



THE EAGLE EDITION EPISCOPAL SCHOOL OF DALLAS STUDENT NEWSPAPER

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**On the stand** An increase in women prosecuted for high crimes leads nation and juries to reevaluate biases and traditional perspectives toward women **page 5**

**Highlights of SPC** As the Southern Preparatory Conference takes place, winter teams hope to end the season with high standings **page 26**



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## Locks. Lights. Out of sight.

Gathering places have become targets for shootings, hostage situations and terror. As the media continues to show countless examples of these tragedies, parents fear that their child won't return from school. Security, survivors and psychologists weigh in on what it takes to keep a school safe.

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# news

## Concern spreads surrounding Omicron

Decisions made by community members surrounding masks vary

By Brooke Ebner, Lyle Hawkins, Jamie Henderson, Phoebe McMillan, Sophia Sardina, John Schindel, Lauren Shushi and Charlotte Traylor  
Guest writers

**ALTHOUGH I DID MOST OF THE WORK ONLINE, IT WAS HARD TO NOT SEE ALL MY TEACHERS. THE EXPERIENCE OF HEARING TEACHERS' INFORMATION IN CLASS CANNOT REALLY BE REPLICATED AFTER THE CLASSES.**

**Nina Rastin**  
Freshman

It's 8:45 a.m. and freshman Nina Rastin awakens to a long day ahead. A day that will consist of the isolating tasks of online school.

All school communication for the rest of the week will be achieved through only a screen. But this is only her first day of remote learning and her friends are not responding to her desperate texts. Rastin needs clarification—Google Meet codes or where to find assignments. The focus of her teacher is often directed toward the in-person class. To make things worse, each member of her family is isolated in separate rooms, with their communication limited to a few words through masks.

While this scene is reminiscent of the beginning of the pandemic two years ago, the new variants of Omicron have replicated 2020 online school in the new year. Since Dec. 15, 50 percent of students have contracted the new variant, according to a Feb. 7 upper school student poll. While the school is trying to keep life as normal as possible, Covid-19 is still prevalent in our community. According to the same upper school poll, 80 percent of respondents confirmed being vaccinated and

12 percent are still wearing masks at school. Some, despite being vaccinated and wearing a mask, are still getting sick, like Rastin. She was one of the students in online school who struggled with staying up to date with school assignments.

"Making up work was a lot," Rastin said. "Although I did most of the work online. It was hard to not see all my teachers. The experience of hearing teachers' information in class cannot really be replicated

after the classes." To complicate things further, quarantine and Covid-19 guidelines have changed frequently from last school year. Head of Upper School Henry Heil and other members of the school's administration are trying to keep daily school life as close to normal as possible.

"We felt like it was more important to get [students] back here at school than it was to worry about the potential spread," Heil said.

In an email sent to the community on Dec. 31, Head of School David Baad said that while data showed infections were on the rise, the serious health outcomes remained low, particularly among those fully vaccinated and the young.

"COVID, seasonal flu and other respiratory viruses are prevalent and will remain so for another several weeks," Baad wrote in the email. "All of us should be vigilant about checking our health on a daily basis. Community members should exercise extreme caution and stay home (or keep their children at home) if they are experiencing any symptoms of respiratory illness. This is one important way we will keep each other healthy."

But some students feel the school is not being careful enough. Freshman Libby Miller is one of them.

"I think we need to take some further precautions, but we are not, so [Covid-19] is spreading quickly," Miller said. "I think we should wear masks when in chapel since we are all together and it could help stop the spread. I also think that people that know they have been exposed or around people with Covid should stay home and test."

Upper School biology teacher Donna Hull, who is fully vaccinated and boosted, and wears her mask frequently, was still infected with Omicron at a wedding during Christmas break. After overcoming the virus, she said that this strain is less dangerous than previous strains.

"The virus is mutating: as it evolves, it gets weaker but more contagious," Hull said.

Even though many are cautious, Omicron is very persistent and continues to spread and mutate.

According to Dr. Christopher Sadeh, Medical Director at Carpe

Diem Health, has hosted several vaccine clinics for the community at ESD. He said that Omicron symptoms may include a sore throat, headache, body aches and fatigue, nasal congestion, sinus pressure, pressure in the ears and mild diarrhea may develop. Earlier variants of Covid-19 had a much higher percentage of infected people losing their sense of taste and smell. Omicron seems less likely to move down into the lungs and cause low oxygen levels and pneumonia than previous strains.

"Generally speaking, symptoms of Omicron have been more mild in vaccinated and boosted patients than unvaccinated patients," Sadeh said.

While most experience milder symptoms of Omicron, Upper School Art teacher Juan Negroni, who is fully vaccinated and boosted, contracted the virus the second week of January. Negroni was sick for seven days with a fever, bone ache, congestion, headache, cough, fatigue, loss of taste and smell, difficulty breathing and sleeping. He said his life and work have been affected.

"Even when our substitute teachers do an amazing job, it is hard for me and my classes since the progress of my students depends so much on one to one conversations, critique and feedback," Negroni said.

Even with the spike of Omicron, Dr. James Pfister, an ESD parent, said that he thinks the pandemic will eventually slow down, but Covid-19 is here to stay.

"It will die down. I don't foresee, and of course this is all speculation, we don't foresee the Covid virus going away," Pfister said. "It will continue to mutate and you'll continue to get different strands every three months or so. But the hope is that [the intensity] will continue to get less and less as people build up antibodies either naturally or through vaccines. So that is the hope. And that's what a lot of the medical science people think is going to happen."

During an interview with the Boston NPR radio station WBUR, Dr. Celine Gounder, an infectious disease specialist and epidemiologist at NYU and Bellevue Hospital, said that free N95 masks and tests provided by the federal government

would be ideal for early detection and prevention.

On Jan. 18, Americans received early access to log onto covidtest.gov, an online Covid-19 test delivery sign-up, to order four free Covid tests per household. The Biden administration has 500 million tests available for distribution, hoping they will aid in early detection and stopping the spread of the Omicron variant, among others. Households are expected to receive their tests seven to 12 days after ordering.

Free N95 masks will be available for pick up from specific locations; the hope is that these masks will also help in lowering the number of covid cases. Every American can receive up to three masks, and can be picked up in multiple pharmacies, community centers and other designated places.

Despite the efforts, a new variant of Omicron has been detected. According to CBS News, BA 2 is analogous to the past Omicron variant, sharing the specific protein spikes that define the original strain. While it is possible, BA 2 is difficult to detect with a PCR test because it identifies similarly to Delta. Some scientists worry that BA 2 may be more contagious than the original Omicron variant, but Denmark doctors have not identified any significant hospitalization differences between Omicron and BA 2.

Until this new variant reaches a globally significant level of concern, global health leaders have not officially named this variant with a greek letter.

Even though Covid-19 and the new variants have at times created disruption and isolation, some people are gaining values through it all. Friend of Rastin, freshman Parmida Zandinejad who was planning on getting vaccinated when she contracted the virus at the same time as Rastin, learned the importance of spending quality time with her family.

"I wasn't able to [spend time with family] for about a week, and it was a little hard for me being isolated and not being able to see my family and friends," Zandinejad said. "So, I kind of value that a little more now and I'm more mindful about it."



**MASKED UP**  
Sophomore Charles Liu sits with friends masked and unmasked during flex. "The reason I wear a mask is because I'm concerned for my health, my families and my friends," Liu said.  
Photo by Easterly Yeaman

### VACCINE UPDATE

In addition to the Moderna, Pfizer and Johnson & Johnson vaccines, a new vaccine has been developed at Texas Children's Hospital and Baylor Medical School: Corbevax. This new vaccine can be mass produced even in underdeveloped countries where vaccinations are scarce, according to CBS News.

An unpublished study in India of 3,000 volunteers showed 90 percent effectiveness of Corbevax in preventing the original Covid-19 disease and an 80 percent effectiveness against the Delta variant. This vaccine is currently being tested against Omicron, but researchers are optimistic about its results. mRNA vaccines such as Pfizer's and Moderna's must be stored at subzero temperatures as low as -112°F and used within one month of thawing. However, the Corbevax vaccine can be stored unopened at a temperature of 36°F to 46°F for nine months. If Corbevax is successful in preventing omicron, researchers say this could be the beginning of eradicating Covid-19.



# To Snow or Not to Snow

Rising temperatures force the use of man-made snow

By Elliot Lovitt  
Staff writer

Picturesque mountains, magnificent scenery and mounds of fresh, powdery snow is what one would expect of the host venue for the 2022 Winter Olympic Games. While the mountains of Beijing, China, this year's Winter Olympic Games host, have most of these key components, they fail to accumulate more than two inches of snow each winter season and typically only get one week of precipitation, according to the World Meteorological Organization. The site of downhill skiing and slalom, Yanqing, China, got one inch of snow last winter season—less than both Madrid, Spain and Paris, France. The 2022 Winter Olympics, which started on Feb. 4, will have to use anywhere from 49 million gallons to 500 million gallons of water to produce enough artificial snow to sustain the various events, according to The Guardian.

The process for choosing an Olympic host city starts when major cities make bids, and after certain cities' bids are approved, auditors determine whether or not the city has the resources and infrastructure to host the games. A candidate city is chosen, they pay a \$150,000 fee, and then construction begins. Beijing had the money and infrastructure to host the games, but the choosing process disregarded the fact that Beijing does not get snow and, instead, prioritized money and prestige, according to The Guardian.

And producing so much artificial snow can be a problem. Though water is a renewable resource, the use of artificial snow can cause ecological damages, such as harm to soil and erosion.

"There is environmental concern about creating reservoirs to pool the water necessary for creating the artificial snow," middle school science teacher Scott Goetsch said. "The reservoirs cause environmental damage and also reduce water flowing downstream or infiltrating into the groundwater further exacerbating drought conditions."

Beyond the Olympics, the use of fake snow is becoming more prevalent across the globe. A study in the Geophysical Research Letters found that the American ski season has shortened by 34 days from 1982 to 2016 because there has been less snowfall to support ski resorts. Because of global warming and climate change, many ski resorts in the Alps are being forced to use man-made snow in order to stay open. However, the cost of having a shortened ski season would outweigh the cost of producing man-made snow; the ski industry worldwide would lose around \$1 billion without fake snow, according to the Protect Our Winters foundation.

"The current trend in climate change, which is quite difficult to read precisely because of this variability, means that we will certainly have more and more winters with less snow, and fewer and fewer very snowy winters," Hugues Francois, a research engineer at the National Institute of Agricultural Research, said in an interview with Insider.

From a skier's perspective, artificial snow can be noticeably different from real snow, as the fake snow can create a harder and icier surface. With the increasing use of man-made snow, many skiers are having to become more comfortable with skiing on a

different surface.

"You can be left with a weird thin layer of fake snow if it isn't groomed," sophomore and ski racer Christopher Inglis said. "If you are skiing in a track as a part of a race course, the fake snow doesn't hold up as well as it can create small ice chunks in the track."

Steamboat, Colorado, where Inglis attended a mountain school, had trouble opening the resort on time because of a lack of snow. However, due to the La Niña weather cycle, the resort is almost fully open now, and does not need man-made snow. During the La Niña cycle, trade winds are stronger than normal, and winters in the southern U.S. are warmer while winters are colder in the north, according to the National Ocean Service. Each cycle lasts anywhere from nine to 12 months every two to seven years.

"This year, they opened a week later with only a couple runs open solely on man-made snow," Inglis said. "We did have snowfall [in] late October but due to the hot temperatures, it melted. This has become prevalent [in] the last couple years. Some say the snow comes later because of the La Niña cycle."

Sometimes global warming can actually cause increases in snowfall because warmer temperatures evaporate more moisture into the atmosphere thus causing more precipitation. However, in the long run, if the planet continues to warm, snowfall will decrease.

"The warmer the air is, the more it expands, so there is more room in it for moisture to evaporate. If you never cool the air, then you won't be able to get precipitation out," Goetsch said. "Especially with snowfall—you've

got this big air, but it doesn't get cold enough for it to snow; you're not going to get the snow or it's going to come out as rain, and [that causes] flash flooding."

None of the sites of this Winter Olympics have accumulated any natural snow since the start of the games though they have had freezing temperatures from below six degrees to the mid-thirties, leaving Winter Olympians, who are used to very cold weather, freezing.

According to The Guardian, by 2050, only one of the 21 Winter Olympic pool of cities, Sapporo, Japan, will be cold enough to host the games because of rising greenhouse gas emissions.

"To have games in a site or region without snow is unsustainable," Professor Carmen de Jong, a geographer at the University of Strasbourg in France, said in a story published by weatherprolive.com. "To create events without the primary resource it depends on is not only unsustainable, it's irresponsible."

The fake snow combined with freezing temperatures and high humidity on the mountains of Yanqing, China, has also posed challenges to the Olympic athletes; since the man-made snow is harder than natural snow, landing jumps can be more difficult for athletes who train on natural snow, according to CNN and Olympic commentators Ed Leigh and Tim Warwood. The future Winter Olympics, and winter sports in general, might rely on artificial snow completely, and as a result, the environment could suffer if safety precautions aren't taken.

"These could be the most unsustainable Winter Olympics ever held," said de Jong. "These mountains have virtually no natural snow."



**THE CURRENT TREND IN CLIMATE CHANGE... MEANS THAT WE WILL CERTAINLY HAVE MORE AND MORE WINTERS WITH LESS SNOW.**

**Hugues Francois**  
Research engineer at the National Institute of Agricultural Research



**LAKE PLACID 1980** The first Winter Olympics to use artificial snow to accommodate for lack of snow took place in Lake Placid, New York in 1980. A month before the games, the mountains had yet to receive snow. That winter had been abnormally dry and warm, according to the Guinness World Records. However, just before the games started, there was a period of cold weather that supported the machine made snow. Lake Placid usually accumulates around 100 inches of snow, so the snow-less mountains during the 1980 Games were not typical. In the picture, a freestyle skier in Lake Placid flips off of a plastic ramp and lands in a swimming pool.

Photo credits: (Brent Frazee/Kansas City Star/MCT/TNS 2014)



**SOCHI 2014** Thirty-four years after the first usage of artificial snow for a Winter Olympics, the amount of man-made snow used for the Sochi, Russia Winter Olympics grew to around 80 percent. It was the third Games to use fake snow after Lake Placid and Vancouver. Sochi typically has around six days of snowfall, receiving less than three inches of snow. According to BBC, the amount of artificial snow could cover 1,000 football fields. Because of the concern of the lack of snow, thousands of pounds of snow were stored from the 2013 winter season. The photo depicts two workers at the Sochi Games with their shirts off on the mountains because of the warm, sunny weather.

Photo credits: (Brian Cassella/Chicago Tribune/MCT/TNS 2014)



**BEIJING 2022** The Beijing Winter Olympics will completely rely on machine-made snow. China promises to use renewable energy, but there are other negative effects stemming from the snow cannons. After a snow cannon fires, a loud boom resounds through the mountains, disrupting the mountain wildlife. The artificial snow also can alter soil compositions and disturb native vegetation. Since the 1920s, the average temperature at the Winter Olympics has risen by 10 degrees. A power station in Zhangjikaou, one of the host cities this Olympics, is shown putting off carbon emissions.

Photo credits: (Greg Baker/AFP via Getty Images/TNS 2021)

# Drug testing makes a comeback

After a two year hiatus, upper school reenlists services of Psychomedics Corporation

By Miles Wooldridge  
Staff writer

## SIGNIFICANCE OF SALIVA

Senior Nia Bethea receives the results of a saliva test from medical assistant Makeda Wafford. "I personally went with saliva testing because I often have my hair in styles that would make it incredibly difficult to take my hair," Bethea said. "I believe it's worth getting tested more often if I don't have to worry about my hair."

Photo by Abby Baughman



After a Covid-19-induced respite, ESD's drug testing program kicked back up this January with a saliva test option newly available in addition to hair testing.

The concept behind upper school drug testing was first introduced to the school board in the 2018-2019 school year. It received unanimous approval by the board, and the actual testing was first carried out the following year. ESD is one of the first, and remains one of the only schools in Dallas, to drug test its students and uses the model developed by the Psychomedics Corporation to screen for all Schedule I drugs, including marijuana, heroin and LSD, among others.

The ESD program also took inspiration from several comparable private schools in Atlanta. The Woodward Academy, the Lovett School and Holy Innocents' Episcopal School all reported positive results from drug testing their students.

"Lovett, in Atlanta, had been doing this for a couple years by the time we had started this conversation [around drug testing] and had great success with it," said Heil. "It had been a therapeutic

program that they had put in place to try and help kids who were struggling."

When ESD students were quarantined for Covid-19, the program was put on hold, and it was further delayed through the 2020-2021 year to avoid unnecessary close contact with the outside drug testers. Now, the drug testing program returned on Jan 10. Since the current junior and senior classes were tested in early 2020, only the sophomore and freshman classes were required to take their first drug test, along with new students and randomly selected juniors, seniors and faculty members. After some people expressed concerns about hair testing, students and faculty were given the opportunity to choose between hair testing and saliva testing this year. The hair testing process remained the same as previous years, but the saliva testing encompasses two tests if the student tests positive.

"It's good to do it, but there's good things and bad things," sophomore Tucker Robertsons said. "I want people to get help if they're on drugs, but also I don't want them to be doing something they're not comfortable with."

The reinstatement of drug testing received mixed reactions.

While, reportedly, only three parents attended an optional video conference to discuss drug testing, ambivalence seems to be the attitude of most of the ESD community, but a few students are concerned.

"I do understand where they're coming from, but I think it's being executed in totally the wrong way and this is only making people feel guilty and worse," senior Joe Watson\* said. "I do think that for the people who it should concern, we should be making it a lot more approachable to go and talk about a problem if they feel like there is one."

But Head of Upper School Henry Heil, the administrator who first spearheaded the drug testing program, said that the program was not intended to shame or punish students.

"The angle was not 'I don't trust you' or 'I think you're doing something you shouldn't do,'" Heil said. "It was 'I want to give you freedom to have fun and not worry about being socially outcast,' because you can always say 'my parents are gonna drug test me, I'm not doing that.'"

The hair drug test consists of a hair specialist clipping a strand of hair from the scalp about the size of a pencil lead. The strand is then packaged and sent to the

company's lab to analyze. This test goes back up to 90 days and can pinpoint the use of various substances over time.

The saliva tests consist of a sponge that is placed in the mouth for approximately 10 minutes in order to absorb a saliva sample. The technician collecting the sample inserts the sponge into a device that analyzes the sample and provides immediate results.

However, saliva tests are prone to false positive results. If a student tests positive on the saliva test, they are required to take a urine test from a predetermined off-campus facility within 24 hours.

"We just decided that we needed to provide an option for people who didn't want to do [a hair test]," Heil said. "I'd prefer everybody to do hair because I think that accomplishes our goals better but still having an option I think was really important."

Given the benefits and drawbacks of the new saliva tests, 19 percent of students chose to take the saliva test, according to a Feb. 7 poll of 145 upper school students.

Heil worries that these tests get spun as a trust issue.

"I fully believe that every student at this school is a really good person, has really good character and is well-intentioned," Heil said. "If somebody does test positive it's certainly not because they're a bad kid. Mistakes happen and things happen. All part of this is a learning process."

Despite the administration explaining the benefits of conducting these drug tests, 52 percent of students do not think that the drug testing is beneficial, according to the same poll.

"I think if their concern is wellness, we shouldn't be addressing the fact that we might go to drugs, we should be addressing the fact that... people are feeling bad, or they're stressed or all that, so then we should be having more engagement from counselors," Watson said. "They should be doing more things about student wellness that would attack the root problem instead of a side effect of that."

\* Name has been changed to protect student's identity

## brief NEWS

A deeper look at current events and happenings on campus and the country

### Breyer retires at 83

On Jan. 27, Supreme Court Justice Stephen Breyer announced his plans to retire from the court. The Liberal justice was appointed by former President Bill Clinton in 1994, and President Biden is expected to nominate a black woman to succeed him.

"Although I think it is important for black people to make milestones after centuries of systemic racism in America, I think the election should not be classified and titled as a black woman being elected to the supreme court," junior Layne Scheinberg said. "Instead, the election should represent who the best nominee is and not have it be about race or gender."

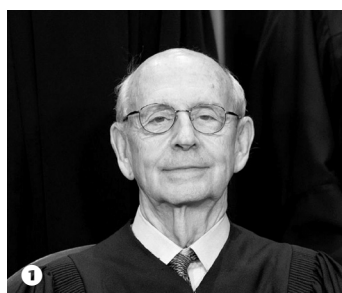
On the shortlist of potential candidates include D.C. circuit Judge Ketanji Brown Jackson, Justice Leandra Kruger, who sits on the California supreme court, and Judge J. Michelle Childs, who is a South Carolina U.S. District Court Judge.

"I think it'll be big for [Biden] to fulfill a campaign promise, especially in an election year," upper school government teacher Kiley McAbee said. "And who is to say that the pool of candidates he's looking at aren't qualified."

Getting it passed through the Senate doesn't seem to be an issue as Judge Jackson has already been through a vetting process and the other potential replacements have the support of Senate Democrats.

"I think that it is fantastic news that Biden is electing a black woman to the Supreme Court," junior Amelia Sinwell said. "The Supreme Court is one of the highest powers in the U.S. and I think its members should reflect the population of the United States."

By Katherine Mote  
News Editor



**LEAVING A LEGACY** Justice Breyer served on the supreme court for 28 years, but had worked various careers in law for 30 years prior. Photo by Erin Schaff-Pool/Getty Images/TNS

**QUICK CHAT** Head of School Dave Baad speaks to community on school happenings and concerns.

Photo by Henry Heil **LEARNING IN ACTION** Varvir's AP Physics II students participate in a boat race as part of their unit on buoyancy. Photo provided by ESD Communications Department

### Town hall with Baad

Head of School David Baad hosted a town hall meeting on Jan. 26 that invited the attendance of both faculty members and parents of students.

"I find it very important to incorporate both parents and faculty in these types of meetings because we are partners together in the education of [the students]," Baad said. "I think it is important for everyone to hear the same message at the same time... and I saw it as a sort of 'state of the union' if you will."

The evening meeting was divided into three parts. First, the strong metrics of the school -academic reports, admission numbers, robust development of faculty and standardized test scores-, then more sensitive topics that have been brought to attention -Covid-19 protocols, how history is taught- and finally visions of the future in five to 10 years.

