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THE STUDENT VOICE OF ANTIOCH COMMUNITY HIGH SCHOOL



**THE BUTTERFLY  
EFFECT ISSUE**

VOLUME 60 // ISSUE 1 // OCTOBER 2021

# The Tom Tom Staff | 2021-2022

## MISSION STATEMENT

The Tom Tom seeks to not only be the premier source of student news, sports and lifestyles at Antioch Community High School, but it also aspires to do so with integrity, respect, responsibility and pride. The Tom Tom believes wholeheartedly in giving voices to the voiceless through unique engaging methods of storytelling, while engaging with the Antioch community to see diverse and challenging perspectives. In doing so, we choose to tell some of themore challenging or untold stories even when they can be controversial in order to make our community stronger, more caring, and more tolerant. This program envisions a holistic experience of quality journalism through print publications and digital content, as well as promotes student spirit and school culture through innovative and inspiring public relations and advertising campaigns. We are the Tom Tom. We are originals. It would be an awfully big adventure if you choose to come along with us and work as one community, one Sequoit.

The Tom Tom is a student-produced magazine that is distributed to students, faculty and staff of Antioch Community High School, as well as the members of the Antioch Community. Members of the Tom Tom staff contribute to sequoitmedia.com, the Sequoit Media website, on a regular basis. The student magazine serves as a public forum and is supported by New Voices legislation in Illinois and policies of Community High School District 117. Opinions expressed in this publication are not necessarily those of ACHS or D117, nor Antioch Community High School's faculty, staff or administration.

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# EDITOR'S NOTE: EVEN THE VERY TINY THINGS CAN CHANGE EVERYTHING

I may hate math, but I like to think of life as an equation. Each choice you make is then multiplied by yet another decision, then another; suddenly, you have an answer, even if it doesn't really make sense. You get from point a to point b, somehow, and it may take some subtraction to go back and figure out what actually happened.

My senior year has been nothing short of chaotic. I took on a difficult workload when it comes to classes, and I have hours of homework every night. I have a job, and I was working so often that I forced myself to cut down my hours. Finally, I'm Editor-in-Chief. That has been my biggest obstacle.

Being Editor has been my goal ever since I joined Tom Tom in my freshman year. I love almost everything about it-- our whirring printer, brainstorm sessions and our Dolly Parton cardboard cutout brighten my day.

Sometimes, though, I find myself staring at an InDesign document for hours on end. Everyone around me is having fun, but I'm busy with counting picas and placing pictures. I can feel frustrated and annoyed; I sometimes question why it feels like no one else cares. In those moments, I regret joining Tom Tom at all.

If I had never joined the Tom Tom, I would be a significantly different person. I would have never discovered my love for writing, and my interview skills would be absolutely terrible. I wouldn't have any Adobe skills, and my already lacking leadership skills would completely deteriorate. Fact is, I've learned a lot from Tom Tom, and it's hard to picture my life if I had never been a part of it.

My decision to join the Tom Tom has drastically changed and shaped my life, and the decisions of every single one of us has affected something, even if we can't see it yet. With this idea in mind, our staff decided to dedicate this issue of the Tom Tom to the Butterfly Effect-- the theory that actions and decisions, even small ones, can have a significant impact on the future. Staffers Megan Harding, Ashley Lubkeman and Julia Maton explored the effects of loss, tradition and environmental issues in "If That Person Were Still Here", "If the Sequoits Go Silent" and "If We Spoke For the Trees". The change of dress code protocol and how it impacts school culture is examined in "The Evolution of Dress Codes" by Staffer Diya Schon. Finally, our staff editorial focuses on COVID-19, and how our school's decisions have affected the trajectory of this year.

Our staff may overthink everything, but you definitely don't have to. After all, that's not a super healthy way to live. While life may seem like an equation sometimes, constantly doing the math can be pretty exhausting. Just let things happen, hope for the best, and if things don't go too well, try your best to find a solution.

As always, we hope that you enjoy.



LILA R. HEILIG  
EDITOR-IN-CHIEF



IN THIS MAGAZINE, WE  
OVERTHINK EVERYTHING...  
SO YOU DON'T HAVE TO.

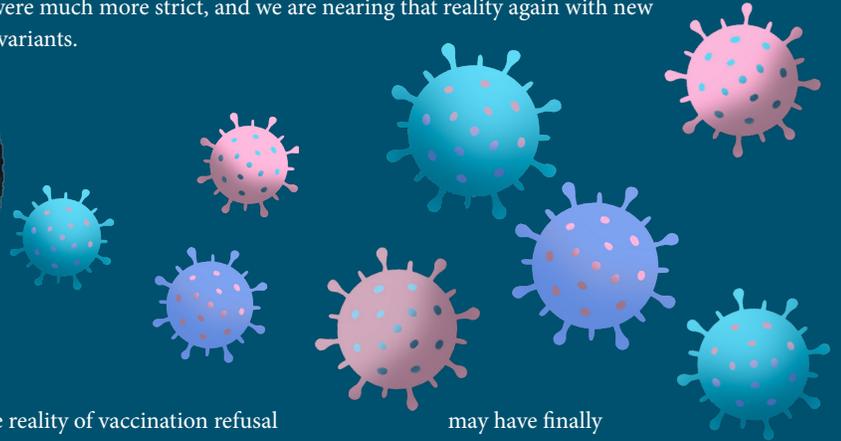
# STAFF EDITORIAL: QUARANTINE, ISOLATION, DEATH, OH MY!

5  
PERSPECTIVES  
10.11.21

Two years ago, no one thought we would be within a major point in history. Panic, sooner or later, coursed through everyone. Even students, who believed two weeks of spring break was the best time of their lives, regretted not saying goodbye. Quarantine, isolation and death held upon the heads of our nation for many months until there was finally a light at the end of the tunnel: vaccination. Now, as the delta variant reveals itself, it is up to us how we handle ourselves; it is our second chance for redemption.

Coronavirus restrictions have undergone varying degrees of leniency as people and hospitals alike have exhausted themselves, but the numbers do not predict any reprieve. What is the root of this seeming abandonment of COVID-19? Are policies gaining organization, or becoming ineffective? The answer entails a bit of both.

The state of Illinois enforced the first statewide mask mandate in March of 2020. The mandate was slowly lifted after numerous COVID-19 vaccines proved to be effective for the majority of the population. Maintaining regulations among the population was a major concern. Unfortunately, after the mask mandate was temporarily lifted, numbers began to increase out of control again. Illinois put the statewide mask mandate back into place on August 20, 2021, despite having an effective vaccine. The reason: new strands of COVID-19 were discovered. Last year, COVID-19 guidelines were much more strict, and we are nearing that reality again with new variants.

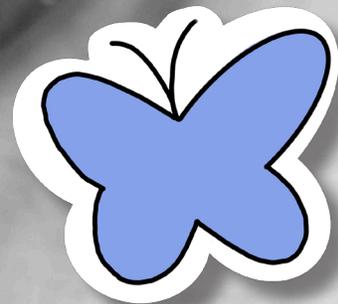
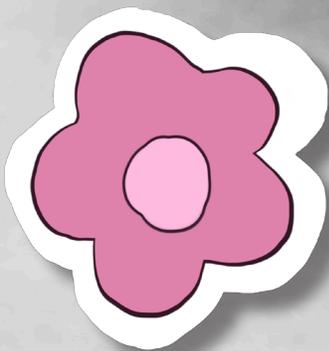
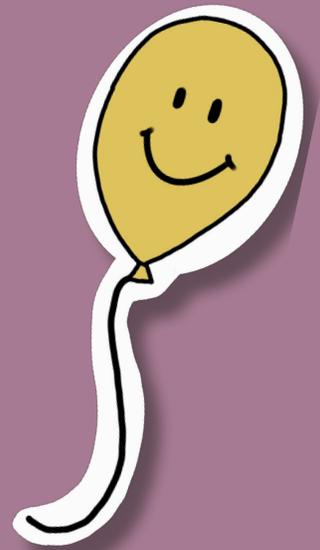


The reality of vaccination refusal may have finally struck close to home. Outside our school, parents protest the need for masks, vaccinations and tests; little do they know, some students do not wear their masks correctly. District 117, believed by our staff, is setting forth the right policies during this disastrous time, but the enforcement of these policies may be at a standstill. At Antioch Community High School, the words “Lift up your mask please” can be heard echoing down the halls throughout the day. It seems that no matter how much some follow the rules, the good cannot always outweigh the bad. Already, multiple emails have been sent out to families due to their child’s exposure to COVID-19, but where is hybrid learning during this time? It is a new year; it is a new system.

The controversy over whether to keep hybrid learning in use or demolish it completely has been the subject of many administrative meetings statewide. We, as a staff, believe the implementation should occur by assessing the individual case. Students diagnosed with COVID-19 have been taking classes online for the duration of their quarantine already. The hybrid model, however, has proven to be a complicated process for teachers and students alike, attempting to teach two very different environments can get confusing, which is why the case for hybrid learning can become a slippery slope. All of a sudden, students can just decide when to come to school or when to check-in via Zoom, making it an unsustainable option for our district to allow complete individual discretion, unless our state intervenes.

As case numbers continue to fluctuate, nothing is impossible. We could be back at home tomorrow or be in person indefinitely, and at this point, we cannot know. Maybe it is inevitable; we could be the cause of going back in time and repeating the same mistakes over and over. Or maybe, this time, we can take things into our own hands: be the change. We are the next generation and we are filled with loud voices. Follow the policies, even if we do not believe them, because all that we do or do not do comes with a price. So, hear us out: wear the mask.

