



The Cardinal

St. Andrew's School, Middletown, Delaware

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Lower Moss Girls having a bonfire

"Ode to the Bottom Half of the Bagel"

NEELY EGAN '16

Bottom half bagel,
you are left each time. You are
the forgotten half.

The top half: fluffy,
full, tasty and other things.
People like you best.

Some love the bottom.
Karissa only eats them.
This girl still loves you.

Cream cheese and butter
they both go well on bagels.
Why only the top?

Why do we ignore
such a perfect piece of food?
I don't know. I don't.



HAVE AN OPINION?

WRITE ABOUT IT.

The Cardinal



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Cutest Couple on Campus: Dr. McLean and Mrs. Pala

Lynden Fausey '17

LF: So, how did you guys meet?

McLean: Do you want to tell the story sweetie?

Pala: No, you can.

McLean: Alright. . . We meet at a mutual friend's wedding. . . And I had asked her what the most interesting thing she had done in the last month was, and she told me about a Formula One race she had seen. . . and I argued that it was a waste of gas. . . So I guess we met because of opposite interests. . .

Pala: Yeah, I actually took him to a Formula One race as a date, and he came around.

LF: What is one of your favorite moments from when you were dating?

Pala: Early on in our relationship, we went to my sister's house in Washington D.C. and we met another guy there, I can't remember his name but he was really stuck up. He introduced himself to us as someone the third. I was so ready to have a conversation with him because we had really separate political views and I was ready to fight him. Right before I started talking to him, Peter reached his arm around me and started rubbing my back. I was too busy wondering why he was touching me like that that I couldn't argue with the man about anything!

McLean: (Chuckling)

LF: What was your wedding like?

McLean: It was a hot day. . . like today. . . May 30th. . . same exact day the McGiffs got married. . . we were here in Delaware, then in New York. . . but it was an unusually hot may day. . . It was a blast, we had a blues band who were good friends. . . they even had the dogs rocking. . .

Pala: (Laughs) We were married in St. Anthony's in Wilmington. It's a big cathedral where my parents got married. There were these huge fans going, like in the horse stables because it was so hot.

McLean: And we had our reception in a tent. . . it was pretty simple. . . later on we ended up jumping over a fence and getting in the pool to cool off. That was almost 30 years ago.

Pala: Really? Almost 30 years?

McLean: Do you remember the first time you went hiking? . . . She wore high heels...

Pala: Don't tell her that!

LF: Thank you so much!

McLean: No thank you. . . It's always nice to reminisce about our relationship. . .



How Do I Spend My Afternoons:

The DO's and DON'Ts of choosing a Sport or Activity

Jaryd Jones '17

With the fall season coming to an end, St. Andreans are busy trying to figure out they are going to spend their afternoons for the upcoming winter. For some, this decision is pretty simple, but for those who are still thinking, here are a couple of quick tips that can help you pick your sport:

DO keep an open mind! A lot of the activities may not seem very appealing at first, but don't blow them off just yet. You never know if the thing you least expect can end up being your favorite new thing to do.

DON'T pick something because it seems "easy". The point of the afternoon activities is to make memories and be a part of something awesome. Don't squander that by trying to just trying to slide into the back of an activity that you heard did not have much commitment. Challenge yourself!

DO ask around for advice! Talk to your parents and advisor and see what they think. Sometimes they know you better than you know yourself. A quick conversation will usually push you in the right direction.

DON'T expect to be put on Varsity. While SAS Athletics may not be as cutthroat as some other schools, the coaches still put a lot of effort into picking their Varsity. Unless you have experience playing the sport (or are an athletic freak of nature), don't be upset if you are dropped to JV or thirds. Play for the love of the game.

Hope everyone has fun with their winter seasons!



Are you interested in understanding how things around us work? Do you like working with numbers? Are you into absurd experiments that lead to awesome results? Check out the SAS Science Union Math (SUM) newspaper! In addition to reading it, you can read and write articles about any math or science related issues, from problems in your math and science classes to cool stuff like volcanic lightning or fire rainbows.

