

This year was my second full year on staff for *The Prospector* — I was bumped up to executive visuals editor from my previous position of just cartoonist. With that new title came a lot more than I could have anticipated: responsibilities, work, and most importantly growth. Instead of focusing on just producing two to three cartoons each issue cycle I was now tasked with overseeing pretty much everything visual that would go into that issue, be it cartoons, photos, or infographics. Specifically, that meant that I would assign drawings or photos to other people on the visuals team, I would communicate with other staff members about what art they needed, and I would also be producing art.

Thus, I spent a lot of late nights getting work done; I stayed home from school a couple of days to get work done. During issue cycle three, I stayed home on a school day to work on the front page illustration, which is included in this portfolio. I knew that we had to get it done that weekend, and I didn't want to rush during the weekend so I took that Friday off and worked on it all day so that its quality wouldn't be compromised. Throughout this year I dedicated so much time to getting everything done for my drawings and photos.

I can confidently say, though, that all of this effort was not in vain. Every issue we put out I could see myself getting better; I could see my drawings and my skills sharpening with each consecutive issue. Specifically, I found that I could more easily understand what my fellow staff members' stories were about and could then come up with an idea for art within 20 minutes. Also, I became faster at producing art, since I now had double to even triple the work I had last year — this year taught me how to be more efficient with my art process, which has helped me even with my personal art. Not only that, but I feel that my relationships with my fellow staff members have blossomed into something beautiful — we were all united by our hard work and many hurdles, a big one having been COVID-19. I learned how to tell them when problems arose and how to problem solve in a way that was constructive to all of us, whether that was meeting at our local library late at night to hash out ideas or staying up on zoom calls.

Despite being forced to stay home for the last few months of my junior year, the art I did for *The Prospector* in that time really exhibited my skills and taught me so much. The main thing I garnered from this weird experience was how to keep myself motivated even under really challenging circumstances — I was committed to turning all of my drawings in on time. I often found myself communicating with fellow staff members even more than when we had class together every day, and I'm glad about that. I learned how to push through, as cliché as that might sound. This was present all year, sure, but never have I been thrust into a situation like quarantine in which I really had to demonstrate my perseverance in such a way. That perseverance will carry on, as this was just the start.

Reel in a Winner: This piece complemented an article about one of our copy editor's favorite movies of the decade. This was drawn in photoshop and each movie that he described is in one of the panels and represented by a symbol or character from the movie. (Issue 4, page 11)

One Size Doesn't Fit All: As part of the COVID-19 in depth double-truck spread that we did, I drew these illustrations that were placed along the page. They are meant to illustrate the various activities people at Prospect High School have been participating in during quarantine to ease their boredom. This was done in Procreate in the iPad Pro and each of the people are performing activities as described in the article, like baking and walking their dog. (Issue 8, pages 10-11)

Diminishing our Footprint: This is the piece that was mentioned in my statement above, and was the front page for our print paper for issue three. The knight running away from all the trash and pollution is meant to represent the issues that students at Prospect High School have with the environment and how the school is dealing with various issues, one of which was recycling. This was done in photoshop with a drawing tablet. (Issue 3, front)

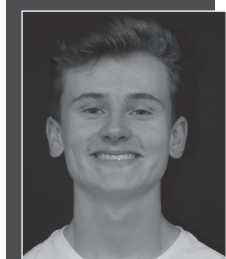
Dawn of Disease: This drawing is meant to represent the burden that COVID-19 has placed on our local hospital. The virus rising above the building like the sun is meant to show the overpowering effect it has had on our community. I did this in a more simplistic vector-like style in Procreate on the iPad Pro so as to clearly show both the hospital and the virus. (Issue 7, page 2)

Love Wins: This piece is meant to show how teachers are now integrating LGBT history into curricula, as the article it's paired with discusses what is being taught and what states have started doing this. I drew well-known LGBT figures Marsha P. Johnson and Sally Ride due to their prominence in LGBT history and to more accurately depict what is being taught. This was done in Procreate on my iPad Pro, and it specifically shows a teacher teaching her students about this topic with a presentation. (Issue 7, page 3)

BATTLE OF THE BIG SCREEN

One important warning before reading this column: my favorite movie in any given year is not necessarily the best movie of that year. There have been plenty of astounding films over the past decade that have required mature audiences, and unfortunately, I entered this decade at the humble age of seven. I'm not about to praise movies that I haven't experienced firsthand, so rather than a definitive crowning of the best movie of every year, take the following choices as the best movies of every year through the eyes of a seven-through-17-year-old whose lack of either parental permission or a convincing driver's license failed to admit him into R-rated movies.

2010: Toy Story 3. It was relevant 10 years ago when I was in the same target demographic as Bonnie, and it's relevant today now that I've grown up and entered the target demographic of Andy; "Toy Story 3" pulls the audience's heartstrings regardless of age. Growing up is a powerful theme in cinema, and "Toy Story 3" nailed it on the head by bringing closure for its protagonists more



TOMMY CARRICO
Executive
Entertainment
Editor

elegantly than nearly any other trilogy (at least, until "Toy Story 4" came around). There's no such thing as a terrible Pixar movie, but this one sits well above average.

2011: Cars 2. This could very well be the most controversial pick of the list; I seem to be the only person alive who enjoyed "Cars 2." Keep one thing in mind: in 2011, at least in the eyes of my parents, I was not yet old enough to see the likes of praised films such as "Moneyball," "The Hangover Part II," "Bridesmaids" or "Mission Impossible." That being said, "Cars 2" is a grossly underrated movie. Taking the original "Cars" cast and making an espionage movie is a feat only Pixar can pull off. Between the racing, the mystery and the message about being oneself, this film has much more to offer than what meets the eye. Like I said above, Pixar has yet to make a truly bad movie. The only problem with "Cars 2" is that it has to be compared to the outstanding films that came out of the same studio. If "Cars 2" was pro-

duced by any studio other than Pixar, I'd be willing to bet that the general public's view of this film would be far more positive. Also, if you're currently fuming at my neglect of "Harry Potter and the Deathly Hallows: Part 2," you're a nerd.