"I was hoping to give [the takeaway] that ESD is in an extraordinarily strong position right now," Baad said. "I showed this strong position through metrics, and then [by] addressing some of the more sensitive topics swirling around our community."

Dr. Catherine Civello, upper school English teacher, attended the meeting and believed it was an effective way to center the community around a common identity.

"I was both spiritually and intellectually invigorated by Mr. Baad's address," Civello said. "His words were grounded in the principles of our Episcopal identity, as well as accompanied by concrete examples of their application."

By Grace Worsham  
Life Editor

### Varvir featured

AP Physics teacher Matthew Varvir was featured in an article released last December by Park Cities and Preston Hollow People newspaper because of his teaching strategies and flipped classroom technique.

Because of the uncertainty of who would or wouldn't be in the classroom with the pandemic, Varvir tried a new strategy of teaching, called the flipped classroom. This way of teaching had immediate effects on not only numerical grades, but also on conceptual understanding.

"This new teaching strategy showed benefits, even though it was a complete change," Varvir said. "The homework is watching pre-made lectures online consisting of easier concepts to learn and understand."

Varvir's strategy gets its name as he flips the class's agenda, making what used to be done in class as homework and what used to be homework as classwork. These teaching practices were appreciated by the students as they tackled harder concepts in class under Varvir's supervision.

"I really like the structure of the flipped classroom," junior Briggs Briner said. "It has been beneficial because it allows us to learn topics at home and come in with questions to solidify our understanding in class through labs and practice."

Varvir said that with this new way of teaching, students felt less stressed and were able to gain a better understanding of the material. He now sees no reason to turn back, as his new strategies were extremely beneficial for both him and the students.

By William Custard  
Staff writer

# Gender dynamics shift in criminal involvement

The past 40 years have caused massive changes in the way women are sentenced

Story and illustration by Maddy Hammett  
Copy Editor



In the past 40 years, incarceration rates among women have increased exponentially. While men are still the leading perpetrators of crimes in the United States, it appears that the way in which gender roles traditionally operate with regards to crime has shifted entirely.

One theory as to why incarceration rates among women have increased has to do with the recent dispelling of an age-old narrative of women being the victims of crime. Media for the longest time disseminated the idea that traditionally, white women were the primary targets of crime, rather than the perpetrators of the crime itself. This could have resulted in more sympathetic jurors, which is why this demographic is statistically apt to receive lighter sentences even today.

“As white women’s perceived vulnerability is magnified by media messages on danger, middle-class white women emerge metonymically in the discourse on fear of crime,” Director of Women’s and Gender studies at College of Charleston, Kristen De Welde wrote in a 2003 study focused on race, gender and class. “[Media portrayals] rectify the public [and] private split [between men and women] by encouraging women to remain ‘safe’ in their homes away from crime-ridden streets.”

People digest these stereotypes on a day-to-day basis. It is no surprise that juries, when deciding the fate of a white woman, are swayed to let them off with a lighter sentence.

“Overall, we found that female defendants receive more lenient sentence outcomes than their male counterparts,” Jill K. Doerner, Associate Professor of Sociology wrote at Rhode Island University in her 2012 study called “Gender and Sentencing in the Federal Courts: Are Women Treated More Leniently?”. “Even after controlling for legal characteristics, a substantial gap in sentencing outcomes remains.”

This phenomenon in the United States judicial system is not a recent development. This fixed view of a white woman’s

“innocence” has existed in this country for centuries. Various historians attribute disparities in the courts to narratives pushed during Reconstruction, following the Civil War.

“Particularly in the post-Civil War era, when slavery had been undone, white male politicians used the fear of rape of white women by black men to codify racial terror,” author and scholar Rebecca Edwards in her book “Angels of Machinery: Gender in American Party Politics From the Civil War to the Progressive Era” wrote. “White politicians have long focused their furor by claiming to be the defenders of white women, a last guard against their suffering.”

However, recent events in the country have marked a shift in this age-old narrative. While the perpetuation in the media of white women’s innocence in some ways has remained the same, more and more women are being held accountable for their crimes in courts of law.

Elizabeth Holmes of Silicon Valley has been the recent face of women in crime as she was found guilty on four charges of defrauding investors. Holmes, former CEO and biotechnology entrepreneur, now faces up to 20 years in prison as well as a fine of \$250,000 for each count because of claims to investors that her created blood testing was particularly innovative. While making these claims to investors and patients, Theranos-Holmes’ company was relying on third-party manufactured devices from traditional blood testing companies.

Additionally, Ghislaine Maxwell was convicted of five federal sex trafficking charges after a jury came to the speedy decision that Maxwell played a part in Jeffrey Epstein’s grooming and abuse of teenage girls. Maxwell has been charged with and faces up to 65 years in prison because of her involvement; the judge has not set a sentencing date for Maxwell. One thing does remain certain; however, Maxwell was found undoubtedly guilty very quickly.

“Testimony started Nov. 29,” AP News journalist Mallika Sen wrote Jan. 20, 2022. “We had a verdict Dec. 29. The whole trial was

initially set to last six weeks, but the witness list for both sides were dramatically truncated without explanation. The jury took five days to decide the case.”

Both of these women represent something much bigger than just themselves and their crimes; they are representative of the shift of women’s involvement in crime. These women, along with many women in America, are beginning to take up lives of crime that used to seemingly be reserved for men.

“Over the past quarter century, there has been a profound change in the involvement of women within the criminal justice system,” the Sentencing Project, a D.C. based research and advocacy center working for reducing the use of incarceration in the United States, wrote in 2021. “This is the result of more expansive law enforcement efforts and stiffer drug sentencing laws. The female incarcerated population stands over seven times higher than in 1980.”

Since 1980, incarceration rates among women have been increasing rapidly, although they are still not the same as incarceration rates among men in the United States. However, it seems that strides have been made to close this gap between sentencing among men and women.

“Though many more men are in prison than women, the rate of growth for female imprisonment has been twice as high as that of men since 1980,” wrote the Sentencing Project in 2021. “There are 1.2 million women under the supervision of the criminal justice system currently.”

Some attribute the rate of growth for female imprisonment to recent advancements in technology. New developments in DNA research and profiling technology have, for many court cases, reduced the subjectivity of the defendant’s case.

“I think part of the reason [why incarceration rates among women have increased] is because our technology has increased so vastly,” said upper school psychology teacher and science department chair Amy Henderson. “We just have so many more ways to process evidence and to find DNA than 40 years ago, we

would’ve just looked at the case and said ‘oh, a woman couldn’t have done this.’ Now, because of technology we know that it is possible.”

While technology can aid in reducing subjectivity of a jury, there still remains to be an uptake in crime among women. The one common thread among these women who have been engaging in crime is that they are struggling with mental illness.

“Mental health over the past five to 15 years has gone down and maybe it’s a way for women to cry for help,” forensic psychologist Antoinette McGarrahan of McGarrahan & Associates said. “I still do see a substantially larger amount of males, but after doing competency evaluations of the women I do see mental illness is much more common in [females] than males.”

Perhaps the shift this country has experienced has come with social changes that have occurred over the past 40 years. Looser gender roles in social settings and, more specifically, a change in socialization of children could be attributing to a change in the way women act today.

“[Incarceration] rates may be going up because there’s a shift in less stringent gender norms,” McGarrahan said. “From the late ‘90s to the present, people have stopped stereotyping boys and girls as much. There could be encouragement for women to express themselves more externally and, negatively, they are more likely to then commit crimes.”

More and more, women are being convicted of crimes in this country. Whether it is that more women are feeling the need to commit these crimes, sentencing has become stricter or juries have plainly become more apathetic, the sentencing gap is closing in.

“Women are allowed to be whatever they want to be now, ideally and obviously that gives them room in the world for crime,” junior Amelia Sinwell, president of ESD’s Progressive Student Union, said. “As opportunity for women in every single aspect of the world increases, that opportunity is going to extend to all sorts of places.”



**OVER THE PAST QUARTER CENTURY THERE HAS BEEN A PROFOUND CHANGE IN THE INVOLVEMENT OF WOMEN WITHIN THE CRIMINAL JUSTICE SYSTEM**

**The Sentencing Project**

D.C. based research and advocacy center

# Teens step up to help during job market crisis

Economy slowly begins to recover from numerous problems caused by Covid-19

By Sloane Hope  
Business Manager

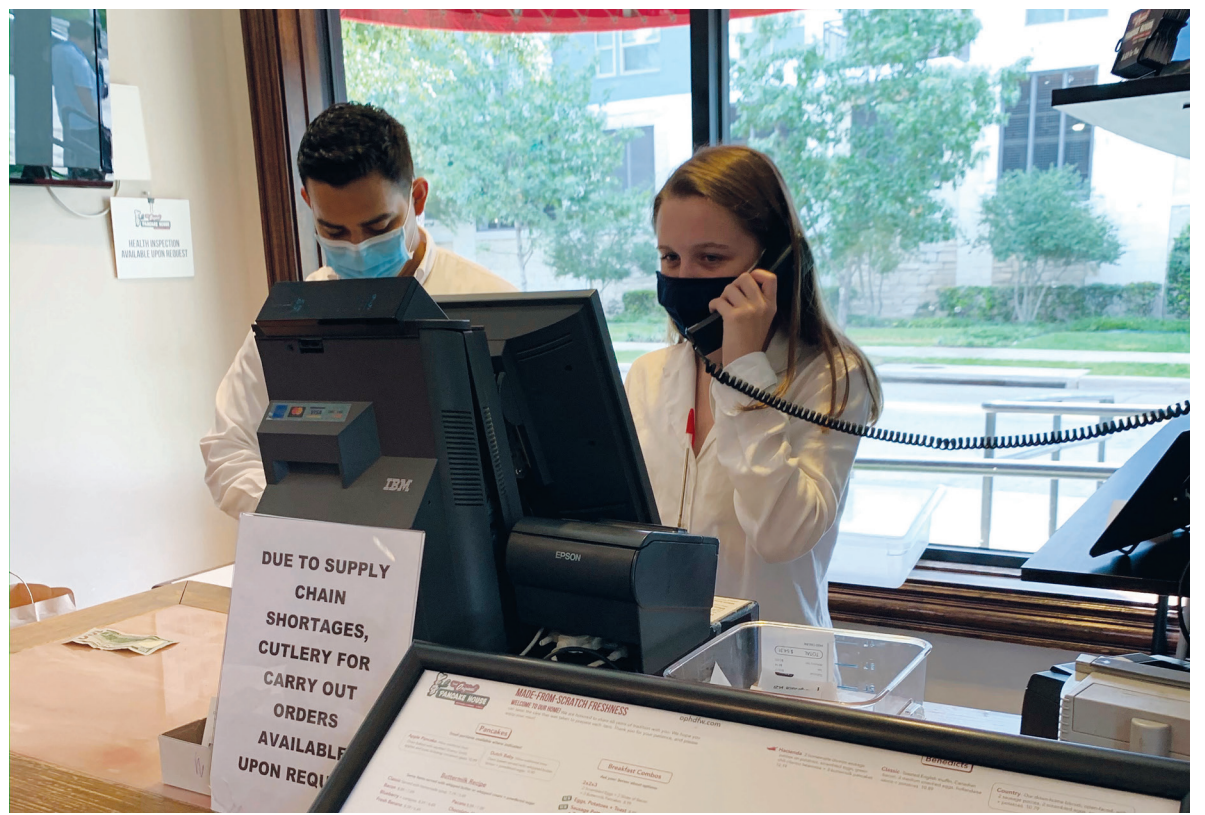
For two years, Covid-19 has wreaked havoc on the economy and businesses as a whole with shutdowns, quarantines and supply chain issues. Now, as people begin returning to semi-normalcy, the effects are evident.

There is no debate that Covid-19 has had a significant impact on businesses and the job market, however, new numbers are being released about the specifics of this impact. In an article published in August of 2021 titled "The Top Trends in America's Job Market," Forbes magazine outlines what the current state of the job market says about the trends of today and the future. A positive that came from the Covid-19 pandemic was the ability for businesses to begin to hire from a larger geographic pool, which comes as a result of the large shift to working from home, something Forbes also says is here to stay.

For the most part, however, Forbes outlined the large negative impact that Covid-19 has made on the job market and economy. Despite the United States having an economic recovery that has been stronger than those of other advanced economies, the numbers surrounding unemployment remain high. A main cause for this is the sheer number of older people that are choosing to stay home and not return to the workforce out of fear from Covid-19. As a result, labor shortages continue to pose a large problem for many of America's industries.

"The unemployment rate is low right now, but so is the labor force participation rate," AP Microeconomics teacher Amy Livingston said. "That indicates that people have dropped out of the workforce, which can be attributed to government policies regarding Covid shutdowns and also stimulus checks going out to people. Stimulus checks were meant to provide support during the pandemic, but they have helped to prolong the labor crisis. The longer you pay people not to work, the longer they're not going to work... We've got to get Americans back to work and we've got to get them comfortable with working again."

Remarkably, the ones stepping up to lessen the blow to the workforce are America's teens. According to USA Today, 33 percent of teens between the



ages of 16 and 19 are part of the workforce, which is the highest percentage since the recession of 2008. Recently, blue collar and part-time jobs have strongly declined in demand due to an increase in the desire for a degree and the white-collar jobs associated with them. However, teenagers have been capitalizing on these open positions.

"I think this is a great time for teenagers to get a job because most places are hiring at a minimum of 15 dollars an hour because [they] are short staffed," Livingston said. "Teenagers today are getting paid more per hour than I ever would have at their age, which I think is a major incentive. I also think teens are more resilient, meaning they aren't as scared by the pandemic as much as other people. They're healthier, they're younger, their immune systems are stronger and they're ready to get out there and get a job."

As the majority of teens do not have to work to support themselves, most work to have extra spending money on hand as the cost of certain commodities like gas and other goods are on the rise as a result of the pandemic. Teenagers are therefore less picky about the jobs they have, taking on certain roles that have minimal wages, many of

which most adults cannot afford to live off of.

"At my job, I made 11 dollars an hour, which totaled to around \$3000 at the end of the summer, which includes tips," senior Virginia Nussbaumer said. "I actually have most of that money saved up in my bank account to use for fun in college."

Nussbaumer has worked at the Original Pancake House for the past two summers as a hostess and to-go order server, where she says she learned a lot about how to deal with a wide-range of people and grow her time management skills.

"Because of Covid, staffing was hard for the restaurant, so honestly it was not very competitive to get the job," Nussbaumer said. "I was hired right after my interview... It was great because it gave me the opportunity to work in a restaurant environment at a young age. I learned a lot from working in a service position. Sometimes the customers were rude, and I had to be patient and smile through the frustration. I learned a lot about myself and the limits I was able to reach in order to help others and my managers."

Freshman Matthew Charlton spent his summer working in Telluride, Colorado. Charlton

**ON THE CLOCK** Senior Virginia Nussbaumer answers the phone during a shift at the Original Pancake House. "I was a hostess and to-go server...I greeted guests and seated them." **Photo provided by Virginia Nussbaumer**

scanned lift tickets for the Telluride resort's mountain biking opportunity.

"I worked by the lifts and scanned passes and tickets for people who were going mountain biking," Charlton said. "I got paid about 13 dollars an hour, so I had around 1200 dollars by the end of the summer... So far, I've used the money to buy golf clubs and Christmas presents. In Telluride, everyone my age has a job. I know a couple people in Dallas that get jobs during the summer, but in Telluride, it's literally everyone."

Nussbaumer says she is in a similar position, as a few of her closest friends also get jobs over the summer.

"I think many [teenagers] get jobs for the same reason I do: saving for college," Nussbaumer said. "My friend Sydney has been a lifeguard for the past two summers and has really enjoyed it. Even though we both had really different jobs, we had a lot of fun relating to each other's experiences."

## around THE WORLD

A quick overview of international events you should know compiled by News Editor Katherine Mote



### Russia-Ukraine Conflict

Beginning in January, Russia moved close to 100,000 troops to its border with Ukraine, which signaled readiness for war. After the Soviet Union's break up in the '90s, Ukraine has gotten closer to the West with their diplomatic relations and customs. Russia's President Vladimir Putin has said that he does not want Ukraine entering the North Atlantic Treaty Organization, a western group that protects each other politically, militarily and financially. Russia invaded Ukraine in 2014 and annexed the Crimea peninsula. Although Russia denies claims that they will invade Ukraine, as troops move closer to the border the threat is lingering. NATO said that they would not outlaw the possibility of Ukraine joining NATO, while Putin has said that if Ukraine does join NATO he fears NATO will attempt to recapture Crimea.



### Harris in Honduras

Vice president Kamala Harris visited Honduras in late January to witness the inauguration of the first female president of Honduras, Xiomara Castro. The United States has backed Castro because she is seen as an ally in Central America as opposed to the presidents of other countries such as Guatemala and El Salvador. Following the inauguration, Harris met with the new leader to address the root causes of migration. Harris also promised to send hundreds of thousands more Covid-19 vaccine doses to Honduras. Castro had run for president three times before and her husband was president until 2009 when he was overthrown. This new president is seen as a bright light for the country after the rule of former President Juan Orlando Hernandez, who has been accused of having links to drug traffickers.



### U.S. Syria Raid

On Feb. 3, United States Special Operations carried out a raid in Syria that led to the death of Islamic State of Iraq and Syria leader Hajji Abdullah. He detonated a suicide vest that killed himself and his family within a three-story concrete building. He took over as leader in 2019 after the death of Abu Bakr, who was the ISIS leader and founder. Abdullah joined the group in the mid 2000s where he helped drive the abduction, slaughter and trafficking of the Yazidi religious minority in Northwest Iraq. U.S. intelligence tracked him to a rebel-held province in North Western Syria and began clearing out towns nearby to help minimize civilian casualties. In the end, six children, four women and 13 people in total were killed.

### MAPPING IT OUT

A map of Eastern Europe shows the proximity of Ukraine and Russia as tensions mount surrounding Russia's potential invasion of its neighboring country.

### HONDURAS' SPECIAL GUEST

A handout picture released by the Honduran Presidency shows Honduras' new president, Xiomara Castro, right, and U.S. Vice President Kamala Harris at the presidential house in Tegucigalpa on Thursday, Jan. 27, 2022. (Orlando Sierra/AFP/Getty Images/TNS)

### SYRIAN INVASION

A general view shows on Thursday, Feb. 3, 2022, the scene following an overnight raid by U.S. special operations forces against the leader of the Islamic State in Atme, in Syria's northwestern province of Idlib. (Aref Watad/AFP via Getty Images/TNS)

# Large number of Jan 6. arrests from North Texas

At least five north Texas residents charged, investigations continue

By Olivia Hohmann  
Social Media Manager

Sixty three people have been arrested in Texas since protesters banded together around the U.S. Capitol on Jan. 6, 2021 to protest the Nov. 3, 2020 presidential election's results.

According to the Department of Justice website, over 725 people have been arrested due to their involvement in the insurrection. The majority of those arrested were from Texas, which is only second after Florida for the number of arrests. Of the people arrested in Texas, most of them were residents of the North Texas area.

"I don't think it is socially acceptable to storm the Capitol," sophomore Olivia Marquez, who is passionate about this topic, said. "It's acceptable to be upset about how elections went because that is important to people, but when it comes to harming people and threatening people's lives, I don't think that is appropriate."

Jan. 6 was another example of social media being used to connect people with the same beliefs to fight for change that they deem necessary. Former President Donald Trump supporters connected via social media and were able to organize the rally. Some rioters used social media to glorify their actions and others used it to spread misinformation.

"Without social media it would be a lot harder to get these types of events to occur," senior James Wharton said. "I wouldn't say that social media is at fault, the people are at fault, but social media certainly helped information spread faster than it would have without it."

According to the Texas Tribune, Troy Smocks, a 58 year-old man from Dallas, was one of the rioters. He has had a long history of criminal offenses including a 34-year sentence for creating a false identity and for committing bank fraud. He added to his criminal offenses by making threats towards Congress and also threatening to return to the Capitol on Jan. 19, 2020, the day of the presidential inauguration, with more weapons. He was sentenced to 14 months in prison followed by three years of

supervised release.

Other Texans arrested include two East Texas men, Ryan Nicholas and Alex Harkrider, who appeared in a multitude of photos shared on social media. The FBI was able to identify the two men and they are now in jail awaiting trial. Law enforcement has been able to recognize many of the rioters from public posts, and now prosecutors are using these social media posts to hold these rioters accountable.

"I definitely think social media plays a role in [what] we are doing now in a way that it never has before, but I still think individuals are responsible for themselves and their actions," upper school Rev. Tim Kennedy said. "I think we still have a responsibility to seek out the truth after hearing a rumor or story. Truth is something that is not different points of view, it is what actually happened. You end up with things like Jan. 6 when you have people who are not willing to not actually study and take things apart and understand them and then come up with logical conclusions."

This past January marked a year since these events occurred and people are still split on whether or not the actions that transpired at the U.S. capital were socially acceptable or not. These events included damaging private property, stealing goods and threatening law enforcement. On the anniversary of the insurrection, the Senate held a meeting where President Joe Biden commented on the events that occurred. Many politicians, like Republican Congresswoman Liz Cheney from Wyoming, attended the meeting as the vice chair of the House Select Committee that is investigating the Jan. 6 attack. Her father, Dick Cheney, who was the vice president to former President George W. Bush, went to support his daughter and to commemorate the day.

Texas congressman Ted Cruz was one of many Republicans who believed that there was voter fraud in the 2020 elections. Right after the riots took place he immediately said that it was a 'terrorist attack,' but a year later

he corrected himself and said that he had misspoken. He apologized for his use of the word 'terrorist' and said that he was commenting on people who attacked policemen and not on the rioters at the Capitol. Texas Gov. Greg Abbott condemned the events that took place at the Capitol, but did not blame former President Donald Trump.

"I think the lack of Republicans attending the Senate meeting has to do with Trump because he is such a polarizing figure," Marquez said. "I feel like a lot of people are scared to go against [Trump] because he has so many supporters."

According to a Feb. 12 poll of 145 upper school students, 55 percent of students believe the country has become less unified following the Jan. 6 Capitol Riot. Americans now fear holidays and family gatherings due to the fact that people have such split opinions on politics. According to the Public Broadcasting Service News organization, 85 percent of registered voters believe America is divided in their values.