See our website for already published issues: <http://standrewssum.azurewebsites.net/>. We have been working on four articles and published them: Lucid dreaming, Ketogenic Diet, Mechanical Advantage in Rotational Sports and Silver Nitrate and Copper Redox Reaction. Check it out! Read, comment and even send us your own ideas. In the future, we will also have a Facebook page and Twitter to share with you guys more awesome math and science stuff!

~~~~SAS Science Union Math



# OPINIONS

A Response to SASian's "Antisocial":

## Neither Here Nor There

*The Difficulty in Talking About Asians in America*

Amanda Sin '16

The conversation about racism against Asian Americans or Asians in the United States is a *tricky* one. My maternal great-grandfather, an educated merchant, was held at California's Angel Island Detention Centre, in accordance with the Chinese Exclusion Act. Signed by President Chester A. Arthur in the summer of 1882, it was a federally enforced statute that prohibited all immigration of Chinese laborers. Many might scoff and remind me that this event took place over a century ago. But three generations later, I still do not know how to fully address the prejudice faced by both American-born and recently-arrived Asian-Americans. I, for one, am frustrated and confused by the fact that I cannot clearly tell you what it means to be Chinese-American.

In particular, the question about discrimination against Asian students in education has become a popular segue into the larger discussion about how Asians are relevant in today's discussion on racism. Last November, a group called the Students for Fair Admissions (SFFA) filed a lawsuit against Harvard University. They alleged that the institution is guilty of using "racial classifications to engage in the same... discrimination against Asian Americans that it formerly used to limit the number of Jewish students." They cited the now-famous 2009 Princeton study to demonstrate that Asian Americans need a much higher SAT score than their white-majority counterparts in order to be considered for admission. Featured in the last edition of *The Cardinal*, Tim Lan's op-ed makes the argument that the inequality demonstrated here is "self-evident." A plethora of sticky questions begin crop up. What do we do with this status quo; how should we seek to improve it? Should admissions policies be made "race-blind"? But aren't these practices necessary in ensuring diversity and proportional ethnic representation on college campuses?

My own head is awl with the fear of rejection from my Early Decision choice. *Neither my standardized test scores or my GPA are perfect.* Even if I ignore this supposed selection bias against Asians, I still face stiff competition from all fronts. I worry that as colleges look to build the "well-rounded" class, they will always pick the slightly "better" version of me. She's smarter, with a stronger work ethic, and has a brilliant narrative that screams of perseverance, wit and grace. Yet, I realize that focusing on this kind of melodramatic storyline is never going to get me anywhere. On a personal level, *I have chosen to defy the system by not letting my college process define me.* It may seem futile, as there is always the probability that an admissions officer or future employer will reject me, the imperfect Asian. I do not hold the necessary "deliverables", i.e. stellar scores and GPA, that fully demonstrate my intelligence and capacity for grit. In short, I could be read as a complete failure compared to others of my ethnicity. But then, if I were to succumb to this, what would be the point in being me? The more I separate myself from these overwhelming fears, the more I see that I do have the freedom to choose a life of my own.

On a broader scope, the only way to confront this general idea of inequality is to have brutally honest conversations. I applaud Tim for having the courage to delve into the issue headlong and write about how many Asian students, confronted by familial and societal expectations, choose to be antisocial in order to achieve the desired "deliverables". However, what we desperately lack is a continuous dialogue within the St. Andrew's community and this nation. Within this school, many people subconsciously omit the fact there are multiple groups of people who self-identify as Asian. Many forget that Indian, Pakistani, Filipino and other non-East-Asian Asians also deal with the ambivalent nature of stereotype-promise, as well many other issues unique to these individual ethnic groups. Many also absentmindedly assume that all Asians are international students. Moreover, in a lot of my interactions, I feel as though I am perceived to be "too Chinese" to ever truly be American, but also "too white" to ever understand the violence, fear and overwhelming bias that many people of colour are subject to. Because of this, I do not know how to participate in the dialogue.

