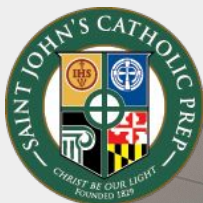


The Green & Gold



**Summer Edition,
August, 2021**

Vol.5

**A Student
Written
Newspaper**



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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Dear Freshman: Advice from A Senior

By: Nia Bedard

Starting high school can be very intimidating, that is a very simple observation and does not change despite the chaos of 2020. Regardless of that the comfort of normalcy is in sight heading into the 2021-2022 school year with the hopes of the school returning to full capacity, clubs returning, and sports teams having normal seasons. Despite the return to normalcy, starting high school is still a daunting and even scary transition, so speaking as a former freshman of SJCP I am

giving you my top seven pieces of advice to survive your freshman year.

1. Don't be nervous

I understand that this statement is a bit ridiculous. This is a big transition and of course you are going to be nervous throughout your freshman year about some things. That being said, don't become encapsulated in your nerves of starting at a new school, making new friends, learning new things, ect. The

moment you begin to let go of your nerves, start being yourself, and just live in the moment you will proceed to get the most out of your freshman year whether that's with friends, in sports, or in academics.

2. Your Teachers Are Help to You

Notice that this statement is in all caps. This is a very important piece of advice. Your teachers want you to succeed, they don't enjoy it when you fail a test, turn something in late, or don't understand a topic. Your teachers are there to help you and support you throughout your time in school, so don't hesitate to ask a question if you don't understand something, talk to your teachers if you need extra help or tutoring, try and make a plan with your teacher if you are falling behind on an assignment. Bottomline your teachers are here to help you not hurt you.

3. Organization is key

If you start out the year being organized it will only make it much easier to find information by the end of the year. Whether you organize your information in a binder, notebook, or on your

computer, being organized and knowing how to find information is key to making it through your freshman year.

4. Get involved in extracurriculars

Freshman year is a great time to get involved in extracurriculars, whether it's a sport or a club the options are limitless for students to get involved in activities. Sports teams include: Baseball, Basketball, Competitive Cheer, Cross Country, Football, Golf, Indoor/Outdoor Track, Lacrosse, Soccer, Softball, Tennis, and Volleyball. Clubs and Student Organization include: Book Club, Black Student Union, Campus Ministry, Environmental Club, International Club, National Art Honors Society, National Honors Society, Student Ambassadors, Student Government Association, and many more. It is even possible to create new clubs such as the Sign Language Club which was created by Kalia Espenlaub, Class of 2023. So with all of those options, go try out for a team, join a club, or create a club, it can be a fun way to make new friends and be involved with the school.

5. Be attentive in class

This one will be a bit difficult to do all the time, so it's okay if you zone out in the middle of class. I will warn you now that you will, especially during that 5-7 week stretch from President's Day to Spring Break, want nothing more than to be done with school. Despite that there are ways to keep yourself from zoning out during a long lecture or a boring video. If you are being given a lecture, start taking notes so that your brain processes the information being given to you by your teacher, plus writing down information helps you retain it better. If you are watching a boring video you can take notes but the visuals from the video will most likely distract you, rather take a tiny mental break to bring you back to focus. This can include tapping the table with your fingers ten times, taking five deep breaths, or just stepping out of the room can help reset your brain to focus on the information.

6. Take charge

If you put effort into what you are doing you will see an improvement, whether that is in academics, sports, or any other

school activity. If you are not seeing improvement then ask for help. Teachers can give you extra help or help you find a tutor from the National Honors Society. Plan a get-together with friends from your sports team to run some drills or a scrimmage. You have the power to improve while at Saint John's so long as you take charge.

7. Enjoy every moment

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The Arts in Downtown Frederick

By: Anna Rosencrance



Now that the school year has come to an end and summer is in full swing, some students may be looking for a way to get out and enjoy some local activities during the break and experience the arts in downtown Frederick. Luckily, this summer provides many opportunities to enjoy local events, festivals, exhibits, and more. So I have provided a summary of many of the upcoming events that will allow students to experience the arts this summer.

Frederick Jazz Festival

The Frederick Jazz festival held at Sky Stage, an open-air theater located at 59 S Carrol St, is a three-part series of concerts occurring this summer, the first of which was held on June 26th. There will be two other concerts held on the 4th Saturdays of July and August. Each concert will feature a different selection of artists. The concert will begin at 7 pm, and the doors will close at 9:30 pm.

