



Saturday, October 19th, 2019
Volume LXXXVIII Issue I



The Cardinal

St. Andrew's School, Middletown, Delaware

In This Issue:

Page Two:

Delaware's Problem with Pollution and What You Can About It

Page Three

Find Your Space
A Doll Designed to Keeps Labels out and Invite Everyone In

Page Four:

What is Next for SAS?

Page Five:

Will My Vote Really Count?

Page Six

Happiness

Page Seven:

Happiness
An Interview with the Original Mememaker of SAS - Chefrayemails

Page Eight :

An Interview with the Original Mememaker of SAS - Chefrayemails

Inside Bill's Brain: Decoding Bill Gates
Sudoku



Realizing our Culture of Kindness

Teddy Pyle '21

The faculty at St. Andrews have placed so much power into the hands of the students. This is no secret. We have the power of determining social norms, school culture, and the ability to bring a culture of kindness, an almost utopian idea into reality and have made great progress towards this ideal. We are privileged to live in a community without bullying, harassment, or hazing. We witness moments, when we truly have kindness. At the notorious each fall, upperclassmen invite anxious, new students to prevent them from feeling left out. At sports games, no matter the weather, there will be a loyal group of fans cheering. Most recently, surprised us when Maggie Rogers '12 with an impromptu lunch performance, students gravitated together without dividing into friend groups, dorms or teams.



However, despite these shining moments, we don't always commit ourselves to these ideals. We often restrict ourselves to small groups of friends for need of security when navigating larger social scenes. This way, we can avoid awkwardness by always having someone to talk to. However, if we want to wholly embrace the culture of kindness, we should not feel discouraged from talking to new people.

Spark conversations at sit down meals, sit next to different people at chapel, or join a new table at dinner. We can and should trust others to be welcoming and friendly to us, just as we would offer them the same courtesy. If we can be comfortable in these uncomfortable conversations, we can move one step closer to completing our quintessential culture of kindness.



The Cardinal



Editors:

Tim Odutola ‘20
Nicole Saridakis ‘20
Isabel Hwang ‘20
Iris Hwang ‘20

Contributors

Teddy Pyle ‘21
Riley Baker ‘21
William Zhuang ‘21
Eleri Phillips ‘21
Noah Kates ‘21
Griffin Pitt ‘21
Heidi Cobb ‘21
Marvi Ali ‘21
Christine Chen ‘21
Daniel Kwon ‘22
Sophie Xu ‘23
Emma Tang ‘23

Faculty Advisors

Will Torrey
Liz Torrey

Send submissions to:

todutola@standrews-de.org,
nsaridakis@standrews-de.org,
ishwang@standrews-de.org,
irhwang@standrews-de.org



Delaware’s Problem with Pollution—and What You Can Do About It

Riley Baker and Eleri Phillips ‘21

With the school-wide climate strike behind us, it can be easy to forget the everyday local impact of climate change on our community, or more specifically, on Delaware. My friend brought it to my attention recently that Delaware has some of the worst air quality in the nation. When broken down by county, New Castle County received an “F” grade by the The American Lung Association’s 2019 “State of the Air” report, as it averaged 8.7 days a year with unhealthy levels of ozone pollution. Ozone-polluted air makes it especially difficult for the elderly, children, and people with asthma, like me, to breathe. On especially hot days—which have only grown more and more frequent with global warming—ozone particles are harder to break up, making it harder and harder to breathe.

Air pollution in Delaware is most often blamed on refineries in the Delaware Bay, such as the Delaware City Refinery. The Delaware City refinery is just one of the many refineries that has been caught multiple times violating the environmental violations set by the Delaware Department of Natural Resources and Environmental Control (DNREC).

