

Leila Pulaski

Designer of the Year Nomination



SPECIAL LOVE &  
RELATIONSHIPS ISSUE  
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This cover was produced for a February issue centered on what love looks like in 2020. I wanted to take some of these stereotypical images associated with Valentine's day and flip them to have a more modern twist, replacing each of the heart shaped chocolates with common dating apps.

# House games promote fun, friendly rivalries

## Revamped scoring system aims to boost legitimacy



Members of Chidsey House, Anika Ayub, prefect Ryan Doughty and house captain Sydney Buchman, make beaded bracelets to promote house spirit.

Photo by Lizzie Mickiewicz

By Julia Smith

P assionate shouts fill the Great Lawn, reverberating off the walls of Mewborne and Flores Hall. Crowds begin forming around three tables, each adorned with six watermelons cut into six slices — one for each member of the relay.

Despite the threat of rain, students are rowdy and animated, and it is nearly impossible to differentiate who is participating from who is there to support them.

One of the prefects, Ryan Doughty, yells Go, and participants begin tearing into the slices with their bare hands just as the drizzle turns into a downpour, their soaked house companions displaying unadulterated glee.

Welcome to the house competition 2019.

Designed by prefects in 2011, the house system was intended as a way to foster a greater sense of community between grades and divisions of school. Some students were initially disdainful of the house system, claiming it was too reminiscent of Harry Potter.

In recent years, SAC has embraced the house system, Harry Potter similarities and all, transforming a once lackluster concept into a series of events that promotes excitement and friendly rivalry.

This year's prefects brainstormed all summer to develop a wide variety of games. From art contests to paper airplane tournaments, the events have occurred more frequently, allowing for sustained engagement.

Freshman Claire Schwanauer recently attended the dance-off, which was held for the first time on the Great Lawn. Students were eager to earn points for their house while displaying their terpsichorean skills.

"We started line dancing, and then everyone started joining in, even if they didn't know it," Schwanauer said. "People are excited to be in their houses."

This year, the primary goal for five-sixths of the student body is to end the two-year reign of Chidsey House. As of Sept. 30, Chidsey was back in first place, a mere 10 points ahead of Claremont. The top five houses were separated by just 27 points, so if Chidsey hopes to three-peat, it won't be easy. Only Hoodwink seems to

have given up already, sitting in last place, 113 points behind fifth-place Winston House.

Mulligan house captain Eliza Holt, who has been to numerous trivia games and other contests, has noticed that Chidsey has not won as many of the events this year.

"Chidsey's on the way out," Holt said.

Revamping the scoring system has been a top priority for Head Prefect Mark Trautner and prefect Ryan Doughty.

The prefects determine in advance the number of points for each game in order to eliminate the possibility of prefects changing the points afterwards to favor a particular house. Some games award points based on participation, while others are based on skill. In those skill-based games, including trivia and kickball, points are awarded for the top five finishers: 20-15-10-5-5.

The prefects use spreadsheets to keep track of points and share the document with all house captains and prefects, creating more transparency.

After Chidsey won the House Cup for the second year in a row, there was much grumbling from the other houses, envious of Chidsey's winning streak.

"A lot of Chidsey's success has come from more of an organization standpoint," Doughty said. "[They were] just active in having more people at every event. And realistically, if you have more people at every event, you'll probably win."

Trautner and Doughty hope that better organization will put an end to the suspicion that SAC interferes in the house games. The spreadsheet has increased trust between house captains and SAC since the points are accessible to all parties.

SAC wants underclassmen to be excited about the games. On the freshman retreat, senior leaders and teachers emphasized the importance of the house system, eliciting participation from all members of the class, whether in small games or a camp-wide relay race.

"I got Cheetos thrown at me [in the relay race]," Schwanauer said. "The baton was a plantain, and [I] had to eat it at the end. That was a terrifying experience."

