

# The Green & Gold



**Spring Semester  
May, 2021**

**Vol.2**

A Student  
Written  
Newspaper



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Welcome to The Green and Gold, a student newspaper written exclusively by Viking students. The journalism students created the newspaper to inform, entertain, and inspire readers. While striving to become better writers and communicators of their ideas.

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# 1

## **Mr. Ross Is Deemed Catholic Educator of the Year**

By: Nia Bedard

Congratulations to Mr. Greg Ross, who was recently honored as Catholic Educator of the Year. Mr. Ross currently teaches Modern World History and Guitar and often refers to his career as a “happy accident.” He has been around education his whole life due to his mother’s career as an educator. His love and appreciation for history stems from his childhood growing up on part of a Civil War battlefield and visiting many historic places as a child. Despite this, he didn’t go to

school with the thought of becoming a teacher. Mr. Ross originally graduated college with a degree in history and a minor in political science with the dream of working in museums. However, he eventually began teaching guitar on the side, which he discovered a passion for teaching. This discovery led to a twenty-year career, with sixteen years being spent teaching at Saint John’s, his alma mater. Due to his passion for teaching and care for his students, Mr. Ross

was deemed as Catholic Educator of the Year.

He was shocked when he heard the news of this achievement. "I was really floored and honored. I was really blown away that people thought of me to suggest that I would be a good candidate for this award." Mr. Ross has had to adapt his teaching style to work within the limits of this year and embraced more technology within his lesson plans. Despite the challenges of this school year, Mr. Ross has found that he can be more flexible and is learning to adapt to challenges and new ways of teaching. He is also using this time to learn how to become more creative with his lesson plans and stay fresh with his material.



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*You will thrive for the next four years. Students need to realize that college is a huge undertaking financially, so you need to find the best college for you.*

# 2

## **Saint John's Alumni, John Hogan**

By Helen Bandy

John Hogan, a well-known antitrust attorney in the Maryland area, is an alumnus of Saint Johns Catholic Prep. He grew up in Walkersville and graduated from Saint Johns in 2006 when the school was called Saint John's Literary Institution at Prospect Hall. After high school, he went to the University of Connecticut. John graduated with a bachelor's degree in Resource Economics in 2010. After college, he went to graduate school to complete a master's in Agricultural and Resource Economics, focusing on Food Policy and continued to Law School.

John had to work hard to get where he is today. He was not accepted into his first choice for college; he wasn't the best in his sport or the most academic at school. But with perseverance, God, and help from a few people in his life, John was able to achieve great things. He gives credit to his AP Economics and US History teacher, Craig Falk, and his swim coach, Don Feinberg, for helping develop his interest and passions. They taught him the importance of discipline and dedication and had a significant impact on his life.

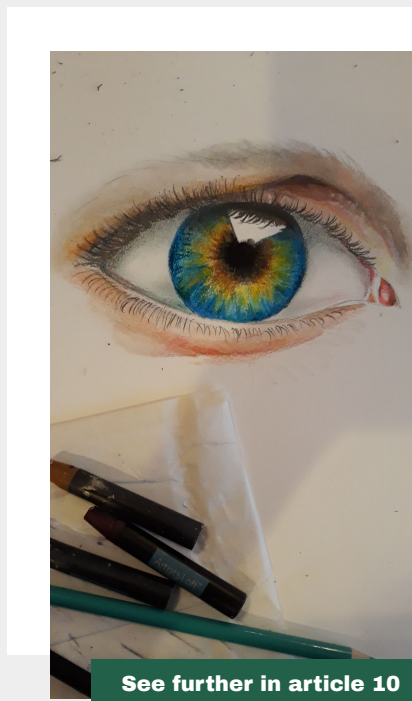
John has some advice for current high school students. *"Make a list of your goals. Short-term goals and long-term goals. They can be academic goals, athletic goals, or personal goals. Ask your teachers, coaches, and mentors how to achieve your goals. The most successful people I have encountered are goal-orientated individuals. And don't worry if you don't have goals yet—the first step is always thinking about what you want to accomplish!"*

John also feels that as you head off to college, it is essential to remember to maintain your values. *"You will likely encounter many new people and many new things at college. While it is important to learn from these experiences, don't be afraid to stick with the values that got you there in the first place."* He also suggests taking practical classes

in college (finance, for instance). Courses like these can benefit and serve you well regardless of your major or future career.

By setting goals, hard work, and perseverance, John achieved wonderful things in his career and life. Following his example and staying true to your values can help you find success in your future.

Thank you to John for his contribution to The Green & Gold.



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# 3

## SJCP's First Black Student Union

By: Alisha Mason



Dealing with a global pandemic and economic crisis while facing civil unrest and racial injustice has made the past year difficult for many, disproportionately affecting communities of color. After witnessing the world's response to the death of George Floyd, which sparked necessary conversations confronting racism and inequality, I knew that there was a way to use this experience to not only educate myself but my school community as well.