In early March of last year, the refinery was fined \$218,000 for both the illegal shipment of crude oil through Delaware waterways and numerous illegal discharges into Delaware waters, dating all the way back to 2014. The \$118,000 of the penalty to DNREC for was repeatedly violating its National Pollutant Discharge Elimination System, which allows the refinery to discharge treated process water, waste water cooling water and stormwater into the Delaware River, Cedar Creek, Dragon Run Creek and Red Lion Creek. Even before these instances in 2014, the refinery had agreed to conditions the DNREC had set pertaining to changing the refinery’s 300-million-

gallon-per-day cooling water intake system as well as changes to the pt’s stormwater discharge scheme and attempts to re-use some wastewater to reduce freshwater withdrawals in order to effectively get out of the \$116,000 fine.

However, Delaware Senator Tom Carper blames Delaware’s problem with pollution on other states like West Virginia and Pennsylvania, claiming that their pollution blows into Delaware. Yet, it seems like it’s more likely that Delawarean politicians use these vague claims as scapegoats. In June of 2018, after the Environmental Protection Agency (EPA) rejected all four of Delaware’s Clean Air Act petitions that were introduced to limit “ozone pollution that comes into Delaware” from other states, Carper and the head of DNREC partnered up to fight it. And while that may seem like a good idea, as the DNREC has repeatedly caught and fined businesses that have hurt the environment, local Delaware activists have claimed that in reality, nothing has really changed.

In 2013, the DNREC chose not to require that PBF Energy obtain a permit under the state’s 1971 Coastal Zone Act, which bars companies from transferring products like crude oil along Delaware’s shoreline. Instead, the only requirement was that the refinery seek an air quality permit for pollution-capturing equipment at its Delaware City pier, though they never specified any limitation on the actual air quality, which the refinery took full advantage of. In the end, the DNREC reached a deal with the refinery, where the refinery would pay \$100,000 out of the \$150,000 fine and admit no wrongdoing and ultimately, the loose restrictions placed on the PBF Energy refinery remained the same. Along with the waived aforementioned \$116,000 fine with the Delaware City Refinery, the DNREC had also not updated one

of the refinery’s five-year permits since it expired in 2002. Because of the DNREC’s willingness to conduct back-room deals with the perpetrators of environmental crimes, Delaware senator Tom Carper’s strategy to team up with the DNREC effectively deflects the blame of Delaware’s environmental problems to surrounding states, while allowing Delaware refineries to continue to break environmental laws, causing numerous health hazards for the people of Delaware. Delaware lawmakers need to take responsibility for the state that Delaware is currently in for the sake of its people, no matter what restrictions need to be placed on Delaware’s refineries.

Globally, the effects of climate change can be overwhelming and we can often end up asking ourselves: what can we really do? What effect can we really have? But by focusing and educating ourselves on local governmental issues and how those issues effect our everyday lives, there becomes more and more possibility of affecting change within a smaller local government. So calling our local senators and representatives about environmental issues that impact your everyday life can be surprisingly important in influencing environmental issues—from the state of the Delaware waterways to everyday air we breathe.



Find Your Space

WILLIAM ZHUANG '21

After coming to St. Andrew’s last fall as a new sophomore, I was constantly amazed by the community-oriented culture of the school. This aspect of the school has allowed me to learn more about myself, others, and a lot of new ideas. However, after talking to several peers on this topic, I started to realize that while SAS emphasizes greatly on the importance of socializing, this dynamic can sometimes compromise one’s time and space to be alone.

An introvert myself, I need a relatively large amount of time without external noises. However, upon coming to SAS, the fast-paced and continuous social life here overwhelmed me. There were times when I desperately needed time alone, but at the same time being worried about potentially socially alienating myself from my friends. Living in

Founders, I could often hear laughter and yelling down on the front lawn on weekends, making me unable to settle down in my own space. This made me question my own priorities as a member of the community, and even at times made me feel guilty about spending time for myself. I felt like I was stuck in a cycle of forcing myself to engage in all social events while secretly craving to escape them all at once.

Luckily, after struggling for the first half of the year, I managed to let myself see socializing through a different scope. I realized that socializing is a part-time choice, not a full-time necessity. At SAS, we always have the option to mingle with others, whether it is in the dining hall or on the front lawn. At the same time, it’s equally as important to look for space where you can find your

personal peace, whether it is in your cozy dorm room or somewhere distant in the woods. Wherever you might be, just know that while socializing is a dominant part of our culture at SAS, it is not the only option. You should celebrate yourself, both for engaging and connecting to others and for slowing down and finding your own space.