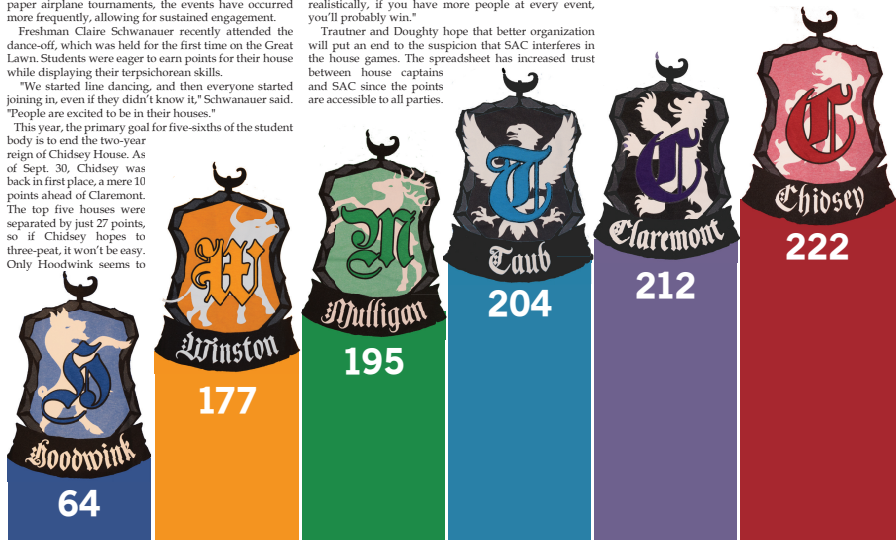
The senior leaders and freshmen alike were full of house spirit throughout the retreat, cheering, encouraging and fiercely competing with one another.

"The last day was solely about the houses," freshman retreat leader McKenna Grabowski said. "That [gave] people a sense of pride, not just for St. John's, but more for themselves."

Many students cite the games as not only a source of fun, but as a way to connect with others, build community and experience a sense of importance.

"Everybody belongs to something," Chidsey House captain Sydney Buchman said. "Everyone's in a place where they feel welcome and where they can contribute to [their] house."

### Race for the House Cup



Point totals as of September 30

Design by Lella Pulaski

With this article regarding a school house system, I really wanted to bring in a lot of color. Each house has its own logo and hue, and though we don't take a Hogwarts level of pride in our houses, I wanted to evoke a sense of separate identity as well as tradition for each house in demonstrating current point totals. I also chose to picture a house game as the main image.



## Community stance on popular CBD products proves mixed

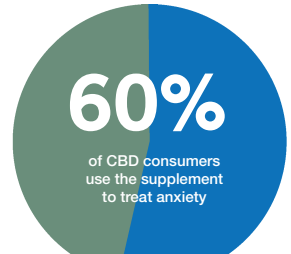
By Indrani Maitra

**C**BD, also known as cannabidiol, has reached the apex of the natural remedy movement, currently reigning as the top-selling herbal supplement in natural and health sales. Promoted as a cure-all, CBD products inundate the homeopathic aisles of stores.

Only a few years ago, CBD was a little-known substitute for marijuana, so the recent furor is somewhat unprecedented. CBD is the second most prevalent compound of cannabis. Referred to colloquially as "marijuana's straitlaced cousin," the hemp-derived plant lacks high concentrations of THC, the main psychoactive component of marijuana that produces the drug's characteristic euphoric high.

CBD has established itself as a popular treatment for an assortment of health-related issues. Several prominent health professionals consider CBD an effective alternative to pharmaceutical medications, lauding its plethora of medicinal benefits. Despite the craze, many are still skeptical.

CBD interacts with CB1 receptors in the brain, one of two cannabinoid receptors of the nervous system. CB1 receptors supposedly modulate brain activity in a way that can alleviate anxiety symptoms, reduce pain and inflammation, regulate movement and posture control and improve cognitive function. CBD products are sold mainly for conditions including anxiety, acne, epilepsy and inflammation management — many of which are rampant among teenagers.



Sophomore wrestler William Suttle first tried CBD oil after a rotator cuff sprain. He was suffering from moderate shoulder pain when his father decided to try CBD oil on him. "It just relaxes muscles a little," Suttle said. "It temporarily felt better, but overall, it didn't really improve."

