

SPI ISSUE #4, March 2021

THE RISE OF ANTI-ASIAN RACISM

BY CODY BERSHTEIN AND LUCIANA LOMBARDI



Anti-Asian racism has been present for many years, but during the past few months, it has grown rapidly. Many horrific actions have been taken against the Asian community recently, but many people will not allow the terrorizing of innocent Asian-Americans; many protests have been happening to fight for these unacceptable hate crimes.

One of the many hate crimes that was brought to our attention was the death of 84-year-old Vicha Ratanpakdee. The grandfather was native to Thailand, and he had emigrated to America to live with his daughter and son-in-law. His daughter said that he was targeted because of his Asian heritage and that he was being harassed since the start of the pandemic. Sadly, in San Francisco, California on Thursday, January 28, the man was assaulted by 19-year-old Antoine Watson. Watson ran at Ratanpakdee and pushed him into a garage door, from where he was unable to get up due to his old age. Officers discovered Ratanpakdee on the sidewalk and brought him to the San Francisco General Hospital to aid his life-threatening injuries. He only survived in the hospital for a few days, as he was pronounced dead on Saturday that same fateful week.

Another hate crime that was brought to our attention was an attack on a 91-year-old Asian man in Oakland, California's Chinatown. His family has decided not to release his name. The man was attacked out of pure hatred by Yahya Muslim, who attacked two other Asian-Americans that same day, including a 60-year-old man and a 55-year-old woman. Two Asian actors, Daniel Wu and Daniel Dae Kim, put up a \$25,000 reward for the person who found the suspect. He was found by the Oakland Chief of Police who stood alongside Alameda County D.A., Nancy O'Malley. Yahya Muslim is now spending time in the Santa Rita jail in Dublin, California because of his horrible actions.

Most of the hate crimes that have been happening are based off of people blaming Asians for the cause of COVID-19. As you should know, there is no one to blame for the pandemic, and the fact that people are murdering Asians out of hatred because of it is utterly disgusting. I, Cody, being part of the Asian-American community think that this is disturbing and uncalled for, and specifically being part of the Thai community am scared for other family members and what might happen to them. We are both frightened for Asians everywhere, but hopefully by informing you on what has been happening, we can spread information across the school to people that can help.

HELPING OUT WITH HORIZONS

BY HOLLY PISANI

During the summer, Foote School partners with a program called Horizons. Horizons is an enrichment program for students from under-resourced communities. Horizons was established in 1964 and has been growing ever since. Their motto is “Inspire / Build / Transform.” They are indeed inspiring many young kids, building many quality relationships between volunteers and participants, and transforming the lives of students across the country. Horizons is such a great program because it gives children many opportunities. The Horizons program is offered at Foote during the summer, but this year, eighth and ninth grade Foote students are volunteering to help out by making and distributing at-home kits as well as tutoring younger students. The volunteers are going to be tutoring in many subjects including math, history, science, writing, and reading. The volunteers will assemble and distribute the at-home kits in person, and the tutoring will be virtual. I think this is a great opportunity not only for the children in this program, but also for the Foote School volunteers. You have the ability to build a quality relationship, and you can also feel very good inside knowing that you are helping your community thrive. I myself am a volunteer this year, and I am very grateful to be a part of this program. I think that it is important to give back to your community because now more than ever, we need to help each other and come together.



REVIEW OF *SAFETY*

BY ELAINA PAKUTKA

Aided by his teammates and the community, Clemson University football player Ray McElrathbey succeeds on the field while simultaneously raising and caring for his 11-year-old brother, Fahmarr. With help from his friends, Ray hides his brother from the teachers and coaches at Clemson in worry of getting caught.

I easily rate *Safety* 5/5 stars. I really enjoyed this movie because it includes lots of emotion and heartwarming features. I would recommend this movie to anyone without hesitation.