DESIGNER | IZANA NORDHAUS, VISUAL DIRECTOR

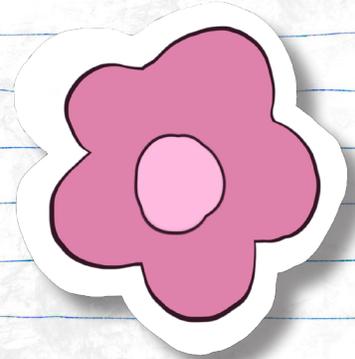


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# LOOKING BACK TO THE FUTURE

7  
PERSPECTIVES  
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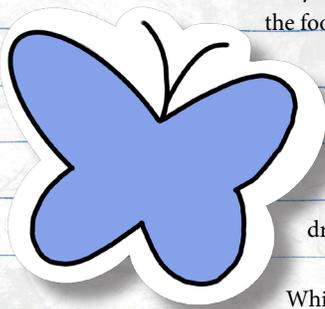
As one Quirke sister talks about her high hopes and aspirations for high school, the other looks back and reflects on her highschool years and what highschool was truly like.



**KATIE:**

As my last year of high school creeps up on me I realize that it is wack and nothing like “One Tree Hill” or “Gossip Girl”. I would romanticize high school because I was obsessed with teen dramas as if they were my own life; however, I have experienced no dramatic love story or life or death problems.

For the past four years I remember waking up early and constantly running late because I was arguing with my sister. I remember the fights in the hallway and the first time I realized not everyone uses the bathroom to do their business. I remember the football games and the homecomings but those were short lived; a year and half down the road, WHAM, I was hit by a global pandemic. This led the majority of my high school years to be spent with my mom in pajamas rather than parties and drama.



Not all of it was hell. There were some good parts... like late start Mondays, (just kidding) (not really). As I near the end of high school my biggest take away is that it doesn't need to be full of drama or a movie, we just get through it one step at a time.

While you may not find the love of your life, you find your people, the ones who actually make you laugh, the ones who you want to spend time with, and the ones you can talk to about the crazy crap that goes on in your life, in and outside of school.

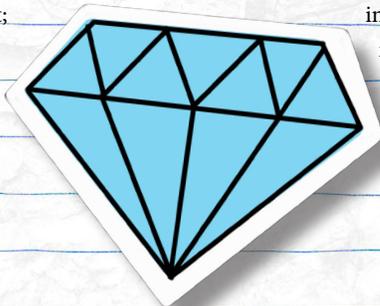
**JOSIE:**

High school. The best four years of one's life. At least, they will be the best of my life. So many new struggles lie ahead of me but for every struggle, there will be more adventures. All the new friends I will make and the new experiences I have will make the future me.

I am eager to see how these next four years will change me. From week to week, I look forward to performing at half-time with my best friends, going up to the stands and obnoxiously yelling amongst a crowd of people. I look forward to going to my first homecoming and someday getting to buy my very own prom dress, finally having my princess moment.

However, I am honestly scared to graduate. What am I supposed to do after my most thrilling years are over? I cannot fathom looking that far into the future, fourteen to eighteen seems like a huge age gap. In reality, you become some kind of adult by the time it is over.

Becoming a senior seems so far away but everyone is telling me these four years fly by in a heartbeat. I refuse to believe that; instead I would like to believe that high school is a movie, and I am watching the newest chick-flick starring Josie Quirke.



KATIE QUIRKE | writer



JOSIE QUIRKE | writer

# EVERY DAY BECOMES A JUGGLING ACT

School and sports have become important parts of life, but creating a new balance has caused unnecessary conflicts. With barely any available tutors during after-school hours and no time to spare, academics slowly start to fall behind.

A later start and end schedule was administered this year for Antioch Community High School. A student's day does not start until 8 a.m. The "downfall" is that school now ends at 3:15 p.m., leaving student-athletes only 15 minutes between the end of the day and the beginning of practice.

Even after a few weeks, junior and field hockey player Mollie Tubbs is struggling to adapt to the ways of the after-school rush, specifically in the locker room.

"We have to change, get ready and we are supposed to be at the turf by 3:30, but that normally does not happen," Tubbs said. "It is difficult when you are changing on top of a bunch of girls also in the same boat."

The shortened period before practice leaves the athletes with no time to accomplish assigned work. Athletics tend to end around 5:30 p.m., and even later on game days, but that does not consider what else athletes have going on in their lives.

Soon, the endeavor of balancing school and practice leads to overwhelming amounts of homework: more chaos than intended. In many classes, teachers have stated that students will only receive up to 30

minutes of work each night, but those minutes build upon each other.

Many find themselves up late trying to catch up after



an already exhausting day.

On top of assignments, sophomore Kenzie Tan is part of the ACHS dance team, which shortens her time to complete schoolwork.

"Since I get home late, [homework] takes me forever to do," Tan said. "I am in harder classes and we have work that usually takes more than 30 minutes. Then on top of those assignments, I also have to practice my instrument each night."

After a rough past year of abnormal online learning, many students

joined activities to regain the feeling of inclusivity; however, the effect of that may have moved their studies to the bottom of the to-do list.

"Our society is very busy; we have things to do whether it be extracurriculars, jobs, or anything else," junior and soccer player Elijah Gonzalez said. "Sometimes [homework] falls out of priority and it stacks up, making it hard for students to get out of that hole."

When things become too much to juggle, student-athletes may mentally check themselves out, but teachers can encourage them to push through the seemingly never-ending struggles.



CHLOE BARBARISE | writer  
JUNIOR WRITING EDITOR  
DAYLIA BROCK | designer  
LIFESTYLES WRITING EDITOR

## GoGuardian now allows parents to watch what their children are doing on their school Chromebooks at home.

On Monday, August 23, District 117 announced the launch of GoGuardian Parent, a mobile app giving parents and guardians access to their child's school-issued Chromebooks outside of school hours. With the launching of the app, District 117 hopes for parents and guardians to be more aware of their students' browsing habits and make sure they are on track with their work.

According to an article written by English teacher Samuel Worden, the intention of the app was to empower parents and guardians to be more involved and take an active role in their students' learning. They also wish to achieve transparency and accountability on both the students' and parents' or guardians' sides to increase students' productivity.

Education technology specialist Kyle Bush gave a detailed explanation of what GoGuardian Parent does during after-school hours.

"GoGuardian Parent works similar to [GoGuardian] Teacher, except the GoGuardian Parent works outside school hours," Bush said. "They don't get the live view of what students are doing on their Chromebooks, but they do see a top-five of where they're going. They can see a detailed history for the past few days or where students go and it also allows parents to set blocks for different things just like teachers can."

GoGuardian Parent is used to ensuring that students are getting their work done and are not procrastinating on other websites and can provide safety to the students through alerts the school gets when certain things are searched.

"If a student does look up something about self-harm, it will send us an alert, and student services, our counselors, Mr. Leverentz or all those people that get those alerts

will reach out. And they do it from a perspective of care not to punish kids," Bush said.

GoGuardian may have benefits for being in school, and some students believe that to a certain extent.

"I honestly think it's a good idea for schools, especially online," junior Donny Carson said. "A lot of people don't do anything and the teacher needs a way to know that [the students] are using their class time wisely."

At the same time, the idea

of parents having access to student-issued Chromebooks at home may displease some students.

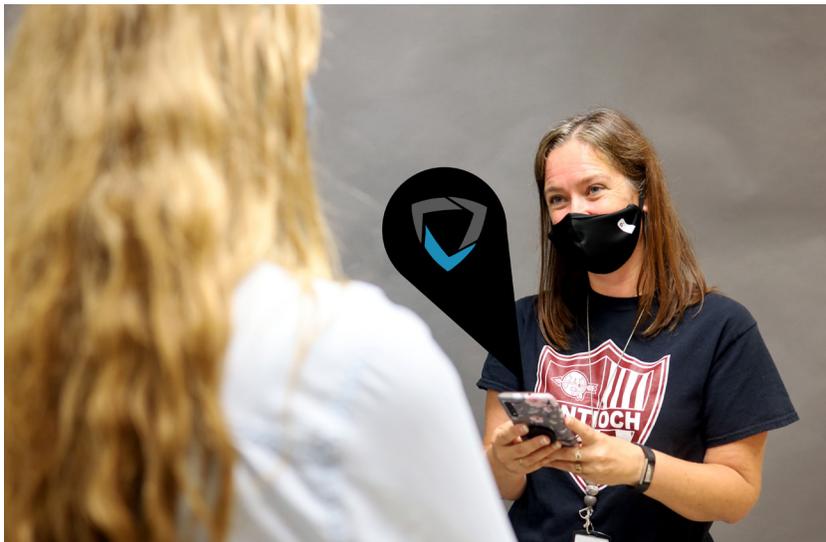
"It's unnecessary," Carson said. "It is a huge invasion of privacy when the parent could be watching whatever the kid is doing on their Chromebook."

In another light, some students do not see a problem with it as it has no true impact on anything.

an eye on what students are doing," Bush said. "That's a requirement that is placed on us as a school district, so, if it's something that you shouldn't be doing on your school device, just don't do it."

Now, as parents and guardians have access to school-issued Chromebooks, there are mixed feelings on the issue, but it may not have as big of an impact on students and could, in fact, reach the district's goal in helping students stay on track. The school has

no interest in spying on students and set up GoGuardian Parent to add a sense of security and comfort to the parents, knowing that they can help keep their child on track and do what they are supposed to do, too.

