



The Cardinal

St. Andrew's School, Middletown, Delaware

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"We Be in Da Club like Woahh"*

BROOKIE MCILVAINE '17

The first couple of weeks are clearly overwhelming for both new and old students. During school meeting, students describe the 1,000 activities taking place at St. Andrew's, and by way of overly enthusiastic and somewhat comprehensible announcements, ask new students to become part of them. These activities range from sports teams, to language clubs, and all of them sound appealing and worthwhile.

For the first couple months, being interested in all of the aspects of community life is a sustainable and encouraged habit. You get to meet new people, and learn about parts of the school that you didn't know existed: the organic garden, the trails, the student center... But then club icons start to swarm your first class accounts, and you start missing meetings and functions because of homework, or overlap with other commitments. Even worse, your involvement in each individual activity lessens, as does the quality and depth of your contributions. In this way, your work also becomes less genuine, as your passion undoubtedly dulls with the sheer number of commitments you hold yourself to everyday.

This article is not to say these clubs are not worthwhile, on the contrary. I am constantly inspired by all of the genuine hard work and passion that exists in almost every facet of the school. Almost every student finds some outlet for what inspires them, and improves St. Andrew's because of their work outside of class. Furthermore, new student's excitement and eagerness to join all of the clubs is another reason St. Andrew's is so great: people are genuinely interested in a lot of different things, and in making our community an even better place. However from my own experience, I've learned that trying to be involved in everything you are interested in is counterproductive to that cause. My old advisor Mr. Everhart once said to me, "Instead of going a mile wide and an inch deep, try to go an inch wide and a mile deep". Even though every happening at St. Andrew's might interest you, don't be pressured to join everything. There is only so much time available outside of class and sports. Of course until you know what you really want to pursue at St. Andrew's, try out as many meeting/clubs/groups as appeals to you. So much authentic passion and drive exists at St. Andrew's and that's what makes it such an interesting and progressive place. 

* lyrics taken from the song "Somebody", by Natalie La Rose feat Jeremih

HAVE AN OPINION?

WRITE ABOUT IT.

The Cardinal



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Three Things You Need to Know About Each of the Current Front-runners of The 2016 Presidential Election

Sarah Pinto '17, Thuy Ang Duong '17, Victoria Steelman '18

Democrats:

Hilary Clinton:

- Is, arguably, the candidate with the most experience in the White House due to her stint as Secretary of State during Obama's first term, which was preceded by her 9-year stint as a New York senator.
- She was recently at the center of a scandal where she was accused of using a private email address to avoid having all her emails logged with the Department of State.
- If elected, Hilary promises to protect the little guys by promoting small businesses, raising the minimum wage, and, like every other candidate, increasing job opportunities.

Bernie Sanders:

- Sanders is running for the Democratic nomination but claims to identify as a "democratic socialist".
- He once spoke on the Senate floor for eight straight hours in 2010 trying to fight against tax breaks for the rich.
- One of the issues he is particularly adamant about is police brutality. Sanders calls for the demilitarization of our police forces and for their restructuring to reflect the diversity of our communities.

Martin O'Malley:

- O'Malley played the guitar, banjo, and sang for the Celtic rock band O'Malley's March.
- During his two terms as governor of Maryland, he kept himself busy by legalizing same sex marriage, changing the gun control laws, and revoking the death penalty.
- Due to recent riots in Baltimore, where O'Malley previously held office, people are questioning whether he is capable of being president. The riots occurred when peaceful protests turned violent due to police involvement.

Jim Webb:

- Wrote the story for the movie Rules of Engagement starring Samuel L. Jackson and Tommy Lee Jones.
- Believes that "humanitarian intervention" is not a valid concept in international politics, the theory being that if Americans are not in any danger then it is, essentially, not our problem.
- He agrees with the concept of the American Dream, believing that every American should have opportunities, be treated with equality, and always feel secure.

Lincoln Chafee:

- Chafee's father served as secretary of the Navy under Nixon and his great-grandfather was a Republican governor of Rhode Island. This made his running for the Democratic nomination quite shocking.
- While serving as a Republican Senator, Chafee took a stance against all of his fellow Republican Senators to not go to war with Iraq in 2003.
- Chafee played a tremendous role in the development of a document that the Democratic Party created for the purpose of allowing undocumented immigrants citizenship in the United States.

Republicans:

Dr. Ben Carson:

- Carson's claim to fame is that he was the first person to successfully separate twins who were conjoined at the head, and that this operation took 22 hours.
- Claims that Obamacare is "the worst thing that has happened in this nation since slavery" because he thinks we need to re-establish strong patient-physician

relationships.

- Believes that education policy should not be dictated by the US Department of Education but instead by parents, teachers, and principals. Education policy cannot be created using a one-size-fits all mindset because this diminishes the freedom of teachers.

Carly Fiorina:

- Following the second GOP debate, Fiorina rocketed from eleventh to second place in the polls due to her ability to shut down Trump and proficiently discuss policy issues with specific plans.
- Fiorina was the first woman to ever be the CEO of a Fortune 50 company; she was the head of HP from 1999 to 2005.
- She is adamantly pro-life and has been recently heavily criticized for referencing a video that she claims proves Planned Parenthood has been harvesting fetus parts. This video has not been proven to exist.

Jeb Bush:

- His father was president for one term and his brother was president for two terms; therefore his family has already run the United States for a total of 12 years.
- Bush will create a way for the 11 million illegal immigrants already in the states to earn legal status by learning English, paying fines, working, and not receiving federal government benefits.
- In 2006 Bush was asked to be the commissioner of the NFL but turned it down and stuck with politics.