This all has to change. My ethnicity is not just a cumbersome box that I have to deal with on the Common Application and the SAT. It is not something that I am proud or ashamed of. Rather, I want to learn for myself how I, as an Asian woman, can work with other people of colour and our allies in dismantling systemic oppression. I want people to understand that for me, racism is not a zero-sum game where I am either the oppressed or the oppressor. While I am privileged with the positive connotations of being one of the "model minority", I am hindered by irrational expectations, e.g. being a natural math whiz and/or workaholic, that society has set for me. All in all, I want for there to be a greater awareness, on both my part and that of others, of the strange complexity that comes with being Asian, and more so, being Chinese-American.

I know that I love this country, and that my forefathers did as well. I know that some may not be interested in my full narrative, other than the labels of "Chinese" and "grew up in Hong Kong." I know that I am a bizarre blend of East and West, and that this amalgamation has largely defined how I am perceived and treated by different members of society. But I also know with great certainty that St. Andreans are brave, kind souls, who are willing to open their hearts and help me figure out what this funny, confusing identity really means. *Let's start this conversation today.* 

# The Cardinal

## Nhu Vu Menu peek

HAN NGUYEN '16

Take-out has become one of St Andrew's weekend cultures: we order, eat good food, hang out with friends, release stress and prepare for a new challenging week. There are many places that we can order from, and one of the most popular places is Nhu Vu – the Vietnamese restaurant in town. But, besides fried rice and pad thai, it seems that many people don't know what other dishes to order because they often get confused when reading the menu, being unfamiliar with Vietnamese food. So, I, as a Vietnamese food expert, would love to introduce the most delicious but not very often-ordered dishes from Nhu Vu!

### 1. Vermicelli bowl

"Vermicelli" is a type of thin noodle made from rice. Vermicelli with grilled pork/beef and eggrolls is a Southern Vietnamese dish and famous for its refreshing taste. The perfect balance between grilled meat, eggrolls and bland noodle mixed with Vietnamese traditional sauce "Nuoc mam" makes vermicelli bowl one of the most popular dishes in all Vietnamese restaurants.



### 2. Noodle soup

Noodle soup is actually Vietnamese traditional food called "Pho". Just like how Japan is known for "sushi", Vietnam is most widely known for "Pho". The most yummy "Pho" from Nhu Vu is Beef Stew Noodle Soup (N.55), which is made of beef, vegetables and a specially flavoured soup. Nhu Vu's N.55 is one of the most authentic Vietnamese food that will give you a taste of Vietnamese culture.



### 3. Rice plates

Steamed rice with grilled pork and eggrolls is one of the most popular dishes in Vietnam, and Nhu Vu's rice plate is awesome. The dish is made up of grilled pork/beef, cucumber, eggrolls and Vietnamese sauce "nuoc mam". The taste, the smell and the feeling of eating it are all perfect. This is one of my favourite Vietnamese dishes! 🐦



## Why Anime: Your Lie in April

Bingran Hu '16

*“Such a cruel boy. Telling me to dream one more time. I thought I was satisfied because my dream had come true... And I’d told myself it was enough... Yet here you are, watering this withered heart again.”*

-----Kaori Miyazono

*Your Lie in April* is more than a tearjerker.

It is about a sorrowful love story between two young musicians. I assume that everybody at SAS knows about love to various degrees, but this anime will blow your mind by depicting love through the perspective of classical music. Through music, these two musicians are able to reach out to each other and bring color into each other’s lives. It is also through music that they express their joy, sorrow, anger, anxiety and romantic cravings. (No more details, since we all hate spoilers.)

To be honest, I was never an anime person, and I don’t usually get caught up in bland love stories, let alone stupid shows about relationship problems. This time, however, I wasn’t able to fully recover from watching this anime until my college work overwhelmed me. Now that’s an entirely different tearjerker.

