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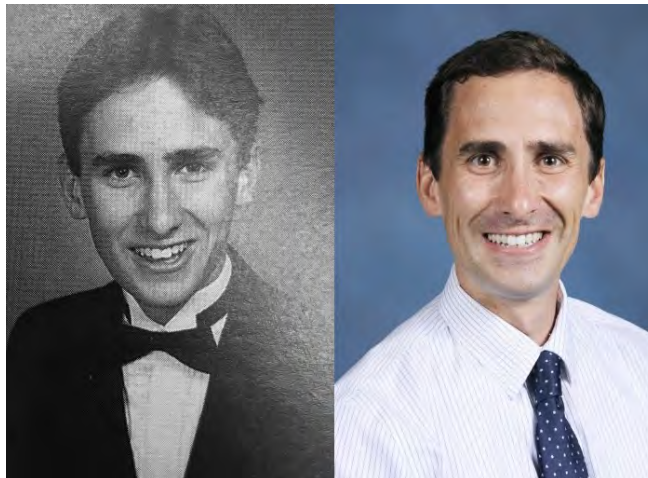


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## The Homecoming That Never Ends

By Kailey Calvo

Lake Highland has been regarded as one of the best private schools not just in Central Florida, but the entire state. Yet, one of Lake Highland's most esteemed accomplishments is its 21 alumni that have decided to return to campus as faculty members. The majority of these staff members are employed as teachers and instructors, but there are also other varied roles and departments—from technology, nursing, and athletics to guidance and administration. Their graduating classes range from the Class of 1989 to the Class of 2017. Lake Highland's special employees include several charter members, classmates, a pair of sisters, and even a student from Lake Highland's first kindergarten class. Ms. Kristin Gallagher (Class of '12), who has been the Middle School Edison Learning Specialist for three years, shares her reason for returning. She ex-



(Above) Although this is only Mr. Jonathan Hiett's second year of being the Upper School's Dean of Students and Associate Director, he has plenty of experience working at LHP. He tutored for eight years while completing graduate school at UCF. After that, Mr. Hiett, "Started working full time at LHP in 2014 as a school counselor." Photos courtesy of Ms. Tara Bork and Mrs. Josie Karash.

plained, "I came back because once you leave LHP you realize how much it does for you and how much they cared about you. I wanted to come back, make an impact on my students, and help them have the best experience here that they can. It helped shape me into who I am, and I wanted to do the same for my students." The overall change on the LHP campus is astonishing, as the

HCCA, Rex Building, and innovative track are all new additions that have become integral in current students' daily school routines. Commenting on the most drastic LHP campus changes, Mrs. Jennifer Neldner (Class of '02), current Pre-Calculus teacher said, "I remember being amazed at the HCCA and new track when I returned here as a teacher. Those were two of the biggest additions physically. I would have loved to run track on a softer rubber track instead of the asphalt one we had back when I was in school."

Further, Lake Highland has created one of the strongest senses of community within its student body, developing many opportunities for bonding and strengthening relationships such as *Dara* and *Blackwatch*, class trips, and scheduled weekly-club time. Mrs. Paige Linton (Class of '10), fourth-grade teacher, "Participated in Spanish and Art club," both of which remain some

The Homecoming That Never Ends, Continued on Page 12...

## Tight Cast Propels Footloose

By Zane Rimes

Everyone loves and loathes Kevin Bacon's dance moves and all of the cast in the movie version of *Footloose*. Now, Lake Highland's 2022 spring musical tackles a stage adaptation of a movie in which dancing has been deemed illegal and a sin by the church. The main character of the movie, Ren, makes the town rethink their decisions. Lake Highland cast members expressed how everyone in the play has great chemistry and is helping each other out when needed. During the audition process there were three days of interviews and auditions. On the third day everyone discovered their roles.



(Above) Under the direction of Mrs. Elizabeth Courtelyou, the cast of *Footloose* prepares extensive choreography and songs for their opening on March 12. Tickets can be purchased through the Lake Highland ticket hub. To reserve your ticket, please go to [www.teachtix.com/lhps](http://www.teachtix.com/lhps). Photo by Zane Rimes.

ing Ariel Moore, the preacher's daughter who has definitely had her fair share of struggles in life. I often see her played as shallow or even sometimes irritating, but I've been working really hard to give her depth and make her more of a character the audience will root for and love." Sophia is definitely one to watch for in *Footloose*.

All of these student actors have to juggle many different extracurriculars while working on the play. Sophia is a major part of LHPS musical theater and many other activities. Chris Wacker, grade 12, gave some insight on his role, as he explained, "My biggest challenge so far is my scheduling conflicts. I am on the Archery Team as team captain, and I am thankful that I am able to fit everything in." Everyone has many things to juggle, which has created a positive support system where everyone can be there for each other and represent Lake Highland's arts. Be sure to catch this incredible undertaking while it resides in the HCCA for four days only. "It's time to cut loose, *Footloose*!"



# EDITORIAL

## *Don't Look Up* Gives Us Reason To

By Santiago Calderon

You're at the ballot box. Picture it. A sea of black text on a sheet of white paper recording your major decision—your vote. When you think of what candidate to vote for, I'm sure there's a variety of policy issues that come to mind. Though these issues are important, is the climate crisis near the top, or even one of them? In fact, when was the last time you've seen the discussion of climate change as a major news headline? For many, it was when world leaders appeared to fall asleep at the 2021 *United Nations Climate Change Conference*.

Among today's current youth, there has been an alarming worry about the trajectory of the Earth's climate and sustainability. Yes, seeing the *United Nations* issuing a "Red Alert" for our planet and photos of deadly wildfires is nothing easy to bear. In a recent study by researchers from the University of Bath, 58% of children and young people out of 10,000 surveyed said that governments are betraying them as a result of a lack of action on climate change. Meanwhile, 84% of respondents felt at least moderately worried, 59% felt very or extremely worried, and over 45% noted, "Their feelings about climate change negatively affected their daily life and functioning." This exact level of frustration is encapsulated in the recent *Netflix Original Film, Don't Look Up*. If you haven't seen it yet, watch it.



(Above) There was a large number of protests mainly across Europe in the lead up to the COP26 summit. But, there were at least some positive outcomes after years of demanding action. For example, former governor of the Bank of England has unified 450 organizations to shift their activity to zero-carbon investments. Photo courtesy of *BBC News*.

and disingenuous American society is when responding to crises. The movie's true parallels to current society make it genuinely frustrating to watch at times.

The film presents a variety of complex reasons for society's lack of response to the *Dibisky Comet*, such as obsession over celebrity lifestyles, distortion of the truth in news media, distrust in science, and politicians seeking re-election security. Yet, there's one

that, in Congress, fossil fuel interests outspend renewable energy lobbying by 13.7 to 1. Even at the 2021 *United Nations Climate Change Conference*, the largest global accord on climate action, over 100 fossil fuel companies sent 500 lobbyists to the talks, according to the *UN's* provisional list of named corporate attendees.

Companies like *ExxonMobil*, *Total*, *Shell*, and *Equinor* have touted their efforts to protect the environment with renewable and low-carbon technology. But, it's not nearly enough. In a press release from the *House Committee on Oversight and Reform*, *ExxonMobil* invested only 0.22% of capital expenditures in low-carbon projects from 2010 to 2018, *Shell* plans to increase natural gas extraction by 20%, and *Chevron's* carbon capture technology has only reduced emissions by 0.7%. According to the *International Monetary Fund (IMF)*, a primary reason for this lack of true progress is the exorbitant amount of subsidies the fossil fuel industry receives, amounting to \$11 million per minute.

Instead of adding fuel to the fire, governments should regulate fossil fuel prices that reflect their true human cost, coercing polluters to pay for death and poor health from air pollution to heatwaves from global warming. Complex problems require complex solutions, but it always starts with this: true commitment and functioning collaboration.



(Above) According to *NASA*, increasing global pollution and the global warming it's causing, "Is making droughts more frequent, severe, and pervasive." This doesn't just impact wildlife, but it can also disrupt food access from reductions in the availability of water for agriculture or destroy farmland through natural disasters. Photo courtesy of *Bloomberg*.

The response to *Don't Look Up* has been polarizing, as its plot of a comet hitting Earth in six months has been criticized for being an unrealistic portrayal of current human issues and a, "Clumsy allegory for the climate crisis," per Ketan Joshi of *The Guardian*. However, the madness felt by main characters Randall Mindy and Kate Dibisky, played by Leonardo DiCaprio and Jennifer Lawrence, is similar to the decades of frustration from climate scientists—that of ignoring, skewing, and downplaying warnings by many politicians and major corporations. It's like telling people there's a major sinkhole ahead, but they keep walking. The satirical movie dramatizes how American leaders, the media, and the most financially powerful respond to an extinction-level event, indicating how polarized, driven by corporate greed,

(Above) Since the *IMF* notes prices are at least 50 percent higher than their true cost for a majority of fossil fuels, the world could cut CO<sub>2</sub> emissions by over a third if major polluters could cut subsidies and properly price their carbon footprint. Without cuts, devastating natural disasters like wildfires will continue to tear through areas we call home, such as those in California. Photo courtesy of *Vice World News*.

major obstacle that seems to be hidden relative to its significance in curbing climate change: the fossil fuel industry. If anything, major fossil fuel conglomerates seem to be the ones piloting the comet towards Earth.

In fact, many researchers concur that fossil fuel money in politics has been the single most important reason climate action has been stalled for decades. According to U.S. investigative reporting by *InsideClimate News*, *ExxonMobil* and other fossil fuel giants have spent over, "\$5 billion [in] undermining climate science and fighting clean energy policies." Though this sounds like a ton of money, it's minuscule in comparison to the hundreds of billions in revenue these companies accumulate each year. As a clear comparison, *Yale Climate Connections* notes

(Above) If you're thinking in monetary terms, a report from the *Swiss Re Institute* finds that climate change will cost up to 14% of global economic output by 2050.

From destroyed infrastructure to decreased trade availability, this amounts to a reduction of \$23 trillion in annual output, decreasing the wealth of some nations by a third. Photo courtesy of *Vice World News*.