Donald Trump:

- Trump is self-funded. This gives him the ability to have ultimate control over what he says and does, however offensive it may be.
- Donald Trump has a star on the Hollywood Walk of Fame, conveniently located amongst all the other television entertainers.
- He has filed bankruptcy a total of four times for various Trump Entertainment resources; so comes the doubt in the mind of the American of whether or not this man can avoid bankrupting our nation.

Marco Rubio:

- Rubio fled from Cuba during the rise of Fidel Castro. He describes his family as "embodying everything America's founding generation had hoped America would become."
- His first job was building cages for exotic birds. Rubio takes pride in both his own and his parents' (a housekeeper and a bartender) humble beginnings.
- Rubio does not believe we should make cuts to our defense budget because "our defense is the single most important responsibility of the federal government."

Independent:

Deez Nuts:

- The man, or rather boy, behind the presidential campaign of Deez Nuts is 15-year-old Iowa farm boy Brady Olsen.
- Deez Nuts was polling 9% in North Carolina, 8% in Minnesota, and 7% in Iowa in late August.
- To quote Deez Nuts himself when asked questions regarding his public policy: "I feel that as equal human beings we should be allowed to choose how to live our lives without being discriminated against by one another."



OPINIONS

Discrimination in Education: What Makes SASians “Antisocial”

Tim Lan '17

Imagine a fine Saturday afternoon when St. Andreans are throwing frisbees and footballs on the Front Lawn, with scattered groups of people hanging out with each other in leisure—do you see any Asian students? Imagine also a crowded and bright Dining Hall later that night filled with chats, laughter and hugs—do you see any Asian students? Your answer to these questions might be “no.” So where are the Asians in our school on Saturdays? Aren’t they an important part of our diverse community?

If you happened to walk through the library you might begin to answer these questions. There you will find many Asian students writing papers or studying standardized test prep books. The scene would fit every bad stereotype about Asian students. What might be harder to see, however, is the pressure these students feel to somehow figure out a way to get good grades in classes taught in a language most are still trying to learn. It requires a lot of hard work, so that’s what these students are doing: working hard. Imagine, too, the additional pressure they are feeling knowing that it still might not be enough to fulfill their hopes of attending a highly selective college or university.

Recent research has shown that it is more difficult than ever for Asian students to be accepted to these institutions. Because it is even harder to get in, the choice for Asian students are to throw our hands up and quit or work even harder. Which would you choose? For most Asian students, it’s not a decision at all.

Discrimination in the college admissions process is undeniable— it’s particularly worse for Asian international students, but only slightly better among Asian-Americans. Nearly every elite private college in the U.S. requires the applicant’s racial information during the admission process, similar to the form shown on this page.

1. Are you Hispanic/Latino?
 Yes, Hispanic or Latino (including Spain) No If yes, please describe your background.

2. Regardless of your answer to the prior question, please indicate how you identify yourself. (Check one or more and describe your background.)

American Indian or Alaska Native (including all Original Peoples of the Americas)
 Are you Enrolled? Yes No If yes, please enter Tribal Enrollment Number _____

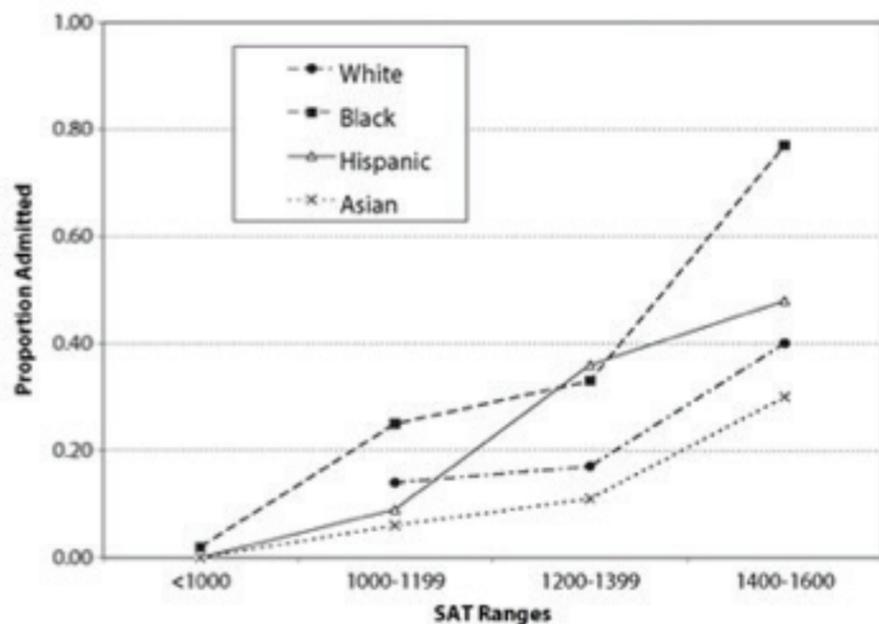
Asian (including Indian subcontinent and Philippines)

Black or African American (including Africa and Caribbean)

Native Hawaiian or Other Pacific Islander (Original Peoples)

Since the admission databases and practices of top universities such as Harvard, Princeton, or Yale are highly confidential, we are only left to wonder why they are interested in knowing the race of an applicant.

