

ACADEMY TIMES

Academy of Aerospace and Engineering

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Editorial Board

Samantha Boreland Editor-in-Chief~ Rufus Abraham~Hayden Misunas~ Frandi Aguilar-Gabriel

Prestige Photography: gender-based gown giving



Swathmore College



Slate.com

Students faced with binary categorization during senior portrait photos

**By Xavier Alverado
& Jazz Wachs**
Staff Writers

On October 16th, Prestige Photography took over the media center to take portraits for the seniors at the Academy of Aerospace and Engineering and caused a bit of a backlash.

The photographers were handing out gold and purple gowns to each student- not entirely out of the ordinary.

However, the Prestige

representative gave gold to each assumed girl and purple to each assumed boy.

"I feel like it's not right in 2020. People should not have to commit to an identity they do not associate with" said senior student, Alex B.

The photographers did not let the students choose the color that truly matched their gender identity, since there are several students within the AAE community who identify as transgender.

The Prestige representative

also did not offer a third option for students who identify as non-binary.

"I think that it's concerning, especially since our school focuses on equity, diversity and inclusion for all students. I feel like it's very tone-deaf because even though we preach all of those things, the school fell short on something as easy as including different gender identities" said senior student, Kaila B.

School administration had no part in this color

determination, and actively sought answers from the company.

This is the first time that there have been two colors selected for students. In previous years, all students wore the same color: purple.

This event certainly poses some serious questions for consideration: Did the Prestige representative even take note that there were only two options and not three? Did they do it purposely? Did they even care?

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Presidential pandemonium put to rest

By Thomas Tencza
Staff Writer

On November 6th, Joe Biden passed 270 electoral votes and has become the projected winner of the presidential election.

This is good news because people can hopefully stop talking about the election because I can't stand hearing about it anymore.

I am sick and tired of going on social media and seeing fourteen-year-olds, who know nothing about politics, fighting about which senior citizen is more of a racist.

In my opinion, I am glad Biden is the winner, not

because I necessarily like him, but I just want people to shut up and stop talking about Trump every day.

The thing I hate the most is people bringing him up when he is completely irrelevant to the conversation.

It's kind of like someone just randomly starts bad mouthing the principal; it makes no sense.

I guess I'm neither a Democrat or a Republican, because I just don't care.

I have more important things than to worry about than what a couple of old guys have to say about each other.

We know, the orange man is bad

By Cole Miller
Staff Writer

While it's a textbook cliché to start an article with a dictionary definition, here I go anyway with the definition of "cult of personality":

"A situation in which a public figure (such as a political leader) is deliberately presented to the people of a country as a great person who should be admired and loved."

Usually, a cult of personality will give its people a single figure that all common political discussion revolves around and reveres: Joseph Stalin. Juan Perón. Adolf Hitler. Kim Il Sung. But in this ever stranger era, 2016 gave us a Bizarro world version of the cult of personality.

A single figure was given to the American people for all common political discussion to revolve around and revile, rather than revere: Donald Trump.

Now, it is certainly no secret that Trump routinely says wild, crazy, controversial and questionable things that ruffle feathers for legitimate reasons. If I were to list every example this paper would abruptly turn into a hundreds of pages long list of tweets, and besides, you probably already have a couple examples in mind.

But the perpetual frenzy of outrage that the political left of this country has whipped itself into has changed political... well, everything for the worse. Political comedy, commentary, and rhetoric have all seemed to devolve into an endless and ravenous circle of "orange man bad" in which there seems to be no room for anything other than "orange

man bad".

It seems as if there's a whole industry dedicated to hating Trump for any reason possible.

Consider Jeff Tiedrich, (there are countless examples, but Jeff will do just fine to illustrate my point.) Day in and day out, since Trump got elected, Jeff has been spending his time on Twitter, hate replying to every single one of Trump's tweets and ranting about Trump and his supporting cast on his timeline.