I know what you're thinking: climate change isn't a literal comet that will destroy earth upon impact. But an important takeaway from *Don't Look Up* is that if we don't treat the climate crisis with increasing urgency, and brush it to the side like the comet, we will certainly cause irreversible damage to the planet we call home. Reducing emissions is key, as researchers at *Duke University* concluded that 150 million deaths could be prevented by increasing ambition in carbon emissions reductions by improving air quality alone. It's thus no surprise that people like Fiona Harvey, an award-winning environmental journalist for *The Guardian*, explains that for climate scientists, reporters, and advocates, *Don't Look Up* is, "What it feels like, and no, no one listens, not until it is too late." So, *do* look up.



# Faces and Places

## Tracking the Top 10 Photography Trends of 2021

By Staff of the Twice-Told Tale

Throughout every year, styles and rages change, and this includes artists and their preferred photographic choices. In 2021, the 10 most popular photography trends ranged from images pertaining to the pandemic, differing angles and actions with both people and objects, digital editing, and diversity, to more basic photography factors such as color and authenticity. All of these trends share a similar characteristic; they create a common language amongst the photographer and customer, allowing the artist to have a target audience and the client to find the right photographer for his or her purposes. While the world continues to revamp, so does photography, representing current topics and values.

### Masks are Everywhere

(Right) COVID-19 has changed photography, as this year there has been a major shift in wardrobes with the addition of masks. In that regard, masks have been worn all around Lake Highland's campus, particularly by Lake Highland Speech and Debate Team members. Mr. Nathan Johnson, the Speech and Debate Coach, and Zeal Patel, a member of Speech and Debate, work together to discuss the impact of one-third of programs nationwide experiencing losses in administrators amidst Speech and Debate's digital transition. Lake Highland's team has made a significant effort to maintain some social aspects of team bonding in the activity during all national tournaments shifting online by competing on Lake Highland's campus with masks. Masks as a photographic trend are emblematic of the time period we live in and are used in everyday life. Photo by Santiago Calderon.



Selfies, Family, Portraits, & Small Community Shooting

(Above) The trend of taking small community photos with friends and pets has been the result of quarantined and smaller family circles. Looking at what's around you for inspiration has become the norm instead of venturing out to exotic places. Though all masked, these second graders at Lake Highland Preparatory School have been able to create a sense of community and friendship. Photo by Delaney Bolstein.



Growing Interest in Nature

(Above) From Highland House to the HCCA flags, this tree has the perfect view of many of the beautiful aspects of Lake Highland. Classes at Lake Highland have a growing interest in nature, through groups moving outside to work on projects, partner-work, and lessons being taught outside. The lake in the background is an important part to Lake Highland, as it is quite literally in the name. Oftentimes, you can see science classes participating in labs near this lake area. Photo by Arya Sant.

(Below) Because of the COVID-19 pandemic, there has been a large shift from horizontal to vertical images as mobile devices are being used over desktop ones. This beautiful building is the LHP Rex Building on the Upper School campus. This spot is one of the most popular on campus, as students are regularly seen eating lunch and relaxing there, with the trees shading them from the sun. Photo by Kailey Calvo.

Shifting to Vertical Images



Nostalgic Outlook

(Above) Spending time at the playground is one of the most nostalgic memories of childhood that everyone cherishes. The playground not only gives children the opportunity to spend time outdoors but also allows them to celebrate their youth. The unforgettable feeling of freedom during playtime explains why many individuals try to recall the nostalgia of being outdoors experiencing in much of their photography. This nostalgic trend of wanting to visually capture the past was one of the hottest visual techniques used during 2021. Photo by Amanda Wiboon.

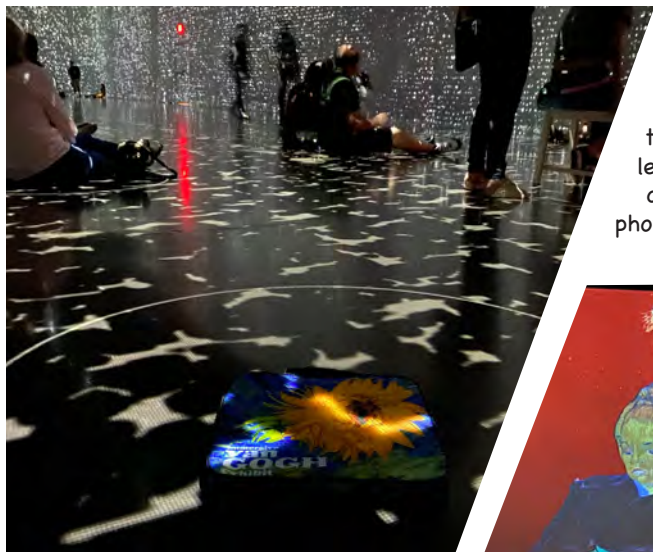
Tracking the Top 10 Photography Trends of 2021, Continued On Page 7...



# ENTERTAINMENT

## Painting a Canvas with New Technology

By Rebecca Reif



(Above) When purchasing tickets for the *Van Gogh Immersive Experience*, there are four different options: Child, Basic, Premium (most popular), and VIP (best experience). The prices range from \$29.99 to \$99.99, and the two highest levels come with assets. Premium tickets receive a limited edition poster and rental cushion, and VIP tickets are accompanied with those Premium items, as well as priority access and a souvenir laminate.

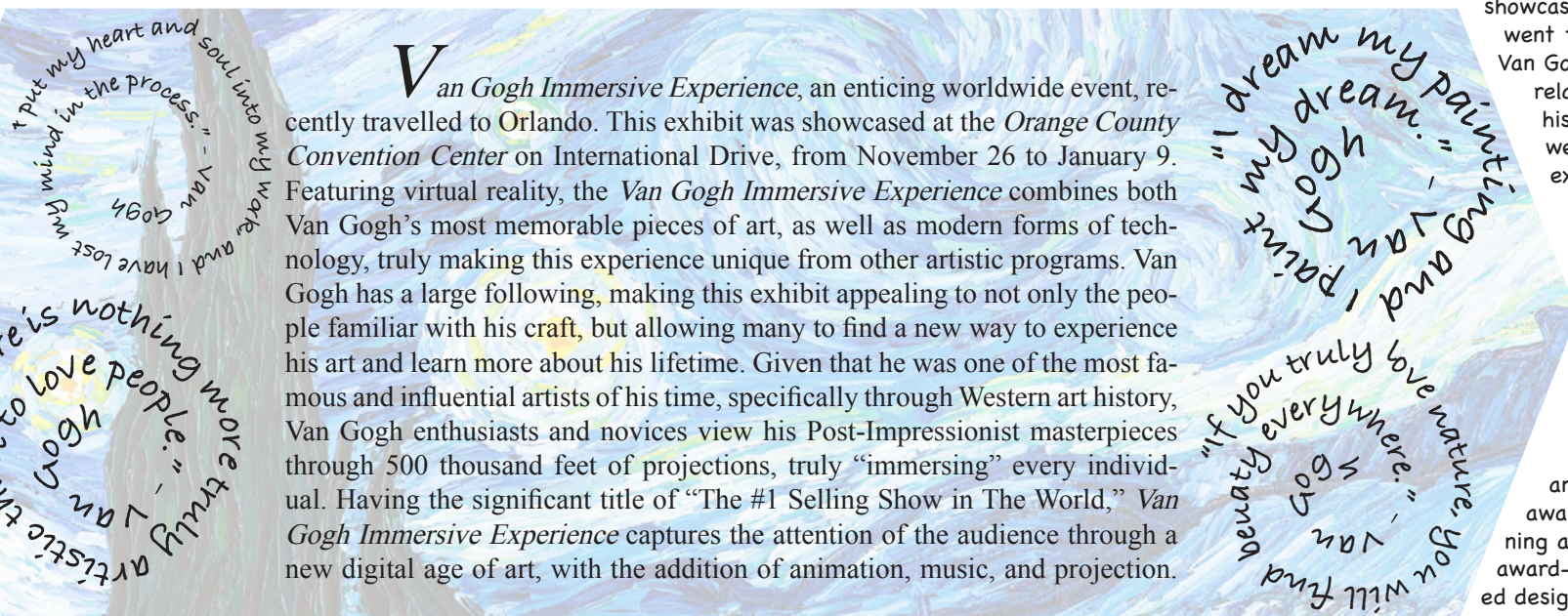
(Below) During the roughly 35 minute program, various images of night scenes, still life paintings, and bright skies pop up over the four-wall projection. In all, there are 60,600 frames of video and 90 million pixels that piece together *Van Gogh Immersive Experience's* seamless exhibit. Additionally, while the walls encased the majority of the projections, the floors were also covered with art. All photos by Rebecca Reif. Background graphic courtesy of *Sanctuary Mental Health Ministries*. All quotes courtesy of *Goodreads*.



(Above) Through all of the sliding and changing animations, what separates *Van Gogh Immersive Experience* from other artistic exhibits is the storytelling. The display showcases what went through Van Gogh's mind relating to his art, as well as his experiences in his lifetime.



(Below) As the *Van Gogh Immersive Experience* is aesthetic, individuals who have visited this exhibit post their encounter on social media platforms, such as *Instagram*, using the #vangoghimmersive-experience, along with the city they viewed.



**V**an Gogh *Immersive Experience*, an enticing worldwide event, recently travelled to Orlando. This exhibit was showcased at the *Orange County Convention Center* on International Drive, from November 26 to January 9. Featuring virtual reality, the *Van Gogh Immersive Experience* combines both Van Gogh's most memorable pieces of art, as well as modern forms of technology, truly making this experience unique from other artistic programs. Van Gogh has a large following, making this exhibit appealing to not only the people familiar with his craft, but allowing many to find a new way to experience his art and learn more about his lifetime. Given that he was one of the most famous and influential artists of his time, specifically through Western art history, Van Gogh enthusiasts and novices view his Post-Impressionist masterpieces through 500 thousand feet of projections, truly "immersing" every individual. Having the significant title of "The #1 Selling Show in The World," *Van Gogh Immersive Experience* captures the attention of the audience through a new digital age of art, with the addition of animation, music, and projection.

(Below) David Korins, an Emmy award-winning and Tony award-nominated designer, used his knowledge to help this venue reinvent itself to showcase Van Gogh's art and transform the 25 thousand square feet space to an immersive experience. Korins' most famous set designs include *Hamilton* and *Dear Evan Hansen*.



(Above) While the exhibit may seem similar to a museum, the combination of immersive theater, cinematography art, and music make it quite different. Throughout the entire program, a classical soundtrack from Luca Longobardi, a composer and pianist, was played. Massimiliano Siccardi designed the base of *Van Gogh Immersive Experience*, as he is a digital installation artist. Both of these artists have previous experience in the field of digital art exhibits, and their original Van Gogh display debuted in 2019.





