

# The Maine News

Late Winter 2021

## Opting out of Hybrid

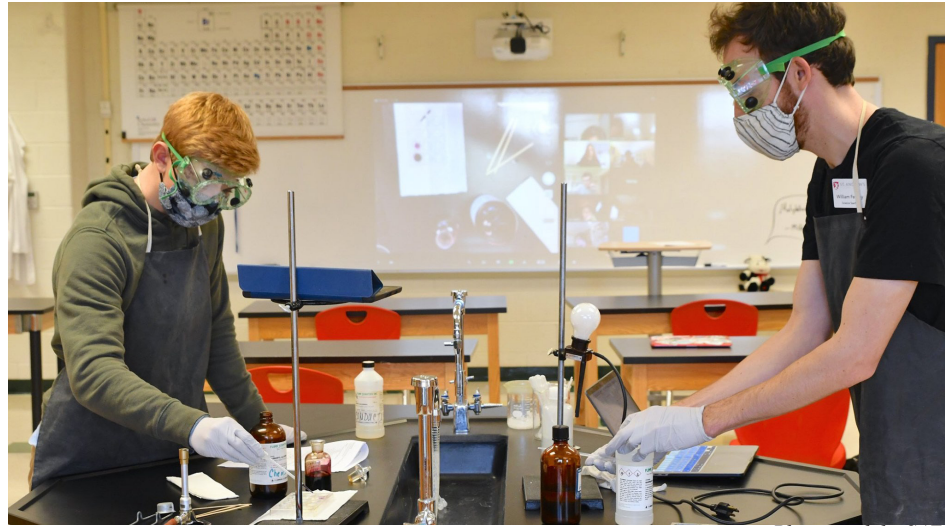
Caroline Zebrak '21 & Hannah Newman '22 - News

There is no doubt that students in distance learning feel robbed of their high school experience, unhappy with having to learn calculus from their childhood bedrooms and only socializing with classmates through awkward breakout rooms. Yet when St. Andrew's opened up the opportunity for students to attend classes on campus for two weeks a month, 27% of our Upper School students still turned the opportunity down.

In a Google form surveying 45 upper school students about why they chose to opt-in or opt-out of the hybrid learning model, 63.6% of those students who opted out cited the desire to sleep longer as one of the primary reasons that they decided to stay home.

Junior Ansel Barnard has chosen to attend class mostly through zoom. Barnard enjoys being able to sleep in and explains "how much more relaxed the online learning environment is," pointing out that he is able to "stay comfortable" and "take more advantage of breaks" while at home.

Although Barnard misses being on campus, what made school enjoyable in the past was "hanging out with friends and being able to converse with them freely." With the small number of students per classroom, the strict rules re-



Chemistry teacher Will Ferriby and Tom Graeb '22 conduct a demonstration in person, while students at home observe how the compounds react.

garding keeping a 6-foot distance, and lunches spent with teachers, Barnard's main incentive for being on campus is lost. In winter, when nearly everything takes place indoors, there are many limits as to what the school can do in terms of providing social opportunities, but Mr. Robert Kosasky, Head of School, has high hopes for the future. "As weather improves, the ability to combine advisories and do other things is a lot more possible", remarking how the school plans to open up some more social time and freedom for students, as long as the health situation allows it.

COVID-19 health concerns ranked second in the survey, with 59.1% of online students considering them when making their decision to stay home.

## Meditation in Sports

Sam Berman '22 - Sports

Stop. Take a deep breath. Now take another one. You may not feel much—that is the point. This simple practice of mindfulness is a growing exercise around the world that naturally reduces stress, improves focus, and enhances overall mental health. Since 2012, the number of active meditators worldwide has tripled, now estimated at 200 to 500 million. Among those hundreds of millions are athletes, including LeBron James, who perform and utilize the same exercise you did just now.

During a timeout in game seven of the 2012 Eastern Conference Finals, the camera panned to James sitting with his eyes closed, breathing in and out. The Miami Heat, James's team at the time, went on a run to close out the series on their way to an eventual championship season. James was the Finals MVP and much of his success during the season can be attributed to his devotion to mindfulness and meditation. Flashfor-

ward to 2019 and James partnered with sleep and meditation app Calm, asking "what's a strong body without a sound mind?" in a commercial.

James and other athletes know that the positive effects of meditation carry over into athletic performance—mindfulness improves in-game focus, lowers stress and anxiety during strenuous activity, and reduces pain. Kristen Race, the founder of Mindful Life Today, explains that in "MRI scans of meditators, you see increased stimulation in the prefrontal cortex." The prefrontal cortex is responsible for problem-solving, decision-making, and responding to stress. Just as dumbbell curls strengthen biceps, meditation strengthens the prefrontal cortex. Race cites the example of free-throw shooting when being over-stressed impacts an athlete's success: "When we get too deep into our survival mechanisms, our muscles get tense, [...] [and we] can't make the free throw." LeBron has used these tactics over the course of his ca-



Photograph by Ben Margot / Associated Press  
LeBron James meditating during a game

reer to steadily improve his free throw percentage, especially in the clutch.

Dr. Amish Jha, an associate professor of psychology at the University of Miami, led a study about the impact of relaxation and mindfulness in athletes. Just before preseason workouts, Miami football players were tested on their ability to focus and surveyed on their mood and well-being. Preseason training began and, over the next four

## How We Form Memories

Ally Mitchell '22- Psych

Have you ever wondered how memories are created and transformed in our brains? Here are the different processes that occur when we are forming new memories.

Encoding, also known as registration, is the first process that occurs. Encoding helps receive, process, and combine information that we take in from our surroundings to form a new memory. During the encoding process, information can be adapted into visual, auditory, or words that can later be transferred into our memory. Some methods that can help with improving the encoding process include creating mnemonic devices and stories. These techniques can improve the efficiency and understanding of information that was recently processed in the brain.

Storage is the second process that occurs when the brain forms a new memory. Storage creates a record of the encoded information that was processed in the first stage. This process helps us remember certain information over a long duration of time. Improving focus and attention through mindfulness, exercise, and

Jump to 3

Jump to 2

Jump to 7

## Joe Biden's First Moves

Sam Sandler '24 - News

President Joe Biden was inaugurated on Wednesday, January 20, 2021, without incident, after fear of horrendous events similar to those that occurred during the Capitol insurrection two weeks prior to the inauguration. The 59th Presidential Inauguration was monumental to our country's history in multiple ways. Kamala Harris became the first female, Asian American, and African American Vice President of the United States, and there was a successful transition of power during a global pandemic.

