy for the future, and if the early days of February are any indication, our response to stormy weather and other challenges may be decided on a case-by-case basis.

Depression

From page 8

depression, and the spoiled rich kid could have a ton of money but never have their parents around them, and the emo kid could just be trying to say something you need to hear.

All of us are human, but because of “social groups” we decide who is popular and above everyone else, everyone else is lower and should be treated like dirt. Sometimes just one bad word or one small shove is enough to send someone hurdling off the deep end, and then the guilt of their death would be on your conscience. If only people would listen to each other and stop talking for just a minute, forget about the competition and just hear what the other person is saying.

Have you ever heard the term you’re as easy to read like an open book? Sure maybe people appear sad or mad at times but how often would you say you knew the extent of their pain, how far the roots of their anger or sadness go. So next time you are surrounded by a group of people or even just one person, step back and just listen to what they have to say because you might be able to understand a little more about them and make them feel like they can trust you should something be bothering them. If you truly know someone that needs help or you need help personally here is what Mrs. Stevens says to do, “Depression is different for people and how it manifests itself is different as well. It may sound cliché, but it is important for those suffering from depression to access some sort of social connection. The perception of being connected socially is often a predictor of success when managing depression. That means that if you feel connected to others (even one of two people), then you are more likely to manage your depression better. That being said it is sometimes difficult to connect with people, especially during a global pandemic. Taking advantage of any virtual opportunities or safe social opportunities (outside, physically distant). I like the idea of being “physically distant” and not “socially distant” right now. Unfortunately, it is difficult when managing a friend who may be dealing with depression. If at any time they discuss hurting themselves, wanting to hurt themselves or other concerning topics it is important to reach out. Let a parent know, share it with someone at the school. There are also plenty of resources available right now, such as KidsLink and the Samaritans, which offer free local support and services.” Also, take a step outside your comfort zone and make friends with somebody that you might not have otherwise. So at the end of the day take a step back and reflect on yourself and your actions, on what makes you happy because only you can achieve self-happiness.

Sick of Covid

From page 3

cannot translate these thoughts into actions or positive outcomes, so therefore creates feelings of stress and anxiety.

It was not only students who were previously diagnosed with a mental illness who suffer, it is the many others who suffer mental and emotional distress during the isolation periods.

Many teenagers think that serious things don’t happen, and stuff like that only happens in the movies, but clearly it doesn’t. We never knew how serious something could actually be until our government literally shut down the whole entire country. Many kids and teenagers became worried that our world will never be the same after this. Teenagers and young adults in this generation always want to savor the moment, do crazy things, and just be teenagers. But a lot of us started to worry that we would never be able to go to sneak out to the beach at 2 a.m., or have four day long sleepovers with our best friends, or just go back to the way it used to be.

To think about not being able to have fun with your friends and having to adjust to distance learning really put a lot of pressure and stress on us. As we continued to learn from our bedrooms for the end of the 2019-2020 year, school started to feel like more like an option. Students started becoming less and less interested in online school and just couldn’t wait until things got back to normal. But summer arrived, and we were still in the same situation.

Surveys have shown that this was how students’ mental and physical health began to decline rapidly. First the student would start to experience a loss of interest in school: late work, missing assignments, failed assessments. Students were not caring about their work, not attending video classes, and basically hiding behind their screens. For many students, there was no turning back. Some failed classes, and others were actually held back.

Even with a light at the end of the tunnel, many teens are feeling like they are alone and that they have no one. But that’s not true.

If you feel that your mental health has been negatively affected by the events of the past nine months, talk to a parent or a trusted adult to get the help you need.

Twitter

From page 11

you have violated these Terms or the Twitter Rules and Policies or Periscope Community Guidelines, (ii) you create risk or possible legal exposure for us; (iii) your account should be removed due to unlawful conduct, (iv) your account should be removed due to prolonged inactivity; or (v) our provision of the Services to you is no longer commercially viable.”

Once you sign these Terms of Service, you must comply with all of them and every account on the Twitter platform must follow them, including Donald Trump. Because his tweets violated multiple agreements under the Terms of Service, Twitter had the right to suspend his account, which is not a violation of the First Amendment.