When speaking to my peers about the current state of our world, it was evident that I

wasn't the only one concerned with the lack of acknowledgment of issues regarding racial injustice. With the support of moderators Ms. McConnell and Dr. Mambo and the help of junior Susana Wiredu and senior Chanelle Lee, the Saint John's Catholic Prep Black Student Union was born in efforts to help students "expand their social consciousness and cultural awareness." When creating this club, we set out to make an environment that allows students to be open to having difficult conversations while teaching African-American culture and history that is

sometimes overlooked and underappreciated.

During its first year with its 24 members, the SJCP BSU has managed to produce several activities dedicated to educating and increasing student participation. Such activities include creating the Black Student Union speaker series with guest speakers Alexis Bakos, Director of Cancer Prevention and Research at NIH, and Aje Hill, CEO, and leader of the youth mentoring program "I Believe in Me Inc.," The BSU held student discussions and even got the chance to celebrate Black History Month by acknowledging an influential African-American each day during the month of February. To finish the school year, the Black Student Union will be partnering with the non-profit organization "I Believe in Me Inc." for a school-wide food drive and distribution providing relief to Frederick residents.

Needless to say, the Black Student Union's first year has been successful, with many more exciting opportunities to come.

# 4

## **Equestrian Club Plans in the Works**

By: Miranda Cincotta

Mrs. Peralta, one of our world language teacher here at SJCP speaks Spanish, French, English, and Portuguese fluently. However, a lesser-known fact about her is that she loves horses and plans to start an equestrian club.

Growing up in both Worcester, MA, and Puerto Cabello, Venezuela, led to her love of horses and languages. She began riding when she was 14 to 15 years old after volunteering at a 4H camp close to her home. In addition to her fluency in 4 languages, she also studied Arabic, Mandarin, Russian, Catalan and has begun to learn Korean. She says, "Friends to talk to in your language are paramount! It's hard, but you

have to really go out of your comfort zone, make mistakes, and take every opportunity to practice the language in order to speak it well."

Mrs. Peralta says she loves riding because there's nothing else in the world that can compare to the relationship you can build with a 1200 pound animal and to learn how to communicate without words. "It's magical to look at your horse and hear his thoughts, and he hears yours. They are so peaceful and simple; humans complicate things too much." According to her, it's a much better world to live among them. You don't even have to ride them, just respect them. She says to take time to really simplify your life, be in harmony with all types of life. Horses are our teachers in this.

For the equestrian club, Mrs. Peralta plans to start something called an IEA team, a national organization created to introduce students in private and public middle and secondary schools to equestrian sports. According to the Interscholastic Equestrian Association, "an IEA rider has the opportunity to develop competitive riding skills while making memories that will last a lifetime. And the best part is, IEA riders do not need to own a horse or tack to participate."

Mrs. Peralta also says that it will be a good preparation or Introduction for those who want to continue being on a team in college.

For those interested in joining in the effort to create this club, contact Mrs. Peralta for more information.

# 5

## **Spring Sport Highlight: Girls Lacrosse**

By: Yen Troung & Charlotte Mckinley

Lacrosse is a fast-growing sport in the US today, and many of our Vikings have participated in this sport here on campus. Even with the pandemic, athletes continue to play for self improvement and enjoyment. Their practices are with masks on at all times, and they ensure social distancing measures are followed.

Lacrosse originated as a tribal game played by the indigenous people of the Eastern Woodlands. It is played similarly to many other sports, where the objective is to score more goals than the opposing team. The only thing that differs is that the athletes play with a stick and ball.

Coach Kara Phoubandith is the head coach of the Girls' Lacrosse team, and this is her sixth year coaching the sport. Before coming to SJCP, she coached on the youth, club, high school, and collegiate levels. When she coaches her athletes, Coach Kara has a specific philosophy she follows. She states that her philosophy is "centered in player development with a 'character forged through competition' mindset." Players come to practice knowing that every day is an opportunity to improve individually and impact their teammates. Her ultimate goal is "to use lacrosse as a vehicle to build strong young women who are prepared for whatever their 'next level' looks like on or off the field." She says that the best athletes are the ones that work to beat themselves every day. Coach Kara is very motivational when it comes to her players!

Coach Kara describes a

typical practice at SJCP, and it includes the following:

- Detailed warm up with Strength & Conditioning Coach
- Stick Skills
- Conditioning
- Skills & Drills
- Live Play
- Finishing Conditioning

When she was asked if lacrosse was a sport for everyone, she responded by saying, "Everyone should try lacrosse because it is a crossbreed between so many popular sports like soccer and basketball." "It is fast-paced and exciting to play and watch," Coach Kara continues. Some extra advice she suggests for incoming athletes is to have fun and focus on being "1% better every day". This way, she believes, it will be worth it to accomplish your goals and be a part of a fantastic team.

