

# THE CHRONICLE

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*Bishop Seabury Academy*

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By Christopher Bryan



*Ex-faculty member Christopher Bryan takes a selfie in his military uniform. Bryan made two year-long trips to the Middle East as a National Guard chaplain during his time at Seabury.*

## Memory Lane

### The Chronicle catches up with former faculty members

*By Marie Brockhoff*

Teachers are an integral part of Seabury, both at the front of a classroom and in more personal interactions. But what happens when they leave the bubble? Here is what some of our beloved former teachers have been up to since they hit the road.

In spring 2020, former science faculty member Christopher Bryan left to become the executive officer at the Office of the National Guard Bureau Joint Chaplain in Washington D.C. Primarily, Bryan coordinates with chaplains from around the country and internationally, as well as organizing training conferences. Another aspect of his job is domestic operations. "With the riots going on in D.C., when

we brought 25,000 members of the national guard in during January, and with Coronavirus relief as well, we're trying to make sure we have chaplains to take care of all the personnel," he says.

Although Bryan moved east in the spring, his wife and fellow faculty member Cris Bryan continued teaching English for the fall semester. During the winter break, she joined her husband in D.C. and is currently taking a well-deserved break, but she applied for a competitive internship at Polyface Farms, an innovative, environmentally focused farm in Virginia. Unfortunately, she found out she was not selected. "Then, two weeks

ago, [Polyface Farms] said they had been thinking a lot about her and offered her a job as chef at the farm," says Christopher Bryan of Cris. "They think she'll be a good mentor for these young interns," he says. "She'll be cooking one meal a day for 25 people, so she can be involved on the farm as much as she wants, which is really excellent."

Longtime faculty member Nancy Landi retired from Seabury in spring 2020 and is indulging in her newfound freetime. "After teaching after all those years, I have had to figure out how to relax and not live my life in 42 minute intervals," says Landi. "I can do things when I want to do

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## Sleepy Seahawkzzz

### Students discuss the importance of sleep

*By Jonah Kim*

What if there were a new product that promised energy throughout the day, helped prevent disease and promoted brain function with no negative side effects? Well, this "product" already exists in the form of a good night's sleep. As a student, however, it can be hard to get good sleep on top of homework and extracurriculars.

Junior Lizzette Borjas, for one, rarely gets enough sleep. "My homework takes forever," she says, "and on top of that I have to go to physical therapy, which is an hour to two hours."

Another deprived student, Freshman Albert Agah, simply says, "I am in 9th grade English. Enough said." Many students cite schoolwork as the cause of their sleep-deprivation. At this point in the school year, there is often more than enough homework for some students on a nightly basis; these students have felt the pinch.

Some students, however, manage to get plenty of sleep. Sophomore Beck Oldridge is one such student: "I manage my school work properly and don't have to do things late at night," he says. He also mentions that he believes sleep is "very important."

Eighth grader Josie Kim, who also manages to get sleep, says, "I make it to bed at a pretty reasonable time for a few reasons: I like sleeping, I wake up pretty early, and I naturally get sleepy at around 9:45 every night." As hard as it

may seem, the solution to good sleep seems to be finishing homework earlier in the day or even changing one's sleep schedule.

However, this is easier said than done due to the many distractions students can encounter. These can vary from social media to personal hobbies. "Usually my writing distracts me, I'm always thinking of new things to write about," seventh grader Lydia Derby says, providing one example.

Similarly, Kim says, "My phone is a huge distraction from sleep because it is very entertaining and I can use it in my bed. Sometimes homework keeps me up, but that's my fault for procrastinating."

Borjas agrees, sharing her list of distractions: "My phone. Instagram and Tik Tok are the majority of the reasons why [I don't get sleep]."

Even with how hard it can be to get good sleep, there are plenty of solutions to overcoming distractions and getting to bed on time. "Put your phone down, it helps," says Oldridge. "Get a wake up time that makes you go to sleep earlier and have a healthy lifestyle that gets plenty of sleep and food and water especially if you're at home."

Kim also has some methods: "Leaving one's phone in a different room, putting a lot into one's day like being productive at school and around the house and exercising to get tired and trying to change one's sleep cycle by going to sleep

*Continued on page 2*

and waking up at certain times."

Along with keeping electronics away, some people find that listening to music or a book can help them fall asleep. Derby provides a unique solution, saying, "I like to listen to rain when I sleep. It might not work for other people, but it feels nice to hear thunder."