After banning Trump’s account for “inciting violence” Twitter also released a statement on the specific guidelines that Trump’s tweets violated resulting in his ban from the platform. They based their decision off of these two tweets tweeted by President Donald J. Trump on January 8, 2021:

“The 75,000,000 great American Patriots who voted for me, AMERICA FIRST, and MAKE AMERICA GREAT AGAIN, will have a GIANT VOICE long into the future. They will not be disrespected or treated unfairly in any way, shape or form!!!”

“To all of those who have asked, I will not be going to the Inauguration on January 20th.”

In their statement, they claimed that these tweets violated the “*Glorification of Violence policy*” which states that “*You may*

not threaten violence against an individual or a group of people. We also prohibit the glorification of violence,” and the “Civic Integrity Policy,” which states that “You may not use Twitter’s services for the purpose of manipulating or interfering in elections or other civic processes. This includes posting or sharing content that may suppress participation or mislead people about when, where, or how to participate in a civic process...In addition, we may label and reduce the visibility of Tweets containing false or misleading information about civic processes in order to provide additional context.”

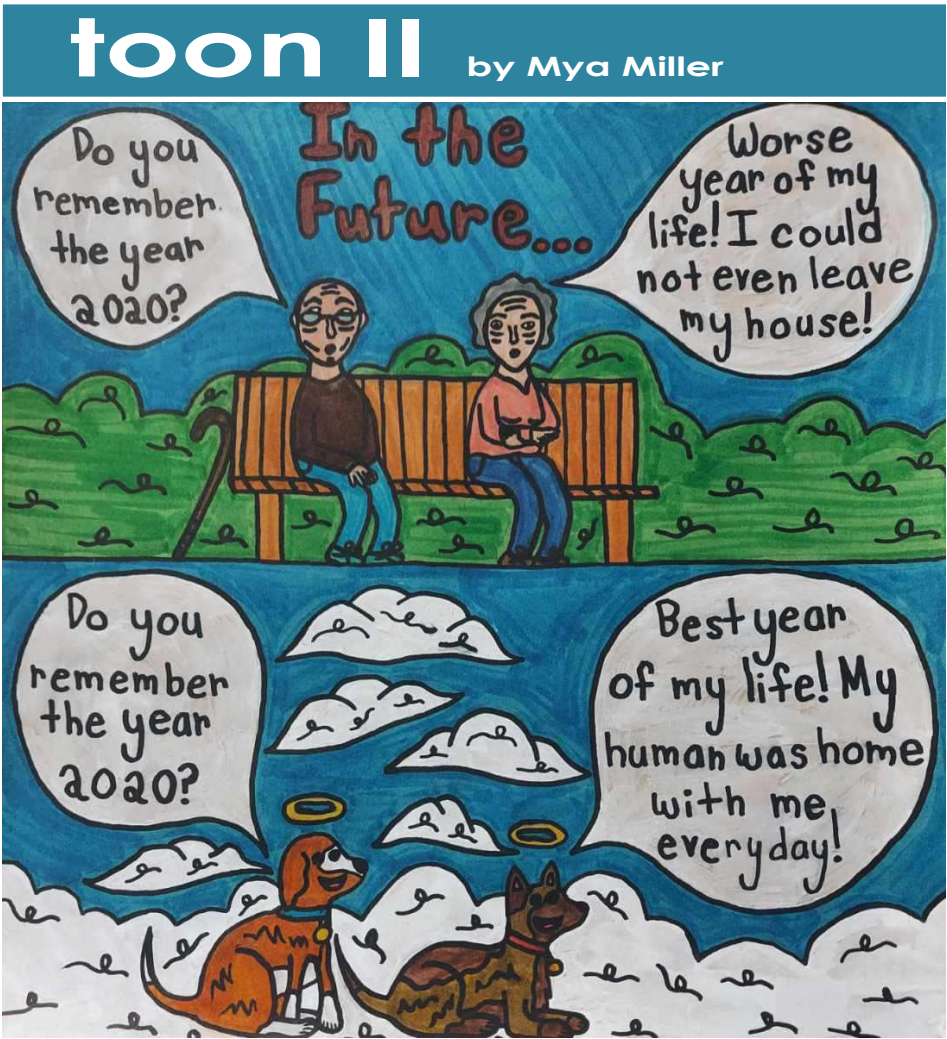
For violating these policies, Twitter decided to suspend his account indefinitely. (The complete statement can be found on the Twitter Blog under the “Company” tab with the article labeled “Permanent suspension of @realDonaldTrump.”)

