



6 things to do when STAYING HOME



Alana Cavanagh



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themuseatdsoa This graphic illustrates what you could be doing during quarantine to maintain a regular routine.

video link: https://www.instagram.com/p/B-H_oRxjKjA/?igshid=ijp9ihao1drl




themuseatdsoa



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themuseatdsoa The COVID-19 virus spreads by human contact via body fluids, oftentimes through droplets dispersed in the process of coughing or sneezing. A key prevention method is washing your hands to limit the spread. Here is a proper practice of washing your hands, with inspiration from the New York Times.



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themuseatdsoa Theatre sophomore Catarina Ocasio paints a clock for Dreyfoos' theatre production of "Radium Girls," which debuts tonight at Meyer Hall and will run through next Sunday, March 1. "I learned that it takes a lot of hard work and a lot of people to create just one show, whether that's backstage or on stage," Ocasio said. "My favorite part of 'Radium Girls' is probably the ending scene. You just have to see it." [#PhotoOfTheWeek](#) captured by [@sophiaroberts42](#)



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themuseatdsoa Vocal senior Jacqueline Kaskel sings her heart out at the Senior Showcase on Wednesday, captured by [@adammgoldstick](#). The Senior Showcase allows selected students to put together individual pieces with instrumentalists. "I'm doing a duet opera piece, and I'm very excited to present to everyone what I have been working on for four years," vocal senior Amanda Carney said. "I am going to miss the environment and the people at Dreyfoos, but I'm ready to move on and go to college."

link for full gallery: <https://www.instagram.com/p/B794K7yFg5n/?igshid=1tr2exrntumsi>



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themuseatdsoa Dance junior Alexander Thomas searches for his next target in a heated game of dodgeball during Thursday's gym games, as captured by [@annajjones_](#). Students from each class faced off in three dodgeball matches, during which each team aimed to get the other players out by hurling balls at each other and either evading or catching the other team's thrown balls. The juniors ultimately took the win, and the seniors earned second place. "You know, in the moment, you don't really think about anything else," theatre senior Nick Madruga said. "You just see what's in front of you, and you don't see what's on the side of you; you just focus on the game."



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themuseatdsoa Donning the attire of Assistant Principal George Miller, English teacher Carmen Gallardo shows off her moves at Wednesday's Generation Dance. Ms. Gallardo represented the seniors in a cameo moment. #dsoasga #dsoaspiritweek2020



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themuseatdsoa Piano juniors Ethan Cheung and David Liu celebrate their victory in the Knight, Mount, Carry game during Monday's gym games as the junior class roars with applause, captured by [@bellaboo243](#). During the game, teams of two players assumed one of three poses based on what an announcer said. One player had to "knight," "mount," or "carry" the other player. The other games played during lunch were Sharks and Minnows and Simon Says. "Just the idea that David and I had so many people in the front coming down to us, cheering us on, and telling us not to give up gave both of us ... confidence and adrenaline," Cheung said. "After realizing that it was down to the top three [teams], and the rest of the instructions involved physical activities, I was pretty confident [...] We were overwhelmed with the feeling of excitement and relief [when] we had won the event." [#dsoasga](#)

link to full gallery: <https://www.instagram.com/p/B5ydPEdFne4/?igshid=1athy8ava1jzl>



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themuseatdsoa The eighth annual Prism Concert at the Kravis Center took place on Dec. 4. With months of practice, music students displayed all of their hard work. Students are required to participate, but some performed more than necessary with individually rehearsed and auditioned pieces. "I was Santa and it was really stressful because I had to do a quick change," vocal senior Ben Myers said. "I had to walk off the stage all nice and calm and then I had to run [to] get the Santa costume on, and it was pretty rushed. But, I loved coming in and have everyone cheer for Santa." Captured by [@sophiaroberts42](#) for [#PhotoOfTheWeek](#)

link to full video: <https://www.instagram.com/p/B3SrE0oFvtL/?igshid=t8we8eooxfum>



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themuseatdsoa In honor of Hispanic Heritage Month, students organized Identidad, a cultural art celebration. "The purpose of the event is to showcase the amazing art that some of our Latin Hispanic kids at Dreyfoos have to offer," strings senior Mia Marquez said. "They're [able to] express their cultures and personal experiences through art." Check out this highlight of Identidad.


link to full video: <https://www.instagram.com/p/B3lcqtcFjee/?igshid=11i5uu0590tvr>



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[themuseatdsoa](#) A.R.T.S Club held its fourth annual Paint Your Heart Out on Sept. 21 at Palm Beach Lakes Blvd. Here's a recap, captured by [@sadewhy](#).



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[themuseatdsoa](#) Theatre sophomore Catarina Ocasio paints a clock for Dreyfoos' theatre production of "Radium Girls," which debuts tonight at Meyer Hall and will run through next Sunday, March 1. "I learned that it takes a lot of hard work and a lot of people to create just one show, whether that's backstage or on stage," Ocasio said. "My favorite part of 'Radium Girls' is probably the ending scene. You just have to see it." [#PhotoOfTheWeek](#) captured by [@sophiaroberts42](#)