Certainly it is almost impossible to investigate the specific considerations of top colleges while recruiting their student body, but looking from the data studied and published by Princeton professor Thomas Espenshade and his collaborator Alexandria Radford, race does matter—it matters a whole lot. Below is a graph indicating the change of college admissions rates from race to race given the exact same SAT score. According to the graph, the enrolling advantage of whites under the same SAT score is astonishingly huge compare to other races; Asians, especially, has occupied the least admitted proportion at any random given score. When the given score is at 1400~1600 (the data was collected in 1997), the proportion admitted for whites is almost three times the proportion admitted for Asians. Let’s take a moment and envision the situation in our mind—if there are two boys at the same age, both from middle class family, both as



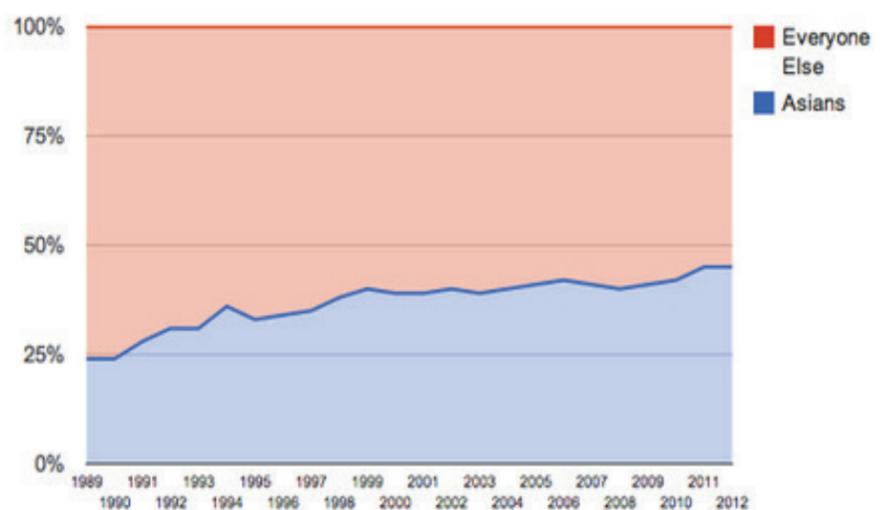
optimistic, outgoing, passionate, and hardworking as each other—only one is Asian, the other Caucasian, the Asian boy would have to work three times as hard as the Caucasian boy in order to end up in the same college. The gap between the numbers 0.8 and 0.25 is too insignificant, while when they transform to the acceptance rates for whites and Asians it makes an enormous gap that should not be tolerated in American society, a land where “all men are created equal.” Well, under current situation, the inequality in the American college admissions process is pretty “selfevident.”

Some might argue that the Asian population might not make up a significant percentage among the total U.S. population. This argument seems to make clear sense of the phenomenon until the graph below once again shows inexorable evidence that the Asians being minority should never be an excuse for inequality during college application process. The graph illustrates the trend of Asians’ enrollment at U.C. Berkeley after 1996, the year when California made it illegal for colleges to inquire about the applicant’s race. Since then, the Asian population at U.C. Berkeley had undergone a steady growth, which put a huge question mark on U.C. Berkeley’s previous admission decisions regarding Asian applicants when their racial status was available. With UC Berkeley as an example of elite colleges in the nation, one can’t help questioning the admission procedures of other universities.

It is under this kind of discrimination in education that Asians have to work extremely hard only to stand on the same platform as other American races. Asians look like overachievers at first glance, while this is perhaps due to the tragedy that over-achieving has become a necessity for them—which is perhaps also the reason why SAS Asians are often accused for being “anti-social”. In order for Asians to be social, the society must strive to give them more space instead of squeezing them into the endless and fierce competition to get a perfect SAT score against their peers.

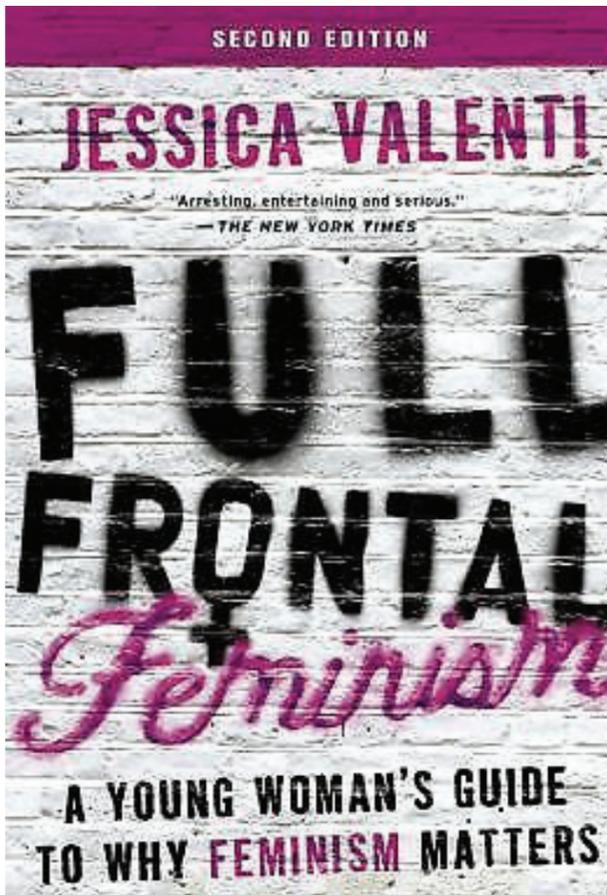


Asians as % of Students Admitted to UC Berkeley



*Book Review***Full Frontal Feminism:**A Young Woman's Guide
to Why Feminism Matters

JULIETTE NEIL '16



I read a book this summer entitled *Full Frontal Feminism: A Young Woman's Guide to Why Feminism Matters*, by Jessica Valenti. It's a scary title: feminism is mentioned twice. As a feminist, the title thrilled me, but the book itself did scare me. Valenti talks about everything: from sexism in pop culture to marriage to politics. She's honest and she's funny. What scared me about the book, however, was how much of the information was new to me. I consider myself an educated feminist: I read feminist blogs, I talk about feminist issues, I listen to Chimamanda. * But Valenti brought up issues and solutions I had never thought about, brought up statistics that seemed impossible. If I, as an unashamed, proud feminist, felt undereducated after reading a book that is supposed to be a basic guide, how can I expect those who perhaps don't follow @FeministTaylorSwift on twitter to be remotely aware of the issues facing women?