Additionally, This wasn’t the first time Twitter attempted to silence Trump. During the post-election ballot count, he shared many tweets that Twitter labeled “**Official sources stated that this is false and misleading**” and “**Official sources called this election differently.**” Including this tweet:

“I WON THE ELECTION!” - Donald J. Trump (@realDonaldTrump) November 16, 2020.

Many of his previous tweets had been flagged as well for violating Twitter’s Terms of Service and rules for their involvement in spreading misleading and potentially harmful information related to the election.

Ultimately these collections of tweets that violated their Terms of Service is what led to Twitter’s final decision to suspend Donald J. Trump’s account permanently.



Not all of your “speech” is protected

Five Things You Can Say in School

1. "Will you sign my petition?"
2. "My tee shirt says: The Green Party."
3. "The grading policy is unfair."
4. "Thank you, deaf Lord, for the lunch we are about to receive."
5. "I'm going to write an article about teen suicide."

Five Things You Can't Say in School

1. "Fire!"
2. "I know Mr. X committed a felony in his last school. That's why he blanked me."
3. "Hit her! Punch him! Smash the window!"
4. (Profanity, offensive language and innuendo.) You fill in the blank:
5. "My offensive tee-shirt says it all."

Remember: "Speech" can be spoken, written, posted on line, sung, mimed, printed on your clothing, symbolically represented, or implied.

For more on the First Amendment, please turn to page 11.



Mary Beth Tinker and her brother John Tinker, who were punished for wearing arm bands protesting the Vietnam War, helped to define students' rights to free speech in 1969.

by Catherine Hien and Grace Miguel
Lion's Roar Staff

Schools across America have all sorts of policies about what their students can say or not say -- with their words, clothing, and other means of expression -- in the school environment, but hopefully, most of these restrictions are actually based on Constitutional law, specifically the First Amendment.

Some of these restrictions can get a little murky, if you look really close. For instance, dress codes infringe on our right to expression, do they not? But if a high school girl attends school in a strappy tank top, or shorts, it is likely that she will be called out on it. The justification is likely to be that she is “disrupting” the school environment.

If a student or a teacher hits a certain pressure point upon the school’s strict policies of speech it could lead them into punishment. Unprotected speech is any talk of hateful words or lawless actions. One can not hide behind the words they say out loud. However, depending on the system, they might just get away with it.

What you CAN'T say:

- 1. You can't yell "Fire!"
- 2. You can't encourage illegal activity
- 3. You can't incite or encourage violence
- 4. You can't use profanity
- 5. You can't say anything that will be disruptive to the learning environment

What you CAN say:

- 1. You can ask someone to sign a petition.
- 2. You can express your political views.
- 3. You can wear clothing as a means of protesting or supporting an issue.
- 4. You can express your religious views.
- 5. You can discuss topics like divorce, abuse, teen pregnancy and social topics.

As long as you are not disrupting learning or inciting violence or any other illegal activity, most speech is protected in schools.

Students can choose to sit or stand for the Pledge of Allegiance or National Anthem, form groups based on their common beliefs or interests, and express themselves in many ways.

In the most definitive case addressed by The U.S. Supreme Court (Tinker v Des Moines), it was agreed that students “do not shed their Constitutional rights to freedom of speech and expression at the schoolhouse gate.”

The First Amendment


WHAT WE DO MATTERS

Scholastic Journalism Week Feb. 21-27, 2021

journalismcovercopypress
businesscommentpublish
advertisingnewsnewspaperreporting
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Checked Skyward lately?

IT'S TIME TO SHOW UP.



dude. be nice.

Lincoln High School * PBIS Committee