



John John

WHAT IT FEELS LIKE TO  
HAVE AN ACHILLES HEEL

THE BLAME GAME

LIFE LESSONS  
FROM THE GODS

WHICH GREEK  
GOD ARE YOU?

FLYING UP AND  
BURNING OUT

THE GREEK TRAGEDY ISSUE

VOLUME 60 // ISSUE 2 // DECEMBER 2021

# THE TOM TOM | 2021-2022

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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## 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 the more 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.

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The Tom Tom is committed to seeking the truth, minimizing harm and presenting the most accurate reporting as possible. If you notice any inaccuracies in this or previous issues, please contact the adviser at madelynn.soberano@chsd117.org.

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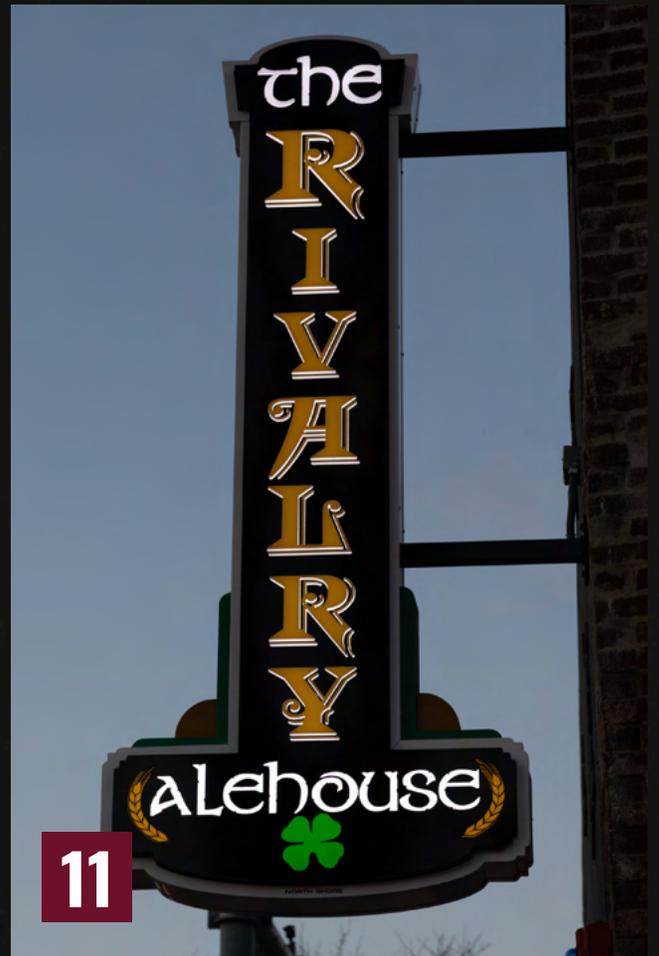
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Senior Jane Marie McQueen opens Pandora's box, unleashing the Greek Tragedy issue of *The Tom Tom*. In Greek mythology, the box was said to release curses onto mankind.

OLIVIA GERHARDT | photographer  
photography director  
JACOB SLABOSZ | photographer  
lifestyles online director  
IZANA NORDHAUS | illustrator  
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# OUR OWN ODYSSEY

While we no longer fight against evil monsters or the gods themselves, we can still learn a lot from the ancient Greeks and their struggles.



LILA HEILIG  
editor-in-chief

Odysseus, a well-known Greek hero, embarked on a ten-year journey to return to his kingdom, Ithaca. Once a renowned king, he became a desperate man; while he was still strong and capable, he was often rendered powerless by the adversity he faced.

While the Tom Tom is not on a literal journey filled with mystical creatures and the wrath of the gods, we are on a metaphorical one. COVID-19 morphed our program into something that it hasn't been in a very long time – forgettable. A lot of people have no idea who we are. Our staff is dwindling; students aren't interested, and aren't joining. While we were once admired, we are now disregarded. Our videos are laughed at, our magazines tossed aside. Like Odysseus, we once mattered. Now, it feels like we've been cast out.

It is hard to feel motivated. I and the rest of the executive team know what the old Tom Tom was and are trying to revive it; newer members don't know, and maybe don't understand our passion. Trying to find a happy medium in a pre-COVID and post-COVID staff is extremely difficult, and as a result, our production rates have slowed down to a snail's pace. We want things to be perfect, but perfection is never possible.

Even though it is difficult to accept, we are doing the best we can with what we have. We have a smaller staff – it is going to take longer to produce things. Simultaneously teaching while also allowing freedom creates a difficult dynamic, but we're getting there. It may have taken an entire semester, but we have put out two high-quality magazines, and next semester, we are aiming for more. We are working our hardest

to prepare a staff that is knowledgeable, passionate and driven, and that is a ton of work in and of itself.

The Tom Tom staff of the past had ideas and executed them in productive ways. Now, in the present, we are constantly looking to them for themes, documents, and guidance that can help us to succeed. Now, we are looking back thousands of years for wisdom; the ancient Greeks had several lessons within their mythology that we can implement today. For our Greek Tragedy Issue, we examine different Greek mythologies and how we can apply their lessons to our lives today; while many myths end in sorrow, their themes can create a more positive society.

Our four features, "Struck by Desire" (Emma Poklop), "The Blame Game" (Beth Kamman, Sofia Tinker and Lila Heilig), "The Fluidity of Beauty" (Megan Harding) and "Flying Up and Burning Out" (Bella Bussone and Aaliyah Lizak) focus on Zeus, Medusa, Aphrodite and Icarus, and how their legacies and stories affect our society today. Staffer Grace Semple analyzes different life lessons derived from Greek mythologies with "Life Lessons from the Gods." Junior writing editor Chloe Barbarise analyzes manipulation in relationships with "The Trickery Within the Trojan Horse," and staffer Ashley Lubkeman discusses success with "The Key to Climbing Mount Olympus."

Our paths in life can be closely related to the tragedies the Greeks faced. Now, it's our turn to learn from their mistakes and prevent making our own. As always, we hope that you enjoy.

*Lila K. Heilig*



THE  
DESIGN  
OF THIS  
EDITOR'S NOTE  
FEATURES ART  
FROM AN ONLINE EXCLUSIVE  
EDITORIAL, "FREE THE NIPS."

# DO NOT SHOOT THE MESSENGER

The ancient god of messaging was known as Hermes, but he was also known for his trickery. Like Hermes, journalists devote themselves to reporting on any issue possible; however, unlike Hermes, the Tom Tom staff lives to tell the truth.

To write and read are simple actions that our staff thrives upon daily. Throughout the entirety of seventh period, the only noises heard in the room are the brainstorm of ideas flowing endlessly or the click-clacking of the keyboards. As a journalism program, our numbers are continuously dwindling, but that does not mean that we stop reporting on the importance of now. Some of you reading this article may not have known who we were beforehand, or you may not recognize the names interviewed, but that is what we are here for: to give voices to the voiceless.

The voiceless are unfortunately plentiful; however, telling the full story is what we do. Following the trail to piece together the next big story is an d

exhilarating, adding onto the legacy of written communication and press evokes that same feeling. Sharing other voices with our personal style unifies the process, subsequently

giving back to the community. It becomes our story.

Our story is flexible: the parameters between which we form the story can become narrow and hyper-detailed. These limiting factors can be chalked up to an occupational hazard, a burden we choose to accept in pursuit of the truth and its publication. We spread the message, whether it be trendy, newsworthy or simply about how human beings interact. It is our story. The conflicts resulting from this shared experience can sprout weeds of criticism, hate and dishonesty, straining the relationship between the reporter and the public.

While we are told to deliver the truth, not all those who hear it wish it true; as the truth starts to prevail, controversy does not follow far behind. Whispers emerge while holding our latest issues. Eyes dart around each room with a number of emotions. Looks of confusion, despair and at times anger are plastered onto the faces of those who read what we have delivered onto the pages of the Tom Tom. Their eyes say, "Who would write something like this?," their mouths form the words, "Is this even true? What do they know?" We know the truth. We know that our job as journalists is to share the truth even if it is not something that your ears want to hear or your eyes wish to read. The five codes of eth-

ics according to the SPJ are as follows: integrity, objectivity, professional competence, confidentiality and professionalism. That is undoubtedly what we are going to deliver and what we are going to continue to be.

Deliverance of the truth is beneficial no matter the consequences. We are here to spread accurate information, whether that be real-world news or current events here in our beloved school. We are here to stay, and our stories revolve around you. You, reading this article right now: your story can be told next, and we are here for it. However, that does not mean that we are the villains in this scenario for stating the truth, nor are we heroes; we are journalists, born to write ours and your stories until the end of time.

**CHLOE BARBARISE** | writer  
junior writing editor

**ALEXIS BARBOSA** | writer  
lifestyles writing editor

**DAYLIA BROCK** | writer  
lifestyles writing editor



**IZANA NORDHAUS** | designer  
visual director

# SEQUOIT TO SEQUOIT: FRIENDS OR FOES?

In Ancient Greece, hunting was not only a source of survival – it was also seen as a way to prove one’s self. Nowadays, hunting as a sport is a highly disputed activity.

## QUADE MOLL

**H**unting is a way to spend time with my family and make new memories with them on every trip. It is a fun way to get out in the environment; it distracts from the everyday busy life we normally always live. When I was a little kid, my dad would come home from hunting and I would always want to go on the next trip with him. Learning about hunting at a young age encouraged my passion now.

From a young age, I never thought that I was harming the deer. Supposedly, there were benefits to hunting directly toward overpopulation. Diseases pass if there is overpopulation; deers also starve in the winter season. Deers get hit by cars because there is nowhere else for the deer to venture. Usually, deer get killed more by vehicles rather than people hunting deer.

Local businesses make better money when it is hunting season due to the free meat lurking around; gun shops, restaurants, taxidermists and butchers are just a few. States gain tax money as well for hunting licenses because people acquire them for upcoming hunting seasons. These businesses get an immense amount of money when hunting season comes around; they utilize the meat for hunting or supply the people who hunt.

With hunting, the animals are dying in a humane way. When shooting the animal, they are dying without suffering. If the animal were hit by a car or starved to death, they would suffer increasingly. Deer can also get Chronic wasting

disease, which is also called “Zombie deer” disease. When the deer get this disease, they lose weight, have behavioral changes, experience tremors and lose fear towards humans. This disease makes deer not even appear as deer by changing their whole personality, physically hurting them.

This disease is a major problem in deer populations in Western states like Montana and Wyoming. I do not think people understand that hunting these animals is beneficial at the same time. There is no reason to 9

mental mindset about hunting from a young age has helped me grow to love it incredulously.