2012: The Hunger Games. Fun fact: nine-year-old Tommy Carrico saw this PG-13 movie with his grandma and cried when Rue died. While the film was not a perfect reiteration of Suzanne Collins' novel, unique cinematic decisions like tense music and muted audio during the first bloodbath scene made the viewing experience genuinely entertaining and convincing despite its comparatively limited budget of \$78 million (its sequel, "Catching Fire," had a budget of \$130 million, according to syfy.com). "The Hunger Games" has a dark premise, and it was easy for me to feel the horrifyingly deadly stakes that Katniss Everdeen (Jennifer Lawrence) was faced with.

2013: Despicable Me 2. I'd like my readers to remember a simpler time, before the internet ruined any likable characteristics that the minions ever had. Admit it — their weird French/Spanish/Pig Latin language (formally known as Minionese, for your information) was funny before Facebook moms and evil meme creators got a hold of them. "Despicable Me 2" was never a movie I expected to like as much as I did. Admittedly, it's been a few years, so my memory of this film is a little spotty. However, I do have a clear memory of sitting in the theater with some of my best friends as we laughed a little too hard at a dozen minions ambushing one of their friends at Agnes' birthday party. "Despicable Me 2" offered a creative plot and genuine humor that arguably allowed it to reach above the original.

2014: Guardians of the Galaxy. As one of my all-time favorite movies, there's no way I could've given this pick to anything else. This movie was my first introduction to the Marvel Cinematic Universe (MCU), which, (spoiler alert) is going to be making a few more appearances later in my list. The Guardians are able to be funny, tragic or anything in between depending on what the plot requires. Also, the cast is truly one of the most versatile the MCU has to offer with the beautifully convincing CGI that brought us Rocket (Bradley Cooper) and Groot (Vin Diesel). "Guardians of the Galaxy" takes the annoyingly overdone theme of family and gives it a brand-new perspective. The combination of star-studded comedy, color-

ful, outer-space fight scenes and mature, emotionally thematic storytelling offers something to love for any type of audience member.

It also happens to set up the second film in the Guardians series exceptionally well.

2015: McFarland, USA. 2015 was a good year for movies; "Ant-Man," "Jurassic World" and "McFarland, USA" all immediately came to mind when I first started considering possible winners for this year. "McFarland, USA" edges out its competition for me because of its basis on a true story and greater message. While my two runner-ups are filled with great CGI action and the charming likes of Chris Pratt and Paul Rudd, "McFarland, USA" star Kevin Costner never fails to deliver a meaningful, lasting performance. Additionally, as a middle school cross country runner, the film was especially relatable for me. Big-name action movies are fun and have something to offer for anyone, but sometimes a heartwarming story like "McFarland, USA" can provide a breath of fresh air in contrast to the admittedly formulaic action and thriller categories.

2016: Doctor Strange. "We don't get to choose our time. Death is what gives life meaning. To know your days are numbered. Your time is short. You'd think after all this time, I'd be ready. But look at me. Stretching one moment out into a thousand, just so that I can watch the snow." This line, expertly delivered by The Ancient One (Tilda Swinton) during one of the most gorgeously visual scenes of the entire MCU, is enough to earn "Doctor Strange" the 2016 crown. However, there's much more that makes this film stand out — from trippy special effects to a final fight scene unlike any other. This film may very well be the most visually vibrant of the entire MCU, second only to one of the "Guardians of the Galaxy" films, if any. While it may be a bit tough to follow for general audiences, "Doctor Strange" makes up for this with its clever action and dialogue by stressing a mental battle to contrast the all-too-common Hollywood action scene.

2017: Thor: Ragnarok.

The winner for the best movie of 2017 is one of the most difficult decisions of the decade; it's a toss-up between "Thor: Ragnarok" and "Guardians of the Galaxy Vol. 2" (GOTG2). Knowing my stance is swayed by my love of the Guardians films, I was able to come to terms with the fact that "Thor: Ragnarok" was simply funnier and

more refreshing compared to its preceding movies. Whereas GOTG2 had big shoes to fill after the first title was a hit, Ragnarok's success was a stark contrast to the frankly boring "Thor" and "Thor: The Dark World." Because Director Taika Waititi had greater obstacles to overcome than James Gunn of "Guardians of the Galaxy," the former wins 2017 by a thin margin.

2018: Spider-Man: Into the Spider-Verse. 2018 was the year of superhero movies. With "Avengers: Infinity War," "Incredibles 2," "Black Panther" and "Spider-Man: Into the Spider-Verse" all bringing something brand-new to the genre, superhero films were largely redefined and led into an era of storytelling, cultural relevance and animation never previously seen before. Also deserving of an honorable mention is "Bohemian Rhapsody," featuring Rami Malek's spot-on portrayal of Freddie Mercury and the emotionally charged Live Aid-turned-final act. What gives Spider-Verse the edge in 2018 is its brand-new animation style, which appears to be the love child of Pixar Studios and a comic book. In addition, the film manages to work in a ton of bold, unique characters without it feeling overstuffed, and the action scenes hold their own against the expensively live-action MCU. If you need another reason, John Mulaney as Spider-Ham is the cherry on top.

2019 (as of Nov. 1): Avengers: Endgame. It seems I have grown more and more attached to movies as the decade went on; 2019 features a collection of incredible films that make this decision especially hard. When it came time for the releases of "Spider-Man Far From Home," "Shazam!," "Joker" and "Toy Story 4," I cautiously expected mediocrity in the wake of an incredible 2018. To my surprise, all four of these movies far exceeded my expectations — raising the bar for the future even higher. However, a list of the best movies of this decade is incomplete without one very special man: Robert Downey Jr. The four MCU films that I have crowned as annual winners have Downey Jr. to thank for their success; without his work from "Iron Man" to "Avengers: Endgame," it's possible that none of these generation-defining movies would've existed in the first place. Endgame brilliantly subverted the expectations of millions of fans, myself included, masterfully bringing an era to a close while setting a new one up for years to come. The entire Infinity Saga changed the movie game forever, and Endgame lies at the epitome of this 11-year-old dynasty.