Despite these different sleep habits, Seabury students all agree that sleep is very important to function. Sleep is a crucial element for brain function and getting through the day. "Getting enough sleep is very important because if you don't you're going to feel weak," eighth grader Alex Van Vleck says.

Agah agrees, saying, "Getting ample sleep is a very important part of a healthy lifestyle. We should all do our best to ensure we get enough sleep."

# Nelson Mad Lib

OK. True story. So \_\_\_\_ (number) years ago, my buddy \_\_\_\_ (Name) and I were spearfishing in Guam when a(n) \_\_\_\_ (animal) charged out of the \_\_\_\_ (noun) and attacked this kid--true story. And--you may know this--I'm a \_\_\_\_ (profession). So this kid had a radical bleed in his \_\_\_\_ (body part) and I got to work on him as quickly as I could. Now in all my years of \_\_\_\_ (activity), \_\_\_\_ (activity), and Avalanche-triggering I had never seen someone so gnarly after a(n) \_\_\_\_ (animal) attack. Anyway, long story short and this kid was just \_\_\_\_ (verbing) on the ground, but he was \_\_\_\_ (adjective) in the end. A truly \_\_\_\_ (adj) recovery.

Common nelsonisms:

- Gnarly
- Radical
- Guam
- Arizona snowbowl
- Avalanches
- Skiing
- Deer hunting

## BSA POV: Schools and Vaccines

By Katie Eckert

Since the public debut of COVID-19 vaccines, over 60 million Americans have received at least one dose. As more people receive the vaccine, the country will theoretically be able to lower or drop all COVID-19 preventative measures. It might even come to pass that certain events or locations are only fully open to people who have received the vaccine, as is already the case for the polio or tetanus vaccines in most schools. In a previous issue of "The Chronicle," multiple current and former Seabury students provided ample anecdotal evidence that, across Lawrence, students generally prefer attending in-person school when possible. This begs the question of whether a COVID-19 vaccine should become a requirement for in-person schooling or not, and if schools should be able to make that decision.

"I don't see necessarily why they shouldn't," says freshman Owen Deiderich. Deiderich's opinion may change, because, as he says, "There could be people who are unable to take it, because some people are allergic."

Meanwhile, junior Ryan Dekat feels much more strongly about the matter: "I think [allowing schools to require a COVID-19 vaccine] is fine.

I'm not sure why it wouldn't be fine." Dekat explains his reasoning for his point of view, saying, "[Schools] already require a handful of vaccines to be in school now."

Like Deiderich, senior Erin Higgins feels there is potential for schools to require the vaccine, although whether they should or not may depend on the circumstances: "I think that if they were to publish all the research and everything behind [the vaccine] and just kind of made the information as to how and why it's safe more accessible then I think that they could require it. But, I also know that it goes against some religions, so I think there should be exceptions for things like that."

In addition to schools' autonomy, whether schools should require the vaccine is a more complicated issue. Dekat says, "I do [think they should require it]. As we continue to see these numbers of deceased people rising, I don't see a justifiable reason to not get the vaccine." He also believes that the decision should be in the hands of the school and not the government: "Schools would be able to better make that decision."

Deiderich agrees, saying, "Definitely in the hands of the

schools, because they'll be able to know their own school better than the government does. Especially private schools."

Now, one cannot have a conversation with Seabury students about schools requiring the COVID-19 vaccine without talking about what Seabury should do. Answers tended to vary a bit more here.

Higgins is ambivalent about whether Seabury should require the vaccine. "I think Seabury should be allowed to. I don't really know if they should or shouldn't," she says. "I don't think I would feel not-safe if they didn't, or feel safer if they did, personally, because I think we're all pretty safe in masks." Deiderich feels like a recommendation would be better than a rule: "They should strongly ask that the students take it if they are able, but not require it; strongly request."

However, Dekat thought that a requirement should be on the books eventually, saying, "Probably at some point. I don't necessarily think it should be this year, but maybe by the start of next year."

Headmaster Don Schawang also provided his insight into the matter of schools requiring vaccines, saying, "Most of my focus presently has been about whether to require

employees to be vaccinated . . . Businesses (schools included) have the right to require employees to be vaccinated with some exceptions."

