



# The Highlander

THE FREDERICK GUNN SCHOOL STUDENT NEWSPAPER



Issue No. 4

May 2023

## Introducing the New Head of School Jenny Macler '23 and Bridie Strowe-Bolger '24

Mrs. Gum, current Associate Head of School for Teaching and Learning, was announced as the next Frederick Gunn Head of School on March 25, 2023. The announcement came out in an email to all constituencies over spring break and was formally announced during a school meeting in late March.

The search process lasted many months and spanned across the globe, but according to the committee, Mrs. Gum exhibited the characteristics of “academic excellence, visionary leadership, and integrity” that the Board of Trustees sought. Mrs. Gum found the process to be comprehensive and purposeful, commenting that “There was a part of it that was really life-giving and fun because I got to talk to all kinds of people who really love the school and want what’s best for the school and a part of it that demanded my best.” The search committee prioritized the wants of the community by searching for the qualities found most important in a survey that was sent out to the FGS community. The committee showed their eagerness to carry out the will of the school and Mrs. Gum mirrors this ambition.

Prior to coming to Gunn, Mrs. Gum worked with a research group at the University of Virginia, where she also launched a non-profit. She is currently working on her Doctor of Philosophy in Theology and Religion at the University of Oxford.

Mrs. Gum will be leaving her current position in academics and, although she enjoys her work, she is proud to be the incoming

head of school. “I’m really eager to help the school move into all of its potential and have a really strong future.” In order to do this, Mrs. Gum says what’s most important is “staying true to who we are.”



In stepping into the position of Head of School, Mrs. Gum calls on the student body to help. “I will need you to tell me how you think the school is doing.” She added, “I’m interested in student voices. For instance, how do we make sure that students are helping us under

stand what the student experience is and get feedback?” Mrs. Gum credits her current advisees with helping her in this task of staying connected to the student body. Mrs. Gum believes that the past successes of the school and

we need to do to make sure our students are thriving.”

Mrs. Gum is also extremely enthusiastic about the new Center for Innovation and Active citizenship due to open next school year. “I think it embodies a lot that we stand for as a school right in the heart of campus. It’s a sustainable building, it’s a contemporary forward looking building, it is a place where we’re asking questions about citizenship and what impact kids are going to have in the future alongside the sciences and engineering.” She also issues a challenge to the student body in regards to the much anticipated robot: to build our own.

Mrs. Gum, in furthering the betterment of our school says, “I want us always to be learning and asking ourselves what we don’t know yet and I want the administration and faculty to always be ourselves modeling what it means to be living an open-minded and curious life.”



the future possibilities are really about staying connected.

“The best components that you can possibly have at a school is figuring out how to stay connected to your past and to your community and to your story and be constantly asking what

### Revisit Day Jenny Shen '23

On March 30th and April 3rd, 2023, The Frederick Gunn School hosted two revisit days for admitted students. As Mrs. Day states: “revisit days are a really important part of the admission process. It’s a time for us to invite accepted students and their families back to campus for another look, and hopefully experience what we call a day in the life of an FGS student.” In preparation for this event, the admissions team put in a lot of work to make sure the students that were revisiting were feeling like they were getting to know our current students. Each accepted student was matched with people that were similar to them in age, grade, and interest so they could feel connected to the school.

The day was divided into two parts, one was for the revisiting students to connect with current students to get to know the school better, and the other was for the parents to get more information about our school and what the experience would be like for their students. During the day, the admission hosted a leadership panel that included Ms. Gum, Mr. Low, Mrs. Leblanc, and Mr. Drew for the revisiting parents to meet with the leaders at the school, while also allowing the parents to either go sit in a class or hear academic and college counseling sessions. In addition, the school also hosted a student panel where the parents got to have six representatives of our students in front of them for questions and discussions.

“This is usually what the revisiting parents enjoy the most about the whole experience,” says Mrs. Day. Later in the day, the admissions team brought the revisiting students and parents back together for a couple of art performances from the string ensemble and the chorus. Then the day ended with the co-curricular fair and more panels that talked about various programs, such as athletics, arts, campus life, academics, and...

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### Prepping for Prom Caroline Marich '24 and Paige Jackson '24

Highlander News is foreseeing a shift in prom trends from last spring to this spring regarding color, length, and style. At Gunn’s 2021-2022 prom, there was a theme of shorter, simpler dresses with less formality. This year, we expect to see an uptake of longer, more summery, extravagant prom dresses.

Pinterest has sparked teenagers’ interest in these unique dresses, breaking away from the classic, mainstream prom dresses. Students are looking for preppy, pastel, and patterned with more variety in fabric and texture. Tiered dresses are coming into style, commonly made with layering fabrics like tulle or lace. Pink is a definite recurring theme, but light blues, greens, and purples, and maybe even some yellows are being tossed in the mix as well. Sparkles, sequins, and designs are also beloved for the fun complexity they add to the dress. This likely means a decline in more simple dresses.

We see a variety of necklines, but trends seem to be shying away from the deeper v-necks, as they often require a mesh piece for coverage and stability. This is becoming more outdated, and some even consider it tacky, so shoppers are leaning towards more practical necklines. Square, gentle scoop, and sweetheart necklines are making a comeback. Strapless and sleeveless dresses are here to stay for their appropriate temperature, practicality, and cuteness. As for shape, there is still a wide variety of shapes: ballgown, mermaid, and other more obscure styles. Most shoppers seem to be disregarding trends regarding shape and instead choosing what works best for their body type and what they personally feel the most comfortable in. (We love to see it!!!)

As for shoes, many teens have completely abandoned the heels bandwagon and are resorting to sneakers for comfort. Those wearing heels usually lead towards simpler heels, as they are not usually visible, and if they are, a more flamboyant shoe might take away from the excitement of the dress. For those who choose heels, be warned of the pain that will ensue shortly after the night begins, and perhaps bring a bag large enough to hold your soon-to-be discarded shoes.

At the end of the day, however, if the prom dresses that are currently in style are not what you love, forget about them. Wear whatever makes you feel the most confident and happy!

### School Speaker Josh Good Martha Ewing '26

On Tuesday, April 11th, The Frederick Gunn School hosted journalist and director of the Ethics and Public Policy Center’s Faith Angle Forum, Josh Good.

The event was met with mixed reactions from the student body as Mr. Good was introduced as a conservative speaker. Many students immediately jumped to their own conclusions about what he might say or believe. In a desire to learn more about his work, Martha Ewing, a representative of the Highlander Newspaper, interviewed Mr. Good during dinner that evening to learn more about his career.

During the interview, Mr. Good answered a variety of questions about his work, his beliefs, and his experiences in the journalism industry. He talked about his work at the EPPC, where he leads the Faith Angle Forum, an initiative that aims to promote a deeper understanding of religion’s role in public life. He also discussed his experiences working as a journalist and shared his thoughts on the current state of the media. He provided insights into his day-to-day experiences working in Washington DC, where he interacts with policymakers and journalists on a regular basis. He discussed the challenges of navigating the political landscape in DC and shared his thoughts on how journalists can maintain their integrity while covering politics.