Every so often, he'll post a sponsored tweet linking you to some storefront with anti-Trump memorabilia for sale. He has a Patreon, so he actually makes money off this! But now that President Trump has lost the election (although he's still convinced otherwise), what will Jeff tweet about now? He's built an entire career out of tweeting about how bad Trump is. I guess that's what the Bizarro cult of personality does to people.

Jeff's not the only one who's centered his career all around hating Trump. There are hundreds of people that either have shifted their careers to be all about hating Trump (think talk show hosts) but the anti-Trump bandwagon has taken hating someone to a whole new level.

Trump is more than abundant with hateable qualities and opinions, so why do people find it necessary to dig on him for having a supermodel wife when it's enough to dig on him for telling immigrant congresswomen to go back where they came from? Frankly, it's lost on me. Hopefully, Joe Biden taking office will bring things back to normal. Or maybe this is just "the new normal". Who knows, I'm no fortune teller.

Is it too early to reopen?



Newatlas.com

By Josh Wilson
Staff Writer

The US has pretty much reopened itself. But is it too early, and was it a good decision?

Recent data shows that the coronavirus is spreading at an increased rate since late September.

There's an exponential growth in new cases around the US, compared to when the U.S. went into serious shut down.

Between April - June there were about 20,000 - 40,000 cases a day (*Times*). But now, the U.S. is seeing 60,000 - 150,000 cases daily. The dramatic increase is the result of schools, churches, malls, gyms, etc. reopening.

The Academy of Aerospace and Engineering has also closed due to community

members testing positive for COVID-19.

"We have switched to distance learning as a whole school twice, once for 5 days (November 2-6) and once for 4 days (November 10-13).

Although the school building was not accessible to students, school was still in session virtually and all classes were held as normally scheduled for all grades.

We dismissed ½ an hour early on Tuesday, November 17 out of an abundance of caution to allow for contact tracing.

From November 18-November 25, students in grades 8, 11, and 12 are distance learning.

All students will be distance learning from November 30-December 4," said The Dean of Students Dr. Sanborn.

This brings back the question, is it too early to reopen with the increase of COVID-19 cases? Would shutting down until cases level out be the best thing to do?

Thai coconut chicken curry



By Josh Bell

Staff Writer

During Quarantine people have done a lot more cooking, leading to high demand for different recipes that they haven't tried in the past.

Diversifying one's flavor palette, and experimenting with different types of foods is one really good way of improving your own cooking because there is an increase in the use of different spices and seasonings that correlate with specific recipes.

A really good beginner recipe to start out this journey with is Thai coconut chicken curry. While this name may sound fancy, it is actually extremely simple to make.

To a large skillet, add the oil, onion, and sauté over medium-high heat until the

onion begins to soften about 5 minutes; stir intermittently.

Add the chicken and cook for about 5 minutes, or until the chicken is done; flip and stir often to ensure even cooking.

Add the garlic, ginger, coriander, and cook for about 1 minute, or until fragrant; stir frequently. Add the coconut milk, carrots, Thai curry paste, salt, pepper, and stir to combine.

Reduce the heat to medium, and allow the mixture to gently boil for about 5 minutes, or until the liquid volume has reduced as much as desired and thickened slightly. Add the spinach, lime juice, and stir to combine.

Cook until spinach has wilted and is tender about 1 to 2 minutes. Taste and optionally add brown sugar, additional curry paste, salt, pepper, etc. to taste. Evenly sprinkle with the cilantro and serve immediately.

Curry is best warm and fresh but will keep airtight in the fridge for up to 1 week.

HOROSCOPES

By Troy Weir

Staff Writer

Capricorn (Dec. 22-Jan. 19):

You are feeling especially productive this month, pat yourself on the back as you're one step closer to your goal. Someone might have done you wrong, but don't let that stop your movement in the right direction.

Aquarius (Jan. 20-Feb 18):

The past month has been pretty hard, You've probably procrastinated a lot and have some serious work to do. Know that you've gotten through every hard time before this point and you'll do the same for this one. Keep at it and stop doing this to yourself.

Pisces (Feb. 19- March 20):

Your gentle and compassionate nature may leave you to trust people too easily, take time to get to know the people you allow in your life, but that doesn't mean be overly fearful. Expressing yourself comes naturally so continue to do so and enjoy life.