After deciding my favorite movie for the past 10 years, I've stumbled upon a realization: I need to broaden my cinematic horizons. Pixar and Marvel weren't the only sources of great content over the past decade, and I've realized through my research that I have missed several defining films over the years. Looking forward to 2020 (as a 17-year-old who can see R movies whenever he wants!), I'm ready to open myself up to more comedies, dramas and maybe even some of those horror movies I'm so inclined to reject. **JP**

	Highest Grossing	\$	Academy Award Winner	My Pick
'10	Toy Story 3		The King's Speech	Toy Story 3
'11	Harry Potter and the Deathly Hallows: Part 2		The Artist	Cars 2
'12	The Avengers		Argo	The Hunger Games
'13	Frozen		12 Years a Slave	Despicable Me 2
'14	Transformers: Age of Extinction		Birdman	Guardians of the Galaxy
'15	Star Wars: The Force Awakens		Spotlight	McFarland, USA
'16	Captain America: Civil War		Moonlight	Doctor Strange
'17	Star Wars: The Last Jedi		The Shape of Water	Thor: Ragnarok
'18	Black Panther		Green Book	Spider-Man: Into the Spider-Verse
'19	Avengers: Endgame		TBD	Avengers: Endgame



REEL IN A WINNER: My favorite movie of every year, depicted by a film reel. (photo illustration by Mara Nicolaie)

Disagree with my picks? Tell me how wrong I am using the new forum on prospectornow.com!

Productivity looks different on everyone

There's no better feeling than opening your phone in the midst of a global pandemic to this threatening message being plastered all over your social media: "If you don't come out of this quarantine with a new skill, your side hustle started, [and] more knowledge, you never lacked time, you lacked discipline," @TheJeremyHaynes posted to Twitter.

Contrastingly, as Connie Wang wrote in an [article from Refinery 29](#), "Boredom is a privilege. Don't waste it by trying to be productive." From a young age, she was taught to fear being "wuliao," which translates from Chinese and generally means "too bored." Wang continues on to describe her childhood that was over-abundant with activities and rigorous academics — all with the looming pressure of not being wuliao.



ELIZABETH KEANE
Editor-in-Chief

My parents were never the ones to be checking my grades every week or knowing when I had a test coming up; my desire to be successful in school is self-driven. However, in a time like this, it's becoming increasingly difficult to find the motivation to do homework or be active — to do anything besides go on TikTok, basically.

With my average screen time on TikTok approaching three hours a day, I've noticed a trend present in the videos that pop up in my feed. It's an ironic combination of cookie recipes, daily workout routines and girls saying how afraid they are of gaining weight in quarantine.

Additionally, whether or not they're jokes, these posts often talk about not eating throughout the day, which is an extremely harmful idea to promote. In a time as stressful as this, restricting your body of the calories it needs is not the solution. One of my favorite Instagram accounts @feminist posted, "It's okay if your body changes because your routine has."

I am fully aware that this idea is hard to come around to. A study by Glamour reported that 97% of women admitted to experiencing at least one moment where they hated their bodies, and I'm not pretending that I don't also fall into that percentage. Nevertheless, I've recently decided that during quarantine, I will be treating my body in a way that makes me feel my physical best.

I did feel an immense amount of pressure to work out every day, especially before remote instruction started, in order to feel "productive." Working out is by no means the enemy, but it is if done for the wrong reasons. Just because we're all stuck at home doesn't mean we need to lose weight.

I do my [Chloe Ting](#) workout videos following a 28-day challenge every day, and I've enjoyed it because of the way it makes me feel afterward. Some days I go on my stationary bike or for a walk with my dog. Having this routine done before my first 10 a.m. Zoom gives me a sense of normalcy, a taste of the life I was living at the beginning of March.

Counselor Lauren Collins has also recognized the pressure that comes from bloggers posting extensive workout routines, but she said that we don't need to give into it. Instead, Collins said that the most important thing to do right now is to simply move your body and get some fresh air.



"Nobody should feel like they should have to be doing anything, but I think there are basics to [the bloggers'] messages ... You don't have to do an hour and a half online yoga class to check off the list of being active; you could just go for a walk or ride your bike around your neighborhood," Collins said.

I have not been perfect. There have been days where I felt like all I ate was junk food or didn't have

enough motivation to work out, but instead of beating myself up about it, I noted the difference in how I felt on those days. Comfort food is great, but not when it gives me a stomach ache and significantly lower energy; it's all about balance and finding the routine that works for you.

It's important to note that this routine looks different for every person. For some, as Collins said, all they can do is stay sane. Keeping up with basic hygiene may seem like a harder task than ever for people struggling with mental health issues at this time.

Because we don't have our normal coping mechanisms available to us right now, there are bound to be heightened feelings of anxiety, fear and loneliness; that is OK.

"Recognizing [feelings of depression or low energy] and acknowledging them is the first, most important step — just feeling aware of where you're at," Collins said.



Once those feelings are recognized, Collins encourages students to reach out to a trusted adult, teacher, counselor or friend to discuss them.

For example, counselors have been sending out a weekly check-in to their students. According to Collins, the counselors check the spreadsheet of responses every day to see who may need an individual Zoom call with their counselor or another form of additional support.

"Obviously, as a school, we're always focused on academics, but in this situation ... [the] number one [priority] is our health," Collins said. "We can't do anything in life if we don't have our health."

Collins, who is currently working from home as a mom of a toddler, understands the extra responsibilities students are facing at this time. According to her, there are students who have to take care of younger siblings, tend to sick family members or work their part-time jobs as their family's primary source of income.