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Delaplaine National Juried Exhibition

The National Juried Exhibition is an annual exhibition at the Delaplaine arts center that features both local artists and artists from around the nation. The artists submitted their art in March and those selected for the exhibition are eligible for a \$1,000 first-place prize. The exhibition features a variety of media including painting, drawing, sculpture, ceramics, and more, and is taking place from May 1st to July 11th.

Sky Pop! Market

The Sky Pop! Market is a PopUp marketplace located at Sky Stage in downtown Frederick. The events will feature a variety of local artists and vendors showcasing and selling their work and will provide an opportunity to either purchase or simply appreciate the artwork. Art, flowers, jewelry, baked goods, home decor etc. will be featured. The event will take place at 11:00 am on July 3rd, August 7th, September 4th, and October 2nd.

BLOOM Art Exhibition

The BLOOM Art Exhibition is being held at the Y Arts Center at Gallery 115, located at 115 E Church St. The exhibit showcases 18 artists' interpretation of the word bloom, which is defined as not to only produce or yield flowers but to achieve one's potential to flourish in excellence, freshness, and beauty. The exhibit expresses the artists' unique connection to nature through 29 pieces of artwork. The exhibition runs from Friday, June 18th through Saturday, September 5th.



**Camp
Weequahic**

By: Nia Bedard

I did a lot over summer break, but the most impactful experience that I have had consistently over the past seven summers is attending Camp Weequahic. Camp Weequahic is a beautiful place in the middle of nowhere Pennsylvania and for the past seven summers, it has been my home. Every time July rolls around I pack my bags, get on a bus, and head into the middle of Pennsylvania for the most amazing three weeks. These three weeks include bracelet-making, every sport imaginable, bunk bonding, relaxing time, nature walks, and Camp Olympics. I was fortunate enough to come back to Camp Weequahic and get the CIT, counselor-in-training, experience that I missed out on due to the Covid-19 pandemic but as a LIT, leader-in-training. This would not have happened without the hard work of Director Cole Kelly and the rest of the staff at Weequahic who were able to give me the most amazing summer experience I could have ever asked for. In addition to these incredible experiences at Weequahic, I've met some of the most incredible people in the world, from Assistant Director Dana

Dana Stassen spoke about what brought her to camp and why she has stayed at Weequahic for so long. "So I met Tiny Ham (A member of key staff) right before I moved to Atlanta and she tried to get me to come with her to Weequahic in 2009. In 2010 I was asked by Tiny to work for Weequahic as a nanny. I drove 13 hours to camp and arrived the same day as campers. Overall it was very overwhelming. I was a classroom teacher for 10 years and moved out of that space for a while. I toured with my husband and became an administrator. When I got pregnant with my son, I was offered a full-time position at Weequahic which gave me the opportunity to work with kids without being tied to a single space. This experience has been incredibly eye-opening, and I get to work with my friends and family." As well as what her favorite part of working here has been, "Honestly I think it's been watching campers come back as counselors and having deep connections with people I would not have met otherwise, getting to work with my best friends, and getting to say yes to kids when most of their lives include being told no. Also watching my own kids develop incredible relationships, social skills, and independence." Steve Nugent spoke on similar topics. "In 1998

my wife introduced me to camp and I worked at an all-girls camp in Maine called Matoka. I got the bug and started working full time and then we were set to buy the camp in 2000, but then we backed out. My wife then went to law school and I started coaching women's collegiate soccer. Then in 2015, I retired from coaching at the collegiate level to be a stay-at-home dad. I knew Sue Baldwin, Associate Director, from coaching. In the spring of 2015, we signed up my eldest son Trevor to go to Weequahic for the 2nd session. A week into the 1st session Sue contacted me and asked to run the Athletics program. The rest is history. I believe in the mission statement of this camp. It's very clear that Gratitude, Attitude, and Courage are a part of my children's daily life. I love the way we train our staff to bring out the best in the campers. And as a family, we believe in creating incredible experiences. But the crux of that is that I truly believe in Camp Weequahic and the message that they are putting out into the world and giving to these kids. I've really enjoyed my own personal growth here. For a lot of years,