"I definitely think that our society is being torn apart by politics, especially over the holidays," Marquez said. "For instance, in our family we had to make a rule to not bring up politics because it is just so bad and everyone has such strong opinions, [it can get] hostile."

Posts about politics and world news are still filling up people's social media pages. There has been much controversy around whether or not people should be able to post about their political beliefs. In Sept. 2021, the Texas government fixed House Bill 20 to make it illegal for social media corporations to remove users and their posts just because the people share their political points of view. According to the Pew Research Center, around 71 percent of people now get some portion of their news input from social media platforms. With so much information being thrown out at the public, it is easy for people to trust false information as it was posted by someone who seems reliable.



## CAPITOL RIOTS

Pro-Trump supporters storm the U.S. Capitol following a rally with former President Donald Trump on Wednesday, Jan. 6, 2021 in Washington, D.C. Photo by Samuel Corum/Getty Images/TNS

"People believe what they want to believe and for example a lot of people want to avoid the anniversary of the Capitol riots," Wharton said. "People sometimes want to avoid the facts [because] they have a strong belief that they want to fulfill, so they will listen to false facts. With the Capitol riots people had different responses and reasons for justifying the events. People want to believe they are right and they mold the facts to support their opinion as opposed to basing their opinions off of the facts."

Throughout history there have always been different opinions and views about how America should be run, and the majority of the time society has been able to resolve differences through compromise. For example, segregation between whites and blacks and the women's suffrage movement on whether women should or not women should have the right to vote. Even a year after the riots many Americans still refuse to accept the results of the election. On the anniversary of the riots some Texans still refused to back down. They hung posters on freeway passes that read "Stand up Before Your Freedom

is Silenced" and "There is Still Hope of Trump Taking Over."

These Texans refuse to back down from their cause and to come to terms with the fact that Joe Biden won the election. Many are still wanting change

to be made. One of the rioters, Mark Middleton who faced various different charges including assaulting an officer and acts of physical violence within the Capitol grounds, is now running for a seat in the Texas House of Representatives

People like Rev. Kennedy believe that people are becoming less and less willing to compromise, which can be attributed to the current politics and tension in America.

"If you go back and read stuff from the beginning of our country, people have had very strong disagreements for a long time, but what is new is the demonization," Kennedy said. "Just because someone thinks the opposite of this or that [it] doesn't mean we should kill each other over having different views. Part of political science and government is being able to work together. People aren't going to get one hundred percent of what they want so they need to be able to compromise, but today people are wanting all or nothing and that is just not how a society can function."

# Texans question state's winter storm preparation

Following 2021 state-wide weather crisis, Texas prepares for another season of cold

By Easterly Yeaman  
Staff Writer

Water rushes in quickly filling up the whole downstairs of then junior Kathryn Sullivan's house. Forced to move to a hotel, the stressful event persists as the storm carries on throughout the whole week. As snow falls this year, memories like the ones from 2021 flood back.

Beginning with a cold front on Feb. 10, 2021, record low temperatures in Texas initiated a state-wide crisis that eventually left around 4.5 million people without power, according to the New York Times. In addition, the storm brought with it frozen and cracked pipes, road closures and much more. A year later on Feb. 3, 2022, Texas got up to five inches of snow in some areas, but the consequences were nowhere near as harsh as the year before.

"Although the storm was hard, my family and I got through it," Sullivan said. "Hopefully it will never happen again."

Texas' major power grid is independent of the other two grids that cover the United States, meaning Texas is not able to exchange power with other states. In addition, Texas power plants are not required to be winterized. Both of these factors contributed

to devastating outages that began on Feb. 14, 2021.

"The electric generating plants are basically designed for the heat," middle school earth science teacher Scott Goetsch said. "When the cold weather came, nothing was insulated or enclosed. So the wellheads froze from the gas, and you didn't have the gas flowing to the generators."

The rolling blackouts began in order to reduce the effects of the outages. Though they were meant to help, people were left without electricity for long periods of time, even a whole week in some cases.

"They tried to minimize disaster by doing rolling blackouts. Then they never came back on, and they didn't warn people ahead of time," Goetsch said. "If people could have prepared by knowing that those blackouts were coming, fewer people would have died. The city could have set up warming stations and things like that for people."

Many other problems continued to persist even after power was restored to homes, as pipes froze and burst. This resulted in flooded homes causing major damage and added additional hardship to already existing problems from the storm.

"I was in my house and I heard running water. I went downstairs and my entire downstairs was flooded," Sullivan said. "I was living in a hotel for a little bit, so that was pretty hard. And I missed

class a lot because of that."

Governor Greg Abbot said in an interview with Fox News on Nov. 26, 2021 that this next year he can guarantee the lights will stay on. Back in June 2021, he signed multiple measures to ensure the state power grid will be more effective. According to Texas utility providers, the grids have 15 percent more power capacity.

"Last time, they could have been a lot more prepared, and they handled it irrationally and didn't really know what to do," Sullivan said. "It's been really hot so there probably won't be another storm, but if there is, I feel like they may handle it better this time."

In preparation for the snow that arrived this past Feb. 3, people flocked to the stores to stock up on food and provisions. Tensions were high in households that were affected by the 2021 storm.

"This year we bought a lot of distilled water and essentials just in case our water went out again or we got snowed in," Sullivan said.

Snow and ice came down across the state piling up to two inches in Dallas, but there were no major effects on the power grids. Although some people's power went out, it didn't come close to last year's catastrophic blackouts.

"This year's storm seemed pretty mild in comparison to last year's damage," Sullivan said. "I stayed at a friend's this year but



**CAN'T GET THAT BREAD** Empty shelves line the Inwood Village Trader Joe's grocery store on Feb. 2 as the forecast shows a 100 percent chance of snow the following day. Photo by Easterly Yeaman

was checking in on my parents a lot to make sure nothing broke."

Due to dangerous road conditions from ice, school was shut down on Thursday and Friday. Temperatures never got low enough or lingered for a long time to cause serious damage to the school or most homes.

"I was afraid that the freeze would cause more damage, not really that it would last longer," Sullivan said. "If it had caused damage I was not looking forward to spending the next days at a hotel and [doing] online school."

Last year's storm brought hardship to many families across the state, and this year, many anticipated another crisis. But the snow that came only lasted a couple of days and there weren't any major outages.

"My family kind of handled it the same. The freeze was just not as damaging," Sullivan said. "I felt relieved that the snow lasted only a couple days just because I didn't want there to be any damage like last time, but sad because it was a lot of fun to see and do things in."

# life

## In one year, out the other

New Year's resolutions encourage self-improvement, elicits pressure

By Elisabeth Siegel  
Life Editor

**E**at healthier. Spend more time with family. Lower screen time. These statements are a few of the many resolutions adults and teens make for the New Year. According to Forbes, studies have shown that 25 percent of people actually stay committed to their resolutions after just 30 days, and only eight percent accomplish them. And according to a Feb. 7 poll of 145 students, 15 percent of students who had resolutions last year succeeded in following through with them.

Many students firmly believe that annually refreshing their lifestyles will allow growth toward a better version of themselves. For junior Bridget Wang, time management and sleep are her top priorities for the new year.

"Resolutions just keep my year on track," Wang said. "Even from the start if it derails a bit, I still know that I have those goals. Going after it and achieving it during the year is gratifying."

While resolutions are popular, with about a quarter of Americans making them according to YouGovAmerica, not everyone follows this path. Some choose alternatives like creating a bucket list or making a vision board for the year. For example, third grade

teacher Elizabeth Bentrup has jumped on the "word of the year" bandwagon. She picks a new word that acts as a post for her year.

"It often has to do with a general need or want in my life to incline a certain way," Bentrup said. "For example, after a crazy 2021, 'steady' was the word I chose for 2022. 'Simplify' and 'joy' have been past words."

Bentrup didn't make any new year goals as a teen, unless it was required by school assignments. As an adult, her mindset has shifted, and she has recognized the importance of setting the tone for the year.

"Resolutions had a truly binary feel to them growing up: succeed or fail, can or can't, and there was an implied good or bad to which ones you could or should choose," Bentrup said. "[As a teenager], a 'growth mindset' wasn't something we talked about. The work that we've done socioculturally around understanding how goals can be designed, monitored and adjusted, while also how the reflective practice throughout the process enriches the work, has come a long way."

Though people have failed resolutions, including Wang, all is not lost. Many still believe that the act of creating the resolution can still prove beneficial. According to the wellness resource Alternative Daily, setting a resolution can help people reflect and figure out what has been working and what may need to be changed.

"Sometimes life gets busy and sometimes New Year's resolutions aren't exactly at the top of our priority list," Wang said. "I think sometimes it can sort of get out of sight out of mind. But

regardless, I think it's just a good thing to have and it can still help your overall lifestyle for the new year."

Yet many people have stopped putting pressure on themselves to improve themselves at the start of a fresh calendar. According to Finder, 26 percent of Americans aren't making resolutions. Junior Camila Rivera stopped hopping on the "new year, new me" train partly due to discouragement from failing past goals.

"I don't personally have [resolutions] because I think it can be draining whenever you don't keep up with it," junior Camila Rivera said. "If you lose it, then you lose the momentum that you had in the previous year. You want to go into it thinking that you can do it, but then you just get tired and overwhelmed."

Though the usefulness of New Year's resolutions is often under debate, most people can agree that self-improvement is an important journey to take even if you may fail. Growth is something that may take much persistence, no matter if it starts at the beginning of the year or not. While there are people who find new years to be fresh pages, you can make resolutions and time of the year.

"I think the resolutions themselves are less important than the required self-awareness to know what we need to be aiming for," Bentrup said. "That self-awareness and then how we use that information to ignite purpose in our words and actions, whether that's in resolutions or just a general sense of where we need to go next, is what's important."

### RESOLUTIONS ROUND-UP

It's that time of the year again when many students' motivation and ambitions are high, and many are setting goals to make 2022 a year of purpose. According to a Feb. 7 poll of 145 students, 41 percent of students made resolutions for the new year.

The most popular resolution of the results was related to physical activity. Many students are aiming to work out more, many for multiple hours a day. In order to carry through with this goal, one student wants to complete a 30-day yoga challenge. Another student intends to do a pushup for however many days have passed in 2022. For example, they will do one pushup on Jan. 1 and 365 pushups on Dec. 31. Adequate exercise and a healthy diet are both essential for sustaining healthy physical well-being. A fair amount of students are committing to eating better.

The second most popular resolution is work-related with many focusing on studying and advocating for their success. Some students are trying to maintain their grades, make all As or get college scholarships. Increasing productivity and sleep while decreasing procrastination is seen as a key factor for achieving these goals.

Others are encouraging themselves to prioritize mental health by expressing gratitude, living in the moment and "being happy" overall. Yet, some resolutions are not only individual. Many students are striving to reach out to their neighbors and make more friends.

Some other unique goals included reading two books a month, quitting nail-biting and learning more languages.

**RESOLUTIONS JUST KEEP MY YEAR ON TRACK. EVEN FROM THE START IF IT DERAILS A BIT, I STILL KNOW THAT I HAVE THOSE GOALS.**

**Bridget Wang**  
Junior





# Valentine's Day, love without borders

History, traditions, economics and personal accounts of the holiday

By Iris Hernandez

Staff writer

Sophomore Sophia Raveling is getting ready to connect to her laptop, log into Zoom and celebrate Valentine's Day, which is usually a time for young couples to be together and celebrate their love. But for Raveling and her boyfriend it gets a bit complicated.

Raveling's boyfriend is over 4,900 miles away. In the Netherlands.

Valentine's Day has evolved from a Middle Ages-era small religious holiday into a modern-day worldwide celebration of love and friendship by people from different religious beliefs and backgrounds.

"Usually I am single over [Valentines Day]," Raveling said. "This year I actually have a long-distance boyfriend, so we are planning on having an all-day facetime and making ourselves dinner."

Even though Raveling said it will be difficult to be apart, she appreciates that technology is available to keep them close.

"It's honestly going to be really hard and sad for me, but it's OK," Raveling said. "At least we can still stay connected and share a Valentine's Day this year being apart from each other. It also kinda sucks since a lot of my friends can see their boyfriends or girlfriends and I can't. It's pretty difficult, but I still do it out of love."

Celebrities also take Valentine's seriously. Country music singer Kacey Musgraves is holding a concert on Valentine's Day at the American Airlines Center in Dallas. She is on tour for her album "Star-Crossed," and Dallas is scheduled to be one of the stops. Sophomore Cara Lichty is planning to attend.

"I got my sister Kacey Musgrave tickets for Christmas," Lichty said. "We love her music and albums, and I have heard that she is really great in concert. I looked into getting tickets and discovered that the concert falls on Valentine's Day, so I thought that would be a fun way to celebrate."

Valentine's Day has evolved into a celebration of friendships as well. Girls often have Galentine's Day, a holiday or event for girls to honor their friendship. This day was created by the popular TV show "Parks and Recreations" in 2010.

Lichty, who is planning on attending Musgrave's concert, plans to celebrate Galentine's with her sister, senior Emily Lichty.

"I participate in Galentine's Day [because] it's a fun tradition that gives me an excuse to do something with my friends," Lichty said, "Valentine's Day is such a fun holiday, so I [like] to be able to dress up and have fun with my friends."

As with many holidays, there is an economic aspect as well. Businesses use it as an incentive to draw customers into their sites or brick and mortar stores. The holiday is the fifth largest spending day of the year and the average person spends around \$165, according to TheBalance.com. Valentine's falls fifth after Christmas, New Year's, Mother's Day and Thanksgiving.

Some, though, don't see Valentine's as a day to spend big.

"My wife and I aren't big gift people," sophomore dean and English teacher Phil Bryan said. "So she thinks it's romantic when I bring her flowers and chocolates on the day after Valentine's Day, when everything is half off."

Most at ESD seem to have a similar stance to Bryan as of a poll taken on Feb. 7 where 77 percent of people said that they spent less than \$50 on gifts, while only 7.6 percent said they spent over \$100.

According to The Daily Meal, a food website, 58 million lbs of chocolate are bought within the week leading up to Valentine's Day. Valentine Cards are also a major staple of this holiday. According to History.com, 145 million cards are mailed every year before the holiday. Cards began to be mass-produced in the 1840s by Esther Howland, who was an artist credited with popularizing



Valentine's Day cards, according to Time Magazine.

While some would rather buy a manufactured card, others think a hand made card shows a higher appreciation for the recipient.

"I am going to make my boyfriend a card because it feels more personal and from the heart," sophomore Charlotte Wilson said. "I enjoy making cards because it makes the gifts more meaningful, especially if it is handmade."

Valentine's Day was originally named after Saint Valentine around 270 A.D, but in the Catholic faith, there is more than one Saint Valentine. There are many different legends according to History.com. One legend has Saint Valentine performing marriages while it was illegal, another accounts that he aided Christians from escaping persecution under the Roman Empire. Either way, Saint Valentine, like his holiday, is known for love.

Valentine's Day joins other holidays such as Halloween and St. Patrick's Day as a holiday that began as a religious celebration and then transformed into a pagan holiday celebrated by many.. This phenomenon has been caused by a multitude of circumstances.

"Broadly, it seems to be rooted

## FACETIMEING FOR LOVE

Sophia Raveling facetimes her boyfriend, Sebastian Oertel. Raveling and Oertel began dating when they both lived in the Netherlands in May of 2021, but when Sophia moved to Dallas, they continued dating. "I am really happy that I get to connect with him every day," Raveling said. "Even living in different countries with a 7+ hour time zone but we have made it work and will continue to make it work."

Photo by Iris Hernandez

in both human spirituality and in economic opportunity," upper school Reverend Father Nate Bostian said. "Spiritually, humans find meaning and beauty in romantic love and how two people can create a life together, which can turn into creating a family together, which in turn shapes the fabric of history. In our culture, we also have a highly advanced form of market economy that finds market niches to profit from. And so, wise and skilled entrepreneurs and corporations have taken these traditions and used them to maximize profit. So the synergistic effect of human spiritual needs and human economic innovation makes these holidays huge."



**MY WIFE AND I AREN'T BIG GIFT PEOPLE, SO SHE THINKS IT'S ROMANTIC WHEN I BRING HER FLOWERS AND CHOCOLATES ON THE DAY AFTER VALENTINE'S DAY, WHEN EVERYTHING IS HALF OFF.**

Phil Bryan

English teacher

# Alumna develops new flossing technology

An idea developed at 10 grows into a patent pending device

By Grace Worsham

Life Editor

Ten year old Christina Gordon struggles to floss with the metal braces now attached to her teeth. If only there was a way to clean the sides of each brace while also flossing the tooth. Gordon '15, who is now 25 and a third year dentistry student, has used her creative mind to self-publish a book and start a charity, but it is her most recent dental invention, one that she first thought of when she was in middle school, that she is the most proud of.

Her innovative dental device makes flossing with braces more feasible and less time consuming for kids and adults. The device, known as the Proxy Flosser, is an interproximal-used in areas between teeth- brush floss pick that reduces time spent on oral hygiene care in orthodontic braces. It combines two cleaning features, an interproximal brush and a dental floss pick in one compact device.

"I came up with the idea when I was 10 years old," Gordon said. "I was always a smart and nerdy kid with a bunch of ideas in my head, and I just came up with it one day when I was brushing my teeth."

Gordon did not develop the invention until after graduating college at Washington and Lee University in 2019 and beginning in dental school at Virginia Commonwealth University of Dentistry.

"I thought back to the invention idea in dental school and decided to turn it into an actual invention," Gordon said. "With the pandemic, I had a lot of free time and was able to play around with the idea

and work on it. It has been a long process, and the engineering was especially difficult, but it is now patent pending and an illustrated video is found on YouTube titled Proxy Flosser."

Classmate of Gordon, Harris Salom who is currently in his first year of dentistry school, said that Gordon's invention is brilliant.

"Sometimes it is not the most complicated fix that will make the biggest difference," Salom said.

Another classmate, Kristin Richey, who is currently in her fourth year, said that Gordon has impacted her, as well as her studies and habits.

"Christina is very positive and cheery and always brightens your day," Richey said. "She is extremely hard working and smart. I was her mentor but she showed me how to study efficiently and use my time wisely."

Gordon did not always know she wanted to become a dentist, but aspired to work in healthcare from a young age.

"I was always interested in healthcare but not necessarily dentistry," Gordon said. "I got interested in dentistry in college and after I finish dental school, I would really love to go into orthodontics."

Senior Emily Lichty, who was Gordon's fifth grade buddy in 2015, knew of Gordon's inclination toward healthcare, but found out more recently about her dentistry path through Instagram. Lichty, who as a fifth grader looked up to Gordon, was once again impressed by her buddy's capability.

"I knew she was going down the medicine track, but I didn't

know she went to dentistry which I thought was super cool," Lichty said. "I honestly started bragging about it. Now I am a senior buddy, so I wonder if my senior buddy will think of me like I did with Christina."

Lichty remembers that Gordon was always confident with everything she was doing.

"She seemed like she really knew the path she was going down," Lichty said. "She didn't seem scared to do things that people might have told her she should do when she was older. I really admire her ambition and the way she made me feel heard."

While at ESD, Gordon wrote a book beginning her sophomore year in an honors English class taught by Elaine Murphy. The class was assigned a creative writing piece based on the documentary "The Boxcar People," and when Murphy read the vignettes Gordon wrote, she strongly recommended turning them into a book.

"[Mrs Murphy] told me to turn them into a book, so that is what I did," Gordon said. "I started to write the book and it took me around a year before it was self-published and available for purchase on Amazon and Barnes and Noble."

Gordon was able to create her book, Finding Hope: A Dog's Tale with the help of editor Jill K. Sayre and illustrator Cathi Martinez. This experience inspired Lichty, Gordon's fifth grade buddy.

"She was the craziest senior buddy, but not in the way you would expect," Lichty said. "The things she had going on were hard to even imagine as a fifth grader. I remember her telling me she



started this research project, and it evolved into a book, which was just the coolest thing for a fifth grader to hear. I remember wondering if I was going to write a book in high school."

Gordon began to become a role model, as Lichty was not just impressed with the book, but also a variety of other things Gordon occupied herself with.

"I actually met her at Olivellas when she was my waitress, and she saw my school skirt and requested to be my senior buddy," Lichty said. "So even then I saw her in this environment where she was working really hard. She was working at Olivellas to save up for college, she wrote a book, she started a charity, and she was a great soccer player until she got injured. She was just very impressive all around."

## THE PENDING PERFECT SMILE

Christina Gordon '15, a third year dentistry student at Virginia Commonwealth University, designed the Proxy Flosser, a dental device that makes flossing with braces more feasible and less time consuming for kids and adults. "I definitely see dentistry in my future, it is the type of job you can do forever," Gordon said. "I can't wait for what is to come."

Photo by Tom Kojcsish

# hallway chatter

By Grace Worsham  
Life Editor

A compilation of the most interesting and hilarious out of context conversations overheard at school

## Class of 2023 GroupMe

Conversation between juniors Kensley Ewing and Maddy Hammett

**KENSLEY EWING: BASICALLY MADDY, THE COWBOYS ALMOST WON THE PLAYOFF GAME BUT THE REF WAS IN THE WAY THE WHOLE TIME**

**MADDY HAMMETT: MERCURY IS IN RETROGRADE**

“Dawn Eatherly gave Riley Calvert a CV for not wearing formal uniform but she actually gave one to his identical twin, Fletcher, instead.”

**Marcela Garcini**  
Upper school Spanish teacher and senior class dean

“If you aren't at at least one of the games tonight you don't belong at ESD.”

Charlie King '22

Let's talk in Australian accents for the whole day.

Addie Click '24



“HALF PRICE BURRITOS AT QDOBA TUESDAYS”

Elliott McCabe '23  
to the class of 2023  
GroupMe



“I was very surprised when I saw Weston get on the stage [at JSB]. I soon realized that he had run on from the side when I saw the security chasing him and snatching his collar [because he climbed on stage] while he was doing the splits. Young M.A. and her crew then let him back on stage to show everyone his cool moves. After dancing back and forth on the stage, he attempted to do his first backflip; he was unsuccessful but tried to play it off with the worm and other dance moves. He next tried to distract the crowd from his fall and began doing the splits and running across the stage again. After those moves he attempted one last time for the back flip and was even less successful on the second attempt. I felt really bad for him, but he seemed like a real crowd pleaser. The overall experience of him on stage was very funny though but gave me second hand embarrassment.”