# REVIEW NEWS

## *No Way Home* Reunites with the Classics

By Alexandra Caballero

Nearly three years in the making, *Spider-Man: No Way Home* appeared on the big screen on December 17, 2021. With fans eagerly waiting for the release of the film, *No Way Home* performed exceptionally well at the box office, raking in a whopping 121 million dollars on opening day. *No Way Home* even went on to break cinematic records, grossing over one billion dollars in only a matter of 12 days—the first movie to do so since 2019. Although other popular *Marvel* series, such as the *Avengers*, have concluded in recent years, *Marvel* never fails to excite their audiences with newer adaptations in the franchise.

Although interest in the film has only recently grown, leading up to its release, Spider-Man has been a fan-favorite for decades in the *Marvel* universe. The character of Spider-Man first appeared in the 15th issue of the 1962 *Marvel Comics' Amazing Fantasy* written by Stan Lee. In this version, Peter Parker, an awkward yet likable teenager, is bitten by a radioactive spider and soon gains incredible powers such as super strength and the ability to stick to walls. While the writers only initially created Peter's character just for the sake of filling up space in the comics, readers couldn't help but relate to this hero, quickly demanding to see more of Peter in action.

After countless comics and cartoons featuring Peter, the first official movie was released in 2002 with *Spider-Man*, starring Tobey Maguire. The character's film career would begin in a battle against the Green Goblin, a man who mutates into a goblin creature after one of his experiments unexpectedly alters his brain. Maguire's series would end in 2007 after the release of two more movies in which Peter would face off against additional villains such as Doc Ock and Venom. Af-

ter nearly a decade break, the character would take to the screen again in 2012 with Andrew Garfield's *The Amazing Spider-Man*, sharing the same title with the *Marvel* comics. In this new adaptation of Peter's character, he must prevent the rogue scientist, Curt Connors, from mutating the entirety of the population into humanoid lizard creatures. Unfortunately, after only one sequel which also did not perform nearly as well as the original, *Sony* fired Garfield from his role after he failed to attend an event that planned to announce the third movie of the series. In 2014, this information would be revealed to the public during what was known as the "Sony Pictures Hack" in which private documents and emails containing this information were leaked by the *Guardians of Peace*, a group of online hackers.



(Above) Although there are some dangerous heights in the movie, many of the film's stunts were performed by the original cast, including Zendaya Coleman and Tom Holland. In an interview with *BBC Radio 1*, Zendaya Coleman and Jacob Batalon, who play Peter's best friends, explain how they were excited to finally perform some of their own stunts for the movie despite anxiety. For the scenes that were completed by stunt doubles, the cast is very grateful with Tom Holland stating, "Without these legends, this movie wouldn't be half as good." Photo courtesy of Matt Kennedy. Graphic by Alexandra Caballero.

The franchise came to a stop for several years until *Marvel* suggested to *Sony* the idea of joining multiple superheroes together in what would be known as the *Marvel Cinematic Universe*. This deal would not only reignite interest in already stale superheroes but also help *Sony* recover from the financial disappointment of *The Amazing Spider-Man 2*. With this in mind, Spider-Man's character received a reboot once again in 2017 with the release of *Spider-Man: Homecoming*, starring Tom Holland as the lead. Because the *Marvel Cinematic Universe* had developed significantly by the time of the release with a variety of new and diverse characters, the movie differentiated itself from the older movies by introducing Peter to other characters within the universe for the first time, such as Iron Man and Captain America.

The first two movies starring Tom Holland were released without any issues. However, for a while, it was uncertain if fans would receive a third movie. As ideas for a third movie developed in 2019, *Sony* and *Disney* failed to agree on how they would share own-



(Above) While *No Way Home* excited fans with their favorite actors from the *Marvel Cinematic Universe* such as Jacob Batalon, Zendaya Coleman, and Tom Holland, the original cast was expected to be larger. Characters such as Tony Stark and Morgan Stark were planned to appear in the film. However, during the editing stage, their scenes were removed. Also, rumors of Emma Stone, the actress of Gwen Stacy from *The Amazing Spider-Man*, possibly making a comeback surfaced before release, but Stone denies any involvement. Photo courtesy of Amy Sussman.

ership of Spider-Man's character, placing the series in serious danger of being canceled. After the news came out, fans took to social media, expressing their frustrations over the disagreement. During an interview with Jimmy Kimmel, Tom Holland even explained how he talked to the *Disney* CEO directly, expressing how he did not want his time working with *Marvel* to end. Finally by September 27, *Disney* and *Sony* had settled on an agreement, and the film was approved to begin production.

Of all of Tom Holland's movies, *No Way Home* is the only film that truly feels like Peter fully adopts the role of Spider-Man. In *Spiderman: Homecoming*, the narrative focuses on a teen boy who is trying to understand his new powers while also juggling high school and teen drama. By the second film, Peter has grown from the first movie. By trying to prove himself as a hero, he loses some of his authenticity, earning him the nickname of "Tony Stark, Jr." In *No Way Home*, Peter is finally acting based on his own judgment, doing what he believes is right even against the advice of his mentors. This last film makes it clear that Peter's coming-of-age story has finally concluded, and he must accept the responsibilities of being the, "Friendly neighborhood Spider-Man."

In true *Marvel* fashion, *Spiderman: No Way Home* leaves audiences with more questions than answers by the end of the film. From possible new powers to broken relationships, the world of Peter Parker is anything but concluded in *No Way Home*. And thus, *Spider-Man: No Way Home* completes the Tom Holland Spider-Man trilogy. After all, "Three's the magic number."



(Above) With most modern superhero movies involving large-scale battles and entirely fictional universes, *No Way Home* relied heavily on visual effects, 3-D modeling, and CGI. This scene in particular between Dr. Strange and Peter Parker is actually completely constructed from digital 3-D models, including the background. Because visual effects supervisor Kelly Port could not access any old 3-D models from past film, new models were made of all digital characters solely for this film. Photo courtesy of *Marvel*.





## Raising the Roof “For the Kids”

By Luis Roldan

Revitalizing traditions is key to bringing us together as a community, especially for a good cause. *Dance Marathon*’s time at Lake Highland, though short, has been doing just that for the past several years. Highlanders have become so involved in the cause that it is now a nearly all student-run event.

When students and alumni of Lake Highland discovered *Knight-Thon*, the University of Central Florida’s *Dance Marathon*, they were inspired to create a similar atmosphere here on campus. According to Ms. Katie Gallagher, it has truly turned into a group effort: “A

It is no surprise that students have taken notice of this year’s *Dance Marathon*, as Ms. Gallagher and the student leaders have been building up excitement for the event on social media, most notably through their *Instagram* account @lhpsdm. You may have even seen their colorful promotional posters all over campus. Grey Chapin and Ainsley Myers, both grade 12, are on the leadership team, which is comprised of a group of highly motivated Juniors and Seniors. They have been actively organizing the event in hopes that it will be even more successful than in past years. Being at the forefront of *Dance Marathon* has been a highlight of their Senior year, and they say that the collaboration of the Senior class is what ultimately makes it special and worthwhile for the children.

While the anticipation surrounding *Dance Marathon* is growing, it is essential to recognize the root of the cause. Started in 1991 by students at Indiana University in order to honor the memory of their friend Ryan White, a victim of a faulty blood transfusion, the marathon has transformed into a national fundraiser for children who are patients at the *Miracle Network Hospitals*. When talking to Ms. Gallagher, she reminisced on a particular moment she is looking forward to recreating this year. She emphasized, “Meeting the *Miracle* children and hearing their stories is the most important and the best part of the dance. Their energy, positive attitude and great outlook on life make all the hardwork worth it.”

Highlanders strive to see *Dance Marathon* as a positive opportunity. Ms. Gallagher explained, “Our event is more of a celebration. We will have activities, dancing, music, *Miracle* children stories, food, and tons of games.” This goes to show just how much our community’s efforts can greatly impact these children’s lives for the better as they get a chance to enjoy some time away from the hospital. Grey Chapin also emphasized how even though Lake Highland’s *Dance Marathon* will last for about three to five hours, and is a shortened version of the original event which lasts 24 hours, it will be nothing short of a fulfilling experience for all.

*Dance Marathon* is nothing new to the Lake Highland community, but after a few years without it, it will definitely bring back the high-spirited and compassionate student body that defines our school. It is clear that our dedication to service will truly shine through this year in more ways than one. After all, we’re doing it, “for the kids!”

*Dance Marathon* is nothing new to the Lake Highland community, but after a few years without it, it will definitely bring back the high-spirited and compassionate student body that defines our school. It is clear that our dedication to service will truly shine through this year in more ways than one. After all, we’re doing it, “for the kids!”



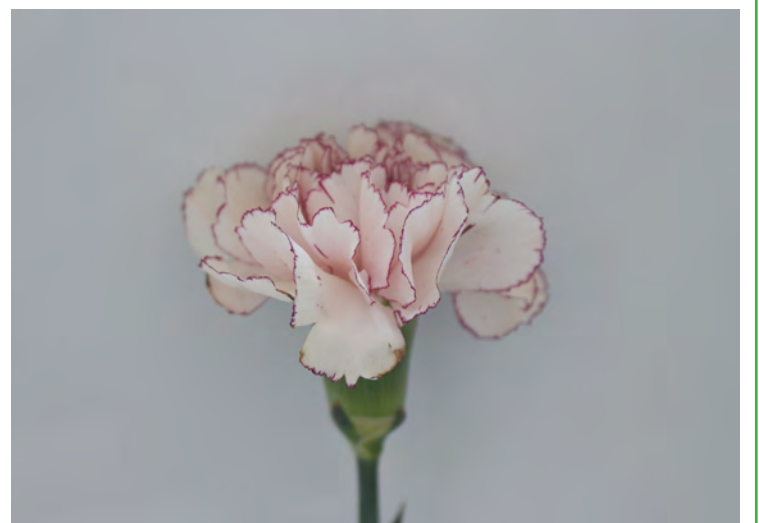
(Above) 2019 may seem like a lifetime ago for some of us, but it was the first and last time Lake Highland was able to host *Dance Marathon* on campus due to the pandemic, until this year. Ms. Katie Gallagher has been at the forefront of revamping this important tradition despite the uncertain circumstances, saying that, “We will do what we can to make it safe [for everyone].” Photo courtesy of Mrs. Candace Watson.