Feminism has a long and complicated history. It's been shoved around, dismissed, back-burnered, and at times praised and respected. It's tied up with race rights, gay rights, economic rights. And though things like Emma Watson's UN talk, or Free the Nipple, or the St. Paul's case, often come to the top of our social media feeds, there is actually very little formal talk about what feminism is, what its history is, or why it matters. Even when it is formally addressed, such as with Mr. Roach's talk at the beginning of this school year, it often feels like it fizzles out, that the importance and controversy isn't discussed beyond small conversations on the front lawn. Why is it that a school that prides itself on its progressivism, its community, its ability to talk about anything, that women's issues aren't brought up around a Harkness table?

Perhaps this is not entirely fair. There is a Religion and Gender class this year (shoutout to Ms. Conners), and Health and Well-

ness does bring up reproductive health. Social Reform addresses first and second wave feminism, we read books throughout all four years of English with female protagonists and female authors. But the number of boys who have told me that they don't really understand why I view something as sexist, or have told me that they are confused on what victim-blaming means, makes me feel that there is a need for a specific, separate, gender studies class. A class where the "women's role" is not a blurb, or just one unit, but a constant topic of conversation. A class not designed to make anyone feel as though they have to agree with "feminist ideals," but to be educated on the history of women and the issues that have faced women throughout time. It is a class that allows the conversations and questions on gender equality a place, and not one only available to seniors.

St. Andrew's is "a community dedicated to tying education to a public purpose. We work to awaken our students to the responsibilities we share for our world. We seek engagement, inquiry and creativity to promote future generations of thoughtful, compassionate and intelligent leaders."** I hope this is true. 🐦

*Chimamanda Ngozi Adichie is the author of *The Bean Trees*, *Americanah*, and *Purple Hibiscus*, and has given numerous TEDtalks, including "Why We Should All be Feminists." I follow her religiously enough to allow myself to think we are on a first-name basis.

**From the SAS website home page.



thriftbooks

Time to Tell The Tricky Tale of the Tuesday night Tradition!

Jaryd Jones '17

One of the staples of St. Andrew's dorm life is pizza on Tuesdays for junior and senior boys. We all know the drill; the junior boys' RLs stand up, recite a tongue twister that I will not even dare to recreate, and then that night before study hall, juniors and seniors flock to their dorms while the RLs frantically take orders and make sure people pay. Once the pizza comes, upperclassmen flood Sherwood, gnawing at the bit for their long awaited pizza. The halls are filled with the scent of Nino's (and the envy of the underclassmen, who still have to wait a year or two for their chance). But where are the junior and senior girls? Was their slice of this Tuesday privilege purposely left out of the pie? To answer this controversy, I talked to students and the junior RLs (both boy and girl) to solve this case.

To address the elephant in the room, "Pizza Tuesdays" are not acts of sexism, nor were they ever meant to be. Andrew Zaiser, one of the RLs on Sherwood, is quoted stating, "If a girl really wanted to get a pizza, I'd have no problem accommodating them". The reason for this split instead lies in logistics rather than equality. "The whole process puts a lot of pressure on RLs." says Andrew Nolte, an RL on Schmolze. "We have a huge amount of orders every week, usually amounting to about \$300. If we doubled that order, we wouldn't have a study hall." Also according to multiple reports, Nino's has recently increased their prices, thus pressuring the RLs to keep track of even more money. Location was another topic that came up in conversation. All of the boys living in one building makes the entire process of ordering and picking up pizza run slightly smoother. However, with junior girls living on the other side of campus and senior girls much more scattered between Pell, Moss, Mein, and Gall, organizing, ordering, picking up and delivering pizzas properly would be near impossible and take incredibly long amount of time and effort.

However, these obstacles did not stop the RLs from thinking of ideas to make Pizza Tuesdays more accessible to their female counterparts. Many of the solutions included a new location for ordering and pick up. Ideal places included the Student Center, Senior Center, Amos Lecture Hall, and the Main Common Room. A separate day for girls' ordering was also suggested, perhaps on Thursday, to take the pressure off of an already long night of organizing this whole ordeal. The last idea includes having a girls' ordering system where girls order a late night snack besides pizza. As both Jessica Millar and Garrett Hanrahan state in their interviews, "Guys like pizza." Perhaps the upperclassmen girls could agree on a food they all like and order it every week for themselves, just as the boys did back when this tradition first started. Emma Brown mentioned in her interview that this idea has already been implemented with junior girls being able to order Ben and Jerry's on "Meltdown Mondays" on Mein Dorm.

In the end, the Pizza Tuesdays in an ambitious tradition that takes a lot of time and dedication, and it will take the effort, dedication, and leadership of all the junior RLs, boys and girl alike, to make this night of pizza (and now ice cream) equal and better for all upperclassmen. Freshmen and sophomores, your turn will come soon. 🐦

Meet Bobby

PETER CHOI '17

Bobby is a hypothetical St. Andean, and he has a hard time executing basic St. Andean responsibilities. He "narrowly" missed breakfast sign-in this morning, and skipped a double period because he thought it was B-week. He forgot to make an announcement during lunch about his "magic club", which he will forget about in three weeks, and to make matters worse, he dropped the water pitcher on the cute girl he has been eyeing since the square dance.

Unfortunately, many of Bobby's struggles may be painfully relatable yours if you are a new St. Andean. Here are some humble tips from a junior to help you make it through the year without feeling like Bobby everyday.

The biggest advice I can give you is to understand your core values. These values must be unchallenged and steadfast. They are the source from which your internal confidence arises.

Personally, my biggest value is the pursuit of excellence. A friend once told me, "I never fail; I either succeed or I learn." Our goal as St. Andeans (I would argue also as human beings) is to become the best versions of ourselves with the time that we have.