Madison McCloud '23

Photos by Grace Worsham



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# Culture CRASH

A variety of the top trending pop culture phenomena compiled by Life Editors Elisabeth Siegel and Grace Worsham

## ROSE NYLUND

Betty White, a famous comedian and actress, passed away at the age of 99 on Dec. 31, just weeks before her 100th birthday. White is best known for her hilarious roles in the '70s comedy "The Mary Tyler Moore Show" and the '80s "The Golden Girls." White said "having a sense of humor is the key to a long and happy life," and she did just that.

1

## LOVE ON THE BABY

Singer Rihanna revealed her baby bump in a New York City photoshoot with father A\$AP Rocky. In the photos, Rihanna wore a long pink jacket unbuttoned to reveal her bump covered with jewels, an outfit costing around \$29,000. She later explained that she plans to have three or four kids in the future.

2

## LET IT ENCANTO

The Disney movie "Encanto," is making Disney history. The soundtrack song "We Don't Talk About Bruno" has surpassed the hit song "Let it Go" as the biggest Billboard Hot 100 hit from Disney's animated films. The movie is set in Colombia and tells the story of the Madrigal family that have unique gifts.

3

## WORDLE'S THE WORD

Wordle is a simple online puzzle game where players get six chances to guess a five-letter word of the day. The game has taken off. On Nov. 1, only 90 people had played Wordle. Currently, 300,000 people play it daily, according to The New York Times, who bought the game from creator Josh Wardle for a price in the "low seven figures."

4

## NEIGHBORHOOD HERO

"Spider-Man: No Way Home," starring actor Tom Holland, has grossed \$1.69 billion, standing as the sixth-highest grossing movie ever at the global box office. Released in Dec. 2021, the movie continued to dominate the box office despite the rising Omicron variant.

5

## BYE-BYE BRADY

Quarterback Tom Brady officially announced his retirement after an exhilarating career with the Tampa Bay Buccaneers and the New England Patriots. Brady is widely regarded as the best quarterback of all time, after playing 22 seasons and winning the record for the most Super Bowl titles with seven.

6

## SING YOUR HEART OUT

Sequel to Illumination's animated movie "Sing," "Sing 2" has become the first fully animated film to pass \$100M at the box office since "Frozen II" in 2019. The movie features talking animals with big dreams and passions to sing, all recruited by Buster Moon, a koala who tries to take his local theatre to the big screens.

7

## Swiss semester attracts students

Students reminisce study abroad program in Switzerland

By Charlotte Tomlin  
Asst. Web Editor

Sophomore William Custard bikes 80 miles up and down and across the Bernese Oberland mountain range, flying across the Switzerland countryside, passing beautiful sights and cows and enjoying time with his classmates. All while on a field trip, just another day as a high school student.

Switzerland boasts the world's best chocolate, fondue, skiing, watches, cheese and, naturally, Swiss Army Knives. It also contains an immersive high school experience, where students learn geology, art history and how to live without a phone for a whole semester.

Sophomores Wheeler Wood, Will Grogan and William Custard had the opportunity to study abroad for the fall semester through the Swiss Semester program. For Wood, the most exciting part was meeting so many people.

"Even in three months, I met some of my best friends," Wood said. "It's an experience that's hard to get anywhere else."

Swiss Semester is the official name of the program, although students affectionately refer to it as "Swiss."

The program, which aside from academics also offers trips across Europe, hiking and skiing in the Swiss Alps, is located in Zermatt, and is run by the Robbins family, who have run the program since its founding in 1986. Swiss Semester is open to students from schools across the U.S. "There's so many good parts of Swiss [Semester]," Grogan said. "Skiing every day and hiking was absolutely amazing. Just being outside every day was such an amazing experience in itself."

Six classes a day, and an outdoor activity in the mountains—geology lab, climbing, skiing, and hiking—make up an average day in Zermatt. However, some days the students travel to different areas of Europe including Annecy, Venice, Padua, Vicenza, Bernese Oberland and Geneva.

"It was so surreal to see what we've been studying up close," Grogan said. "I mean, studying pieces of artwork in art history and then seeing them in real life in Venice, and climbing a mountain that you just learned the formation of in geology, it was astonishing."

But in addition to being exposed to museums, renowned artwork and nature, more life-changing experiences came from the close relationships formed with other students.

"Because there are so many people from so many different places, you really learn so much about different parts of the country," Wood said. "For example, [ESD] doesn't have to wear masks to school, but some of my friends in other parts of the country still have online school."

Wood and Grogan both agreed that classmates from other parts of the U.S. taught them how to adapt to different norms. "It really shows how big America is and how different everyone's ideologies are," Grogan said. "You hear about different social dynamics, and you learn how to respect different social norms. Like, some things are different here than in the Northeast or in the West, [or] in California. You learn how to be pretty restrictive in how you speak to people on a personal level. I think you learn to be a little more sensitive, which is kind of nice."

The transition back into Texas life, which included the return to school for the spring semester, has been challenging at times for both Grogan and Wood.

"It's hard to get back into the routine just because there are so many more people [at ESD]

then there were at Swiss [Semester]," Wood said. "You're not with the same group of people all the time, anymore. You have to really try to make plans with people [in Dallas], whereas in Switzerland, you don't really have to."

Academically, the GPA from Swiss Semester doesn't transfer over to ESD transcripts, which has come as a relief for Grogan and Wood. However, course credits do transfer over, so students don't have to worry about having to take a class twice.

"[Swiss Semester] is really hard," Grogan said. "You go into it knowing your grades are going to drop, which is a sacrifice of sorts, but Swiss [Semester] is meant to challenge you. I mean, we had to write a 29 page art history paper by hand."

Junior Olivia DeYoung went to Swiss Semester in 2020, and returned to ESD with a new outlook on life.

"It was definitely a shift academically, as I was not used to the lecture-type classes,"

DeYoung said. "We spent most of the hours outside moving and moving around in Switzerland. It was more of a difficult culture shock, and it was hard for me to take back all the stressors that I didn't have in Switzerland. Some people don't consider Swiss Semester because they fear they will have a hard time acclimating back with friends, but I truly had the opposite experience."

However, the transition has been made easier for Wood and Grogan with the visit of their friends from Swiss Semester.

"Our friends came and visited us on the second weekend of January," Grogan said. "It was so great to see them, like bringing a little bit of Swiss [Semester] back home. And, some of our Swiss [Semester] friends actually live in Dallas, so we get to see them a lot."

The experience of Swiss Semester remained relatively unchanged compared to years past, even in the middle of a pandemic.

"[Covid-19] did not affect us tremendously," Grogan said. "We wore masks for the first couple weeks, and masks were pretty much required all across Switzerland. We followed through on our trips to Italy and France. However, our trip to the Christmas Markets in Northern Switzerland was canceled, which was a huge bummer."

Wood, Grogan and Custard are aware that not everyone has this opportunity and appreciate they had the chance to study abroad.

"Swiss Semester isn't something that just happens every day," Grogan said. "You have to work hard to get there, and it makes the experience all the more gratifying. The friendships that you make there last forever, and I'm so thankful that I got to experience it all with such an amazing group of people."



**EVEN IN THREE MONTHS, I MET SOME OF MY BEST FRIENDS. IT'S AN EXPERIENCE THAT'S HARD TO GET ANYWHERE ELSE.**

**Wheeler Wood**  
Sophomore



**ON TOP OF THE WORLD**  
Sophomore Wheeler Wood stands in front of the Gornergrat, the second highest mountain observatory in Europe. "On the first day of Swiss Semester, we went on a hike to the top of the Gornergrat," said Wood. "It was really fun getting to meet my new classmates in such a fun place."  
**Photo provided by Will Grogan**

# arts

## MIXED MEDIA

# Tech Theater: Behind the Scenes

Students build sets, control lights, manage shows, create special effects

By Easterly Yeaman  
Staff writer

The deep red curtains are drawn, and the lights illuminate the stage as the actors step out onto a student-built scene. Hours and hours of work during and after school have allowed the entire production to come seamlessly together, resulting in a starstruck audience.

A theater production does not involve only acting. It includes many more components that require work and time before the final product of a musical or play can be performed on stage. Behind the scenes, students in technical theater work to enrich the theater experience through lights, sound, set design, props, makeup, costumes and special effects.

“Technical theater is all things that happen backstage, that’s not acting itself,” Lauren Redmond, upper school acting teacher, director and stage manager for school productions said. “So all acting takes place on the stage and technical theater encompasses everything else.”

Junior Edie Dahlander has been involved in theater tech for two years, and has worked on a total of three shows. This year she has spent her time after school working on the productions

“Antigone” and “Pippin.”

“I think that tech theater and the architecture of building a set is really important in bringing out those emotions in the audience and creating an atmosphere,” Dahlander said. “When you’re putting on a performance, the atmosphere is the biggest thing. It just enhances everything in a sense.”

The fall play, “Antigone,” was a modernized version of Sophocles’ famous tragedy, and the stage reflected that modernity. A lot of work went into the setting of the play which was an underground war bunker on a military base.

“We wanted to emphasize the idea of being underground with a bunch of rocks both above and to the side of each location,” Redmond said. “That meant students were coming in every day working on the set and in their classes, to bring all of these pieces to life around all the actors who were rehearsing in the same space.”

In February, the theater will be putting on a performance of the 1972 musical “Pippin.” The set of the upcoming production takes inspiration from a revival of the 2013 Broadway show. Contrasting the dark, drab tones of “Antigone,” the stage will be full of vibrant colors and eye-catching visuals.

“For ‘Pippin,’ we have been experimenting with fabric a lot because the whole premise of ‘Pippin’ takes place in a circus atmosphere,” Dahlander said. “And so we want to create that circus-y, luxurious, full, stand-out kind of stuff.”

A typical set can range from about \$2,000 to \$6,000 for each production. These numbers can vary, however, depending on each play or musical. This year’s production, “Antigone,” cost \$1,250.

“Obviously a lot of factors play into that, such as lumber and other materials like paint and fasteners as well as set dressing and props,” Redmond said. “I know there have been instances where our shows are higher or lower than those numbers, which usually means we have been able to pull from our stock more easily (making it less) or it requires more than we’ve built before (making it more).”

The theater is also utilizing the turntable which was made for a production of “Little Women” back in 2018 at the school. This theatrical device normally shows “travel” and helps with scene transitions. For example, one side of the table may be set up with props and would be rotated around for the next scene.

“It’s a 22 [feet] diameter turntable that can actually spin, and we’re going to use that as a center ring if you think of a three-ring circus,” Redmond said. “For ‘Pippin,’ we will be using it within the world we are set in because it makes sense for our production. It will be a part of the choreography so you could consider it another dancer in a way. You’ll have to see it to understand.”

Students, in addition to physically putting together the set, take time to think through what they envision. They have a lot of creative freedom in set design, costumes and other components of the production.

“For ‘Pippin,’ we spent a lot of time brainstorming about how we want this to look and what themes we want to portray and what colors we want to use,” Dahlander said. “Every single detail is meticulously thought out.”

Coming up with the idea may be easy, but executing it comes with a lot of work. Assembling set pieces can be difficult and time

consuming in addition to involving a lot of pressure.

“If you make a mistake, then you have to start all over again, and that not only wastes your time but also wastes materials and effort,” Dahlander said. “There have been instances in the past where that has happened, and it’s set us back like a whole week.”

Although it may seem straightforward, technical theater does not come without its obstacles and restraints. Redmond said that money, time and execution are the biggest challenges.

“You can have time, but not money, you can have money but maybe not time,” Redmond said. “And just being able to create something very new and fun for our audiences to see as well as for our actors to play with is challenging.”

With such full school schedules, many students struggle to find the time to help work on the production after school if they are not enrolled in a theater class. Dahlander compares the time commitment to playing a sport.

“I have been going after school as much as I can, but I have a busy schedule,” Dahlander said. “I try to go as much time as possible. I want to be able to offer my services as much as possible because I have a passion for it.”

When it comes time for the curtain to open, the hard work, craftsmanship and creativity is evident in the beauty and functionality of the set design.

“Without technicians, actors would be performing everything in the dark without clothes, nobody could hear them, all these kinds of things,” Redmond said. “No matter what kind of production it is, tech is extremely important because it really does enhance everything else in the production.”

**I THINK THAT TECH THEATER AND THE ARCHITECTURE OF BUILDING A SET IS REALLY IMPORTANT IN BRINGING OUT THOSE EMOTIONS IN THE AUDIENCE AND CREATING AN ATMOSPHERE.**

Edie Dahlander  
Junior



### BEFORE THE WOOD BECOMES A PROP

Edie Dahlander is cutting wood behind stage to help create props. “Working back stage is a great stress reliever for me,” Dahlander said. “I enjoy the challenge of needing to problem solve and working with the team.”

Photo by Olivia Hohmann

# meet the CRITICS

A compilation of staff and community opinions of recent art and culture phenomena, highlighting a specific piece of media, events, films, collections, performances and music.

## Painting the Town

Students and staff review art exhibitions around Dallas

I arrived at the Lighthouse ArtSpace on Harwood in full uniform at precisely 7pm, Wednesday night. I was anxious to be missing valuable homework time as I met the bottom of a large staircase leading up to an even larger lobby. After checking in and waiting in the lobby for the previous showing to finish, I walked into a room covered in white.

White chairs, white walls and white floors were homogeneous in their efforts to act as a canvas for the work of 19th century Dutch painter Vincent Van Gogh. Prior to my arrival, I had the intention of taking notes; however, as I sat stiff against the hard plastic chairs and bright yellow sunflowers suddenly filled the screen I figured the writing could wait.

The exhibit was composed of three separate rooms. The first room was the smallest and held a limited amount of chairs for a more intimate viewing of the art. The second was filled with more chairs and an all black balcony that served as sharp contrast to the expanse of white wall before it. The third and final room was smaller than the second and had rectangular prisms of mirror to reflect the artwork projected onto the walls.

After walking through the exhibit, I sat in the corner of the second room in order to not miss a single second of the artwork projected on the three walls in front of me. As the exhibit began, loosely drawn flies swarmed the walls. Suddenly the speakers in the room echoed a musical buzzing similar to the sound of cicadas heard on a hot day in the South. The lights projected brushstrokes of yellow as the center wall was suddenly filled with Ghogh's "A Field of Yellow Flowers." The yellow glow of the projectors covered my face with a similar intensity of the sun; closing my eyes and listening to the cicadas I was instantly transported to a field of yellow light.

As the exhibit continued, Van Gogh's work was brought to life as the screen filled with lapping waves, flickering candles and twinkling stars. My favorite scene was the exhibition's creative display of Van Gogh's famous "Cafe Terrace at Night." It began with a superimposed image of a painted skyline and slowly melted the stars with the glow of an Arles street cafe, all working synchronously alongside reverent choral music.

All in all, the exhibit took about 45 minutes for a full viewing which was the perfect time; I was never bored, but the art didn't get cut off either. Each ticket costs \$40 which airs on the pricier side, but the experience made the expenditure worth it.

This exhibit was incredible. All of the creative decisions worked together as they were all seemingly deliberate in their effort to convey Van Gogh's original messages embedded within his art. This exhibit fulfilled its promise to transport viewers as I found myself admiring foreign French landscapes with an odd sense of familiarity rather than being caught up with my mundane work schedule of the week.

By Maddy Hammett  
Copy Editor



Since I was a kid, people have told me I was "an old soul." I didn't exactly understand what the term meant; I assumed they thought I was an old lady trapped in a little kid's body, and, honestly, I can see how that might have been true. Growing up, I rocked out to my dad's music, had a doily collection (look it up, Generation Alpha!), preferred Coq Au Vin to Chick-Fil-A, and reading to rolling a friend's house. I still dance like a great grandma, and I have always loved museums.

We have some great art museums in Big D - the DMA, Meadows, Biblical Arts, Nasher, Crow Asian Art and the Dallas Contemporary, to name a few. Whenever I want to get my art walk on, I head for Ft. Worth, where my first stop is always the Modern Art Museum. It's the perfect place for this old soul to learn new things, get introduced to diverse artists and works and become rejuvenated and inspired by fresh perspectives and novel approaches.

The Modern is located in a complex along with The Amon Carter, Kimball, and Cowgirl. From the 67 foot steel sculpture by Richard Serra in the parking lot, it's clear that the Modern isn't going to be old, average or boring. "Vortex" encourages people to walk through it, changing our perspective of the ground and sky, and even the way we hear each other. If you stand in some places, shouts become whispers, and echoes bounce above and below. Behind the museum, across an infinity pool overlooked by the fantastic Cafe Modern, two silver metal trees dance together, limbs intertwined and gleaming. All this, and I haven't even told you what is inside yet!

No spoilers here - I'm not going to tell you! You'll have to go there yourself! Suffice it to say that the permanent collection is exciting and unexpected. The exhibitions are well-curated and interesting; last time I was there I saw a really cool double-sided film installation that told the same story from different points of view (Flora and Bust, by Teresa Hubbard and Alexander Birchler). The Modern Art Museum in Fort Worth, with general admission also being free, is an explosion of color, sound and light. It's a sensory stroll and a feast for the soul - no matter if it is young or old!

By Adina Richman  
Guest Writer

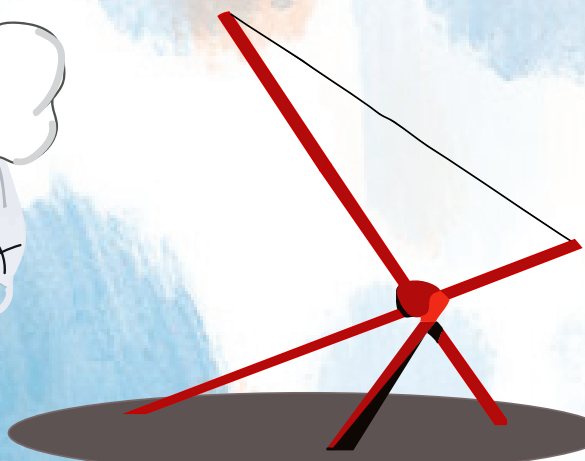


On a forced family outing I sit in the middle seat of the car, crammed between two siblings as my mom searches for a parking spot. Soon our family makes our way to the entrance of the Dallas Art Museum on Harwood. The inside of the museum can seem daunting, with so many stairs and pathways to explore, but I can comfortably say my family and I explored it all. The DMA does an amazing job of showing a diverse selection of art reflecting religion, culture, and traditions from across the world. I found that it was hard to consume all this art in one outing. However, the most meaningful part of the museum that I found was the My|Gratation exhibition.

This exhibition partially focused on artists in Texas who were immigrants but also focused on the bigger picture of U.S. immigration, showing art from immigrants from across the world to reflect the diversity of the community around us. To bring a central theme to the exhibition the walls were covered in facts about Dallas, and the population in our schools, jobs and our city overall. These facts emphasized the uniqueness of our city and what it means to be from Dallas. The best part of the exhibit was a wall covered with every single day of the year curated by the education department at the DMA. Think of a day that is special to you; maybe it's your birthday, your favorite holiday, an anniversary, anything. On this wall, it gave a written anecdote from an immigrant's journey on that specific day. Many were in English, but there were many other languages as well. They all had one described perseverance through rough times. This wall, for one moment, put me in the shoes of someone else and brought empathy to a situation that I have never experienced personally. This exhibit was made possible by the DMA's Education department with input from local artists, museum visitors and local organizations.

I would recommend the DMA and specifically the My|Gratation exhibition for anyone who wants to bring a new perspective into their life, one they have not thought of before. This museum will give you plenty to explore and you are sure to find a piece of art that speaks to you specifically. So take this as a sign to go to the museum this weekend- you never know what you will find.

By Elise Bostian  
Guest Writer



Nestled in the narrow streets of Uptown Dallas, Blue Print Gallery is an intimate space that features vibrant pieces fit for an Architectural Digest cover and hosts exhibitions that feature student artists, established artists to promising new artists.

The gallery opened in 2018 by five Dallas interior designers in a historic home on Fairmount Street. It deviates from a typical open floor plan gallery to create an intimate viewing experience for its patrons. Each room pays tribute to its domestic purpose with interior styling to compliment the art for sale. The small rooms force you to get up close with the art to view the intricate details and bold colors hidden in the striking canvases.

On Jan. 20, Blue Print Gallery hosted the Dallas Young Artists Exhibition, an event that showcased art from student artists from schools such as, but not limited to St. Mark's School of Texas, Ursuline Academy of Dallas, Highland Park High School, Trinity Christian Academy and Booker T. Washington High School for the Visual and Performing Arts. Most notable was the work from ESD students Virginia Nussbaumer, Claire Wooley, Sarah Cabrales, Elizabeth Sawers, Avery Vafa, Andrew Carrie, Camille Gravel and Ava Hobbs. Before even entering the gallery, Gravel's untitled orange paper clay sculpture captivated my attention through the front window. Though the tintype photographs and acrylic canvases on the gallery wall were contrasting in color and medium, each piece complimented the other with its individuality. The emotion in Carrie and Nussbaumer's photographs confronted me - beyond an invitation - with a demand to explore their subject matter. Sawyer's painting of a girl holding a bloody chainsaw at first shocked me but then drew me in to marvel at the bright contrasting colors and bold lines. I could almost hear the sweet melody of a violin from Cabrales' piece through her use of warm tones, delicate patterns and depiction of the poetic nature of butterflies. Wooley's clay flower captured the fleeting moment of a flower in bloom while Vafa's imposing, vibrant rectangular piece left me amazed at the potential of clay and a kiln. Hobb's acrylic cube structure, whose treacherous stacking defied the laws of gravity, sparkled under the fluorescent lights, casting its blue, orange, purple and green hues into its shadow. The ESD student's pieces rivaled those of other Dallas schools and represented the strength of our arts department and the unparalleled creativity of our student body that is discovered in the studio.

Blue Print Gallery transcends its status as a business to a staple in the Dallas community through its support of young and local artists in the Dallas area. It is a must visit for those interested in the past, present and future of art with all the history, color and discovery it has to offer.