Throughout this interview, The Highlander Newspaper was able to gain a nuanced and balanced perspective on Mr. Good’s career, which will hopefully help to foster a more informed discussion among the student body.

Find an exclusive interview on A2!

*Never fear where unfettered thought may lead you.*



## Interview with School Speaker Josh Good Conducted and written by Martha Ewing '26

Ewing: To summarize in a sentence, what exactly do you do?

Good: I run a small program called Faith Angle Forum that hosts mainstream journalists to try and help them better understand religion.

Ewing: Why is bringing religious ideals into public policy important to you?

Good: The program that I'm involved with helps reporters, columnists, and editors broadly understand religion. I think the idea is to have some continuity with the country's heritage, origins, and direction from the early days that still continues to be relevant today.

Ewing: What does your day look like?

Good: I go in three days a week, sometimes four. We have an office that is four blocks from the White House. It is part of a small think tank that has about 20-25 people, scholars, and staff who work together. Sometimes that will involve having brunch or breakfast or lunch with a journalist to learn about what they are up to and try to be a resource for them if they have interest in writing a story that has a religious angle, but I also mostly focus on doing a podcast conversation once every two weeks, typically with a different scholar, cleric, or journalist each time. A lot of time is spent prepping for those podcasts, and also prepping four forums each year, which typically have eighteen to twenty journalists who go away someplace.

Ewing: How does your work encourage young people to become active citizens?

Good: Well in some sense, we don't. We're not directly trying to get younger people to be engaged, thoughtful citizens in society. On the other hand, there's sort of a downstream effect of these conversations that happen because they get recorded and shared. Our podcast doesn't have a huge reach, it has a little north of seventeen hundred listens each episode, so we don't know a lot about exactly who listens, but our biggest audience is in DC, second biggest is in New York, and third is in Los Angeles. So that means a lot of people who are interested in journalism probably listen to it. We do have one program that will be gathering later this month that's all aimed at young journalists under the age of thirty-five. Most people in journalism see their work as a form of public service. They see it as a form of making society a better place, telling the truth about what's going on, covering power, and we are also trying to pursue and help build a better world. So I would say that the journalist forums for young people are an example.

Ewing: As a Christian, what is the role of sacrifice in civil responsibility?

Good: I think it's everything. I mean, we have lots of forms of Christianity making lots of noise in our country today; prosperity gospel, smells and bells, and tradition. But at the core of Christianity is the idea of sacrifice. In terms of civic engagement, we do not need more politicians to go rant on their pedestals, have a huge platform, and try to whip their base up into a frenzy to be convinced that they're obviously right and that their opponents are idiots. We do not need that. However, we have a lot of that. So what is necessary to hopefully be bridge-builders, and to bridge divides that are getting worse in our country, is to have people who are willing to not be in the limelight, and to act in sacrificial, long term, service-oriented ways. My understanding about The Hill is that there are a lot of committees that do not work. And the reason is pretty simple: because there are cameras. Because there are cameras, people have conversations in front of groups, and all they're really doing is performing for the camera. They're hoping they get a thirty second sound bite that they can blow up on YouTube that will get like 75,000 people in their home district all fired up that night. They are not having an honest conversation! The one place that does work is the Intelligence Committee. The reason that it works is because there are no cameras, and because the members of Congress who actually are part of it, aren't grandstanding. They aren't showing off, they aren't performing, they are being formed by the essential work of the group. They are people who are succeeding quietly with much more humility, much more curiosity, and much more sacrifice. That is exactly what we need in terms of sacrifice towards civic engagement.



## France and Spain Trip Mairin Hoffman '25

On March 3, 2023, 13 students flew to Europe on an art-focused trip to France and Spain. This France and Spain trip had been in the works even before COVID-19 but was postponed due to the pandemic. The chaperones on this trip were Andrew Richards and Julianne Petrillo, '18. On this trip, we visited Paris, Avignon, Nîmes, Barcelona, and Madrid in a 10-day period over the first week and a half of spring break. The students on this trip opened their eyes to cultures they had never seen before, which changed their views for the better.

It started late on Friday night, March 3rd. Our plane to Paris was flying out at about 8:30 pm, so we had time to spare at the airport. Many students were excited about the trip, while others were nervous, as it was their first plane ride. Once we started boarding the plane, it was very dark out, but the anticipation was vibrant. The 6 hours on the plane were long and miserable, as AirFrance turned out to be very warm. Once we arrived in Paris, we saw Celebrity Makeup Artist and YouTuber Jeffree Star at the airport from afar, which was a very interesting first impression of Paris. When we arrived in Paris, we took a trip to the River Seine and a boat ride to see the city of Paris. On this boat ride, we saw many famous structures, including the infamous Eiffel Tower, Notre Dame, and The Louvre Museum. After this boat ride, we had a lovely dinner at a French restaurant that included various French kinds of cheese that were amazing to try. We took a trip to Sacré-Cœur, a beautiful Basilica looking over the city of Paris. From the Basilica, we could see the Eiffel Tower sparkle from afar. Over the next few days, we visited the Palace of Versailles, The Louvre, the Champs-Élysées, the Arc de Triomphe, and of course, the inside of the Eiffel Tower. After visiting Paris, we visited Avignon in which we visited the city of Nîmes, where we saw the famous Nîmes arena and the Vers-Pont-du-Gard, a beautiful historic bridge.

Before going to Barcelona, we took a quick trip to Carcassonne, a beautiful French-fortified city. Inside were many gift shops, boutiques, cafés, and restaurants. After the quick visit to Carcassonne, we went to Barcelona by bus. In Barcelona, we visited landmarks such as La Sagrada Familia, La Pedrera-Casa Milà, and Park Güell. One of the most memorable moments was swimming in the Mediterranean Sea at dusk, and the moon was right over the water, and it was a breathtaking sight. Next, we were going to Madrid, where we tried spectacular Spanish cuisine.

The France and Spain trip was a spectacular experience for The Frederick Gunn School and students interested in art. Trips like these allow students to see a whole new part of the world and discover something new and exciting, so if you're interested in another trip like this, keep an eye out for another opportunity!



## JV Boys Tennis W over CANTerbury Matis Molina-Ricard '24

On Saturday April 8th, the Boys JV tennis team had some intense matches against Canterbury. With a Canterbury point on the stakes were high, the boys were ready and focused. On the bus ride to Canterbury, the energy was high. Coach Doody gave an inspiring speech to get everyone's minds ready for their matches.