A far smaller number of people were in attendance compared to other inaugurations due both to security measures and the pandemic. Donald Trump was the first United States president in the last 150 years to not attend the incoming president's inauguration. Mike and Karen Pence, the former Vice President and Second Lady, attended the inauguration of President Joe Biden, surprising many people as former Vice President Pence usually followed the actions of former President Donald Trump during their time in office. While some inaugural traditions were changed or shortened, the majority of the events still occurred to mark the change of power between presidents.

President Biden's administration faces numerous challenges including repairing the division in our country, fixing the economy, slowing the spread of Covid-19, and repealing controversial executive orders and policies from former President Trump. Senior adviser Cedric Richmond, the Biden administration's Director of the White House Office of Public Engagement, stated in his first press conference, "We're not going to wait weeks. We're going to come in and hit the ground running." He also explained, "I think that that is the most important part, to show the American people that we're serious about governing." President Biden's administration has promised to achieve



Photograph by Getty Images

President Joe Biden signing executive orders.

the actions stated during his campaign trail.

During President Biden's first hours in the White House after the inauguration, his administration signed numerous executive orders that reversed many of the orders former President Trump passed while in office. Biden took steps to rejoin the Paris Climate Agreement, removed President Trump's travel restrictions placed on Muslim-majority countries, halted construction on the U.S. Mexico border wall, and approved a law requiring employees and contractors on federal property to wear masks. President Biden also proposed a large immigration reform bill, which was an action he claimed he would do during his campaign.

Biden worked on inauguration day to begin placing America back into the World Health Organization, which his administration believes is crucial to combating the global pandemic. Jeffery Zients, the leader of President Biden's Covid-19 taskforce, told the White House Press Corps, "This is clearly a national emergency, and we will treat it as such." The Centers for Disease Control and Prevention was asked by Biden to extend the federal moratorium involving evictions until at least

the end of March. President Biden also asked The Department of Education to further the moratorium on interest and principal payments on direct federal loans until at least the end of the third quarter. Biden requested that the Office of Management and Budget better spread federal resources in underserved and African American communities.

President Biden successfully passed an executive order on January 20th that terminated the national emergency declaration that former President Donald Trump used to fund the construction of the border wall. Biden has created legislation concerning immigration that if passed by Congress would allow approximately 11 million undocumented people living in the U.S. to be placed on the path to citizenship. It would also fund border security measures that he deems more effective than a wall.

Many government regulations removed by Trump's administration are beginning to be reversed by President Biden. Biden is proposing to revise fuel economy and emissions standards while also revoking the permit for the Keystone XL pipeline that infringed on indigenous land.

## New Vaccine Developments

Rosa Casey-Teeley '24 - News

The development of the COVID-19 vaccine is nothing short of a medical miracle. Since the appearance of the deadly coronavirus one year ago, the pharmaceutical industry has tested and developed two vaccines that are 95% effective against COVID-19 infections, with a third on the way. These vaccines are currently being distributed in the US and across the world in an effort to combat the lethal virus. Traditional vaccines, such as those for polio, measles, or influenza can take decades to develop. However, the rapid development of the COVID-19 vaccine is due to new mRNA technology.

Traditionally, vaccines use weakened or inactive viruses to trigger an immune response to develop antibodies. Unlike traditional vaccines, mRNA vaccines use blueprints to teach cells how to fight viruses.

While the outcomes of mRNA vaccines differ only slightly from the traditional vaccines we have used in the

past, the production is very different. Finding ways to weaken viruses takes an abundance of time and money, which results in a slow production time for traditional vaccines. Without the time barriers needed to weaken viruses, mRNA vaccines can take significantly less time to make.

However, the development of a vaccine does not completely guarantee safety and effectiveness. For a vaccine to be approved, it must go through a five-step process composed of the vaccine discovery, pre-clinical trials, clinical development, approval, and what is called Phase IV.

The journey of a vaccine starts out by being created, in the vaccine discovery phase. The new vaccine comes out of the vaccine discovery phase and enters pre-clinical trials.

Pre-clinical trials are usually when a medication or vaccine is tested out on animals to see what the immediate effects are. If the tested animals come out unharmed with some immunity, the vaccine continues to clinical trials.

Clinical trials are similar to pre-clinical trials, but instead of testing on animals, the vaccine is given to a small number (anywhere from 20-80) of humans. If all goes well, clinical trials continue until thousands of people have been tested.

If the vaccine proves to be safe after this, it is sent to the CDC and/or the FDA, where high-level officials review research and data from the pre-clinical and clinical trials to determine if it is safe and effective for the general public. If approved, the vaccine is sent for mass manufacturing and distribution.

The process a vaccine must go through takes years, sometimes decades, and while some may be wary of the thoroughness the COVID-19 vaccines went through in trials, the fact that they were able to be developed so quickly is extraordinary.

The vaccine being safe, effective, and developed in less than a year proves that this scientific discovery is nothing short of a miracle and will change the world of modern medicine.

## Fear of the coronavirus vaccine

Edith E '24 - News

"I've played on a playground inside of a Burger King", "I've shared drinks and food with at least a million people throughout my lifetime", and "I used to eat dog food as a kid because I thought it tasted good," are just some of the responses people have posted towards the new Tik Tok trend, "why aren't you scared of taking the COVID vaccine?"

While the doctors and scientists leading the world's fight to stop the spread of the coronavirus have made it clear that the vaccine is safe to take, about 40% of Americans are still unsure of it, according to a survey conducted by Pew Research Center. TikTok users have been known to find the humor in many situations, and have once again resorted to humor as a way to alleviate people's concerns towards the vaccine by creating a new trend which consists of people explaining, in a joking manner, why they aren't scared to take it.

When polling the student body with the same question, students' responses were based on things they have done in the past that they think have prepared them for this type of situation or can make them 'immune' from any risky side effects. Senior Neeve Izadi said, "I'm not afraid of the Covid vaccine because I've had to breathe that nasty air in the boys bathroom for more than ten minutes. Nothing scares me more than the St. Andrews middle school hallway bathroom." Similar to Neeve's response, Senior Maya Noboa said that "I'm not scared of the COVID vaccine because I've gone to a bathroom at a gas station."

Some peoples' lack of fear was directed towards substances that have entered their bodies that they think could have worse side effects than the vaccine. For example, Senior Samantha Ojeme explained that she is not afraid of the COVID vaccine because "I've accidentally used one of the boys lacrosse teams water

Jump to 4

## Memories

*continued*

continual practice can help the mind store new information into long term memory.