People do not understand that hunting is a tradition for many families and creates joy for these people. I love spending time with my family when we are hunting all together; it hatches new memories and helps the environment at the same time. People who disagree with hunting will never understand the joy that comes from being with your family, as well as the benefits for the animals killed.

## CAILEY MILLER

**P**eople who are typically hunting view it as a sport, but then it is a sport based on killing animals for no reason. The idea of hunting being a sport turns into it becoming an unjustified competition. I never want to hurt an animal for any reason unless it is necessary for food purposes only.

I do not hunt because I value putting kindness and empathy first for people and animals. Though no one in my family hunted, subconsciously, I knew it was a horrible thing to do to an animal. I am sure if there were people in my family who hunted, I might have felt different about it, but since there was no influence, I have always felt the same about it since I was a kid.

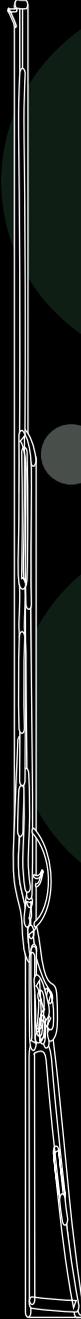
Hunting is extremely cruel to animals; hunters kill for little to no reason. We live in a world today where we consume more meat than any other country in the world. We are consuming meat so fast, to the point where we have a higher growth rate of animals being consumed than of animals actually being born. If we continue this pattern, eventually there will be no real meat left, and it will have to become essentially lab-grown meat.

Killing animals is completely unnecessary; there are plenty of other options in which nothing has to die. Hunting is viewed as a competition for most people. After a successful hunt, they will post on social media what they killed over the weekend. It should not be a competition with animals being their “prizes.”

You take a life away when you are hunting; just because it is not a human life does not change what you are doing. Animals have pain receptors, and animals know what is happening to them. They can recognize different things in the environment; they can also develop memories, and hunting kills everything out of them. The act of hunting is something deeper than just killing the animal. I believe there is an emotional aspect to it, as well as thinking about the lifestyle of the person hunting and what they believe.

Though I do not believe in killing an animal, I am not shaming people who love hunting. I do not view them differently as a person, but we will never agree on the small details of hunting, and we never will. There is a group of people who love hunting and will always hunt as an outdoorsy activity. However, there is also a group of people who will never understand how people kill animals for fun.

Hunting will always be something that is unnecessary and cruel to me. Killing an animal is not supposed to be fun; killing an animal should never be something labeled “fun.” I believe hunters will never understand how cruel hunting is for the animal they are killing for self-enjoyment.





# ANTIOCH TRAVELING CLOSET HELPS COMMUNITY MEMBERS IN NEED

JACOB SLABOSZ | designer  
lifestyles online director

BELLA BUSSONE | writer  
Tom Tom staff

Lisa Fisher – the founder of Antioch Traveling Closet – has an inspiring story about the creation of the organization and how she continues to help others.

In 2014, a local Antioch, Ill. resident, Lisa Fisher, was informed by a colleague of a young girl who was not getting proper care at home. To try and help, Fisher began to buy two of everything; one for her daughter and one for this young girl. When her little friend had moved away, Fisher had a far-fetched thought:

“If I can do it for one, why can’t I do it for more?” Fisher said.

This question sparked a local non-profit organization, now known as the Antioch Traveling Closet. The group takes passed-down, new and gently worn clothing donated by good samaritans in the area and gives it to the less fortunate. The Antioch Traveling Closet holds three giveaways a year, where anyone can come and get not just clothing but toiletries, cleaning supplies and children’s books without paying a penny. Along with receiving these necessities, hairstylists donate their time to give free haircuts to those that view it as a luxury.

“Our busiest time of year is our back-to-school giveaway in August; we get probably around 400 people,” Fisher said. “I like the kids to start school with brand new haircuts and brand new backpacks because it makes them feel good.”

It can be difficult for one as a middle schooler to feel out of place with peers. It is a sensitive time in a child’s life, and Fisher wishes to offset that insecurity as much as possible. The next giveaway is Dec. 12, 2021 at the senior center in town, located at 817 Holbek Road.

“The ATC’s main purpose is to help our community,” Fisher said. “As we have been doing this, we’ve realized how something like a toothbrush to one person is a necessity that others cannot afford, and that is what we like to do; help ease the burden.”

Though it may skip many minds as people forget how fortunate they are, Fisher, along with her group of volunteers, takes it upon themselves to make sure as many people in Antioch are taken care of as possible. Fisher’s daughter, Jasmine Fisher, is currently a sophomore at Antioch. J. Fisher tries to help out as much as she can in regards to the ATC.

“At first, I thought it was weird because we had no garage space, but I knew it was for a good cause.” J. Fisher said. “It is really nice what she is doing; she is a great role model.”

Beyond this, considering their size, the organization

does not get grants, but works instead through fundraisers. The ATC operates through monetary, clothing and toiletry donations. Currently, they work out of the senior center in Antioch – a convenience, but they are bursting at the seams. L. Fisher hopes her team can one day have their own building.

To help out, many high-schoolers choose to donate their time.

“I have been [helping] the ATC since I was in eighth grade,” senior Jacob Moisa said. “Being able to help people out in our community that are not as fortunate as some of us clothing-wise – or even just struggling in life – is a great thing.”

Fisher and her organization make frequent use of student volunteers; they are always on the lookout for more help.

“We are always grateful for new volunteers and would love to see more people coming and helping,” L. Fisher said.

To learn more about ATC or to make a donation, visit their website at [antiochtravelingcloset.org](http://antiochtravelingcloset.org). For those interested in supporting Antioch Traveling Closet through volunteering, information can be found on their Facebook page.





## LEARN MORE

About Antioch Traveling Closet



[antiochtravelingcloset.org](http://antiochtravelingcloset.org)



Antioch Traveling Closet



@antiochtravelingcloset



As we have been doing this, we've realized how something like a toothbrush to one person is a necessity that others cannot afford, and that is what we like to do; help ease the burden.

LISA FISHER // FOUNDER

# SPEC-TACO-LAR BIRRIA TACOS

Texas Bebe's Quesobirria in Grayslake serves homemade, authentic birria tacos at a reasonable price.



**T**exas Bebe's Quesobirria is located in Grayslake, approximately 10 miles from Antioch Community High School. The restaurant opened on Oct. 11 of 2020, and business has been booming ever since. At the restaurant, they serve authentic birria tacos in addition to classic sandwiches, nachos, tortas, various cakes and more.

Birria tacos are a Mexican food that originated in Jalisco. This traditional dish is served on corn tortillas with birria meat cooked in a stew, creating the melt-in-your-mouth experience, which is paired with cheese melted inside a tortilla. The tacos come with broth—also known as consommé—onions and cilantro on the side.

**HOPEFULLY YOU  
KNOW WE COULD  
HAVE ONE THING IN  
COMMON, WHICH IS  
TACOS.**

AARON ORTIZ // OWNER

The tacos, which have been enjoyed for decades in Mexico, gained popularity on TikTok last year. Thousands of videos have been posted of people reviewing tacos they bought, sharing their recipes and even putting unique spins on the traditional tacos.

Senior Mady Lopez found out about birria tacos through social media.

"I have seen [birria tacos] on TikTok and Instagram," Lopez said.

"They look really good and the meat they use looks delicious."

Texas Bebe's is a family-run establishment that makes their food from scratch whenever possible. Furthermore, they put a large emphasis on using recipes that are passed down from generations.

Owner Aaron Ortiz believes in the power of a restaurant with exceptional food.

"Our goal [in opening] was basically to make the customers happy and to try to get the community more involved," Ortiz said. "Hopefully you know we could just have one thing in common, which is tacos."

In addition to helping the community, Ortiz runs the business with his family, which means more than just working together.

"That's what makes us a little different, that we are all family-owned [and] we are not doing anything precooked, nothing like that," Ortiz said. "[Being a family-owned business] means the world to us. Waking up and just knowing that we are going to come to a location that is not just work, it is more of somewhere we can all get along and make each other happy."

The name "Texas Bebe's Quesobirria" comes from a nickname given to Ortiz by his abuela, Estela. The word "Bebe" was included in the restaurant's name to honor his abuela and show

his love for family.

Ortiz has recommendations for anyone going to Texas Bebe's for the first time.

"Try the dip-in tacos, that is the new trend," Ortiz said. "The queso birrias is something that you cannot turn away from. That is why I would like the people to know, try the number one out."

The #1 is the Queso Birria meal which is priced at \$15. The meal includes the options of six corn tortillas or five flour tortillas that contain birria beef and cheese with an eight-ounce cup of dipping sauce, cilantro, onions, radish and fresh lime on the side. It is also served with fresh red and green salsa.

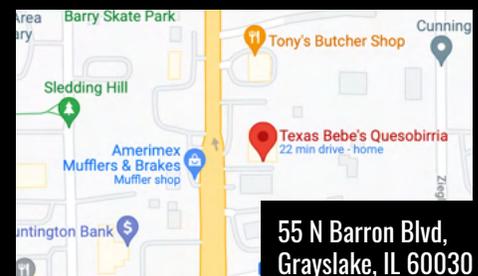
Senior Josh Frye was pleased with the birria tacos he had at Texas Bebe's.

"You could tell it was family-owned and authentic," Frye said. "[The tacos] were really good and they were a pretty good price too."

While it is a little bit of a drive from ACHS, it is more than worth it for authentic and delicious food.

"If you are trying to get that Texas feeling and taste I recommend stopping by," Ortiz said. "You are going to get a little bit of Texas with [any meal]."

There is clearly a reason why birria tacos have amassed a huge following in the past year. When searching for somewhere to try the viral tacos, Texas Bebe's is certainly the place to go. Being a family-owned restaurant that makes food from scratch distinguishes it from other restaurants in the area. These mouth-watering tacos are a must-try for anyone who enjoys a good heart-warming meal.



**EMMA POKLOP | writer**  
Tom Tom staff  
**LILA HEILIG | designer**  
editor-in-chief

# NEW DINING OPTIONS IN ANTIOCH

Antioch recently welcomed a handful of new restaurants covering various cuisines. Locals have an overall positive opinion of the establishments.

New restaurants have been taking Antioch, Ill. by storm. Places like Rivalry Alehouse, El Sureno and Casa Ruiz have opened up to the public, and people love it. Jersey Mike's Subs announced it would be coming to Antioch, and garnered the residents of Antioch's attention. These new restaurants get people out of their houses and out into town to eat and spend time with their friends and family.

"I think new restaurants are good for the town," junior Anthony Sachetti said. "We can still get out and enjoy time with family."