The highly respected duo Julian Daou '24 and Jackson Neminski '25 started their match off with a 5-2 disadvantage, but later came back to win 8-6. Ty Novenstein '24 and his partner David Wang '25 destroyed their opponents with a score of 8-0. Also, the rising superstar in JV tennis Matis Molina-Ricard '24 obliterated his opponent 8-2, gaining

respect from his legendary coach, Coach Doody. With all of these wins and a few more, the team was able to add a point towards the Canterbury Cup. Their next game is away against Forman on Wednesday, which is a very highly anticipated match for all to watch. The team has been practicing very hard during their practices which has been moved up from 45 minutes long to 1 hour and 15 minutes long. Plus, The Washington club has updated their upper courts in order for the JV team to have a better practice experience allowing them all to develop at faster rates than ever before.

I talked with player Stephen Fisher '25 and asked him what his thoughts are going into the next few games? He responded saying, "I think we have a strong start and I'm excited for our upcoming games" The next game will be a rematch against Canterbury at Home with hopefully, a strong fan section...



## Gunn Varsity Baseball in Florida

Ryan Ryu '25

On March 7th, the Frederick Gunn School Varsity baseball team traveled to the Sunshine State, Florida, for a week of spring training. This trip has been Gunn's tradition and involved intense training programs, scrimmages against schools across the states, attending MLB Spring Training games, going to the beach, and team bonding activities.

A Gunn baseball player's day in the life in Florida was more or less like a College baseball player. Highlanders woke up early, around 7 am, to get ready for four hours-long practices at 8:30 am. Practices mostly consisted of throwing, fielding, and hitting drills, taking the best advantage of the great southern sunshine weather. Although waking up early in the morning was hard, the whole team put in their best efforts during practice to make the best version of themselves for this Spring season.

The Highlanders played a total of three games during the spring training. Although not entirely in shape, Highlanders worked on team plays and played hard against teams from New Jersey, Illinois, and Canada. Gunn picked up their win against Ottawa Knights from their second game.

Baseball aside, this trip helped the Gunn baseball team to form great bonding relationships with one another. Thanks to the coaches, Fruity Tooty became Gunn baseballer's favorite desert place. One of the times at Fruity Tooty, the team ran into a New York Mets player, Luis Guillorme. Highlanders also made their way to Vero Beach on a sunny day to enjoy the nice cold water and shining heat.

"The Florida trip proved to be an excellent opportunity for our team to develop bonding and cohesion prior to the start of the season. The great weather of Florida provided an ideal backdrop for us to interact with our new team members, fostering deeper relationships that extended beyond the field of play. Our time spent engaging in team-building activities, such as a visit to the beach, further enhanced our sense of unity. I look forward to playing on the mound and shortstop as the season approaches," said the Boston College commit Leo Vitarelli '25.

"The baseball program has traveled to Florida for over 20 years, and the trip is invaluable in our preparations for the season ahead. We practice a lot, we play a few games, and we get to see at least one MLB spring training game. Not only do we have time to work on basic baseball skills -- throwing, baserunning, hitting, pitching, taking ground balls, and fly balls -- but we also have a great time getting to know each other and forming the bond that will carry us through the season. Overall, it's a fun, productive, and memorable experience. I look forward to the warmer days, working alongside Coach Trundy and Coach Gorman, and helping the players enjoy the great game of baseball and getting better each day," said Coach Martin.

A week in Florida was a success in many ways, and the highlanders are ready to cruise their 2023 spring season.



## Spring Lacrosse Trip

Alex Johnson '23

Over spring break the boys varsity lacrosse team made their annual spring trip to Philadelphia where they spent a few days playing a variety of teams in the area. The trip was a 4 day extravaganza which included a plethora of practices and two games.

After talking with some members of the team, they all thought that the trip was a lot of fun and thought that through the trip, the team bonded and built chemistry. Mike Pizzo '23 and Jay Ashforth '23 commented that it was a great opportunity to build camaraderie with some of the new guys on the team. The boys lacrosse team during the trip had two games against Perkiomen School and Westtown School. Unfortunately Gunn lost both games but the team played hard and fought to the very end despite having a shortened roster.

Aside from the two losses Pizzo stated that the trip was, "A lot of fun. We bonded as a team and got better... It's a good start to the season and sets the tone for the rest of the season". As the official season begins Pizzo, Ashforth, and Ryan Croshaw '23 agreed that the team needs to improve on their faceoffs. Pizzo adds on by saying, "We need to develop more as a team right now and put the pieces together". Finally, Ashforth adds that for the rest of the season the team needs to, "Play hard together and stay positive". Croshaw says, "Just let the defense do the work". At this point in the interview everyone was confused. Moving on from the trip the team will take the lessons learned and implement them for the rest of the season. Overall the team morale is very high and everyone is excited and optimistic for the rest of the season.



## Overflow on Girls' Tennis

Paige Jackson '24

With over 40 students trying out for each tennis team and only around 30 spots available, students are frantically trying to find back up plans. Practices began the first day back from Spring Break and many students realized they don't have what it takes to play Gunn tennis. Other spring sports are filling up quickly though, so what will happen to the overflow of unfit tennis players?

Official tryouts started immediately, with around a dozen students due to be cut from each tennis team. Students who didn't make the roster can join art, the dance team, or possibly the JV lacrosse teams. But firstly, and most pressingly, why are so many students so eager to play tennis? Highlander News spoke to Girls Varsity Tennis captain, Layla Copen '24, in an attempt to get to the bottom of this mystery.

"I think tennis is a sport a lot of people choose to do when they don't really have their own sport because it's very chill and easy to pick up so it's something a lot of people like to try."

For those who were unable to make the cut for the tennis teams, Layla recommended softball, saying "If I didn't already play tennis, I would do softball, it seems so fun."

On Friday, cuts took place on boys tennis, and the girls followed suit on Saturday. These displaced athletes are required to find a new home by March's end. On the bright side, this just shows how many people adore tennis as a sport, and our tennis coaches must take this as a complement. A few years ago, there weren't even enough female tennis players to form a Girls JV Tennis team, and now, there are a dozen too many. In addition, consider how many students will get to try something new after being deferred from tennis. Students who might have never considered trying lacrosse, dance, or art could discover a new passion or talent. They could also try out managing a team and learning more about that sport, as well as bonding with those players.

This is an opportunity for new beginnings.

## Golf Update

Alex Johnson '23

Spring season is underway at FGS and that means the golf season has begun. Competing against top tier golf programs in schools around the New England area, the golf team is off to a solid start. In each match, six of the ten members of the team play. The lowest five scores count and are added up for the teams final score. The season started with a few losses after playing through some tough competition such as Salisbury and Kingswood Oxford.

Despite these setbacks, the team continued to pursue and worked hard in their games. Hitting the range, practicing their short game, and playing a few times a week began to pay off. They began to see tremendous improvement and lower and consistent scores became more prevalent. All of this hard work led to an impressive win against Cheshire. Gunn shot their lowest score yet of 214 which sealed the victory. Fired up from this win, the team had another match against Forman. Once again, Gunn prevailed and although not the team's best score, they were able to squeak by and secure the victory.