Retrieval is the third process that occurs when the brain recalls stored information. Retrieval of the stored information is in the response to a cue that signaled the use for it in a process or activity. This process helps the brain to recall certain information that needs to be brought back into our consciousness. Creating strange mnemonics, stories, and visuals can help improve the retrieval process because the brain can remember something better that is distinct in our memory rather than a boring piece of information given to memorize.

I hope you can remember how memories are made!

## St. Andrew's TikTok Star

Xander Alarie '24 - SAES News

Jovi Greene, a freshman at St. Andrews, started a TikTok page in early November. Jovi would post funny videos, skits, and different trends. He has always had a passion for cooking and said that "I really like to edit and create videos. I used to make random videos just as a joke, but I enjoy cooking a lot, and once I gained some traction, I realized I love it and enjoy the process of each video".

Not too long ago, he began creating short, quick-cut cooking tutorials for a small audience. Jovi posted a "duet" video with a famous young chef named Nick Digiovanni, which racked up a total of 14 million views and 2.2 million likes. This was a huge growth spurt for his page, and it gained him about 100k followers. Jovi said it takes him about 2 hours to cook, edit, and upload his minute-long videos. Since then, Jovi has been making connections with other big-name chefs on TikTok and pulling in a huge audience of about 300k people who love his videos.

Even though Jovi is famous in the

cooking bubble of TikTok, many students at St. Andrews say they've seen his videos while scrolling through their "for you page", or the "discover" page. Drew Levine, a sophomore at St. Andrews, said that he has been following Jovi for a few months now, and he finds the videos to be satisfying even though he doesn't necessarily love cooking. He loves "the quick-cut camera work, the transitions, and the editing. It's just really easy and calming to watch." When asked what his favorite video from Jovi's page was, he said the Mozzarella Stick tutorial, which is one of Jovi's more recent videos.

Freshman Elias Milam is friends with Jovi, and he said that "every video gets better and better". He said "the camera work almost always improves, the quality is great, there are really cool new transitions in his recent videos, and the food always looks really good when it's finished." Elias, like Drew, finds all of the videos mesmerizing and calming. So, if you are looking for your next recipe or cooking video, check out @jovi\_greene on TikTok to see St. Andrew's newest rising star.



Photograph by @jovi\_greene on TikTok

Duet video of Jovi Greene and Nick Digiovanni

## Jack's Alter Ego

Hannah Dourgarian '21 - SAES News

Senior Jack Schoeb loves his YouTube channel, and what's not to love? Jack's channel, called JdOs, offers his audience the opportunity to watch him play a wide variety of video games, showcasing not only his amazing editing skills but also his passionate narration from his gamer-persona, JdOs.

Jack uses each video as an opportunity to channel his interests in video games, editing, and game design in a creative way, and even for those who have no interest in video games, the enthusiasm and joy in each video are enough to make anyone genuinely engaged and excited. As someone who has no knowledge about video games, I can truthfully say that of all the JdOs videos I have watched, every single one has made me laugh. For anyone looking for a little comic relief or to spend some time with an upbeat and optimistic personality, JdOs is a channel worth

watching.

Jack says that 'JdOs' is a "character of comedy" whose responsibility as gamer/narrator also includes helping to spread happiness to anyone who takes the time to watch his videos. "Let's say you're down one day, this is something that's supposed to pick you up," Jack said, because "I think that it's really important that there's something out there that is not like crazy opinionated" or "very serious." While Jack describes himself as a pretty serious person, his online persona is quite the opposite, constantly making jokes or insulting his opponents. "I don't act like myself," he said.

Jack said that the editing requires hours of tedious work cutting down videos and finding music and sound effects. "It's just a hobby for me, like I never am going to make it like a business or go full time and do it as a career, but it makes me happy because it's something that I can do myself, that I don't get help from other people, but

I can always work on improving my videos."

Both Jack's friends and fans admire the clean editing of each video and how it pairs with the lively and enthusiastic narration from JdOs. "You can tell that he puts a lot of time and passion into them," said senior Julian Delogu, and "he's really proud of the stuff he puts out." Many of Jack's friends also ask him for help editing their videos when they have an important project that needs to be done neatly and professionally, such as one who asked for help with a video he was submitting as a part of his college application to Brown. "I would rather have people learn from me," Jack said, "than rather me... just editing their content." And "even though I don't want to go full time" or "try to make a million dollars a day," he said, "I want others to see my editing because a lot of my friends that I talk to who watch my videos always compliment me on my editing, and they're always like, I wish I could

do this, I wish this was something that I knew how to do, and so I want them to know this is something you can do. I had no experience in editing... It took me a very long time, but I got it done."

It has, in fact, taken Jack a long time to reach where he is today in regards to his editing and video-making skills. His first video was recorded on an iPod touch in a dark closet when he was just six years old. From then on, he continued to make videos, many of which included him explaining how to play a particular game. It wasn't until he made Joker Content 2, a video in which he plays Super Smash Bros., that his passion for his JdOs channel really ignited.

While Jack says that the first version of this video, Joker Content, is the "staple" of the JdOs channel, he describes Joker Content 2 as more of a "passion project." "I spent money on a thumbnail, like a custom drawing and like an 80 dollar thumbnail," said Jack, and "I just spent one weekend just taking the whole project out, like I Jump to 4

## Opting out of Hybrid *continued*

lets people request to be with a few of their friends." However, at this time, the school is not considering a significant rearrangement of cohorts. "We made adjustments to cohorts for students who carpool together and to rebalance some advisor groups, but we have not invited students to share who they would like to be with and made adjustments based on that data," said Mr. David Brown, Assistant Head of School.

Some students remarked that there seems to be a shortage of seniors on campus.

Senior Andy Battan believes that there are so few upperclassmen that attend in-person because, "seniors especially are getting lazy and since many of us either submitted our [college] ap-

plications or know where we are going, we don't have as much of an incentive to work hard." Senior Annelise Wiesel said that, "Seniors lost all of their senior privileges, and they already have their close friends, so they are probably less inclined to talk with random people." Annelise continued by saying, "once people get into college, they don't really want to try as hard, so they would rather just do class from in bed."

While 27% of students opted-out, there are still numerous students who were excited to return to the physical classroom. Roughly 80% of the survey respondents accredited wishing to get out of the house, see friends, and learn in a classroom as their top reasons for attending in-person school. Despite the

restrictions put in place for social interactions in school, the benefit of seeing their friends in-person outweighed such restrictions for some students. Going into school provides a sense of normalcy in the routine of getting ready and physically moving locations. Senior Zara Blake explained that for a few of her friends, "it is the highlight of their week... They genuinely love waking up earlier and having to drive to school." Many students also referenced academic reasons as their motivation for going into school. Sophomore Mia Redjaee explained that hybrid broke up the monotony of virtual classes, pushing her to "participate more" while also providing the "instant response from teachers" that made it easier to learn

new material and stay focused. Sophomore Kate Schneider seconded this sentiment, stating that, for her, "home is not a place to learn." The school environment allowed her to foster relationships with teachers in a way that was not possible through a screen.