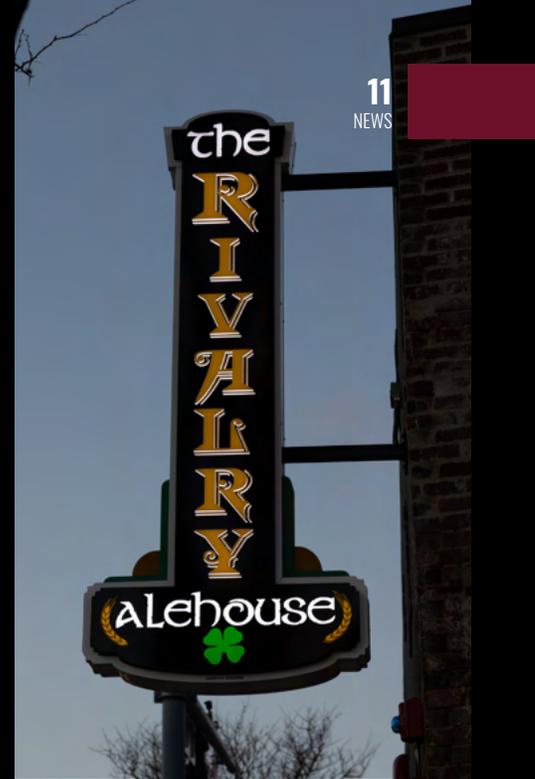
El Sureno is a restaurant on North Lake Bluff Road that serves authentic Mexican food. The restaurant has an interior that represents Mexican culture. El Surano opened on Aug. 25 and has been doing well since the start, getting several posi-

tive reviews on platforms like Facebook and Yelp.

"I think it's a really nice place to go with family and friends and such a nice layout inside," junior Emmy Zamudio said. "I think the food was really good, and it's all authentic."

Rivalry Alehouse at 945 Main St. in Antioch is a German and Irish restaurant that serves classic German and Irish cuisine, along with other food items from different parts of the world. Rivalry Alehouse also opened in late August and has been busy since. The restaurant offers live entertainment for its customers every Friday and Saturday.

"I think Rivalry is a great addition for the town," senior Thomas Van Sickle said. "It's in a nice little spot right next to the movie theater, and it's great for the community."



The upstairs section is a great spot to sit, and the food is great. I had the steak and it was amazing."

Fast food restaurant Jersey Mike's Subs is taking the spot of GameStop next to Popeyes. The opening date has not yet been announced, but many are speculating on the possibilities of the new addition.

Casa Ruiz on 932 Main St. is another option if one is hungry for authentic Mexican cuisine. The restaurant opened its doors on Sept. 5, and has been doing well, getting many good reviews online. The restaurant serves classic Mexican dishes. Casa Ruiz also has an inside that goes hand-in-hand with their cuisine.

Antioch has been put back on the map with some new great additions. These new places offer residents a chance to try different dishes from all over the world, giving people more options to change up their routine.



---

**CHARLIE HULTING** | writer  
Tom Tom staff  
**JACOB SLABOSZ** | designer  
lifestyles online director

# WE WERE DEALT A GOOD HAND...

ATHENA



**JILL FARRELL**  
God of Wisdom

Qualities: Math department chair,  
Mu Alpha Theta advisor, speedy  
grader

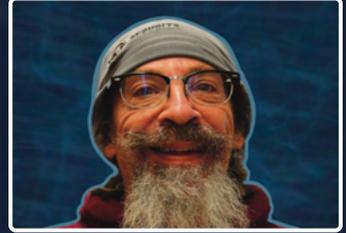
APHRODITE



**JAYCEE RULEY**  
God of Beauty

Qualities: beautiful, loving,  
dependable

POSEIDON



**JIM HELLEN**  
God of the Sea

Qualities: wears flip flops in  
winter, swim coach, sail boat  
enthusiast

APOLLO



**MICHAEL RIGGS**  
God of Music and Poetry

Qualities: adequate trombone  
player, AP Capstone teacher,  
moody conductor

DEMETER



**STEPHEN ROSE**  
God of Agriculture

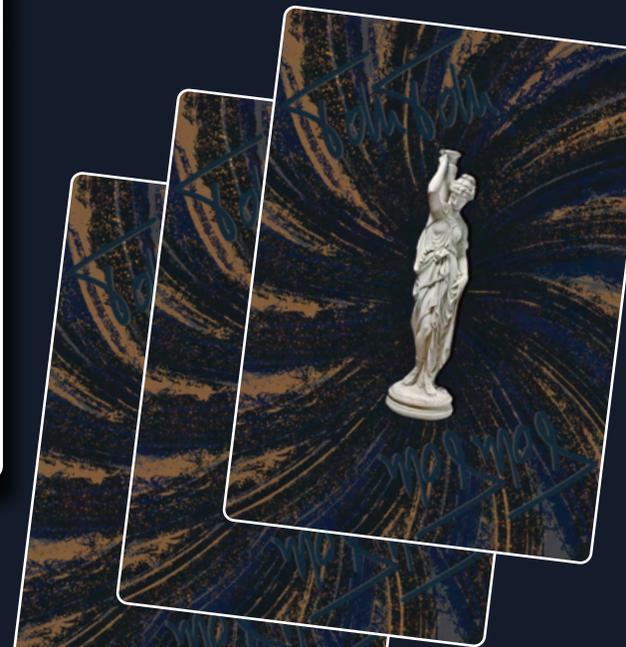
Qualities: avid bike rider, environ-  
mental club adviser, speaks for  
the trees

ARES

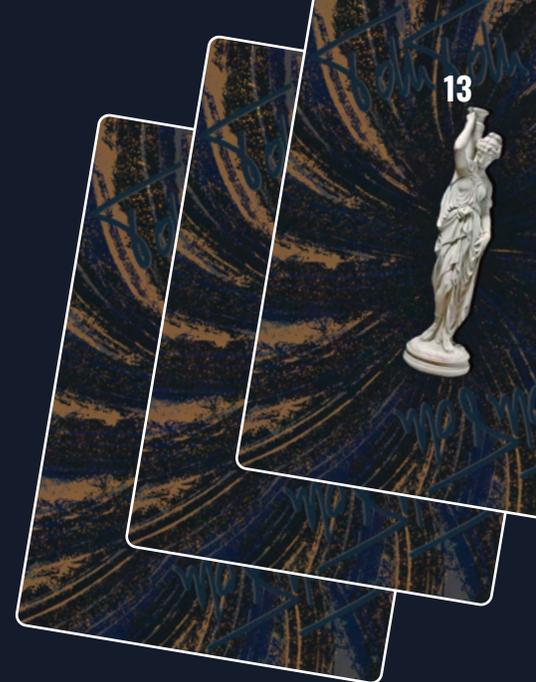


**HILARY O'DONNELL**  
God of War

Qualities: powerful, teaches fresh-  
man gym, authoritative



# ACHS STAFF AS GREEK GODS



**JANUS**



**JANICE**  
God of Doorways

Qualities: off-campus lunch attendant, security guard, opener of doors

**ZELUS**



**MITCHELL MUNDA**  
God of Competition

Qualities: power clean fanatic, football coach, all-star kick ball pitcher

**HADES**



**ROBERT SCHRADER**  
God of the Underworld

Qualities: evil, AP Biology teacher, leader of complaining

**NIKE**



**MARNI POLAKOW**  
God of Victory

Qualities: athletics director, devoted to ACHS sports, does morning workouts

**HERMES**



**IWONA AWLASEWICZ**  
Messenger of the Gods

Qualities: SBN adviser, energetic, joyful

**THEMIS**



**JIM WHITE**  
God of Good Counsel

Qualities: psychologist, golf coach, conversationalist



# ARE THE SIGNS TRUE TO YOU?

Everyone has their dedicated zodiac signs; whether they choose to believe it is up to them.

A person's zodiac sign is based on their birthday. Each zodiac sign has specific traits that are commonly associated with people, which can encompass their personality or the different activities they enjoy. Sometimes, they can describe what a person with a certain zodiac sign looks like.

According to askastrology.com, Capricorns are said to have thin upper lips and clear skin, and some traits include having their lives revolve around goals and being an overly serious person. Freshman Mycah Thompson – who is a Capricorn – believes that these traits do not apply to her.

“I focus more on the present, not the future,” Thompson said. “I’m not very serious; I [tend to] take things easy.”

The next zodiac is Aquarius, who are stereotyped to have small facial features, such as lips and ears, according to tarot.com. Additionally, they are said to be extremely lazy people who are very stubborn. Freshman Elle Lubke – an Aquarius – says these traits are both true and false.

“I see myself as a stubborn person because I get upset really easily,” Lubke said. “I can’t be lazy because I have a busy schedule.”

Pisces are the next

zodiac sign. According to Cosmopolitan, they are said to usually have dimples and a very round facial shape. Pisces thrive around people and are known to typically keep their feelings to themselves. They are often extroverts because they like to be around other people so much. Sophomore Mason Lobodzinski says these traits are true.

“It brings me the energy as an extrovert,” Lobodzinski said. “Usually, if I’m feeling very sad, I don’t tell people.”

Aries are said to have a very prominent facial structure and a very prominent personality to match. They are optimistic and very dependent on others. Freshman Enza Nawrocki says that these are true to her as a person.

“I think I’m

an optimistic person,” Nawrocki said. “I’d rather always do something with someone. I’m definitely not an independent person.”

Tauruses are said to have a round face and very thick hair. They tend to be self-reliant and optimistic. Freshman Scarlett Victor says these describe her very well as a person.

“[I tend to rely on myself] because I know I’m going to hold myself accountable,” Victor said. “Focusing on the good is better than focusing on the bad. You shouldn’t let the bad things control you.”

Geminis are said to be one of the most disliked zodiac signs. They gained the reputation of being two-faced; however, they are said to be very productive people. Geminis are also known to be tall, and their eyes tend to stick out as being a defining feature. Sophomore Nicole Kutcher says this is true.