As for the greater community, Schawang says, "A school like ours really requires us to ask what our culture dictates. We will no doubt have to weigh the concerns about potential transmission and the risks . . . with the freedom of individuals not to receive vaccinations if they have health risks or are morally opposed to doing so." Schawang also stressed the importance of education around the value of vaccination and herd-immunity, as well as safety steps unvaccinated students may have to take as an alternative to the vaccine. However, there is no need to worry about sudden changes; Schawang disclosed that the school will not be releasing a COVID-19 vaccine policy until more information is available.

Also, for the time being, it is unlikely that any school will be able to require all of its students to be vaccinated, since no COVID-19 vaccine is cleared for anyone under the age of 16. However, that might not always be the case, and so it is important to have this discussion now so that administrators and community members can make future decisions thoughtfully.

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# Editorials

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## Seabury's Legacy

### Editors tackle the racist history of our school's namesake

By Lyle Griggs

By Margaret Mulhern

Several months ago, a pair of student journalists from Seaman High School in the Topeka area set out to write a feature on Fred Seaman, the obscure, long-dead local figure for whom the school is named. After consulting newspaper archives, the journalists found something surprising and disturbing: Seaman was the local leader of the Ku Klux Klan and a vicious white supremacist. Now, students at Seaman are calling on their high school and school district (also named for Fred Seaman) to change their name. No institution, they argue, should celebrate the legacy of such racists as Seaman.

Reading about this ongoing and crucial effort prompted an important question: what, if anything, should this school do about the legacy of Bishop Samuel Seabury, its namesake?

Although Seabury, the first American Episcopal Bishop, is a major figure in the Church, most know him as the stuffy loyalist who appears in the hit musical "Hamilton." The Broadway version of Seabury is benign, worthy more of mockery than condemnation. The audience sees the Bishop as a stuffy monarchist fool, and laughs as Hamilton shreds his loyalist arguments.

But Samuel Seabury was not merely a snooty anti-American Brit; he was also a racist, a slaveowner and a staunch defender of the slave trade. According to Trinity University, which named its central Seabury Hall after the Bishop, Seabury saw the slave trade as a crucial way to maintain economic ties between Britain and its American colonies, and he often defended slavery as a natural consequence of God's preference for the white race. Seabury was not simply on the wrong side of a war; he was a repugnant, slave-owning racist who used religion to justify brutality.

So what, as members of a community that prizes inclusivity, should we do about the legacy of our namesake? I am not certain that we should change our name. For one, a change would not be an inconsequential decision; it could stymie Seabury's branding efforts, and it would be costly. More importantly, Bishop Samuel Seabury is only one of the many long-dead racists whom we honor--countless institutions bear the names of leaders like Washington, Jefferson and Lincoln, who all either owned slaves or held white supremacist views. Except in the case of recent, radical local racists like Fred Seaman, name changes must



be part of a national reckoning.

Still, we should never further honor Samuel Seabury's legacy or speak of him positively. The portrait of Seabury that once hung in the foyer, for example, should gather dust in a closet, not hang in our halls. And we should change the name of Convocation, officially the Bishop Samuel Seabury Convocation, to honor a different figure. Nor should we make these changes quietly; we should discuss Seabury's legacy in Morning Meeting, write about it in a Friday Letter and speak about it at the renamed Convocation. As long as we retain the Seabury name, we have an obligation to recognize and investigate the long-dead Bishop's racist legacy.



Behind the pristine anchor and prominent green and navy, what does our school stand for, and what does its name represent?

Our school is named after Samuel Seabury (1729-1796), who was the U.S.'s first Episcopal Bishop. Seabury was a major supporter of slavery. He owned several slaves and vigorously defended it in many of his writings. He thought of slavery as a typical thing that could be explained by God's will.

Beyond his horrific stances on slavery, Seabury was also a loyalist to England during the American Revolution. The hit 2015 musical "Hamilton," the song titled "Farmer Refuted" depicts how one of our founding fathers,

Alexander Hamilton, hated Seabury for his defense of British rule.

There has been a significant movement in the past several years to address controversial names both locally and nationally. Schools like Seaman High School in Topeka are currently working on changing their name, which memorializes a KKK member. Separately, statues are being taken down and many sports teams are reconsidering their names.