Aries (March 21-April 19):

You're probably either really disappointed or really enthusiastic about going back into quarantine. You're gonna get what needs to get done regardless. Be more patient with yourself, not understanding things right away isn't an appropriate excuse to give up on it.

Taurus (April 20-May 20):

Your responsible and reliable meaning you've probably stayed in contact with your friends over quarantine. Your relationships can be really strong but you need to be able to make a little more compromises in order to maintain those friendships in the future.

Gemini (May 21-June 20):

You've taken a lot of this new found free time to learn and or keep yourself busy with things you're interested in. You've adapted quickly to being in or out of school or both with relative ease. Work on staying consistent and scheduling your time a bit better.

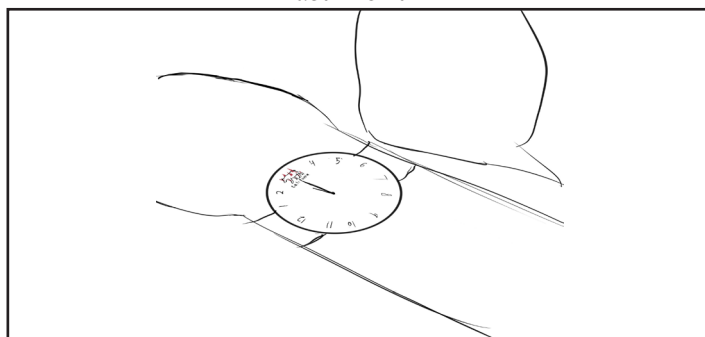
CAPTION CONTEST

we provide the cartoon - you make it funny

This month



Last month



Top 5 submissions

- ~Am I late to the gender reveal party?
- ~ It's time for me to be the bearer of bad news
- ~ Look at the time, the annual California Wildfire
- ~ I got fire from the watch store, but I couldn't bear it
- ~ We are distance learning, time for my 2 hour nap

Directions: If you have an idea about what you want written in the cartoon's bubble it could be published in the school newspaper. Simply scan the QR code and we will select the 5 funniest responses to share.



Attack on Kabul University



Police and military securing the university and area

AP

By Rufus Abraham
Editor

In Kabul, Afghanistan, a gunman entered the state college and open-fired killing at least 19 people and taking others hostage.

The gunman used guns and one was shown to be using a bomb. Hours passed by before the three gunmen were killed.

A regional State group claimed responsibility for the actions amid the U.S peace deals with the Taliban.

The Taliban have denied all involvement in this attack, although they are known to attack education institutions

and have also attacked places near the Kabul University. They also have condemned this act as well.

Police ran in saving as many people as they could before the situation was handled.

The president of Afghanistan said that he would "Take revenge for this senseless attack."

Afghan forces have captured two of the masterminds behind this shooting and are determining if there are more.

One of the gunmen is said to be a former student of Kabul University.

Protests in Lagos



Protests in Nigeria over special police squad violence

Aljazeera

By Lyric Ross
News Writer

On October 20th, in Nigeria, a large protest occurred resulting in twelve deaths.

What were they protesting? In the early 1990s, police authorities in Lagos established the Special Anti-Robbery Squad (SARS) to combat armed robbery in the city and the suburbs.

SARS later became a part of the national police strategy to fight armed criminals. But instead of SARS trying to protect and serve, they took advantage of their positions killing innocents, and unleashing police brutality on the public.

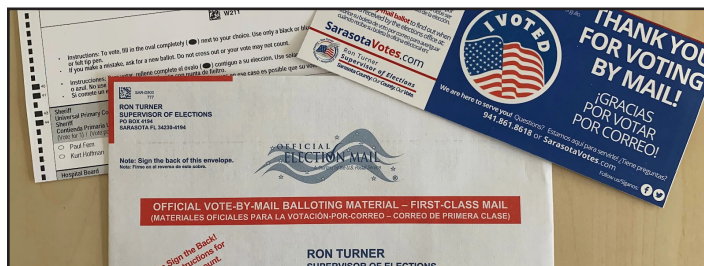
The protests took place in Lagos, Nigeria's largest city.