Despite the challenges that distance learning provides, Mr. Kosasky still said "We're at the low point right now. It is going to get better. It's going to take time, but it will get better. Senior graduation will be better than last year's, this spring will be better than last spring, and next fall will be better than this fall. We are on the upward path."

## Religion In a Pandemic

Ana-Lucia Chalmers '22 - News

Does tragedy strengthen faith, or weaken it? For many people, these unprecedented times have created opportunities to rethink their faith. Has quarantine given people the chance to expand on their beliefs, or even change them? Psychological research can tell us more about faith and how it operates during a time of crisis.

While it may be easy to assume that everyone religiously copes with tragedy in the same way, there is a more complex system behind these coping mechanisms. Based on research done by the American Psychological Association, religion can help people by showing them a more positive and hopeful lens to see life. It can “foster a sense of connectedness”, where people feel they are a part of something larger than just themselves. A sense of peace and hope can often be found through faith.

However, based on the same research by the APA, religion can prevent healing when people use religious beliefs as a punching bag of sorts, with one blaming their

god or higher being for mishaps in their lives. Alternatively, some put too much faith in their ideology and go into “religious deferral”, putting everything in their god’s hands. For example, some use their faith as a justification for not taking COVID-19 seriously, saying that their god will be in charge of their well being. This can be harmful to others susceptible to infection, who need to be protected.

According to a study done by Pew Research Center, teens publicly take their parent’s religious and spiritual beliefs, but their faith tends to be different in private settings. Even at St. Andrew’s, some students tend to be “socially” religious around family and friends. Clare Gamma '22 says that “the change from being raised in a Catholic family to being in a community with flexibility when it comes to religion has given me a completely different outlook on my faith.” The effect that parents have on students is evident in the school community. As St. Andrew’s stands, the school is 54% Christian students, 13% Jewish students, and around 2% Muslim students, with varying levels of religious activity. While some students are less cer-

tain about their faith, a few SAES students have grown much closer with their god and set of ideologies. Brianna Lane '21 has grown a strong religious faith over quarantine, saying that “over this time at home, I was able to give my time to God by reading my Bible everyday, praying, and worshipping Him.” Mr. Dahlke, one of the Biblical Theology teachers at SAES says that “there is a new kind of insecurity that arises when the world doesn’t know it has shaken.” for dedicated religious followers, and their atheist counterparts, the pandemic and the events following the elections are almost no threat to their belief system. “Talking about the nearness of death and how society copes with a plague is almost normal in the church,” said Mr. Dahlke and non-religious people see these times as an unfortunate part of the cycle of life. For the people outside of these groups under the umbrella of religion, there is much more uncertainty. Mr. Dahlke said that, according to what he has seen, it seems to be “easier to lose faith now than it is to gain it, especially for those who are questioning their faith.”

## The Importance of Digital Art Education

Matías Heitner '22 - SAES  
Opinion

In 1821, art education was added to the public school curriculum and in 1860, Massachusetts became the first state to normalize it system-wide.

But on the bicentennial of the first art program ever introduced into a public school, questions arise as to whether this arts system is becoming outdated.

Experts and educators nationwide are calling for the increased implementation of digital tools in art education as technologies become more prominent in artistic industries. Structured environments for achieving proficiency in software such as Photoshop, Premiere, Illustrator, After Effects, and many more are largely lacking in the United States school system.

Even at St. Andrew’s, where resources are plenty and reputation for outstanding teaching abound, the school’s digital art courses can be counted on one hand and are usually single trimester classes. This is already a step in the right direction considering the complete void in many other schools, but it is not enough.

Many students are resorting to learning online in order to fill the gaps, which is necessary for per-

sonal growth, but suffers without some form of structure. Learning methods such as these can lead to shallow understandings of fundamental skills and stunt the transition into more advanced methods. “The most successful classes are when you have a combination of tutorials and one-on-one guidance, but also the creative freedom for students to troubleshoot things and have the teacher as a resource,” explained Mr. Reyes, St. Andrew’s digital design teacher and artist rooted in the contemporary creative scene.

“I think it’s going to be vital, as we reimagine education, to start thinking about the role that creative making has in inspiring students,” he continued. Mr. Reyes also said that physical art should never be phased out completely. “Analog and digital are going to go hand in hand, but you need to understand the basics of drawing and putting ink or paint to a paper to truly learn.” David Stevenson, a junior at St. Andrew’s who recently made the transition from paper to program, commented that “Pen and paper is still a necessity, and it should be taught as a course, but there should be a class for digital art because a singular unit just isn’t enough.”

David is addressing a regularly repeated complaint about existing art programs that attempt to implement

digital tools. Schools often jam digital media courses into one-trimester electives or single units in an overarching curriculum instead of giving them room to develop. Computer programs have a challenging learning curve, and, while a general understanding of art is instrumental, twenty hours of classroom instruction on intricate programs only allow for a very basic understanding.

From film to simple illustration, multiple industries are developing stronger reliances on digital mediums. With this, the workforce is evolving to be more compatible with modern techniques. Creating portfolios for jobs after high school is becoming steadily more important, and proficiency in digital programs is required in more and more jobs.

Mr. Zastrow, who leads the technical crew for the multiple productions at St. Andrew’s, explained that “There are an increasing number of jobs in digital art, and many jobs that didn’t used to be digital before have shifted over.”

Education, he argued, should change with the times. He commented on this ever-evolving state of digital media with a simple metaphor: “There is a difference between a Prezi and a Powerpoint, and Prezi is now old news.”

## Fear of the coronavirus vaccine

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bottles.” Senior Anneliese Wiesel said that “I’m not scared of the COVID vaccine because I have drunk McDonald’s milk.” Hannah Junaideen said she has, “swallowed water from an indoor swimming pool.” Neeka Sadeghi has shown that she is prepared to take the COVID vaccine by explaining how she is still a “firm believer in the 5-second rule.”

Although the Tik Tok trend probably won’t convince everyone to take the vaccine, it sure helps lighten the mood, especially for those who are feeling a little iffy about it. Whether or not you are worried about taking the vaccine, hopefully reading about your classmates’ responses as to why they aren’t afraid to take it has made you feel a little better about it!