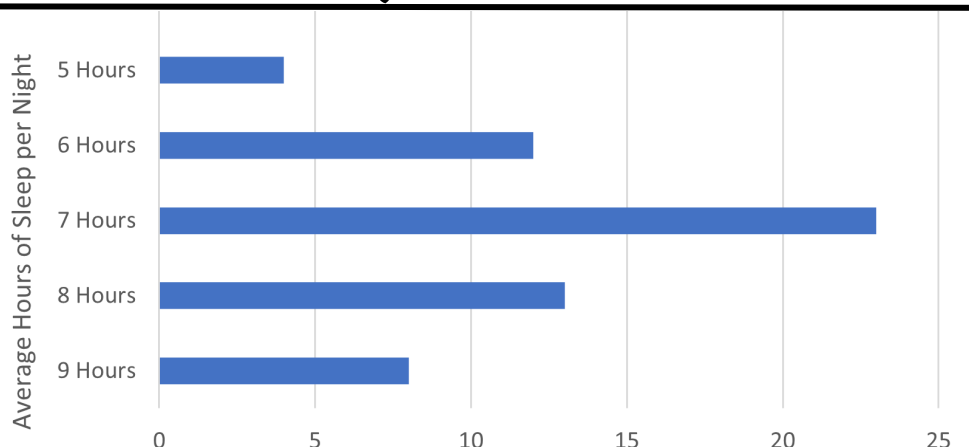
I believe Seabury should address our namesake's shameful past and take action. It is important that we as a school have discussions about this. As a community, we need to understand what our school represents now and how we want it to look in the future. Renaming the school would be a drastic step, but not one that we should disregard, either. In fact, if we do consider a new name, I have a personal favorite: Barbara Harris. In 1989, Harris became the first woman bishop in the U.S. She was an African-American Bishop from Massachusetts who advocated for women's and LGBTQ rights.

Even if Seabury does not change its name, it is vital that our school join this movement by continuing to talk about our school's past while focusing on its future.

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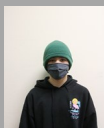
## Seabury Statistics

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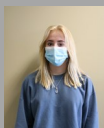
# In the Halls

What life do you think they'll find on Mars?



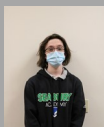
6th Grade  
Jack Fullerton

"Probably things that don't live in water."



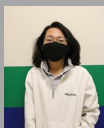
7th Grade  
Xeva Oldridge

"Not intelligent life, maybe bacteria."



8th Grade  
Sean Ruddy

"Maybe some Monkeys."



9th Grade  
Xiangxiang Zhang

"Monkeys. So we can truly revert to being Monkeys."



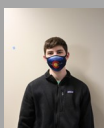
10th Grade  
Beck Oldridge

"Liam Neeson trying to find his daughter."



11th Grade  
Cadence Cheng

"Colin holding a fish."



12th Grade

"Colin Farha."



Faculty  
Don Schawang

"Bacteria."

# William-Aiden Carrasco-Cooper

By Andrew Lang

Of the many new freshman faces to walk through the Seabury halls this year, William-Aiden Carrasco-Cooper has come to be known as both a good student and friend among his teachers and fellow ninth graders. Sporting lurid socks and khaki shorts no matter the weather, Carrasco-Cooper was initially "nervous, or slightly scared of being an outsider" in the new high school environment, a fear which has slowly diminished over the course of the year.

Competing with the Seabury powerlifting team and playing in hockey leagues outside of school, Carrasco-Cooper shows the importance of both athleticism and sportsmanship, and he treats his teammates with kindness. "I really enjoy sports for the thrill of improving and trying to be the best I can be, while also supporting my team at the same time," Carrasco-Cooper says.



By Luke Valle

Freshman William Aiden Carrasco-Cooper deadlifts during Strength and Conditioning class. Carrasco-Cooper plays hockey for the Kansas City Stars.

Outside of school and sports careers, Carrasco-Cooper leads a simplistic life, both resting for sports and caring for his family and pets. "My days after school really consist of me taking care of my dogs and just chilling," Carrasco-Cooper says with a laugh. "My four dogs, mostly my boy

Lucio, are the most important things to me, at least for where I am now."

With the anxiety of joining a new school behind him, Carrasco-Cooper has and will continue to spark laughter and joy in the Seabury community for years to come.

# Jace Asher

By Evan McHenry



By Cadence Cheng

Sixth grader Jace Asher listens to advice from his coach. Asher is the son of faculty member Sara Asher.