More importantly, I am writing this review because I thought that this anime is a great way to introduce the younger generation to classical music. Pop music and rap songs inarguably dominate today’s culture. What we need is more exposure of other forms of music. How can one fairly judge something if he or she has never experienced it before? I was not at all into classical music back in middle school when I plowed through math problems one after another. But I realized that to start appreciating classical music, I only needed a pair of ears that were unaffected by prejudices and constantly ready for adventures.

The classical works in this anime are all masterpieces, but the point is not to prove how impressive or technically demanding classical music is. The music is there to provide viewers with deeper insights into the struggles of the characters, the struggles of love, friendship, traumatic memories and life aspirations. It is indeed hard for people to listen to music without words. Words allow people to communicate their thoughts and emotions most directly and most efficiently, but they don’t allow any space for imagination. Music gives you imagination: there is a distinct story behind every single piece, and these stories are different for different people, including the composer, the audiences and the performers. *Your Lie in April* already provides viewers with a way of looking into the pieces that our protagonists play. While enjoying the love story, I guarantee that you will see how the music comes to life and carries on significance beyond the musical notes. Basically you are going to shed some tears, listen to the music, and then shed some more. While you listen, you will involuntarily put yourself into the character’s body and mind and end up sympathizing with them. Guess what? Now classical musicians won’t laugh at you for not being able to understand what they are doing or playing, and you won’t fight back by saying that classical music is elitist. After all, the music is able to bring color to everybody’s life.



A few tips to end with:

1. Everyone hates ads. Download Ad-block extension and watch the anime on “Crunchyroll.”
2. For best experience, one should watch the show continuously, like a movie.
3. You should probably watch it together with a friend (you’ll know why)
4. Buy a keyboard waterproof cover

# The Cardinal

## Meeting *another* **FRIENDLY** Faculty Member: Richard Samulski

SMIRITI KUMAR '16, ALEC BARRETO '18

Mr. Richard Samulski is a Physics teacher, swim coach, van driver, matchmaker, CS:GO in game leader, and cheerleader extraordinaire. He wears a lot of athletic apparel, thinks that he is twenty seven years old, and is Mr. Hammond's brother in law's nephew. In his spare time, Mr. Samulski particularly enjoys being on weekend duty and taking students to Wawa.

**S&A:** What do you want for Christmas?

**RS:** Hmm... Umm... I don't want anything. Christmas isn't my thing.

**S&A:** What are some useful lies to tell children?

**RS:** Well, everything I teach is a lie. Nothing is really true.

**S&A:** What's the adult version of finding out there's no Santa Claus?

**RS:** Umm...I guess when you realize that everyone who you thought knew what they were doing don't know what they're doing.

**S&A:** What phrase would make you a millionaire?

**RS:** How do you even answer that question? It depends on what people want me to say. What's the qualification here? If I got paid when other people said it (at St. Andrew's), it would be these from my classes: 'Why do you hate us so much?' 'You're ruining my life'.

**S&A:** What is the stupidest thing someone has tried to argue with you about when you know they are wrong?

**RS:** Well everybody that tries to argue with me is wrong.

**S&A:** What do you like about something you dislike?

**RS:** What don't I like? Besides the two of you? I don't like people who drive in Middletown because there is really nothing to like about them. It's not the people it's just that they don't know how to drive. For example, I think the right of way rules here are different than the rest of the country, or the world. Maybe. I haven't driven out of the country.

**S&A:** What is a Google search that changed your life?

**RS:** There isn't one otherwise I probably would have remembered it.

**S&A:** What is the biggest scam of the modern era?

**RS:** Definitely politics. Sarah Palin, a few years back, did this whole super pack thing and was like "donate money to me", when she might to run for president, or intended to run for president, but she was like, "hey, give me your money, then I can do whatever I want because I'll use it for the presidential campaign if I ever run for president. Oh jk I'm not running for president". Which was brilliant on her part, but we were dumb to donate to her. It's kind of a scam because it's a little disingenuous.

**S&A:** What is the most ridiculous thing people complain about?

**RS:** People complain about a lot of things and most of them are ridiculous.

**S&A:** What is one thing you hate but find yourself coming back to?

**RS:** Swimming. I hate swimming. It's the worst sport. But it's also not the worst sport. Which one it is depends on how much I like swimming or not. Swimming is an anomaly.



Mr. Samulski and his swimmers from the North Carolina Aquatic Club.