SARS is controversial because it has been linked

to various torture methods. Reports have included the following forms of torture by SARS soldiers: hanging, mock execution, beating, punching and kicking, burning with cigarettes, waterboarding, near-asphyxiation with plastic bags, forcing detainees to assume stressful bodily positions and sexual violence.

Amnesty International has been outspoken against the abuses. The Inspector General of Nigerian Police has declared the dissolution of SARS. The #EndSARS campaign gained attention after celebrities such as Kanye West, Trey Songz, professional footballer Rio Fernandez, and Star Wars actor John Boyeg spoke out in support of the protests.

Voter Fraud?



Sarasota Herald Tribune

Trump has claimed voter fraud in the 2020 election

By Josh Bell
Staff Writer

President Doland J. Trump may have lost the 2020 presidential election, but the administration is calling out specific state governments for possible voter fraud.

His administration is stating that the mail-in ballot system led to fraudulent and missing ballots. From retweeting conspiracies to showing large areas with papers that look similar to ballots, to going on stage asking the American people to not vote with

mail in ballots, there have been multiple attempts by the sitting president and administration to undermine the validity of mail-in ballots.

The president attempted to figure out ways to delay the election from November 3rd releasing this statement on July 30th

"With Universal Mail-In Voting (not Absentee Voting, which is good), 2020 will be the most INACCURATE & FRAUDULENT Election

in history. It will be a great embarrassment to the USA. Delay the Election until people can properly, securely, and safely vote???" -President Trump.

The state of Nevada was one of the last states to submit their election results.

The president was extremely critical of the way that the state counted their ballots, and made sure to let everyone know his opinion, speaking to reporters

Covid-19 lockdowns, air quality improves

By Cortland Carbone
Editor

The Environmental Defense Fund (EDF), reports that globally, nine out of ten people breathe unhealthy air. Air pollution is currently considered one of the largest environmental health risks, contributing to at least five million premature deaths each year (2020).

Although climate change and pollution still pose major concerns and health risks, the COVID-19 pandemic may have a surprising benefit in that it has been found to improve air quality throughout the world.

For nineteen years, the American Lung Association considered Los Angeles, California to be the “smoggiest metropolitan area” in America.

Los Angeles is notorious for its traffic congestion.

Throughout 2020, Los Angeles, among many areas, have had their share of air quality improvements. In March, LA had the longest period of “clean air” since 1980. For 24 days (20 in a row), LA’s air quality score was below 50, meaning the air was safe to breathe for those with medical issues, especially for those with cardiac and/or respiratory concerns (Curbed, 2020).

The Air Quality Index (AQI), is a tool used by the government to communicate health risks relating to air quality and pollution.

Many countries provide the AQI and it slightly differs depending on the area.

The AQI table presented by the Environmental Protection Agency (EPA), ranges from 0 to 301 (or higher). The reference table is color-coded and broken up into 6 categories: Good

(green), Moderate (yellow), Unhealthy for Sensitive Groups (orange), Unhealthy (red), Very Unhealthy (purple), and Hazardous (maroon).

For “Good” air quality that is in the green zone, the index value ranges from 0-50, pollution “poses little to no risk,” and the air is “satisfactory” (EDA, 2020).

Consequently, New Delhi’s India Gate has become very clear, in comparison to a picture taken during October 2019 that was “obscured by haze.” As of April 2020, the location was free of smog (Chemical Engineering News, 2020).

Strangely, this provides us with a glimpse of how the quality of our planet’s air has been positively affected by the coronavirus. Coronavirus-associated factors such as changes in work habits (more people

working from home), less leisure travel, and fewer recreational activities have contributed to a decrease in carbon emissions and an improvement in the air we breathe.



Chemical & Engineering News Air quality: pre-and-post COVID-19 at New Delhi’s India Gate

Body shaming: a plague to modern psyches

By Carlos Colon & Sierra Hill
Staff Writers

Body shaming is defined as “the act of deriding or mocking a person’s physical appearance.”