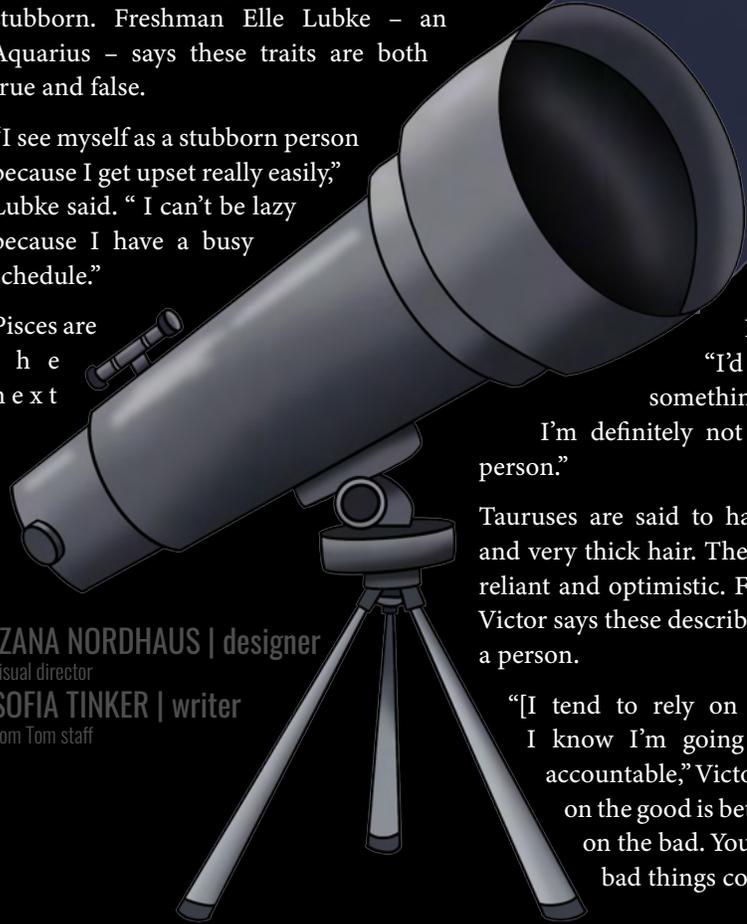
“I don’t like sitting around all day,” Kutcher said. “I like to be productive.”

Cancers typically have bright round eyes and perfect skin. Their other common traits include taking things very personally, and they are extremely emotional people. Sophomore Brynn Glauser is positive these are true.

“I tend to hold things against people,” Glauser said. “I’m definitely emotional, but not overly emotional.”

Leos are also one of the most hated signs. They are stereotyped as being self

IZANA NORDHAUS | designer  
visual director  
SOFIA TINKER | writer  
Tom Tom staff





obsessed.

Physically,

Leos are said to have a full head of hair and an attractive side profile. They are natural born leaders and love to start projects. Sophomore Elise Justis says otherwise.

“I am quiet and reserved,” Justis said. “Typically when I start a project, I do really good in the beginning and then it only gets worse.”

Next, Virgos often have a very oval-shaped face and very strong cheekbones. Virgos are known as extreme health nuts, and they are very goal oriented. Sophomore Ali Davis says this is incorrect

“I do not eat [very healthy], I eat junk food often,” Davis said “I focus more on the present not the future.”

Libras are said to have wavy hair and very full facial shapes. They are non-confrontational people, and they are very big overthinkers. Sophomore Jack Holway says this is very true.

“I just let [people] do their thing,” Holway said. “I don’t want to get into a fight. I’ll think about something that didn’t even happen.”

Scorpios are often seen as being cold or standoffish. They are reserved and almost always trust their gut feelings. They are said to have a small build and small facial features. Sophomore Ava Yeager says this is somewhat true.

“I always like to think it’s one answer

[but it never is]” Yeager said “I don’t talk to anyone and I don’t tell anyone anything.”

Sagittarius are the last zodiac sign on the list. Sagittariuses are said to have long legs and a tiny nose. They are very adventurous and extremely positive people. Sophomore Macie Volkmar says this is true.

“I like to try new things [a lot],” Volkmar said. “I’m a [pretty] positive person when it comes to most things.”

As

the students of Antioch Community High School have shown, most people are similar to what their zodiac signs say. Everyone has their own zodiac sign, but the question still stands; “Is your sign true to you?”



# THE KEY TO CLIMBING MOUNT OLYMPUS

Applying for college can be overwhelming and stressful. Students can get caught up in school names, acceptance rates and test scores, but it is important to remember that success, or reaching the top of Mount Olympus, is not determined by the college they attend.

One mistake students often make when choosing classes, applying for colleges and trying to make the perfect decision is blurring the line between personal and generalized success. The Oxford Language provides two definitions of success. Personal success, which means making strides to meet one's own goals and values, and generalized

success which is defined by material goods, achieving a popularity status, followers or an amount of money. It is important for individuals to internally find which one they are working towards to reach the top of Mount Olympus.

While it can be easy to label someone as successful or not with a quick judgment, it is necessary to remember the definition of success is as unique as the DNA that differentiates each person. School counselor Kelly McCracken believes everyone needs to consider what is important to them.

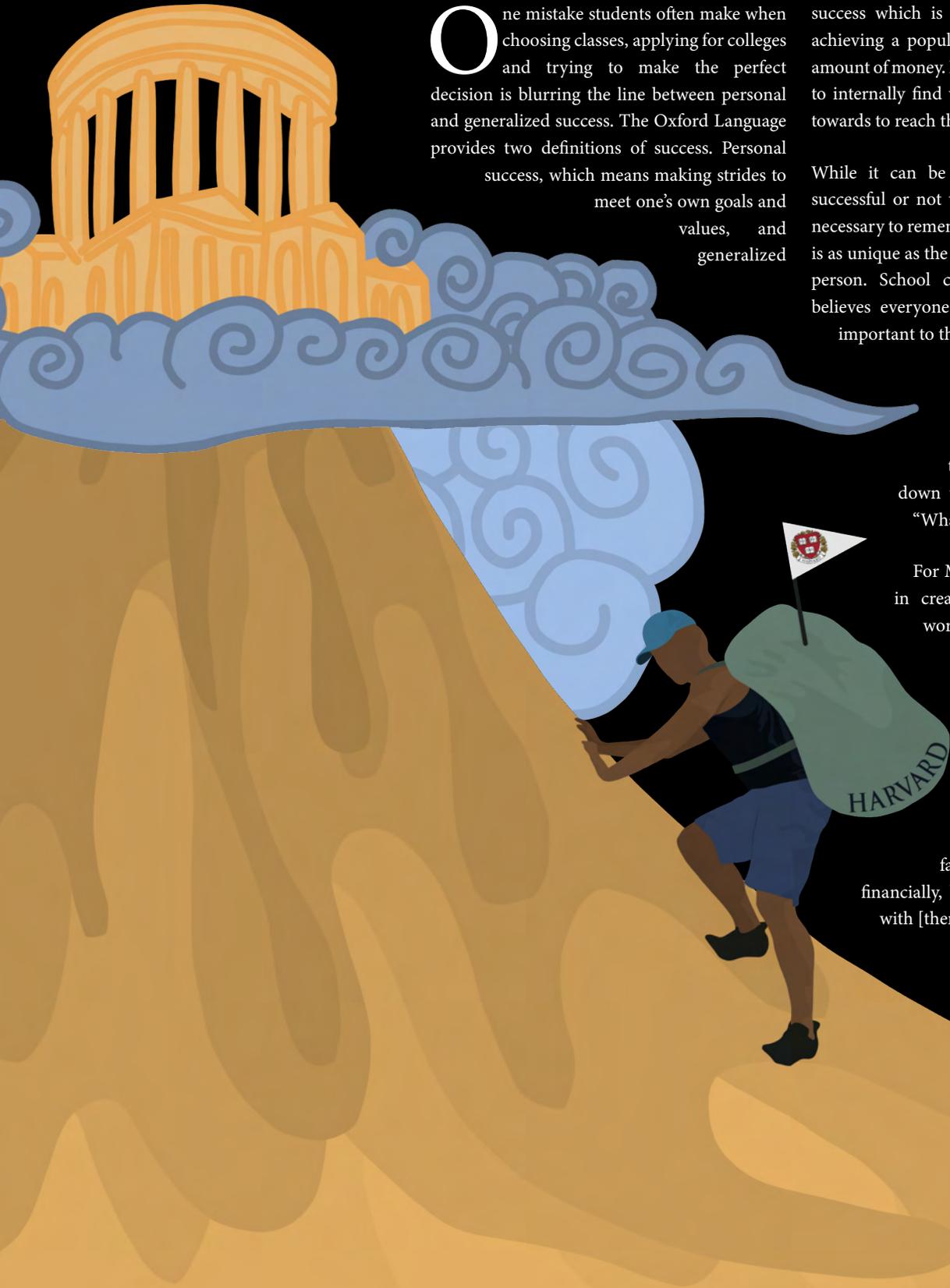
“That’s a very individual question that everybody needs to kind of ask themselves, and it comes down to values,” McCracken said. “What is it that you value?”

For McCracken, values are found in creating a healthy family and work balance.

“One of my versions of success is being able to provide for my family, but also have meaningful work that I do,” McCracken said.

“I’m able to support my family and be comfortable financially, but also spend a lot of time with [them].”

With that personal definition of success,



With that personal definition of success, McCracken said many members of the staff at Antioch Community High School may share the same goals.

“Probably a lot of people [working] here do have similar values, and that’s why they got into education,” McCracken said. “They want meaningful work.”

While many staff members at ACHS might consider success a healthy work-family balance, students at ACHS see it a bit differently. For Senior Sam Bradley, it means supporting herself while remaining content in her day-to-day life.

“Success for me is to find happiness in things that will bring you needs,” Bradley said.

“It is important to have a well-paying job but I feel like people forget the fact that you can also enjoy your job.”

Senior Hannah Benes also values happiness and considers it an essential piece of her climb to Mount Olympus.

“As of right now, I think it’s just doing work, job, volunteering, whatever activity that can make me feel the happiest,” Benes said.

When applying and researching colleges, many students often use the process in an attempt to project onto the process in an attempt to appear successful. While it is important to choose a college that reflects one’s talents, Benes also believes many students can get caught up in success when applying to colleges and need to consider all of the parameters of success.

“A lot of people think you’ll automatically be more successful if you go to an Ivy League,” Benes said. “It takes more than just going to that really big, highly academic school to be successful after college.”

Ivy leagues especially can cause students to lose focus on what matters most when choosing a college. McCracken claimed ACHS students, in particular, might forget that feeling comfortable at a school is a crucial factor.

“What we [at ACHS] see a lot is people like to apply because of the name. They’re not necessarily serious about going or if that would be a good fit,”

McCracken said. “Would they feel comfortable in that environment and those types of studies?”

Benes believed when it came to applying to and researching colleges, it all came back to values.

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“SUCCESS CAN LOOK DIFFERENT FOR EVERYBODY. IT’S WHATEVER YOUR GOAL IS AND WHATEVER YOU ARE DOING AND WHAT PATH YOU’RE ON.”

---

KELLY MCCRACKEN // SCHOOL COUNSELOR

“At a young age ... I want[ed] to go to a really big, well-known, super-smart school,” Benes said. “Over the years, that goal kind of faded out because I re-evaluated what was valuable to me.”