## Jack’s Alter Ego

*continued*

spent three days, and everyday I would spend like 5-6 hours editing this video, that’s 20 minutes long, and so I was just like insane, I was like, I need this... I basically took everything I learned over the past few years, put it together, and made something that I really loved.”

JdOs wants you to laugh as you watch his videos, and Jack hopes that his videos inspire you to tackle whatever project or challenge it is that you’ve always wanted to try, but never had the courage or motivation to go through with. “I want people to know,” said Jack, “that... if they’re in disbelief about making something, that’s a hobby of theirs, like for example it’s my hobby, I hope that they take from it that even if it’s not something that’s super successful, super popular, or anything, you know crazy, that they should be proud of it, of what they’ve made, and I think whatever they’re going for, they should go for it, because why not try and make something out of it, rather than just think upon it and think that you’re not going to do it.”

The JdOs channel “has something for everyone,” Jack said, whether you watch for its host, the editing, or the game play itself. For Jack, making these videos is a way for him to live vicariously through his animated gamer-persona and also to refine his editing skills, then combine it all into a project that is rewarding and fun to complete. Even so, knowing that others are just as excited about his videos as he is is also a key aspect of his enthusiasm and love for his channel. “It makes me so happy,” Jack said, “that there’s someone out there who really enjoys my videos.”

## Changes to SAES Admission in 2021

Sydney Wills '23 - SAES News

While schools, restaurants, and social events have slowed down, the admissions department at St. Andrew's has sped up. St. Andrew's admissions is thriving despite the pandemic with just as many students applying as before. This is due to the creative thinking of the St. Andrew's admissions team.

According to the admissions staff, they had to rethink many things, such as the way they did tours and interviews. Ms. Lisa Shambaugh, Director of Admissions, said "It is hard to get to know St. Andrew's without being here in person. How do you get a sense of what SAES really is without the teachers, faculty, and students there? How do we give a sense of our community when parents and students can't come to campus?"

However, the admissions staff found a solution by using Peer Pal. Peer Pal is a place where prospective parents connect with SAES parents in order to learn about the St. Andrew's community. Parents on Peer Pal have a brief bio about their students' experience at St. Andrew's, such as what grade their children are in and what their interests are. Through using Peer Pal, families can connect with SAES parents whose children exhibit similar interests as their own.

It is up to the parents who are interested in St. Andrew's to contact the school and parents they want to talk to. Below each picture of a St. Andrew's parent, there is a link to set up a call with them and get more information. According to Dena Doulaveris, current St. Andrew's parent of a 6th, 7th, and 8th grade student, this website is designed to help prospective parents get a sense of the St. Andrew's community. She believes the only way to get that sense is to talk to someone who has gone through similar school experiences. She said the link serves as an amazing opportunity to connect with

parents, and she feels that face-to-face interactions are the most effective way to talk about St. Andrews. "having the ability to connect with those parents through Peer Pal is a big plus," she said.

In a normal year, the parents who participate in Peer Pal would usually be giving tours; however, through Peer Pal, prospective parents can still reach out to school parents and ask questions. Mr. Dane Smith says, "Peer Pal is a good way to learn about the school and connect with students and parents. It is not the same as a tour, but it is as close as we can get." To help parents get a sense of the school, the admissions office hired a company to take pictures of the school in order to create a virtual tour. Along with the photos, these virtual tours are also narrated.

While the application process has generally remained the same, the Admissions team has made a few tweaks. Like colleges and other institutions, St. Andrew's has decided to make the WPPSI (up to age 6), WISC (ages 6 through 5th grade), and the SSAT or ISEE, which were formerly required for middle and upper school applicants, optional because testing dates in the spring were canceled. The admissions team, however, has explored creative ways to get a sense of a student. In the middle and upper school, the admissions process now requires one of two options: prospective students can either submit an essay or they could submit a project. This allows the team to really get a sense of who the student is and whether or not the student would be a good fit for St. Andrew's. Ms. Shambaugh pointed out that, "this change to the admission process, de-emphasizing standardized testing, actually feels more true to who we are as a school. Students can now choose how best to introduce themselves to us, and have shown a lot of creativity in doing so this year."

In the past, in the [Jump to 6](#)

## Social Isolation and Pets

Kylie Wilbur '23 - Psych

Following the outbreak of the coronavirus in early 2020, many individuals have been struggling with mental health as they attempt to manage the fear caused by the virus itself along with uncertainty about the future. As people spend long days at home feeling isolated, the popular method of coping is adopting a pet.

Having a dog to walk and play with not only serves as a companion during this period of isolation; it can also be motivation to go out on walks and stay active. Research has shown that having a dog or cat

has numerous health benefits, including reduced stress, lower blood pressure, and increased feelings of social support.

According to the Best Friends Animal Society, since the pandemic began, many adoption centers have seen an increase in pet adoption. Because more adults than ever are working from home and attending online school, they are home for most of the day. Those who may have previously had long days spent outside of their house now have time to take care of a pet. The Society also said people who live alone have adopted animals as companions.

## Mental Health Challenges During Lockdown

Catherine Colbert '22  
& Alexandra Cannon '22 - Psych

As teenagers, we are constantly being told that to be truly happy, we first must become content with ourselves. However, complying with this advice has become harder than ever with the outbreak of COVID-19. Research shows that social isolation can have drastic effects on our mood, increasing the likelihood of developing depression or anxiety.

Unfortunately, the pandemic has left many teenagers unable to spend time with friends and family. Recent research has provided tangible evidence of the negative impacts of social isolation on both mental and physical health. According to Stephanie Cacioppo, Assistant Professor of Psychiatry and Behavioral Neuroscience at the University of Chicago, people who are more socially isolated and lonely have been found to have reduced brain volumes in the prefrontal cortex, the region of the brain dedicated to decision making and social behavior. Isolation can also result in "smaller-than-normal hippocampi and reduced concentrations of brain-derived neurotrophic factor (BDNF), both features associated with impaired learning and memory" Overall, the stress of isolation has been proven to result in an increase of negative emotions, long-term decline in memory function, and an increased risk of a variety of illnesses. In short, social isolation and loneliness are extremely dangerous, and in some cases even deadly.

According to USA Mental Health and First Aid, mental health challenges continued to worsen during this time. As of late June, 40% of adults reported struggling with mental health. One in six U.S. youth ages 6-17 experienced a mental health disorder, and depression alone cost the nation about \$210.5 billion.

However, even with the restrictions

of quarantine, there are many techniques that can help to ward off the negative effects of loneliness. Ways to help yourself stay centered include getting into a schedule, working out, organizing your living space, eating well, and trying new things. Above all, it is essential to reach out to those that may be struggling and maintain the friendships and connections that will keep this community strong.