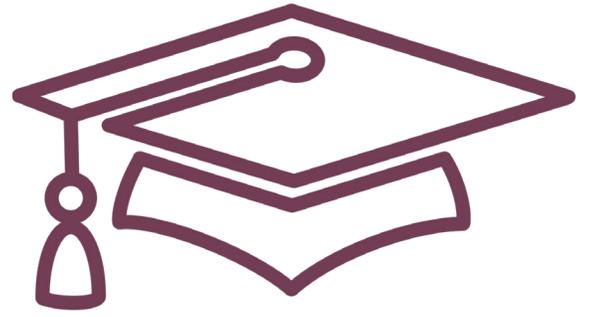


DIYA SCHON | writer  
OLIVIA GERHARDT | designer  
PHOTOGRAPHY DIRECTOR  
FEATURED: JILL FARRELL

"It really makes no difference," senior Hayden Calabrese said. "The school already has access to students browsing history and I have nothing to hide from my parents." That perspective was similar to the one the district intended.

"The reality is that because the school district provides these devices to students, the school district owns these devices and manages these devices, we're legally obligated to monitor them and filter them so we have to keep

# NEW ISBE REQUIREMENTS WILL AFFECT FUTURE GRADUATING CLASSES



The Illinois State Board of Education has set new guidelines for high school graduation requirements with implications as soon as the 2024-2025 school year.

Earlier in the year, Illinois governor J.B Pritzker signed into law House Bill 2170 on March 8, 2021. The bill's main goal was to improve racial equity in the Illinois public school system, though coupled with this were numerous additional courses and curricula which will be required in order for a student to graduate high school per the Illinois State Board of Education.

Current Antioch Community High School students will be grandfathered into current graduation requirements; however, according to Herald&Review, the soonest changes would affect ninth graders entering the 2024-25 school year.

ACHS's Assistant Principal for Curriculum and Instruction Jaclyn Orlov oversees and plans the addition of new courses at Antioch to ensure all curriculum requirements are being met by students.

"There's a couple things that have just come out from [the Illinois State Board of Education]," Orlov said. "The first is that there's going to be a digital literacy requirement, which means at some point in a

student's four years in high school, they're going to have to have direct instruction related to digital literacy, including computer based skills."

The course would also include coding to an extent as well, such as navigating online information and determining reputable sources, though exact information has not yet been released from ISBE on the course materials. Rather than existing as a stand-alone class, Orlov said it is likely that it will be integrated into existing class curriculum.

Additionally, a new world language requirement will be in place beginning the 2028-29 school year. Currently, world language is not required in Illinois, though there is a one year requirement for either language, music, art or vocational education. In the future, however, students will be mandated to take at least two years of any world language, including American Sign Language as a possibility. Though the requirement is incoming, the specifics of it are not yet known.

"We don't know all the verbiage yet," Orlov said. "We don't know if

it's going to be that a student has to sit for two years in a class here or [if] middle school language credit counts. What if a student wants to switch languages? We need more details from ISBE on that."

This new requirement may also bring with it additional language options; more than the current choices of just Spanish or German. An American Sign Language class may happen in the future at ACHS, though no decisions have been made thus far.

Some students are unhappy with the new requirement for language in order to graduate.

"I don't like [the new language requirement]," ACHS freshman Liam Wroblewski said. "I don't like the idea of learning a new language."

Currently, students like Wroblewski could instead take something like a vocational



Liam Wroblewski



education course to meet graduation requirements, though, in the future, they must instead take a language.

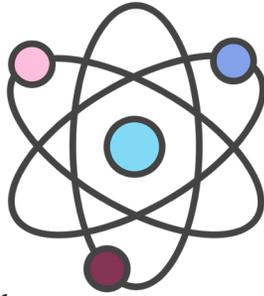
A laboratory science requirement will also be implemented starting the 2024-25 school year. Currently, ISBE requires two years of science, though it is unspecified. This affects few students at ACHS, as most already take biology and chemistry, both of which count as a laboratory science.

This change puts a stress on both Community High School District 117 and ACHS as administrators are left scrambling to adapt.

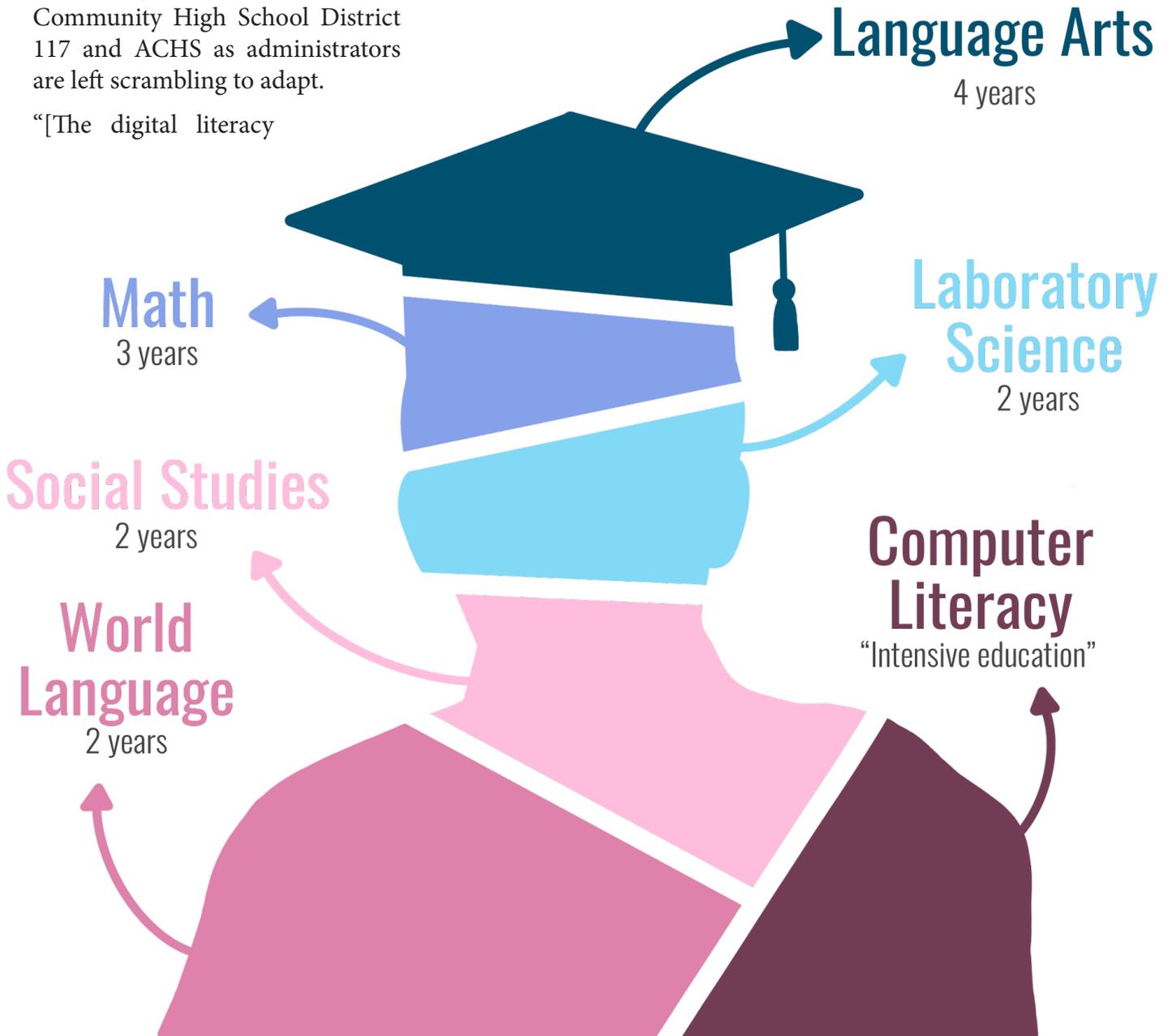
“[The digital literacy

requirement] has to go into effect in two years, which is pretty urgent because we have to have our plan in place next year,” Orlov said.

The soonest of the new requirements will go into effect beginning with the 2024-25 school year, meaning all current ACHS students will not face these changes; current sixth-graders will be the first class affected.



JACOB SLABOSZ |  
writer and designer  
ONLINE LIFESTYLES DIRECTOR



# MASQUERADING THE NIGHT AWAY

After regaining a somewhat normal year back, students are approaching one of the most popular events of the year.

After COVID-19 prevented students from participating in school customs, students are eager to maintain school traditions. After a two-year hiatus, underclassmen are ready to experience their first homecoming and upperclassmen are ready to create more memories.

Students are unsure of what to expect this year due to all the changes that occurred; where COVID-19 protocols have eased, they are not completely gone. Antioch Community High School's principal, Eric Hamilton, cleared the air on what to expect for this year's school dance.

"The expectation is that you are having fun," Hamilton said. "We are trying to make it as normal as possible, we still want to provide you an opportunity to be with your friends [at the dance]."

The school is trying to create a normal year for students, which requires plenty of planning. Behind the scenes of planning homecoming, numerous student council meetings were held to decide the date, place and factors for this year's school dance. Homecoming is to be held at Williams Park on October 16, with "Masquerade" being the theme of ACHS's annual homecoming dance this year. Initially, some concerns rose amongst council members concerning the location.

Since the gathering will be outside, there are questions about whether the weather would impact plans. The homecoming organizer, Laura Tielke, reviewed this and came to a final decision.

"[There is] no rain date," Tielke said. "If it rains, [the dance] will be cancelled and refunds will be issued."

However, some students disagree with this rule, as they don't want another year of homecoming to be cancelled. Junior Fiona Serifov has a different view point about this year's dance date.

"I think that it would be really devastating to cancel homecoming due to the weather, because I know a ton of students are really excited to at least have a homecoming this year since we are all back at school," Serifov said. "If it does rain on the day of homecoming, I would hope that we could reschedule, it but as long as the students get their refund I think it will be okay."

Although there is possibility of a cancellation due to weather, the dance is still set to happen as planned. In previous years, Antioch students were allowed to bring guests from other schools to the dance. However, due to current circumstances, ACHS students wondered if that option will be available for them this year.

In response to these questions, the student council gathered to talk. Junior Brant Becker, a student council member, attended the meeting.