Medical Director Scott Dorfman takes a pragmatic approach to the CBD craze. As a physician, he prefers products that are corroborated by research and data. Several clinical trials have examined CBD as a treatment.

Even with minimal sample sizes, Dorfman does not doubt the research studies.

"They have tested small numbers, but the results are significant," he said.

According to Dorfman, the trials demonstrated notable improvements in three conditions with CBD treatment: social anxiety disorder, insomnia and chronic pain.

"Just because it hasn't been proven scientifically doesn't mean that it hasn't helped people," Dorfman said. "We just have to see what the research says."

Dorfman is wary of claims that CBD cures other psychiatric disorders or even cancer.

The CBD market is particularly thriving in suburban Houston. House Bill 1325, passed in June by Texas lawmakers, authorizes the regulated production and sale of hemp and hemp-derived products across the state.

Specialty CBD stores are popping up everywhere, including in Rice Village, Upper Kirby and the Heights. Sacred Leaf Wellness in Rice Village serves adults and adolescents. CBD Apothecary on Kirby Drive acts as both a CBD store and an alternative coffee shop, serving the increasingly popular CBD-infused beverage.

The growing popularity of CBD can also be attributed to its ability to adapt to consumer preferences. Since the herbal supplement comes in so many forms, including lotions, balms, oils, creams and even gummy bears, it appeals to a wide audience.

Kroger recently began selling CBD products, emblematic of their increasingly mainstream appeal. The CBD industry is highly unregulated, according to Dorfman. Its lack of FDA approval and status as a vitamin supplement increases the likelihood of dangerous claims by CBD companies and a greater risk of undeclared contaminants.

"The market is unregulated, so the advertising is unregulated," Dorfman said. "Vendors can put whatever they want on a label, so when you buy something off the shelf, you might not be getting what you think you are."

Although CBD is on the rise, many professionals still doubt the new supplement.

Director of Clinical Services Tessa Stark adheres to the official stance of the American Association of Pediatrics, which advises parents to be cautious of the medical claims surrounding CBD. "I just don't think there's enough scientific evidence to back up these claims," she said.

**"I think it's bogus"**

- Upper School Counselor Ashley Le Grange

Upper School Counselor and former Freedom from Chemical Dependency counselor Ashley Le Grange also doubts the validity of CBD.

"I think it's bogus," Le Grange said. One of the many perceived appeals of CBD is its low risk of addiction, due to minimal concentrations of THC. Le Grange worries that this notion is misconceived.

"It is a derivative of marijuana, which is the most addictive drug," she said. "It's so new, so we don't know how dangerous it could be."

Adolescents taking CBD should be cautious when it comes to drug testing.

"There is a possibility that with CBD use, you could test positive on a drug test for marijuana because there are small traces of THC," Dorfman said. "But CBD could also be a scapegoat for those actually consuming illegal cannabis."

**"Just because it hasn't been proved scientifically doesn't mean that it hasn't helped people"**

- Medical Director Scott Dorfman

CBD use in adolescents could also be harmful due to lack of information regarding long-term effects.

"We don't have enough information with CBD — if you take it when you are 12, we don't know what will happen when you are 60," Dorfman said.

While Dorfman does not consider CBD inherently harmful, he is concerned that people with diagnosed illnesses might attempt to self-medicate.

"That's what I would really worry about — people with anxiety, depression, maybe to some extent with epilepsy, neglecting the proven therapies for those issues," he said. "You don't want those illnesses to go unchecked in people who are just focusing on CBD as a panacea."

For some, CBD is just an easy fix for problems that companies attempt to cash in on.

"It's just part of our capitalist society," Dorfman said.

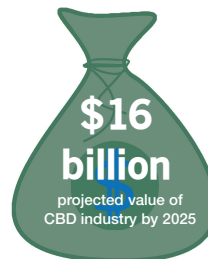


Photo illustration and design by Leila Pulaski

I knew that I wanted the dominant image on this page to be quite modern and graphic, so I found an image of marijuana leaves and manipulated it repeatedly in Photoshop until I got this colorful visual that I'm very happy with. The spot color for this section was a deep blue, so I worked in a more vibrant version of it as the coloring for the central leaf as well as the pullout quotes and graphics in order to establish a sense of cohesiveness.