I was the boss but now I get to take my understanding and my application of service leadership to work. I've enjoyed getting to know all of these kids, especially the CITs, especially the Boston trip, and all of those transformative experiences. Now that I've been here for seven summers, I've loved seeing all of these people grow, especially this current CIT and LIT class, most of whom have started the same time as me"

In addition to speaking with members of staff, I was able to speak with fellow members of my LIT class, Haley Klienmen and Ezra Shafron on their experiences, favorite parts, and why they keep coming back to Weequahic. Haley Klienmen said "I feel like it has been pretty good. It's been really nice bonding with the little kids as a bunk rather than getting assigned a single kid. It has honestly made me super grateful for being able to be here in 2021, and it has helped me realize how special this place is after almost not being able to come back. Honestly, I think my favorite part has been hanging out with all my friends. Overall just hanging out with everyone together as campers for the last time. I was going to go to a

different camp but I was put on the waitlist, but my mom ran into another camper's mother and recommended Weequahic. It wasn't a problem that we were late to the game. I did research and became obsessed with all of the camp media, and even though I was taken off the waiting list at the other camp I still chose to go to Weequahic. Ultimately I keep coming back because of my friends and because of the people here, and without them, I would have been here for the past seven summers." While Ezra Shafron "It's been better than I expected, I wasn't sure how it would work out since it would be this weird middle ground between CITs and counselors but it really has been the best summer of my life. Overall I've been pleasantly surprised by this summer especially with all of the freedom we have been given. Probably just getting to spend time with people that I have known for years. It is not as cliquey and it's just having fun the way that we choose to. I heard about it through my cousins and my first summer was 2014 and I got sick so I had to leave. But I decided to come back in 2015 and it was one of the most amazing summers of my life. Since then

I've kept coming back and haven't stopped."

Weequahic has done not only amazing things for me but also incredible things for the members of staff and fellow campers. Thank you to Camp Weequahic for giving me the most incredible seven summers of my life, and without my summer home, I would not be the person I am today.

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To the End Zone and to Valhalla!

By: Jackson Bruce

This year the Saint John's Catholic Prep Vikings football program is under new management with our new head coach Jerry Rogers. Welcome to our school, Coach! Our starting quarterback, Senior, Frankie Pommert, has high hopes for the season. When asked what he thinks our biggest challenge will be

he said that if we come together as a team, we will have no challenge that we can't handle this season and we will be an unstoppable force. Senior Joey Martin, believes even though we play an out-of-conference team this year, we will still be able to come out as a winning team if we listen to the coaches' instructions and are able to act out each play correctly! We have all been working hard as a football team over the summer. The team is lifting every day at our school gym and working outside on the fields that are available to us: whether it's a swail in the front of the school, or a little grass field behind the post office, or at the practice fields in Ballinger Creek, we will find a way to practice! We will find a way to be champions! As our head coach likes to say, "Iron Sharpens Iron" (Proverbs 27:17), and our football program is a true testament to that statement. Many of my teammates have earned a t-shirt that allows us to proudly display the verse from Proverbs. Our team is full of strong, highly motivated men, who are ready to be the high school football team known and feared by all other schools in the county. Our team is more than a team - we are family! Saint John's Catholic Prep football team will play in the championship game this year!

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Upperclassman Muti Athlete Dorian Tema

By: Yannick Afanou

Dorian Tema is a multi-sport athlete. I was wondering what his favorite sport was. When I asked him, he gave the answer I expected; His favorite sport is basketball, which Dorian plays on the varsity level as a sophomore. "My favorite sport is basketball because there's never a dull moment when you play."

While we were on that subject, I wanted to know who his favorite athlete is. "Kevin Durant," he said, "because the way he can score so efficiently has inspired me time and time again and how he came up also inspired me." Kevin Durant really is a motivator for many

people who watched him play and learned more about him.

Dorian must really love athletics and competition if he plays three sports here at Saint John's, and also he must love competing. I asked him, "what is the best part about competing?"

"It's the feeling of wanting to get better after every game, either win or loss." That is a great mindset to have. It's the type of mindset that will take you places in life, but as we know, you are a student before you are an athlete here at Saint John's. I asked him if it is hard balancing the life of a student-athlete here at Saint John's. "Balancing life as an athlete can be difficult at times, but it's really about how you manage your time that would be a big factor." That is a very true and realistic answer, but that is all we had time for. I know we are all looking forward to the next two years we have with Dorian.