A Doll Line Designed to Keep Labels out and Invite Everyone in

Emma Tang '23

What was your favorite toy in childhood? When I was a little girl, nothing could be more fun than creating various hairstyles for my Barbie doll and dressing her in splendid costumes and glistening jewels. In my eyes, Barbie was the prototype of glamor and beauty.

However, now the iconic dolls have changed. Mattel launched a line of dolls with different skin tones, hair, and clothes on September 25 this year, called “Creatable World”. Each kit contains a doll, a wig, 6 pieces of clothing, 3 pairs of shoes and 2 accessories. The dolls are fully gender-neutral, and they allow children to use their own interpretations of genders and beauty. A child can combine the elements in any way they want to: black braided hair with a motor jacket, a short haircut with a tutu skirt, or even curly blonde hair with a tank top and shorts. It’s all about customization! “Through research, we heard that kids don’t want their toys dictated by gender norms. This line allows all kids to express themselves freely which is why it resonates so strongly with them,” said Kim Culmone, Senior Vice President of Mattel Fashion Doll Design.

You may think that a doll is simply a toy. How can a toy make a

difference? In fact, many children’s dolls play the earliest role in forming one’s aesthetic and sexual judgments. I don’t have fair skin. I don’t have large glistening eyes or thick eyelashes. I don’t have straight long legs or a wasp waist. Born with Asian features that are very different from Caucasians, a huge number of Chinese keep pursuing the Barbie look but deny their own beauty. As a preteen, I used to be very insecure about my appearance, but I did not realize that my dear Barbie defined my perception of being pretty until recent years. Why do I need to have fair skin, large glistening eyes, thick eyelashes, and a “sexy” body shape to be a pretty girl? As I grow up, I start to ask myself this question. The answer is: I don’t.

Sexism seems to be an obsolete term, but we are still all influenced by gender stereotypes without them being said aloud. The society never stops emphasizing the labels on us. A girl is expected to be elegant and temperate. A boy who prefers “feminine” behaviors, clothing, or hobbies is unacceptable. Gender norms are promoted when parents choose the way to dress us, when boys are asked to do push-ups and while girls are excused (which my

middle school PE teacher did), when we hesitate to hang out with the opposite sex, and when children play with barbie dolls. Even though we have possibly never thought about them, these nuances restrain us from being who we truly are. It is impossible to eliminate them within a short time, yet “LET’S CELEBRATE INCLUSIVITY” is not merely a slogan; steps must be taken to advocate it. That is why Mattel’s creation of gender-inclusive dolls is so significant.

To explore the infinite possibilities within ourselves and truly embrace diversity, we need to erase those standards in our minds. We are most beautiful when we are confident of being our authentic selves. The starting point of fostering this ideology is giving children full freedom to make their dolls best reflect who they are, or who they would like to be.



The Cardinal

What Is Next for SAS?

Noah Kates '21

St. Andrew's is continuously evolving. Year after year, improvements are made to the school which benefits all members of the community. Change is necessary for St. Andrew's to develop alongside the outside world. Wanting does not indicate entitlement or ungratefulness: it exhibits a will for advancements and having St. Andrew's best interest at heart. During the first week of school, my form was asked to voice their ideas of future changes to the community. I was inspired by this exercise to write this article but believed that it was important to include perspectives from members of each form in the school and faculty members. Below the visions for the future of SAS are voiced by various representatives of the community.

JT Meyer: To be quite frank, the state of the boy's laundry room is deplorable. The dryers can oftentimes take three to four cycles to completely dry clothes. Not only is this harmful to the student body but it also carries a significant carbon footprint. In addition, as far as I can tell those washers are not Energy Star approved in the first place. Approximately three-eighths of the school uses that single laundry room (over 100 people). There are simply not enough washers and dryers to accommodate such a large population. A renovation of the boy's laundry room would be extremely well received. Furthermore,

the project could be a relatively cheap fix with enormous upside.

