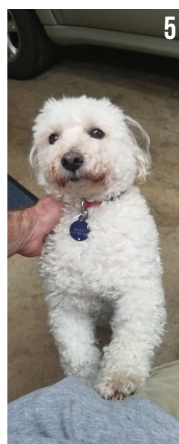


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PAW-SITIVE ENERGY: Meet the furry friends of Mac students and staff who have been loving the extra attention during quarantine. (1) Sophomore Zara Terrazas-Graham and her 4-year old golden doodle Rain. "Rain loves agility competitions and running through her tunnel," said Graham. (2) Forensics teacher Elise Baughman and her own pups, Doc Holiday and Wyatt Earp. (3) Sophomore Carly Johnson with her dog (4) Cookie. "Cookie is a rescue dog from Shanghai, China. My family used to live there for 10 years, and we rescued him there," Johnson said. "During quarantine, Cookie and I take lots of naps and go on lots of walks." (6) Sophomore Annabel Winter (right) receives some kisses from her dog (5) Marty. "During quarantine, Marty's been working on some tricks, so we've been practicing roll over, shake and spin," Winter said. "He gets plenty of treats, of course." Caption by Alysa Spiro. Photos courtesy of the humans in these photos.



BREADFUL times

During the shelter in place order caused by COVID-19 outbreak, many Mac Knights sought to master art of baking bread

Whether it is due to stress, boredom, or as a hobby, many McCallum students turned to bread baking during the extended spring break caused by a worldwide effort to reduce the spread of the coronavirus, or COVID-19.

The process for making bread is simple, and there are so many recipes on the internet that anyone can try to make it. A simple Google search will tell anyone an easy way to make bread, guiding everyone through the recipe step by step.

The accessibility of recipes and simplicity of the process doesn't explain why social media feeds all over Austin were filled with images of freshly baked bread.

Why did so many people turn their extended spring break into an extended spring bake?

Barrett Andrews is an experienced baker, and he decided he wanted to bake garlic and herb bread. To do so, he used the dry ingredients his family had around the house.

"My family is currently moderately low on food supply at the moment except for mostly dry ingredients such as flour, yeast, salt, spices, etc., that we've just had sitting in our kitchen," Andrews said. "I'm trying to use up as much as I can with the ingredients available to use in meals during social distancing."

So baking bread helps people to stretch their groceries and maintain social distancing for a longer period between food runs to the grocery store. But baking bread also generates a far more basic feeling of success. There is a rewarding feeling when a baker finishes something that they know will be good.

That feeling is what prompted Apollonia Ferrante to bake bread. She said she loves food and that the extended time at home afforded her the opportunity to

try her hand at baking, something she always wanted to try but never had the time.

"I made bread because I LOVE bread so much," Ferrante said. "I could eat it all day... and I've always wanted to make bread, and quarantine is the perfect time to do that."

Ferrante found a recipe for beginners and got to work. To her, baking the bread was the most rewarding part because of how fun and rewarding it was.

Like Ferrante, Elle Hemenway looked up a recipe and found one she liked on the *Washington Post* website. It was a recipe for "White-Wheat Sandwich Bread," which provided step by step instructions and a detailed list of ingredients.

Even though her choice of bread was basic, Hemenway deemed her foray into baking an unqualified success. "It was just regular white bread," she said, "but it tastes better than it looks... My grandma said it reminded her of the bread her grandmother used to make," Hemenway said.

Besides, she said, the process of making bread is like therapy.

"Kneading bread is good for stress," she said.

Andrews agreed 100 percent, saying that baking bread is a good way to relieve the anxiety caused by being trapped at home on lockdown.

"I have this running gag with my other baker friends that we 'stress bake' because every time something happens we end up coming to school giving out extra batches of whatever we made," Andrews said. "It's very comforting, and there's this sense of pride when you finish the end product of what you made. Kneading dough also allows you to let out tension, and it's also

a good arm workout depending on the kind [of bread] you're making."

Students are not the only ones spending their time baking. Guidance counselor Shelley Goldstein is working on mastering the art of sourdough bread. Sourdough is a longer process than most, and it requires a starter that can be used for other things than bread.