# 60 SECONDS WITH



## JOHN PERDUE

**Nickname**  
The Kid, JPerds, Perdooch  
**Dream job**  
Chubbies model  
**Weird hobby**  
Throwing weights like children  
**Quirk**  
Wearing short shorts  
**Theme song**  
"Cantina Band"  
**Love to hate**  
Cauliflower ear  
**Hate to love**  
Tik Tok  
**Relationship status**  
Lexbot  
**Red carpet date**  
Natalie Portman  
**Phobia**  
Needles  
**Doppelganger**  
My mother  
**Known for**  
My academic prowess  
**Book**  
Vocabulary Energizers 3  
**Slogan**  
I wouldn't have it any other way  
**Allergies**  
Losing  
**Follow me?**  
@J\_Perds



## LEXIE LEITNER

**Nickname**  
Lexbot  
**Dream job**  
Ballerina  
**Weird hobby**  
Manchester girl accent  
**Quirk**  
I drink coffee with a straw  
**Theme song**  
"How Do You Sleep" by Jesse McCartney  
**Love to hate**  
Lizards  
**Hate to love**  
Wrestling  
**Relationship status**  
The Kid  
**Red carpet date**  
Patrick Dempsey  
**Phobia**  
Flying  
**Doppelganger**  
My sister... if she had blonde hair  
**Known for**  
Eyebrows?  
**Book**  
Traditions and Encounters AP  
**Slogan**  
I'm Lexie and I know it  
**Allergies**  
Incompetence  
**Follow me?**  
@lexieleitner

Portraits by Lizzie Mickewicz

This 60 seconds page, a recurring segment in each issue, was a total redesign from last year. Wanting to find a cleaner, more modern and graphic look, I went for bold fonts and lots of white space and worked in the slash from our re/view logo to separate the portraits. For this love issue, I took inspiration from filters on Snapchat and Mac Photo Booth in Photoshop, stitching together emojis to reinforce the idea of technology driving modern love that is present throughout the issue.

## FREEDA OF THE PRESS

## BY MIA FARES





**174 SENIORS**

**COLLEGE LEADERBOARD**

- UNIVERSITY OF TEXAS **19**
- UNIVERSITY OF CHICAGO **7**
- SOUTHERN METHODIST UNIVERSITY **7**
- VANDERBILT **7**
- DUKE **6**
- GEORGETOWN **6**
- WASH U IN ST. LOUIS **6**
- BOSTON COLLEGE **5**
- COLUMBIA **5**
- RICE **5**
- WASHINGTON & LEE **5**

**82.3%** APPLIED IN-STATE  
**21.8%** ATTENDING IN-STATE  
**75%** APPLIED EARLY (ED OR REA)  
**6** PROUD COLLEGE COUNSELORS







MS. KIM, DIRECTOR  
 MS. CHULICK  
 MS. GARZA  
 MR. JOHNSON  
 MS. LILIENTERN  
 MS. TURVILLE

**STATS**

PAGE DESIGN, INFOGRAPHICS & ILLUSTRATIONS BY MIA FARES (COVER & CENTER) & LEILA PULASKI (CENTER & BACK)

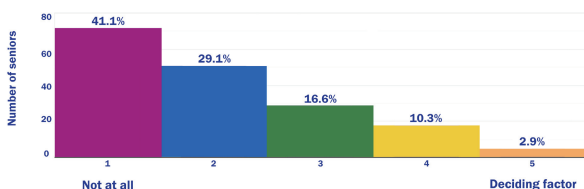
**70 COLLEGES**

**BY THE NUMBERS: MOST POPULAR MAJORS**

 <b>BUSINESS/ECONOMICS</b> <b>57</b>	 <b>HUMANITIES</b> <b>49</b>	 <b>SCIENCES</b> <b>37</b>
 <b>ENGINEERING</b> <b>24</b>	 <b>UNDECIDED</b> <b>23</b>	 <b>ATHLETICS</b> <b>27</b> STUDENT ATHLETES