As the season continues, there are many more difficult matchups including prestigious tournaments like the Western New England Invitational, played at the beautiful Bulls Bridge Golf Club in Kent. Plus, the season finale Kingswood Invitational (KIT), played formerly at Oak Ridge and now played at the Arnold Palmer designed Gillette Ridge. It is needless to say that the team is very excited for the rest of the season and will continue to improve.





# The Highlander

## The New French Revolution Matis Molina-Ricard '24

Millions of people are currently taking over the streets of France with violent protests in some areas, voicing their anger towards the proposed pension reforms. Workers staged a national strike and clashes with the police have been breaking out.

Protesters have been setting fires, launching smoke bombs, and damaging property. Police have been firing tear gas at crowds and using water cannons to disperse crowds. More than 457 people have been arrested and over 441 police officers have been injured.

Tuesday March 28 marks two weeks since French President Emmanuel Macron pushed a bill to increase the retirement age from 62 to 64 through parliament without a vote. Although it has only been raised by two years, it is still one of the lowest retirement ages in the industrialized world. Unionized workers have been blockading major oil refineries both in Normandy and in Fos-sur-Mer causing major disturbances. Protesters also blocked off airports, affecting air traffic with 30% of flights impacted at Paris Orly airport, which is one of the biggest airports in France. Garbage collectors have also been going on strike causing piles of garbage to gather all around Paris. French authorities have mobilized over 12,000 police officers throughout the country with 5,000 in Paris alone. President Macron's reputation has been tarnished with only 30% of respondents believing that he is a "good president of the Republic". He believes that these changes need to be made in order to make workers put more money into the system so that the country's economy can rise.

Demonstrators in southern Paris chanted "Macron is going to break down, we are going to win" It is clear that the French people are not fans of the new pension reforms, but despite their efforts of revolting to try and make a change the President is standing firm on his decision.

(See our interview with Mrs. Gaggini and Oliver Levick on this topic on a5)



## NBA Playoffs are Here Hezekiah Benson '26 and Thomas Vo '25

We at the Highlander Newspaper decided to take a look at who the strongest contenders are for this year's edition of the NBA Playoffs, and consider the must-watch series on both the East and the West.

In the East, five teams have clinched their own playoff positions, being the Milwaukee Bucks, the Boston Celtics, the Philadelphia 76ers, the Knicks, and the Cleveland Cavaliers. It's hard to ignore a potential Sixers-Nets matchup and to turn away from the noise Giannis always seems to make in the playoffs, but we've chosen the Knicks vs the Cavs as the must-see series in the east.

From a Knicks' side, Brunson must be a leader of the team and bring everyone else up to the level he can achieve. Though Randle is currently out, more time will be available for Obi Toppin to make some noise, and the stage is also set for Canada's RJ Barrett to have the breakthrough he always seems so close to having. Immanuel Quickley is also a contender for the sixth man of the year. IQ's precision and devastating pace, dancing and prancing toward the hoop is unique, and when he gets on a run, he is unstoppable. A backcourt of Brunson and IQ is -physically speaking- modest, but they can outscore Donovan Mitchell together easily. It will be up to this very potent Knicks side to get something going- and I bet they will.

Meanwhile, in the West, only three teams have clinched their own playoff positions, the Denver Nuggets, Memphis Grizzlies, and Sacramento Kings. Nikola Jokic of the Nuggets is also on the list for the possible "MVP". The young Grizzlies are constructing their core much more substantially than before as they won their last 5 games in a row. Ja Morant, despite the hardships encountered this season, reinforces the potent offense for the team. The most exciting team to be looking forward to in the playoffs is the Sacramento Kings since this is the first time since '06 that they acquired first place for a playoff berth.

Having won last year's NBA championship, the Warriors are hungrier for this year's ring to complete their second back-to-back under coach Steve Kerr. Currently, Andrew Wiggins, a talented small forward, is out due to personal issues. However, it is reported that he will soon return to join the offensive force for the Golden States. The Warriors' big 3 consisting of Draymond Green, Klay Thompson, and Stephen Curry have proven to prepare themselves for the challenging contest. With Jordan Poole, Donte DiVincenzo, and their former player signing, Gary Payton II, the Warriors are looking forward to defeating every opponent.

On the other hand, the Sacramento Kings with the starting rosters of De'Aaron Fox, Domantas Sabonis, Kevin Huerter, Keegan Murray, and Harrison Barnes, are looking more frightening than ever. In addition, they have a young and skilled bench with talented players. Having clinched their first playoff berth since '06, the Kings are not going easy on anybody.

This year's NBA championship is promising!



## Michigan State University Shooting Paige Jackson '24

On Monday, February 13th, there was a shooting at Michigan State University. Four students were killed and five were injured. Arielle Anderson, Brian Fraser, and Alexandria Verner lost their lives. The shooter was believed to be a 43 year old man by the name of Anthony Dwayne McRae. He was found dead near the campus with a self inflicted bullet wound. However, it is not confirmed if it was him and it is still under investigation. In the meantime, several survivors of the shooting are sharing their stories on social media.

Marcy Creevy retold what she went through that Tuesday night in an eight minute and forty three second long video on Tiktok. The video went viral, with over four million views and nearly seven hundred thousand likes. Her comments were filled with sympathies, but that doesn't change what happened to her.

Jackie Matthews, a MSU student, and an anonymous freshman at MSU have both lived through school shootings in the past, and they are now two time survivors. Jackie made a viral Tiktok sharing her experiences, which was reposted by several news channels on their social medias.

No one should ever have to live through something so horrific and scarring, and the fact that Jackie, a personal friend of mine, lived through it twice makes me sick to my stomach. The state of our country is so much worse than we know. Europeans have been commenting on videos made by MSU students in shock and horror, unable to comprehend American society. We are the only country so overwhelmed with gun violence in our schools.

At a press conference after the shooting, Chris Rozman, the interim deputy chief of the police at Michigan State University said they have "absolutely no idea about a motive." Families and friends of the victims hope to have more information uncovered soon.

So far in 2023, there have been 87 mass shootings and 52 of those were just in the month of January. Hundreds of lives have been lost this year. The Michigan shooting is one of many, and there doesn't seem to be a foreseeable end to the slaughter. As students, it is important to advocate for gun safety and educate others on the epidemic that is gun violence in the US.

## Met Gala 2023 - In Honor of Karl? Maeren Hay '23 and Tori Ledoux '23

The Met Gala is an annual fundraising ball for the Metropolitan Museum Costume Institute. Every year, all of our favorite artists and celebrities are invited to attend this Gala wearing an extravagant outfit that follows the theme of that year's ball. Some themes in past years were Camp, In America, Heavenly Bodies and of course last year's theme, Gilded Glamour. For the 2023 Met Gala, the theme was "In Honor of Karl". Karl Lagerfeld was a German fashion designer for Chanel, who died in February, 2019.