(Above) Seniors, including Ainsley Myers, Ella Kalicak, and Lucy Adams, were busy promoting the upcoming *Dance Marathon* during December’s Winter Carnival. Students were incentivized to donate and support the cause by joining a raffle to win a parking pass in the *Annex*. Photo courtesy of Grey Chapin, grade 12.

couple of them have older siblings or friends that have done or been a part of it and realize how special it is and something that a whole community can come together and do.” Ms. Gallagher has been the advisor for Lake Highland’s *Dance Marathon* for several years and is tasked with the preparation for the event as well as selecting the leadership team. Since then, it has become one of the most anticipated moments of the school year and serves as a reminder of the immense support that these patients have. The COVID-19 pandemic has made participating students even more eager to spread awareness and make *Dance Marathon* even more memorable. “We have a group of Upper School students that are the leaders and then some others who are helping in our different committees,” Ms. Gallagher stated. She also elaborated on the importance of this year, with the fundraising goal being \$22,000 to represent 2022. Despite the high goal, she is confident that, “This group of leaders is very driven to achieve the goal and raise it for the kids.”

### By Any Other Name Retraction



(Above) The staff of *Twice-Told Tale* and *By Any Other Name* would like to apologize for an error in the Fall 2021 issue of *By Any Other Name*. The photograph, *Unfolded*, was improperly credited. We would like to give special thanks and credit to artist Minaal Arain, grade 10.



# HOT TOPICS

## Tracking the Top 10 Photography Trends of 2021

By Staff of the Twice-Told Tale

...Tracking the Top 10 Photography Trends of 2021, Continued From Page 3.



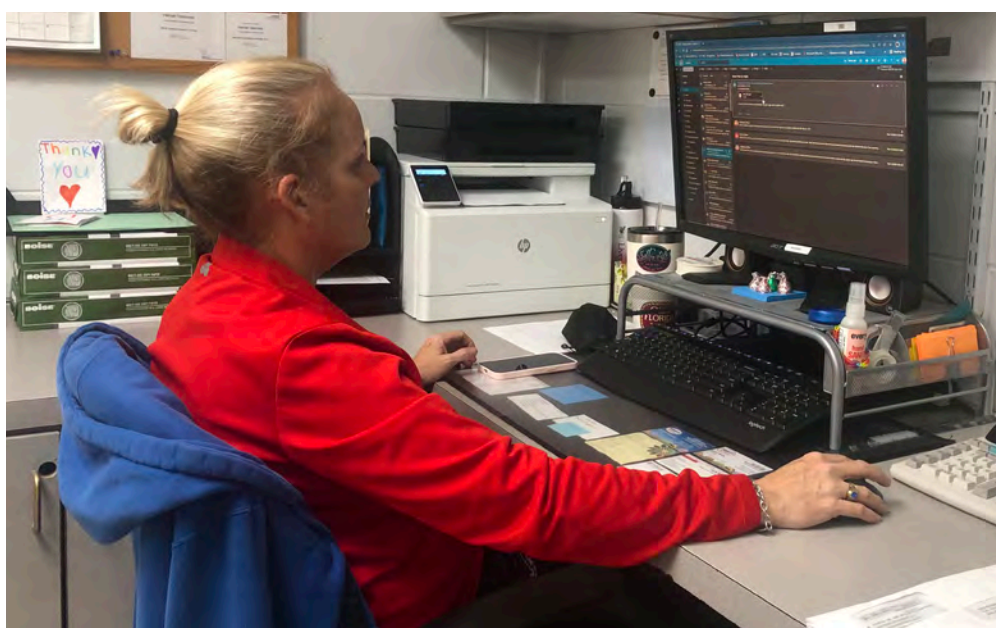
Female Photography and Diversity

(Above) Diversity has become a vital part of society by showcasing divergent cultures, genders, religions, disabilities, and other differences throughout the media and public. Similarly, as part of the top photography trends in 2021, female photography and diversity has become a popular part of creative photography, specifically for advertising. Faith Graham, grade 12, exhibited these ideas through her digital piece, *Femme Fatale*. Many artists aspire to send a message through their craft, as Graham did when creating a pop-art piece relating more to current times. Photo by Rebecca Reif.



Ode to Colors

(Above) Students of all ages pass through the cafeteria line every day, but some fail to notice these bright pops of colors. The color of these trays provides a sense of familiarity as students carry their food around campus. Additionally, the colors are strikingly similar to those of Lake Highland, red and white, which goes to show how school spirit can be integrated into the community in unconventional ways. This ties back to the trend of "ode to colors," in which photographers used a minimal color scheme with one pop of color to bring better composition to many photographs. Photo by Luis Roldan.



Authenticity as a Dominating Force

(Above and Left) In 2021, the concept of authenticity dominated photography, viewing the world through an unfiltered perspective. As part of the staff at the *Tartan Café*, Mrs. Pam expresses her authentic self through her love of soccer and the *Liverpool FC* team. She first became interested in soccer at the age of 18 when her friend introduced her to the team. Now, she carries the team's anthem wherever she travels with the acronym, "You'll Never Walk Alone" written on her arm. Photo by Alexandra Caballero.



Puzzling Still Lives

(Left) Still life art of inanimate objects has been popular for centuries, but photography allows us to take this concept to capture ordinary objects. The *Lake Highland Rock Painting Club* paints and distributes rocks around campus. One rock depicts the trending video game *Among Us*, another spreads a message of "LOVE." Photo by Sarah Finrock.



AI-Powered Photography and Editing

(Left) This photo exemplifies the trend of AI-powered photo editing. Starting with an original photo of two-second grade girls on the swings behind the cafeteria, AI software was utilized to generate an abstract background with the theme of masks. During 2021, many photographers self-quarantining had more time to experiment with this emerging art form. Photo by Zane Rimes.



# SPECIAL FEATURE

## Ancient Yoga Practices Take Modern Forms

By Sarah Finfrock and Rebecca Reif

Although yoga has been around for over 5,000 years, many new forms of yoga have been popping up around the United States due to its rising popularity. Goat yoga consists of yogis practicing the art while interacting with live mini goats throughout the session. The trend peaked around 2018-2019, but there are still many studios across America dedicated to the practice. Another yoga trend, pilates, has become favored by Millennials. *Club Pilates* is the most successful chain, which is based in San Diego. Trendy yoga classes have taken grip of America's younger generations, but any type of yoga can have multiple physical and mental health benefits. According to *Harvard Health Publishing*, yoga can improve symptoms of PTSD and elevate one's mood. As additional variations of yoga travel to Orlando, the culture surrounding yoga becomes more appealing to an audience with diversified interests.



(Above) Alaska Farms hosts birthday parties and other special events. As part of Alaska Farm's mission, they want to be able to make an individual's experience memorable with their animals. Alaska Farms sells several types of merchandise, including handmade soaps and candles, shirts, hats, beanies, hand sanitizer, water bottles, honey, and goat milk lotion. Photo by Rebecca Reif.



(Above) Alaska Farms was established in 2018, with their goat yoga sessions being introduced around a year and a half ago. They are a family owned farm which ensures that their animals are cared for and lovable, making Alaska Farms family operated as well. Another main reason that being family-owned is important to the farm is because they want to make sure that their animals are kid friendly, which helps the business side of the farm for goat yoga and other events. Besides goat yoga bringing the farm its popularity, it is also home to the Orange County Sheriff's Department Mounted Patrol Units. Alaska Farms provides goat yoga sessions three times a week on Wednesdays, Saturdays, and Sundays. They are open year round for all customers to experience goat yoga. Photo by Rebecca Reif.



(Left) The name "pilates" is derived from Joseph Pilates, the founder of the practice. Pilates was born in Germany, but immigrated to the United States, where he opened Body Conditioning Gym in 1926 based on his innovative workout practice. The gym quickly became popular for dancers who needed rehabilitation, as it was a full-body, low impact workout. Joe's wife, Clara, also played a significant role in teaching and developing his methods. Photo by Sarah Finfrock.



(Right) Club Pilates was founded in 2007 and currently boasts over 600 locations worldwide. Each year, the company teaches about eight million classes across all studios. In Central Florida alone, there are nine locations, including Winter Park, Winter Garden, Dr. Phillips, and Sodo. Club Pilates also offers instructor training. The course is 500 hours both online and in-person. Photo by Sarah Finfrock.

Ancient Yoga Practices Take Modern Forms, Continued on Page 9...



# SPECIAL FEATURE

## Ancient Yoga Practices Take Modern Forms

By Sarah Finrock and Rebecca Reif

...Ancient Yoga Practices Take Modern Forms, Continued From Page 8.



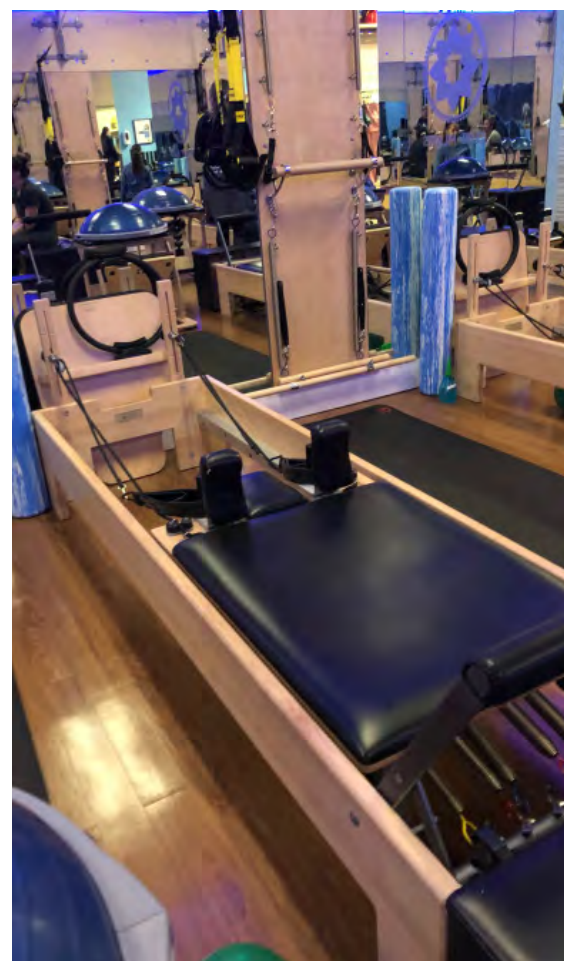
(Above) Pilates utilizes a variety of apparatus (the technical equipment) including *Total Resistance Exercise (TRX)*: a resistance training system, the *Exo-Chair*: a stool-like chair with a pedal that increases balance originally designed by Joseph Pilates, *Bosu Balls*: a balancing machine that is half a flat surface and half the surface of an exercise ball, grip socks, and foam rollers. All the equipment forces users to focus on increasing stability and mobility by using body weight and gravity, which applies less stress on the muscles and joints than traditional gym workouts. Photo by Sarah Finrock.