The Girls' lacrosse played an active season this spring semester. They played a full schedule within their conference. So, In total, they were able to play 12 regular-season games with the opportunity to compete in the post-season playoffs/championship. A highlight of the Vikings Girls lacrosse team this spring was the exciting game-winning 17-8 against The Friends School at Home. Maya



Graham, freshman, excited the crowd with a buzzer-beating transition goal just before halftime. By the end of the game, she scored two goals and had two assists.

Other notable players were Riley Zaluski, a freshman, who scored five goals with one assist. Addison Scanlon, a Freshman with two goals and two assists. Kaylee Storm, So., with two goals, Megan Adams, Jr., with one goal and one assist, and finally goalie Juliana Workman with an impressive 15 saves. The Vikings improved the

gameplay massively against Friends from their last game two weeks prior. Led by their captains: Delany Sheridan, Merryn Eaton, and Megan Adams, the previous game against Friends was won by only four goals, while most recently, led by nine.

They continued to dominate the rest of their season into the playoffs. Their last game was against Mercy High School, in the semifinals. Although their season has come to an end, it was impressively season and will continue to build next season.



# 3

## Boys Lacrosse Season Ends in the Finals

By: Charlotte Mckinley



The Boys Lacrosse Season has now ended. They played a full season. The most notable game was against Mt.Carmel with a 15-1 victory. Neuman scored a total of 3 goals against the cougars, while McCarthy scored one goal with two assists. Other notable players include JD Nett So. with 14 faceoff wins.

The Boy's Lax team continued their journey to the championship by playing against Pallotti, the number one ranked team in the division.

The Boys played with teamwork and excellence to a victory of 6-4. Because of

their victory, the team earned the first playoff game at home.

The Vikings played though the playoffs into the finals. Their last game of the season was the finals at The Key School. The final score of a loss 12-6, they played together and unified. Their Sportsmanship on and off the field throughout the game was refreshing.





# 8

## **Some (Hopefully) Helpful Tips from a Graduating Senior**

**GRACE RISH**



By: Grace Rish

Hi everyone! My name is Grace Rish, and I am a graduating senior. Hopefully, this article will help some of you with your decisions about classes in the future, making decisions about what things to get involved in here, and maybe even making some of your college decisions!

Throughout my four years at SJCP, I have found that in a small community like ours, it is easy to be involved in a lot of different things, which is a great benefit I hope that you all take

advantage of. Not only does it help you build your resume for future college applications, but it also allows you to get to know a lot of different people. Never be discouraged from trying something even though you have not done it before. I joined the girl's lacrosse team as a junior, having never picked up a stick before in my life, and it was easily one of the best decisions I have made while being a student here. Of course, I have to throw in a few plugs for the clubs that I have been in throughout high

school. Two of the most rewarding clubs I have been a part of here have been Campus Ministry and Student Ambassadors. In Campus Ministry, we have a lot of fun, but most importantly, it has taught me the benefits of helping others. I joined Campus Ministry thinking that I would be helping others with their faith life, but through ministry, I have learned so much about so many people, and often they help me as well. Student Ambassadors is another very rewarding program that is pretty unique to SJCP. We all have a student ambassador when we enter SJCP, and joining the program is a great way to pass on the initial kindness that your student ambassador showed you.

Now, some advice for some of our younger members of the SJCP community. First of all, the fact that you all are finishing your freshman year of high school in a pandemic year, is something that you should all be incredibly proud of. Trying to undergo a very large transition, making new friends, and keeping up with all of your classes, is difficult to do without the added aspect of virtual learning and social distancing. You should all celebrate your accomplishments. As the years go on, and hopefully, your high school experience becomes more

traditional, I urge all of you to be involved socially as much as you possibly can. Some of my best memories come from getting ready for homecomings, football games, and getting dinner with friends after school. You all are a class undergoing the same trials and obstacles, so it is important that you learn how to lean on each other. I have gotten to know many of you through sports and clubs, and you all have amazing things ahead of you! Do not lose any of the resilience you have built up over the last couple of years, and you will go so far.

Now, some tips for the sophomores and juniors! I am sure at this point; it feels as though the two or three years have either gone very fast or very slow or maybe in some ways, both. The fun thing about your transition into upperclassmen is that you have a little bit more freedom with your schedule. One thing that I wish someone would have told me when I was in your shoes is that yes, it is very important to challenge yourself, but also choose classes that you are going to enjoy. Sometimes, that means picking a class that seems out of your comfort zone. I am going to be a biology major in college, but one of the classes that ended up being my favorite this year was AP Computer Science Applications. It

challenged me and taught me a skill that I once thought of as daunting and impossible. Another one of my favorite classes was AP Literature and Composition, and if you know me, you know that I am not an English class type of person. I am a very math and science oriented student, but AP Lit opened my worldview to all different kinds of ideas from many different authors.