"This year, in order to follow safety precautions, only students

attending Lakes will be allowed to be brought in by Antioch students," Becker said.

Antioch Community High School is back in action and is ready to defend its school spirit, while following safety guidelines. So, girls grab your dresses, boys grab your suits and prepare to dance the night away.



BETH KAMMAN | writer  
SOFIA TINKER | designer

# HOMECOMING WEEK EVENTS

Homecoming is more than just a game or dance, it's a feeling of Sequoit pride. This year, show your pride by participating in daily homecoming challenges and spirit days provided by Sequoit Senate.



FEATURED: Senior Katie Quirke



FEATURED: AHS Varsity Cheer

## MONDAY

Theme: Decades

Sequit Cup Challenge: Class Masks

## TUESDAY

Theme: Ugly Holiday Sweater

Sequit Cup Challenge: Tom Tom Photo booth

**Powderpuff Football Game**

Freshman vs. Sophomore | 6:30

Junior vs. Senior | 7:15



FEATURED: Sophomores Spencer Wood, Hailey Caya, Addison Lane, Jonathon Gobeyn and Nick Day

## WEDNESDAY

Theme: Pajama

Sequit Cup Challenge: Anything But a Backpack

## THURSDAY

Theme: Disney/Fairytale SENIORS: Toga

Sequit Cup Challenge: Guess the Jelly Beans

**Parade and Bonfire | 6:45**



FEATURED: Junior Payton Holmes



FEATURED: Physical Education Teacher Mitch Munda

## FRIDAY

Theme: Sequoit Class Colors

Sequit Cup Challenge: Last Day of Penny Wars

**Homecoming Game**

Antioch vs. Round Lake | 7:00

Theme: Black to Pink

## SATURDAY

**Homecoming Dance | 7:00**

# TOP 10 PLACES FOR OFF-CAMPUS LUNCH

When asked about their favorite places to go during off-campus lunch, Tom Tom staffers had a variety of responses.

## 10 - Taco Bell

Narrowly making it into the top ten off campus destinations would be Taco Bell. While surprisingly not higher on the list, Taco Bell provides a constantly changing menu with dependable food and snack options.

Being on the cheaper side, this fast food establishment gets a fair share of business from Sequoia students.



## 9 - Popeyes

Despite not being the most popular fast-food restaurant in Antioch, Popeyes ranks at number nine. Beating out Kentucky Fried Chicken, it seems to be preferred for anything homestyle-chicken related for off-campus students. Regardless of the distance, Popeyes is a valued choice.



## 8 - McDonald's

To put it simply, a classic. McDonald's is right across Main Street, and has a more convenient location for Sequoia students during off-campus lunch. It is within walking distance for those who do not have access to a car, and the food can be considered relatively cheap. Very simple top ten qualifier.

## 7 - The Latte Cafe

Locally owned restaurant, The Latte Cafe, has become a big hit among Antioch high schoolers. It may be considered expensive, and the products can take some time to prepare, but fresh food and unique boba beverages make up for that. Its crazy-close distance to school grounds has made for easy access.

## 6 - Jimmy John's

Well known freaky-fast service can be super helpful when lunch hours are limited. Despite Jimmy John's not being the closest sandwich shop, it is clearly a favorite. Even though it is considered 'fast food', Jimmy John's can be considered a healthier choice given the options represented in Antioch.

## 5 - Chipotle

It usually takes about 10-15 minutes to get to the Chipotle location in Round Lake, but that does not stand in the way of the Sequoia students. Made-to-order, customizable food makes for easy options for anyone. Chipotle even has on the go online ordering so the food can be ready upon arrival.





#### 4 - Dunkin'

Dunkin' has two locations in Antioch, qualifying it for the top five. While the nearby establishments do not have a drive-thru option, the service is typically quick. Even though Dunkin' is mainly known for breakfast food, a pick-me-up coffee can be an essential in the middle of a busy school day.

#### 3 - Starbucks

Having two Starbucks locations in Antioch also makes for easy access on either side of Route 173, and a clear qualifier for the top three. While it is said that Starbucks can be rather expensive, options for food and extravagant drinks are endless. Hopefully, these results answer the ongoing Starbucks vs. Dunkin debate.



#### 2 - Home

Home is the cheapest option. If someone wants a semi-private lunch that is not surrounded by the chaos of the commons, home is the place to be. Though the drive for some may be longer than other options, it can be great to visit and regroup in the middle of the day.



#### 1 - Culver's

This one does not need to be explained. Nice indoor seating, great quality food for very reasonable prices and simply amazing custard makes for an obvious number one. Though Culver's is on the opposite side of the train tracks, it still manages to pull most of the Tom Tom staff.



BELLA BUSSONE | writer  
AALIYAH LIZAK | designer



**FEATURED: The Cardinal Crazies**  
FROM LEFT TO RIGHT: Tegan Martinez, Logan Rosenthal and Katie Quirke

# GETTING INVOLVED WITH THE CARDINAL CRAZIES

Antioch Community High School is beaming with school spirit. Students display great pride in their athletics both on the field and in the stands.

Everyone says the four years of high school can be the best years of one's life. One thing that may impact one's highschool career is the environment a school creates. Antioch Community High School is beaming with school spirit. Many Sequoits are all about supporting one another and being inclusive of everyone.

Steven Pfautz, a high school art teacher at ACHS, is the club sponsor of the Cardinal Crazies, the school spirit leaders at ACHS. He values student involvement, and believes that students who get involved perform better academically.

"I think I am who I am today, partially because of how I engaged in my high school experience, as well as teachers who invested in me," Pfautz said.

High school builds your foundation in life. It is during your high school years that you start to figure out who you are and what you want to do as a career and with your future.

Senior Nina Albertini transferred to ACHS as a sophomore. Albertini demonstrates what it really means to be a Cardinal Crazy. It is deeper than being down on the railing at football games. It is about being uplifting towards other students and encouraging them to get involved. She strongly believes the Cardinal Crazies bring a positive and welcoming influence to Antioch.

"I decided to be a part of this club because I remember sophomore year how inviting the Cardinal Crazies were, especially as a new student." Albertini said "I wanted to continue the spirit and make other students break out of their shells and support their school."

Cardinal Crazy leader would be to never be afraid to be the one kid screaming and yelling for your school. You are never 'too cool' to not support your school," Albertini said.

The Sequoits have always been known for demonstrating pride in who they are. Sequoits pride can be seen through. 1949 graduate Steve Young's school spirit is still alive. For the last 75 years Young has not missed a football game. Most men his age spend their Friday nights in the comfort of their homes. Young is not like the others. He heads to the track to back the Sequoits.

"I just come to support the kids" Young said.

Someone get this man a VIP pass. He is always down on the sidelines supporting the team. If you ever see him be sure to say hello. Young is always helping people. Most people know Young for handing out Werther's caramels. So needless to say if a stranger ever offers a piece of candy, do not take it. Unless it's

from Steve Young.



Being a Cardinal Crazy can be an easy and fun way to get involved. Having school spirit can be as simple as dressing up for theme days and cheering at games. There are also Cardinal Crazy leaders who help plan events and theme days for the school.

"The best advice I could give to a future



AALIYAH LIZAK | writer  
HANNAH BARCZAK | designer

# THE EVOLUTION OF DRESS CODES

Some schools are more lenient with dress codes now, letting students appear how they please.

As time passes, many things evolve and change, one of them being fashion. In the past, many schools enforced dress codes and were more strict about what students wore. Now, at Antioch Community High School, students are free to express themselves through their clothes without the fear of dress codes.

“I attended a school that had uniforms and everyone tried to take advantage of the school’s lack of enforcement,” senior Alejandra Andavert said. “Now, I am at Antioch and I love not having to wear a uniform. Many people express themselves through their clothes, and I enjoy wearing what is comfortable or looks good on me.”

Although students have their own reasons for dressing the way they do, how they dress may not be the only thing that reflects who they are.

“Adolescent fashion today is very different than it was when I was in school,” English teacher Jamie D’Andrea said. “I think most students are trying to present their personality, their values, etc., through their clothing, and while their outfits do convey those messages [to a degree], I would argue their actions are a far better judge of who they are than their clothing.”

ACHS does not force a strict dress code onto their students, and many students follow the small amount of rules placed for dress codes.

“Enforcing a dress code is often a time-consuming battle that takes away from the true purpose of school, which is for students to learn,” D’Andrea said. “Students often say they want to be treated like adults, so if we establish a community where the expectations of what is and is not appropriate to wear is understood by all, there will not be a need to add more rules or spend more time enforcing those rules.”

The rules enforced are minimal, but may be needed in a school environment to maintain a comfortable setting for students. Dean Patricia McGuigan believes that certain types of clothing shouldn’t be allowed in school.

“We want to talk about inappropriate clothing,” McGuigan said. “Maybe it would have alcohol on it, drugs, gangs, weapons; do I think a dress code is necessary in schools? Yes.”

The depiction of drugs, alcohol, gangs and weapons are not tolerated in a school environment, which may make the minimal dress codes necessary for precautions.

“Everybody should be able to express themselves, to an extent of

remembering you are in a school,” McGuigan said. “You are displaying yourself in public, and you are a representative of Antioch Community High School.”

As fashion has changed, certain rules have changed, which can be seen with more lenient dress codes. According to McGuigan, students have not been challenging the rules as much as they were prior to the new dress code.

“I don’t see those issues as much, but that’s also because we changed our way and fashions change,” McGuigan said. “Every year, there is a different type of fashion. I think [the new dress code] is more positive. I want kids just to be able to express themselves appropriately.”

A more lenient dress code means that students can truly express themselves however, even though there is no strict dress code, there are still expectations on what students should wear in a school setting. Students should keep in mind what they are wearing and should be appropriate as they are representing their school.