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Black, A Poem

By: Micah Glover

Black men and women have
been through a lot
Many have died for the
freedom they sought.
But we fought to be where we
are.
From the USA to Africa or
wherever we are.
My people are smart, powerful,
and brave.
Showing all these gifts God
gave.
We are more than what the
world wants us to be.
Our dreams and goals go
deeper than the sea.
From celebrities, politicians, to
leaders, and more.
One of our future kids could
find the next big cure.
Our cultures, our food, our
beliefs, what is there not to love.

Where we express ourselves and
are as free as a dove.
Being black does come with a
price,
But I wouldn't change, I wouldn't
even think twice.



Micah Glover '22, standing
outside the Bettie
Delaplaine Fine Arts Center

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The Words

By: Greer Bailey-Hunter

Peeling from the page
Floating all around me
Circling my head
Guarding me
Protecting me from the
plagues of my surroundings
They build me a new world
Free from heartache and
suffering
The words flow through my
chest
They lift me up and take me
into this world
I am at peace with the ink and
the page

8

Is It Always Like This? The Fever of First Love

By: Anonymous

I've been lonely for so long,
It has always been like this.
This feels just a little bit
wrong,
To be held in your arms like
this.

To hear you say that you love
me,
Makes me want to run away,
But you seem so lovely,
So I can't help but fall every
day.

You rescued my empty heart,
You gave me hope.
I don't think I can be apart.
I don't think I can cope.

I don't know how to do this,
But I know I belong here.
Every time we kiss
All things become clear.

I want to feel you next to me,
Your heartbeat next to mine.
Tell me you agree,
And that this isn't in my mind.

Tell me that I am your sunlight.
Tell me that I matter.
Tell me that we are alright.
Tell me we will last forever.

But you can't.

You words are so icy to me,
and you burn like a fire.
When did you start to
disagree?
When did she become your
desire?

When I saw the way you looked
at her,
I threw my hands in defeat.
My heart was broken for sure,
And I knew what you did to me.

I hope you are proud of
yourself.
I hope you got what you
wanted.
I hope there's a spot for me on
your shelf
Where all your other trophies
are plotted.

I'm angry you've moved on so well
I'm angry you look happy.
I'm angry you don't remember
how you fell
And how you've forgotten about
me.

Am I not enough?
Am I even pretty?
Did you forget about us?
Did you forget about me?

Why did I let myself fall?
Is this what it's like?
This feels so wrong,
To not be in your arms tonight.



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Freshman Spotlight: Lily Bandy



I am very excited to attend Saint John's Catholic Prep this year as a freshman. My expectations for this school year are high; I have heard many great things through family and friends. I am looking forward to a challenging and rewarding academic program that I believe Saint Johns has to offer. I am currently playing soccer with the Saint John's girls at Hood College, and I

am looking forward to this fall season! I am also interested in learning about the clubs the school has to offer, especially Environmental and Cooking. I could not be more excited about this fall!

Lily Bandy



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Freshman Spotlight:

Galen Belmar

Thinking about starting 9th grade at SJCP makes me sad that I won't be able to sleep in anymore, but it gives me plenty of reasons to look forward to waking up in the morning. I'm excited to learn in a new environment with new classmates. Having different people in all my classes instead of the same people all day will be a welcome change. I'm also looking forward to being back in a school building after a year and a half of online school. Choice in my schedule is

something I've never had before, and I am excited to be doing the AOPA program and to be studying French. I hear Mrs. Katz and Dr. Mambo are amazing! I am on the boys' soccer team and am not sure how hard it will be to miss classes when we have games, but hopefully I'll have new friends to lean on for help. Look for me at Mass - I hope to be serving or reading. Go Vikings!



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Freshman Spotlight:

**Samantha
Hackley**

I am extremely excited for the upcoming school year! I plan on trying out cheerleading this year and hopefully track in the spring. I have heard great things about the teachers and how enthusiastic they are about teaching. I've also heard that Saint John's has a great learning environment surrounded by students and staff who love to learn. The new extensions onto the school are

amazing. I can't wait for the new stadium and field. There's a good variety of interesting clubs like the environmental club. I'm proud to become a student at Saint John's catholic prep. I am extremely excited for the upcoming school year! I'm trying out cheerleading this year and hopefully track in the spring. I have heard great things about the teachers and how enthusiastic they are about teaching. I've also heard that

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