SUPER BOWL SUNDAY

BY MAX ANESTIS

On Sunday, February 7th, the Kansas City Chiefs played the Tampa Bay Buccaneers. The game started around 7 O'clock EST and lasted 3-4 hours. In the first quarter, it was 3 to 7, with the Buccaneers in the lead. In the second quarter the Buccaneers scored 14 points--outmatching the Chiefs 3 additional points in the second quarter. At halftime, the Weekend performed a couple of their songs, including "Blinding Lights." In the third quarter, the Buccaneers scored 10 and the Chiefs again scored 3, giving the Buccaneers a lead of 31-9, with one quarter left! The final quarter was very uneventful, no score! The Buccaneers had won! That Super Bowl was not too eventful... The Chiefs did not score a single touchdown. This whole season, the Chiefs were pretty much unstoppable, yet they could not even score a touchdown on Sunday. Well, it shows that a good season win streak doesn't mean everything.

7TH GRADE PROJECT WEEK SPEAKERS

BY YASMEENA SABOOH



Tamara Lanier with a copy of the picture of Papa Renty

During Project Week, the seventh grade had three guest speakers: Tamara Lanier, Jeffrey Fletcher, and the founders of the Witness Stones Project. All the seventh graders were exposed to new topics that opened their minds.

The first speaker works with the Witness Stones Project. The Witness Stones project recognizes enslaved people by placing plaques of their names and roles in that time in history around local towns where they lived. You can see history everywhere, such as street signs, building titles, and school names.

The second speaker was Tamara Lanier. She is the great-great-great-granddaughter of Papa Renty, an enslaved man whose image is currently owned by Harvard University. Ms. Lanier is suing Harvard for unfairly profiting from the photos of Papa Renty. Ms. Lanier's family passed down many stories about him. She made it her mission to identify him, and she traced Papa Renty back to a plantation in South Carolina. Ms. Lanier is currently in a legal battle with Harvard.

The third speaker was Jeffrey Fletcher. After the passing of Mr. Fletcher's mother, he inherited her possessions. Mr. Fletcher was going to throw away what he inherited until he learned the story behind the objects. Mr. Fletcher has over 3,000 artifacts of Black-American history. He stated, *"People don't always want to learn about this history because it is difficult or makes them feel embarrassed."* Mr. Fletcher is currently opening an archive with these artifacts.

You can help our speakers in their efforts by talking to a seventh grader about the Witness Stones Project, spreading the word about Ms. Lanier's struggle with Harvard, and supporting Mr. Fletcher's new museum.

8TH GRADE PROJECT WEEK

BY NORA BROCK



8C learning taekwondo

Earlier this month, the eighth grade had a very fun and creative project week! We learned about Appalachian music, watched *Black Panther*, and even learned taekwondo! Project week was a much needed break for the entire middle school, students and teachers alike. People drew, painted, animated, built, wrote, played instruments, coded, knit, learned new languages, and so much more! One of my favorite parts of project week was presenting our projects. At 2:15 on Thursday, after watching an amazing presentation on Black history; we all stared in awe at what our classmates had created. A lot of teachers I talked to commented on how it was nice to see more of a personal side to all their students and how they enjoyed learning about their students' hobbies. I also know multiple people who are looking into joining taekwondo after that amazing class we had! On Tuesday, when we were all bundled-up inside due to the snow, people experimented with working from home. One of my close friends ended up handwriting an 10-page account on the backstory of Voldemort, a Harry Potter villain, in only a few hours! Students whose projects were at school were given many options, including continuing to memorize our monologues, an 8th grade drama project. Needless to say, project week was an amazing break from school, and I haven't talked to a single person who doesn't wish we could do it more often!

8TH GRADE PROJECT WEEK COLLAGE

BY ELLA CHUN



On the top left, Karun Srihari and Eric Roberts construct a marble run in the eighth grade lounge. To the right, eighth grade humanities teacher Deb Riding teaches Emile Krauss and Sofia Urios-Siebert how to knit. From the bottom left to right, Caroline Hergan works on her painting of Malala Yousafzai as part of a mural stretching across the Milikowsky Building staircase. Odie Adelson-Grodberg grids an image of Vice President Kamala Harris, while Zoe Arboleda poses with her painting of her family.