Juniors, can you believe you are going to be seniors? I am so excited for all of you. You are about to embark on one of the most exciting journeys of your academic career. Deciding what you are going to do after high school can be stressful, but I encourage you to try and look at it as a great opportunity instead of a stressful task. There are many different aspects to applying to college, and some of the most important ones I believe get overlooked. At the end of the day, college is going to prepare you for your future career, but hopefully, it will also prepare you to be the type of person that you want to be. Picking a college that is good for your major is important, of course, but you also want to pick a school that you are going to be happy at. I know sometimes it is easy to get caught up in rankings or acceptance rates, but just because your dream school may be a small liberal

school may be a small liberal arts college, and not some large Ivy League institution does not make it any less of a dream school. Pick the college that best fits who you are and who you want to be. At the end of the day, you are not just picking an academic institution; you are also choosing a community in which you are going to live and learn.

As I leave SJCP, I leave with all of the memories that I have made, a plethora of inside jokes, and I know that I am prepared to go out into the world. While I will miss SJCP so much, I know that I am leaving it in the hands of very capable leaders. My time as an SJCP student has come to a close, but I will carry with me the common memories that make up the Viking community. I hope you have enjoyed some of the fun tips I have shared with you, good luck, and much love to all of you in your future endeavors!



# 9

## **Spring Senior Prom 2021**

By: Elizabeth Hackey

The long-awaited prom exceeded all of our expectations. This year's theme, "under the stars" was fitting, given our semi-outdoor venue. The SJCP community worked their hardest to make the seniors feel like stars. With the pandemic on-going, another year just might have slipped by without a prom. Instead, the Viking Parent Organization made the best of a challenging situation and put on a dazzling prom at Dulaney's Overlook. Set in the rural area near Libertytown, this former

farm barn is now host to weddings, formal celebrations, and our school's 2021 prom. The interior of the barn was decked out in string lights, sparkling silver, and an abundance of star-shaped balloons.

Students arrived at sunset in their formal attire. Earlier this year, royal blue was selected by vote as our class color, always a favorite, and many gowns featured royal blue. The evening kicked off with dinner, which was made especially memorable by a surprising guest, a hypnotist.

Throughout dinner, the hypnotist traveled from table to table, offering any brave senior the chance to experience being hypnotized. Later, everybody's attention was drawn to the front of the room, where the hypnotist called for eight volunteers. All except Lucas Fay, who resisted the hypnotist's commands, appeared to fall under the spell. Many skeptics, including myself, believed that the volunteers were pretending to be under hypnotic control. I asked Thomas Gondeck, one of the eight volunteers, "you weren't faking it, right?" He insisted that he was not. "Actually I wasn't. It felt strange because I actually couldn't open my eyes once he

said that I couldn't. When I tried to open them they kind of fluttered in place without opening." Still skeptical, I turned to Richard Fuller. I asked, "Did you follow along with what the hypnotist told you to do, or did you try to resist?" He said "There would be times where I really couldn't control my body. You just have to allow him to really control you. You cannot resist it." He described the experience as like being half awake and half asleep. You could see and hear, but you could not control your movement. After the conclusion of the hypnotist's show, the prom music and dancing commenced. It was a memorable evening for all.



# 10

## Student highlight: Julianna Workman

By: Jasmine  
Milbourne

People can find solace in multiple different things. Art is one of them. People can express themselves through it; they can even find themselves in it. For Julianna Workman, a sophomore here at Saint John's, it's just that. Art has provided her with an outlet like no other. She has been drawing since before she could remember. Besides drawing, Julianna enjoys playing lacrosse, taking care of animals, and playing the piano.

When Julianna was in third grade, she decided she had the dream to be an animator. She still nurtures the ambition to become one. Julianna started working with animation about two years ago. She has done many animations and, through practice, has learned and

improved..

Animation allows Julianna to express the detail mimicked in everyday life. She stated, "When you try to bring a drawing to life-- or a series of drawings (frames)-- to create movement, a lot of time and effort is spent. Yet, those same actions can be completed in real life without any thought or effort at all. It makes every little aspect of our lives seem that much more valuable." Art has taught her to find the beauty in the details of life.

Julianna recently started the endeavor to sell her art. However, she is still trying to find a decent platform to sell her art on. She was inspired by last semester's school art sale. Julianna loves SJCP, and she was encouraged to promote her work through the school's sale. She likes to find the characteristics of her fellow students and capture their unique personalities as inspiration. She is also influenced by her family and friends. Her parents have always encouraged her, and without them, she would be reluctant to share her artwork.

Others like Julianna share their passions and perspectives through art. SJCP is a fantastic place to express talent and interest.



Julianna  
Workman's Sketch,  
2021