Ben Butcher: It is always tough to tell what is next for SAS. It is such an ever-changing and adapting school, but I think that it is pretty safe to say that environmental sustainability will definitely be a big part of St. Andrew's future. In the long run, we can expect to see more solar on campus, I know last year the Environmental Stewards even considered building a windmill. After the huge walkout on the 20th, there is no doubt that the environment is one of the schools top priorities. Mia N: One of the things I think SAS should do next is work on inclusivity. We are a pretty diverse community, and we do have awareness as well as take action when it comes to this. However, diversity is just a stepping stone towards inclusivity. It's wonderful that we have lots of people with diverse identities and experiences in our community, but it doesn't benefit us in any way unless we actually include them. I've had people look at my name and joke "I'm not gonna even try to pronounce that." I've heard of instances where people feel like they can't share their opinions because they're not the most mainstream ones, or because there are others who are doing too much talking and not enough listening. To a certain extent, SAS is a diverse and inclusive community, but there is still so

much more to be done. If we can create a space where everyone is included, respected and valued, instead of just being there for the sake of being there, why should we settle for anything less?

It is vital to hear the many voices in the community. Each individual has a different idea and vision for future possibilities for St. Andrew's. Personally, I am excited for the changes on the horizon for St. Andrew's community and look forward to their positive implications. I believe we are extremely lucky to live in a school in which the administration values the student's opinion and listens to it. It is also important to recognize that we are lucky to live in a school focusing on new changes that will contribute to the positive culture of the school, rather than a school attempting to make changes in an effort to fix its flaws. However, change in the academics, the social approach, and physical infrastructure is good and necessary as the school evolves. The culture however, has stood the test of time and should be maintained. In conclusion, the change on the horizon for St. Andrew's community might alter the physical appearance of the school, but the internal culture of the school will always remain.

Will My Vote Really Count?

The Cardinal

Griffin Pitt '21

On November 3, 2020, I, along with a large section of upper-classmen, will have the opportunity to vote in the Presidential Election. Because we live at St. Andrew's, every American student that is of legal age and wants to vote will submit a voter absentee ballot before election day. Unfortunately, due to recent fraud activity, whether your vote is even counted in the first place is called into question.

I am proudly from North Carolina's ninth voting district. As a fairly new city, Charlotte is rich in diversity from all age groups, socioeconomic classes, and perspectives. But with this diversity of perspective comes political tension. Disagreement is necessary for Democracy, but when winning comes at the expense of cutting corners and cheating, Democracy fails. While I love my hometown, I have a civic duty to hold my city and district accountable when something goes awry. This is the ultimate practice of democracy: to hold our country, state, city, district, and each other responsible so when we falter, they can do the same. In 2018, the ninth district messed up.

This past July, Leslie McCrae Dowless Jr. was accused of falsifying absentee ballots to support the candidate who eventually won the 9th congressional district election. Moreover, it is unconfirmed if Dowless was paid to specifically do so by the campaign. In this past February, the winner of the ninth district election, Mark Harris, publicly demanded the need for a re-election because, supposedly unbeknownst to him, his party had hired a contractor who hired Dowless to collect absentee ballots supporting Harris. In North Carolina, it is a felony to collect absentee ballots if you are not nearly related to the voter. It is still unknown if absentee ballots that supported Dan McCready, the politician who was running against the incumbent party, were destroyed since only 684 absentee ballots were turned in of the total 1,341 that were requested in Bladen County. This scandal hit close to home, not only because it was in the ninth district election, that I knew the family of Dan McCready, or the fact that this scandal lasted a total of ten months. For ten months, my

community did not have a voice in the US Congress. But most of all, in the next election, I will be able to vote, and, like all voting St. Andrew's students, I will be using an absentee ballot. This questions the idea of a free democracy. If absentee ballots are not a viable opportunity to vote, do citizens who are unable to be present on election day's voice count? This scandal evoked new fears in me. Does my voice count? Will my voice count? At this point, I do not know. Moreover, this is not merely a Charlotte issue but a national one: an issue that infringes on the rights of all of us. There needs to be a change. Voters need to know that their voice counts, and enacting legislation to overlook where political campaigns spend their money and investigating any red flags, in my opinion, is a necessity. Especially after a scandal like this one. Citizens need to know that their vote is being counted and their voices are heard.