FACES OF FOOTE

BY ASHER JOSEPH

The coronavirus pandemic has made it difficult to communicate and stay connected with friends and family, but it is necessary that we keep one another safe by wearing masks, social distancing, and avoiding social gatherings. Though it may seem that the extent of keeping in touch with our loved ones is FaceTime, Zoom, and social media, I believe that these unprecedented times have brought us all closer together. Even if we have nothing in common with one another, we all share the struggles of the pandemic. I decided to capture this sentiment in a collage of the faces of the Foote School community, and explore what it means to be connected. To take these photographs, I had to step out of my comfort zone; however, the result was worth the effort. I met many new members of the Foote School community, as well as reunited with faculty, staff, and students I have not seen since the start of the pandemic. This was an incredible experience, and I look forward to pursuing projects such as “Faces of Foote” in the future.



COVID-19 VACCINES FOR KIDS

BY AYLA BERNSTEIN

We hear on the news all the time about COVID vaccines for adults. Our grandparents are mostly vaccinated, and our parents and teachers will soon be vaccinated as well. Many of us may be asking when it will be our turn to be vaccinated. We have been fortunate that children are mostly not susceptible to severe COVID-19 disease, but vaccinating children will help protect everyone in the community.

Since the 1970's, there have been regulations that medications and vaccines need to be studied in children separately from those studies performed on adults. In respect to vaccines, children are not considered small adults. The different vaccines developed for SARS-CoV-2 prevention had to be deemed safe in adults before they could be administered to children. Children need to be studied in different age groups, because our immune systems are in different stages of development.

The first two vaccines that have been FDA approved in adults in the United States have opened trials for younger people. As of early February, Pfizer has completed enrollment with 2,259 children ages 12-15. Moderna hopes to enroll 3,000 children ages 12-17 for its vaccine trial. Unfortunately, Moderna researchers do not have all the participants they need just yet. The pharmaceutical company Johnson & Johnson's vaccine has just been FDA approved for adults, and they say they will start a trial in children soon.

All of these trials need to answer three questions: Is the vaccine effective for younger immune systems? Will children need the same dose as adults? What will be the side-effects, or will they be the same side-effects felt by adults? When these questions are answered for people ages 12-17, then they will begin similar trials for kids 6-11 years old, followed by trials for kids aged six months to five years. The last group to be studied will be babies six months and younger. Pfizer and Moderna hope to have results for the first group of children this spring.

Governor Ned Lamont's COVID-19 Task Force hopes children may begin to be vaccinated by this summer.

IS SPRING COMING?

BY LEAH GOUBOURN

The one and only Punxsutawney Phil is supposedly America's sign of spring. Groundhog Day is annually celebrated on February 2nd, and is known to be the day that Punxsutawney Phil comes out and sees his shadow. The 120 year old tradition is that Punxsutawney Phil predicts the first day of spring every year. If he comes out and sees his shadow, he is afraid and runs back into his hole. If this happens, that means we have six more weeks of winter. But if he does not see his shadow, it is believed that we will have an early spring. His first time on the job was in 1887, and he still continues today. The Punxsutawney Groundhog Club, of Punxsutawney, Pennsylvania takes care of this little creature year-round and makes sure he stays healthy and happy. Although Punxsutawney Phil is rarely correct on his predictions, many Americans still enjoy the idea of an adorable groundhog predicting the first day of spring. This year even though there were not crowds of people to watch Punxsutawney Phil predict the spring, it has been reported that he did see his shadow and we officially have six more weeks of winter.



A HISTORIC TIME FOR RUSSIA

BY QAMAR AL-TAMEEMI

On Saturday, January 23rd, tens of thousands of Russians took to the streets in over 100 cities in support of Russian opposition leader, Alexie Navalny. The protests came after Navalny, who has been a critic of the Kremlin since 2008, was detained upon his arrival in Moscow from Berlin and after the release of a video on YouTube called "Putin's Palace" by Navalny. The video, which has garnered over 100 million views, alleges that Putin owns an extravagant, billion-dollar, palace on the Black Sea and paid for its construction with "slush funds." Putin denied the allegations and said, "Nothing that is listed there as my property belongs to me or my close relatives, and never did."