**S&A:** What is the best way to utilize a 20 pound thing of glitter?

**RS:** Put a handful in a bunch of envelopes (I don't want to give people ideas) and then pick a group of people you wouldn't feel bad about getting glitter all over and then send your letters. That's pretty petty isn't it? Because you don't even get to see them get glittered. There's no payoff for that except knowing that you sent somebody glitter. That's pretty lame. Do the world a favor and throw it away. There's a universal law of physics that says that if you introduce glitter to the universe, it never goes away. It's the conser-

vation of glitter. If you don't do your part and destroy it, glitter takes over. I saw someone with glitter on their face today, but for all I know, it could have been on there since they were five years old, or maybe they are fifteen and still do that.

**S&A:** What makes you cry?

**RS:** Umm... you (directed at Smriti). I don't want this to get out. When I was little, it was Lassie. When she goes down the river and you think she's dead... that was the low point of my childhood. The other thing that really got me was when in Wreck It Ralph Ralph destroys Penelope's car.

**S&A:** Who is someone at this school you would like to thank?

**RS:** I only get to pick one person? Well what to do I do here? Do I pick someone in administration? Do I pick my weekend duty head? I mean, this is a very political question. I would like to thank Ms. Connors. She's a very thoughtful and active listener, and she always has something good to say. She also is always willing to listen even if I don't have something that interesting to say. 



## Squash and Eyes

JACQUELINE WANG '17

Have you ever played a racquet sport? Were you wearing any eye protection while you played? If the answer is yes and then no, you have put yourself at risk of eye injuries. Research has shown that ALL racquet sports have the potential of causing eye injuries, and according to AthleticOptics, one in every four players receives some form of eye injury in their playing time. Eye injuries can appear in various forms; aftereffects of injuries include momentary lapses in concentration or even a chance at lifelong blindness! Below are the four most common eye injuries caused by racquet sports:

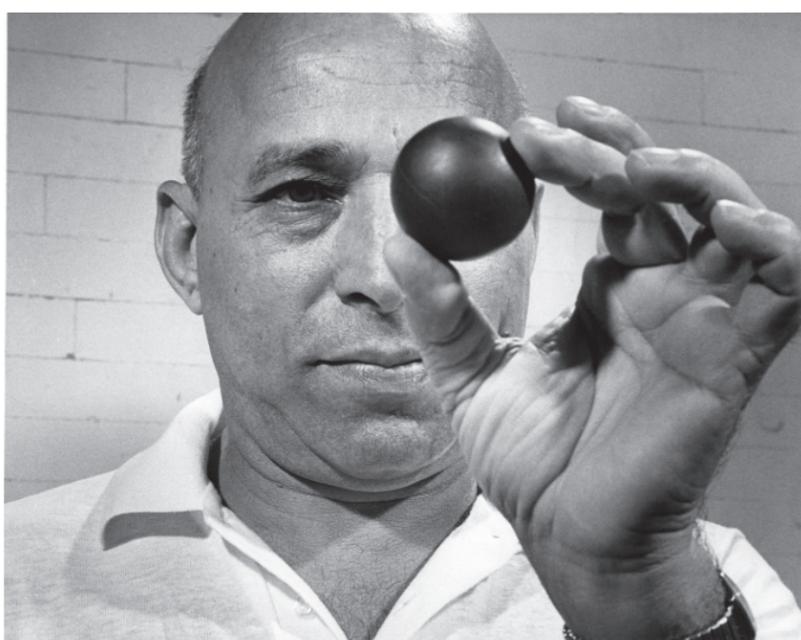
1. *Hyphaema: Bleeding inside the eye, which can have long term complications and possibly lead to glaucoma.*
2. *Pupil Injury: Tears to the iris can distort the pupil and lead to an inability to focus.*
3. *Retinal Damage: Hemorrhage and swelling of the retina can permanently reduce vision.*
4. *Orbital Fractures: Surgery is often needed and double vision or disfigurement can result.*

Furthermore, for squash players, eye injuries should sound especially familiar. Research studying the eye injuries of 118 patients in Southampton Eye Hospital during 1978-1979 presents in the data table. Among squash, badminton, tennis, table tennis, cricket and football, squash contributes to the majority of eye injuries. Additional statistics also show that there is a 5% rate of eye injury per 100,000 squash playing sessions. Moreover, according to Charles H. Tator, playing squash without eye protection three times a week over 20 years carries a 25% risk of suffering eye damage.

So why does playing squash have such a high potential to cause eye injuries? One of the reasons is that a squash ball can travel at a speed of over 200 km per hour in a confined squash court, one that is generally of 9.75m in length, 6.4m in width and 5.64m in height. This speed is much faster than that of a cheetah, which is 109.4–120.7 km/h, or for a more eye-opening comparison—this speed has four times the energy of a .22 calibre bullet. Moreover, a squash ball has a diameter of approximately 41mm and can easily fit into the orbital socket, which is the cavity of the skull in which the eye and its appendages are situated. The combination of these facts puts ALL squash players under risk.