(Right) Alaska Farms has four different instructors for their goat yoga sessions, with all instructors having different feelings and beliefs of how yoga interacts with the body and mind. These mindsets include yoga focusing on the journey within, connecting deeply with oneself and others, self-discovery, and strengthening and developing flexibility to the body and mind. The true purpose of goat yoga is having interaction with animals to form a feeling of relaxation and peace, whilst also having a different experience than just a regular yoga class. Photo by Rebecca Reif.



(Above) Goat yoga is popular through various social media platforms, in which Alaska Farms takes part. They have an Instagram account, @alaskafarms.co, as well as a Facebook page. Various guest experiences are illustrated through these platforms, and individuals also enjoy posting their encounters on their own social media. For Alaska Farms, social media is used as a form of advertisement, giving both new and old customers a small glimpse of what their experience may entail. It also shows their values as people and as a business, and it most importantly allows people to stay connected with Alaska Farms, and vice-versa. Photo by Rebecca Reif.

(Below) Lasting 30 to 35 minutes long, the goat yoga classes include an introduction to the farm, stretching along with basic yoga poses, time after yoga to take any pictures a customer would like with the goats, and a tour of the rest of the farm. Alaska Farms is rather flexible when it comes to the sessions, inviting anyone to participate, whether he or she just wants to interact with the baby goats, actually stretch and partake in yoga, or do a combination of both. Photo by Rebecca Reif.



(Above) Club Pilates offers a variety of classes for members. Class levels range from 1, 1.5, 2, and 2.5. Moving up requires approval from instructors and mastery of specific techniques. There are also different styles of classes such as *Cardio Sculpt*, *Center + Balance*, and *Suspend*. Although pilates is designed for injury rehabilitation and prevention, improper form can lead to back, neck, and spinal injuries. Instructors are trained to constantly correct bad form, especially in beginner classes. Photo by Sarah Finrock.





# Teaching Track by the Book

By Arya Sant

Lake Highland takes pride in their successful sports teams and players. Many students find their love and passion for a sport while they are young and continue playing throughout college. Track is one of the sports that has become more popular every year. The track and field program at Lake Highland has won a total of 11 district championships and six regional championships. In addition, students have won six individual state championships. Although the team consists of extremely talented individuals, it's important to recognize that most of their success would not be possible without the guidance of their coaches. Coaches, such as Mrs. Miriam Campbell, help students find that drive that allows them to stay committed to a sport, which in turn helps them improve their overall performance.

An enthusiastic and passionate person has stepped in to ensure the continued success of the Varsity Track Team. Mrs. Miriam Campbell, a second year English teacher at LHPS and the newest addition to Lake Highland's varsity track team, will be working with the team as Head Coach. She brings many years of coaching and leadership experience from different areas of her life. Mrs. Campbell previously resided in El Paso, Texas, where she was Head Coach of both volleyball and track. She led her teams to various championships and was even awarded with the title of *Coach of the Year* for the city of El Paso. Coach Campbell attended Wayland Baptist University in Plainview, Texas, where she specialized in Javelin and 400 Hurdles. She participated in various heptathlons, a competitive track and field event in which there are seven events. Beyond the track, she enjoys partaking in activities that involve reading, drawing, and walking outside. Coach Campbell moved to Jacksonville in 2012, with her husband and four children, Jordyn, Machai, Marcus, and Jailynn. Coach Campbell particularly enjoys being a part of Lake Highland's faculty now because she admires the community and tradition. She believes it is a great place to teach and is thrilled to be a part of it. Though many students look up to her, she is also inspired by her own students, as they influence her in such positive ways that she feels motivated to be the best possible version of herself.

Coach Campbell has been an athlete since elementary school and started volleyball and track and field at an age much younger than most. Volleyball was a sport that was very dear to her heart because it heavily relies on strategy. One of her favorite parts was the interaction with her teammates. Unlike track and field, the sport does not rely on one single person to be successful, and instead, focuses on working together as a team. By the age of 10, Coach Campbell was also participating in *Junior Olympic* track and field every summer. In order to be successful in track, Coach Campbell says you must have, "Inner drive and discipline." With 17 years of coaching experience, she has seen the ups and downs of all her athletes. Although times can get difficult, Coach Campbell sees past it and focuses on all her favorite parts of coaching. In her opinion, the best part of track is that it is one of the only sports that is solely about yourself. She emphasized, "You are the person who will better yourself and has to push yourself everyday to be the best you can be." Track runners require more self motivation and drive than most other team sport athletes, in her opinion. Aside from Coach Campbell's passion for coaching, she also teaches English 9. She enjoys show-

ing students that literature can stand the test of time and will always have a prominent role in our lives. She explained that, "Human nature can transcend generations, and it is a timeless way to teach students how to be better humans."

Coach Campbell started the first few years of her teaching career in music. Since then, she has taught many different courses, from 6th grade English to Advanced Placement Literature, before coming to Lake Highland. Coach Campbell sees many similarities between teaching her students in a classroom setting and coaching her athletes on the track. The coaching aspect of her personality is occasion-

ally brought out in the classroom, which she believes makes her a better teacher. She constantly strives to pull out the best in her students to show them that they can achieve anything if they believe in themselves.

Although Coach Campbell has only been with Lake Highland for a short period of time, it is clear that she will continue to lead students on and off the track to success. Students are encouraged to be involved in the track program by joining or showing their support at meets. It is obvious that the track program is lucky enough to be working with Coach Campbell's leadership experience and styles in the upcoming seasons.

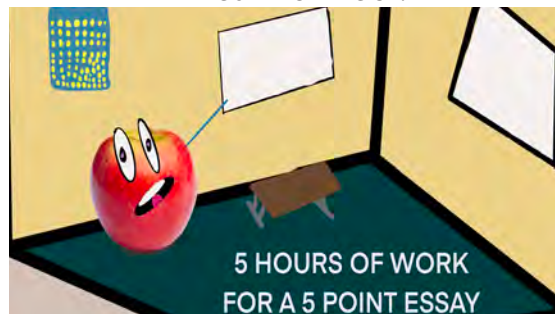


(Above) Freshman students in Mrs. Campbell's class have the opportunity to study *Romeo & Juliet*, *Lord of the Flies*, and *To Kill a Mockingbird*, amongst other texts. Mrs. Miriam Campbell is extremely passionate about teaching her students and looks forward to teaching many more in the future. Students should expect a course that will fully prepare them for the next four years of their high school years. Photo by Arya Sant.

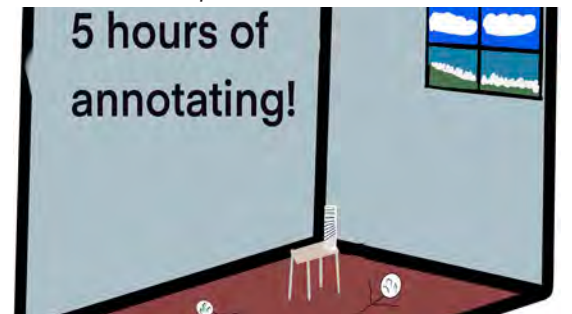
## The Four Year Struggle

By Zane Rimes

Freshman Year:



Sophomore Year:



Junior Year:



Senior Year:







# Female-Run Shop Gifts Smiles



By Amanda Wiboon

An eye-catching, hot pink contemporary boutique is the latest to join the rows of small businesses that thrive in Downtown Winter Park. Located off of scenic Park Avenue on 106 East Canton Avenue, *GASP* is the go-to destination for everything trendy and colorful. It's a place that is ideal for locals to buy gifts to make their best friends, "Gasp" in delight, as well as to stock up on the trendiest accessories and home decor that are often sold out online. Products from *GASP* are bound to make others ask, "Where did you get that?" Owned by Winter Park native Julianna Vargas, who opened *GASP*'s doors last May, *GASP* has become a boutique that encourages positivity and smiles with its products during the on-going pandemic. It also supports many online small businesses by selling their handcrafted products.

Before she opened her local small business, Vargas was uncertain of what to do with her degree in hospitality, having recently graduated from Florida State University in May 2020. Because of massive closures under the pandemic, she was unable to obtain a job in hospitality. So, Vargas made the decision to move back to her home in Winter Park. During the pandemic, Vargas reflected on her experience as a small-business owner in college, where, in her Senior year, she, "Started tie dying and bleaching college t-shirts from *Goodwill* and selling them on *Etsy* as gameday shirts." This helped create the idea for *GASP*. Vargas explained, "I continued



(Above) As the owner of *GASP*, Julianna Vargas has many responsibilities, but enjoys being in control. "I think it makes it so much more meaningful to see your hard work pay off when you've put so much into every aspect of it!" she says. All photos by Amanda Wiboon.

women-owned small businesses that needed the support during the pandemic's difficult toll. In *GASP*'s vision, Vargas chose to source her products from small businesses online since she believed that their unique products are more appealing and are harder to find than items sold in brick and mortar stores—or by major companies. Because these small businesses are limited to online customers, she believed that she could make a difference by expanding their market and customers. Sourcing a large variety of products from many different businesses is not only very important, but also fun for Vargas because she gets to, "...Support hundreds of small businesses all in one place!"

Products that are typically found at *GASP* include keychains, candles, stationary, and sweat-shirts. Because of Vargas's business model, *GASP* boasts that their products are difficult to find elsewhere in-person. An example of this would be their best-selling phone charms, which are keychains for phones. *GASP* was one of the only stores that sold them in-person, since, at the time of their release, phone charms were new and mostly selling online. In fact, new inventory is one of Vargas's goals in maintaining *GASP*. She receives new products every day in order to keep the store updated and fresh with the latest trends.