Happiness

The Cardinal

Marvi Ali '21

According to the 2019 World Happiness Report, Finland is the happiest country in the world. Denmark, Norway, and Iceland hold the next top positions. The United States of America is the eighteenth happiest country in the world. Delaware is the eighth happiest state. But, what is happiness? How do we measure it? This past summer, I read *The Little Book of Lykke* by Meik Wiking, the CEO of the Happiness Research Institute in Copenhagen. Wiking spends his time studying, measuring, understanding, and generating happiness. In this book, Wiking discloses the secrets of some of the world's happiest people.

But, going back to my initial questions: What is happiness? How do we measure it? Happiness is subjective. What happiness means to me is different from what it means to you. Wiking understands the difficulties of collecting and working subjective information but insists that it is more important how we, as individuals, perceive and view our own lives. He divides our introspection on happiness into three dimensions. The first is the affective dimension, which “examines the emotions people experience on an everyday basis.” (28). The second is the cognitive dimension which requires people to step back and evaluate their lives overall. When looking at our happiness from a more general perspective, we must remind ourselves of our dreams. And we must ask ourselves how close we are to achieving and living those dreams. Lastly, we have the third dimension: eudaemonia, meaning happiness in Ancient Greek. This dimension is based on Aristotle's beliefs about happiness: “To him, the good life was a meaningful and purposeful life.” (29). So, with these three dimensions in mind, we can begin to understand how we measure and make sense of happiness.

Wiking separates happiness into six categories: Togetherness, Money, Health, Freedom, Trust, and Kindness. He begins by explaining how people who do things together are generally happier than people who do these same things alone. Wiking suggests we build time in our day to create “rituals of food and fire,” meaning that we prioritize our time to eat. Spending time with family and friends and talking about our day makes us happier. Wiking even proves that this mindset of togetherness has been important to us since the beginning of time: “Whether you look at the English word companion, the Spanish word compañero, or the French copain, they all originate from the Latin com and panis meaning ‘with whom one shares bread.’” (37).

Next, Wiking discusses money. He says that the more we have of it, the less happiness we receive from it, which is what economists call the Law of Diminishing Marginal Utility. This explains why some countries may get wealthier, but not happier. Next, Wiking connects health and happiness. There is an obvious

connection between the two, because a lower quality of life will equate to lower levels of happiness. Interestingly, there is also a reverse relationship between happiness and health: “A greater level of happiness predicts better future physical health.” (128). Then, Wiking goes on to discuss the important correlation between freedom and happiness. The World Happiness Report 2012 states that, “No people can be truly happy if they do not feel that they are choosing the course of their own life.” One key aspect of freedom is freedom of time. It is helpful to take a step back and evaluate what we do with the time we are given. Wiking says, “Every day, we get 1,440 minutes and, every week, we each get 168 hours. However, we have very different levels of freedom and when it comes to how we spend our time.” (165). But our level of freedom is determined by how we spend this time. Next, Wiking discusses the trust in a community and how it can affect our happiness levels. There is a direct correlation between countries with higher levels of trust and countries with higher levels of happiness. Finally, Wiking introduces his last and arguably most important pillar of happiness: kindness. He talks about the simplicity of being kind, explaining how little effort it takes to be kind and the large impact it will have on someone else.

So now that we understand the “science” behind happiness, we are left asking ourselves, Am I happy?