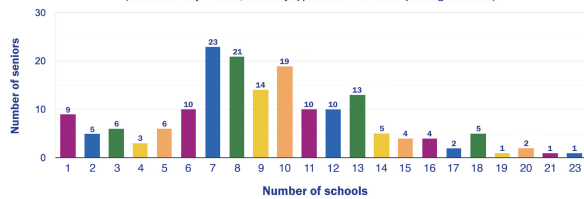
OTHER MAJORS: MATH/COMPUTER SCIENCE (11), PERFORMING & VISUAL ARTS (7), COMMUNICATIONS (3). RESULTS ALLOW FOR DOUBLE MAJORS

**How much did finances impact your college decision?**



**How many schools did seniors apply to?**

(If admitted Early Decision, how many applications were seniors planning to submit?)



REVIEW SENIOR EDITORS 2019-2020: IZZY ANDREWS, MIA FARES, SOPHIA LIMA & LEILA PULASKI (EDITORS-IN-CHIEF); SJ LASLEY & SINCLAIR MOTT (ONLINE EICs); MEHAK BATRA (BUSINESS); TAYLOR BRITTON (DESIGN); RYAN DOUGHTY (VIDEO); SARA DOYLE (COPY); CLAIRE SEINSHMEIER (PHOTO)

This page took, without a doubt, the most work, time, and consideration of any page I have ever created. The final page of a pullout themed around the Game of Grad (recreation of Game of Life), the page features a myriad of graphics and illustrations that I created in the likeness of Life elements. From the cars and peg people that demonstrate popular schools to the illustrated career cards that tell of most common majors and the tiles created with a Life-esque font, I tried to work in as much of the Game as I could while retaining a sense of individuality and conveying the information in each graphic.

Some of my contributions to the paper this year included creating page layouts, designing infographics, and choosing which photos best suited the theme we were going for with each issue and article. I quickly learned that you always need to have a list of essentials and nonessentials for your page and be prepared for a story to be drastically shortened or extended with little time to adjust. The learning curve on finding out how to decide when you needed to cut design for the sake of a story or cut a story for the sake of design was very difficult for me, but I came to find a balance of respecting my own work and the work of writers. I knew that my time was valuable and my work necessary for the complete picture of a story, but that there would be no picture to complete if not for the story itself. Constant communication about articles was essential to finding this balance.

While I certainly did all of these things, I didn't anticipate how much creative direction I would have to think about before actually accomplishing each of them. Along with the rest of the design team, I had the opportunity to really craft a look and vibe for the entire year. I knew that I wanted to have my own identity as a designer, and I realized that for me, that meant transitioning some of the more traditional, older looking features of our paper. I went for a more modern look, taking inspiration from Paper Magazine to revamp a recurring interview section of our paper with bolder fonts and more white space. I also remade our logo and section headers to better reflect a simpler, cleaner SJS Review. Choosing an all lowercase, moderately heavy sans serif (Old Sans Black), I found that fonts started to set the tone for what I wanted. All through the summer, I made practice pages in InDesign to flush out my ideas and created hypothetical layouts to figure out which alignments best fit this new vibe of the re/view. I spent a great deal of time on elements that never even ended up making it to the first issue, but I learned that wasting time on ideas that end up being terrible is a very good lesson. I began to learn when a concept needed to be scrapped, which designs demanded a great deal of concerted attention, and at what point in the process you can usually tell the difference.

I also contributed and learned this year by means of my staff. My success as a designer is a result of my own intuition and taste, but certainly wouldn't have ever happened if not for the editors who taught me how to develop myself. One of my jobs this year was to do the same for my staffers, encouraging them to pursue their own ideas but also being blunt when it wasn't working out. In doing so, I learned to be susceptible to criticism myself. I also learned that the opinions of my staffers and editors should be a constant part of each piece of work I create. This is not solely *my* paper or *my* page, it is a collective effort, and I needed to see that reflected in the voices that were contributing to my work.

Both in the tangible spreads and pages I produced and the intangible efforts I put forth, I'm confident that I contributed to the visual and personal success of our paper this academic year, and am proud to say that I learned a great deal from the work itself and the people I did it with.