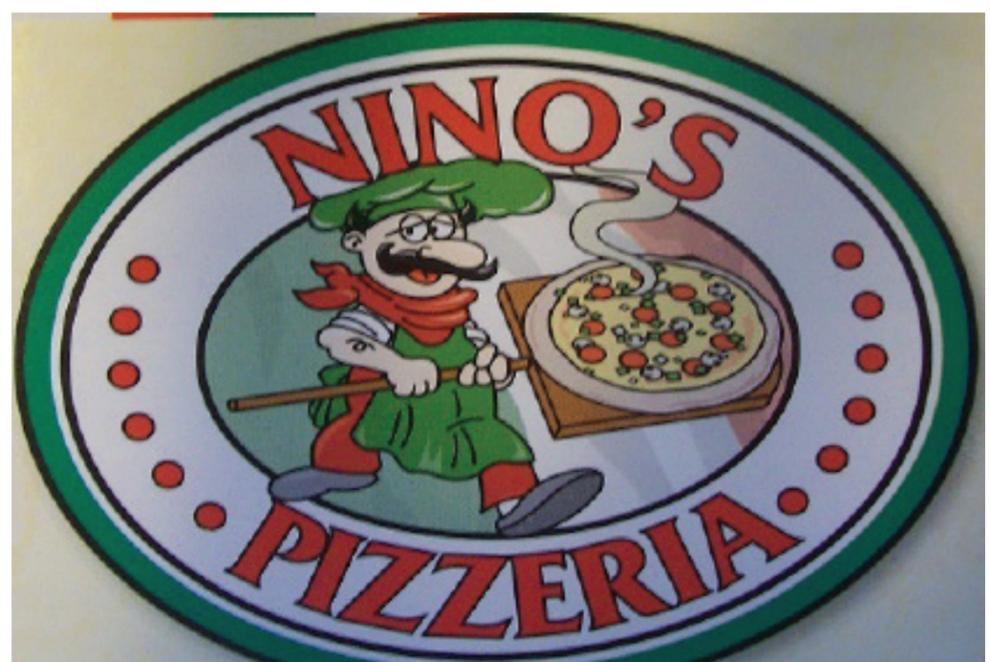
Another primary value is respect. I respect everyone I meet and try to view things from his/her perspective. When a dispute arises, it is easy to blame the other person, but you or anyone else could have felt the same way that the other person felt under that particular circumstance.

Such values are idiosyncratic to every person, but they all do the same thing. They create a powerful confidence in each of us that can always be reignited when we refocus on them.

My next tip would be to make an effort to say hello to anyone who crosses your way, even if this means publically embarrassing yourself or receiving an unfavorable reaction. This effort connects with the pursuit of excellence. Through a combination of repeated trials, learning experiences, and successes, you can achieve anything, including social adeptness and amiability.

Finally, go all out next Wednesday night. What other night would it be acceptable to wear polka dot socks, suspenders, and a pocket square?

Bobby has skipped chapel because he's wasted so much time drowning in his own tears, and he needs to study for a Spanish test tomorrow. "I'll never make it out alive!" he mutters to himself right now. Hang in there Bobby, build yourself into who you want to be. However, fortunately Bobby is a hypothetical St. Andean. 🐦



Bobby likes Nino's Pizza too

The Cardinal

Meeting a FRIENDLY Faculty Member: Dan O'Connell

SMIRITI KUMAR '16

Mr. O'Connell is a faculty member at St. Andrews who teaches Biology and coaches cross-country. He has three children, the oldest of which, Liam, is a freshman this year. His wife Ms. Kerraine works in the library and is in charge of the Noxontones, the acapella group. Mr O'Connell and Ms. Kerraine live in a house on the edge of Noxontown Pond. Mr. O'Connell can often be found swimming to work, wearing clogs, or telling his freshman Biology class, "The short answer is yes, but the long answer is no".



Look at dat friendly smile~

Q: What's your name?

A: Next question.

Q: How long have you been working here?

A: Since 1999. 16 years.

Q: I am now going to ask you some Ask Reddit questions. What's the biggest let-down in human history?

A: The 2nd amendment.

Q: What movie genuinely made you cry?

A: Toy Story 2.

*By the way, we also looked up a song called "When Somebody Loved Me" from this movie. It was such a heartbreaking song that Mr. O'Connell started dropping tears.

Q: If someone narrated your life what phrase would they say most often?

A: "CO₂+H₂O-> C₆H₁₂O₆ +O₂. My kids would say "use your brain" (rowan) and "no" (Finn)

Listen to the sounds that are coming out of my face. (both)

Q: What is the dumbest, most appallingly stupid thing anyone has ever said to you?

A: "Mr. O'Connell, can I put water in my water bottle?" What am I going to say? No? If you'd like it to be dry then don't put water in it.

Q: What random stranger would you like to thank from your life?

A: There are authors that are strange to me who I'd like to thank. Steven Pinker.

Q: What are we currently in the golden age of?

A: Ice Cream.

Q: What is something someone said that forever changed your way of thinking?

A: I was once the head of a non profit environmental organization. A newspaper reporter came and interviewed me. I asked her not to write any of those things and the reporter said, "this is on the record". When being interviewed, you're on the record.

Q: What is cool to be good at, yet uncool to be REALLY good at?

A: Nothing is uncool. Be passionate to the utmost extent of your heart.

Q: What is a good joke?

A: A guy goes into a bakery and says I'd like a cake and I'd like personalized and I want it to say "Chris". So the baker says, "Ok sure we'll make it for you. Come by after 2:00." And the guy comes and says, it's not spelled like that. It's spelled Kris, with a K." The baker says, we can get it done for you and you can pick it up after 2." Kris says, "I'll pay for the second cake", but the baker insists that it's okay. Kris comes by the next day at 2:00 and says, "Actually can you do it in script? I insist, I'll pay." The baker says "yeah you will pay." The next day, Kris says, "That's exactly right." The baker asks, "Wait let me go get a box for it." Kris says, "No I'll just eat it here."