Many students know Gillian and Jace Asher from Mrs. Asher's sixth grade Seminar classes, which involve ticketed Disney movie showings or one of Mrs. Asher's pets. While the Asher twins are fairly familiar with the school, not everyone has gotten a chance to know them during their first year at Seabury.

When he first came to school as a student this year, Jace Asher was impressed by how much Seabury has changed since he started visiting the school, saying that these

changes have ranged "from different teachers and students to rules like staying six feet away from people." With familiar faces covered by masks, starting a new school in a pandemic is doubtlessly a challenge. Despite the general difficulties and changes, Asher still says Seabury is his "second home."

Asher's memories at Seabury enforce the sense of home that the school gives him. "[Gillian and I] would run around the school in our socks," Asher says, recalling

his first memories at Seabury. "I would go to basketball games. I tried cheerleading practice and that is when I met some people that are graduated now."

In earlier years, Asher was rarely seen without his twin sister and sometimes even a pet dog or guinea pig, but starting Seabury has allowed Asher to share his own individual personality with the school. Describing his differences from his sister, Asher says, "She has different interests than me, like she really likes anime and [she likes] reading more than I do." Asher has a "different friend group" and is on the middle school basketball team.

As for having his mom as his teacher during his first year at Seabury, Asher says, "It was strange to have my mom in the classroom, but I have gotten used to it."



# The 'Win' in Winter

## Fun Committee saves Seabury community from frigidness.

By Campbell Helling

It is that time of year. Right around January and February, the temperature drops and blue skies become rare. Homework seems to pick up and students desperately wish for warmth and rest, but rarely do the weekends allow anyone to renew. Especially amid COVID-19, this time of year is hard. Mask-wearing and constant social distancing can drain energy and happiness. But, luckily for the Seabury community, the Fun Committee is here to save the day!

For the past few weeks, the Fun Committee has hijacked the PA system and announced something fun for the next day. They have planned activities, including the KC Wolf mascot's tour, Valentine's Day sweet treats and all the dress-down days this semester. Although the members of the committee want to remain anonymous, their intentions are not secret. Explaining why the group was formed, a member, who wishes to go by the pseudonym Jolene Doe, says, "We felt sorry that the kids were having to go through winter and it was so blah. And so we said 'You know what, we need a Fun Committee' just to think of fun things to do for the kids."

As for why Doe joined the Fun Committee, she says, "I love to surprise the kids, and I think it's really fun when they get excited. I can hear screaming in the hallways from the classrooms, and I think that's my favorite part. I love that." The anonymous faculty member also describes her co-members' love for formulating fun, especially the announcements: "Actually, they kind of fight to announce it. They sort of love doing that

and want to do it."

Another anonymous member of the Fun Committee, going by Joanne Appleseed, agrees that the aftermath of announcements is the best part, saying, "I think the best thing is when somebody makes the announcement over the intercom, and you can hear the cheering and screaming." Regarding why Fun Committee members have stayed unknown to the school, she says, "Honestly, just to make things more interesting, I guess. I mean, everything is a little bit more fun if it's a surprise."

Despite the recent snow days, Appleseed was particularly excited about Lunar New Year: "Well, I was really looking forward to making dumplings for Lunar New Year." Some eagerly anticipated this project, Appleseed reports: "I have been approached eagerly by some [students] who were looking forward to dumplings."

Along with that holiday celebration, students have enjoyed even non-culinary activities. Recalling her favorites so far, seventh-grader Juliet Outka says, "I really liked the Valentine's Day and the hotdogs." But no matter what activities come, she looks forward to every Fun Committee announcement, especially those about dress-down days: "I get really excited because usually, we have to pay, and then it's just [random]. We don't know when it's going to happen, and it's a really nice surprise."

# Blood Money

## Seabury takes on Penny War

By Matthew Petillo

Although this has been an unusual year in all aspects, the Penny War is one tradition that has managed to survive. This annual event usually pits advisings against each other for the prize of an early, warm-cooked breakfast. This year, however, the Penny War looks slightly different.

Senior Audrey Nguyen-Hoang, who is organizing the project, changed the groups for fundraising: "Since we've had less time with our advising groups this year, I thought it'd be best if each grade, including their class sponsors, were a team." There are also more donation options because of the pandemic: "We do have ways for people to donate

electronically this year, such as Paypal, Venmo or credit cards, so I encourage anyone who'd prefer to use that method to do so."