Like Benes, Bradley believes personal values and general happiness are what students should be focusing on when they begin applying.

“People shouldn’t put their worth on a college,” Bradley said. “They should just go there to have fun, get an education and have a good life.”

It is difficult to say going to an Ivy League will not provide any leverage, however. McCracken claimed renowned colleges can provide a significant headstart for a career depending on where a student sees their future.

“Because there’s such a small percentage of students who are accepted, they’re typically smaller schools but still have that reputation,” McCracken said. “There are specific places, jobs and positions that recruit specifically from Ivy League schools.”

However, McCracken claimed many state schools can give the same degree and opportunities as an Ivy League.

“You don’t need to attend an Ivy League school in order to have those networking opportunities, degree or job outlook in a certain area,” McCracken said. “There are very smart, well-rounded and educated students at state schools, private schools,

Illinois schools and out-of-state schools.”

The culture surrounding Ivy Leagues is something that turns many ACHS students away from applying. According to Bradley, students here are worried less about going to the most academically renowned school and more about finding the college that is the perfect fit.

“If [Ivy League is] their goal, go for it,” Bradley said. “But I think people [at ACHS] are down to earth, they realize what matters more or less.”

The truth is that no one can see someone and define them as successful; it is defined personally through an individualized path. Benes has been committed to the South Dakota School of Mines and Technology since March of 2021. Opportunities after school were more important to her than the ones within.

“South Dakota has a really good job employment rate in the first year after you graduate,” Benes said. “I think that will give me a really good opportunity to start becoming successful in my future career.”

Academics are often a factor that tends to make an Ivy League valuable. For Benes, the STEM programs within a school were crucial. She found that a school such as SDSM&T, which was only focused on those fields, was the perfect fit.

“People who go to Harvard or big Ivy League schools, [I think that] just saying that you went there, can get you pretty far,” Benes said. “There are also smaller schools that can probably do just as much and give you the same type of education for cheaper.”

Everyone has their own worries when it comes to colleges. Whether it be the school, money, grades or majors, they all revolve around how the college will benefit their future. As long as one is comfortable, happy and has the determination to succeed, the college one attends harbors less impact on reaching the top of Mount Olympus than one might think.

# THE TRICKERY WITHIN THE TROJAN HORSE

During the Trojan War, the Greeks constructed a wooden horse and gifted it to the Trojans as a peace offering. Secretly, Greek warriors hid within the creation and conquered the city overnight. This mask of manipulation is one still evident today, not disguised as a gift but a connection.

As time ticks by, the evolution of relationships between two souls develops. Every passing minute, people change: “From strangers to friends, friends into lovers and strangers again,” as quoted by British singer-songwriter Celeste. It seems to hold constant throughout society, dating back to the Greeks and Trojans. The cycle appears to be unbreakable.

From an Instagram Poll posted to the public asking the question, “Have you ever been a victim of manipulation from someone close to you?” 73% answered with yes, while 23% responded with no. The data is significantly unbalanced, favoring the side of multiple victims of manipulative connections.

Psychology, AP Psychology and law teacher Anton Borchert witnesses relationships heading straight for rock bottom. But, there are two types of manipulation: overt and covert, the latter being notably more dangerous than the former.

“Overt manipulation, where it’s obvious, very clear that I’m telling you what I want you to do,” Borchert said. “And then there’s covert manipulation. It’s more damaging because we don’t see it; we don’t feel it, but it’s happening.”

Along with covert manipulation, there are subcategories like gaslighting: a tactic where a person makes a victim question their reality to gain more power.

“And so you don’t see it; all you see is this loving individual who cares about



every aspect of [your] life,” Borchert said. “Before you know it, they’re in your head, and you can’t get them out.”

Junior Kayla Jackel experienced a relationship where her former friend tried to dictate decision-making. As a result, drama transpired and plenty of miscommunication; the outcome: a disentangled friendship.

“At the moment, we don’t talk at all and are just people that go to the same school that had a past,” Jackel said.

Outside the walls of the high school, a manipulative relationship exists in senior Bryanna Self’s life, stemming from when she was a little girl. But, it does not surround the ideology of a perfect friend.

“[My grandma] twists everything to make things go her way just to get a reaction out of me, as well as to ‘put me in my place,’” Self said. “She would basically tell me that I was an awful person, daughter and granddaughter because I wouldn’t do something as simple as bringing her the TV remote.”

Manipulative tendencies are not always intentional; sometimes, more often than not, the person has become corrupt due to personal events.

“People, when they use [manipulation], all of us go with the former definition like ‘Oh my God, so they’re a jerk,’” Borchert said. “But not all the time.

Sometimes they’re just hurting so badly that they’re trying to get an element of control.”

When control takes over an individual, it is not always evident as portrayals in entertainment with abusiveness or violence. It can be unrecognizable, hidden beneath the surface. So, protecting against it almost seems impossible, but there are ways to discover the truth: question their reciprocation and ask those who are trustworthy.

Manipulation, a real-world matter dealing with mental health that falls off the radar of pressing issues: relationships full of toxicity recur throughout history. Fixable equals impractical if a light is not shed on the minuscule issues, starting here at Antioch Community High School.

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junior writing editor

**KATIE QUIRKE** | designer

Tom Tom staff



"NOT EVEN THE  
GODS COULD  
SAVE TROY NOW"

# WHICH GREEK GOD

START

YOU GET STOPPED BY TWO FREIGHT TRAINS. WHAT DO YOU DO?

Yell

Park

Turn around

Laugh at them

YOUR FRIEND FALLS DOWN WHILE WALKING UP THE SCHOOL STAIRCASE. WHAT DO YOU DO?

Walk away

WHICH DO YOU PREFER?

Late start

Fridays

WHAT TIME DO YOU WAKE UP?

1+ hour before school

<1 hour before school

WHAT DO YOU USE IN THE CARDIO ROOM?

Bike

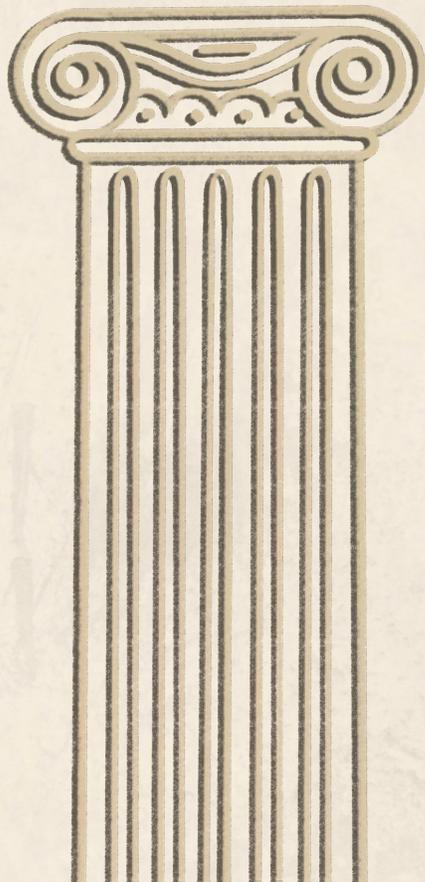
Treadmill

Elliptical

WHICH DO YOU PREFER?

Dunkin'

Starbucks



# > ARE YOU?

Chipotle **WHAT DO YOU EAT FOR OFF-CAMPUS LUNCH?**

Subway

Culver's

Help them

**WHAT IS YOUR FAVORITE TV SHOW?**

The Bachelor

Friends

Stranger Things

folklore **WHICH ALBUM DO YOU PREFER?**

Fine Line

MONTERO

SOUR



GRACE SEMPLE | photographed

class of 2023

RYAN SCOTT | photographed

class of 2023



# IN LOVE WITH THEIR OWN REFLECTION

Being narcissistic is more than an obsession with oneself; it can impact the people around the narcissist, making them feel valueless.

A narcissist, by definition, is one who is extremely self-involved to the point of ignoring everyone else. These tendencies could be very impactful in relationships since narcissists already see themselves as superior; they may become rude or abusive when they do not get what they want. There are many indications of narcissism.

“A narcissist will at first try to please you and impress you, but eventually, their own needs will always come first,” board-certified pediatrician Dan Brennan said. “People with this behavior need to feel validation from others and often brag or exaggerate their accomplishments for recognition.”

Along with the many signs of a narcissistic personality, there are two main types of narcissism: grandiose narcissism and vulnerable narcissism.

“They kind of have grandiose ideologies about themselves being a lot greater than they are,” psychology teacher Jaycee Ruley said. “They disregard others around them, others’ feelings or needs, and they’re just very centered on their own wants and desires.”

Vulnerable narcissism differs from grandiose narcissism; it is aggressive and dominant behavior that exaggerates their importance. Vulnerable narcissism is a trait that affects the young since it has become adaptable to past traumas.

“This behavior is usually the result of childhood neglect or abuse,” Brennan said. “People with this behavior are much more sensitive; narcissistic behavior helps to protect them against feelings of inadequacy. Even though they go between feeling inferior and superior to others, they feel offended or anxious when others don’t treat them as if they’re special.”

With either type of narcissist, it can cause problems with relationships because of their disregard for others.

“A narcissistic person in a relationship is toxic,” counselor Darcy Peck said. “They usually have split personalities, so you have no idea which person you may come home to. They control everything and are very dominant in the relationship.”

In many cases, it will be hard for a narcissistic person to try and reach out for help since that will not fit the image they have built up of themselves; they

do not believe they need help. Their unwillingness to get help could further impact relationships with people around them, but not unless control is taken by the significant other.

“If you recognize that you’re in a relationship with a narcissist, you can change your dynamic in the relationship and challenge your partner to alter how they view you and your relationship,” Brennan said. “It is possible to change the way your partner looks at you and to help mitigate some of the effects of narcissistic behavior.”

Although narcissists have a very self-involved behavior that can affect many relationships, there are ways to tell if a person is struggling with narcissistic personality disorder and methods to help them break those tendencies.

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# LIFE LESSONS FROM THE GODS

Most have heard a fairytale or two about the Greek gods and goddesses somewhere along the line. Some might not remember it, though, these tales are filled with plenty of wise advice that can be helpful in the present day.

## TANTALUS TREAT OTHERS HOW YOU WANT TO BE TREATED

The phrase “treat others how you want to be treated” is otherwise known as karma. A principle that has been around for thousands of years, karma has historically taught people to treat others with respect and dignity in order to be treated well in return.

The Greek myth of Tantalus is a cautionary tale about karma. Tantalus attempted to steal food from the gods, so they had him banished. Later, Tantalus killed his children and fed them to the Gods. As a result of his poor behavior towards the gods, he was damned to the Fields of Punishment in the Underworld; for the rest of time, he was never able to eat or drink anything, as it moved away from him.