What Happened to the Senior IPs?

LYNDEN FAUSEY '17

Last year, the whole school went into a frenzy as Al Wood stood up and announced that the Senior IPs (Independent Project) would be no more. This was especially rough to hear for Sophia Torrance, who was planning to practice her violin for her IP. She says "Without time in the afternoon to practice, I wouldn't be able to compile my art supplement in time to apply early decision. . . after hurting my back last year, I didn't have many options for a fall sport anyway. Practicing violin is a much more valuable use of my time because it won't leave me injured for swim season and enables me to better fulfill my duties as concertmaster and orchestra co-president." For Sophia and many others like her, the elimination of the IP made her life a lot harder than it should be, even affecting her college application.

So, if the Senior IPs are so valuable, why did the school discontinue it? Al Wood provides the answer: "The afternoon is a time to engage with your classmates in groups and teams and work towards a goal that is larger than yourself and that you could never accomplish alone." Basically, afternoon sports are in place to build a stronger sense of community that is central to our identity as a school. I encourage you to think back to when you first started here, being terrified because you did not know anyone and feeling like an outsider. Think back to that first sports season and the friends you made through your afternoon practices and games. Do you think you would have meet and become friends with some of those people if it weren't for rowing together, or being partners for the dance at Parents Weekend, or having to a duet in the musical together? In Sophia's case, it would be nice to have the IP as an option because it would really make her life a lot less stressful and allow her to lead and be a part of orchestra, but she manages by managing volleyball and practicing violin on afternoons she is not needed. So, I will leave you with what Al left me with: "I think it's worth noting that when I attend reunion weekend that many of the former students that were granted IP's to explore their individual interests come to me and say they wished that they had played a sport or been part of a group instead of alone for a season. Five, ten, and fifteen years after you've left this place you are much more likely to cherish the memories you have spending time with your classmates and teammates and not the times you worked only for yourself".



Lazybones: Our Future?

KATHRYN PATON '17

Many St. Andreans are aware of the laundry service's humble beginnings, a quick fix when the Moss laundry room was eliminated (helping equalize gender distribution in the lower forms). However, the issue is far deeper and more complex than that, and I recently sat down with St. Andrew's CFO Diane Winiarczyk to explore it.

Ultimately, the root of the problem is Founders, widely hailed as a laundry disaster zone. It lacks the space for the girls-dorm system of a laundry room per dorm, and the result is one huge mess. Thus, twice a week for each gender, Lazybones cleans the sophomore class's laundry. At a discounted 79c/lb, this solution is pretty cost-effective compared to the hassle of building a brand new laundry facility-- and in the past couple of years, the Founders laundry room has gotten more manageable. So in one sense the laundry service is successful. Yet when I asked several students, past and current sophomores, about their experiences with the laundry service, the response was definitively negative. One called it "terrible" and "unreliable." The most common complaints concerned ruining and losing/switching clothes. Several students admitted that having their laundry folded was nice, but they liked or didn't mind doing their own, and that ultimately the laundry service had a lot of problems. But it isn't just Lazybones-- these types of issues are common in any laundry service and will continue as long as St. Andrew's uses one. And lastly, there is the ethical impact to consider: does the very idea of Lazybones not convey a sense of lazy entitlement as our students neglect the self-responsibility inherent in the vital life skill of laundry? Should St. Andrew's should build a new laundry facility to de-clutter Founders, despite the cost? Our other option is to make the program school-wide, optional or perhaps not. So what do you think?



Counseling

VINCENT CHEN '18

As someone interested in psychology, I have a desire to explore the many mysterious movies and TV shows about mental health counseling, and even more, to know what counseling is like here at St. Andrew's. So, on a Wednesday, this wish led me to the Arts Center for a scheduled meeting at the Counseling office near the stairs leading up to the third floor. Before I entered the counseling office, I heard a group of people coming into the Arts Center after me, and I subconsciously moved away from the Counseling office, pretending I was going to the Arts Studio above. To be honest, I did not want to be seen going into the counseling office, for fear that others would judge me. I sneaked into the office after the crowd passed and was immediately surrounded by a cozy feeling that filled the room. The soft sofas invited me to relax as if they were telling me that they would embrace whatever stress or tension I was feeling that day. Waving its tail passionately, Whiz's dog came to greet me, and as I would learn later, Whiz also has cats back home that she will gladly bring if the student is more of a cat person. It looked like an amazing place for a nice chat.

Ms. Roz and Whiz are the two counselors here at SAS who are both very passionate about their profession, and they really helped me understand what the Counseling program here at SAS really is. I started off by asking some basic statistic questions and one number really surprised me at first: more than a hundred different students visit each counselor every school year. However, after I thought it through, the number became less surprising. Ms. Roz told me, "Most students come to counseling for stress management. It makes sense because I think students at St. Andrew's lead a busy life that can sometime be stressful." Even though St. Andrew's is a supportive community with teachers willing to help out and friends willing to share, counseling program can be quite helpful because it leads you to a even bigger network of resources. Whiz gave an example: "As you may have noticed, [Ms. Roz and I] are both woman from U.S., and a male international student might feel more comfortable talking to someone similar to him. So we will find a counselor who