What charity is this year's non-violent fight benefiting? "All the funds raised will be going to the Leukemia and Lymphoma Society," says Nguyen-Hoang, "an organization that is particularly important to me and has helped Seabury families in the past. Specifically, this fundraiser is aimed at funding research for cures and treatments for children with blood cancers."

In an age with tragedy all around us, the Penny War is a great way to help use scientific innovation to save lives.

"Memory Lane"

Continued from page 1

and for how long I want to do them." She fills her days with reading, gardening and family time, as well as making a plethora of baked goods. "I think you could survive for months just with all the baking that I have in my freezer, because obviously I can't eat it all!"

Recently, Landi made *Lawrence Journal World* headlines. "I realized in early September that my identity had been stolen and used to make a false unemployment claim," says Landi. "I've been dealing with trying to correct that since then." Nevertheless, Landi is ready to fight. "I'm not going to pay taxes on stuff I didn't get," she says.

In 2019, former science faculty member Anthony Howcroft left to pursue a graduate degree in Chemistry at Drexel University in Philadelphia, Pennsylvania, after marrying his fiancée, Sydney. Howcroft's focus is Chemical Education, and he is currently preparing for his Master's Thesis. "I'm doing research on how we teach chemistry; how we have classes; how we help students learn," says Howcroft. "A lot of research is with things that can catch fire or explode, so currently I'm trying not to do too much with things that can catch fire or explode," he says of adapting to pandemic restrictions.

Howcroft believes his time teaching put him strides ahead in graduate school. "With answering students' questions, I have a much deeper understanding of science and

the interconnectedness of it. I'm a much better graduate student now having that experience and knowledge," says Howcroft.

Bryan's teaching experience has also helped him in his new position. "The task I'm doing now, organizing a training conference, really fits into my job as a teacher. My job at Seabury has really helped me communicate and get along with all kinds of people," he says. "The job for most teachers and chaplains is taking care of people and supporting them."

"Being [at Seabury] as a teacher was an incredible time in my life, to be able to get to know you guys and build those relationships. . . and I really miss the faculty," says Howcroft of what he misses most. "I don't particularly miss all the grading, but I miss all the stuff that happens in between."

"I miss the ease of friendships between students and teachers . . . I miss sitting next to [faculty member Michael] Pulsinelli at Morning Meeting and us laughing under our breath. It's the little things you miss," says Landi. "Oh, and I miss teaching geometry, that's the best!"

"The students. I really miss being able to continue those relationships," says Bryan. "Sometimes I have spent years of watching people grow and learn and discover who they are. Being such a part of [students'] lives is such a privilege." We all miss our former teachers, but Bryan has some final words of advice: "Don't lose heart, and don't lose hope; we'll get to the other side of this difficult year together."

By Cadence Cheng



Faculty member Eric Neuteboom grills hot dogs outside the school before the Super Bowl. This year some faculty created a fun committee to boost the morale of the students.

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# Reviews

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## T&M Crêperie

By Sage McHenry

Restaurant



You can easily find a multitude of cultures represented when it comes to cuisine in Lawrence. Unfortunately, the city seems to be slightly lacking in the number of French restaurants available. Luckily T&M Crêperie opened up in downtown Lawrence back in September. The business is co-owned and operated by Taki Guettafi and Mohamed Beziane. The French-Algerian restaurant is located at 7 E 8th St, right around the corner from Sunflower Outdoor & Bike Shop.

The space is small, but it offers a few nice seating arrangements for dining in. I chose to carry out. Aside from sweet and savory crêpes, you can also find waffles and cascada on the menu. When ordering a sweet crêpe you have the option of selecting one of their on menu items, or you can pick the “Stuffed Crêpe,” which comes with nutella and fillings of your choice. I opted for the “Stuffed Crêpe.” There were quite a few op-

tions for fillings, both fruit and some candies. I picked strawberries to go with mine. Other members of my family chose “The Greek Crêpe,” made of beef and lamb gyro, tomato, onion, feta cheese and tzatziki sauce, and the “Spicy Italian Crêpe,” filled with spicy sausage, baby spinach, garlic mushroom and mozzarella.