Ancient Greeks strongly believed that their actions, whether good or bad, would be revisited upon themselves eventually. Karma is a good thing to think of when doing anything. What goes around comes around, and behaving well can be crucial in order to have a good life.

## OEDIPUS ONE CANNOT ESCAPE FATE

Some believe that “everything happens for a reason,” otherwise known as fate. The story of Oedipus Rex and his father, the King of Thebes, is a great example of this. The King of Thebes finds out that his own son, Oedipus, will kill him one day. The king does as much as he can to try and change his fate and stop his son, but it was inevitable. Several years later, the King and his son failed to recognize each other and Oedipus unknowingly murdered his father.

The King attempting to defy his fate is what ultimately killed him, as he went against what the gods wanted.

With the myth of Oedipus and his father, one can learn that fate is inevitable, and what is meant to be will be. So, finding peace with one’s fate may be necessary for a peaceful life.

## NARCISSUS LOOKS ARE NOT EVERYTHING

True love does not just come from how you or others may look. True love is much deeper than that. The story of Narcissus is a story about how he had fallen so deeply in love with his own reflection that he never acquired true love. Narcissus rejected all the love that came his way because no one had met his standards.

Narcissus could not stand the misery of unfulfilled love, so he killed himself to relieve the unbearable feeling of unrequited love.

The story of Narcissus is one with many lessons, such as the importance to see the life of others and to truly connect emotionally. However, the biggest lesson to be taken from Narcissus is that looks are not everything, also known as “it’s what’s on the inside that counts.”

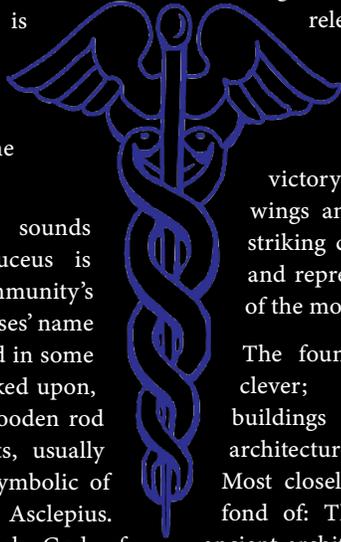


# 5 THINGS YOU MAY NOT KNOW ORIGINATED IN GREECE

Many may not know that much of what they see in their everyday life actually originated in ancient Greece.

In America, the public has gotten accustomed to things seen in day-to-day life. What is often unknown is that a lot of normalized background symbols actually originated in Greece or came from Greek mythology.

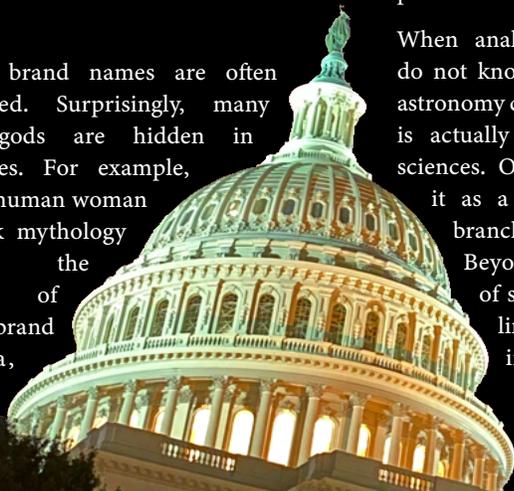
First, the caduceus. It sounds intimidating but the caduceus is simply the medical community's symbol. It can be seen on nurses' name tags and is even incorporated in some hospital logos. If closely looked upon, it can be seen that it is a wooden rod entwined with two serpents, usually in front of wings. This is symbolic of the Greek God of Medicine, Asclepius. Asclepius is also the Greek God of healing, rejuvenation and physicians. His weapon of choice; a staff held closely by a



## PANDORA

serpent.

Popular brand names are often overlooked. Surprisingly, many Greek gods are hidden in companies. For example, the first human woman in Greek mythology spawned the name of the brand Pandora,



meaning "gift" or "all-giving". As the tale goes, Pandora opened a box that released all the evils of the world. Another brand in many homes that is based on mythology comes from the Greek goddess of victory: Nike. Her symbols included wings and golden sandals, making a striking connection to the shoe brand and representing a personified version of the morals they stand for.



gods they worshipped.

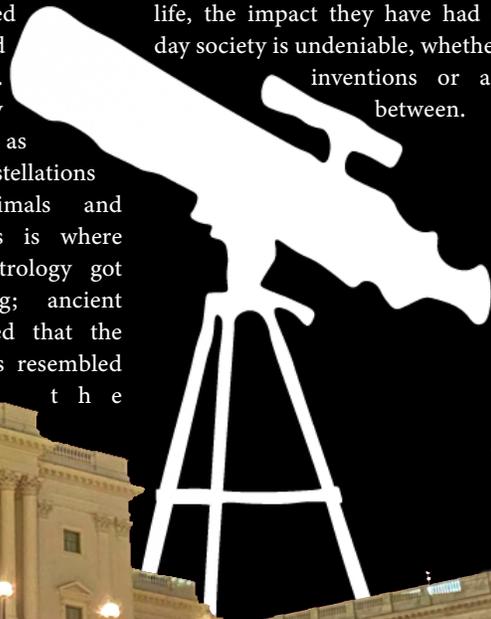
The founding fathers were not that clever; if compared, important buildings of today closely resemble architecture from that of ancient Greece. Most closely, a building all citizens are fond of: The White House. Similar to ancient architecture, they share beautifully tall white pillars at the entrances. Second, Capitol Hill. Capitol Hill has a neoclassical feeling inspired by Greek and Roman designs of great public buildings. All include these tall columns, symmetrical shapes, triangular pediments and domed roofs.

When analyzing the sky at night, many do not know that the driving force behind astronomy came from the Greeks. Astronomy is actually the oldest of all the natural sciences. Originally, they treated it as a highly sophisticated branch of mathematics. Beyond being the study of stars, it is interpreted as lines that connect constellations into beautiful animals and characters. This is where zodiacs and astrology got their beginning; ancient Greeks believed that the stars resembled

Last, the simple calendar. In the fifth century BCE, Meton, an Athenian astronomer, introduced the calendar. It calculated 19 solar years equalling 235 lunar months. The calendar used now can be credited to Julius Caesar, when he created the Julian calendar consisting of 12 months and 365 days based on a solar year. Since then many other calendars have been created, including the Roman, Chinese and Islamic calendar.



Although many do not know the substantial effect Greek culture has had on day-to-day life, the impact they have had on modern day society is undeniable, whether it is ideas, inventions or anything in between.



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# EVOLUTION OF THE OLYMPICS

The Olympic games have gradually become the largest competition in the world. The first games were held in ancient Greece and have continually increased each year.

The Olympic games have grown drastically throughout the years. In the past, the ancient Olympic games started as a one-day event, but in 684 B.C., the games gained an extension of five days. Some games were initially executed in the Olympics, including boxing, javelin, long jump, running, shot put and pankration.

Over time, the Olympic games grew bigger. In 708 B.C., wrestling alongside pentathlon became official Olympic events; the pentathlon consisted of running, jumping and discus throwing. Each year the Olympic games grow in popularity within differentiation games.

Today there are over 339 different events and 41 different sports. Athletes from all over the world train their whole lives, hoping one day to achieve their dreams of competing against the best of the best on a world stage. Some things, such as school and family, can get in the way of these athletes' dreams.

"They're young and they're of humble age; most of them are in early college, and a lot of them differ on going to college," ACHS athletic director Marni Polakow said. "They do their training full time and probably homeschool. Gymnastics would be the one sport that I really see being a focus, but many athletes put their Olympic dreams ahead of school."

School can quickly interfere with training, but families can also interfere with the ideal athletic

career in the students' minds.

"Parents can sometimes be the biggest hazard to an athlete's success; some of the best athletes in the world lose relationships with their families and don't have them come and watch," Polakow said. "For example, Carli Lloyd, for years she did not have her family come to watch her. She always said soccer was my job, and most people don't have their families come to work with them."

At other times, families can be very supportive, and they are some athletes' main source of motivation.

"My family is always supportive of my athletic career, my parents give me money to cheer and pay for private lessons so I can keep improving," sophomore Katie Decremer said.

Mental health is also a major subject when it comes to professional athletes, or even any athletes.

"Any or all athletes can experience their own set of struggles," Polakow said. "There already has been [struggles] – especially with these athletes coming forward – [there is] more of a push for the mental aspect of it. Simon Biles is the best at her sport in the world, and she could not mentally overcome that."

It takes a very gifted and talented person to have the heart and dedication to make it to the Olympic games. Not only is the mental strength

needed for the game but also the physical aspect. However, athletes can continue to push forward.

"You're not always going to be the greatest at everything you do so you have to keep trying and pushing yourself to do better," Decremer said. "Maintaining a positive mindset is key to most success, because negativity never succeeds."

As the games grow, it becomes difficult for athletes to gain acceptance. Not only does the event enlarge, but the competition becomes more extreme as well. Each year the Olympics are held, more games are added, meaning more competition. As for the upcoming 2024 Olympics, cheerleading will become an official Olympic sport.

"Cheerleading, like any other Olympic sport takes strength, dedication, sportsmanship and much more," Decremer said.

The evolution of the Olympics has affected athletes in ways that make them work harder to achieve their goals. It inspires many other athletes to push themselves to be the best of the best and win the world title to take home for their country.

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# FEATURES



# STRUCK BY DESIRE

Dating in high school can be weird. There are a lot of presumptions about what couples should look, act and feel like. Some students date simply because they want the social status a relationship will give them. Others date to have a meaningful relationship. Whatever the reason may be for dating, many parallels can be drawn from the Greek God Zeus' life and the way teenagers today date.

**Z**eus is one of the most popular figures in Greek mythology. He is often depicted as being the most powerful God, being in charge of the sky and weather. While the name Zeus is often recognized, not everyone knows who Zeus truly was. As the father of both gods and men, Zeus knew how to get around. Zeus had multiple affairs with women, both mortal and immortal. During these affairs, Zeus would transform into various versions of himself in order to best appeal to his prey, or rather, his lover. Zeus embodies what many see today as hookup culture.

Hookup culture is defined as casual sexual encounters in which there is no emotional intimacy. It is often referred to as a one night stand or friends with benefits. Over the past century, hookup culture has increased in popularity exponentially.

"Hookup culture is almost sexual tendencies for the benefit of one person and not for a stable relationship," junior Addison Gjelsten said. "It's not long term."