DIYA SCHON | writer  
ALLYSSA TANNER | designer



# THE BEST HERBS AND SUPPLEMENTS FOR HEALING

Herbs and natural supplements are easy to access and may be better for your overall health.

The saying “an apple a day keeps the doctor away” has been around for centuries; and this saying is not exactly wrong.

It is easy to forget how much natural herbs, supplements or things like essential oils can benefit overall health. When one is not feeling great or even just to make sure we are healthy all day, everyday.

“Everyday I take multivitamins as well as vitamin C and probiotics,” sophomore Klaudia Dorado said. “They help build immunity and they support my digestive system and overall health.”

Some very popular and common supplements/vitamins that are good for one’s everyday health would be elderberry, magnesium, zinc and vitamin D and C; which work best when they are taken together. A turmeric and black pepper blend is beneficial as well. These are all common and great vitamins to take if a diet is lacking vitamins and nutrients.

According to Everydayhealth.com, turmeric and black pepper are a perfect pair. In order to get all of the health benefits out of turmeric, adding black pepper is a good activator. Together they can reduce inflammation and they also have many antioxidant properties. This can be taken in pill or vitamin form;

there are also many delicious and easy dishes that can be made with turmeric and black pepper.

“Sometimes my wife and I will take activated charcoal, which is a supplement that is super clean, so it can filter out bacteria,” art teacher Stefan Pfautz said. “If my kids are clearly sick, sometimes my wife and I will take charcoal,

and we think that it might help us not catch what they have.”

It is most common for activated charcoal to be used as a teeth whitener or as a skin treatment, but that is just a few of its advantages. According to Healthline.com, activated charcoal has a lot of advantages such as helping to lower cholesterol, promoting kidney function, and promoting anti-poison. Essential oils are very common and not just used to freshen the smell of things. They do so much more. For

instance, they can be used to help lessen anxiety or relieve headaches.

“We will also use essential oils, especially during the winter when I get allergies or a cold,” Pfautz said. “We do a lot of things like infusing essential oils into a diffuser. Sometimes if I’m really not feeling great, I’ll put it on

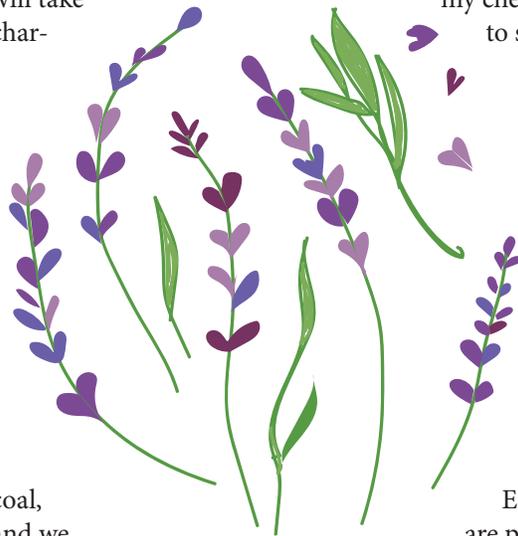
my chest before I go to sleep. My wife likes to put it on the bottom of my kids feet when they’re sick. It’s a blend of a couple different oils.”

Essential oils are popular, but it is not as well known that specific blends or scents actually help mental and physical health. For people that struggle with anxiety may be interested in trying out lavender or other oil blends. People get headaches naturally, and peppermint oil is one way to help decrease the ache.

Performancehealth.com gives a list of many different oils names, their scents and what benefits they have for people. For example, bergamot has a fresh smell and it helps with relaxation and improving the digestive system.

“My favorite things that I use are lavender and rose petals,” senior Leahanna Davidson said. “I tend to use them when I’m stressed or overwhelmed; they calm me down and make me feel relaxed.”

Just like essential oils, herbs, and natural supplements are easy to access and great for one’s everyday health, there are many more natural remedies to use and look into. Nature’s remedies have had a large growth in popularity in the last few years, and it is not a bad idea to give them a try.



GRACE SEMPLE | writer  
KATIE QUIRKE | designer

# PREPARED OR PREDOOMED?

Seniors this year are facing a college application season like never before, leaving students feeling overwhelmed, anxious and scared.

Applying for college as a senior is a stressful experience on its own. Adding a year and a half of remote learning, a general lack of knowledge and stress creates a recipe for disaster. The class of 2022 is facing a season of applications like no class before, leaving students feeling overwhelmed, dismayed and overstretched.

“I feel like I’m so rushed, and they are kind of just like, ‘okay, let’s go,’” senior Jana Paulsen said.

A number of students have just started the college application process. It can seem intimidating seeing long applications that need to be completed by a certain deadline.

“I wish we started earlier, like not our senior year,” senior Emily Boslet said. “We should have started late sophomore year.”

Preparing for college by yourself is nearly impossible, the application process alone can be immensely confusing. At Antioch Community High School, each student is provided with a counselor who aims to come alongside them to aid them through the process.

“[E-learning] prevented the counselors from being able to talk to us about [applications] and inform us about what is necessary,” Boslet said.

Last year meetings with counselors were all online. While students were able to speak with their counselors, it is not the same as sitting in a counselor’s office and having an in

person conversation.

“While we did a lot of the same stuff, I do think that when we are together in person, it creates more of [an] opportunity to have conversations,” Antioch Community High School counselor and head of the Students Assistance Program Brent Heintz said. “You do not get that as much when there is a whole group of people just watching on a screen.”

**“I FEEL LIKE I’M SO RUSHED, AND THEY ARE KIND OF LIKE, ‘OKAY, LET’S GO’”**  
-JANA PAULSEN

This year, being back in the building has helped seniors to get on track with the college process. Many students have already had their senior planning meeting and have begun conversations about applications, something seniors last year had to do online.

“I am excited to be back in the building, because I think just seeing people gives an opportunity to ask more questions, and you will just have a conversation about it, rather than being presented to. I feel like it is always better,” Heintz said.

In senior meetings, students are able to discuss their plans after high school with their counselor. Sometimes, this will look like going through

the common application together, discussing scholarships, or even doing a college fit calculator. While this is all important, the most important part is having time dedicated to a student’s specific situation.

“I think what really matters is these one-on-one connections that we have,” Heintz said. “We would have a different situation for [a] kid going to College of Lake County versus some Ivy League school.”

These meetings allow for personal time dedicated to helping students in the college process. Having them in person permits students to prepare for college in the best way possible via meaningful connections. Through various resources provided for students, they are able to feel better prepared for college instead of feeling doomed throughout the process.



EMMA POKLOP | writer  
ALLYSSA TANNER | designer

# BEHIND THE DOOR CHANTS

What actually goes on behind the scenes of sororities and how much different they can be from social media.

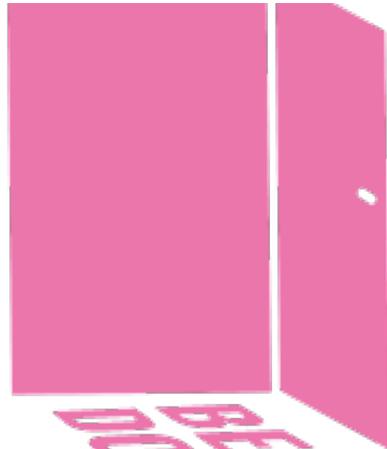
Alabama TikTok, or most commonly referred to as “Bama Tok”, took the world by storm this summer. Thousands of people turned to Tiktok to see if their favorite girls got the sorority they bid for. In reality a lot happens behind the scenes in a sorority, and a sorority is more than what is seen on the internet. Alyssa Moulger is a program coordinator for sorority and fraternity life at Illinois State University. Moulger directly oversees the College Panhellenic Council, which is a group that oversees all sororities at ISU.

“There’s so much more that goes on behind the scenes...Bama has a community that is absolutely massive, the culture for fraternity and sorority life,” Moulger said. “The things you see on social media are sometimes super inflated.”

On the inside, there is so much work that goes into making a sorority run successfully. There’s month-long planning that goes into organizing events. And behind everything that goes on there’s a group of girls working together to make everything on social media appear the way it appears.

Typically when you think about sororities, the common stereotype you think of is blonde girls with blue eyes, wearing the same colors, singing chants at you from behind doors. The media has branded sororities almost as an exclusive club that only certain girls can get into. Many opinions are based on thirty-seconds videos seen of these girls on TikTok, which can be highly superficial.

“They’re kind of scary,” Antioch Community High School sophomore Dana Hong said. “You see a ton of



girls in the same color, like hoarding at a door and screaming at the top of their lungs.”

However, not everything portrayed in the media about sororities is bad. That is what is so enticing about joining a sorority. Now sororities aren’t in any way a new thing. They’ve been around for years, and as long as they’ve been around the concept of sisterhood as well. University of Iowa Pi Beta Phi alumna Kelly Taylor says sisterhood is something that makes a sorority great.

“Sorority provides that opportunity to find a place to belong, to get to know people who are going to inherently have your back no matter what.” Taylor

There is talk about how sororities and fraternities are similar, however that could not be further from the truth. While looking the same on the outside with big mansions college students live in, to the massive parties thrown in the front yards there is a major difference between the two. Most college students have had some sort of interaction with a member of a sorority. Whether it be good or bad is left up to their interpretation. Many sororities have the same name and letters, but are on different campuses. In the end they all started in the same place and their whole purpose is to provide a second family for many students. Unfortunately throughout the years that message has been lost due to how the media has portrayed them.



SOFIA TINKER | writer  
HANNAH BARCZAK | designer

# PERCUSSION ENSEMBLE PREPARES FOR FALL CONCERT

Percussion Ensemble is practicing new pieces for the fall concert and having meditation every

Some percussionists arrive early to practice and jam with other classmates, and on Friday mornings, they march down the hallways playing cadences. Nowadays, Percussion Ensemble is getting ready to prove themselves on Tuesday, Oct. 19 in the Antioch Community High School auditorium.