"We have the understanding that this is really hard; we're not on a vacation," Collins said. "We're not on summer break; we're not doing this for fun. [Staying home] is a necessary part of our life right now, and with that comes extra burdens."

This is, according to Collins, part of the reason that our learning is enrichment and not for a grade — to be mindful of all of the anxieties students are facing while also following the remote instruction protocol that pertains to Illinois schools who may not be as fortunate as District 214 in terms of technology.

There are some days where I attend my Zoom meetings at my desk, ready to actively converse with my teachers. Even so, there are times

when I just need to have my camera and microphone off and listen to others speak. Either way, attending Zoom meetings is an important step in retaining that sense of normalcy.

"To try and be productive in the face of this means expecting to win a sword fight with a sourdough starter," Wang wrote in her article. "Suffering through these real tragedies while feeling guilty that you haven't started a side business is not only silly, it's pernicious."

So no, you don't have to do 10 refrigerator push-ups every time you get a snack or learn how to knit — unless you want to, of course. It's not a crime to give yourself a break. 🐾

ONE SIZE DOESN'T FIT ALL: Depictions of people resemble the idea that everyone has a different way of being productive. While there is pressure on social media to be overly-productive with the extra time that comes with quarantine, people have various methods of coping with the coronavirus pandemic. (cartoons by Mara Nic...



TOP 10 NETFLIX SHOWS PROSPECT STUDENTS IN

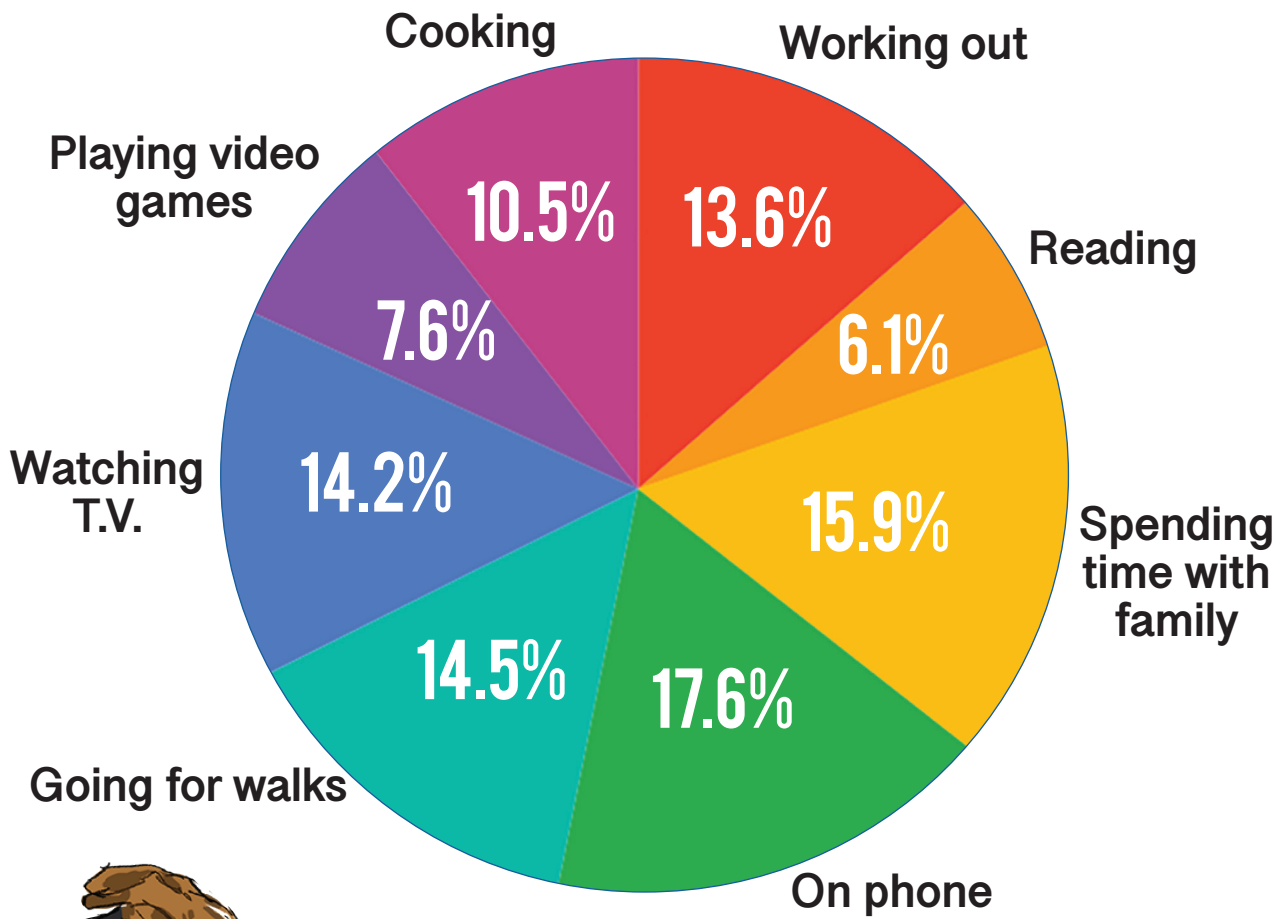
CURRENTLY ON PROSPECTORNOW.COM...

Read about the [effects that remote learning instruction](#) will have on students going back to school in the fall.



62.2%
 of **Prospect students** say they have picked up a new hobby during quarantine
*information courtesy of a Prospector survey of 286 students

WHAT ARE PROSPECT STUDENTS DOING THE MOST WITH THEIR TIME?



*information courtesy of a Prospector survey of 286 students



- WATCHED BY QUARANTINE**
- | | |
|----------------------|-----------------|
| 1. Tiger King | 6. Ozark |
| 2. All American | 7. Extraction |
| 3. Outer Banks | 8. #BlackAF |
| 4. Money Heist | 9. Chris D'Elia |
| 5. Too Hot to Handle | 10. Code 8 |

*information courtesy of a Prospector survey of 286 students

WHAT "SILVERLINING" HAVE YOU FOUND DURING THIS PANDEMIC?