shares the experience of living in a foreign country. We try to find someone a student feel most comfortable talking to." Ms. Roz added, "We also encourage students to create a good network of relationships which is crucial for a person's mental health. People might think that counselors can solve anything, but the fact is that counselors are there to help people to help themselves. "So, what are some myths that people believe but are not true for counseling?" I followed up with a question. Ms. Roz sat up, eager to answer this question: "People might think that they come to counseling to be analyzed and judged. However, counseling in fact provides a judge-free zone. That's why I will ask Whiz to be the counselor if one of my girls on my dorm come for help. Having a counselor who just gives you marks for not cleaning room last night simply does not help a student to relax during a session." Ms. Roz finished up with a laugh. "And, counselors in reality do not have the power described in media of somehow forcing you to share something you would otherwise refuse to share," Ms. Whiz quickly followed, "We do not hypnotize you and make you tell us every single secret." I burst out laughing while Ms. Whiz continued to speak. "A student has to be willing to share so that we can help him or her. Our job is to help students to help themselves..." Ms. Whiz was interrupted by the chatting from a group of students coming down stairs from the painting room. I looked down at my watch and noticed that was time to go to the next period. I thanked Ms. Roz and Ms. Whiz and petted the dog's head as I walked outside. I greeted a friend that had the same next period with me and headed off to finish the rest of the day, knowing that now I had another awesome place to come to when I was feeling down. 

Is SAS Ready for the Gender-Neutral Dress Code?

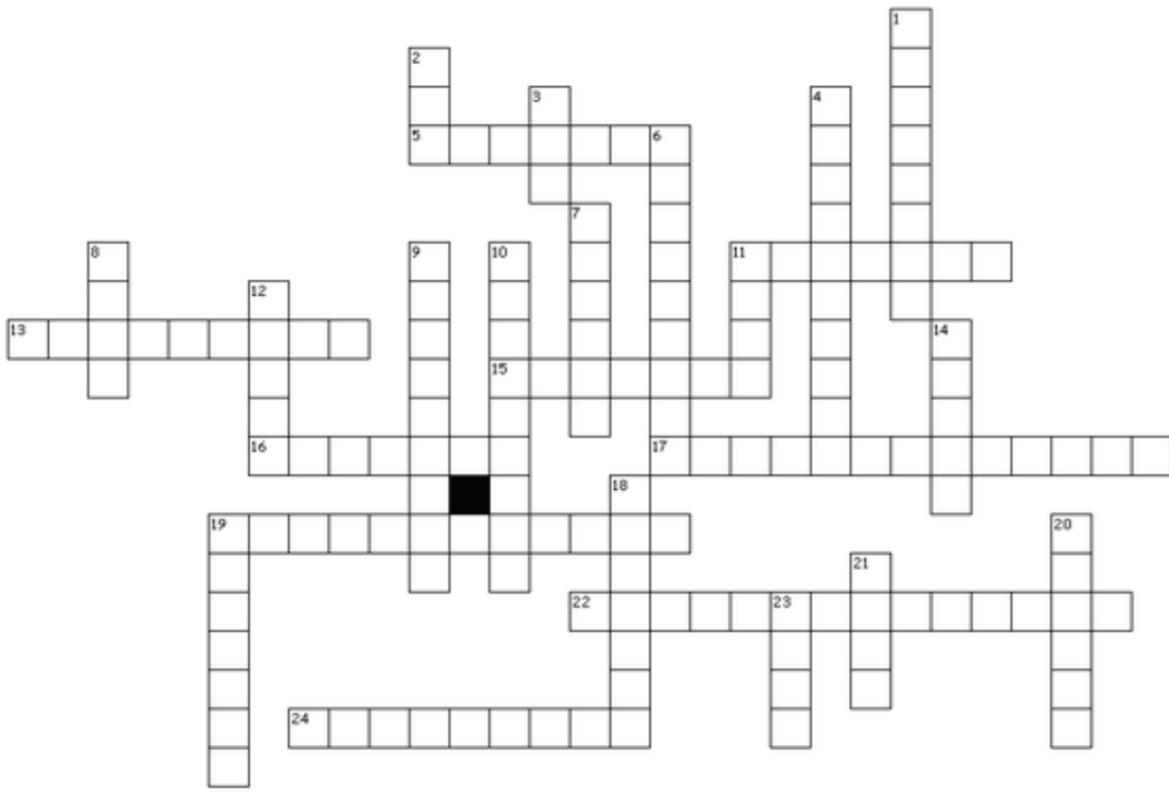
CATHERINE AN '18

Nowadays, as gender equality becomes a larger issue, women are wearing clothing that used to be specifically tailored to men. As our generation's opinion of women begins to shift, the clothes follow suit. This change in our society could help us reshape our dress code at St. Andrew's. A lot of boys think that girls can slip by the rules of the dress code, or that we have an easier dress code than guys. It's probably true. Guys have to wear suits and our options of dress are a lot more open. However with a lot of clothing becoming or transitioning to unisex, our dress code can become more lenient towards both guys and girls. While we do not necessarily have to force everyone to wear suits, if we implemented a new dress code that treated both genders equally it would better represent the culture of SAS.

The problem is that while girls can wear pants and collared shirts, guys probably in majority would not want to wear a skirt or dress. Obviously, girls would not want to change to wearing collared-shirts or blazers all the time like the guys do either, but there are not many other options for formal wear for guys. Plain t-shirts with no graphics could be a possibility as an alternative to collared shirts, but then it seems like they might as well just wear jeans or have no code at all. It's certainly unfair having to make guys wear suits for class while girls can wear a variety of dresses and cardigans. One IV former expressed her opinions when asked to compare the formality of cardigans and suits: "Cardigans are more casual, but there is nothing more formal than cardigans for girls, except for blazers and I would not want to wear blazers." Students are supportive of the ideas behind a gender-neutral dress code but concerned that the new dress code may become more restricting than the current dress code. One VI former expresses her opinion about the idea: "Although I love the idea of a gender neutral dress code, I think that the most important thing for SAS right now is to begin a thoughtful discussion on why we have our dress code and what it symbolizes. [A] gender neutral dress[code] would serve as an equalizer rather than emphasizing gender, sexual or socioeconomic differences. Students would therefore not have to spend excess money on fitting a certain image or code..." This student seems to be hopeful about the new dress code and what it allows for people. She believes that it will actually offer more options for people to dress, but how much more freedom is uncertain at this point. It is highly unlikely that the new dress code would allow more casual clothing than the current dress code. So even if the current dress code is replaced and becomes slightly more flexible, would it make a significant difference to most of the student body? 