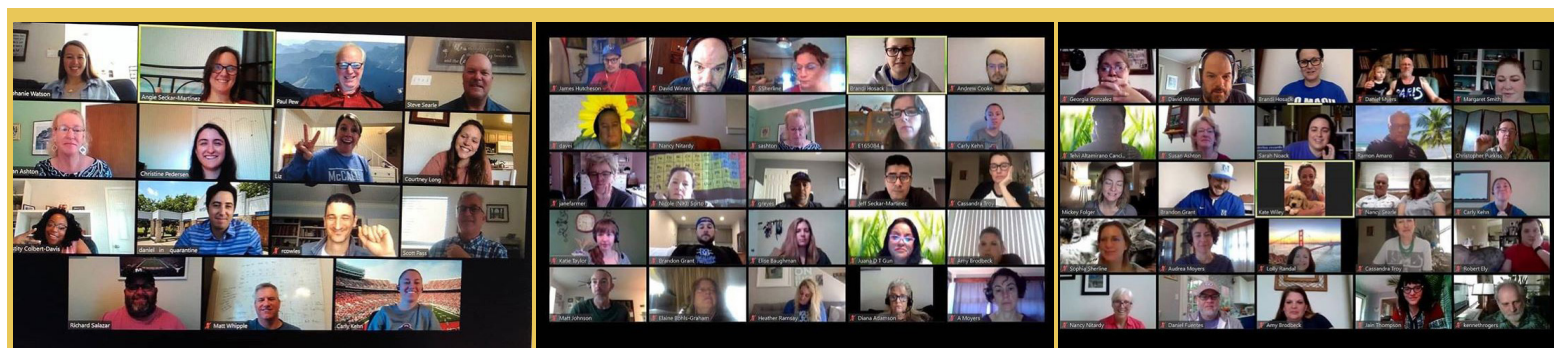
"I made my starter from scratch on Tuesday of spring break, and it was ready this week," Goldstein said. "Baking sourdough bread is a 2-3 day process once you get a robust starter. You bake it in a Dutch oven at 450 degrees. I did a lot of research and joined a Facebook sourdough group and watched lots of videos. I have also made crackers and pizza dough from the leftover starter. It is a tradition to name your starter and mine is named Ruth."

Ms. Goldstein has not only been making bread, but she has used her free time to learn how to cook other foods.

"We learned how to use our InstaPot also and have made some incredible soups," Goldstein said. "And I made some cookies. My two daughters live across town and my oldest just got back from Spain. So I bring them goodies but we stay 6 feet apart and just talk in the driveway."

For many people, baking is a way to bring people together, and while that might be hard right now, baking is giving many people a way to pass time, relieve stress and provide tasty snacks. While it might not be physically possible to be together right now, Baking bread is helping to bring people together virtually through shared experience and vicarious eating.

—story by Lindsey Plotkin



ZOOM IS THE NEW NORM: Mac principal Brandi Hosack had been in virtual meetings all day planning. Online classes were set to launch at McCallum and throughout the district on April 6, but Hosack had already made the conversion in her work life. "Online learning is not going to be anything reminiscent of what you do in the traditional classroom," Hosack told Shield reporter Bella Russo. "What is at play here is a lack of equity and access. We cannot expect for students to be

able to generate the same amount of work at the same pace given the current situation that we are facing." In addition to lowering the content expectations, Hosack said the focus of student-teacher interaction must change to meet the needs of the moment. "I told my staff as early as of this morning that the No. 1 goal for us is to maintain connection with our students. The academics that are being missed right now pale in comparison to the social and emotional and intellectual

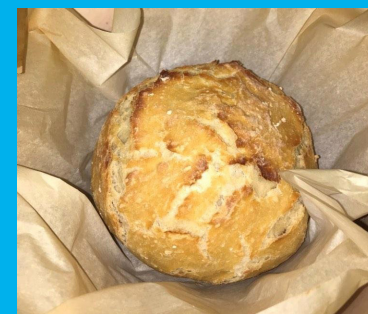
and psychological needs of our students... and our staff honestly. Academics needs to happen, but they have to take the No. 2 spot behind those things." Most of all she said she missed her students. Despite being at McCallum for less than a year, Hosack said she feels very connected to each and every student. "I hurt, not because I'm scared, but because I miss y'all," Hosack said. "School is such a social place, and since we're all missing out on that interaction, it's hard."



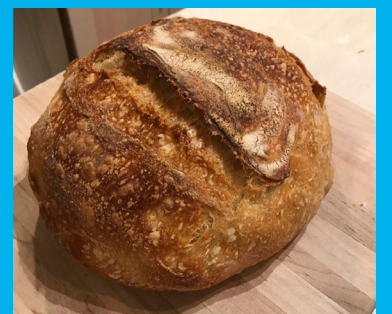
barrett
ANDREWS
garlic and herb



elle
HEMENWAY
white



apollonia
FERRANTE
beginners



ms. shelley
GOLDSTEIN
sourdough