Your mental, physical, and social health are all intertwined, meaning that in order to be your best self, you have to make sure you focus on self-care. Prioritizing mental health is more crucial now than ever. With the pressures of school work, extracurriculars, and family life whilst living through a pandemic, it is critical to take time for yourself. Whether it is talking to a friend, a teacher, the school counselor, or the chaplain, exercising, cleaning your room, taking a hot bath, watching your favorite show, or even baking cookies, just doing something that you enjoy can help reduce stress and anxiety.

If you returned to campus in October, you probably saw the school nurses, Ms. Diane Stewart and Ms. Shelly Keenally, more often in one day than you did in previous school years. While we have all read many reports about COVID, few have focused on the true heroes of the school, the school nurses.

Before the pandemic, people may have thought the school nurse handed out bandaids and Advil, or sent students home if they were sick. However, when COVID struck, the job of the school nurse took a dramatic turn. No longer behind desks, the school nurses were walking the hallways, complete in scrubs, face masks, and face shields. Their voices suddenly became familiar to students as they ensured that everyone stayed 6 feet apart.

The onset of COVID has changed what it means to be a school nurse. Ms. Stewart said that once the pandemic started, "My job fo-

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Homeward Trails Adoption Center, located in Fairfax Station, Virginia, is one of several local organizations helping people fall in love with a new pet. Katie, a representative from the Homeward Trails Adoption Center said, "The pandemic has caused a surge in adoptions...Our adoption numbers have gone up an exponential amount." According to Homeward Trail's Facebook page, the organization rescued 3,145 animals in 2020 including a record number of 1,139 cats. They had 992 foster volunteers and drove over 100,000 miles to transport animals.

Lost Dog and Cat Rescue, another

adoption organization, has had the highest number of adoptions ever in 2020. The rescue league adopted out over 2,600 dogs and cats to forever homes, and another 2,300 were placed in foster homes. Almost 3,000 dogs and cats were transferred into their rescue.

Adopting a pet can help decrease anxiety during this stressful time. Staying active, lowering stress levels, and keeping a positive attitude are all important parts of remaining healthy, and of course, adopting animals not only helps people deal with social isolation and staying active; it also changes the lives of animals desperately in need of a home.

## New Teacher: Ms. Karly O'Brien

Sydney Wills '23 - SAES News

Karly O'Brien is a native to the Washington, D.C. area, attending Good Counsel for high school. For university, she attended Robert Morris University studying environmental science and playing lacrosse. Before joining St. Andrew's, she spent some time at Churchill but she only got to be on campus a couple of months before the school went to distance learning. She feels lucky that she was able to experience the school for a bit before COVID. Ms. O'Brien is not new to St. Andrew's, however, because she coached 5 year ago and was drawn to our community because she "really likes all the kids, the experience, and the community." Currently, Ms. O'Brien is an 8th grade advisor, proctors for the 9th grade study halls, and coaches Middle School PE. She found distance learning a struggle because she felt she did not



Photograph via HealthyBaller

Ms. Karly O'Brien get to know the kids, and is excited to be back on campus. When asked what she most enjoys about teaching, she said that it is, "fun to see how fast they grow and being able to help students reach their goal." In her free time she likes to spend her one year old and go on hikes.

## SAES Admission

*continued*

lower school, prospective students would come to St. Andrew's for the day. Teachers would see how they play with other kids and assess their grade placement and strengths. In the lower school, Ms. Shambaugh stated, "doing a formal interview with a 4 year old may not be the best way to get to know them." So now, to get a sense of the student, they are required to submit some artwork and talk about why they submitted that piece. According to Ms. Collins, "this year, all of the as-

sessments are happening virtually. Pre-school parents are submitting videos of their children demonstrating certain skills, while elementary students are meeting with teachers via zoom. Families are visiting campus on the weekend and using virtual tours to get a feel for the classroom spaces." All the changes that the admissions staff have put in place, due to COVID, is for the ultimate goal of getting to know students and seeing if SAES is the right fit for these students.

## Students React To College Board Announcements

Jonas Blum '22 - SAES News

On 19 January 2020, The College Board announced that SAT tests will no longer feature a graded essay. This is a reversal of a decision made 15 years ago to add an essay, arguing that it would bolster the creation of well-rounded students. The SAT press office said that this change will, "reduce and simplify demands on students." This is part of a package of test reforms that include the immediate phase-out of SAT subject tests. Together, these changes mark the first major effect the pandemic has had on the College Board and their programs.

Reactions from the student body were overwhelmingly positive to this news. Junior Oliver Bush said in the immediate aftermath of the news, "I'm very glad they removed the essay, as managing which colleges did and did not require it was frustrating." Bush's sentiment was elaborated on by classmate Dylan Luchsinger, who said, "I only signed up for tests without the essay, so this news is a huge weight off my shoulders."

Despite the mass consensus on this change, not everyone was satisfied with this news, especially students who had already taken the 4+ hour test with the essay. Junior CJ Schlegel said that "[he] had studied hard for the essay section, and [is] disappointed that [his] score no longer matters."

Public reaction outside the school has been along similar lines, with the College Board commenting on these critiques in their statement. They rebuked these comments by saying this will result in "simplified college applications." They also leaned on their new "streamlined, digitally delivered" test which would not be able to accommodate an essay section.

The reaction was less clear to the discontinuation of the SAT subject tests, as they have already fallen out of favor to AP tests, also run by the College Board. Many students did not see the benefit of taking two tests testing the same knowledge, and would just omit the subject test, said the College Board. Referring to these tests Luchsinger said, "It's nice to not have another requirement in a busy application year."

## New Exercise and Eating Habits

Cece Fainberg '21 - SAES News

Good health embodies eating well, staying hydrated, getting physical activity, a solid sleep routine, and paying attention to your mental wellness. Strong healthy bodies also help prevent illness.

Since March 2020, people have been stuck inside their homes in an effort to protect themselves and others from COVID-19. This forced indoor time is not pleasant for many, but there are opportunities to focus on how to improve and impact overall health. According to the Military Health System, healthy habits "not only [improve] overall health and wellness, but also [make] us more resilient during COVID-19," and throughout the lengthy quarantine period.

The drastic changes that COVID-19 brings make it challenging for many people to maintain control of their behavioral habits, including eating, exercise, and sleep. However stressful and overwhelming, this period of isolation has proven to be quite transformative for many. Some have taken this time to focus on bettering themselves, both physically and mentally.