[I have enjoyed] eating dinner every night as a family. With so many activities that my kids are in, we rarely get to do that during the school year. My kids are also taking nights to cook dinners. It has been yummy!



CHERYL BERGQUIST



JOYCE KIM

I listened to a podcast this morning, and it said, "All the good things will last. They will bubble up." I see that silver lining. Things that have bubbled up for me are family time — that it is sweet and precious.

WHAT TV SHOW WOULD YOU RECOMMEND FOR STUDENTS?

Locke & Key (Netflix): It's a supernatural mystery series based on a graphic novel written by Stephen King's son. It's based on three siblings who move into a creepy ancestral home and find keys that unlock otherworldly powers and places.



SCOTT MCDERMOTT



FRANK MIRANDOLA

Last Dance (ESPN): It is fun to watch the behind the scenes footage of the Bulls dynasty and to see the personalities on the team.

WHAT IS YOUR FAVORITE PASTIME FOR RELAXING IN QUARANTINE?

Hiking because I get to go outside, explore and see what animals I can find. I usually listen to favorite songs or an audiobook while taking new trails. I bought a jigsaw puzzle, but I was overly ambitious and it's not going well!



KATHLEEN BREJ



JON KAMINSKY

I read a lot and have played Animal Crossing. I also have listened to about 350 hours of podcasts in April alone while taking walks or organizing in the house.

THE PROSPECTOR

801 WEST KENSINGTON ROAD, MOUNT PROSPECT, ILLINOIS 60056 THE VOICE OF PROSPECT HIGH SCHOOL SINCE 1959 VOLUME 59, ISSUE 3 FRIDAY, NOVEMBER 1, 2019

DIMINISHING OUR FOOTPRINT

Efficient lighting helps to reduce energy waste, carbon emissions

ELIZABETH KEANE

Copy Editor

Senior Lauren Ellstrand and her friends decided to go to North Avenue Beach on the last day of their junior year. After lounging for two hours and growing bored amongst the surplus of people at the beach that day, Ellstrand stood up and observed the remains that all of those people left behind.

"There were water bottles, cans and bags of garbage everywhere ... [my friends and I] got up and walked around for an hour, picked up everything and put it in the recycling bin," Ellstrand said. "We were doing that for like an hour or two, but it felt like we were doing it for ten minutes."

Ellstrand is the co-president of the newly-reinstated Environmental Club. She is leading the club alongside junior Sophie Palomo with science teacher Michael Higdon as the sponsor. The club is now making a comeback after it disbanded when science teacher and previous sponsor Mollie David retired at the end of the 2017-18 school year.

While the club plans to focus on reducing waste, recycling more and spreading awareness about environmental issues, another aspect of this topic is the conservation of energy through lighting, heating and cooling systems.

Stanford University has implemented LED lighting as a more sustainable light source throughout their facilities. LED lighting, converting 95% of its energy to light and only wasting 5% as heat, is up to 80% more efficient than traditional lighting such as fluorescent or incandescent lights.

According to Building and Grounds Supervisor Oscar Acevedo, Prospect has LED lighting in both the fieldhouse and the gyms that was installed two years ago in

place of the previous 400 and 250 watt high pressure sodium light bulbs that were being used.

According to Principal Greg Minter, before they were replaced, the lights in those areas used to stay on from the morning and into the night. Now, the lights have dimmers.

The locker rooms and academic bathrooms have occupancy sensors that will shut the lights off when there is no one in them.

Furthermore, any time lighting is replaced in classrooms, it's changed to the more energy-efficient option; Minter said that he would like to see this LED lighting be implemented in all classrooms, but the drawback comes from it being too expensive.

Minter also points out the fact that all classrooms and offices have two light switches in order to give the option for teachers to have more dim lighting when only one of the switches is flipped.

The majority of classrooms use T8 41 light bulbs while some of the newer science labs use T6 bulbs. According to Acevedo, both of these bulbs use less energy than the standard T12 light bulbs.

In the future, Acevedo plans to look into replacing all of the classroom bulbs with LED lighting. All of the outdoor lighting, including the parking lot lights, has been LED since 2015.

Although there have been no district-level meetings to discuss environmental action that Minter is aware of, Prospect is planning to redo the exterior walls of the building and roof this summer to provide better insulation that will result in less energy-use of heating and cooling systems.

During the hotter months,

larger facilities like Prospect are asked to participate in "blackout days" and turn off the power of the building for a few hours of the day. According to Minter, Prospect participates in these days when they occur — about five times a year, typically in the summer.

As for our heating system, gas is used to heat water that circulates through pipes around the building. Fans then blow this heat through the vents. This system is switched to "cooling mode" once the weather starts getting warmer.

For the cooling system, there are tanks on the roof that produce ice that is used to chill the water in the pipes. According to Minter, this system allows the water to recycle itself effectively.

"[Prospect tries] to minimize our [energy] usage, and I think we do a fairly good job," Minter said.

"Things are monitored all the time; we turn things off when we're not using them ... I think we do the best we can."

Environmental Club is more focused on the individual impact a student or group of students can have by implementing small changes in their daily lives.

Ellstrand, Palomo and Higdon all agree that education regarding what students can and cannot recycle is extremely important. One common belief that spread among students was that the garbage and recycling bins at Prospect were being mixed together.

However, Higdon talked to the janitors about it, and they do not. Palomo further elaborated on this, saying that although the trash and recycling are technically mixed together, it is all sent to a location where it can be sorted through properly.

"If you look at my google searches, [they're] like, 'Can I recycle toothpaste?' [or] 'Can I recycle tissue?'" Higdon said. "I'm always trying to learn because if

anyone asks me, I want to be able to tell them."