Although everyone ideally would have the perfect opportunities to make their appearance as “pleasing” as possible, that ideal isn’t realistic or healthy.

In actuality, bodies will vary based on genetics, hormone levels, mental health issues, underlying health problems, and countless other factors that change someone’s appearance,

Yet body shaming is one of



A common fact that all bodies should be respected

the most rampant issues that many developing minds will face. The impact that many feel from body shaming results in the manifestation of some of the most deadly mental health problems: eating disorders.

Eating disorders include, but aren’t limited to -

Herald

anorexia, bulimia, chew and spit, and binge eating disorder. These eating disorders of obsessing over one’s weight and trying to assert power on themselves for the guilt they feel about themselves and their bodies.

And yet, these could be prevented. When you see

a friend refusing to eat, vocalize negative thoughts about their body, going to the bathroom for a long time after meals, or experiencing extreme weight fluctuations—make sure to reach out.

They could be experiencing an eating disorder. And please remember comments from peers, family members, and friends negatively talking about one’s body hurts.

Bodies exist to keep you healthy, to move, to experience life, not to look a certain way. It’s your opinion to believe whether all bodies are beautiful, but it is.

How Covid-19 has affected our school

Soccer ends their season strong



Covid impacts sports, students and teachers

labblog.uofmhealth



Seniors posing with trophy

Courant

By Frandi Aguilar
Editor

Covid-19 has affected our school in different ways. For example it has affected sports, classes, and lunch.

In sports, their schedules had to be reduced since some schools started later than others because they weren't ready due to the pandemic.

Also the classes are significantly different this year compared to last year. Students had the choice to go on online learning or in-person learning, and, because of this, teachers had to find a way to get students in person and online to have the same learning experience.

This is challenging because there were many issues ranging from wifi connections to finding ways where students in class and online can engage together.

Finally, Covid-19 has affected us in random online learning days. We've randomly started getting sent home because a Covid case was found in our school.

Overall, our school was affected significantly by Covid-19 but we are still staying strong.

Covid-19 affected fall sports tremendously this year. Sports like soccer,

cross country, and volleyball had to have their schedules reduced.

Last year, all teams had over 10 games or meets, but this year the max games sports had was six. Football was affected the most. Their season was cancelled and moved to the spring.

The reason for some of these things was because some schools started later than others due to schools not being prepared and couldn't open yet, so they delayed everything.

Moreover, to prevent further spread of Covid, schools need to follow guidelines and some sports are unable to follow these unrealistic guidelines.

Before school started, students had the option to choose in-person learning or CDLA, and some students chose CDLA.

Due to this, teachers had to find ways to help students both online and in person have the same learning experience.

This has been a challenge for teachers because there weren't many things that could help the teachers teach for both online and in person students and so teachers are figuring it out as they go along.

By Samantha Boreland
Editor-in-chief

Our Co-ed soccer team was recently awarded the "2020 Central Connecticut Soccer Officials Association George D. Ritchie Sportsmanship Award".

The award is given to a team displaying sportsmanship throughout their season.

This is the second time the Jets have won this award. The team won this award in 2016.

The award was presented by the head of the officials for soccer.

The team has represented our school while enjoying their passion.

Team captain, Kode Smith, thinks "the award will give the team a good name along with our record".

The team celebrated by taking pictures with a

photographer at their last game at the CREC Academy of Science and Innovation in New Britain. The Jets won the game against AIS 6-0.

Goals were scored by Frandi Aguilar, Kode Smith, Mahesh Persuad, and Jonathan Jacobs.

"It took everybody by surprise. It uplifted our spirits, and boosted our will to play," Junior Hayden Misunas said.

"Our team did not expect an award, especially for sportsmanship, but we were really proud that we got to win at least something since there isn't a CRAL tournament or a state tournament this year," said junior Frandi Aguilar.

This award was presented not just for CREC, but out of all teams in the state of Connecticut.