When the man who was working learned that it was my and my mom’s first time at the restaurant, he offered us a free crème brûlée cup. It was very tasty, and I would definitely buy it next time I visit. I was very happy with my crêpe as well; the filling tasted delicious and so did the crêpe itself. It was drizzled with nutella sauce and whipped cream. Overall it was very good. The “Greek Crêpe” and the “Spicy Italian Crêpe” were both very good too. They had a nice variety of ingredients, and certainly did not lack flavor.

Although there was a bit of a wait, likely because of the restaurant’s small kitchen, I would definitely recommend T&M Crêperie, and I plan to visit again.

## Barbwire BBQ

By Matthew Petillo

Restaurant



Barbwire BBQ is a small place which, from what I can tell, is in the middle of what can be considered downtown Eudora. The actual pickup process was not that hard—I ordered online, walked in, gave them my name, and they gave me all my food. They were slow at getting people through the line and actually getting people their food; the day I went there was the Super Bowl, and they were running about 30 minutes behind. There was no in-person eating, so people were allowed to sit at their tables while they waited.

Before I get to the food portion of this review, I have to start with their health and safety issues. During a pandemic, it is never acceptable to walk around without a mask, even if you are outside, and especially if you have no outside seating and only allow for pickup. To allow customers to walk around without masks without question is unacceptable. I cannot

recommend a place which so blatantly ignores health guidelines.

I got three things: their brisket, their turkey and their smoked chicken wings. The brisket and smoked turkey were alright—nothing to drive 20 minutes for. The brisket was forgettable—even with the BBQ sauce, it was not the best. The smoked turkey was dry, which made it hard to chew. There were 4 different types of BBQ sauce provided—I tried regular and spicy, and although they did not help make up for the mediocrity of the turkey and the brisket, it was good. The small smoked chicken wings were the best thing I had from the place; they actually tasted quite good, and would probably be the only thing I would eat should I choose to go back there.

Overall, it is not worth driving to the restaurant if you live in Lawrence for the sole purpose of eating here, especially during a pandemic, as they refuse to enforce safety guidelines.

## “TYRON”

By Evan McHenry

Album



Slowthai burst into the rap music scene as a brash, boxer-clad hooligan known for parading around his concerts with the fake severed head of Boris Johnson. The UK rapper hasn’t lost his in-your-face enthusiasm on his latest project, “TYRON,” but he’s revealed a new slowthai—a more introspective and melancholy one. The project is his second studio album, following up on 2019’s “Nothing Great About Britain,” which received general acclaim.

The bifurcation is not subtle on this project: the tracks on the first half are stylized in all caps, and they sound fittingly aggressive. The album kicks off with the banger “45 SMOKE,” which features slowthai spitting some quick bars, and then moving into a Playboi Carti-esque voice. Another head-nodder, “MAZZA,” features ASAP Rocky, who provides a characteristically smooth delivery. “PLAY WITH FIRE” is the last track on “Disc 1,” the more aggressive half of

the album; however, the beat is slightly more downtempo, and slowthai’s delivery has a tinge of introspection and vulnerability. There are also some more melodic humming samples towards the end of the track as the album’s early heat begins to cool, and over the final 40 seconds, slowthai reads some of his most cryptic and heartfelt tweets.

“i tried” follows, with slowthai opening up about his problems over some Kanye-esque high pitched vocal samples. “focus” and “terms” are solid, too, but the Denzel Curry feature on the latter will have some fans confused, as the rapper only provides some light ad-libs. However, the next track, “push,” is perhaps the album’s best. Soft guitar strums form the instrumental, and Deb Never provides some great sung vocals, which complement some of slowthai’s best rhymes and flow. “nhs” and “feel away”—both originally singles—are great, too; slowthai has perfected the art of the “sad banger,” and his vulnerable, emotion-laden flow on the second half of this album makes him, ironically, stronger than ever.

## “Shadow and Bone”

By Catharine Richards

Book



Leigh Bardugo’s iconic book series are coming to the screen soon in the show “Shadow and Bone,” which premieres this spring, but before you watch, allow me to convince you to read the books first.

The Grisha Trilogy (containing “Shadow and Bone,” “Siege and Storm” and “Ruin and Rising”) follows Alina Starkov. After a near-death experience, Alina discovers she is the Sun Summoner, a Grisha (magic wielder) with the unique ability to manipulate light. She also learns the Darkling, the most powerful Grisha in the world, is a major threat only she can defeat. Throughout the series she hones her magic, becomes allies with a prince, assembles a group of skilled friends, becomes a living saint with a literal cult following and travels the world to find Morozova’s three magic amplifiers: the only items with enough power to defeat the Darkling. If that isn’t enough, don’t worry, there’s more.