Slightly discouraged by the amount of times she sees plastic water bottles being thrown into the garbage, Palomo feels as though the most effective way to combat this ignorance is by spreading awareness of the importance of recycling to younger generations.

Through Environmental Club, Palomo wants to have club members visit the local middle and elementary schools to speak on the subject of conserving the planet, as well as raise more awareness throughout Prospect and the rest of D214.

"[Environmental Club's] main goal is to inspire a young generation of leaders to be environmental stewards not only through education, but [through] advocacy, action and working together on solutions," Palomo said.

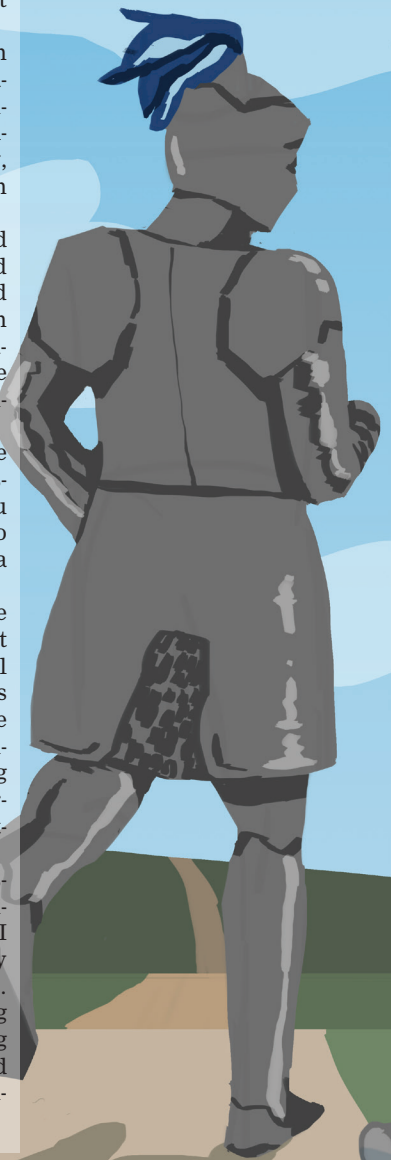
Ellstrand is also concerned about the amount of food and single-use plastic that is wasted in our lunchroom daily. Higdon is a big advocate of reusable water bottles and using tupperware for lunches in place of these single-use plastics.

"Try and invest in a bit more expensive things like coffee canisters, [reusable] water bottles; you don't have to get yourself a Hydro Flask — you can just get yourself a water bottle," Higdon said.

In addition to trying to reduce plastic-use, Palomo feels that volunteering for environmental projects such as planting trees is important, and she hopes to give opportunities like these to students in the club. She enjoys doing this at the Chicago Botanic Garden and Spring Creek Farm located in Schaumburg.

"I think we all should be [passionate about helping the environment]," Ellstrand said. "I don't know if I'm particularly more passionate [than others] ... It's our home, and we're growing up quickly. Time keeps moving whether we want it to or not, and it's something that we can control." P

To read more about the new Environmental Club, "The Green Team," go to prospectornow.com



(illustration by Mara Nicolaie)

Coronavirus cases rise at local hospital

RYAN BARICH

Executive News Editor

*name changed for confidentiality

On March 1, senior Anna Schulz was going into yet another day of work in the food services department at Northwest Community Hospital. However, she received a text from the hospital that had told her to not go into work that day.

When Schulz asked why, the hospital informed her that the day before she may have come into contact with a patient that had tested positive for COVID-19.

Commonly known as the coronavirus.

"I woke up and saw the text and was like 'Oh my gosh is this a joke because this isn't funny,'" Schulz said. "You hear 'coronavirus' and suddenly your heart drops to the floor."

Schulz then spent the next two weeks closely monitoring her temperature and looking closely for any symptoms.

When she returned to work, her and her coworker sophomore Ellie Foster got a firsthand account of how the hospital has been coping with the rising number of Arlington Heights cases, now at a total of 21 as of April 3, according to the Cook County Department of Public Health.

The patients have been placed in a specified infectious disease wing where multiple isolation rooms have been, and will continue to be, built and sustained by the staff. These isolation rooms are fitted with air filtration systems that keeps the healthy hospital staff safe from contracting the virus through breathing the same air as the patients.

Each nurse and doctor is also fitted with plastic masks, gowns and gloves to keep skin-to-skin contact down to a minimum.

However, with the demand for these protective supplies rising, the hospital has been struggling to maintain a surplus of masks and gloves for all hospital employees, according to Foster.

In response, the hospital has only permitted nurses, doctors and other essential staff members to use one pair of gloves a day, as of March 29.

"The place has gotten a lot more hectic," Foster said. "It's been a demanding workload for the nurses and attending physicians, but the way they've handled it is so impressive."

With cases in Illinois predicted to rise until the end of April, the hospital has started to institute protocols that are a part of their infectious disease plan — including bringing in the help of numerous infectious disease specialists.

Another part of this plan is the complete dismissal of visiting hours. Patients that are situated in inpatient units are not to receive any visitors regardless of connections; however, the rule does not apply to patients that are critically ill or in the pediatric labor unit.

"The changes do come as a shock to a lot of [employees] working there, but, really, they're just examples of social distancing," Schulz said.

The hospital has announced multiple other changes that would decrease social contact immensely, and to check the official CDC guidelines concerning how to correctly social distance, check the [CDC's website](#).

Changes such as cancelling all tours of the facility, closing the Wellness Center, halting any child care programs for the time being and more have been put in place to halt

spreading. More of these official changes can be found on [their website](#).

These changes and restrictions have also caused an anxiety amongst the local Arlington Heights residents. Arlington Heights resident *James Lane and others have voiced their concerns over the virus with their local government through emails and online help centers set up by the Arlington Heights Village Board.

Lane and his fellow homeowners say that the village needs to be "more serious" about the matter at hand.

"I'll see things like 'we have it all under control' or 'we remain committed to helping those in need' but that's not giving anyone any sense of real safety," Lane said.