Percussion is a vital part of any band, and ACHS percussionists are working hard and practicing the fall pieces. They warm up for 10 minutes and then practice the pieces. The ensemble spreads into two groups; one practices with the band director and the other practices individually. After 20 minutes, they switch.

“I think everything’s going great,” junior Peter Bognar said. “Everyone’s making their sharp contribution and working hard towards a pretty great performance in the future.”

Every year, Percussion Ensemble plays one or more songs by themselves at the concerts; this year’s percussion piece is Led Zeppelin.

The rock band is a favorite of ACHS band director Jonathan Untch, and he wanted to play something other than classical music or jazz.

“I know some people in the group like that band as well, and I also know that some people in the group don’t know that band as well, so it’d be a good learning experience for everybody,” Untch said. “I also think it’s just a little bit different [because] it’s just a genre that we don’t often play in percussion ensemble.”

This year’s Percussion Ensemble may be unique compared to other parts of the band, orchestra or past ensembles. Members have decided to start Friday mornings with a gong solo to start a meditation time. Senior Gus Lockefer came up with this idea on a Friday morning, and it has become a tradition since.

Lockefer was bored on a Friday morning; after writing “KFC” down on a whiteboard, he came up with a new meaning for those letters and a new meditation

method. The meditation is interesting, full of fun and different from other types of meditation because theirs is loud.

“I step up to the front of the class [and] I write ‘KFC’ on the whiteboard,” Lockefer said. “Then, I ask the class what ‘K’ stands for and they will always reply with ‘Korn,’ and we will play the song ‘Twisted Transistor.’ We have fun; some of us do a few metal screams and then the same thing repeats with [‘F’ and ‘C’].”

ACHS percussionists will not stop practicing until the pieces achieve perfection. Practicing seven pieces and having a fun meditation on Friday mornings, the percussion ensemble is excited and ready to play for their performance this fall concert.



JUAN HERNANDEZ | writer  
LILA HEILIG | designer  
EDITOR-IN-CHIEF



# IF THAT PERSON WERE STILL HERE

**Interaction with others is a big part of what makes up who one is. People walk in and out of life, and there would be drastic changes if that person was still here.**

**M**any important people throughout life contribute to shaping a personality. This could be a parent, relative or friend. As life goes on, sometimes these people walk out of one's life, whether that be by growing apart, a serious disagreement or even death. It is easy to ponder how different life would be if that person were still there.

## **Two butterflies alighted on my hand for a little while.**

Feeling out of control is a constant in life. People often possess control in relationships. However, death is one of the many things one cannot control. Any power over relationships can seep away in moments when faced with death.

## **I touched them, and they flew away before I was ready.**

A child who has ever lost a parent often recounts it as an indescribable feeling of emptiness. Parents are responsible for raising their children, shaping them to be their own person by setting an example. A mother, specifically, shares a special bond with her child through birth and in the early months of life. The well-known saying even goes: There is nothing as powerful as a mother's love. When a mother leaves her child's life, the child is left to learn to live without their mother's gentle hand of guidance.

## **Just a tad before I was ready.**

German teacher Danielle Katz faced this harsh reality when she lost her mother: her main support system. If her mother were still here, she would have that person to talk to about everything: her day, her ideas and her frustrations. Processing everything she goes through without that extra advice is a struggle for her. Katz often finds herself wanting to pick up the phone to call her mom.

## **I knew they would. I know they're gone. They will not come back.**

Additionally, she misses the role her mother played in her sons' lives. As a

family, they had a brunch date twice a month, every other Sunday. When her boys were little, instead of going to daycare, Katz's mom always watched them.

"I'm especially grateful for the time she did have with my kids," Katz said.

Her sons are both learning French, and with Katz's mother being a native speaker, she wishes that her mom was here to guide them in that journey.

## **They flit about in my rose garden just outside my kitchen window.**

When Katz was a teenager and in college, she never felt very close to her mother. There were cultural differences when her mother moved to America, one being the attitudes surrounding after school activities. When Katz was involved in school, her



mother was often resentful about driving her and attending her events. In Europe, school was only for academics, so the idea of extracurriculars was foreign to her.

mother around and was sorry for how she acted. Katz remembers this and tries to be as involved as she can in her son's lives.

Katz now lives by the mantra: "do not shut people out, do not hold grudges, make amends and make things right. Because you do not know if you are maybe not going to see them again."

Katz is beyond thankful she did not have to learn this lesson the hard way, and made amends with her mother before she left her life.

#### For just a little while.

Sometimes, people do not realize how important a person is until they are gone. While people often think of their parents as influential people, it is those who may be in the background that leave an everlasting impact. For junior Lilly McKinney, her neighbor was someone who bonded family ties. She created traditions and brought family together, especially around the holidays.

#### They will not stay.

After McKinney's neighbor passed away, she regretted not getting to know her better before leaving.

"At the funeral, I heard a lot of stories that I never knew about this person or character traits that I never really picked up on," McKinney said. "Despite how well you think you know a person, there's always more to learn."

The biggest lesson Katz learned from this was always to apologize; her eventually came

#### I must let them go.

Since McKinney's neighbor has passed, she tries to fill a spiritual void in her widower's life. Her neighbor would go to church daily with her husband, and McKinney has stepped into that place. Despite McKinney's regrets surrounding her relationship with her neighbor, she continues her neighbor's legacy through spending time with the people who were most important to her.

#### Following with my aching heart.

People inevitably experience loss or separation in their lives, but the process is not always so tragic. As life goes on, people grow apart. Senior Samantha Bradley's childhood friend is no longer in her life, but the time they spent together still has an impact on the person she is today.

#### The distant flutter of their shimmering wings.

Bradley's childhood friend allowed her to be her own unique self and influenced her sense of humor. As they got older, they drifted apart and hung out with different people. If this person was still in Bradley's life, she believes she would be laughing a lot, but her friend dynamics would be very different.

"I could have fought a lot more for the relationship, honestly, but I just was distracted," Bradley said.

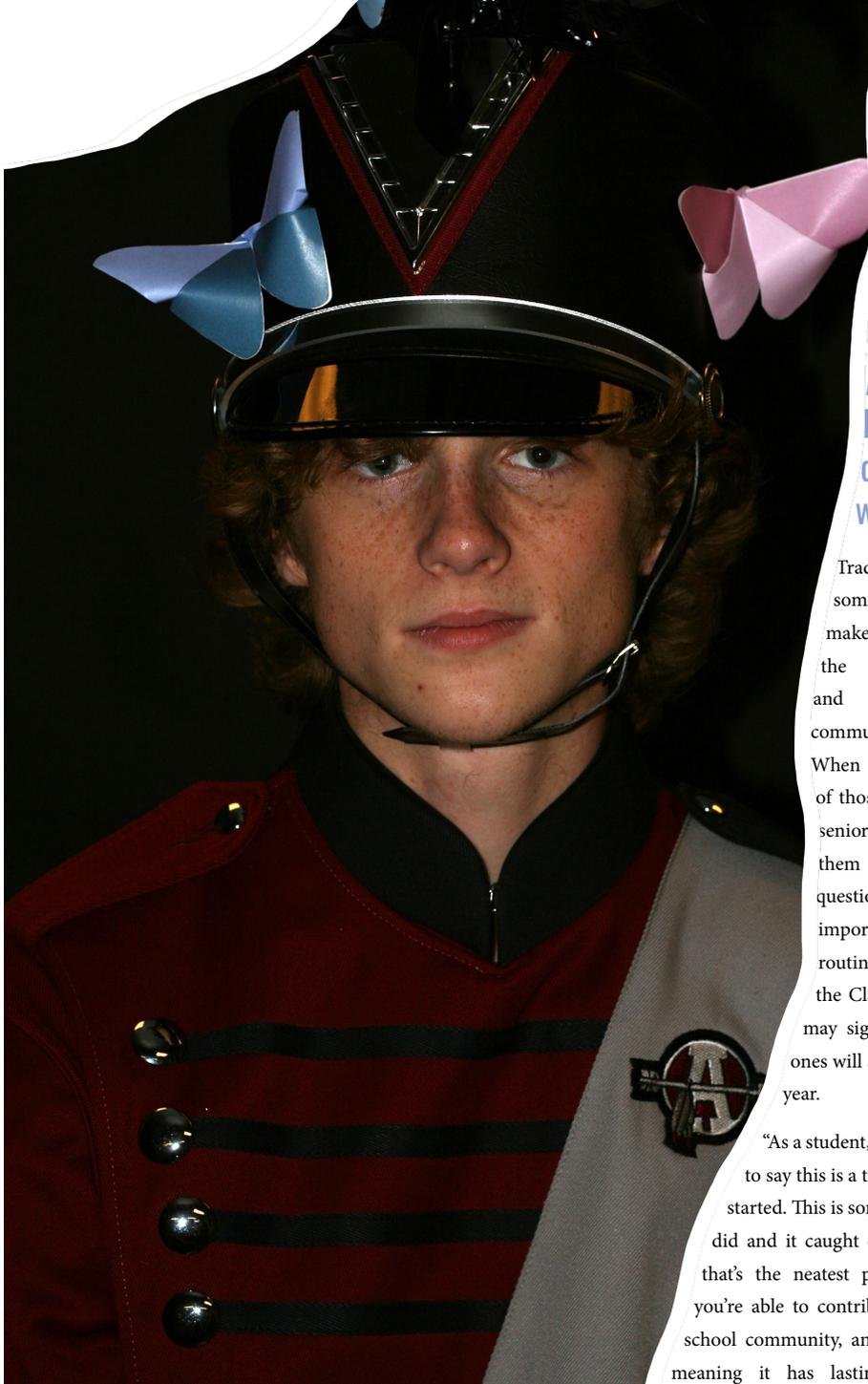
The small relationship they did carry as they got older eventually faded away completely. Though not on bad terms, Bradley wishes she could have held onto certain aspects of the relationship.