In a Mane News poll, students were asked a number of questions about their overall health during quarantine. When asked if they have tried any health trends in the last year, 76% of students stated they have, with the majority involving exercise and diet. Many students wrote that they have been eating healthier, drinking more water, and taking better care of themselves. In fact, 54% of SAES students have been exercising more over quarantine.

During this pandemic, topics of emotional significance such as stress eating, self-help, exercise, and healthy living are prevalent and trending. From fitness videos and dieting crazes to mindfulness apps, some people are using this period to work on productivity and change. As reported in Mindbody Business, before COVID-19, "7% of consumers used live streamed workouts." However, through quarantine, this number "increased to over 80%. In April, a whopping 85% of consumers reported live streaming on a weekly basis." Online workouts (live-streamed or pre-recorded) have become more popular with the closure of gyms/fitness centers, and this trend is not likely to cease once COVID-19 ends. While most people can't wait to get back to the gym, "43% expect to go back to their previous routines and add pre-recorded videos and/or live streaming, post COVID-19."

Dr. Betsy Mencher, a clinical psychologist based in Washington, said that the one thing that seems to be helpful is "getting back to basics,"

with the hope of returning to normalcy. The pandemic has affected everyone's health in some way. "we have been stripped of many of our coping skills," she said. These coping mechanisms can include spending time with friends and family, collaborating with peers, and even hugging a loved one.

According to Bethesda physical therapist Boris Cicmil, exercise is a great way to stay motivated, release endorphins, and keep your body healthy. Cicmil said that "one way to stay motivated and physically active is to make workouts a competition between friends." One way to do this is to track the number of miles each friend runs in a week, and the one with the least amount of miles run has to host a COVID-safe outdoor gathering and provide the food and activities. Another way to exercise with friends during a pandemic is via Zoom. Each day, a different friend picks out an exercise video online, and the rest of the group follows along with the video. "That way," he said, "you spend some time together, probably laugh at each other, and get some exercise."

Dr. Dana Kornfeld, a pediatrician with the Pediatric Care Center in Bethesda, MD, stressed the importance of sleep during this forced isolation period. Kornfeld said that "a good night's sleep has a positive impact on the immune system. When you sleep, your immune system releases cytokines which directly impact your ability to fight infection." She also said that teenagers can benefit from nine to ten hours of sleep each night. Another element of good health that she preaches is exercise. "Exercise enhances antibody production that helps you fight illness," says Kornfeld. "It also slows down the release of stress hormones, making your body more able to combat infection." Dr. Cicmil said that regular exercise and strength will also prevent injuries to joints. Strong muscles prevent ankle sprains, ACL tears, and shoulder injuries in young active people and athletes.

Kornfeld addressed the importance of interaction and connection with friends. She sees firsthand the effect of isolation and loneliness on teenagers, and says that "trying to connect with people virtually or safely increases a sense of well-being" which in turn decreases stress hormones. Kill three birds with one stone—take a brisk walk with a friend—get fresh air, exercise, and time with someone else.

It is important to stay positive during a time of such stress and uncertainty. Taking care of your health, both mental and physical, can help people get through this pandemic.

# Adventure Time: Revolutionary

Kennedy Lynch '21 - Opinion

Adventure Time is an award-winning television program that will make you think critically while simultaneously keeping you entranced with its childlike nature. The show is about Finn the Human and his brother Jake the Dog, going on adventures in the magical Land of Ooo which actually is post-apocalyptic earth. Though the premise of the show may seem juvenile, the show had ten seasons, received 8 Primetime Emmys, garnered an international fan base ranging in ages, and success led to the expansive interest in animated shows which have inspired a new generation of cartoons. Now the question is: how was an animated children's television show which is loosely based on dungeons and dragons able to accumulate this many accomplishments?

Adventure Time's greatest attributes are the complex storyline and underlying symbolism, but at the start, the show posed neither of these qualities. Despite this, the show initially gained traction for the joyful innocence the show possessed.

Though Ice King is portrayed as an unhinged snow wizard, he is revealed to be a normal man corrupted by the magical crown he wears. He

solely used the crown's powers as protection from monsters, but progressively used the crown more and his mind became distorted resulting in the person he is now. Many older viewers view this transformation as symbolism for addiction, as we see the effect his new personality has on him mentally and the relationships with people around him deteriorating. However, younger kids watching this show are less likely to pick up on the subliminal messages that the show has because they are so seamlessly integrated into the storyline. Making this the perfect show for teenagers and young adults as well as children.

Another ground-breaking development that happened on this show was the lesbian relationship between Princess Bubblegum and Marceline the Vampire. An animated children's show having LGBTQIA representation was rare, but the show makes their relationship explicitly clear on multiple occasions and gives them a happy ending. This unapologetic depiction allowed more animated shows (Steven Universe, The Loud House, Clarence, Gravity Falls, etc.) to depict these kinds of relationships as well. As the general audience had a positive reaction to this relationship being confirmed in the finale. The show also depicted the troubles of growing up, toxic re-

lationships, death, and trauma while keeping the same cheerful theme I previously mentioned.

The relationship between the two protagonists, Finn and Jake. Adam Muto, Adventure Times' showrunner, described why this relationship was so impactful, "During that time it was common for cartoon characters to be very cynical and sarcastic towards each other. However Finn and Jake kept this genuine friendship." The true turning point for the show was when they started getting into the origins of the entities in the world, each character has distinct attributes that make them relatable to watchers regardless of their otherworldly powers or appearances.

This is why the show's success is so prominent because the show was able to balance these serious topics without forfeiting the central concept of innocent happiness. Moreover, helping people of all ages able to relate and enjoy the show for such a long time. Adela Adiaconitie, a twelve grader at St. Andrew's, said, "I enjoyed the show a lot because it was stupid like I enjoyed the colors and the way they talked." Brianna Johnson, a twelve grader at Cardozo and cartoon enthusiast, said, "I enjoy Adventure Time as a show that I can watch either without thinking or actually

trying to figure out what the show is trying to portray." Mr. Shabazz, a new St. Andrew's staff member also praised the show's interwoven mature concepts saying, "The show was fun but also was able to tackle difficult topics as well."

Though many people enjoy the show there has been a dispute about if the show is good for kids to watch, considering the hidden message it depicts. Along with the mature themes the show also possesses complex language and occasional adult jokes, making some parents uncomfortable with their children watching the show. I believe that this show can be helpful to kids bridging that gap between childhood and becoming a young adult ready to tackle difficult questions and topics.

There is no dispute about the impact Adventure Time had not only on its viewers but also the entirety of animated shows from the animation style to the sudden demand for these shows on all central television channels. Making Adventure Time the most impactful and thoughtfully directed animated show created to date. If you have the time I highly recommend that you watch Adventure Time, the show available on Cartoon Network act, Hulu, and HBO Max.