By Erika Batson  
Guest Writer





# ONLY A DRILL.

Corner

ons like rifles, shotguns and percent of students answered old be effective. ls and discussions about should be armed,” Forensic aid. “This happens on college ts on both sides. I tend to ons, if a bunch of people they have no idea who the

ffect kids mentally. In an ssociate professor Colleen the more prepared we are, nd one potential effect we eparedness activities affect sense of feeling at risk.” f drills, they are possibly e trying to kill them at any d depression for people in und that active shooter drills xiety and stress and a 39

t somebody was talking they had to go through the Garrahan said. “It was sort d of themselves. Just the o and planning for that.” fects of lockdown drills on stant practice will help build s occurred.

d over again is to help when know what to do,” upper edith Stuelpe said. “It’s sort [You] don’t have to think [you’re] supposed to be and and you’re not prepared, you

oneman Douglas High 17 people and wounded 17 to the active shooter left finding ways to still be ld help minimize the anxiety

t too much to mentally deal aid. “So I think that from that administrators and to talk to if they don’t want eople, has different avenues ons to seek help and to

re relevant today, there’s ecome desensitized to these ent other emotions from

t more and more now, and habituate, which is like We can’t be aroused in And what happens is, you f a defensive way against r other emotions]. Our y numbing you, somewhat,

call for people to block s or attacks on the news can ensitize people, even the ld even cause people and ings

ne has become conditioned thing,” Sawers said. ights outside of the bubble we have accepted that as a n by how the news describes ation on my phone when a about anymore as much as t one, we think ‘Oh, that’s eats.’

possibility of shootings is 018 interview on The Cut e Charles Figley, who has ations, said that humans iness within their lives. If rea not near them, they n are safe, so they ignore the

into various directions. lieve that the drills u unbothered. However to ooting is a rare occurrence,

ecurity for a lot of things, but 0 or so years, there really t prevent something like a said. “Because it is ultimately eing more and more in this t we are prepared and able eep ourselves safe. I also y to use these tactics for a

real lockdown, it is good that all students learn the basic imperatives to follow instructions, stay quiet and stay calm.”

## A SURVIVOR'S STORY

**Lockdowns can slow a gunman down, but only if executed well.** According to FBI data, since 2000, an average of about five students or staff have died every year due to school shootings. In 2021 alone, there were 34 school shootings, according to data by The Washington Post. 2021 topped the record for the most school shootings in U.S. history. According to a Feb. 7 poll of 145 students and faculty, 46 percent do not feel as though lockdown drills fully prepare them for the possibility of a shooting at ESD. Despite frequent drills conducted by schools, the reality is that students and faculty need more training about what to do in vulnerable situations.

On the morning of May 18, 2018, students and teachers at Santa Fe Highschool in Santa Fe, Texas were suddenly scrambling for safety as they heard shots fired just after class had begun. Seventeen-year-old Dimitrios Pagourtzis, a student at the school, entered the school and pulled a fire alarm. As students rushed out of their classrooms, he began to fire a weapon.

Pagourtzis killed 10 people — eight students and two teachers — and wounded 13 others. This shooting became the fourth-deadliest school shooting in the United States, sitting directly behind the Columbine High School massacre in 1999, the Sandy Hook Elementary School shooting in 2012, and the Stoneman Douglas High School shooting in February 2018.

Angela Bickerstaff, Santa Fe High School freshman at the time, was in the middle of writing an in-class essay for her English class when she was abruptly interrupted by the sound of the fire alarm going off.

“I remember looking up to my teacher and asking her if we could just stay in class and keep writing our essay,” Bicketstaff said. “We all thought it was just a drill when we heard the fire alarm pulled. All I was thinking about was just finishing my essay. My teacher insisted we go outside because she was unaware that there was supposed to be a drill.”

Bickerstaff and her classmates made their way outside of the building when suddenly she began to realize something was not right. Unaware of what to do, students began to run.

“People just started telling us to run as fast as we could,” Bickerstaff said. “We all just started running across the highway away from the school. I thought something was wrong with the school, like a building was going to blow up or there was a gas leak. I immediately called my dad who works in the fire department but he did not tell me what was going on. I just remember him telling me that he was coming to school and that everything was going to be okay.”

As Bickerstaff and her classmates found themselves hiding behind an automotive shop not too far from campus, parents began to frantically call their children as news of the shooting reached the community of Santa Fe.

“My mom called me not too long after we ran off campus,” Bickerstaff said. “She was like ‘where are you right now, I am coming to get you’ and I told her I had no idea what was going on and that I was hiding off campus. That is when she told me there was a shooting at my school. That was the first time I heard about it.”

Prior to the shooting at Santa Fe High School, the school had instituted a rule that they would have lockdown drills once every nine weeks. In February of 2018, three months prior to the shooting, the school received a call from someone who thought they had heard loud noises coming from the school. From this, the school went into full lockdown mode instantly only to find out it was only a scare and not a shooting.

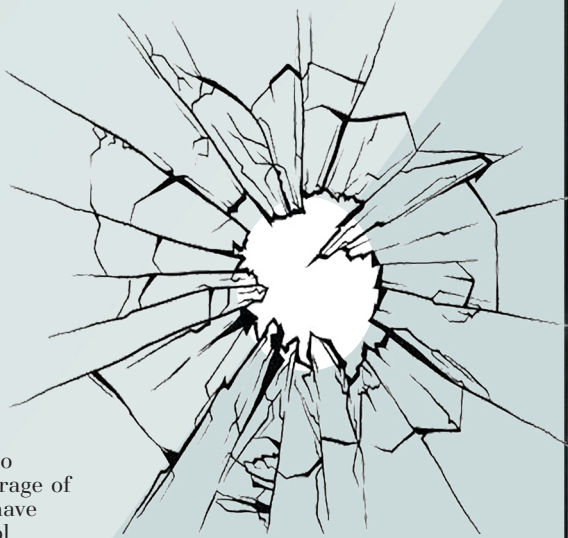
“We were definitely told what to do in the case of a lockdown,” Bickerstaff said. “Did we follow it when the time came? No. I remember people making a bunch of jokes during lockdown drills. The only time we ever took a lockdown seriously was in February when we thought there was a shooting.”

After the shooting occurred, the Santa Fe community began rebuilding and mourning the loss of the 10 people they had tragically lost in May. Santa Fe High School began taking action toward making sure another devastating situation like the one they had faced would never happen again. Teachers received more training over the summer after the shooting, metal detectors at the entrances of the school were introduced, and last year, the school decided to begin having teachers keep guns in their classrooms.

“I think these changes might have made people who weren’t there for the shooting feel safer, but for people like myself and my grade who saw the shooting happen, these changes didn’t necessarily make me feel better,” Bickerstaff said. “A lot of us did not like the idea of having guns on campus. I think people saw it as ironic, how there was a shooting on campus and now teachers were walking around campus with guns.”

As Bickerstaff reflects on the shooting almost four years later, she recounts the feeling of being frantic and most of all, just wanting to escape from the unknown terror she felt that morning.

“I was just trying to get out of the school,” Bickerstaff said. “It was just like a gut feeling right then, you know something is wrong and your mind is just telling you to get out as fast as you can.”



d in gun- schools were

# 1,316

school shootings have occurred since 1970 in America

SOURCE: sandyhookpromise.org

# Best yoga Spots On the block

In search of the best places to find a sense of calm, Co-Editor-in-Chief Emily Lichty visited five yoga studios in Dallas

## Ritual one 5/5

Ritual One is an infrared heated yoga experience that provides a good workout and promotes peace. Ritual One has one studio in Dallas and along with yoga classes has an infrared sauna cabin and outdoor cardio classes. I took a Power Vinyasa class with Kalene, one of the studio's founders. Ritual One has one of the friendliest communities I have encountered so far, and the small studio space the class was in added a more personal feel. First-time yoga students pay \$15 for the class, which seems reasonable seeing as the class went overtime. However, after the first class, the cost is raised to thirty dollars for drop-ins, which is definitely pricey compared to other studios. Spots are reserved online during sign up, which makes finding a place in the small studio less stressful. The classes at Ritual One, however, are definitely not for beginners. The Power Vinyasa was a difficult and sweaty class, and the infrared heat made the workout even harder. However, Kalene was encouraging and her gentle hands-on instruction approach was very helpful. While Ritual One's Sculpt and High Intensity Interval Training classes are more focused on strength and cardio, Power Vinyasa is the right fit for someone looking to practice more traditional yoga poses. While the classes at Ritual One might be known for their difficulty, the accomplishment felt at the end of the class is well worth the effort. Additionally, Ritual One strongly encourages breaks and self-awareness throughout classes to make sure participants aren't pushing themselves too far. At the end of Power Vinyasa, Kalene led a peaceful cool down and burned an incense stick. I would definitely recommend this local, welcoming environment to yogis looking to step up their yoga practice. However, I would recommend that beginners refrain from jumping into Ritual One headfirst.

**Hours: 6 a.m. - 7 p.m.  
Monday-Sunday**

**Location:  
4514 Travis St #201  
Dallas, TX 75025**

## Uptown Yoga 4/5

This red brick studio in Uptown is one of the most charming studios I have attended. The building is spacious and bright, but it also feels cozy and friendly. I attended a Slow Flow at Uptown Yoga with the instructor Alex. The class was in the evening and the studio was lit with candles to add to the ambiance. While the air conditioning in the building was broken and making distracting noises during class, it was easy to focus on Alex's clear explanations of every pose. Overall, the class was a good mix of stretches and yoga poses and was not too rigorous for an evening time class. Uptown Yoga has a good variety of classes for beginners, such as the Slow Flow, and options for more experienced yogis. While there are many different class options to choose from, the website does not appear to provide clear explanations on what every class entails, including what equipment and materials are necessary for the class. The class cost \$30, however, Uptown Yoga does have a deal where those new to the studio can attend as many classes as they would like in 30 days for \$60 which is definitely a great option for those looking to dip their toes into yoga. Uptown Yoga's chic and bright studio is definitely worth checking out, regardless of skill level. However, if making it to the studio in-person is not in the cards, Uptown Yoga offers online classes for purchase as well.

**Hours: 6 a.m. - 9 p.m.  
Monday-Sunday**

**Location:  
2636 Thomas Ave  
Dallas, TX 75204**

## Immersive Van Gogh Exhibit Yoga 4/5

Traditional yoga studios beware of the Immersive Van Gogh Exhibit's yoga class. Immersive art exhibits have grown in popularity recently and are available in many cities. However, what most people don't know is that this touring exhibition often offers yoga classes as well. Hoping for a unique yoga experience, I attended yoga at the Immersive Van Gogh Exhibit Dallas on Harwood Street. The class was set in a large room where popular Van Gogh paintings were projected onto the wall in sync with the poses of the yoga class. The combination of serene, classical music, swirling Van Gogh paintings and yoga made for a peaceful, out-of-the-box experience. The class was only 35 minutes long but an extra 25 minutes are included to enjoy the exhibit. As the class includes enjoying the exhibit as well, the \$65 cost seems more reasonable. Overall, the class included simple yoga poses and stretches which did not make for the most rigorous workout. However, it does make the class accessible to anyone and allows for more focus to be on the artwork. The size of the room made the effects of the exhibit dramatic, and it did make the instructor's voice hard to hear. It was not crowded, and I was appreciative of the circles projected on the floor to promote social distancing. The yoga class switches from highlighting the work of Vincent Van Gogh to Frida Kahlo on Feb 27. I especially recommend this class to someone who is looking to experience the serenity of yoga without the commitment to an intense, hour-long workout.

**Hours vary**

**Location:  
507 S Harwood St  
Dallas, TX 75201**

## Black Swan 5/5

This donation-based yoga studio has upbeat instructors and positive energy that keep yogis coming back for their wide variety of classes. Black Swan has two locations in Dallas, a Lovers location and a Bishop location. Both studios have classes available for any skill set with options ranging from evening candlelight slow flow to advanced power flow classes. The studio's social distancing policy promotes a safer yoga experience and makes the heated studio feel more spacious. I attended a power flow class and the instructor, Alex, was encouraging and easy to follow. The class was perfect for learning basic yoga poses while still working up a sweat. Alex did a great job providing modifications for different skill levels and even ended the session with a unique and personal touch by singing during cool down. Black Swan does a good job of providing a balance between working out and practicing traditional yoga which other yoga studios often struggle with. Price-wise, the class is free for walk-ins and a minimum of a \$10 donation for online sign-ups. The low cost of attending a yoga session definitely helps Black Swan achieve its mission of making yoga accessible to everyone. Overall, the multitude of class options and the chill vibe promoted by the studio's accessibility are what make Black Swan the perfect studio for any skill level or price point.

**Hours: 6a.m. - 11 p.m.  
Monday-Sunday**

**Location:  
5118 W Lovers Ln #332  
Dallas, Tx 75209**

## Corepower 2/5

Corepower is one of the most popular chain yoga studios in the U.S. with over 200 locations total and six locations in the Dallas Fort-Worth area. This large number of locations can make the yoga experience feel less personal and more overwhelming, however, Corepower's size does come with some advantages. For example, Corepower also offers online classes, both on demand and live on Zoom. Corepower provides a few different class options both in-studio and online. Their Yoga Sculpt class, which focuses on building muscle as well as practicing yoga, is one of the most popular and intense options. I attended one of Corepower's sculpt online classes over Zoom and was underwhelmed. For a price of \$18, I found the class to be expensive. The instructor, Bonnie Delgado, did a good job of making the class feel personal despite it being virtual, but the equipment needed for the class was not specified beforehand. The class was more upbeat and energetic than relaxing and was hard to follow compared to a studio class because the instructor did not do all of the poses. The class did not feel like a yoga class and felt more like strength training. I would recommend the class to someone looking for a way to work out from home but not someone who is looking for a yoga class. Overall, the classes at Corepower feel more focused on providing a good workout than building mindfulness and creating a positive vibe like other studios.

**Hours: 6a.m. - 10 p.m.  
Monday-Sunday**

**Location:  
11700 Preston Rd Suite 800  
Dallas, TX 75229**





# views

The opinions expressed in this section of the Eagle Edition do not necessarily reflect the views of the newspaper staff, school, adviser, faculty or staff

## STAFF STANCE The staff stance reflects the opinion of the Eagle Edition staff and it does not reflect the opinion of the school, newspaper adviser, faculty or staff.

### Unity Through Uniforms

Waking up in the morning after a long night of studying and homework to an alarm clock going off is always hard. And having to decide what clothes to wear to school so early in the morning only adds stress to an already rushed morning. That is when school uniforms come in handy and, luckily, here at ESD we have that luxury. According to a Feb. 12 poll of 145 upper school students, 56 percent of students enjoy wearing a uniform to school.

There are mixed opinions on whether schools should have uniforms or not and to what extent students should be able to accessorize their uniforms, however, the Eagle Edition believes that uniforms are important and are one of the many benefits to our school.

When parents and prospective families walk on campus, they are able to feel and see the school's pride and community spirit when the entire student body does their elegant outfits. Everyone on campus is different and unique, but one thing that connects all of us is our school uniforms. Automatically, people all over Dallas recognize what school we belong to. School uniforms connect students and create a sense of unity, while also allowing students to be proud of their differences.

According to a Marks &

Spencer 2016 poll of 2,000 men and women, it takes women an average of 17 minutes to pick out an outfit for the day, and men are not far behind; it takes them an average of 13 minutes to choose their clothes for the day. Having to wear a uniform takes away the stress of picking out an outfit every single day and saves time, and it also gives kids a few extra minutes of sleep every morning. According to the Child Mind Institute, over a third of teens receive only five to six hours of sleep every night, so giving a child around 20 minutes more of sleep every morning is extremely beneficial.

And schools find that when students are in a uniform they are more likely to focus on their task at hand. Students are not distracted by what other kids are wearing and there is less unnecessary competition. Although students enjoy having a free dress day every once in a while, oftentimes people feel stressed on what to wear. During free dress days, children can feel left out because they are not wearing what other kids are wearing. This can cause them to feel isolated and left out. Schools use uniforms to help make all students feel included and equal.

One of the big senior privileges at the school is that they are allowed to wear college sweatshirts all year long. Underclassmen are only able to

wear navy sweatshirts. They look forward to being able to wear the college sweatshirt. And to a senior, wearing a college sweatshirt is a source of pride. Once seniors decide which college they will attend, they typically will only wear the sweatshirt of that specific school. These sweatshirts also serve as reminders to underclassmen that with dedication and diligence they too will be able to display their colleges as seniors.

Contrary to what many people believe, uniforms can be accessorized. Jewelry and watches are good ways to show their individuality. Students typically wear necklaces, rings, bracelets and earrings to break the monotony. Every morning students can pick colorful accessories and display their religious and personal beliefs.

Different hairstyles are also a way to express individuality. Some students dye their hair or get highlights, and some girls will curl or straighten their hair or do updos including ponytails and buns. Every once in a while, girls will also wear headbands as they are fun and allow people to elevate their hair game. Guys will also get mullets and shave their head to try something new or do it as a sign of comradery with their teammates. All of these different hairstyles allow people to get creative and make the uniform their own. These are all liberties that come along with the uniform.

The uniform itself never inhibits creativity or expression contrary to popular belief. It's rather in the uniform, that students are able to find more creative ways to express themselves.

Although there are many benefits to school uniforms some still have issues around wearing a uniform due to the uniform policy for non-binary students and the length of school skirts. For a long time girls were only able to wear shorts and long pants. Recently, the school's handbook policy was changed to accommodate non-gender based uniforms. Students are now able to pick whether they would like to wear skirts or pants regardless of gender, this change allows all students to feel safe at the school. Skirts, however, can become a source of controversy. Some people feel uncomfortable for either modesty or religious reasons when girls wear their skirts too short. This situation puts some people in the awkward position of having to tell girls to pull down their skirts or that they have to buy a longer one.

The school uniforms allow students to feel connected. Students of all ages are reminded that they are part of a unified community when they put on the uniform. It is important to remember that we can still express our individuality and wear our uniform with pride.



**EVERYONE ON CAMPUS IS DIFFERENT AND UNIQUE, BUT ONE THING THAT CONNECTS ALL OF US IS OUR SCHOOL UNIFORMS. AUTOMATICALLY, PEOPLE ALL OVER DALLAS RECOGNIZE WHAT SCHOOL WE BELONG TO.**



Illustration by Olivia Hohmann  
Social Media Manager

## Honoring Joan Didion: a writer like no other

**Maddy Hammett**  
Copy Editor

**J**oan Didion, a literary visionary and, in my opinion, the best journalist of all time, died at the age of 87 at the end of December. Waking up to this news, one thought seemed to persist in my mind: there has been no writer, or person for that matter, quite like Didion.

At the beginning of winter break, I wanted to go in a completely different direction for my column for this issue. I wanted to review five books from the New York Times best books of 2021 list, as was recommended to me by one of our editors. As I got the notification of Didion's death on my

phone the morning of Dec. 23, I dropped the books I was set to read and found myself rereading the best of Didion's work. I realized while rereading that, for this issue, I needed to honor Didion in the best way a reader of Didion's could: paying homage to her work through my own writing.

Didion, known for her distinct and observant voice, wrote throughout the 1960s separating herself from the mass of ordinary journalists. Her journalistic career began with her work for *Vogue* from 1956 to 1963. There, she began writing articles on the incredible uniqueness of the time period that would soon serve as

inspiration for her later published books and essays on the 1960s.

As Didion's career as a journalist developed while working at a major publication in New York, she began to develop a writing style different from any other of the time. Didion developed a voice that was journalistic in the way that it was observant, but also held style

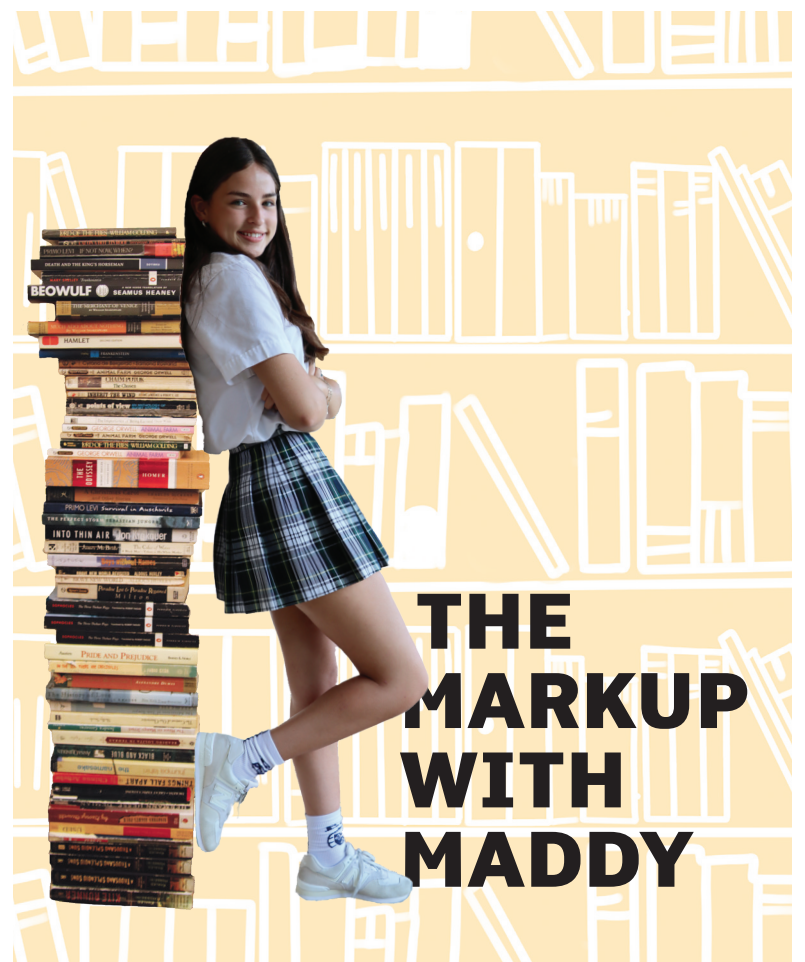
and flair that were engaging than the more cut and dry articles of journalists at the time.

Her writing style, while already being unique, didn't become more clear until she moved to California. There, Didion found an entirely different culture as she was met with the divisive split between anti-war counterculture movements and pro-Vietnam demonstrators. Beyond just the Vietnam war, Didion wrote about a country that was on the precipice of rising civil rights demonstrations, hippie counterculture movements and more equally divisive events. Didion did what she did best: observe. Didion, while living in California, wrote my favorite of her writings, "Slouching Towards Bethlehem" and "The White Album." In both of these novels she centered around California in the 1960s and wrote near-perfect time capsules indicative of the turmoil, chaos and massive change being seen in America during the time.