#### I must let them go.

When somebody loses an important person in their life, there is a standing belief that those people often come back as butterflies. They remind the person left behind how the single event of existence changed everything. Danielle Katz's mother, Marguerite McClelland, was a poet who wrote "Zwei Schmetterlinge", translating to "Two Butterflies". Excerpts from McClelland's poem are featured in every other line in this story. Katz holds this poem close to her heart because it reminds her to hang on to precious moments while she can. Butterflies grace people with their presence and beauty and then fly away.



MEGAN HARDING | writer  
IZANA NORDHAUS | designer  
VISUAL DIRECTOR



# IF THE SEQUOITS GO SILENT

With the seniors being the only grade level at ACHS who can remember the traditions that had been carried out for years, it leaves the question if those memories will leave the stage with them in May.

Traditions are something that make ACHS the passionate and close-knit community it is. When the future of those relies on seniors passing them on, the question of how important those routines were for the Class of 2022 may signify which ones will see another year.

“As a student, you’re able to say this is a tradition we started. This is something we did and it caught on. I think that’s the neatest piece when you’re able to contribute to the school community, and it sticks, meaning it has lasting power,” Principal Eric Hamilton said.

For athletics especially, it is the job of seniors to pass those traditions down to the grade levels. For senior varsity volleyball captain, Annika Lindstrom, passing down those rituals was an important task the team made sure to put effort into.

“The traditions we have are pretty simple, but we also took the time to explain it to the new girls who haven’t gotten the chance to experience them before,” Lindstrom said.

Lindstrom also described how close the volleyball team is because of their traditions.

“I think the most important tradition we’ve been able to keep alive is our sister tradition, where all the

seniors have a group mixed with some juniors, sophomores, and freshman, and are there to act as a big sister to those people, or just an older girl that each person in the group knows they can talk to if they need anything.”

Senior and high brass section leader Sidney Tindell also noticed this in the marching band.

“In marching band we’ve been able to keep the spirit stick alive, which is an award a section [wins] for having good marching for the day or having the most spirit and getting hyped up. As a high brass member, we normally get the spirit stick the second or third day of marching band week,” Tindell said. “That’s pretty good because most other sections can’t say that.”

Similar to the sister tradition in volleyball, Tindell described the importance of keeping the spirit stick alive beyond simple tradition.

“It’s not like the seniors in the high brass section just get the spirit stick. The whole section gets it because they all did something amazing together and all work together to get it. I think it brings us closer.”

Traditions like this are an example of what Hamilton reported as being a distinctive trait at ACHS.

“I think the school is unique in that a lot of the upperclassmen know the younger students...I think you as students do a nice job of incorporating everyone”

The sense of togetherness may not just be from the community, but the potential for a greater understanding between classes is something senior Sidney Tindell found to be completely different from her time as a freshman to being her section’s leader.

“It’s way different now. Especially [before], being a freshman and looking at a senior who’s been doing

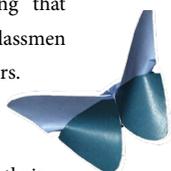
**T**radition never graduates: these words are engraved into the building that students see when they walk in every morning and one might catch glimpses of walking to class. When it was announced over the intercom, 18 months ago, it was supposed to be a two-week break and we would be back in time to finish the school year. Jump to present-day, half the school are experiencing their first ‘normal’ school year, one grade level has experienced just enough to barely make it through their first year of high school, and the seniors are stuck being the only ones who can remember what a normal year at Antioch Community High School looks like.

marching band for three or four years, it makes you want to be better but also [makes you feel] like you aren't that good. Now I feel like the freshmen see me and they're like 'Oh, she's kind of been doing this for two years.'

Tindell did not notice just the change in relaxed composure from the freshman and sophomores, but also how they interacted with upperclassmen.

"I think they feel like they can talk to me more and now I talk to the freshman more because I'm also trying to relearn the same stuff. I feel like we broke that awkward year-older than me barrier and now we're all just friends."

Breaking the barrier between grade levels was an unexpected result of losing a year to COVID and something that relied on the underclassmen to trust their leaders. Hamilton commented on how well seniors met above and beyond their expectations so quickly into the year.



"The fact that [students] are back. The fact that you guys are here everyday, that fact that you're engaged. Every kid in the school, and the seniors being a leadership group, have achieved far beyond what others have been able to do. What you guys have gone through this past year and a half, to see you on the other side, is amazing."



However, despite everyone's efforts, keeping traditions alive has been a challenge due to COVID-19. While seniors and upperclassmen are trying their best, some traditions are simply forgotten.



"We used to go to the section leaders house and have a barbeque [after sectionals]... but I totally forgot about it," Tindell said. "I felt really bad because I know that the juniors and the sophomores might not carry that tradition, because they've never done it."

Despite the challenge of traditions being forgotten, seniors are still trying their best to maintain traditions; students have noticed the priority senior leaders have made for continuing tradition.



"I can see it with the football players, they still tell everyone to dress nice whenever it's a home game," Tindell said.

It is not only the seniors that can be relied on to continue the tradition. Despite their efforts to keep the spirit alive, if the juniors and underclassmen allow those experiences to graduate, the efforts could be for nothing. Lindstrom described how traditions, history

**"WE ULTIMATELY OWE IT TO A LOT OF THE ALUMNI WHO STARTED IT, AND WHEN THEY WERE SENIORS, THEY CONTINUED THESE TRADITIONS AND PASSED THEM ALONG TO US."**

SENIOR // ANNIKA LINDSTROM

and meaning are crucial.

"I see a bright future, especially for Antioch volleyball, in terms of the culture and traditions. I think we ultimately owe it to a lot of the alumni who started, and as seniors, continued these traditions and passed them along to us."

Luckily, Lindstrom seems to think tradition in both volleyball and ACHS have hopeful outlooks to continue.

"After this year's 2022 seniors are gone, I believe the people who play again next year will be motivated to take initiative and keep these traditions alive throughout the program after seeing how it's brought us together and built this program up, especially during the difficult times everyone has been going through."

Furthermore, the underclassmen who are currently learning from the seniors are starting to create their own traditions. This creates hope that traditions will live on, even if they are not the ones who have stood the test of time.

"[The freshmen] suggested that we get GroupMe, and I was kind of against it, because we've always just used Snapchat," Tindell said. "But now, we [like GroupMe] and that closes that awkward age gap."

Remembering and practicing old traditions is just one aspect that makes ACHS come alive. The excitement of being back additionally contributes along with the confidence and leadership the class of 2022 has exhibited in the first month alone. The loss of some old traditions, while an unfortunate ramification, has allowed opportunity for new changes and traditions to be made.



**ASHLEY LUBKEMAN |**  
 writer and designer  
 FEATURED: MARK DEUTSCHMANN



# IF WE SPOKE FOR THE TREES

A climate crisis has been mentioned consistently throughout the years, but if adjustments do not happen, questions about the future remain unanswered.

The ongoing problem of climate change and what it's causes are something that people have been trying to figure out for years. To some, climate change is one of the biggest problems of the century; however, some people do not believe in it.

Environmental club sponsor Stephen Rose has a lot of knowledge about the harmful effects of climate change. He says that in the short term anything that we could do to help with climate change would not make much of an impact.

"It would cost us an awful lot of resources and time in order to implement the changes that are recommended to try to stop climate change in the long term. We are looking at trying to lock the climate into the current situation itself right now," Rose said.

If the government or the people who are helping with the problem try fixing climate change in a fast way, there may be no positive effect. Intense and violent weather conditions will probably not get fixed quickly. Time and effectivity are needed for long-term progress to fix the climate change.

According to The Climate Chat, seven in ten Americans understand the climate is changing. However, Americans fail to recognize that dealing with climate change would prevent starvation and poverty and improve national security.

Americans may understand that the climate is changing, but not the logistics on what is actually happening economically during it all. Understanding the background knowledge about climate change could help with educating people about the information that is not necessarily getting talked about.

According to The Climate Chat, roughly five out of ten people think climate change is harming Americans right now. A number of Americans say friends and family are most capable of persuading them to take action on climate change, and Americans are most willing to sign a petition or attend a public meeting about climate change if they are asked by a person they like and respect.