GAMES AND FUN

ALEXANDRA KING '16, EDEN RICKOLT '16



Across

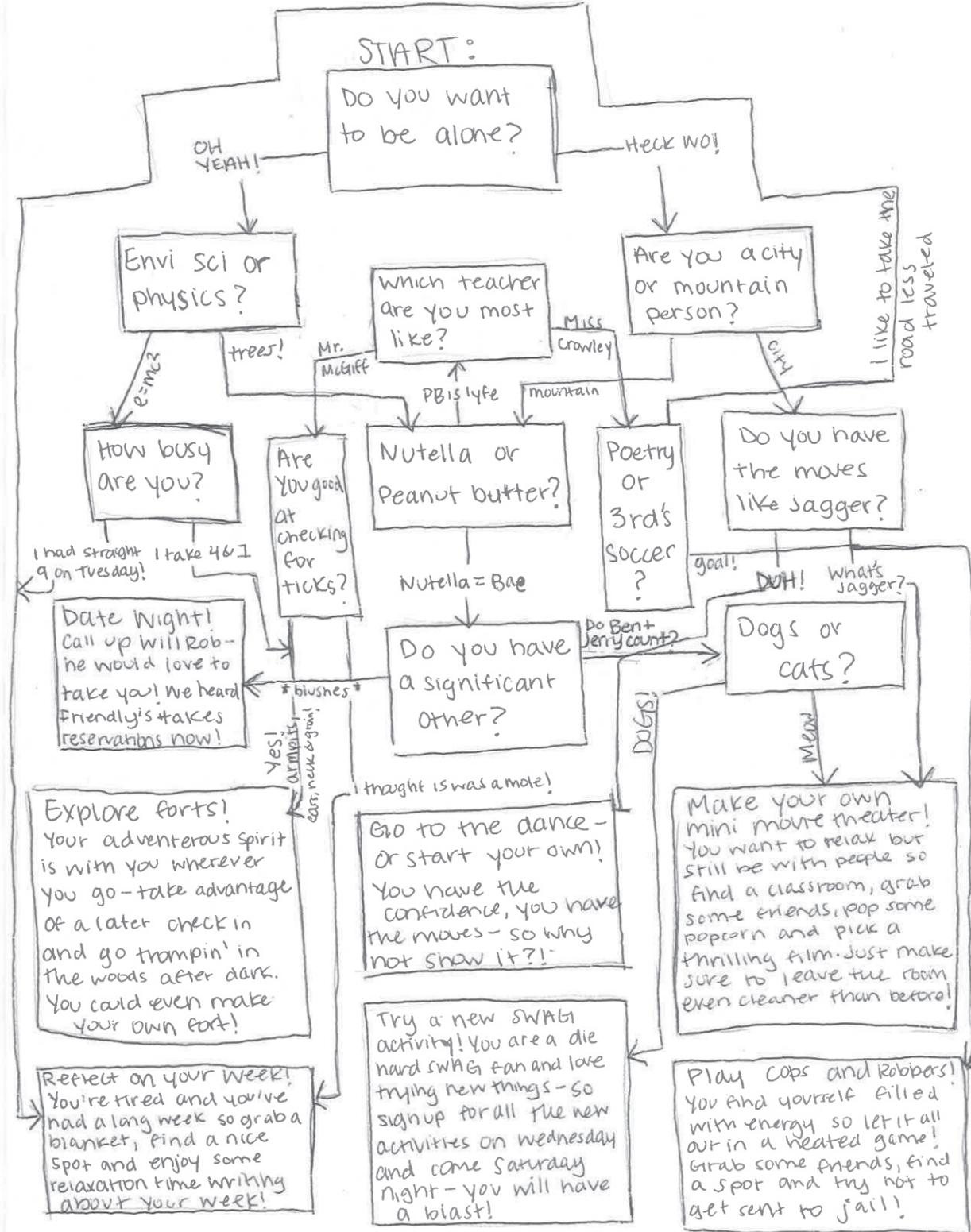
- 5. Our technological computer fixing genius who resides in Amos
- 11. Our mornings wouldn't be the same without his emails
- 13. The coolest editor of the Cardinal
- 15. Mrs. Carroll's maiden name
- 16. Room in the Roach's house getting a make-over
- 17. Star of Dead Poet's Society
- 19. Al Wood's cartoon character alter ego
- 22. Best meal of the week
- 24. The reason for Wendy's spewcial bond with SAS

Down

- 1. Intended environmental speaker
- 2. New STEM club at SAS
- 3. Ms. Roz's son's name
- 4. Famed faculty dessert chef
- 6. Type of yellow plant lining around school property
- 7. Color of the newly painted wall in Senorita's classroom
- 8. Sport the Berl family is coaching
- 9. Where School Meeting takes place
- 10. Word heard the most at the Square Dance
- 11. Delaware's favorite vegetable, probably
- 12. Best place to do homework outside or take a dip off of
- 14. Our nickname for the place on campus where everyone hangs out
- 18. A- Week Wednesday first period
- 19. Nathan KVS's teacher double
- 20. Ms. Furlonge and Mr. McAuliffe's dog's name
- 21. Isn't this just, like, a gas station or something?
- 23. Our weekend plan organizers

CHOOSE YOUR ADVENTURE

What should you do Saturday night?



**SAVE THE DATE
HOMECOMING
NOVEMBER 14**