Lane made it apparent that the closure of the Arlington Heights Senior Center and local restaurants were actions that caused panic in social circles within the

community that kickstarted what he referred to as the "looting and supplying" of goods from any and every convenience store within driving distance.

This "doomsday prepping" as Lane also put it is simply the act of buying up as much of one item as an individual would need for the foreseeable future in isolation. For the residents of Arlington Heights and many around the United States, that mainly means stocking up on a surplus of toilet paper, hand sanitizer and other toiletries.

"The town is going mad," Lane said. "We fear the worst and prepare for the even worse."

James McCalister, the director of health and human services in the Village of Arlington Heights, fully understands the worries and anxieties the citizens of Arlington Heights show.

That being said, he and his department have been working to open multiple

County corona cases
number of positive cases as of April 8 according to the Illinois Department of Public Health

Chicago	6,092
Suburban Cook	4,428
Lake County	1,041
Will County	914
DuPage County	875
Kane County	296
McHenry County	180



DAWN OF DISEASE: Cases of the infamous coronavirus continue to grow in suburban Cook County. Northwest Community Hospital continues to adjust to the demanding caseload. (cartoon by Mara Nicolaie)

lines of communication through open telephone calls, social media and their website to get any and all information to the public.

"You'd have to be living under a rock right now to not have any concerns," McCalister said. "The most important thing, from our standpoint, is that accurate information is in the people's hands."

Residents have also embraced the idea of social distancing to combat the spread of disease, and so have all schools in the suburban area including Prospect, which has started to resume their classes over the video conferencing app Zoom.

This social distancing in schools though has caused District 214 Superintendent David Schuler to cancel the school's annual prom. The fate of the school's senior graduation is still being debated as well.

"Yes, from the outside looking in it seems that we're all crazy," Lane said. "Sometimes the best thing to do for the people you care about is overreact and over prepare."

With rising fears and anxieties from the community, Northwest Community Hospital has already made plans and contingencies for treating the virus in the coming days.

"The tireless work these doctors have been doing to maintain a safe environment just makes me feel that much safer when I go home," Schulz said. "I know the best people are on it."

The hospital has been working closely with members of the CDC, the Illinois Department of Public Health and other towns within Cook County.

With the help of the CDC, the hospital has been able to set up fully operational training facilities for attending physicians to better educate themselves in the treatment of this powerful disease and how to properly test for it.

That testing also raised concerns in the community, as a limited supply of testing equipment has plagued multiple counties across Illinois.

However, Illinois Gov. J.B. Pritzker and the Illinois Department of Public Health were able to obtain access to state and federal resources that the hospital reported, in a statement to the public, would go into securing adequate testing equipment.

"They're doing their best, and it's amazing to see, but it's so hard to judge what will happen the next day or the next week," Schulz said.

This virus can be unpredictable at times, and on March 27, the hospital lost its first patient to the coronavirus after a four day fight.

The hospital sent out a letter of condolences to the late patient's family and announced the passing to the public on the same day saying they were "deeply saddened" by the death of the unnamed patient in his or her 60s who was reported to have some previous underlying health complications.

"We remain committed to working tirelessly on behalf of every patient that needs us and to getting through this together," the hospital said in their official statement that they released on their website.

Their tireless work hasn't gone unnoticed, as a surviving pair of coronavirus patients, Bob and Regina Dix, went on ABC 7 news to praise the efforts of the hospital staff that helped them make it home safely and to say that the coronavirus doesn't have to be a death sentence.

"There is a 90% chance of hope, really" Bob Dix said to ABC 7 News.

Currently on [Prospectornow.com](#)...

[Read about](#) how Prospect's ongoing gift card drive is raising money for those who relied on the school's supplied lunches. (photo courtesy of Lilepartners-forparks.org)



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For those concerned about the fate of their AP courses and tests, [check out](#) Online Editor-in-Chief Rick Lytle's story on the changes made so far. (photo courtesy of Flickr.com)



Curious about how coronavirus has affected summer sports? [Check out](#) the latest episode of Prospect Sports Weekly on Spotify as IHSA executive director Craig Anderson shares IHSA's plan. (photo illustration by Ryan Barich)



LGBT history receives spot in textbooks

ELIZABETH KEANE

Copy Editor

Growing up, junior Claire Carmody observed her two uncles being in love and having a relationship, just like her mom and dad. She was familiar with same-sex relationships, so when Carmody discovered her own sexuality and came out as pansexual — meaning that she can be attracted to or love anyone regardless of where they fall on the gender spectrum — during her sophomore year, she felt comfortable expressing herself.

Her uncle said that he was happy she had discovered who she truly was, and her dad was accepting as well.

“No matter who I come out to, there is always a small voice in the back of my head saying, ‘They will hate you because you’re different’ or ‘This will end in tears and screaming,’” Carmody said. “I have had neither happen, but the possibility is still a little scary.”

““

There’s probably going to be a lot more room for conversations of acceptance, and if not acceptance, then just tolerance.”

- Claire Carmody, junior

However, Carmody has been the target of many derogatory comments, some calling her “disgusting” or “a fat lesbian.” During her first relationship with a girl in her sophomore year, Carmody said that they were not afraid to act the same way other couples do in public with hand-holding or the occasional kiss on the cheek.

“I’m no stranger to being called names to my face or behind my back, so I’ve grown a pretty thick skin in most circumstances,” Carmody said. “... Being called names is also expected when you’re queer and unafraid to be yourself publicly and unapologetically.”

According to a 2017 National School Climate Survey



LOVE WINS: A teacher shows her students two prominent figures of LGBT history. On Aug. 9, 2019, Illinois Gov. J.B. Pritzker signed off the Inclusive Curriculum Law on House Bill 364, which will go into effect on July 1. This law states that, by the time students finish eighth grade, public schools must teach them about contributions to Illinois and U.S. history made by lesbian, gay, bisexual and transgender people. (cartoon by Mara Nicolaie)

conducted by the Gay, Lesbian and Straight Education Network, more than 60% of LGBT students reported feeling unsafe at school because of their sexual orientation.