In honor of Karl Lagerfeld, many people wore black and white, which represented Karl's signature look, as well as Chanel pieces and even dressing up as his beloved cat, Choupette. What caught many people's eye was the choice of some guests to wear pink. Karl once said "Think pink. Don't wear it", so people used his distaste for the color pink to protest the Met Gala's choice of honoring Karl Lagerfeld. There were a multitude of celebrities who participated in this pink wearing protest such as Sidney Sweeny, Viola Davis, Chloe Fineman and of course Jennifer Lopez who wore a stunning black and pink Ralph Lauren dress. In addition to being a famous fashion designer specifically for Chanel, Karl Lagerfeld was known to make sexist, homophobic, fatphobic, and anti-immigrant comments. He once said that Adele was "A little too fat, but had a beautiful face and divine voice". His expectations for women and their size were problematic at best.

The Gala's 2023 hosts included Penélope Cruz, Michaela Coel, Roger Federer, Dua Lipa and most importantly Anna Wintour. Anna Wintour is the chief editor and global editorial director of vogue and is the person who has been running the Met since 1995. This year's Met Gala was a particularly eventful one, not only for the controversy it stirred up, but for the especially eye-catching looks celebs showed up in. The most notable among the many include Jared Leto's giant cat costume, David Btynee who arrived at the Gala on a bike, and Lil Nas X's otherworldly outfit which consisted of mostly silver body paint. Serena Williams, who made her first Met Gala appearance this year, had quite the surprise as well when she announced her second pregnancy in an interview during the event. Emma Chamberlain made her third appearance at the Met and interviewed celebs at the event for her second time, her meow filled interview with Doja Cat went fairly viral.

Over its course the Met has raised over 175 million dollars towards the Costume institute and every year millions of dollars are raised. The event allows for celebrities to express themselves through fashion, viewers to enjoy, and to mark the opening of the Metropolitan's annual fashion exhibition.

## The Problem with Fast Fashion

Bridie Strowe-Bolger '24

Remember when Lady Gaga wore her meat dress to the VMAs? We all know that what you wear makes a statement, whether it's politically motivated, or just self-expressive. The clothes we wear also have a major effect on how we view ourselves, they make us feel things! Like when we find the perfect prom outfit, or when we try on clothes for summer break. But like most industries, the fashion industry seems to have warped into something no one can fully understand, but we know enough about its effects on the world to ask, is this worth it?

Fashion falls under such intense scrutiny these days. With the new availability of the Hunger Games franchise on Netflix, the creepy similarities between Panem and America are starting to go viral. The avant garde styles we see worn by those high society members at televised events are of a genre called 'high fashion'. The existence of 'high fashion' indicates another end of that spectrum, 'low fashion'. But what is 'low fashion'? It's not really a term, and for a good reason, given the social classes it generally caters to, but it goes by another name: Fast Fashion.

It's essential that we acknowledge the correlation between fashion and social class. If wealthy people dress in high fashion, then it's logical and realistic that people with less money would dress in fast fashion because of the way that section of the industry works.

The standard fast fashion company outsources labor, using crowded buildings in countries like India, Cambodia, Vietnam, China, etc. While this isn't technically illegal, it contributes to human rights issues in foreign countries, and ignores the job shortage the US is already experiencing. And although not all fast fashion companies are US-based, their home countries are also most likely still experiencing some level of job shortage. But anyway, why do fast fashion brands feel the need to go outside their home countries? Because it's cheaper.

Another damaging effect of fast fashion is actually seen in our oceans, but to understand why, we need to take a look at what fast fashion clothes are made out of. When you read this, take a look at your clothes, socks included. If you're not wearing any form of plastic, come find me and I'll give you \$5, maybe that'll be enough for an iced water at the Po. Plastic clothing comes mainly in the forms of polyester and nylon, and the way you can tell what you're wearing without looking at the back label is to see if your clothes stretch. If they do, there's plastic in the material. Now, the issue with plastic being in clothing is that we inevitably need to wash our clothes, and when we do, a bunch of those tiny plastic fibers will get mixed in with the water. And that water eventually gets drained back into our natural sources of water.

But fast fashion is so nice! We get new styles every month, and it's cheap. The biggest customers of brands like Forever 21 and Urban Outfitters are in their twenties and lower, and while the clothing is designed to have a younger look and feel, the lower prices in fast fashion are mainly to blame. So when you sit in Tisch Auditorium, take a look at the students and faculty and see what they're wearing and see if you're surprised.

Fast fashion is arguably the most wasteful industry on this planet. Since its very purpose is being up to date with the latest trends, the leftover clothes from last month need to be moved to make room for the new items the companies feel they can sell faster, where do you think those leftovers go? Not to shelters or resale shops, but to landfills, over 60% of which are in the US. Next time you go shopping, try thinking about the process behind those clothes you're about to buy. Where were they made? By who?

We can't escape fast fashion immediately, but being aware about how your spending influences the world is a great way to start changing it!

### Guest Article

## Get the Dawgs Out

Anna Lauren-Lerner '23

It seems as though since time immemorial barefootedness has been a cultural taboo in American society. Although intrinsically irrational, all societies have a set of taboos - hardwired into our unconscious as we grow up. These taboos are such a fabric of life within the microcosms and societies we live in that most people don't ever question them. A kind of foot phobia has emerged out of the taboo surrounding barefootedness in American culture despite the fact that walking barefoot has innumerable mental and physical health benefits.

Walking barefoot is as natural as it gets. Like all other animals, humans evolved to walk without shoes. Each human foot has 200,000 nerve endings, 26 bones, 30 joints, and more than 100 muscles, tendons and ligaments which work together seamlessly. Therefore, the fact that cushioned shoes have been proven to shift the foot's form and function is not surprising. According to orthopedic professionals, walking barefoot returns humans to their natural gait and the padding and structure of shoes can prevent us from using certain muscle groups that can strengthen the body. Going barefoot can improve balance, lead to better motor mechanics, and help with pain. Christopher McDougall, athlete and Harvard alumnus proved the former in his 2009 bestseller *Born To Run*, championing the idea that modern, cushioned shoes are the cause of many muscular-skeletal injuries. Doesn't seem possible? Well, the Tarahumara tribe in Mexico often runs over 100 miles up and down rugged terrain barefoot or in thin, homemade sandals.