As ordered by the Kremlin, Russian police cracked down on the protestors with excessive force. Over 4,000 protestors were arrested on January 23rd. Despite these arrests and the assertion of force and power by the Russian police over the demonstrators, widespread protests have continued across the country. The New York Times stated that these protests "signaled widespread fatigue with the stagnant, corruption-plagued political order that Mr. Putin has presided over for two decades." Cable-news channels in Russia are state-run, as Putin has signed many bills into law since becoming president in 2000 that increase the government's control over the internet. These protests are a historic show of dissent in Russia. Many Russians, unhappy with the current economic situation in Russia and lack of support from the government during the pandemic, are hopeful for change.

On February 2nd, a court in Moscow sentenced Navalny to 2.5 years in prison for violating the terms of a sentence he received in 2014 for embezzlement charges. Navalny appealed against the conviction, which he says is politically motivated, but a Moscow court turned it down on February 20th. Russians will continue to protest, but as protestor Marina Shakov says, "Either the protests will gain momentum or the authorities will continue to achieve their goals through arrests, fines, intimidation, and people will go back to tolerating and staying quiet."

HEALTHY AND EASY BREAKFAST IDEAS

BY HANNA KIM AND SAMANTHA BERNSTEIN

These recipes are healthy and good for a rushed morning because they don't take a lot of time. Some of them can even be prepared the night before so breakfast in the morning will be quick and easy. We hope that you try them all! Enjoy!

1. 2 Ingredient Pancakes (Makes 8 Small Pancakes)

Ingredients:

- 2 Large Eggs
- 1 Banana
- Cooking Oil

First, mash the banana in a bowl. Crack the eggs into the mashed banana and mix thoroughly. Grease the pan and put it on low heat. Drop roughly 2 tablespoons of batter onto the pan. If it doesn't start sizzling quickly then put the heat up. Flip the pancake after about 25 seconds or when it browns. Serve with your favorite pancake toppings.

2. Banana Peanut Butter Toast (Makes 1 piece of toast)

Ingredients:

- 1 Banana
- Peanut Butter
- Toast

Spread the peanut butter onto the toast. Cut up a banana into thin slices and place onto the bread. If you have a sweet tooth, feel free to add a few chocolate chips on top.

3. Overnight Oats (Makes 1 serving)

Ingredients:

- ½ Cup Milk
- ½ Cup Oats
- 1 Tsp Chia Seeds (Optional)
- 1 Tbsp Maple Syrup, Jam, Nutella, Honey, or Other Sweetener Of Choice

Add all of the ingredients into a jar. Put it into the fridge overnight. In the morning add fresh fruit or nuts or peanut butter.

4. Strawberry Banana Smoothie (Makes 1 Serving)

Ingredients:

- 1 banana
- 1 cup strawberries
- ½ cup unsweetened Greek yogurt
- 1 cup milk

Add all of the ingredients into a blender. Place the lid on the blender and blend until smooth, about 1 minute on medium to medium-high speed.

5. Egg Sandwich (Makes 1 Sandwich)

Ingredients:

- One Egg
- One Slice Of Sliced Cheese
- 1 Slice Of Bagel Or A Bread
- Salt and pepper to taste

Beat the egg with some salt and pepper. Pour the egg into the pan and turn it into scrambled eggs. Toast your bagel or bread. Take the bagel or toast out of the toaster and put it on a plate. Place the cheese on top and then add your scrambled egg on top of that. If you want you can add a slice of bagel or bread on top of the eggs.

| Faculty Advisors | Editors |
|---|----------------------------|
| Lara Anderson Ozler Kayaarasi | Nora Brock Asher Joseph |
| Writers | |
| Qamar Al-Tameemi Max Anestis Ayla Bernstein Samantha Bernstein Cody Bershtein Ella Chun Leah Goubourn Hanna Kim Luciana Lombardi Elaina Pakutka Holly Pisani Yasmeena Sabooh | |