Is St. Andrews happy? No matter where we all find ourselves on the spectrum of happiness, there are very simple ways we can make St. Andrews an even happier community. By looking at Wiking's six pillars of happiness, we can understand how to implement happy practices into our daily life. For example, we can learn to value Wednesday night dinners along with all other meal times. We can make an effort to talk to the people at our table, rather than the one person from our grade or our friend at the next table over. Next, as Wiking says, “Buy meaningful experiences that are a part of something bigger.” (116). This means investing your time in something that will make you genuinely happy. Perhaps a walk across the front lawn, or having a heart-to-heart on the T-Dock, or reading your favorite book - things that you'll remember and look back on fondly. Next, be active! It's really simple to stay active during the day, especially at a campus like St. Andrews. Avoid the elevator and take the stairs. Walk over to a teacher or a student rather than sending an email. Try to build movement into your daily routine. Lastly, practice kindness. Random acts of kindness are the easiest way to do this. Wiking encourages all of us to, “give someone a genuine compliment. Right now.” (262). Now that we are equipped with the pillars and the fundamentals of happiness, let's keep working towards keeping ourselves and the St. Andrews community happy!

An Interview with the Original Meme Maker of SAS—Chefraysemails

Christine Chen '21

An Interview with the Original Meme Maker of SAS—Chefraysemails

I recently had the pleasure to interview the one and only St. Andrew's themed meme account. This interview was conducted over Instagram direct messages to respect this student's anonymity (although I would not encourage this as a regular mean of communication).

Q: Why did you name yourself after the daily Dining Services' emails?

A: As Chef Ray emails us each morning, giving us bite-sized comments on the state of our community, I hoped to create memes that kept their finger on the pulse of SAS and to dismantle the bourgeoisie.

Q: How often do you post? Do you have a schedule for yourself, or do you just post whenever you have memes?

A: I cannot disclose that information.

Q: How do you come up with your memes?

A: Usually, after speaking with my spiritual advisor and reaching a higher plane of reality, I create memes in a fugue state. Later, I wake up with no recollection of the last 24 hours, floating in the middle of Noxontown pond at 3 AM.

Q: I really hope you're kidding about that latter part. When did you decide to start a SAS meme account?

A: I decided to start the account an hour before the creation of the account.

Q: How has this account impacted your SAS career? Have there been any changes after you started chefraysemails?

A: The account hasn't impacted my career much, aside from the fact that in study hall I don't work, and that at night I don't sleep, only making memes.

Q: Again, I really hope you're kidding about that. But perhaps that's the sacrifice you make for art. Why do you decide to remain anonymous?

A: Real Gs move in silence – like lasagna.

Q: Recently, another account, sas.central.services, popped up and started posting SAS themed memes. As the original SAS meme account, how do you feel about that?

A: Who?

Q: On September 19th, Piper Jackman '21 of the AV club launched a poll during school meeting, pitting you against sas.central.services. How did you feel about the results?

A: What poll?

Q: As a "meme-er," what do you want to say to all your fellow SAS students?

A: Good Friday morning Andrean's, Great weather in store for us today, picture-perfect? Sunshine, blue skies, and a pleasant temperature of 72 degrees will make it seem so. Winds will be coming down from the Northwest, at 15-25 mph. Enjoy!



Inside Bill’s Brain: Decoding Bill Gates

Daniel Kwon ‘22

Directed by David Guggenheim, Inside Bill’s Brain: Decoding Bill Gates is a Netflix series providing a detailed look into the business mogul Bill Gates’ life. This series provides an unbelievable opportunity to witness the livelihood of one of the most affluent people on Earth. The episodes alternate between two storylines; one dives into his past while the other explores his current and past projects with the Bill and Melinda Gates Foundation. Intriguingly, when Gates was in high school, he coded a computer program that automatically set up the schedules of his high school’s students. When other nearby schools heard about his program, they wanted to infuse it in their curriculums. The fact that Gates was able to improve and impact his community at such a young age is extremely inspiring. Therefore, during study hall, instead of rewatching an episode from The Office, you should try to learn about the incredible life and mindset of Bill Gates.

Sudoku

Sophie Xu ‘23

		3	8				5	
	6			2			7	
1	7			5			2	
8	9			1				4
2								1
5			9				6	7
	1			7			4	8
	8			4			9	
	5				9	6		