What makes her writing during this time so great, is that they were written with an analysis unique to the time period. She wrote novels and essays in a style that perfectly matched the culture during the '60s giving readers—such as myself, who have never experienced the '60s—insight into the country that existed 40 years before me.

"Her talent was for writing about the mood of the culture," writer Katie Roiphe said in an interview with the *New York Times*. "She managed to channel the spirit of the 1960s and '70s through her own highly idiosyncratic and personal—that is, seemingly personal writing. She was perfectly matched to the times, with her slightly paranoid, slightly hysterical, high-strung uniqueness of the time period that was a perfect conjunction of the writer with the moment."

This to me, and to many of her readers, strikes a chord because for so long, journalists had been confined to certain limitations that were distinctly unbiased and purely observational. And while Didion did write in a way that was specific to journalists, she broke away from the journalistic status-quo and began writing with a sense



## THE MARKUP WITH MADDY

**SHE BROKE AWAY FROM THE JOURNALISTIC STATUS-QUO AND BEGAN WRITING WITH A SENSE OF CULTURAL UNDERSTANDING AND PERSPECTIVE THAT WAS UNPRECEDENTED FOR THE TIME.**

**Maddy Hammett**  
Copy Editor

of cultural understanding and perspective that was unprecedented for the time.

During her time in California she covered all aspects of the period's culture. She covered Jim Morrison's haunting voice in the '60s rock band The Doors, the grim aspects of usage of psychedelics, the trials of Manson cult members, Black Panther Party meeting agendas and so much more. In all of these uniquely American events, Didion courageously placed herself front and center tackling the complexity of each event with a degree of delicacy that paid attention to all sides of debate.

Didion continued her work reporting and observing until the tragic death of her husband and most valued editor John Dunne in 2003. Following his death, Joan again returned to doing what she had always done when needing to work through overcoming an impasse; she wrote.

After this pivotal event in Didion's life she wrote the "Year of Magical Thinking" that served as a display of human emotion and

the trials of grief. She was able to transform the incredible weight of the events occurring in her life into a writing that was just as equally profound.

Tragically, soon after the loss of her husband, Didion also lost her adopted daughter. This cloud of grief left Joan on a short writing hiatus as she was overwhelmed with grief. Nonetheless, she persisted as she always did. She again returned to the thing that served as a constant in her life: writing.

Didion gave the world stories that helped us escape to a different time, learn about the chaotic world around us and perhaps most profoundly; she gave us stories that worked through the complexities of grief. Didion is my favorite author for numerous reasons, but even my words as an avid reader cannot do her life and her career justice. Read her works, learn from her stories as a reader and a person, I write this with absolute certainty; this reading is within your best interest.

"We tell ourselves stories in order to live," Didion wrote.



**Lauren Shushi**  
Guest writer

## "Where the Crawdads Sing" is a book for all readers

work. A year and a half later, the piece had sold more than 4.5 million copies. It has been on the *New York Times* bestseller list for an impressive nonconsecutive total of over three years, has sold more than 10 million copies, and is coming to the big screen as a movie in June 2022.

Owens was 69 years old when she came out with her first work of fiction, "Where the Crawdads Sing." An American wildlife scientist with a focus on animal behavior, Owens is now 72 years old, co-author of three internationally bestselling nonfiction books, and winner of the John Burroughs Award for Nature Writing.

Interestingly, writing "Where the Crawdads Sing" was a long and grueling process for Owens, as the project began on a whim. The author then spent a decade at her computer, writing and revising as bouts of inspiration ebbed and flowed.

"Where the Crawdads Sing" opens in 1969 with a prologue outlining the discovery of the body of Chase Andrews. Found dead in a swamp, people immediately start pointing fingers and whispering of the infamous "Marsh Girl." Kya Clark earned her nickname in the town of Barkley Cove due to her unfit image for polite society; as a girl with little to no resources, family or education, Clark is judged harshly. The novel bounces back and forth from past to present,

providing readers with details of the murder then moving back through time to Clark's maturing. Andrews's plot line brought to the table a subtly suspenseful murder mystery; a whodunnit, if you will.

"Where the Crawdads Sing" has reached Americans of various demographics, as it seems to have something for everyone. According to a survey of nearly 4,000 book buyers conducted by the Codex Group, respondents who read the book came from across even the political spectrum, with 55 percent identifying as progressive, 30 percent as conservative and 15 percent as centrists.

"The morning burned so August-hot, the marsh's moist breath hung the oaks and pines with fog," this opening sentence sets the scene in chapter one of the book. From the start, Owens's writing of nature in the marsh as a separate being, one that was personified and characterized in 100 different ways, caught my attention. It seemed that the marsh was the only independent variable, a sort of companion, in Clark's life. Nature, in this novel, feels like it should be marked as it's own character.

Owens herself spent a combined 23 years in remote areas of Africa, conducting scientific research on the wildlife of the region. During an interview with *CBS Sunday Morning* in 2019, Owens outlined her inspiration for writing the book. "Every day that I was watching

wildlife, I could see us in them, and I wanted to write a novel that would explore how we behave and how we feel today relating to how we used to survive on the Savannah," she said.

Indeed, Clark's reliance on nature can be observed all throughout reading the novel. By observing and collecting countless valuable specimens in the ecosystem of the marsh, Clark later published reference books on a topic that had slim and outdated research.

Romance plays a part in this novel; Clark discovers herself further in two different relationships with boys from her town. Although, when I finished the novel, I was not thinking about the great passion or romance aspects of the story; rather, I focused on how the main character changed, grew and was affected by the men.

Especially relevant during the era of Covid-19, the theme of isolation and loneliness in the novel was expressed in a thorough and relatable fashion. Many readers can see themselves in Clark, while simultaneously being captured by her narrative and one-in-a-million story. Owens explains that, in part, her novel is about how isolation affects human behavior.

"Since our species is a social mammal, we have strong genetic tendencies to belong to a group of tightly bonded family and friends." Owens said in an interview when

the novel was first published with Book Browse, a platform that recommends the best books in contemporary fiction and nonfiction.

Despite the fact that "Where the Crawdads Sing" was a stirring and reflective read, I do have some grievances. Above, I described this novel as "hard to categorize" because of the fact that it has elements of many genres. This fact was not always favorable. While the book falls gently into the class of mystery novels, at times I forgot there was even a puzzle to solve. Particularly in the first 100 pages, where the text was especially slow-paced, I was lost to the mystery component. Even with a thrilling plot twist at the end, I advise not to get your hopes up for a fast-paced, electrifying, Agatha-Christie-type novel.

I give a round of applause to Delia Owens for her masterful writing in "Where the Crawdads Sing," a piece of fiction that provides levels of deep introspective insight that few authors can reach. It was composed with a unique prose that found its rhythm in my head to where I began to depend on each following sentence, turning the page with purpose. At times it felt like nature was the narrator, Owens communicating to readers in a way that felt organic and alive. More than anything, I came away from this book deeply moved and thankful I spent time getting lost in its pages.

**A**s I sat in the backseat of the car, my body jostling over a speed bump with the air conditioning blasting, I was enraptured; my mind was taken to a world in between sentences on a page. Having no headphones in—a large feat in the face of two brothers with volume control issues—I found myself in a scene set in the marshlands of North Carolina, following the story of young heroine Kya Clark: a girl abandoned by her family and growing up in an often-unforgiving world.

Themes of nature, self-discovery, survival and isolation all play side by side in the eloquently written novel, "Where the Crawdads Sing" by Delia Owens.

G.P. Putnam's Sons, a publishing company, originally issued around 28,000 copies of the hard-to-categorize novel in the summer of 2018. Soon realizing their mistake, the company rushed to deposit the book on the shelves for hungry readers who craved a piece of Owen's debut

# pro|con

## Does caffeine have a positive or negative effect?

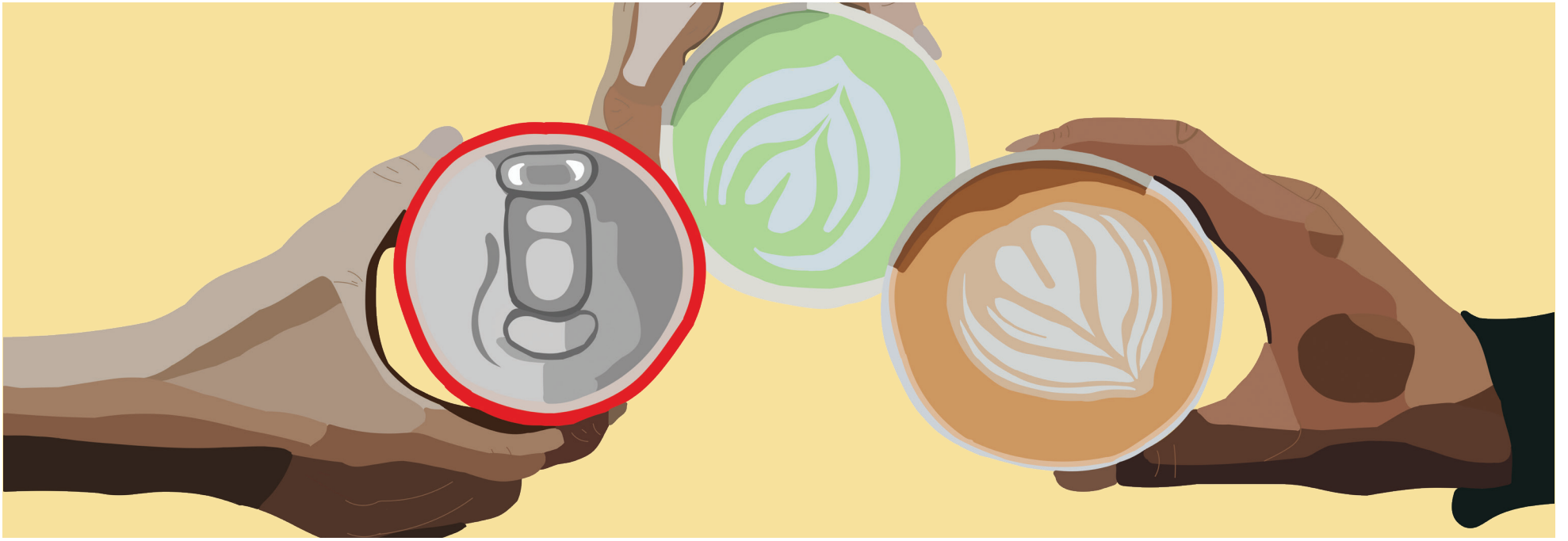


Illustration by Grace Worsham  
Life Editor



Grace Worsham  
Life Editor

### Pro: Positive

According to the Center for Addiction and Mental Health, caffeine is the most commonly used drug in the world, but it may not be such a dangerous issue as some make it out to be.

The desired substance is found in well known beverages such as coffee and energy drinks but is also

found in tea, chocolate and gum. Caffeine is extremely popular throughout the world, and according to kuakini.org, around 90 percent of Americans are consuming caffeine in some form every day.

What many people don't realize is that caffeine, even though it is a natural product, is considered a drug because it stimulates the central nervous system and enhances awareness.

Teens, including me, often drink caffeine for a boost of focus and energy in school and athletics. Caffeine has proven to increase mental alertness, attention span, memory and has even been suggested to slow the process of aging. Physically, caffeine can improve endurance exercises and endurance capacity, according to the European Food Safety Agency, but there is no specific evidence behind short term high intensity workouts. Some even believe that caffeine leads to longer and less painful workouts with the same results. Muscles use glycogen for energy and when this storage of glycogen runs out, muscles get weaker and more exhausted. But muscles can also burn fat, and in burning fat, muscles take longer to tire. Caffeine can shift muscles to burn fat more quickly, which preserves glycogen and takes more time for the muscles to wear out. In fitness, you want to work your muscles to exhaustion, but according to TIME, lengthening the period before one is exhausted, by using caffeine, could build strength.

Teenagers and adults sometimes drink coffee for "the culture of it." Local coffee shops have now become a place to hang out with friends, have a casual date or meet up with someone new. As for me, I met my Christian mentor at La La Land Cafe, which gave an open and comfortable environment to share my feelings, while allowing the two of us to center around a beverage we both enjoy.

Caffeine does have addictive qualities, but in moderation, the benefits largely outweigh the risks. Scientifically speaking, caffeine can make you live longer. Research from MedicalNewsToday found that life long caffeine consumption may lower the risk of developing Alzheimers, Parkinson's disease, coronary heart disease, stroke, diabetes and some oral and skin cancers. Chemicals in coffee may also slow down the metabolic process that propels aging and help reduce inflammation, which has been linked to aging-related health problems.

Coffee can lead to a decreased risk of chronic diseases, increased mental alertness and endurance, and according to hopkinsmedicine.com, coffee can decrease DNA strand breakage. Dark roast coffee decreases breakage in DNA strands, which can lead to cancers or tumors if not repaired by our cells.

There are healthy limits to caffeine to keep you in a "benefits zone," but overconsumption and abuse of the substance can put you at risk. Teenagers should not ingest more than 100 mg of caffeine, while adults are suggested to not surpass 400 mg. To put into perspective, one cup of coffee, or three 12 oz caffeinated sodas, contain around 100 mg, the suggested teenager's daily limit. However, caffeine consumption is not all or nothing, as there are options that provide lower caffeine levels. If you really feel you need extra caffeine, you could try alternatives such as green tea, which has a lower caffeine content while still giving you the added energy boost.

Going over the suggested intake can often leave you feeling nervous, shaking or even drowsy. But taking the right amount of caffeine will leave you energized without having the negative side effects. I recommend staying cautious around energy drinks that have a large amount of caffeine, especially if your body is not used to it. If you feel you need more caffeine, I recommend pacing yourself and drinking it slowly so your body has more time to process the caffeine. I drink Celsius, an energy drink with more vitamins and less sugar, before workouts to give me the added endurance boost, but I had to build up to that caffeine intake. I also strongly recommend drinking water before ingesting caffeine (always drink more water than caffeine) or eating a meal or snack. I have found that caffeine alone in your stomach without food or water will cause discomfort.

Caffeine is not for everyone, but there is no harm in trying it out. Your body may even thank you.



Elliot Lovitt  
Staff Writer

### Con: Negative

Jittery hands, upset stomach, racing heart and anxiety are just a few of the side-effects of caffeine on the body. According to a 2017 University of Michigan Health Department study, the rise of flashy energy drinks with bright labels and fun flavors has created a caffeine dependency in teens. A 2014

American Academy of Pediatrics study found that 73 percent of children from ages 12 to 18 consumed caffeine on a given day. Additionally, it found that coffee and energy drinks increasingly made up more of the intake than caffeinated sodas. Teenagers should be more cautious with caffeine.

For example, teenagers should pay more attention to the energy drinks they consume. The nutrition label on Celsius energy drinks makes it challenging to find the amount of caffeine per serving. This is likely done intentionally as each can contains 200 mg of caffeine—the recommended intake for teens per day is less than 100 mg. Similar to Celsius, the nutrition labels on Bang Energy drinks do not disclose the amount of caffeine or contain any warnings about the effects of overconsumption with over 300 mg in one can. Some energy drinks, such as Celsius, try to appeal to the market by advertising weight loss and higher metabolism as an additional benefit. However, the lowered metabolism is a short-term effect and no evidence supports that consumers have lost weight as a result of the drink, according to Health Digest.

Energy drinks, with their eye-catching labels, flavors and names—like Monster or RedBull—are marketed toward children, according to the Minnesota Department of Health. It is estimated that almost half of energy drink consumers are children or teenagers. Since energy drinks have been gaining popularity among teenagers in recent years, it has become trendy to drink them and be seen drinking them. Social media influencers, especially on TikTok, promote energy drinks, like Bang Energy, to their millions of young fans or partner up with coffee shops to create coffee drinks, even though the effects of over 100 mg of caffeine on children's bodies can be harmful. Bang Energy's childish drink flavors, such as Rainbow Unicorn, Cotton Candy and Birthday Cake, bridge the gap to their young audience.

Another way teenagers are attracted to caffeine is the ambiance and the work or study environment coffee shops provide that is unlike other public spaces. Many people are attracted to the comfort of a familiar place away from home that allows them to be productive. While these cafes are centered around coffee and caffeinated beverages, productivity does not have to be associated with caffeine; instead, there is a wide variety of drinks with either no caffeine or low caffeine that coffee shops also offer.

Although some drink coffee or other caffeinated drinks for the taste, some teenagers have turned to taking caffeine pills that have anywhere from 100 mg to 200 mg to stay alert for long nights of studying. These pills can have all the typical caffeine side effects plus acid reflux and sleep paralysis.

If consumed in moderation, caffeinated drinks can be harmless; however, as people—specifically teenagers—drink multiple cans of energy drinks or cups of coffee a day, usually to combat sleep deprivation, tolerance to caffeine is built up and people need more caffeine to feel the effects. Caffeine also disrupts the sleep cycle; as teenagers drink caffeine during the day to feel more energized, the caffeine causes insomnia later at night, thus creating a cycle of dependency on caffeinated products. Caffeine can increase blood pressure and cause both anxiety and depression in the long term. The short-term boosts of energy do not outweigh the long-lasting effects on the body and brain.

Conversely, if one abruptly stops drinking caffeine, there can be symptoms of withdrawal, like any other drug, which may include fatigue, low concentration, headaches, depression and tremors. It is best to wean off of caffeine gradually before getting caught in a cycle of needing caffeine every day.

While there are many negative effects stemming from the overconsumption of caffeine, if consumed cautiously and logically, caffeine does have its benefits. Before sporting events, for example, studies show that caffeine can be performance-enhancing for athletes. The immediate effects can stimulate endurance and the nervous system to improve performance in workouts or games, according to Healthline. But to get the best results, teens should stick to the recommended amount of caffeine rather than drinking multiple cans of energy drinks or cups of coffee in short periods of time.

Though students may think that they need to drink caffeine in order to be productive, a balanced diet and exercise provide healthier and more reliable energy. Like most drugs, caffeine is advantageous if consumed in restrained amounts and for its intended purpose, but people, especially teenagers, should be more cautious.

44 percent of students drink caffeine on a daily basis

22 percent of students do not drink caffeine on a daily basis

Source: Feb. 7 poll of 145 upper school students

# letter from the editors

**Y**ou are having a dinner party and you can invite any five people you would like, living or dead. Who do you invite?"

We have all heard this common icebreaker question before. However, the two of us have decided to add our own little twist to this overused inquiry. Gina and I have decided to compile our list of the five journalists, living or dead, we would invite to join our staff for an Eagle Edition worknight.

First up is Katherine Graham. Graham was one of the first female publishers in American History and led the Washington Post through the Watergate scandal

and can be largely credited with the success of the Post today. Recently, Graham has become more well-known following the 2017 release of the movie "The Post," with Meryl Streep starring as Graham. As a Journalism I student, I read her autobiography, "Personal History," in which Graham tells her life story and role in leading the Washington Post during its reporting of the

Pentagon Papers and Watergate scandal. I have found Graham's story is one that has stuck with me throughout my work as a student journalist. Her strength during difficult times and determination to make a space for herself and other women in the newsroom is inspiring. Graham would undoubtedly make a strong contribution to our "perfect worknight" with her leadership skills and passion for journalism.

Our next invitation bends the



Photo by Sloane Hope

**EVERY ISSUE, THE EAGLE EDITION COMMUNITY SHOWS US NEW WAYS TO BE BRAVE AND DETERMINED**

rules a little bit. Our next spot at our ideal work night is given to a team of two journalists, Jodi Kantor and Megan Twohey. These two investigative reporters worked for the New York Times and wrote about Harvey Weinstein's history of abuse and sexual misconduct, catalyzing the #MeToo movement. Additionally, Kantor and Twohey would be particularly valuable in working with our staff, as they recently published their book "Chasing the Truth," a follow up to their book "She Said," which breaks down their investigative process during the Weinstein story in a way that is accessible to young journalists. Both Kantor and Twohey's determination to inspire young journalists with their story is admirable.

Our next journalist of choice is someone who is not as well known but has recently broken through as one of the youngest journalists to be named a White House correspondent: Kaitlan Collins. I remember seeing her cover small

stories that related to election primaries or other things going on around D.C. during her first few years at CNN. However, her poised manner of speaking and dedication could be felt through the screen and she quickly took over Jim Acosta's position as the CNN White House correspondent in 2017. Collins has shown me that it truly is possible to accomplish your goals as a young woman journalist in a field that can be dominated by men, especially when covering White House politics. Her eloquence and confidence always inspires me whenever I see her on screen because it demonstrates that my dream of earning a similar position is attainable, particularly if you work hard for what you want.

The last journalist is Margeret Bourke-White, the first female journalist to be allowed to be physically in the war zones during World War II. Although she dealt with mainly photojournalism, the images she captured are some of the most iconic and story-telling

pictures of the war and America. She managed to travel across the various different countries that were affected by the war, showing how the people of each region were reacting during such an uncertain time. She also was one of the original four photographers for Life Magazine when it was created. One of my favorite photos that she took is actually not an image from the war, but a well known image of various African-American people standing in line waiting for food from the Red Cross while standing in front of a mural that says "There's no way like the American way." Her ability to tell stories through her images depicting what daily life was like during this time period is truly inspiring.

There are many inspiring journalists to choose from. However, for right now, our newsroom on work nights is already filled with inspiring journalists. Every issue, the Eagle Edition community shows us new ways to be brave and determined.

## Removing the filibuster is not the solution to chaotic elections



**Miles Wooldridge**  
Staff writer

**A**merican politics are chaotic at best. Every four years, new elections result in a total destruction and reconstruction of all executive-chosen offices, and the abandonment of all of the long term plans of the previous administration. The same thing happens in the Legislative branch, only it's worse, because elections are more frequent. There is a constant sense of anxiety in the majority party that they will not keep a majority in the next election, so bills are rushed through without being analyzed with the seriousness they deserve.

One such bill, the John Lewis Voting Rights Act of 2021, which federalizes aspects of the voting procedure currently under the jurisdiction of states, has been stuck in the senate since last

August. The bill itself is imperfect to say the least, but it was unable to receive the 60 votes necessary to end debate on the Senate floor and begin an actual vote. Proponents of the bill, including the president, have deemed this a national crisis in order to justify radical changes in the legislative process.