Why are we the only ones laced up twenty-four-seven? Worldwide in countries like New Zealand, Sri Lanka, and South Africa going barefoot is the norm and by choice. In European nations, including Austria, Denmark, France, Germany, Hungary, Switzerland, and the United Kingdom, there are designated barefoot parks and walks. These parks were established because of the acknowledged benefits of going barefoot and the growing movement of people habitually shod. The parks are even kept clean and maintained on a regular basis, so that barefoot hiking can be done in a suitable environment. When we make a physical connection with the Earth as with barefoot walking, there is a biological reduction in white blood cells and an increase in red blood cells, improving immunity. Barefoot walking has been shown to increase antioxidants, reduce inflammation and improve sleep so try it today!

## Quantum Computing

Sebastian Komaritzky '25

Quantum computing has been causing a stir in the technological world for some time, so it is not surprising that Quantum Day is observed with much enthusiasm worldwide for quantum engineers. On April 14, this year's Quantum Day celebrated the remarkable developments in quantum computing in recent years. The research field of quantum computing is concerned with creating computer systems that adhere to the ideas of quantum theory. Quantum computing relies on quantum bits, or qubits, which can exist in several states simultaneously, as opposed to classical computing, which uses a binary system of ones and zeros. This increases the power and speed of quantum computing significantly compared to classical computing, creating new opportunities for scientific discovery and technological growth. Quantum computing technology has advanced significantly in recent years because of the work of scientists and engineers, and quantum computers are now more affordable and scalable. This has produced innovations in various sectors, including material sciences, drug development, and cybersecurity within code.

The discovery of quantum annealing is one of the most important developments in quantum computing in recent years. Quantum annealing is a way to solve hard problems using a quantum computer. It works by starting in a high-energy state and slowly lowering the energy until the system finds the best solution. Quantum mechanics helps the computer explore many possible solutions at once, making it faster than normal computers. It's like looking for the best answer by trying lots of different options at the same time. A company called D-Wave Systems invented a way to solve optimization issues that are challenging or impossible to resolve using conventional computing techniques. Numerous real-world issues, including traffic routing, protein folding, and financial optimization have already been tackled by quantum annealing.

Quantum machine learning is an additional exciting area of quantum computing research. Researchers aim to create algorithms that can carry out complex computations in only a fraction of the time it takes for classical computers by utilizing the potential of quantum computing. Natural language processing, picture identification, and predictive analytics may all be significantly impacted by this development. It is evident that quantum computing has the potential to transform the computing industry and open up new avenues for scientific discovery and technological development.

Quantum Day is observed worldwide, and even if there are still many obstacles to be solved, the advancements made recently provide a reason for joy and hope for the future of quantum computing. In conclusion, Quantum Day is a great chance to think about the amazing progress made in quantum computing and to anticipate the fascinating possibilities that lay ahead. We may anticipate a time when quantum computing will be crucial to fostering creativity and addressing some of the most important global issues as academics and engineers continue to push the boundaries of this field.

## Mrs. Gaggini on the French Riots

Hezekiah Benson '26

Currently, riots in France are ongoing to protest against the President's decision to change the retirement age from 62 to 64. French citizens feel they have the right to retire at 62 and should not have to work longer. Havoc has been caused due to these protests, and a wave of apprehension has spread across France. In Paris, trash, or "la poubelle," lies out on the street during the day, and overnight, rats scurry onto the street and feast on the rotting food from French cafés. Madame Gaggini, a teacher here at Frederick Gunn, was interviewed on the matter.

"I don't know everything," notes Madame Gaggini, who is not from Paris and has lived in the US for some time. She notes, "When they change everything, they change how long you have to work.... They were changing everything." As a matter of fact, the complete change by President Emmanuel Macron, was so sudden he implemented the 49.3, a law that, similarly to the executive order in the US, allows the president to enforce their will and pass a law without any relent. "Macron didn't get the votes from both houses but he still passed the law... The President has the right to push it, and that's what he did," explains Mrs. Gaggini. "In France there are so many different parties, and that's why you see the people on the streets."

Madame Gaggini also is fascinated by those who no longer live in France as they once did but still think so highly of the country. "After years spent outside the country, they still think France is so great. It's not true."

Pessimism is quite common in France, but there is still a common belief by the citizens that it is a great power and the best place on Earth. Oliver Levick, Frederick Gunn student and French citizen, recently conducted an Independent Study Project on the Fragility of Democracy in France and the United States. "Originally I didn't know much about the topic at all. I'm fluent in both languages, English and French, so I thought it would be an interesting way that I could link the two." Oliver sent out surveys to our school and to one in France. The comparisons of French and American citizens' viewpoints were intriguing to learn about. Oliver's presentation was a great reminder of the power a citizen can hold in their civic engagement.

On the matter of retirement, says Oliver: "They're clearly very adamant about retirement age... I find what they're fighting for is a little bit irresponsible- not very pressing, not something that should be causing riots or death or something so extreme." It is yet to be seen if Macron will remain as president, or if the riots will disperse or cool down, but undoubtedly uncertainty will continue to nag the air in the heart of Paris, the site of most of the riots, while France still sits as one of the most visited and highly regarded countries on Earth.



# The Highlander

## Revisit Day! Jenny Shen '23

...and Citizenship and Just Democracy.

When asked how this year's revisit day was different from the previous ones, Mrs. Day said: "I think the TPACC and the auditorium, as spaces where we can gather our visitors, brought a really positive impact on revisit days for us. And then when we open up the Liz-zie next year, it will be even better, because we will have additional spaces for our families. Also, what I feel like has been different is that we really try to have more and more faculties and students involved in the revisit day process each year." When asked the same question, Ms. Hedden answered: "During last year's revisit day we did master classes, so we had these primary classes that we allowed students that were visiting to select from. This year, we sent students into real-functioning, day-to-day classes. We also had students go through the serverly this year, which we didn't last year because of covid. The feedback is great, I think we do a good job of presenting in a good way but also being authentic at the same time."

When recalling her experiences at the revisit days this year, Mrs. Day expressed that "I really enjoy seeing the interactions between the visiting families and the current faculties, students, and parents at the beginning of the day during family registration. I like the end of the day as well where families are able to come out again and connect with people in our community directly at the fairs. I feel like those are moments where they really get to see us in our authentic selves. I also really enjoy watching the student panel, having students up there talking directly to the parents, and taking questions. They are just such a great representation of our school. They make us really proud." Ms. Hedden also remarked: "The best part of revisit days is to see revisiting students, whom I've met in my office during one-on-one meetings, start to actually integrate into the community. It's a fulfilling part of the job when you see little friend groups starting and Snapchat being exchanged, where you can look back four years from now and kids will talk about 'Oh I remember meeting you on revisit day!' It gets me excited for the years to come."

Lastly, I just want to give a big thank you to all of the students and faculties who participated in and made this year's revisit day such a success! It truly takes everyone's best effort to make this day special for the revisiting families. Thank you again and be proud of yourself for your hard work!

## Blood Drive Coverage Jenny Macler '23

During the first weekend of April, the annual blood drive honoring Margaret P. Addicks was held by the Hearts for Action club and the American Red Cross. Each blood donor has the potential to save up to three lives with their donation, and this year's donors were certainly no exception.