Since its opening, *GASP* has received mostly positive reception and success. As founder, cashier, and social media manager, Vargas currently



(Above) In the future, Vargas hopes to launch a website for *GASP* so more customers can discover her products. Heart graphic courtesy of PngNice.com. Smiley face graphic courtesy of emojiPNG.com.

sisters." That's when the idea sparked for her to open her own store for young people. After about six months at home, Vargas was confident in her pitch for *GASP* and believed that the Winter Park community would favor a shop that specializes in new and trendy goods for the younger generation. Locating the shop in her own hometown further helped bring these ideas to life for her local community.

Vargas not only wanted to help her local community by establishing *GASP*, but she also founded the shop to provide support for other online,



(Above) Vargas is currently planning to expand her customer base. She is always looking for new items to sell inside her shop and tries to think about different demographics, such as a variety of ages, that might want to shop at *GASP*.

to do this after I graduated, and that's when I realized that there were so many cool small businesses out there selling unique products that no one really knew about. When I started thinking about opening my own store, I knew I wanted to fill it with all the really unique products I had been finding from small businesses."

Vargas also reflected on family and her childhood memories in Winter Park and realized that something was missing. Recollecting on her past she notes that, "I lived in Winter Park pretty much my entire life and have spent a ton of time coming up to Park Ave. with my little sisters. When I graduated and moved home I realized that there were not very many stores on Park Ave. that catered to younger people, definitely not much for my high school aged



(Above) Vargas named the *TikTok* viral shop *GASP* because her parents noticed that she often, "Gasped" at products online. Since then, the name has become very fitting.

runs the business on her own, along with support from friends and family. Vargas believes that *GASP* has developed a much-needed space at the right time. She adds, "I also think opening such a bright, happy store in such a dark time helped us too. So many customers tell us that they love the vibes in *GASP* or that they love how positive everything is, which I think is definitely what [we] need with everything going on in the world right now!" Vargas's business continues to grant smiles for her customers, other small businesses, and most importantly, her community.

For more information on *GASP* and their products, you can follow their *Instagram* @gaspwinterpark.





# The Homecoming That Never Ends

By Kailey Calvo

*The Homecoming That Never Ends,*  
...Continued from Page 1.



(Above) Ms. Ginger Bryant. Class of 1990. Upper School English Teacher, Newspaper and David Copperfields *Project Magic* sponsor. All photos courtesy of Ms. Tara Bork and Mrs. Josie Karash.

of LHP's most popular clubs today. First-grade teacher Mrs. Kara Hughes (Class of '04) was a member of the softball team, cheer team, and yearbook staff, activities that have continued to make an impact on students in each class.



(Above) Ms. Kristin Gallagher. Class of 2012. Middle School Edison Learning Specialist.

The history and rich traditions that make up Lake Highland's unique culture are not new. Fun traditions such as the Halloween Carnival, North Carolina trip, and Homecoming and Prom festivities, are fondly remembered by all. The ongoing battle between Juniors and Seniors has always been prevalent, especially during LHP pep rallies. Mr. Jonathan Hiatt (Class of '03), current LHP Dean of Students and Counseling and Upper School Associate Director, shares a fun story of his Senior Homecoming pep rally. He recalled, "I got called up to represent our class in a game where you had to see how long you could hold an *Alka-Seltzer* tablet in your mouth with orange soda. I was up against this huge Junior football player who played on the offensive line. He assumed he was going to destroy me, but instead, I crushed him, and the Seniors went insane. It was pretty awesome."

A big part of the Lake Highland experience is not just what you learn in the classroom, but the lasting friendships and connections that are made throughout your time attending the school. A perfect and heartwarming example of this is that Ms. Gallagher and Ms. Allie Turner (Class of '12) are still best friends. In fact, Ms. Turner will be attending Ms. Gallagher's upcoming wedding ceremony. While fellow alumni are there for each other during big, life-changing moments, they also casually get together to chat often. Middle School math teacher Ms. Desiree Allison (Class of '10) shares that she and fellow alum Forrest White (Class of '11), "... Also get together almost every week to hang out and catch up." Mr. Hiatt summed it up the best, adding, "I know students hear it all the time, but this school truly is a community, and the relationships you build here will last a lifetime."

Faculty alumni not only leave their mark by mentoring the students that they interact with, but they have also left visible contributions around campus. Ms. Ginger Bryant (Class of '90), Upper School English teacher, David Copperfield's *Project Magic* sponsor, and LHP Newspaper sponsor, is responsible for creating the Tartan lizard sculpture outside of the *Bradshaw Building*. Similarly, Ms. Turner, Upper School visual arts teacher, painted the *Fruits of The Spirit* mural located outside of the Lower School office and reflected on her work, explaining, "This painting, at the time, was the largest painting I had ever done so it was a cool learning experience."

After asking about several alums' favorite teachers, many mentors are still working at LHP. Ms. Allison referenced that Mrs. Ann Crawford's Calculus class was one of her favorites throughout high school, and she even influenced her career plans. Ms. Turner detailed how Mrs. Kathy Forster, a current LHP art teacher, influenced her while attending the school. Ms. Turner continues, "Mrs. Forster probably had the biggest influence on my career path overall. She is the one who suggested I think about working towards teaching as a career and has and still is the biggest source of guidance for me." Some other teachers that were highlighted by alums that are current faculty members are Ms. Tara Bork, Mr. George Clemens, Ms. Lynn Stewart, Mrs. Kristina Herrick, and Ms. Ginger Bryant.

These faculty members all have a firsthand experience of what it is like to be a Highlander. All faculty members that are employed by LHP are beyond in tune with the needs of students today. They bring a different level of personal experience and awareness of exactly how LHP stu-



(Above) Mrs. Jennifer Neldner. Class of 2002. Upper School Pre-Calculus teacher.

dents feel and what they want to get out of attending LHP. Additionally, the LHP staff are always available to provide a word of wisdom to students.

Mr. Hiatt shares powerful advice to students, advising, "So many people look back on high school with feelings of regret for what they didn't do or weren't brave enough to try. I want all our students to graduate feeling fulfilled and feeling like they lived



(Above) Mrs. Kara Hughes. Class of 2004. Grade 1 teacher.

their Lake Highland experience to the absolute fullest. This school has so much to offer, and it's hard to appreciate that until after you're gone!" Mrs. Neldner gives additional thought-provoking advice: "To be appreciative and take advantage of the opportunities available to them at Lake Highland. From the arts & *ASPIRE* to Robotics and the newspaper, there are so many amazing opportunities to be involved and grow at LHP." Lastly, Ms. Allison tells students to truly experience everything during high school, saying, "Take each moment slow. You'll blink and be at your 10-year reunion." Faculty alumni are not only living examples of LHP's success in cultivating community and its leaders, but they also have the unique ability to boost school pride and inspire future generations of alumni.



(Above) Mrs. Paige Linton. Class of 2010. Grade 4 teacher.



(Above) Ms. Allie Turner. Class of 2012. Upper School Visual Arts teacher.



(Above) Ms. Desiree Allison. Class of 2010. Middle School Math teacher.





## Best Bowls Revealed

By Sarah Finfrock

The acai berry (aa-saa-ee) has a long and rich history in the Amazon rainforest before being marketed across the Western world in the form of a frozen blended bowl. The berries were originally eaten by Native people in the Amazon along with the acai palm heart. The story of the acai bowl begins in the

In the Orlando area there are dozens of places specializing in blended acai bowls and smoothies, and even more that serve the bowl alongside other menu items. Three of the most popular places are *Purple Ocean*, *SoHo Juice Co.* and *Create Your Nature*.

*Purple Ocean's* website states that they, "Not only bring the Caribbean feel of Puerto Rico to Orlando, Florida but [also] a very healthy option for locals as well." The founder of *Purple Ocean*, Josiah Candelaria, has Puerto Rican roots himself, and although acai is Brazilian, it is a part of Candelaria's culture to eat fresh, organic fruits and vegetables. *Purple Ocean* also has a commitment to sustainability and protecting the environment. *Create Your Nature* was launched by a health-conscious couple, Dan and Kim Dill. Dan and Kim both worked full-time and were parents to two girls, but after discovering acai bowls on vacation, the couple decided to take a risk and open a cafe themselves back in 2016. *SoHo Juice Co.* is a chain with four locations across Central Florida. *SoHo* has a commitment to healthy, allergen friendly foods. They also use post-recycled plastic bowls, paper bags, and utensils made from biodegradable corn materials. Their entire menu is vegan and gluten free.

On location uniqueness, *Purple Ocean* would surely take the cake. The restaurant is a food truck that maintains a permanent location on Mills Avenue, but there are also two other food trucks near UCF and Waterford Lakes. The vintage steel camper is surrounded by green plants, and fairy lights span the two buildings adjoining the truck. Parking is somewhat limited, as there are about



(Above) Many of the acai restaurants utilize plants and nature to jazz up their settings. *Purple Ocean* presents tropical plants around their silver camper. An Instagram worthy greenwall spans the interior of *Create Your Nature*. *SoHo* provides a hanging plant wall with both real plants and fake plants. As acai is an organic, vegan health food it typically attracts a more nature-friendly crowd, which the designs model.

1970s, when frozen acai pulp made its way to Brazilian city markets. Legendary Brazilian Jiu-jitsu fighter, Carlos Gracie, is said to have popularized the bowl in the 1980s in cities like Rio de Janeiro. Acai first made its way to America in the 2000s after its widespread popularity in Brazil. Hawaii and Southern California were the first successful markets of the new bowl, but eventually cafes serving the dish popped up all around the country and many other parts of the world.

A significant role in acai's domination is its marketability as a healthy, organic meal. Acai berries were coined a superfood due to the high concentration of antioxidants. These antioxidants can fight inflammatory diseases like Alzheimer's disease and Parkinson's disease. Acai has also been shown in studies to reduce stress on the heart. Additionally, acai powder has started to make its way into the skincare market in hopes that the powder can reduce irritation and redness.