Coach Perez, Amer Kuljancic, Jonathan Jacobs, Linda Alilatene, Kode Smith, Charlotte Smith, and Coach

Mental health and school work: Can it be balanced?

By Ashanti Mclean
Staff Writer

High School students at Aerospace are struggling to find balance between their own well being and keeping up with deadlines and assignments at school.

Students are making school work their first priority and putting aside the significance of making time for yourself."

"Although I would like to get enough sleep and have time to rest my brain, I am forced to prioritize my homework over my mental health unfortunately," said junior Quinn Chen-Phang.

The struggle of keeping up with homework has interfered with this students ability to maintain a proper sleep schedule.



Students facing stress under constraints of school work

When looking at the long term effects of this, not only will he be inattentive and dysfunctional while in class, down the line, this lack of sleep can be detrimental to his physical health.

However, sleep deprivation is only one small piece of a large puzzle. One of the main goals that students try to

achieve is being successful in school.

However, this is easier said than done and these pressures to succeed are negatively affecting how students view themselves.

"There are too many stressful assumptions and societal pressures to be perfect and get straight A's

in our classes. This kills the mindset of students and the young generation. Personally, I cannot succeed under so much stress."

This student is being faced with the harsh reality of the American school system and its overwhelming expectations.

It leaves students asking themselves, "should I work until the point of exhaustion so I can get this assignment done by 11:59 pm? Or should I take a break, and rest my pounding head knowing that I now just lost and wasted precious work time?"

The sacrifices that these students have to make, and the unhealthy mindsets that they break into just to keep up with these school pressures, is unacceptable, and overall not worth it.

AAE begins Covid breaks

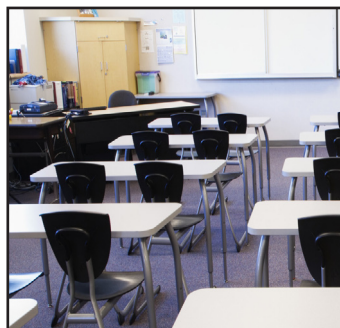
By Anthony Daigle
Staff Writer

The first week of November wasn't a great one for the AAE students and staff, as all had to relive the last couple weeks of our previous year with online learning.

For two weeks everybody is home and some students have changed their mind about going back to school and staying in CDLA.

Some students don't want to go back because they prefer CDLA over going to school because they feel safer or are just more comfortable at home and not having to comply with the new rules in school.

One student, when asked, said they prefer in-school because CDLA doesn't feel the same; it's boring and not as engaging as being in the



AAE goes virtual due to Covid wtma

building.

When the weeks out of school are over and AAE is welcoming back our students and staff ask what has changed?

Nothing really changed for students who already have been doing CDLA.

Everybody is just trying to make the school year as normal as they can in the most abnormal school year we've ever had.

Even McDonalds has salads

By D'Andre Lucy
Staff Writer

What is the better option here, a peanut butter & jelly sandwich or yogurt parfait? These are the only two meatless options students have at their disposal at The Academy of Aerospace and Engineering.

The only meatless hot food option in November is Mozzarella sticks, which are unfortunately not vegan friendly.

Senior student Samantha Boreland, who practices pescetarianism, describes her frustration.

"No. At first, when we had a normal school schedule there were salads and microwaves allowing students to bring in a broader amount of lunch. However, now with no salad, yogurt is the only option.

Not a lot of people will eat yogurt, especially if they are vegan."

Samantha, like many others, believes our food services isn't accommodating for the meatless community needs. This opens up an array of questions, such as why did they discontinue salads?

The cafeteria staff still have the same amount of time to prepare meals since they receive the food orders at 7:35 A.M.

One suggestion is to encourage the promotion of "impossible" foods within school lunch considerations. Not only would this benefit the meatless community, but it would a refreshing alternative to other meals for those who do eat meat.

Even with salad, it would be a win-win solution for all parties.

Football in February?



post-gazette

By Alex Arroyo
Sports Writer

On October 1st, the CIAC addressed minor updates that will affect the progression of the 20-21 CIAC football season.