Yes, ALL squash players! Do not underestimate the power of squash balls just because you are an expert. Will Carlin, who was once the United States Squash champion and no.1 player said the following cautionary words: “...I was playing without eye guards because they were in my other bag and I had forgotten to transfer them...It was a random accident. My left-handed opponent was hitting out of the back corner. I was on the T. I thought the ball was going down the wall so I edged over a little, but then as I watched him he hit a cross-court shot instead and it went directly into my eye from close range. Hard...I went down and when I tried to open my eye, I couldn't. It was swollen past the end of my nose. I went to hospital immediately but there was so much blood in the eye that they couldn't inspect the retina and I had to sleep overnight in a sitting position to let it drain. Two days later it had cleared enough for inspection and the report came - emergency surgery...” According to Charles H. Tator, contact with the ball tends to occur when squash players look away from the ball to locate their opponents. Beginners are in danger mainly because their lack of skills hinders their ability to react properly when balls come towards them. For experts, the sheer speed of the balls and their tendency to surprise their opponents puts them under an equal risk.

As squash season is coming up, squash players, please, please, please, Get Your Eyewear Ready. 



## Playlist: Top 10 Tracks from Miles Turner

MILES TURNER '17

1. Stevie Wonder — Superwoman
2. Raekwon — Heaven and Hell
3. Pond — Annie Orangetree
4. Brandy — Always On My Mind
5. Madlib ft. MF DOOM — Knock Knock
6. Connan Mockasin — It's Your Body 4
7. Project Pat — Chickenhead
8. The Diplomats — Let's Go
9. Erykah Badu — AD 2000
10. Antwon — Lap of Luxury 

| Cause of injury | Inpatients          |               |            | Outpatients         |               |            | All patients, all causes |
|-----------------|---------------------|---------------|------------|---------------------|---------------|------------|--------------------------|
|                 | Ball or shuttlecock | Bat or racket | All causes | Ball or shuttlecock | Bat or racket | All causes |                          |
| Squash          | 19                  | 4             | 23         | 22                  | 13            | 35         | 58                       |
| Badminton       | 2                   | 1             | 3          | 16                  | 4             | 20         | 23                       |
| Tennis          | 2                   | 0             | 2          | 6                   | 1             | 7          | 9                        |
| Table tennis    | 0                   | 0             | 0          | 1                   | 0             | 1          | 1                        |
| Cricket         | 2                   | 0             | 2          | 3                   | 0             | 3          | 5                        |
| Football        | 3                   | —             | 3          | 19                  | —             | 19         | 22                       |
| All sports      | 28                  | 5             | 33         | 67                  | 18            | 85         | 118                      |

# GAMES AND TORTURE

EDEN RICKOLT '16

K G N I V I G S K N A H T W C  
 A O R K R R T N E M H S E R F  
 R R Y E K R U T T M Q J H R E  
 Y A D N O M N I F F U M E J K  
 S O P H O M O R E K B G A U C  
 U F R J K M V R B D N I S N O  
 P U M P K I N S P I C E O I Y  
 P M Q J X W P E R W O L H O A  
 W P A W U S W R X X A I T R U  
 R O I N E S O D L V Y A E I W  
 A R M Y J E Y M A Z D F L O K  
 G L G N I M O C E M O H P N P  
 S U N L P T A F J U S W A G H  
 P U U L T K K C P R A S A G E  
 I J K S E K C O C Y A H I C C

|                |           |               |
|----------------|-----------|---------------|
| Senior         | Tad       | SAGE          |
| Muffin Monday  | Lava Cake | Freshmen      |
| IPSGA          | Haycock   | SWAG          |
| Ethos          | Sophomore | Pumpkin Spice |
| Thanksgiving   | Turkey    | Homecoming    |
| Julie Orringer | Junior    |               |

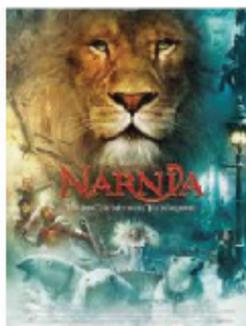
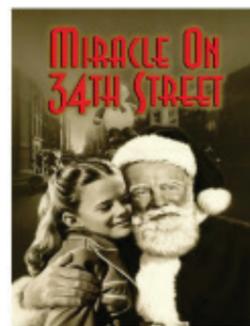
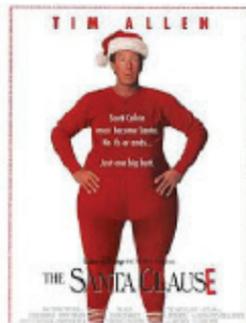
FIND THE DIFFERENCE



## The *ULTIMATE* Christmas Movie List

RISHI SHAH '16

1. It's A Wonderful Life
2. A Christmas Story
3. A Charlie Brown Christmas
4. Miracle on 34th Street
5. Home Alone
6. Dr. Seuss's How the Grinch Stole Christmas
7. Elf
8. The Santa Clause
9. The Nightmare Before Christmas
10. The Polar Express
11. A Christmas Carol
12. Love Actually



**SAVE THE DATE**  
**NEW YEAR**  
**JANUARY 1ST**