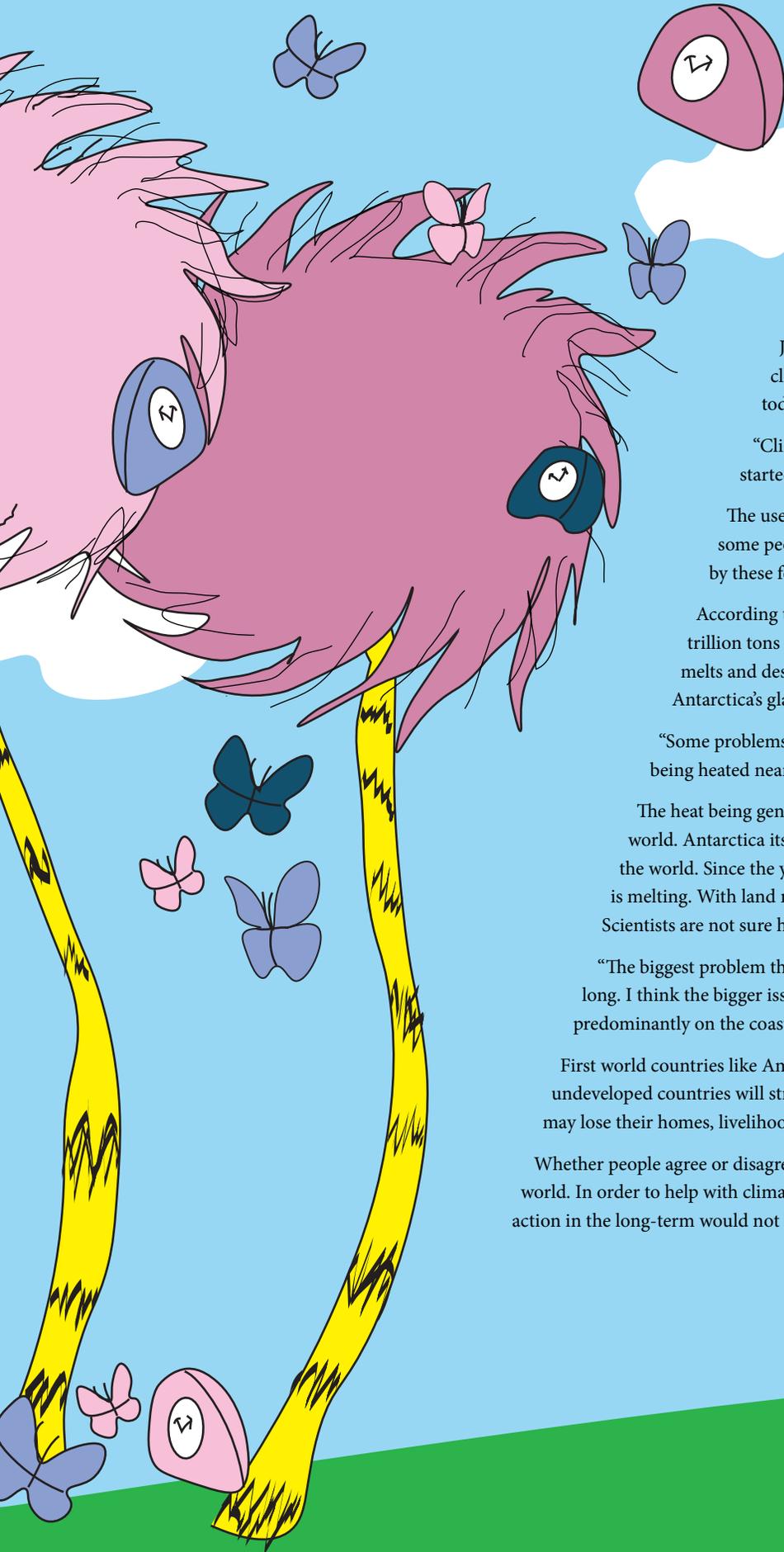
Friends and family are people that you may listen to, hearing about climate change through these people could help expand knowledge. More people knowing about climate change may make an impact on new ideas.

Looking at plants and animals shows smaller aspects that people do not always consider when talking about climate change. The severity of climate change may cause plants and animals to die off.

"Climate change would decrease if we could protect the environment and look at the plants and animals going extinct, and it would be a better quality of life for people in general," Edran said.

Helping out your environment can be a lot easier than people expect. Senior Rayvn Edran wants to try her best to help with environmental issues, including climate change. People advertise recycling a lot and turning the lights on and off; while those help, climate change is a complex issue, and those solutions may not be enough.





“The easiest thing people can do is find ways to reduce their use of fossil fuels. So honestly, I think for people it is going to come down to reducing their use of energy,” Rose said.

The use of fossil fuels is making the issue of climate change progressively worse as time goes on. Situations like people using their car everyday and power plants; release greenhouse gases into the air, such as carbon dioxide, causing an excess amount of heat.

Junior Thomas Weber thinks the use of fossil fuels is when climate change started to become one of the biggest problems of today’s society.

“Climate change started to become a problem when they first started using fossil fuels industries,” Weber said.

The use of instrustry power plants and fossil fuels has enlightened some people about waste going into the air. The heat index being caused by these fossil fuels is showing its effect in Antarctica.

According to National Geographic, Antarctica has lost roughly three trillion tons of ice. The rate of loss is accelerating as warm ocean water melts and destabilizes the floating ice shelves that hold back West Antarctica’s glaciers, causing that water to overflow into the sea.

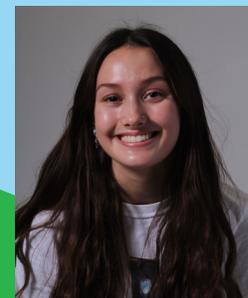
“Some problems that we’re seeing, ecosystem wise... [are] the waters that are being heated near the end of Antarctica are melting,” Weber said.

The heat being generated by fossil fuels is causing a heat increase all over the world. Antarctica itself is melting because of mistakes made by humans all over the world. Since the year 1999, Antarctica has lost so much ice that the land itself is melting. With land not being there anymore, the animals have nowhere to go. Scientists are not sure how much ice will disappear or how fast it will disappear.

“The biggest problem that I see with climate change is that it has been ignored for so long. I think the bigger issue is going to be in the developing world; countries that are predominantly on the coast,” Rose said.

First world countries like America will be less impacted by climate change; however, undeveloped countries will struggle with the effects of climate change at a larger rate. People may lose their homes, livelihoods, and lives due to climate change.

Whether people agree or disagree climate change is having an impactful influence on the world. In order to help with climate change short term action may need to be taken, long term action in the long-term would not be beneficial.



JULIA MATON | writer  
PAOLA PEREZ | designer

# What It Feels Like to Beat Cancer

Krystal Perez // As Told to Claire Policht

January 12, 2018, was the day my viewpoint on life changed.

Tears began to build up in my eyes at the dinner table after my mom informed me of the horrific news. I had been diagnosed with cancer.

Believe it or not, I was mostly distraught by the thought of losing my hair. To save the tears, I decided to shave it off because I couldn't bear the idea of having to watch my hair fall from my head chunk by chunk.

Before my diagnosis I had quit the sport I loved most because the bump on my knee was becoming overly painful. My family and I were at a Christmas party, and there was a surgeon there that specializes in tumors. He explained to my parents and me that I should get it looked at immediately. So we went to the doctor's office, and they suggested physical therapy. When that wasn't working, they informed us we should see a specialist. After several tests, we were told that I was diagnosed with Osteosarcoma, a type of bone cancer.

I was in constant denial; the painfully repetitive days were mentally draining. I went from living a normal life to being unsure if I would be here tomorrow. I didn't want to believe that this was real. The assertion that this can't be happening to me, constantly cycled through my brain as I lay in the hospital bed alone at night in the tight, small room with the sounds of monitors.

While I was going through all of this, I went to a therapist and was diagnosed with depression, although I never actually admitted it and I did not want to believe it. It hurts when you don't want to be around certain people because they just feel bad for you. I just wanted to be treated like I was before. It's hard going from wanting to be around your family all the time to not wanting them around at all. The pitying stares and worried glances were too much to handle.

The words I never wanted to hear were "you're so strong" or "you're doing fine" because, at the time, I was going through a

big surgery where three-fourths of my femur was removed. I had to relearn how to walk, which was one of the most frustrating things I ever had to do, and just hearing that I was "strong" when I was visibly struggling to do things as simple as walking just sat wrong with me. I liked hearing positive things that would make me feel better about how much I had progressed. My surgeon would always reassure me that everything was fine, but at the same time, they were telling me that my leg was fine when it wasn't. The word "fine" is a very sensitive word for me; I confuse it with a lack of trust and hope.

Gaining a special bond with my nurses helped me through the whole process. I wasn't able to spend time with my friends because I had to be in the hospital, but the nurses quickly became my friends; they never failed to put a smile on my face when I was feeling a sense of loneliness.

The nurses and their genuine support was so helpful during a time when the constant showering of sympathy was so tiring. It was a recurring thing coming from everyone, and I became unsure of how to respond. You can't respond to sympathy when you aren't even sure if you'll be okay. The ground beneath me was never stable, and with that came confusing relationships.

It's so weird when the people who once hated you all of the sudden are saying "sorry" and wishing you the best. It's odd to think the people that have said horrible things about you can instantly feel bad because of something you can't change. They feel the need to become my friend; before my diagnosis, they wanted nothing to do with me.

After a long time of confusion and pain, this amazing opportunity arose to attend Camp One Step. The camp is located in Lake Geneva, Wisconsin, bringing together children from all over the world that have had cancer. I felt like I was a part of something, even understood for once; it was a sense of normalcy. I met a group of friends that I had an immediate bond with, and we had

a conversation about our illnesses and our journey then that was it. The tragic topic was never brought up again. I loved explaining absolutely nothing to strangers, and they already understood me better than most people.

As I stepped up next to the bell on September 27, 2018, all the nurses and my family were there, supporting me and cheering for me. I thought, "Wow, this is actually happening; I am finally done with this battle. I won; no more chemo, no more tears, no more sympathy. I finally get my life back. I have overcome one of the toughest battles that the average person will never have to go through, and most excitingly, my hair is finally beginning to grow back." I reached for the bell and shook it with pride. My smile grew bigger and bigger. The claps and cheers in the hospital grew louder and a sense of relief dispersed through my body. I was healed.

Once I finally beat cancer, there was a relief I felt that I've never felt before in my entire life. A thing that was a part of my everyday life just disappeared. I received so much love and support from family and friends that stuck right beside me through it all. The whole process was so unreal; it all happened so fast.

Going through cancer was eye-opening in many ways; one minute, you're hanging on by a thread, and the next, you're back to a normal life. This time, there are limits, limits that I didn't have before. The way you perceive situations differently is almost freeing. Once everything is taken from you, you don't take life for granted anymore.



CLAIRE POLICHT | writer  
FAITH FRANCKE | designer  
FEATURED: KRISTAL PEREZ





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