CIAC confirmed that teams are now allowed to play 7 on 7 minimal contact games for practice. Majority of practice must be minimal contact which will be very difficult for players who play positions that require contact in the sport.

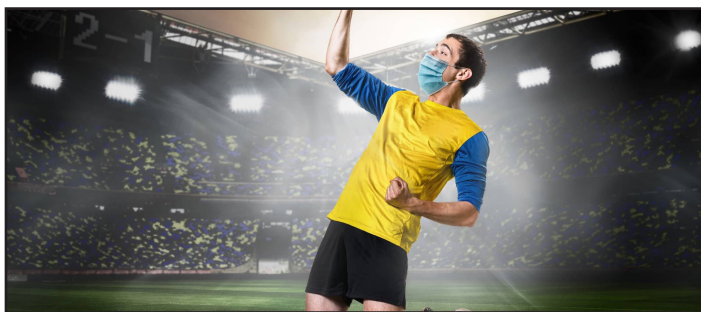
CIAC has previously input a plan when it comes to continuing football with a spring season. Along with that CIAC Executive Director Glenn Lungarni recently stated,

"If the COVID metrics allow, and if the other sports are able to play where we have the room to do this, we certainly will be interested in providing a full-contact opportunity for kids. It would probably end up being around a five-game season."

But with COVID infections rising not only around the world but in Connecticut, the chances of that season actually taking place is looking slimmer and slimmer.

Many schools are switching back to remote learning as the main source of teaching due to COVID affecting students and staff members of many schools in CT. The most important thing that we must make sure of our community is safety and protection from the virus. Let's hope that this doesn't get any worse.

Could've been worse; could've been Football



Boys' soccer season cut short

theguardian

By Hayden Misunas
Sports Writer

How will the Aerospace Boys Soccer team's seniors be affected by the shortening from Covid during their last year on a highschool soccer team?

Ending the season short with only a few games under their belt, the shortening of the season for the undefeated boys soccer team does have its downsides for sure. For example it gives less opportunities for scouts/recruiters to come and check out some of the outstanding talent there is within the seniors and juniors.

Senior Jonathan Jacobs, the

starting goalie for the team said, "It's disappointing. I would've loved to see how far we could've made it in the tournament this year but I'm happy we at least got to have a season." He also stated, "I feel sad."

Also, Senior Amer Kuljancic, said, "I was happy that I got some sort of a season, but disappointed on how a short season got shortened."

The seniors are clearly unhappy about not being able to continue through with a normal season, but they are still grateful that they were able to have a little fun with the team.

Senior Night success for a short but sweet volleyball season



Griselda Acosta

Volleyball seniors from left to right: Ashley Rinaldi #3, Kalia Brown #8, Troy Weir Manager, Dee-Jana Garriques Manager, Griselda Acosta #17, and Antonette Dingwall #7

By Ashley Rinaldi
Guest Writer

On the evening of November 16th, Aerospace Volleyball had their senior night game.

Due to COVID-19, their season came to an abrupt end, but they kept up their fun spirit while they participated in a Varsity versus Junior Varsity scrimmage.

Baseball dives headfirst

By Jordan Thomas
Sports Writer

As experienced by numerous sports fans, this year has been different than any year regarding how sports are played.

When Covid 19 hit the U.S. it was the beginning of spring training for the MLB.

Like other sports the season was suspended until further notice because people did not understand what the virus was and how to prevent it yet.

Questions about if the season will be played and if there would even be playoffs were flying around.



cnbc

But as the country started to learn more about the virus the MLB started up the season again.

The amount of games were cut shorter and some players even decided not to play the season for their own safety and health reasons.

During the World Series, the third baseman for the Dodgers tested positive and was yanked off the field by

the MLB, but later was able to celebrate with teammates after their win.

Games were cut by half and for baseball that can be helpful and for some and bad for others.

Baseball is a game of slumps and high ends. There are times were a player can go 0 for 30 in his first at bats of the season because it takes him a while to get started up.

The MLB played 60 games in their shortened season this year.

But with less games in the regular season this could affect a team because there isn't as much time to make a playoff run.