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LETTER FROM THE EDITORS

Hey Spartans!

We are incredibly proud to present “The Epidemic of Loneliness,” the December/January edition of the Spartan Shield which dives into a pressing topic in the United States: loneliness.

U.S. Surgeon General Dr. Vivek Murthy declared in his advisory that the U.S is facing an epidemic of loneliness. The advisory, roughly 60 pages long, explains in-depth why the U.S. is facing isolation, and resultantly higher rates of mental illness and chronic illnesses.

The advisory also establishes six pillars of

reform which he advises the U.S. to follow in order to promote social connection. The first pillar emphasizes the importance of strengthening social infrastructure and promotes more interconnected communities. The second pillar promotes pro-connection public policies, and the third targets the health sector and its duty to combat patient isolation.

The fourth pillar aims to reform digital spaces and emphasizes the importance of focusing on in-person relationships. The fifth and sixth pillars focus on American culture and its contribution to isolation as compared to other countries and cultures. These pillars promote

kindness and inclusivity instead of isolation and idealize a paradigm shift in American culture to foster community and connectivity.

This cover story examines isolation on a broad scale, approaching the nation’s epidemic of loneliness in a pragmatic light. Will the U.S. ever be able to reconnect?

We are excited to present a month’s work of writing, editing, designing and collaborating. We hope you enjoy it!

Ayah Alsheikha and Celia Brown,
Co-Editors-in-Chief

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EDITOR IN CHIEF



AYAH ALSHEIKHA

EDITOR IN CHIEF



CELIA BROWN

SPORTS EDITOR



LINDSAY DURICK

OPINION EDITOR



ODELIA AYIKA

PHOTO/SEASONAL EDITOR



ANNA BOENS

STUDENT LIFE EDITOR



CHLOE KRAMER

COPY EDITOR



EMILY THORESON

PHOTO MANAGER



KATIE HAAS

BUSINESS MANAGER



ABIGAIL MORONEY

SENIOR SPOTLIGHT EDITOR



MEGAN KAY MONTGOMERY

DESIGN EDITOR



CAMILLE WOOD

NEWS EDITOR



BRENNA FRANCE