The drive was a success, with 45 donors and lots of volunteers. This year's blood drive was so popular and successful that some donors had to be turned away, because the Red Cross reached their max donation capacity. In total, 14 donors had to reschedule their donation. The drive lasted from 9am to 2pm with a constant inflow of people from FGS and the greater Washington community. A few students' parents even showed up to donate! The Red Cross workers who facilitated the drive used the TPACC flex room to set up equipment and run the drive.

Donors thought the experience went well and were happy to have donated. Some were experienced donors, having donated seven to eight times already, while others were doing it for the first time and felt a little nervous. The Red Cross workers, however, were professionally trained and had all the required equipment and supplies to ensure that everyone was safe and healthy.

The donation process consists of going over a potential donor's health history and a performing mini physical examination. From there, one pint of blood is collected along with a few other test tubes for testing. The donor's blood is then labeled and kept in ice before being taken to the Red Cross center for processing.

At the processing center, the blood is spun in centrifuges which separate the blood's red cells, platelets, and plasma. The components are packaged into standardized units that are sent to doctors to use in transfusions. Meanwhile, the additional test tubes are sent to a laboratory where other tests are performed. If any infectious disease results are positive, that donor's blood is...

discarded. The stored blood can be used in many circumstances such as serious injuries, surgeries, childbirth, anemia treatments, cancer treatments, and for treatment of other blood disorders.

By donating blood, donors help serve a variety of issues. Especially now that there is a blood shortage in the US, it is incredibly important that people continue to donate, so thank you to everyone who participated in the Margaret P. Addicks Blood Drive!



## Spring is Here!

Megan Sladish '25 and Sloane Walsh '25

As many of you already know, spring is here! The first day of spring began on March 20th, and lately, it is starting to look and feel like it, with the rain enhancing this spring weather! The campus was electric as students and faculty returned to school from break. So many people were outside, enjoying the weather and the social aspect. People were hanging out with their friends, playing sports, and being active. It is so good to finally return to campus and finish the school year off strong. The first weekend back, many kids were having fun on the turf. Students were hanging out listening to music, participating in a pick-up soccer game with Mr. Sovero, or practicing their skills for their spring sport. Lots of lacrosse sticks and baseballs were spotted over the weekend.

As the spring trimester progresses, students can participate in many fun activities on campus. Although the weather has fluctuated throughout the first week back, kids are still getting excited for the sunny warm weather to come. Considering that it gets pretty warm by the end of the spring and into summer, many activities will be held outside all over campus. Many students go across 47 to play tennis with their friends or watch some games on the turf and underhill throughout the week. Going to games is a great way to have fun cheering on our teams while getting fresh air and sun.

On the weekends, the weekend activities schedule made by a group of teachers comes up with some trips off campus and fun activities on campus. There is a weekly Firepit Friday where students can have fun singing karaoke and eating s'mores. This group of teachers also organizes hikes in Steeprock and tennis tournaments on the tennis courts. Teachers also host some trips off campus, like fast food runs and trips to the mall. Over the past weekends, the teachers ordered Domino's pizza for students on the dining hall terrace. Many kids came out for pizza and socializing and had a great time. Even though the weather is getting nicer and people are starting to get outside more, we still need to do great things in both the classroom and our co-curricular activities. Let's end the last two months of school with a bang!

## Gunn for Gun Safety Sloane Walsh '25

Before Spring break, students from the junior class announced the start of a new club on campus called Gunn for Gun Safety. Run by Gordon Bennet, Paige Jackson, and Layla Copen, the club seeks to be a place for students to discuss gun safety in a safe environment. The leaders warn that these conversations can be sensitive for students to hear about but welcome everyone into the discussion of gun safety. Gunn for Gun Safety hopes to meet multiple times during the spring trimester to keep students updated on shootings around the country while bringing awareness to the impact of gun violence.

"I was inspired to start GGS after giving my junior speech on my experience living in Newtown. Growing up and attending school there was traumatic in a way that is difficult to explain, and after giving my speech, I realized how little our student body knew about gun violence. So many people in Newtown lost loved ones at the Sandy Hook Elementary School shooting, yet people outside of our community were entirely unexposed to the horrors of that event," says Paige Jackson, '24, one of the leaders of GGS. "This leadership opportunity is everything to me. I want to inspire our community to fight as Newtown does for gun law reform and spread sensitivity for survivors and their families. The idea that so many Americans don't care about or understand the depth of gun violence breaks my heart, and truly worries me for the future of our country."

Gordon Bennett, '24, another leader of GGS, spoke about what inspired him to start this club. "10 years ago, I was a first grader doing normal first grader things. My life was so drastically changed in the span of 30 minutes by a mentally unwell young adult with an assault rifle. Layla, Paige, and I started Gunn for Gun Safety so all the first graders and everyone else out there can go to school and be kids. Our goal is to spread awareness, information, and support as best as we possibly can. We stand with all of those who have also had their lives changed and all of those willing to help. We can't change the past, but we can impact the future, so here's to and for change so this doesn't ever happen again."

Gordon, Layla, and Paige are all ambitious to get this club up and running. The three aim to create a space to help educate students on recent shootings, find ways to involve themselves in the fight for a safer future, and teach empathy through sharing stories. Paige notes that this club will be a safe space and support group for students struggling due to gun violence. In addition, this club will be a great addition to the FGS campus and help students learn more about gun violence outside of the classroom in a supportive and friendly manner.



# The Highlander

## ChatGPT Voted New Editor in Chief Sloane Walsh '25

The famous information source ChatGPT has taken a new leadership position at the Frederick Gunn School as the head editor of the Highlander Newspaper. This AI has taken the job from two talented staff members of the Highlander, Bridie Strowe '24 and Mairin Hoffman '25. These two editors are fuming after the takeover of ChatGPT and are trying to find a way to get rid of the new leader. Many writers and editors on the staff have spoken up about their opinions on this new chief of the paper. However, many staff members are happy about this change, with an intelligent AI as the editor instead of some error-filled humans.

Former co-editor Mairin Hoffman states, "It's just unfair that something so robotic could take this position from two hard-working young women who worked for their role at this paper. I don't know what the class thought when they decided to elect this trashy excuse of a writer as the new editor." The other former co-editor, Bridie Strowe-Bolger, adds to Mairin's thoughts, saying, "I'm reminded of Terminator. Because of this AI's greed, Mairin and I have lost all of our work in the newspaper. I could handle that if we still had the support of the writers, but I just can't fathom their betrayal. It's heartbreaking." One of Mairin and Bridie's loyal supporters says, "This class was once a space of civic journalism, but it has turned into a robot-run paper that is almost too perfect."