America is a democratic republic, as opposed to a pure democracy. This means that our government, in theory, protects the rights of minorities by limiting the power of a majority. The filibuster, or cloture rule, is one of the last tools at the disposal of a minority party to prevent a tyrannical majority. Right now, the senate is divided between 50 Republican senators and 50 Democrats, with Vice President Kamala Harris as the tie-breaking

vote. This is the smallest margin possible to maintain a majority, but without the filibuster, Democrats could pass whatever divisive legislation they want, even if it is against the wishes of 50 percent of the American populace that congress is supposed to represent. Then, two years later, a single Republican senate victory would mean the overturning of everything that was just passed. The nation will be stuck in a permanent loop of volatile transitions of power every election cycle. Any party that takes a majority will have no limit to their power.

The federal government already has too much power. The best thing that Congress can do is pass nothing, so that Americans have some room to breathe and regulate themselves on a more

local level, in a way that best fits their needs. Abolishing the filibuster would be a divisive move that would push us firmly into our corrupt, two-party system. Politicians claim that the cloture rule is only being abandoned as a result of the absolute necessity of this Voting Rights Act, but as soon as the rule is violated once, it has no value as a rule.

President Biden has called the debate over this bill "the battle for the soul of America." This kind of immature political escalation ruins the opportunity for civil discourse between dissenting views, which we greatly need. The filibuster gives a voice to the minority, prevents extremism from either party, and ensures the survival of whatever minuscule amount of political stability this country still has, so maybe it's worth keeping.

## StuCO corner

Hello upper school and welcome to the Student Council Corner.

My name is Ella Sjogren, and I am serving as your Student Council Executive Treasurer this year! This is my second year on student council; my freshman year, I served as a Class Officer. I am just as involved as my freshman year position. That is the beauty of the student council: every position is important and impactful. In addition to StuCo, I participate in many ESD extracurricular activities like Spanish club, Political Science club, Investment club and the Horde Board. I also play on varsity soccer and lacrosse!

This year, the student council's main focus has been to create a unified student body, bonded together through school spirit, fun activities and ESD tradition.

Going into this year, the idea of rebuilding ESD pride had been a main goal proposed not only by the student council but the administration as well. Through the show-out to sports games and art events, as well as participation in school planned functions, we have definitely begun to rebuild our tight knit community. My goal as a member of the 2021-2022 executive team is to increase student body participation and to be more collaborative in planning events and activities in order to bring about a more inclusive community.

These past few years of high school could be seen as, well, not ideal. But this year we've been given the chance to try and compensate for these missed opportunities. This fall was packed with fun school gatherings like pep rallies (thanks to cheer),

Technotica (thanks to the junior officers), a super fun homecoming week and homecoming dance made possible by the entire student council! Currently we are planning a super exciting student body week (Feb. 21-25), full of engaging activities as well as creative dress days. Student council finished deciding the dress days, and is currently working on planning activities for each day.

My personal goal is to be more collaborative with the student body, however, this is a goal of the entire council as well. We are here to benefit the student body, so please reach out. Recommendations and feedback are much appreciated and greatly taken into consideration.

**Ella Sjogren**  
Student Body Treasurer

# letter to the editors

Dear Editors,

Don't talk to strangers. Don't cross the street without looking. Don't post stupid stuff. These are just a few of the lessons taught to my generation. From a young age Generation-Z has been taught a "social media protocol." We are haunted by the horror stories of social media and constantly being warned about what we post and the consequences of posting or sending certain things. There is a recurring threat of not getting into your dream college or being denied from your future job just because of an impulsive post. We are also taught that our online interactions can never actually be deleted, always leaving a trace, and our actions are constantly monitored. Even online anonymity is not truly anonymous and any mistakes can be traced back to you. So for me, and I believe many of my peers, we carefully monitor and consider what we post. Being born in this age of technology has allowed our whole lives to intertwine with it, but what comes as natural to us is foreign to many past generations. What we think of as common sense, is not even a thought to our predecessors.

The sudden increase in "Cancel Culture," has certainly shown the danger of social media and the drastic consequences. However, many individuals still do not see the seriousness of the situation. At one point a good rule of thumb would be: is your post a productive addition to society? But, as social media has grown and now a whole generation is being raised alongside it, social media has become more casual. Though a picture of your new puppy is adorable, it is not very beneficial to society (beyond the serotonin it provides the viewer to see.) So the old rule of productivity no longer applies to our ever growing and changing online platforms.

The other simple phrase, that has proven to be outdated, is "Don't post stupid stuff." Social media has grown beyond individualized small communities with the goal of connecting people, it now connects on a global scale and shares a multitude of thoughts, ideas, and information. "Stupid stuff," though seems straight forward, actually does not account for everything that could be shared or acted on via social media and also presumptuously simplifies complex situations. Social media users range from vloggers (video bloggers) to presidents. With such a wide variety of people with a multitude of different goals and expectations, the formality of each different account can vary. Some accounts, like vloggers, prefer a more casual use of the platforms, meanwhile others maintain a more professional account. With discrepancies between accounts, it is hard to teach and practice protocols that would apply to the wide range. So, what is a good guideline for online interactions? Similar to what our school teaches, I believe it all boils down to intention. If the post, text, comment, etc. has good intentions then I believe that you should feel free to post it. It is a simple equation: good intention means good to share. However, though this approach seems simple, many people struggle with following it. Especially with the guise of anonymous accounts, people easily use social media and technology with bad intentions. If you do not want people to know what you are saying, which is the whole point of being anonymous, then you should probably not be saying it. Even on accounts that are not anonymous, people still post with bad intentions. These online interactions are fueled by hatred and impulse. Instead of connecting us, we are left more divided. Often online people feel disconnected from what they share and do, just because of the misconception that what occurs online is separate from "real life," aka in person. Since they feel disconnected, it is easier to act without thought for other people or the good of the community. However, how we act online greatly affects people and lives.

Despite how it can feel, we are intertwined with social media and our actions have consequences. In a recent publication that targeted our ESD community, the author took posts from our teachers and used the posts against them. Yet, a majority of these posts follow the new and improved "social protocol." Most of the posts were shared with good intentions and the need to start conversations. Individuals who have the courage to openly share their beliefs and stand by them should be commended not condemned. The individuals who hide behind a screen with ill-will and those who use their position on social media to share hate, they should be the ones we criticize. We have no place in our community or world to share hate and act on bad intentions. Instead, we should use social media, taking advantage of the great power it holds, to share with good intentions and a loving heart.

Sincerely,  
Sofia Sabella '22

MOMENTS WITH



MOTE

## Gerrymandering needs to end

For The People Act is a promising step towards equitable redistricting

By Katherine Mote  
News Editor

Countless Americans have been misrepresented in their congressional district, not because of the differences between them and their neighbors, but because of the need for power from senators and representatives forcing districts to sway a certain way. Gerrymandering, the act of redistricting in a way that's beneficial for political gain, is also an unethical, complicated and partisan issue. Over 67 percent of voters nationwide agree that gerrymandering is a major problem, according to an April 2021 poll from Associated Press Center for Public Affairs Research.

With the release of the 2020 census data suggesting whether or not districts will change will change the possibility of those areas being vulnerable for political manipulation. Gerrymandering is in no way constitutional and should not be a pillar of our democracy. It happens on both sides of the aisle and therefore both sides should hold each other accountable and stop the continued abuse of a system intended to promote democracy.

States redraw their congressional and legislative district lines every 10 years after the census takes place. Redistricting is crucial because the representation holds for communities as demographics change over the years. Redistricting allows for each

district to be a minuscule version of America, with diversity from race, to religion, to socioeconomic status. However, this practice has been seriously taken advantage of through gerrymandering. Because one political party controls this process, it's easy to take advantage of redistricting and falsely represent that congressional district.

The amount of conflicts sprung from this issue is ongoing; instances include the 2010 census when Republicans began a campaign to win majorities in as many states as possible. It was extremely successful and they ended up controlling over 200 congressional districts.

While gerrymandering affects all Americans, it disproportionately affects communities of color. Because of residential segregation and polarized voting patterns, targeting communities of color can be used as a tool to create advantages for the party. Thanks to technology that tracks voters and their voting patterns, it's increasingly easy to redistrict with extreme precision.

Upcoming high demographic and population changes, mostly in the south, will most likely lead to abuse for communities of color. According to Brennan Center for Justice, over 80 percent of the increase of eligible voters from 2010 to 2020 came from communities of color. Texas, especially as a new hub for relocation, will be targeted in the next round of redistricting. Over

the past 10 years, 95 percent of residents that moved to Texas were people of color, and the white and Latino populations are near equal in size according to the census. However, several districts mix those radically different groups to maintain their majority including the fifth congressional district in Texas. The fifth district includes mostly Democratic and urban voters in South to Southeast Dallas with towns like Bradford and Palestine which are historically conservative in far East Texas.

There have been many proposed solutions to gerrymandering including third-party redistricting and laws restricting efforts Congress members can take towards redistricting. One of the most successful bills in Congress so far is the For The People Act, which intends to expand voting rights, change campaign finance laws and ban partisan gerrymandering, among other things. It has already been passed by the House, and the bill would strengthen protections for communities of color and ban partisan gerrymandering and Congressional redistricting. This is a major step in the right direction towards districts that represent the people affected by these decisions made by their representatives. It is crucial as a diverse nation that our districts represent us and are governed and protected fairly, and the For The People Act is attempting to restore that.

## Junioritis by Sarah Cabrales



# Sports

## College sports programs affect enrollment

Seniors and juniors consider athletic programs before applying

By Callie Hawkins  
Sports Editor

Every student has a plan for a path they will follow after high school, but every plan is different, and many consider sports as a part of their path. The world of college sports has only grown over the years and has become a deciding factor to where some students choose to apply to,

whether they are choosing to play a sport in college or just want it to be part of the whole college experience.

“I think that watching sports and being around sports are definitely part of the college experience,” junior Hood Mathes said. “They have so much excitement and energy surrounding them, so I want that atmosphere to be a part of my college experience.”

However, there are many different qualities that could be used to define a good college sports program. Although most schools offer some kind of athletics, schools

that are considered “sports schools” are widely viewed as schools that emphasize their athletic teams and events, and have great athletic achievements. For example, University of North Carolina, while being extremely

high ranked academically, is also sports oriented and is regarded often as a sports school due to its competitive athletics in many different areas. It is a Division I school for basketball, football, cross country, mens and womens lacrosse, field hockey, golf and soccer.

“[A college’s sports program] is often a pretty big factor in the decision-making process, especially for students looking at state schools,” Associate Director of College Guidance Elizabeth Clark said. “We get students who are looking for a particular sport, typically football, who just want to make sure that it is a part of their experience. A lot of kids care that the school at least has a competitive program in football, basketball, lacrosse and other big sports.”

UNC can act as an example for what students look for in a sports program and is a state school. University of Georgia is similar in these ways, as it is also a state school with an emphasis on sports, especially considering their recent victory of the NCAA football national championship. Recently, senior Mary Frances McGaughy decided she will attend UGA in the fall.

“I have always wanted to go to Georgia, so there are a lot of different reasons, but the sports definitely played a big role [in my decision],” McGaughy said.

Although state schools are commonly viewed as the “sports schools”, private and smaller public schools with sports still continue to make Division I appearances in select sports and have school spirit, but just to a lower degree. Even without being regarded as a “sports school,” many colleges still have the sense of community created through athletics.

“I think that [sports] can be [a

part of the college experience], but I think smaller schools have a very different sense of community, being a smaller community,” junior Olivia DeYoung said. “I have visited smaller schools such as Davidson College, and though they are a very small school, they have Division I sports and 25 percent of their students are student athletes. So even though they are not the first sports school that comes to mind when looking for a fun sports school, it is certainly a foundation for their community.”

Some might think that going to a school rallied around the athletic teams and mascot is all part of the college experience, while others see through a different lens that they are going to college to set them up for a brighter future and look for aspects of a school more important than its sports program.

“I think that participating in a lively college sports environment could definitely be an exciting experience, but I think schools that are not centered around sports have other things to offer,” DeYoung said. “I can definitely see the positives and fun that could come with going to a big sports school, but I don’t think it will affect my decision when choosing a school.”

Based on a Feb. 7 poll of 145 high school students and faculty, 37 percent agree with DeYoung, that their decisions on where to apply and eventually attend college will not be or would have not been affected by the college’s sports program.

But, there are countless aspects of a college one must look into in order to choose the right place for them to live, thrive and learn for most likely four years of their lives. For many though, like Mathes, who have grown up playing and paying attention to sports, one of those

must-have aspects of college is the sports environment of a school.

“I also look for what the town or city around the college is like, if there are good places to eat and hang out, and I also want to make sure it’s not in an area that’s super cold all the time, so climate plays a role too,” Mathes said. “But, going to a college with teams that succeed on big stages can make the experience so much better, so that definitely plays a role in deciding where I will want to go.”

Based on the fact that ESD has a wide variety of sports and requires students to participate in them with six credits by graduation, many students have the interest of participating and being a part of sports environments at college.

“Overall here at our school, it is definitely a large percentage of students who look into that factor,” Clark said. “Regardless of whether they play a sport themselves or not, they are interested in going to a school where they can rally around a team.”

Having a good sports team provides a sense of community and a common excitement. Although smaller and less sports oriented schools can provide that same sense of community in different ways, sports communities have a unique spirit and that spirit is what provides the incentive for many students to want to attend a sports school.

“I wanted to go to a big school with a big football team and be able to have those game days and everything,” McGaughy said “[The sports] really create a sense of community because everyone is really rooting together for the same team. It will definitely be fun, and I am super excited to see what happens for the [Georgia] teams next year.”

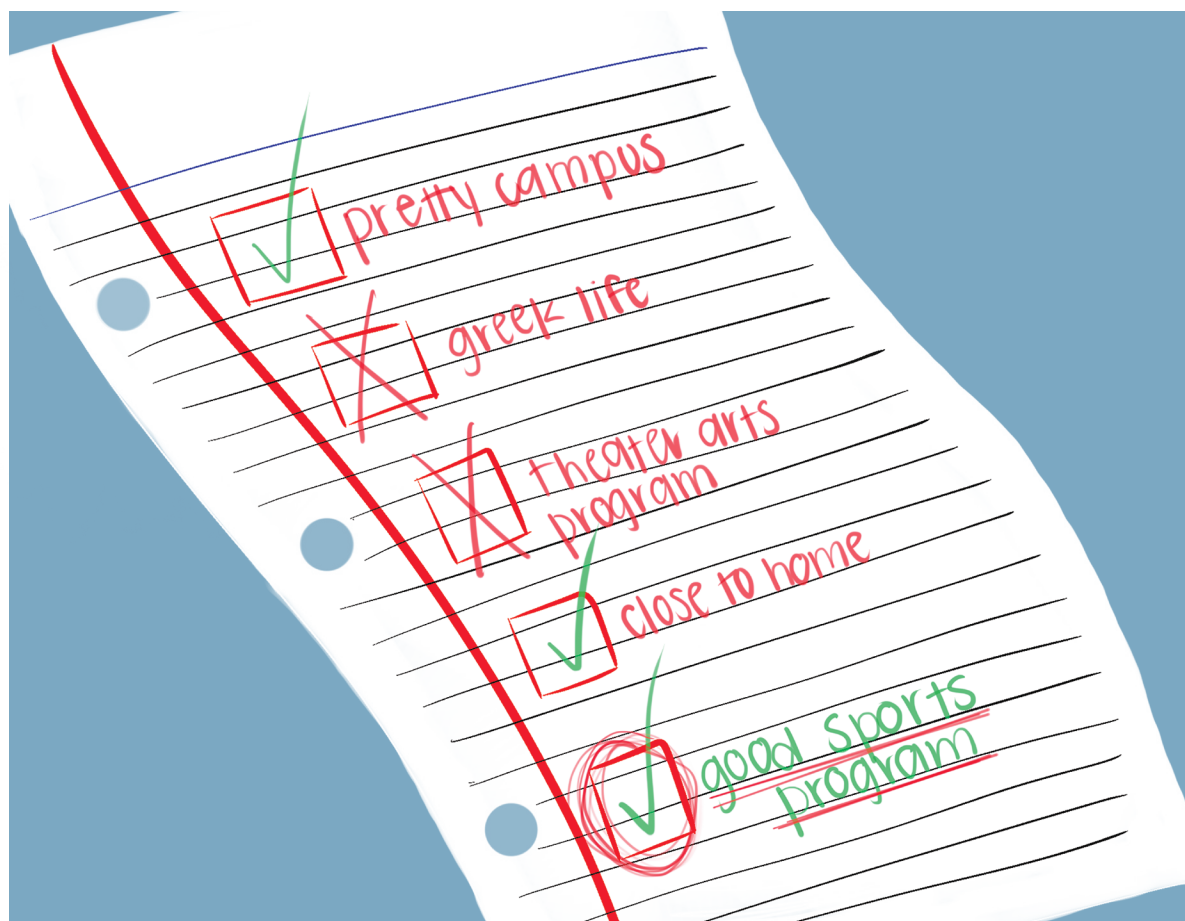
**I THINK THAT WATCHING SPORTS AND BEING AROUND SPORTS ARE DEFINITELY PART OF THE COLLEGE EXPERIENCE. THEY HAVE SO MUCH EXCITEMENT AND ENERGY SURROUNDING THEM, SO I WANT THAT ATMOSPHERE TO BE A PART OF MY COLLEGE EXPERIENCE.**

Hood Mathes  
Junior

34

Percent of students say a college sports program will affect their decision on where they will apply

Source: Feb. 7 poll of 145 upper school students and faculty



Photoillustration by Callie Hawkins, Sports Editor

# Major League Baseball lockout may delay season

Work and practice stopped until management and players reach consensus

By Elisabeth Siegel  
Life Editor

Major League Baseball and its Players Association cannot seem to agree on a variety of issues, making many fans of the sport nervous as to what this year's season will look like.

The Collective Bargaining Agreement describing rules of employment and financial structure ended Dec. 1, so management enacted a lockout because managers and athletes could not come to a consensus. This decision means that players cannot use MLB facilities, such as the weight room or the batting cages, and teams cannot trade or sign free agents. This lockout is the first work stoppage since the player strike of 1994 and 1995.

"It was their way of forcing the players to the negotiating table," Head of School and baseball fan David Baad said. "They wanted to set a lockout date, which was early in the offseason, to try to force the players to negotiate or force an agreement a little bit faster."

The lockout is not legally required, it mainly is supposed to pressure the union to agree to the owner's CBA proposals. It jump starts negotiations and urges the league to agree on starting the season on time.

"I think the lockout will continue into Spring Training but will ultimately end without affecting the regular season," Baseball Program Director Gregg Bennis said. "This may be an optimistic take, but the owners have had it pretty good during the last CBA and will most likely be willing to give small concessions to appease the MLBPA."

If the month of January continues without an agreement, the spring training schedule, which is supposed to start mid-February,

could be imperiled. In a worst-case scenario, the season, which is scheduled to start on March 31, could be rescheduled or even canceled.

"I currently do not think the lockout will delay spring training and the season," junior, baseball fan and varsity player Jack Massey said. "I think they definitely will be super serious about [conversations] if any delays occur because teams and the MLB would lose lots of money."

According to Commissioner of the MLB Rob Manfred, the MLBPA's vision of the season would threaten the ability of the teams to be competitive. The MLB has a problem with "tanking," where teams internationally field players that are not as good as the team could afford. This allows for teams to rebuild with higher picks in the next draft since league rules generally give the highest draft picks to the season's worst teams. Teams often do this by trading away their best players to reduce payroll and by bringing in younger prospects.

"I understand both sides," Baad said. "On one hand, I think that too much is made of the competitive balance issue, which is really the issue they're trying to struggle with. [The players] want to make sure that the teams are always trying to win. If you look back in baseball history over the last 100 years, this is actually one of the most competitive periods where different teams are winning the World Series and it's much different than say the '50s when there were basically two or three teams that were in the World Series every year and everybody else is terrible."

The players also had an issue with their shrinking shares of the league's revenue and their declining salaries. Teams also hold

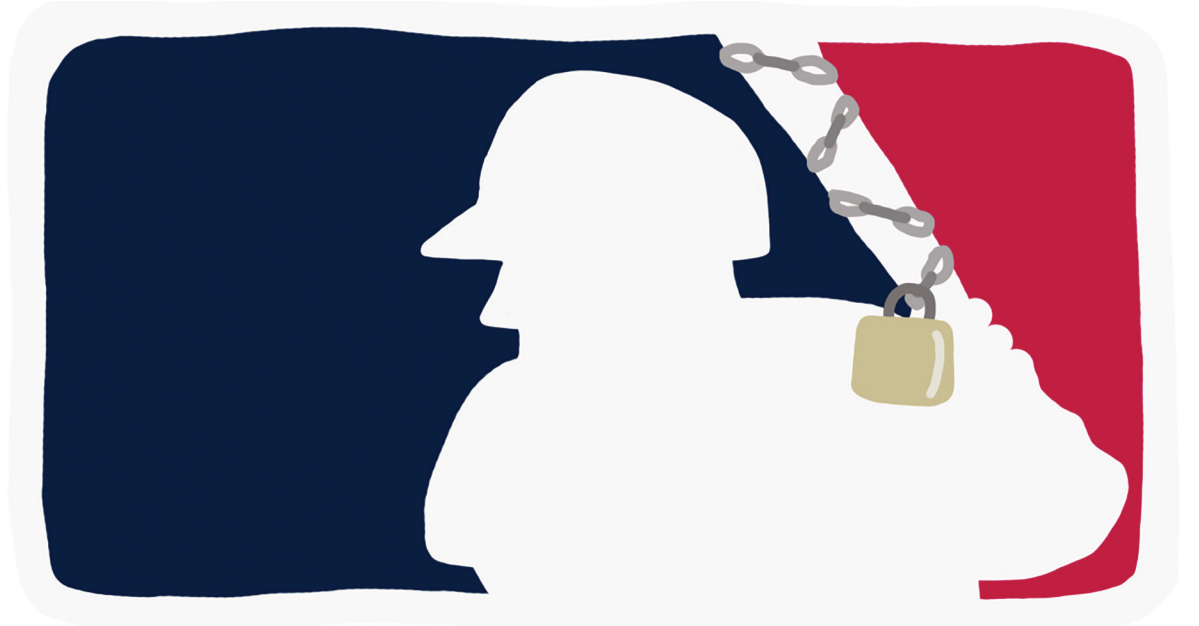


Illustration by Elisabeth Siegel  
Life Editor

back clear prospects in order to delay their free agency, which is a player's ability to sign with any club on any terms they agree on, and their arbitration eligibility, which is the process through which salary numbers for non-free agents are determined.