## Mental Health Challenges *continued*

cused on developing health policy, becoming a resource for the administration regarding COVID, ordering numerous health supplies that were necessary for school to open, and taking on the role of a public health nurse."

October brought on a whole new set of health and safety procedures. Before students arrived on campus, the school nurses, with the help of the administration and the support of the maintenance staff, were busy making sure our campus was safe for students and faculty to return too. Black tape lined the hallways to make sure students stayed 6 feet apart, desks were strategically placed to allow the students to stay socially distanced, and signs were in every corner of the school reminding students about the importance of washing your hands and wearing a face mask.

Headmaster Robert Kosasky said that Ms. Stewart and Ms. Keneally played a vital role in the school's decision about hybrid learning. Mr. Kosasky said they are, "Really important leaders when students are on campus or when faculty and staff are on campus." He went on to say that the nurses have, "Multiple meetings with health officials and regular meetings with nurses from other schools. They also sit on our health and

safety teams, talk to outside medical advisors, gather a lot of data for us, and talk regularly with me and Mr. Brown as we are making those kinds of decisions. They are very key people."

Health protocols are at the forefront of Ms. Stewart and Ms. Keneally's minds because they are both in constant contact with health officials, receiving multiple emails from the Centers for Disease Control, Maryland Department of Health, Johns Hopkins Bloomberg School of Public Health, the World Health Organization, and the National Association of School Nurses.

It is critical that the nurses stay on top of the ever changing nature of COVID-19, so they are constantly reading information about the virus, attending webinars that focused on how to mitigate the spread of COVID in a school community, working long hours to make sure we are safe, and reviewing over 800 Magnus App answers a day.

Mr. Kosasky emphasized that the school nurses are, "Really knowledgeable and really educated about their jobs. They work really hard with each other and the school. They do a great job staying calm, positive, and reassuring."

## Meditation in Sports

*continued*

mood, displaying greater mental resiliency.

Athletic training has become more scientific, more technologically advanced, and increasingly efficient in the 21st century. While mental exercise was utilized by some sports figures like Phil Jackson in the past, medita-

tion has recently become a fundamental staple of the modern athlete's regimen. Why is this relevant to those of us who are not high-performance athletes, you might ask? I suggest you close your eyes, take a deep breath, and discover for yourself.

## The Mane News

**We are recruiting writers and photographers for the Spring!**  
**We are looking for talented individuals who can:**

- Write updates on sports teams and clubs
- Inform the school on the happenings at SGA meetings
  - Notify students of upcoming events
- Alert readers to impactful national and regional news
  - Shoot photographs of games and events
  - Write cartoons and take community polls

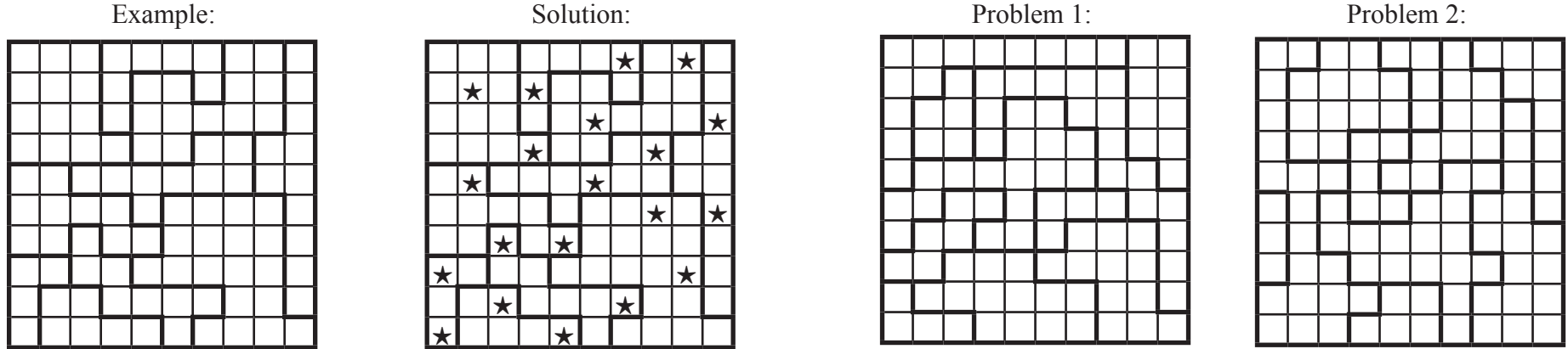
**If you are interested in joining contact Mr. Ferrante:**

[pferrante@saes.org](mailto:pferrante@saes.org)

# Two Not Touch (Also known as: Star Battle)

Mr. Ternes

**Rules:**  
 In these puzzles, each row, column and bolded region must contain exactly two stars. The stars can't touch each other, not even diagonally. When you place a star, you can eliminate all the squares that immediately surround it, and when you place the second star in a row, column, or bolded region you can eliminate all the remaining cells in that grouping as well.



(Hint: look at the tetris shape at the bottom left corner. You know where one of the stars has to go. This converts the next bounded region into the same tetris shape).

Answers to last issue's puzzles:

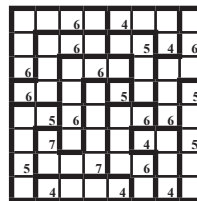
## Word Problem

The Queen's Gambit

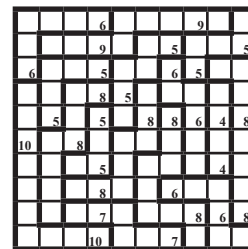
When placing 5 Queens on a 5x5 chessboard, what is the maximum number of squares you can leave "unattacked" (no queen can reach them within one turn)?

## Snaky Tiles

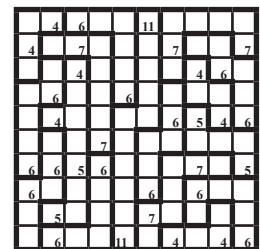
Easy:



Medium:



Difficult:



## Word Problem

DOUBLE	798064
DOUBLE	798064
+ TOIL	+ 1936
TROUBLE	1598064

D=7, O=9, U=8, B=0, L=6, E=4, T=1, I=3, R=5

Answers will be revealed next issue

The Mane News is edited by:

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Jonas Blum '22 - Editor in Chief  
 Ana Chalmers '22 - Editor in Chief

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Joe Masters '22 - Sports Editor  
 Hannah Newman '22 - Copy Editor  
 Shannon O'Grady '22 - Student Life Editor  
 Brian Alewine '22 - Graphic Designer

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