The “Six of Crows” duology

(taking place two years after “Ruin and Rising”) follows a group of six extraordinary teenagers on a mission to protect Grisha from a drug that would make them dangerously powerful. In “Six of Crows” and its sequel “Crooked Kingdom,” each chapter follows a different character: Kaz Brekker, the mastermind; Inej Gahfa, a girl skilled with knives; Jesper Fahey, a sharpshooter with a gambling addiction; Nina Zenik, a powerful Grisha; Matthias Helvar, an escaped convict and Wylan Van Eck, a runaway with a knack for explosives. You fall in love with them as a group of strong-willed kids becomes a true force to be reckoned with.

If any of this sounds interesting, you’re in luck! The series “Shadow and Bone” is based on all five books of the Grishaverse and will be released on April 23rd on Netflix. The cast includes Ben Barnes as the Darkling, Freddy Carter as Kaz Brekker and many more. While I highly recommend reading the books first, the new series is something to look forward to for new fans and old alike.



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# Photos of the Issue

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By Audrey Nguyen-Hoang



*Seventh graders Beau Peterson and Kavon Price participate in a snowball fight against seniors. Seabury students enjoyed a week of snow.*

By Cadence Cheng



*Faculty member Sonja Czarnecki makes dumplings to celebrate Lunar New Years. Students cooked the dumplings in the chemistry room with a beaker burner.*

By Cadence Cheng



*Junior Anna Johnson tries to steal the ball from sixth grader Charlotte Helling while sophomore Oona Nelson attempts to help Helling. The middle and high school girls basketball teams scrimmaged with each other.*

By Cadence Cheng



*Faculty member Leslie McCaffery gives freshman Alden Parker-Timms, and eighth graders Hugh Griggs and Noah Bernd candy. This year for Valentine's day, students brought bags to classes, and teachers gave them candy.*

# Horoscopes



Aquarius

**Aquarius** (January 20-February 18):

A cop pulled me over and said, "papers," so me said, "SCISSORS haha, me win," and he **provided 6 warrants for my arrest**



Pisces

**Pisces** (February 19-March 20):

A busy week lies ahead, filled with inconveniently placed garden gnomes and nagging FBI agents.



Aries

**Aries** (March 21-April 19):

If you see mysterious persons coming and going from the Seabury basement with bags of marshmallows and red dust this week, no you didn't.



Taurus

**Taurus** (April 20-May 20):

You will soon lose WiFi, so don't be alarmed when three men dressed as KC Wolf arrive at your house to fix it.



Gemini

**Gemini** (May 21-June 20):

Contemplate this week what you would do if the BSA building magically transformed into a Bass Pro Shop. The pond is taking over!!!



Cancer

**Cancer** (June 21-July 22):

Ronaldo has a pet tiger that is his brain. It always eats tires. Oh no. He gets 6 hours of sleep. Oh no. STOP EATING TIRES, he screams. No, his tiger/brain says. Never stop.



Leo

**Leo** (July 23-August 22):

Yeah I'm on a seafood diet, it consists of aquatic forms of sustenance



Virgo

**Virgo** (August 23-September 22):

Always make sure to check your coupon drawer before purchasing 19 gallons of unsweetened gatorade formula. Always.



Libra

**Libra** (September 23-October 22):

Sometimes people ask me, "What the heck are you even saying anyways?" Well now, that's YOUR potato to smash, buckaroo, ain't it?



Scorpio

**Scorpio** (October 23-November 21):

Sometimes, Karl wonders why his shoes squeak. Turns out, they're actually just soda cans. Who knew! Veni vidi vici!!!!



Sagittarius

**Sagittarius** (November 22 - December 21):

Yeah, the Mars rover landing was cool, but have you ever seen an orangutan boxing match?



Capricorn

**Capricorn** (December 22-January 19):

To play for the Seabury Quidditch team this spring, you must get the newest covid vaccine: Avada Moderna

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# Comic



"K.C. Wolf on the prowl for Seahawks"

By Lyle Griggs



The "Colonization" of Mars

By Leslie McCaffrey



## The Chronicle

A Seabury Publication

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