Zeus was all about his self-interest. He did not care how many children he had. He cared about one thing only: benefiting himself. While this can be fun in the moment, shallow relationships like this are almost never fulfilling. Many high school students only focus on enjoying themselves in relationships.

"I think a lot of people miss out on another way of dating because they're so caught up in just having a good time," senior Nate Knoll said. "It's really good to have someone who's always there to care for you and someone that you can always care for."

While Zeus' story may seem like a desirable way of life, relationships can offer much more than just physical pleasure. At Antioch Community High School, the health department acknowledges the hookup-based world students live in.

"We have taken our sex education unit and the way we talk about relationships [and put it] in a positive, progressive kind of state," health teacher Mitchell Munda said. "We understand [that] more and more young people are engaging in relationships probably earlier than their parents were."

The health department's goal is to prepare students for how to engage in relationships when they decide they are ready.

"We are just trying to build their skills to a point where you have healthy relationships and set boundaries and just have open ways of communication," Munda said. "In the world of social media and a lot of slang language, a lot of things can be misconstrued between two people especially if they're [in] a newer relationship."

Communication is one of the most important aspects of a healthy relationship and being able to listen to what each person needs and learning how to support them is essential.

"Young love is great. I think people should take it seriously because it's your first practice about being in a relationship" Munda said. "I couldn't overstate communication [in relationships]."

For any healthy relationship, there must be a clear conveying of opinions, feelings, and thoughts. Zeus did not have this. Zeus got with who he wanted simply for his own benefit. Communication existed between Zeus and Zeus alone. He focused on quantity of relationships rather than quality.

While there is nothing overtly wrong with Zeus' lifestyle, when someone is ready for a serious relationship, Zeus' actions should not be followed.

"When people look for relationships they look for something long term, they look for

something that can benefit both people," Gjelsten said. "That is not in agreement with hookup culture whatsoever."

Relationships between two people should benefit both parties. There should be mutual respect, endearment and enjoyment for everyone involved. If relationships are done correctly, this is completely achievable.

"I think relationships are really good," Knoll said. "You kind of have that extra support there."

When two people support each other, dating can be one of the most powerful relationships possible. With open communication and a certain level of maturity, even high school students can advance past the limits of hookup culture. Zeus lacked the maturity to reap the benefits of authentic relationships that are based on mutual respect.

Unlike Zeus' actions, true relationships should be rooted in doing what is best for a significant other as well as oneself. While this may counter what hookup culture sees as important, being able to see past selfish desires fosters the environment for a meaningful relationship full of communication, mutual benefit and overall greater fulfillment.



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Medusa, a beautiful apprentice for the goddess Athena, was assaulted by the god Poseidon in the temple of Athena. Despite being the victim, Athena blamed Medusa and turned her into a monster. Nowadays, gods and goddesses are not the ones who victim blame – rather, society is the culprit.

According to Southern Connecticut State University, someone is sexually assaulted every 68 seconds in America; however, the National Sexual Violence Resource Center (NSVRC) found only 81% of women and 43% of men report when they have been assaulted. While there are multiple reasons for not reporting assault – such as fear, shame and the reactions of others – victim blaming is possibly the biggest silencer.

“I think with a lot of people not coming forward, some of it definitely has to do with victim blaming,” Antioch Community High School counselor Peg Larson said. “It has to do with the whole culture of victim blaming and being believed.”

Victim blaming manifests itself in many different ways from many different sources. Family, friends and society itself can create a negative atmosphere for victims, and that can create a pattern of the victim blaming themselves.

“I think in many cases of victim blaming, it’s internal,” ACHS dean Kurt Sooley said. “It’s [questions like], ‘what did I do wrong? Why did this happen to me? What did I do?’ It’s the victim blaming themselves, in a lot of cases, for something that happened.”

Even though many would agree that sexual assault is never the victim’s fault, many does not mean “all”. Society’s treatment of victims is not always sympathetic and supportive; rather, it can be cruel and judgemental. There are different platforms where reputation and judgement are rampant, one of them being social media.

“I think that social media has had a negative influence on students with regards to reporting things to officials,” Sooley said. “For whatever reason, students are more concerned about what their assumption of others is rather than correcting a wrong.”

However, social media is not the only culprit. Other aspects of society can worsen the culture of victim blaming, such as the criminal justice system.

According to the Rape, Abuse and Incest

National Network, out of every 1,000 sexual assaults, 975 perpetrators will walk free. This statistic demonstrates the idea that even in court, it is possible for victims to be disregarded – their assaulter is not held accountable, rather, they are.

Social media and the criminal justice system are real examples of society placing the blame on victims; however, television and movies, while fictional, can also influence the culture surrounding sexual assault.

“Law and Order: SVU” is a fictional portrayal of the real criminal justice system in America; often portraying different crimes, some may consider it to have an impact on our society today. In the episode “Funny Valentine,” an up-and-coming young singer is sexually assaulted by her boyfriend. When the detectives try to get her to testify against him, she refuses, afraid of what it might do to her career. This plotline closely mirrors what happens in real life, and this representation may be beneficial, as it shows how damaging victim blaming can be.

One example of victim representation in the media is the #MeToo movement. This movement is meant to be a source of power for survivors of sexual assault; it allows them to speak up and rally with one another. However, with the positives come the inevitable negatives; #MeToo is often blanketed with negative connotations.

According to Women’s Library, some view the #MeToo movement as a platform for false accusations, and view it as a hostile movement. Furthermore, there is a possibility that men fear a loss of privilege, leading to a negative reaction.

Even though #MeToo and other advocacy movements on social media have faced some backlash, they can also create a more open and honest culture surrounding sexual assault. Over time, some believe that society has become more accepting towards sexual assault victims.

“Social media can be an excellent platform to really bring it to the forefront,” ACHS Resource Officer Kourtney Nemeč said. “It’s an excellent

idea to bring it out into the open.”

Despite positive spaces and progressive attitudes, the world today can still be considered a hostile one for survivors. Victim blaming has a ripple effect – it not only manifests in personal relationships, it has bigger implications; many are silenced and harmed for speaking up about their experiences. However, Nemeč believes that courage is the first step towards taking action.

“As females, we need to be courageous and speak about it. Men need to be courageous and speak about it,” Nemeč said. “Many don’t want to.. and that goes back to societal norms.”

Even though courage can lead to justice, it can also lead to a victim’s downfall.

According to The Guardian, on Nov. 2, 2021, Peng Shuai, a Chinese tennis player, revealed that China’s former vice-premier Zhang Gaoli sexually assaulted her. Soon after, her video explaining her assault was taken down, and she has not been heard of or seen in weeks. Despite many on social media advocating for Shuai’s safety, her situation remains unclear.

While extreme, this case may not be surprising for some – after all, it is eerily similar to a pattern that has happened throughout time. Like Medusa, Shuai was silenced, beaten down, and punished for what happened to her. While most situations do not go this far, it is a reminder of the culture surrounding sexual assault that exists today. While it is progressing, it is not perfect.

Victims become perpetrators when held accountable for others wrongdoings, as Medusa was a monster because of another’s actions. This pattern does not need to continue. Listening, sympathizing and advocating for victims are simple steps one can take to combat the never-ending blame game society has been playing since the eighth century B.C. Humans are not Greek gods; however, they have power, and can rewrite the path of society in a more positive direction.

# THE FLUIDITY OF BEAUTY

Aphrodite – born from the sea – is the goddess of beauty, though she looks different than today’s idea of a ‘picture-perfect’ model. Body standards have changed drastically over the years, and with that has come warped views of body image.

**T**oo short. Too tall. Too curvy. Too thin. Too buff. Too weak. Too modest. Too revealing. Too judgemental.

In ancient Greece, the shape of a body displayed a lot about social class. Many were plagued with poverty and famine during this time, making a round or plump body a sign of wealth.

Freshman Hannah Gonzalez made these observations about attitudes surrounding bodies in the past and present. She recognizes that standards were not only different, but more realistic.

“In royalty paintings, women had the tendency to be bigger,” Gonzalez said. “Over the years, you just need to be thinner and thinner.”

The idea of having a thin body is heavily supported by the media. Celebrities have often been caught lying about having procedures done or having their body edited by media teams. These highly-observable tactics are used by social influencers and are fed to younger audiences.

“When you see influencers and celebrities on social media, more often than not they have their editors and their media managers fixing up their pictures to make them look the best that they can,” junior Hannah Gaydovchik said. “You are not built off of Photoshop. It is not realistic.”

Viewing media on a daily basis is harmful to self-image and it can make it more difficult for teenagers to accept their bodies. ACHS health teacher Bryn Nottoli works closely with mental health providers to create a health curriculum that places a focus on body image. When discussing this topic, one of the lessons that he finds effective is an infographic of how different people carry weight. It displays what 130 pounds looks across the board on different bodies. He finds it difficult, however, to lecture on topics with media that he is unfamiliar with.

“I almost have to learn social media before I can work with [it], or how to combat it [and] communicate with students about it,” Nottoli said.

While Nottoli grew up with some forms of social media, there are many new forms he has not had any experience with. This added media is what contributes to a negative self-image.

Gaydovchik remembers being fed the narrative that tall girls will never be wanted by boys because of their height. In middle school, people would constantly point out how tall she was.

“I remember in seventh grade, I looked up on YouTube how to get shorter,” Gaydovchik said. “Looking back at it now, I am completely fine with my height because I love being tall.”

Gaydovchik is thankful that she no longer carries negative feelings about height, but recognizes that it is a difficult thing to overcome.

Pressure from outside sources such as sports or peers can also make it difficult for one to feel comfortable in their body. Sports carry an additional set of body expectations, often looking for muscular and toned bodies. Though athletic standards are different from ones the media set, they can be just as unrealistic.

“There have been a couple times where people have suggested that I should lose more weight, or put on more muscle,” Nottoli said. “I have worked very hard to get where I am at, and to be very comfortable with who I am.”

Impressionable youth often mimic what they have been told, putting harsh judgements they have previously heard to practice. This is especially harmful, because it keeps false narratives going while simultaneously contributing to their peers poor body image.

“[It is] very embarrassing when you are referred [as] the bigger girl, or [when] people make passive comments implying it,” Gonzalez said.

Along with the media, clothing and beauty brands are another culprit of being selective of which types of bodies are represented. Some brands have reworked their focus to display bodies of all sizes, but not all brands have broadened their horizons to body inclusivity.

“I feel like that is definitely something that bigger brands need to improve on and sort of be like: ‘Hey, people who are bigger are obviously beautiful too.’ You can be a Victoria’s Secret Angel if you are plus size,” Gaydovchik said.