"I do think there are some teams that are probably not spending enough on player salaries," Baad said. "I like the idea of saying that there is a minimum that the team has to spend every year on the combined total of Major League Baseball player salaries, and what spent in player development was spent on the minor leagues because to me, that shows a team is trying to win at least eventually. There are hundreds and hundreds of millions of dollars, can we figure out a way to divide that up?"

The MLBPA proposed changes to the CBA which would alter free agency and compensations and ways to inspire more competitiveness across the league. On Jan. 13, the MLB countered with a proposal to change the arbitration system for players with over two years of service and promote younger players. The players were disappointed with the lack of changes to the competitive-balance tax and raising the minimum salary.

"I think the league office, especially Manfred, [who] I do not like, needs to side with the players because they are the players," Massey said. "They make the product on the field. Without the players, the MLB is nothing. They sacrifice their [lives] to play 162 games a year, and they should be able to get their way within reason,

and the lockout is within reason."

The annual event called the Winter Meetings, where MLB teams and their minor league affiliates discuss business and trades, was reduced to only the minor league. The Rule 5 Draft, which allows for eligible players to be drafted, was postponed until after CBA ratification.

"I side with both in different ways," Bennis said. "The owners have by far the better deal as it is currently constructed, however, that means the players agreed to these terms somewhere along the way. If they want things to change they are going to either have to be willing to miss a good portion of a season and get most of what they want, or, they are going to have to make changes gradually and have a plan to right the ship over the next two-three CBAs."

# Mens basketball celebrates record game

Eagles beat top state team in Holiday Invitational tournament

By William Custard  
Staff Writer

Throughout the entire game, Kimball High School and the ESD mens varsity were butting heads. The cheering from both teams filled the air of the gym as the game progressed and the teams fought hard. Kimball, who made it all the way to the division championship last year, was projected to win.

The final score: 74-66, Eagles.

Over Christmas break, the mens varsity basketball team played in the 81st Annual Independent School District Holiday Invitational Tournament. Sixteen local Dallas teams in the bracket played from Dec. 28 to Dec. 30. The Eagles made it to the semifinals of the tournament and played Kimball High School. Not only was Kimball the top team in the tournament, but they were number one in the state of Texas in the 5A category. Kimball is also nationally ranked in the country holding the title of the 33rd best high school basketball team in the nation.

"We were definitely a little nervous in the beginning knowing the team we were playing," senior and captain Austin Page said before their game against Kimball. "Coach Henderson just told us to be calm and play to our strengths."

On Dec. 29, varsity was able to persevere through the game and defeat Kimball 72-64 to move on to the finals.

"The Kimball win not only meant a lot to myself but to my boys and the parents," mens varsity basketball coach Corey Henderson said. "Even after my 20+ years of coaching, this was a very big win for the team."

This victory was not easy to achieve. ESD varsity was practically playing the same Kimball team that had just lost in

the 5A public school championship last year. Kimball entered this season just as strong but was only missing a player or two.

"We celebrated, but not as if we won the state title, because we did have a game the next day and we needed to prepare," Henderson said. "When the clock strikes midnight we let [the celebrating] go... The win against Kimball was an important program builder opposed to a program changer."

Henderson believes it is important to recognize this achievement, but not to dwell on it as there was more work to be done. Although ESD had proved themselves in this tournament, the finals still had to be played.

"ESD is a school that will compete and show up against the best of the best," Henderson said. "After my first or second year, our schedules became very competitive. We have some kids who have not played at that level and competition, but I think we are at a level to play this kind of competition."

The ISD Holiday Invitational is one of the most prestigious highschool basketball tournaments in the state and possibly in the country. Although the mens varsity team had previously been the consolation runner-up in 2009, this was the first time the Eagles had made it to the finals of the tournament's main draw.

"That in and of itself is a big historical landmark for the school," Henderson said. "Because we were viewed as a private preparatory school, people don't think we are able to compete with the best teams. The joy is getting these results after we've been putting in a lot of work over the years."

The mens varsity team has been participating in this tournament

since 2009. After playing in this tournament for all of these years, it has made this year's success much more rewarding for the team.

"We've been fortunate enough to have other guys step up and perform," Henderson said. "I was glad to see the team succeed even without a full roster."

Having this big win under the mens varsity's belt will help generate the team's drive and eagerness to win and reach their next goal of the SPC championship.

"This win meant a lot to our team," Page said. "Beating Kimball shows that we are able to compete and win against the top public schools, and we deserve to be acknowledged and put in a higher level of competition."

Page believes the determination shared by every individual player has been a key factor in helping the team bond.

"Confidence was a big improvement from last year [because] now, we are able to enter these games with the mindset that we can beat these teams," Page said. "This season we have been able to grow more together in the offseason, which I believe has been an improvement and very beneficial. We all share the common goal of winning the SPC championship, which has also united us as a team because we are motivated to achieve this challenge."

Another important driving factor for the varsity team is Coach Henderson's two slogans: TCC and the 3 A's. TCC stands for trust, commitment and care, which are very crucial for the team to possess. The 3 A's are how you approach the game, how your attitude is towards the game and how much you appreciate the game; teammates, staff and all who have



an impact on your success.

"These two slogans can help you maintain the culture of excellence as it is something our team understands, and an important thing they have been attributed to, as well as something that they have learned by watching," Henderson said.

The varsity team has had the opportunity to improve an immense amount compared to last year where they were only able to play a total of 10 games. Now, this year, the team has been able to play a regular season of games full of tournaments as well as lots of play with SPC and non-conference teams.

"The team was unhappy, but it was important to maintain a safe environment at school," Henderson said.

With the 2021-2022 varsity basketball season winding down and the SPC tournament nearby, it is important to understand

## PLAYING WITH A PURPOSE

Seniors Colby Henderson [left] and Austin Page [right] hold up their All-Tournament Team awards after three days full of playing. "It was a great journey through the tournament for the team," Page said. "Nobody thought we would make it as far as we did. It was very rewarding after all of our work and effort to prove the haters wrong."

Photo provided by Corey Henderson

the lessons in the sport. Coach Henderson believes there are many significant teaching opportunities in the game. Both in winning and in losing.

"Basketball builds character and allows your character to be revealed by the results of the game," Henderson said. "Basketball allows a person to decide what person they are going to be."



Photo by Emily Lichty

# Awards are not the only way to honor athletes

Jersey retirements and other celebrations are necessary to honor the greats

**By Callie Hawkins**  
Sports Editor

**K**obe Bryant, Peyton Manning and Pelé, are all names known throughout the sports world. These names have been honored for their athleticism and dedication to their sport, but should they have been?

On Wednesday, Jan. 5, the Dallas Mavericks hosted the Golden State Warriors, which ended in an upset and a victory for the Mavs. Immediately following the exciting win, another exciting event occurred in the American Airlines Center, the ceremony for Dirk Nowitzki's jersey retirement. Nowitzki is one of the most highly regarded players in the National Basketball Association and one of the most well-known Mavs of all time. Towering his teammates and opponents at seven feet tall, Nowitzki dominated the court, playing power forward/center. His

NBA career lasted 21 years, each one of those years being on the Mavs. It is safe to say that he is a legend.

Of course there are other celebrations and ceremonies for legendary athletes, but to have your jersey retired is arguably the largest honor for a professional athlete. Bryant, Manning and Pelé all had their jerseys retired on their teams. When a jersey is retired, no one on that team can ever use that number again. For example, no one on the Dallas Mavs can ever choose to be the number 41 again because that was Nowitzki's number and his jersey was retired. Jersey retirements are present in all major sports around the world. When you attend a sports match/game, the retired numbers of the home team are visible around the stadiums whether they are illustrated in banners hanging from the ceiling, a strip between rows with names and

numbers on it or old jerseys cased in the halls leading to the seats.

The thing is, is it right to honor these athletes so highly? Why are legends such as Elton Brand and Ray Lewis not rewarded with this honor? All athletes that play professionally are practically required to be dedicated and work hard, so shouldn't everyone be honored like these so-called legends? Overlooked athletes try just as hard to aim for their goals and dreams, many of which consist of honors including the retirement of their jersey.

Those that argue that these athletes do not deserve this honor are wrong. All professional athletes are celebrated just by taking place in the sport at a high level and being part of a team and community surrounded by something they are passionate about and love. None are overlooked by being a part of this exciting world.

# 69

percent of students and faculty who believe the greatest athletes deserve to be honored

Source: Feb. 7 poll of 145 upper school students and faculty

The truth is, if you are passionate about doing something, even if you aren't rewarded, you stick with it because it is what you love. Athletes will prevail over other athletes just as politicians will prevail over other politicians, and scientists will prevail over other scientists. These legendary athletes should be honored so that others have an influence to look up to and aim to be as good as these athletes. Not everyone can reach that goal, but that's not what it's all about. If you are unhappy trying to achieve a goal, then you might very possibly never be satisfied. But if you are doing what you truly love, you do not get jealous, selfish or weasel your way to the top. You are satisfied and happy, for yourself and how you are doing, but also for others, when they might be honored highly and you are not. When you are happy, you are honored in your own way.

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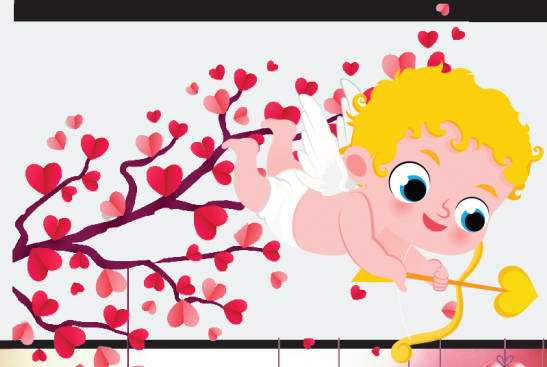

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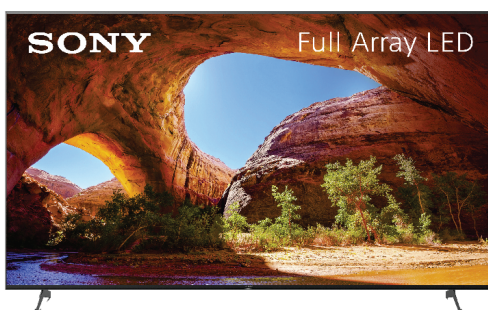
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# Winter athletes prepare to finish the season strong

SPC conference approaches, teams aim for success

Every game is a "must-win" game for ESD athletes, but at the end of the season, the term takes a whole new meaning. With the month of February comes the Southern Preparatory Conference (SPC) tournament, where the school's teams have the opportunity to showcase their talent and finish their season by bringing a new trophy home to the Swann Building trophy case. Photos provided by Charisma Photo.

**By Charlotte Tomlin**  
Asst. Web Editor



## WOMENS SOCCER

**Womens soccer will commence** their tournament play as the 2 seed, ending their season with a 4-1-1 record. Their first game is on Feb. 10 at 10 a.m.

Senior captain Avery Vafa believes her team will be successful at SPC because of how close they've gotten over the season.

"Hockaday will be one of our toughest competitors, but I think if we continue playing and practicing how we have been, it will be a good game," Vafa said. "I love how close and strong our team has grown over the season. We have bonded off the field and on the field, and made the season great so far!"



## MENS SOCCER

**Mens soccer will enter the** SPC tournament as the fifth seed, finishing their season with 5-4 record.

Senior captain James Click appreciates the chemistry his team has, on and off the field.

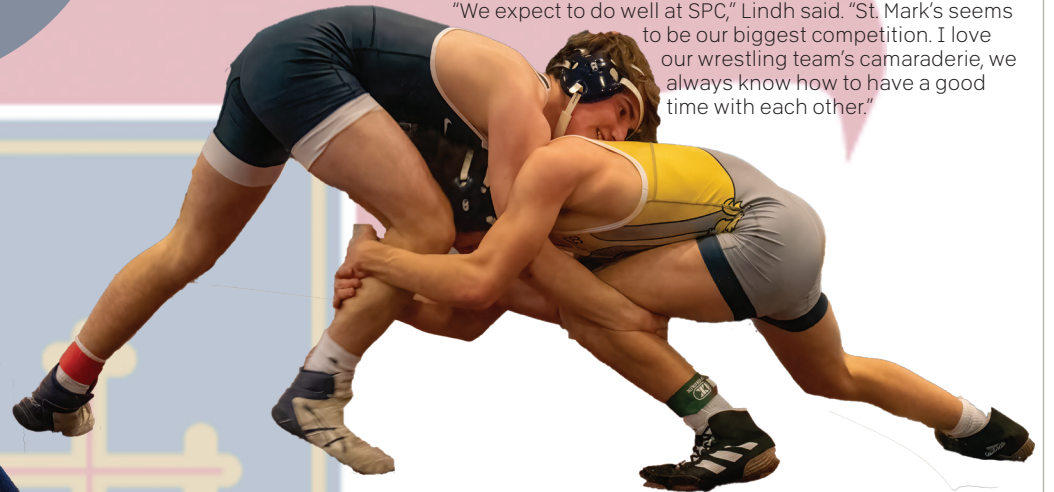
"St. Mark's has always been our biggest competition and we hope to beat them this year," Click said. "We have an exciting team full of a large number of seniors, but we have young talent as well."

## WRESTLING

**Wrestling will start the SPC tournament as the** seventh seed, starting their tournament matches on Feb. 11.

Junior wrestler Ogden Lindh is excited for the SPC tournament, after last year's tournament was cancelled because of Covid-19.

"We expect to do well at SPC," Lindh said. "St. Mark's seems to be our biggest competition. I love our wrestling team's camaraderie, we always know how to have a good time with each other."



## WOMENS BASKETBALL

**Womens basketball will enter the** SPC tournament as the second seed, finishing with a 5-1 record.

Basketball captain and junior Madison McCloud has held her team in high regard throughout the season, and continues to do so as they enter the tournament.

"We are getting better and better every day," McCloud said. "We are continuing to learn [how to play well with] each other and grow in every game and practice."



## MENS BASKETBALL

**Mens basketball will start the** SPC tournament as the second seed, after finishing the regular season with a 5-1 record in conference games. They start their tournament play with a game on Feb. 11.

Senior captain Colby Henderson has high hopes for his team as they enter the SPC tournament.

"The expectation for SPC is to win it all," Henderson said. "[But], it'll be tough because of big teams like Greenhill and Houston Christian."



# EAGLE EYE

## Kicking it off

Soccer athlete Alex Ramirez thrives in both club and varsity teams

**Interview by Callie Hawkins**  
Sports Editor



**Do you play soccer on a club team? How are those experiences different from ESD?**

I've been playing club soccer most of my life. I started playing soccer when I was three. My dad first introduced me to soccer when I was a toddler and I liked playing, so I just stuck with it. I currently play travel soccer with BvB-IA as well as on varsity here at ESD. [Playing] club [is different] from ESD in the sense that it is a different level of soccer. Club soccer is faster paced and more physical than ESD soccer, [but] the team's chemistry and drive to improve is very similar. I've found that soccer is both an exciting and fun game whether it be at club [level], or at ESD.

**How did it feel when you were the only freshman on varsity last year and one of the three sophomores this year?**

On the first day of tryouts freshman year I was pretty nervous, but once we started playing, I kinda stopped thinking, settled in, and just played my game. Once I had made varsity, I played hard to prove myself and claim my spot on the team amongst the many seniors. I played most of every game that season and became a part of the varsity soccer family. At first I was nervous to play on varsity as a freshman. I didn't know how the other players would view me. But that quickly went away and I just had fun playing like it was any other team. The older students on the team aren't just juniors and seniors anymore, but are also now my friends and teammates.

**What is your favorite memory with the ESD team?**

My favorite memory [was] playing soccer vs Trinity Valley freshman year. I kept getting around my opponent and at one point during the game he tells me, "Dude, stop embarrassing me, it's my senior night". He was surprised to find out I was a freshman and after that game, even the Trinity Valley's coach congratulated me for playing well. I was so proud of myself and knew ESD high school soccer was going to be fun.

**What is your favorite part of the sport and why?**

My favorite part of soccer is that it is a team sport, not an individual sport. One player can have the best game of his life, but if the team overall plays poorly, the game will not be won. You must know where your teammates are, which foot to pass the ball to, who is covering what position, and all play well in order to win. My favorite part about soccer is that this teamwork ensures that everyone must do their part, and it keeps each player accountable. I like that as a team, we're all one family that pushes each other to work harder and to improve in the group effort to win.

Photo provided by Alex Ramirez

# Director of facilities tackles several roles

Jay Michael encourages teamwork on and off of the football field

**By John Schindel**  
Guest Writer

It is a late Friday night. Varsity offensive linemen receive a notification with detailed scores on how they played and what plays they need to improve on. In the message, there are words of encouragement and notes showing exactly what went wrong in each play. The message comes from the school's director of facilities. Jay Michael is the school's Director of Facilities and is in charge of the custodial team, the maintenance team and the engineering team that all help with the daily operations of the school. However, Michael's only job isn't just head of facilities, but also as the coach of the offensive line for the varsity football team. Michael has coached football for 22 years and has been involved in the sport for most of his life. His passion for the game started at a very young age when his mother took him to his father's high school football practice, where his father was a coach. Since then, his love for the sport only grew over time. "I love competition and football is the greatest of America's sports when it comes to competition," Michael said. "If you are someone that has never competed in something you care deeply about, you will never know what you are fully capable of."

Even though Michael is an offensive line coach, he played as a receiver in college. After graduating from Baker University, Michael immediately began his coaching career starting with a seventh-grade football team in Missouri. Since then, Michael has coached football at the middle school, junior varsity and varsity levels. Before Michael joined ESD, he lived in Florida where he was the Director of Operations at Bishop Verot High School. Michael decided to move to Texas for his daughter, wanting her to have more opportunities in the big city and have her grow up in a similar environment to the one he grew up in. He applied for the Facilities Director position on the final day the position was open and got the job. "I found the job online on the last day that it was open, and I was the last candidate," Michael said. "So it was kind of like I was meant to be here." Michael's first days at ESD were characterized by a freeze shutting the school down in the winter of 2015. Michael was unable to talk to or interact with any of the students for three days. "I was coming from Florida and I hadn't seen snow or ice since I was a kid," Michael said. "It was a shock. I was like, wait a minute, what did I get? What did I sign myself up for?" After that rocky start, Michael was able to excel and improve the facilities department. Michael

said that many employees had a "that's not my job" attitude when he started at the school. After implementing his philosophy of "three teams, one department," he has seen the facilities teams work together more fluidly. "I can honestly say that the last two years have been the most enjoyable because I've got a staff that works really well," Michael said. "Everybody in the maintenance department, in the facilities department and everybody in the engineering department, all three work really well together. They help each other out. Nobody says 'it's not my job.'" As soon as Michael came to ESD, he knew he wanted to connect with the school's football program. Michael started as the middle school football coach and after four years, he began to help with upper school football as well. This is Michael's second year as the upper school-only football coach. Since he took on this role, Michael has seen a positive change in the facilities team especially in cases where Michael needs to be away for games, the department as a whole steps in and works together as a team. Varsity center of the offensive line Drew Chairuangdej described Michael as "the number one analytical coach." Chairuangdej and the rest of the offensive line receive "grades" after games from Michael. "Those stats help us so much with the team," Chairuangdej said.



Photo by Eagle Edition staff

"To see where we are and where we can be at, because sometimes you know you let up a sack, or if you let up a quarterback hurry." The statistics have had an impact on the offensive line and the offense as a whole. The statistics can show quarterbacks or running backs what they can improve on and how they can work in unison with the offensive line. But Michael has not only made an impact on players, but he has also impacted coaches as well. "I would currently describe him as the coach on staff I trust the most to help me do what I need to do. He definitely makes me a better coach every day, teaches me new things that I need to learn every day," Jordan Swinford, the varsity offensive coordinator, and junior varsity head coach said. "We would not be in the position that we're in without Jay Michael, the way he interacts with our players, specifically our offensive lineman, along with his knowledge of the game X's and O's wise, is unmatched." According to Charuangdej, Michael's impact on the team is palpable. "He doesn't only teach offensive lineman," Charuangdej said. "He coaches because he used to play receiver in college, so he would help the receivers a little bit out as well, and then he even has a special teams spot. So in a sense, as a team, he has helped us a lot."



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To stay moisturized during the winter

### Mini-finger surfboard

For playing with while driving

### Baseball cleats

To speed around the bases

### Baseball

For practicing throwing

### Baseball mitt

To catch the winning out during the game

### Hand sanitizer

For keeping his hands and car clean

### Ray-Ban sunglasses

To block out the bright rays of the sun

Senior Kai Robinson pulls into the senior lot every morning at 8:55, his car containing everything he could possibly need for that day, and more.

With the spring season around the corner, Robinson's trunk houses everything he needs for baseball, from his glove and cleats to his bat and sports glasses.

"As an athlete, it's always important to have your gear for practice," Robinson said. "Especially when practices are right after school. Each day I make sure I have the appropriate gear and equipment loaded in my car, as well as anything else I need for school that day."

As student body president, Robinson knows a thing or two about how to keep organized, something that he says plays an important role in keeping his car neat and orderly.

"Staying organized is super important," Robinson said. "Part of that is making sure that there is no extra trash, nothing else in the car that can clutter it up."

However, Robinson makes a little space for little trinkets like a small red lizard and toy surfboard that let him add his own personal touches to his car.

"The lizard was a gift I got from my mom," Robinson said. "It's an air freshener. But it's also a cool little gecko that goes along with the Audi gecko symbol for four wheel drive. The surfboard was something I saw online and thought looked cool. I got it so I can stick my finger out the window on the surfboard and surf the air with my fingers."

Finally, Robinson also makes room for the essentials: gum, lip balm and hand sanitizer to name a few. These little things are small but necessary for Robinson's day to day routine.

"I like to keep gum for whenever I come back from off-campus lunch," Robinson said. "You never know when you're going to need a stick of gum. I like having the chapstick because lips can get really chapped, especially in the winter. Never know when you'll need some chapstick. And the hand sanitizer is important to being healthy and clean. The last thing you want to do is get your car dirty, so cleaning off your hands is a good way to prevent that."

**By Sloane Hope**  
Business Manager