The most common places for the bowls are organic and vegan cafes. However, people of all dietary types and lifestyles can enjoy the health benefits and delicious, refreshing taste of acai.

five spots on site, but additional parallel parking is available in the neighborhood for the Mills location. *Create Your Nature* boasts a newly constructed location off of Orange Ave next to *Foxtail Coffee*. The interior features a green wall and rustic decor, while the exterior provides modern concrete bench seating. There is a parking lot located behind *Foxtail*, although, due to the popularity of the other shops



(Above) The three bowls provided a very refreshing treat for a warm day: *Create Your Nature's* bowl, featured left, *SoHo Juice Co.* featured center, and *Purple Ocean*, featured right. All places allowed customers to personalize their bowls by substituting toppings and bases. *Purple Ocean* also offered a bowl served in a pineapple with the center cut-out for the base and toppings. There is an additional fee for this serving style over the plastic cup. It is not portable, as it is hard to put a lid on the pineapple, so ordering the bowl would require eating at the establishment. For this, the restaurant has tables and chairs tucked behind the *Track Shack* building on Mills Avenue. *Create Your Nature* sells coconut bowls, where the acai and toppings are served in a dried-out coconut shell. These bowls can be washed and re-used for other purposes such as salads, oats, and smoothie bowls.



(Above) The price points of all bowls were comparable. The bowls varied from \$8 to \$11 depending on size, but averaged at about \$9. Bowls tend to be expensive as blended menu items require more produce to create the same volume. All photos by Sarah Finfrock.

and restaurants in the vicinity, it can be hard at times to park for *Create Your Nature*. Even with that limitation, there are still more spots than *Purple Ocean*. *SoHo* has a somewhat disappointing location, as the building appears somewhat run-down on the outside. Parking is tight, and the shop is right on 17-92. The interior slightly made up for these drawbacks, with the modern decor and hanging plant wall. However, about half of the plants were fake.

On taste, none of the places disappointed, but *Purple Ocean* was definitely top-tier. It was clear they paid detailed attention to the balance necessary in good cuisine. The textures of all their bowls had a balance of smooth, crunchy, and soft. Meanwhile, their flavors were also balanced so one topping or base didn't dominate the entire bowl. *SoHo* had a good balance of traditional acai bowls and more unique ones, such as their chia seed pudding, protein bases, chocolate and funfetti shells, and blue majik drizzle (spirulina extract), while the other two places mostly just stuck to the classics. Moreover, *Create Your Nature* provided clients with the widest possibility of menu items, such as smoothie bowls, salads, overnight oats, and juices, sure to please any customer.

Overall, I would dine at all three locations, but if I had to recommend one, it would be *Purple Ocean*. The location provides a relaxing and tropical atmosphere in the midst of the sprawling downtown Colonial Drive area. Although service was a little on the slow side, it just added to the Caribbean vibe of the restaurant. However, *SoHo* and *Create Your Nature* are still excellent cafes that I will likely return to in the future.



# COMMON GROUND

## The Timelessness of *Converse*

By Delaney Bolstein



(Above) 1) The *Run Star Hikes* are a new rendition of the platform sneaker. With an insanely thick sole and a rugged bottom, they are a textbook example of the trendiest shoe. 2) The *Chuck Modern* was Nike's attempt to make an upscale version of *Converse*. These shoes are better worn with a pair of khakis than basketball shorts. 3) The cult classic *Chuck Taylor* is perhaps the most iconic shoe in the world. Kids in the 50s were sporting the same sneakers as their great grandchildren. 4) Another classic, soaring in popularity today, is the *Chuck 70*, loved for its retro look, and sturdy upper. Photos 1 and 3 are courtesy of *Converse*. Photos 2 and 4 are courtesy of *Medium*.

From basketball players to the runways of *New York Fashion Week*, *Converse* sneakers are a cult classic among generations. Founded in 1908 by Marquis Mills Converse in Malden, Massachusetts, *Converse* sought to create a shoe for the new and upcoming sport of basketball. The rubber sole limited skidding on the concrete, and the canvas upper supported players' ankles. Partly due to being one of the only basketball shoes available, *Converse* sneakers quickly became known as the "All-American" shoe. However, it was not until 1922 that, with the suggestion of star player, Chuck Taylor, the sneakers began to sport the classic ankle patch. *Converse* reached their peak in the market during the 70s when they created a monopoly in shoes, and released the vamped-up version of the "Chuck Taylors," *Chuck 70s* with a slight platform and thicker stitching. The popularity of the sneakers during the 70s can be seen in the movie *Grease*, in which they were used as a symbol of the gang *The T-Birds'* rebellious nature. Still, *Converse* wouldn't remain a monopoly for long. During the 80s and 90s, the *Converse* brand was sinking into debt as companies such as *Puma*, *Adidas*, and *Reebok* surged in popularity. Luckily, they were soon revived by *Nike's* acquisition of them in 2003. As a marketing strategy,

*Nike* began to promote *Chuck Taylors* as retro and, "Tried and true." Skateboarders gravitated to its ankle support, scene fashion kids gravitated to its edginess, and teen girls gravitated

*Converse* became so popular among teens in the 2010s that in Demi Lovato's song, "La La Land" they sing, "Who said I can't wear my Converse with my dress? Oh, baby, that's just me!" Now, *Converse* sneakers

are experiencing a surge in popularity among both teens and adults. Diverse collaborations can be partly credited to their rise in relevancy, even more so than in the 70s. *Converse's* collaboration with luxury brand, *Comme Des Garçons* grabbed the attention of sneakerheads. Their collaboration with Tyler the Creator grabbed the attention of rap fans. Their collaboration with Rick Owens grabbed the attention of edgy teens, with a little too much money to spend. The platform shoe trend also found a home in *Chuck Taylors*. Chunky soles take up most of the best-sellers list and are consistently sold out. Still, at the end of the day, the reason why *Converse* are the most popular shoe of all time is that they're timeless. Scout from the 1962 film, *To Kill a Mockingbird* and Rue from *Euphoria* wear the exact same pair of black high-tops. *Converse* has the lasting power that no other sneaker has. Perhaps it's their simple silhouette, their ability to adapt to trends, or their sheer nostalgia factor, but *Converse* has managed to be the most everlasting shoe of all time.

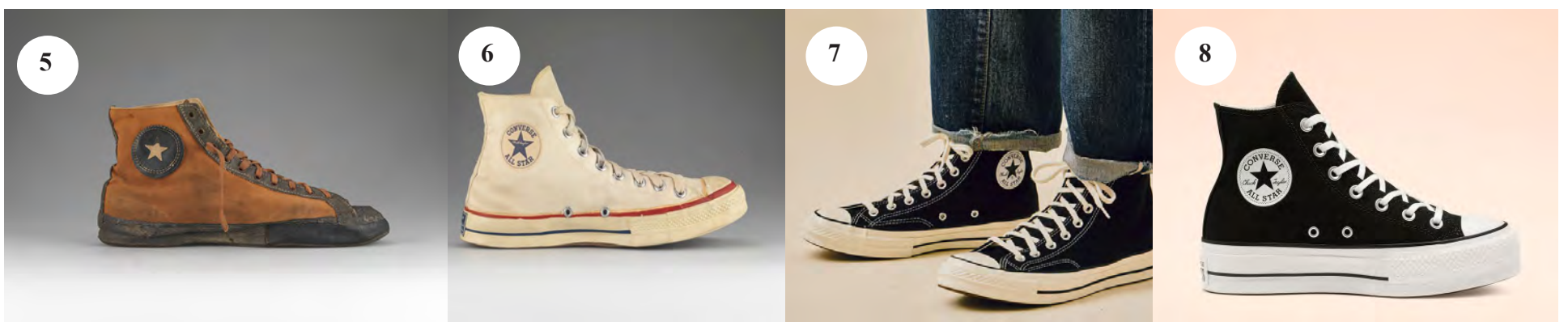


(Above) One of the reasons why *Converse* have had a surge in popularity is because of their extensive list of collaborations. Their collab with luxury brand, *Comme Des Garçons*, combines playfulness with a retro feel. After Travis Scott was seen wearing them in 2021, the *Comme Des Garçons Converse* saw a massive wave of demand.

towards its "tomboy" style. *Converse* was mainstream again. To sustain its popularity, variations of the classic *Chuck Taylor* are made to fit in with the year's trends. In the 2010s, low-top *Converse* sales soared with the, "Girl Next Door" also known as the, "Twee" fashion craze which was sparked by Bella Swan's classic black Chucks in the *Twilight* franchise. *Con-*

verse became so popular among teens in the 2010s that in Demi Lovato's song, "La La Land" they sing, "Who said I can't wear my Converse with my dress? Oh, baby, that's just me!" Now, *Converse* sneakers

(Below) 5) The first *Chuck Taylor* came about when *Converse* hired the former basketball player to perfect their shoe. Taylor added the iconic side logo and rubber toe cap. 6) This pair of 50s *Converse* rose in popularity with the creation of the *NBA*. It became the "it" shoe for players up until the 80s. 7) Once again, the classic black *Chuck 70s* marked the resurgence of the shoe in the early 2000s, as people yearned for the nostalgia of the 60s. 8) The most popular variation of *Converse* right now is the platform. The lifted sole adds height and proves that *Converse* will always be on trend. Photos 7 and 8 are courtesy of *Converse*. Photos 5 and 6 are courtesy of *Medium*.







# Behind The Wheel With Arias Deukmedjian

By Zeal Patel

Growing up, most children desire to become a part of the next generation of athletes. Whether aspiring to become the next Michael Jordan or revolutionizing the industry like Serena Williams, traditional sports—basketball, football, and soccer, to name a few—have been perceived as the conventional method of creating a name for oneself in athletics. For Arias Deukmedjian, grade 12, sitting in a single-seat, open-wheel racing car, driving at dangerously high speeds in *Formula* racing has always been his dream.

But, what is *Formula* racing? Outside of the elite racing connoisseur, the general public seems to lack knowledge in that subject. *Formula* racing, also known as open-wheel racing in North America, covers a wide range of categories. While *Formula Three*, *Two*, and *One* represent the most competitive realm of single-seater motorsport on the planet, other categories like *Formula E* offer an opportunity to explore electric vehicles. In addition, due to America’s widespread popularity and understanding of *Nascar*’s circular track racing, most assume the same for open-wheel.