The lack of representation in stores is what makes it difficult for some people to shop. It can

feel defeating when a store does not carry a certain size or puts plus sizes in the back of the store.

“Companies have the tendency to not make pretty clothing for plus size people, and it is just really upsetting,” Gonzalez said.

On top of all other external sources of body expectations, the medical field follows a rigid scale of determinants for what makes one healthy or unhealthy. Gonzalez feels medical professionals are methodical, but not concerned with how patients are affected when hearing they are not a healthy weight.

“[Doctors] are not really advocates for body positivity,” Gonzalez said.

Gaydovchik also finds these approaches to be harsh rather than helpful or encouraging.

“If I was plus size, and a doctor came up to me and was just like, ‘you need to lose some weight because you are unhealthy,’ that would be heartbreaking for me,” Gaydovchik said.

Despite the ongoing struggle of body expectations, with time has come greater acceptance. Just in high schoolers’ short 15 to 18 years, body positivity has become more widely recognized.

“Body positivity has moved from just being fat or skinny, to [the idea that] it is okay to be anything,” Gaydovchik said.

There is still a far way to go in order to find true body acceptance. Both men and women are held to standards that are unattainable. Ancient Greece saw bodies as a casing for something bigger; merely a sheath of the soul. Aphrodite, the goddess of beauty, was a symbol of femininity. Even Aphrodite’s features, however, were distorted to be against what society deemed ‘acceptable.’ With constantly changing and subjective standards, all bodies are something to be appreciated; not just for physical looks, but for what is inside.



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# FLYING UP AND BURNING OUT

Icarus, the son of Daedalus, met his fate when he flew too close to the sun. Working hard and persevering is not a bad thing; however, when one is working too hard without any breaks or rewards, it can become exhausting and daunting. While Icarus lived thousands of years ago, teachers of today can relate to his fate of working too hard and burning out.



The story of Icarus is one less known by today's society. Icarus, the son of Daedalus, is a minor character in Greek mythology. Icarus was warned by his father not to fly too close to the sun. When the two fled from the island of Crete, using wings constructed of feathers and wax, Icarus kept flying closer and closer to the sun, not considering the dangers he was putting himself in. Eventually, the wax that fastened Icarus' wings to his back melted by the heat of the sun, causing Icarus to plummet into the sea. The lesson to be learned: watch the limits of what one is capable of.

What happened to Icarus can be closely connected to the feelings of teachers around the country. Currently, there is an epidemic of teacher burnout. No matter the subject or grade level, many hardworking teachers around the country are inevitably flying too close to the sun.

"There is a misconception that because teachers get summers off and holidays off, people think we only work 8 a.m. to 4 p.m., when that's not the case," Antioch Community High School math teacher Terry Dewing said. "There is stuff that needs to be done outside of class that causes a lot of extra work."

Teacher-made lesson plans do not just appear, beyond 8 hour workdays comes grading, lesson planning, administrative duties and student needs. According to a recent survey responded to by 43 ACHS staff members, on average, activities like lesson planning take 46% of teachers around 7 to 9 hours per week outside of school. Long, constant and repetitive hours are not easy to take on.

"Some teachers are perfectionists and want everything done a certain way and so that adds additional stress on their plate," Dewing said.

Focusing on how this has affected a former ACHS teacher, Amanda Cardenas chose to take an undefined break from the classroom.

"I think the actual burden of the job [is that] the requirements of have shifted drastically since COVID," Cardenas said. "That's definitely a big change."

The addition of a global pandemic onto an already demanding job is sure to complicate feelings. Though she is moving on to a new career path, her love for teaching did not take her too far from what she knows.

"I am coaching teachers one on one across the country," Cardenas said. "It's a lot like teaching students, except now I'm teaching teachers and helping them build their curriculums."

Cardenas career path shifted to help teachers with the same issues that were pushing her

over the edge, but it is not just her. A survey to ACHS staff showed that 9 in 10 teachers are feeling burnt out or are on the verge of burnout. Despite almost all of the public spending some point of their lives in the education system, this pressing issue is not getting the recognition it deserves.

When asked about what specifically is making ACHS teachers feel this way, a majority of the responses included things such as heavy workloads and not enough time to catch up. Demands add up day after day, making it difficult for teachers to find free time. It was also mentioned that staff is being required to wear too many 'hats', meaning they are being asked to do tasks beyond their descriptions. An ongoing to-do list was said to make staff feel like there is no boundary between work and personal life. There is not one person to blame, as the needs of the job overall and the difficulties added since COVID-19 began have been some of the biggest factors. Teachers are having a hard time recovering from the trauma caused by the past two years.

## I THINK THE ACTUAL BURDEN OF THE JOB IS THAT THE REQUIREMENTS HAVE SHIFTED DRASTICALLY SINCE COVID

AMANDA CARDENAS // FORMER TEACHER

During the pandemic there were multiple different emotions flowing not just from students, but from teachers as well. Students struggled with remote learning because of the adjustment from in person to online learning. This was a drastic change for teachers as well, causing them to have stronger negative feelings.

"Anger, frustration, isolation, which I probably should put at the top of that list. The isolation of the experience is what drives all the other emotions, at least for me it did," Cardenas said.

Beyond the system, it also comes down to the students. Teachers are reporting that since coming back from online learning, students

have had extremely low engagement and a rise in behavioral issues, making it harder for teachers to perform their jobs effectively.

According to local daily newspaper Belleville News, statistics from all of Illinois support this claim. Even though the rate of teacher employment is going up, the number of unfulfilled positions is growing considerably faster.

According to Belleville News, there were 4,121 unfilled positions this year, including teachers, guidance counselors, paraprofessionals, administrators and other positions in public education. This statistic snowballs, resulting in a shortage of substitute teachers and stretching existing staff far too thin.

According to the job network, given the clear mental and physical requirements, 90% of teachers say that the pay of the job is not comparable to the demands and hours put in. Being a public school teacher is the most underpaid public service job, and coincidentally also has the highest burnout rate of any public service profession. Considering the importance of their jobs, teachers around the world should be given more recognition.

Most teachers choose their profession for a reason. While the profession has many difficulties it also comes with many rewarding factors. The joy of seeing their students succeed is a driving factor for many teachers.

"I think a lot of teachers are people who had amazing teachers and love their subject area," Cardenas said.

With teacher burnout on the rise, it may be helpful to thank some teachers for their work. A majority of staff work goes unnoticed. So next time it takes a teacher a little bit longer to grade tests or read essays, consider the work they do outside of their 8 hour day in the classroom. Comparable to Icarus, some teachers are flying too close to the sun.

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# WHAT IT FEELS LIKE TO HAVE AN ACHILLES HEEL

ALEXIS BARBOSA | lifestyles writing editor

Achilles is known as the greatest warrior throughout all of Greek mythology, his most famed quest being the Trojan War. Although his death is not set in stone by any history books, he is said to have died at the hands of Paris at the end of the Trojan War by being shot in the back by an arrow that was guided by Apollo.

The term “Achilles heel” is credited to Achilles. The reason why weaknesses are referred to as an “Achilles heel” because according to Greek mythology, Achilles’ mother Thetis attempted to make him invulnerable. Thetis dipped Achilles into the Styx river as an infant, holding him by one of his heels. Every part of his body was dipped into the Styx except for one of his heels, making every part of his body invulnerable, except for the heel that she was holding him by. Therefore, someone who is otherwise independent, with a strong demeanor, often has a weakness that is referred to as an “Achilles heel”.

I am someone with a strong demeanor. I have been carved to be what people have described as “strong” from a young age. I have had adversities thrown at me from the moment I learned how to walk. I was forced to be strong, I did not have any other option other than to be strong. Someone who plasters on a brave face even as the world around them is crumbling at their feet. Now, I am someone who sees adversity as a challenge. But like all great warriors, I have my own Achilles heel; anxiety.

The fastest synaptic transmission takes about one millisecond, meaning that the brain can perform one thousand basic operations per second. In the 19th Century, Hermann von Helmholtz estimated this to be 35 meters per second, but we now know that some well-insulated nerves are faster, at up to 120 meters per second. All of this incredible information further emphasizes that I cannot control any of the thoughts that come into my mind throughout the day. They come in too fast for me to stop them from entering my mind, whether they are positive or negative.

A majority of the thoughts that affect me the most do not even come from anyone else

other than myself. My mind is constantly in a cycle of contradiction. Did I lock the door? I am almost positive that I did. But what if I did not lock the door? I heard it click. But what if I heard wrong? What if the door is actually unlocked and you go to sleep and someone breaks in? Then all of it is your fault. I sigh in defeat as my mind is forcing a sense of unwarranted paranoia. I get out of bed and walk down my stairs to check that my front door is locked. Locked, just as I left it. But even though I was absolutely positive that I had locked the door, my mind had enough control over me to contradict myself.

Everything that I do is wrong or should be done in a different way. I am not smart enough, not pretty enough, not strong enough; simply not enough of anything. I overanalyze every single action that I take, overthinking everything that I say and do. I also suffer from the opposite of this spectrum. Maybe I should have done things differently. Maybe, I did not say enough, or possibly said too much; maybe I should not talk at all. Nobody actually wants to hear what I have to say anyway, so why bother saying anything at all?

My mind having control over my emotional and mental well being gets increasingly scary as I give it more power. It has gotten to the point in which just thinking about something or someone that makes me even a little bit anxious causes a full on physical reaction. My stomach starts to turn and I can feel my heart racing in my chest. My throat tightens and I can feel my face start to get hotter by the second. My ears start ringing and my head feels like it split in half.

When recalling different moments in my life my mind wanders and I often get filled with destructive and remorseful thoughts. Maybe things could have been different if I were different, or if I did not think so much about everything that I say or do. Maybe if I were someone else, my life would be different, or even better. My mind convinces me that I am the only person who has done anything embarrassing, shameful or wrong in the history of the human race. Nothing that I do can ever satisfy my mind enough to remain calm.

When it comes to academics my mind convinces me that everyone is smarter and more successful than I will ever be. No amount of studying, tutoring or preparation will ever be enough. I could spend a whole night sleepless just to be prepared for an exam the next day, and that still would not be enough. I am a dancer and this mentality also affects my mentality towards my performances. No amount of practice or progress will be enough for the standards that I set for myself. I could execute a routine to the best of my ability and still find something that I did wrong, and that is all my mind focuses on. There is a fine line between critical for the purpose of progress, and criticism that turns into an obsession over perfection.

While I am not in any way a famed Greek war hero, I fight my own Trojan War in my mind everyday. There are times in which I come up victorious and do not let my mind dictate my well being, and other times, allow myself to be in a state of loathing and constant worry. All that I can do is appreciate the victories and learn from the losses so they are not repeated.



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