Students who favor this change said, "Mairin and Bridie had a good run with the paper, but it was time for a fresh new writer like ChatGPT to get this position of power in our class." Other students note that everyone already uses ChatGPT. Why shouldn't AI be recognized for its work? The school seems to accept this drastic change, but things could reverse if Mairin and Bridie bring their experiences to the head of the school's office. The two say they are planning a comeback but won't share the details and are keeping this plan a secret until it is ready to be put out.

## The Highlander Riddle Hezekiah Benson '26

Who is behind a new institution comenced  
more than a century  
and a half ago  
Is contained in the pages of the tree based  
print that determines his respite  
and the students of Gunn's institution will  
seek out his etching in a different game and  
place than before

*Look, search, and find you might;but  
only the one who sees his face clearly will  
in this game be deemed as bright.*

## Brinsmade Bathroom: BEWARE Maeren Hay '23

There's never an adventure like going down to the basement of Brinsmade. Old storage rooms, classrooms with insufferable names like "AP Calculus," and then there are the bathrooms. Now, one might think since there are two separate bathrooms that one is a men's restroom while the other is for women. You would stand corrected. Neither bathrooms are gendered, instead you get to choose if you want the single stall to the left that is just you, a toilet, and mirror (plus that ominous door that is always locked). Or, you could pick the phantom stalls: the bathroom with two stalls but really just one toilet, with a dark hole that resembles something from Stranger Things in the adjacent stall.

Next time you make the choice on which bathroom to pick, I recommend you go with the left one. Not only do I call the right bathroom the "phantom stalls" because it mimics a stall bathroom with one toilet but also because I have discovered that the bathroom is haunted. Many people have reported hearing howling noises from the hole in the floor as they relieve themselves. It has even had the power to keep students in the bathroom for 10-15 minutes at a time missing important parts of their class's lesson! This Gunn Ghoul has got to be boycotted because, similarly to Peeves the Poltergeist from Hogwarts, all he wants to do is cause trouble. He is the sole reason for all the students doing poorly on their math tests! So, for the sake of our education, and safety, please boycott the right hand Brinsmade basement bathroom, until further notice.

## Spring at Gunn Crossword puzzle by Maeren Hay '23

G W S V O E D N L F B P Z F N  
N C O E R I R R L E R X T A E  
S S F D D S B O U O B E V N A  
I E T T C S G A M Z N Q Q H M  
F Z B G B Q O C S C X Z R R O  
H F A Q A E E F H E Q T S M S  
S W L A Z K L A A S B T Q P O  
R I L F U Z N P G K P A Y F H  
A L N M M T H G I N V I L P A  
W T W N E E S S O R C A L L R  
R C E D E J A X H N K Y D U R  
E N R W Z T G B R Y Z H D T T  
T W C S P I K E B A L L M M I  
A A C A Q U A D B A L L V C S  
W G D G Z K B Z W J P W J J I

- Baseball Crew Enchanted
- Golf Lacrosse Night
- Prom Quadball Softball
- Spikeball Tennis Tulips



## The Highlander Horoscope Mairin Hoffman '25

- Sagittarius - Get your message across in a creative and non-threatening way.
- Capricorn - Let yourself breathe. Slow down, take a deep breath and take a walk along campus, maybe you'll run into someone and have a good conversation.
- Aquarius - Listen to your gut. If something feels wrong, it is wrong. Listen to your inner voice and get out of any bad situations.
- Aries - Just because your feelings are somber or sad today doesn't mean you shouldn't share them. Discussing your emotions with someone may benefit you.
- Libra - Try to put yourself out there more. Get out of your room, out of your bed, and go to the baking club to get your mind off your possible anxieties.
- Scorpio - You may feel anger today. Does the toaster line bother you? Do people walking to class make you angry? Let this tension out at the gym or do some art in the art room. Promise me, it will do you wonders.
- Virgo - You feel like you have a stone strapped to your back. The farther you walk with this load, the slower you go, and the more hunched over you will be by the time you reach your destination. Unloaded the stone from your pack. Realize that this break in your journey will help you make much better time in the long run and save you from a great deal of physical strain.
- Taurus - Stop letting others mess with you. Stand your ground and raise your voice.
- Pisces - Today, you might be more social than usual. You may start a conversation with Cosme Vega or have a civil discussion with Mr. McMann about something completely random. Keep up this energy throughout the week, as it may open you up to meeting people you have never talked to before which is an integral part of the FGS community.
- Gemini - Listen to some music today!
- Leo - Surround yourself with positive people and positive vibes throughout the rest of the school year.

*Never fear where unfettered thought may lead you.*

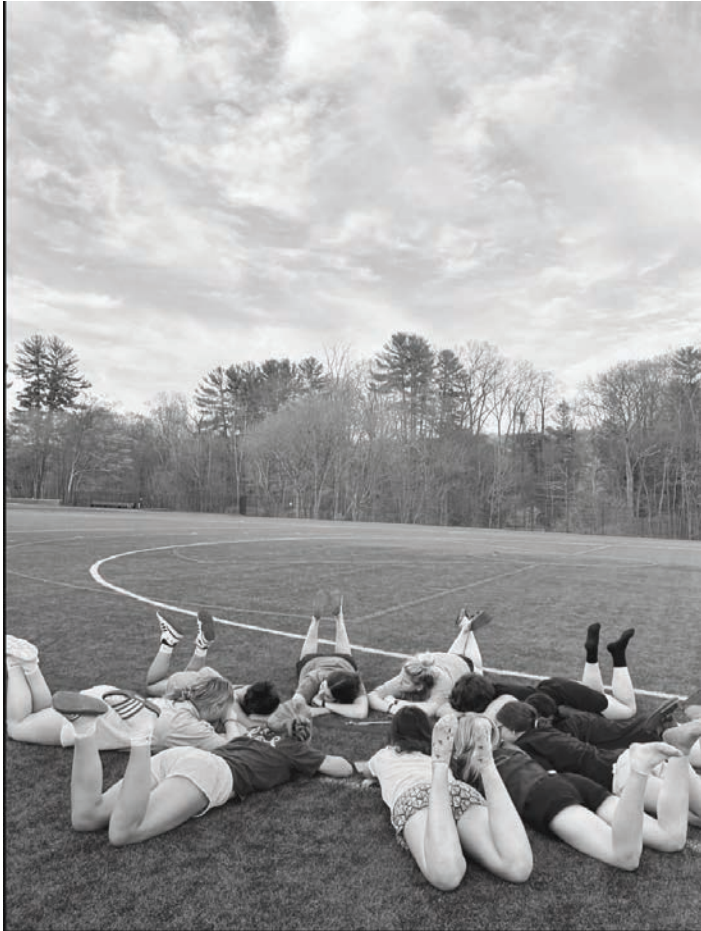


# The Highlander

THE FREDERICK GUNN SCHOOL STUDENT NEWSPAPER



Est. 1850



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