An article from Newsweek stated that in Illinois, only 24% of LGBT students said that they had been taught anything positive about LGBT people in classrooms. Some feel that this lack of representation of the LGBT community in education leads to the 88% of LGBT students who report hearing homophobic remarks in school.

In an effort to combat these statistics, on Aug. 9 2019, Illinois Gov. J.B. Pritzker signed off the Inclusive Curriculum Law on House Bill 364, which will go into effect on July 1. According to the Chicago Tribune, by the time students finish eighth grade, public schools must teach them about contributions to Illinois and U.S. history made by lesbian, gay, bisexual and transgender people.

According to CNN, the law will include having discussion

of LGBT figures and events, such as the Society for Human Rights — one of America’s first gay rights groups, established in Chicago in 1924 — and astronaut Sally Ride, the first woman in space and the first known lesbian astronaut.

“One of the best ways to overcome intolerance is through education and exposure to different people and viewpoints,” Illinois State Sen. Heather Steans, who sponsored the legislation, said in an article from The Hill.

Carmody also feels this law will benefit young members of the LGBT community. She said it was “refreshing” to see Pritzker acknowledge LGBT history when many people don’t know much about it.

“There’s probably going to be a lot more room for conversations of acceptance, and if not acceptance, then just tolerance,” Carmody said.

SEE **LGBT**, page 5.

Potential bridge offers safety

CHARLIE DAHLGREN

Staff Writer

The Village of Mount Prospect is taking new strides in resurrecting its project to build a pedestrian bridge over Northwest Highway and the Union Pacific railroad tracks.

The project, which was originally pitched in 2018, aimed to increase pedestrian safety by connecting Meadows and Melas parks, but was ultimately terminated after failing to receive adequate financial support from critical local contributors. The Village of Arlington Heights, Arlington Heights Park District, District 57, and District 214 each denied a \$20,700 donation to help

fund the bridge, according to the Daily Herald.

Despite that, many Mount Prospect board members continue to push towards their goal. In a Committee of the Whole meeting last month, the village presented new evidence to prove the importance of the bridge, including three videos of Prospect students dodging traffic.

“They tell a compelling story,” Mount Prospect Village Manager Michael Cassady said in an interview with the Daily Herald. “You have got a real long gap where people can safely cross. Kids are like stormwater. They’re going to go to the path of least resistance. So we thought it was a good value proposition.”

While many Prospect High

School students cross Northwest Highway, few do it more often than the cross country team. While on their routes, runners can be found crossing Northwest Highway up to four times a week, sometimes in groups of 15 students or more. Coaches rarely run with the team, so it’s up to team captains like seniors Tom Walter and Erik Snell to keep the rest of the team safe.

“I’ve definitely become more aware of that risk just because I feel more responsible about it,” Walter said. “We’re always trying to be as responsible as we can ... because we know that [the team’s safety] is a lot more important than interrupting the flow of the run.”

Luckily, neither Walter nor Snell have witnessed a serious incident involving crossing busy streets, but close calls are a cause for concern — especially with large groups of runners and negligent drivers.

The cross country team currently has two different routes that cross Northwest Highway. One takes 1.07 miles to reach the intersection and crosses 16 streets. The second reaches the intersection in 1.22 miles and crosses 18 streets. If the bridge was built, runners could cross in 0.54 miles, crossing only two minor streets along the way. It’s for that reason that the pedestrian bridge would offer so many new opportunities for future Prospect cross country runners, according to Snell.

“That would give birth to new routes that we could run,” Snell said. “We try to make routes that have fewer stops and cross [fewer] busy streets. If we had that pedestrian bridge, we could go over without any stoppage [while] being safe.”



CHOO CHOO: The Village of Mount Prospect may build a pedestrian bridge over Northwest Highway and the Union Pacific railroad tracks. This will offer the freedom for Prospect runners to run new routes with ensured safety. (photo by Charlie Dahlgren)

Mount Prospect tried to use the issue of student safety to try to leverage \$20,700 from D214 back in 2018 when they were first looking for ways to fund the initial \$124,000 study of the bridge.

After consideration, D214 decided it was in their best interest to deny Mount Prospect that funding. It wasn’t the initial cost of the study that scared D214 away, rather than the uncertainty of what they were committing themselves to, described Associate Superintendent of Finance and Operations Cathy Johnson.

“It was less about what funds were available rather than where this project and priorities lay,” Johnson said. “If we are committing to this \$20,000 what else might we be committing ourselves to? \$20,000 is a lot of money, but if we’re in for a penny are we in for a pound? Because that’s kind of what the proposal looked like.”

If D214 were to accept the original funding proposal in 2018, they would be rewarded with a grant; however, much like the final construction costs, numbers were

only theorized and always subject to change.

Mount Prospect has made new progress in this project in the past months, recently awarding the engineering and construction company Burns and McDonnell the original \$124,000 to execute the initial study. It is so far unclear whether or not they will again seek funding from D214.

If they were to be asked again, Johnson says the district would try to look at the potential proposal with fresh eyes after having the past two years to think it over, but thinks it’s important to understand that the bridge is a priority for the village, not the district. If Mount Prospect wants to see a different result, they’re going to need to show D214 that they have a precise plan in place.

“What’s good for a district is generally good for a municipality and vice versa,” Johnson said. “So many of the things we do are in alignment with one another because at the end of the day, caring about kids is caring about their constituents.”



NEW AND IMPROVED: This map shows current routes that PHS runners take as well as the new potential route they could take if the bridge was built. “We try to make routes that have fewer stops and cross [fewer] busy streets,” said cross country runner and senior Erik Snell. “If we had that pedestrian bridge, we could go over without any stoppage [while] being safe.” (graphic by Charlie Dahlgren)