However, it’s not the case. Because *Formula* entails far more complex stratifications and intricate circuits, the risk-to-rewards ratio is significantly larger, disincentivizing mass involvement and increasing competitiveness. However, there are still opportunities to break into the sport. Most drivers like Arias start their career by kart racing—the ultimate training ground to garner the needed skills to flourish in *Formula* cars. For Arias Deukmedjian, he notes, “I began karting when I was seven years old and have since transitioned into open-wheel racing two years ago...I’ve always had a natural inclination towards racing.” His long-held love for racing is part of why he held unparalleled success with his *National Number One in Karting* in the Americas/Canada in the 2018/2019/2020

seasons. After finding success, numerous drivers pursue the international circuit, where the cost of racing, both financially and physically, increases exponentially within every category. But, unlike other multigenerational international racing families, Arias is making a name for the Deukmedjian household, being the first generation *Formula* racer.

As with all professional sports, financial aspects such as contracts, commitments, and upper-level progression follow suit—even in Arias’ experience in racing. Deukmedjian notes that, “Money complicates motorsports. Sponsors begin

Because *Formula* races are held on international circuits with time-consuming season schedules, maintaining a healthy racing and school-life balance can be difficult for younger racers. Fortunately, Arias continues to succeed both on and off the track. Arias has recently signed his first professional contract for the European *Formula* racing series with *Van Amersfoort Racing*. On other hand, although he is, “Constantly missing school, having to do makeup work,” he has matriculated as a student at Princeton University. Currently, Arias explains, “I’d love to go to college and race at the same time, much as I do now with high school.” However, his tentative plan is to, “Defer from Princeton for a year to focus on [his] racing career and determine at the end of the season whether [he] will continue [his] journey in racing or split off to pursue the educational route.” Overall, he has come to realize that the intensity of his schedule for this coming season, combined with Princeton’s academic rigor, will not allow him to find success in both disciplines.

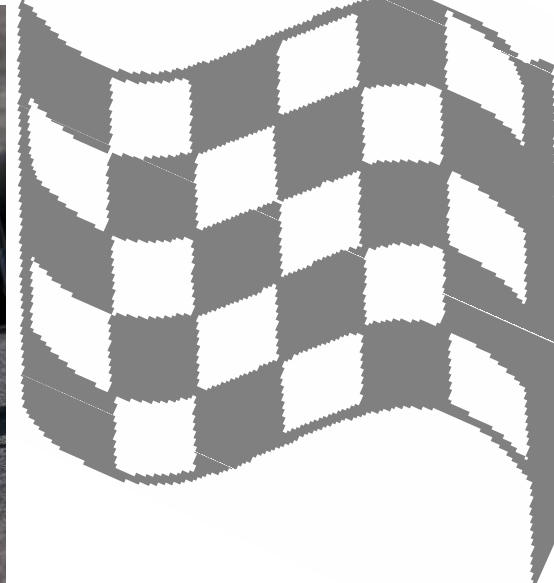
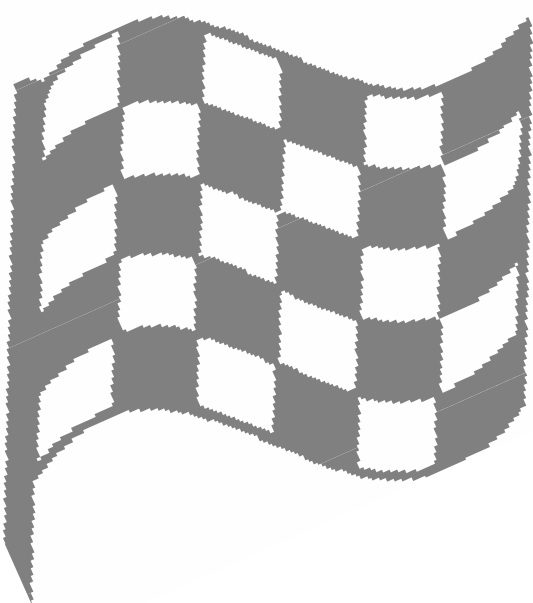
Until then, his plan for the following weeks entails, “Strength training for racing endurance and virtual simulation practice to shake the car down in March at *Spa-Francorchamps*.” In the long term, his goal is simple—*F1*. With that focus, this coming racing season will largely determine which direction Arias Deukmedjian will go with his career, fortunately achieving his goal.

Overall, the racing industry itself is becoming increasingly more competitive and entertaining. While the average number of viewers per race has increased to nearly a million people, its popularity drives further appreciation for this fast-growing sport. At Lake Highland, Arias has been doing his part. By answering questions that students and teachers have to ultimately educate people about racing, he hopes to provide the general public with a more extensive understanding of *Formula* racing.



(Above) Arias prepares himself before hopping in the *Formula Regional Tatuss* cockpit for his qualifying session in Sardinia, ultimately proving to be successful. All photos courtesy of Arias Deukmedjian.

to introduce themselves to teams and drivers alike, and progression up the ladder becomes increasingly more difficult and competitive.” Although these facets build the foundation for the racing environment, Arias’s extensive commitment and support are what allow him and his team to succeed at competitions.



## Deukmedjian’s Fun Facts!

Favorite *Formula One* driver: Sebastian Vettel.

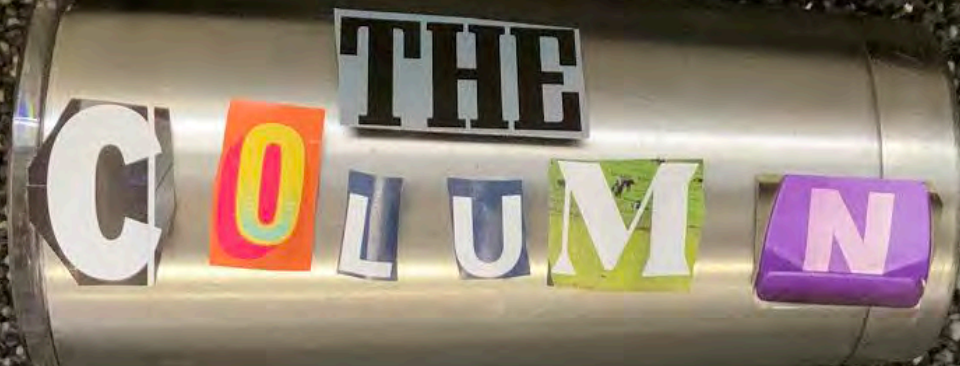
Enjoys: the vibrations of the car when he drives.

Favorite racing track: Misano.

Career started: at the age of seven.







## TikTok Rewinds 2021

By Amanda Wiboon

**T**ikTok is an app many people continue to enjoy. It's a place where anyone can discover, create, and share content for free. In fact, in 2021 alone, over one billion people around the world came to TikTok for entertainment and to be a part of an ever-growing global community, according to *TikTok's Newsroom*. Last year, *TikTok* brought new trends that became part of many conversations within Lake Highland's Upper School student population. The trends vary from distinct life hacks and songs to challenges that students have applied to their own lives. Looking back at these trends reminds people how *TikTok* continues to be a powerful platform that brings the global community together and helps people smile during times like the pandemic. To see this for yourself, I've gathered a list of *TikTok* trends that I believe have meaningfully circulated within the student body last year.

An example of a trend in 2021 was the *TikTok* "Feta Pasta Recipe." Similar to how model Gigi Hadid's "Spicy Vodka Pasta" recipe became one of the world's most-talked about recipes in 2020—thanks to *TikTok*—the feta pasta recipe easily swept the Internet within days after it was discovered on the platform for obvious reasons. It's effortless to make, required very few ingredients, and was of course, very tasty. It's interesting how nowadays, the trends that we find on *Google* are sourced directly from *TikTok*. The feta pasta recipe was brought into my own friend group at Lake Highland because we favor simple things to learn and imagined how awesome it would be to make the recipe in college next year. This trend helped us think more realistically about college. Many Seniors at Lake Highland are thinking about the next chapter in their lives, and *TikTok* has been a great source of inspiration on ideas to make our lives easier for the difficult transition ahead.

2021 was also a great year of music, partly thanks to *TikTok*. Over the years, *TikTok* has helped pave the way for many aspiring singers to become very successful in the music industry. Artists such as Megan Thee Stallion, Cardi B, and Lil Nas X have had their songs break chart records after trending on the platform. This year, one star in particular has swept the younger generation by storm. *High School Musical: The Musical: The Series* actress Olivia Rodrigo's debut single "drivers license" released at the beginning of 2021 and became an immediate, massive success after trending on *TikTok*. Its lyrics, which described feelings of loneliness and heartbreak of driving alone after a breakup, became the new teenage anthem for both girls and boys. Later that year, Rodrigo released her debut album *SOUR*, which also broke the *Billboard* charts. Like "drivers license," many other songs from the album became favorited by Gen-Z from how relatable they



(Above) Today, the younger generation looks for trends that are simple, yet catchy. Many people attempted the famous "Feta Pasta Recipe" from the 30-second tutorials on *TikTok*. This was a popular trend in 2021 because it's an easy-to-learn idea that many people can apply to their own lives. Photo courtesy of Delish.com.

were. Rodrigo is set apart from other artists because she speaks to the younger generation by discussing teen-friendly topics, such as relationships and emotions in her songs so articulately. She also is willing to take risks, tackling multiple genres such as rock and pop that appeal to millions of people. For these reasons, Rodrigo was a recognizable icon of Pop culture that caused many students at Lake Highland to sing her songs and talk about her on campus.

Of course, *TikTok* does not come without its viral challenges. Anyone who had the app last year is familiar with the 2021 trend that caused widespread chaos in American schools: "The Devious Lick." Participating in the "Devious Lick" challenge meant stealing or vandalizing school property. Students searched for anything they could get their hands on: soap dispensers, sinks, toilet paper roll shields, and larger items that were fairly difficult to steal. After the trend flooded the platform, it didn't take long for the mischievous acts to take place on Lake Highland school grounds. On social media, some students successfully got their hands on "The Ten Commandments," as well as one of the picnic tables on campus. Eventually, Mr. Derek Daly took action and announced on the intercom that encouraging this form of behavior was unacceptable and that anyone who would commit such acts would face punishment accordingly. While the challenge quickly came to an end at Lake Highland, it reminds us that not all *TikTok* challenges are worth following. Some trends may be fun, but others can have long-term consequences. Social-media platforms need to showcase appropriate, acceptable content instead of promoting illegal and life-threatening activities.

Last year, *TikTok* brought up content that has never been short of entertaining the world. This year, we can expect ourselves to find even more life hacks, songs, and challenges that will cause us to laugh, cry, and converse over them for hours to our friends and peers. 2022 will be another year of coming together and celebrating the biggest, one-of-a-kind trends.

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Theme: What is your favorite movie scene?

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