



**NURSE MARY'S TAKE ON COVID**

Turn to **PAGE 9** to hear about what life is like for a school nurse during a pandemic.



**WILL THE INDIANS DISAPPEAR?**

The Shelter Island Indians are no longer...what does our student body want next? Check out our secondary school new mascot poll on **PAGE 7!**



**MS. KRISTIN ANDREJACK: A NEW START**

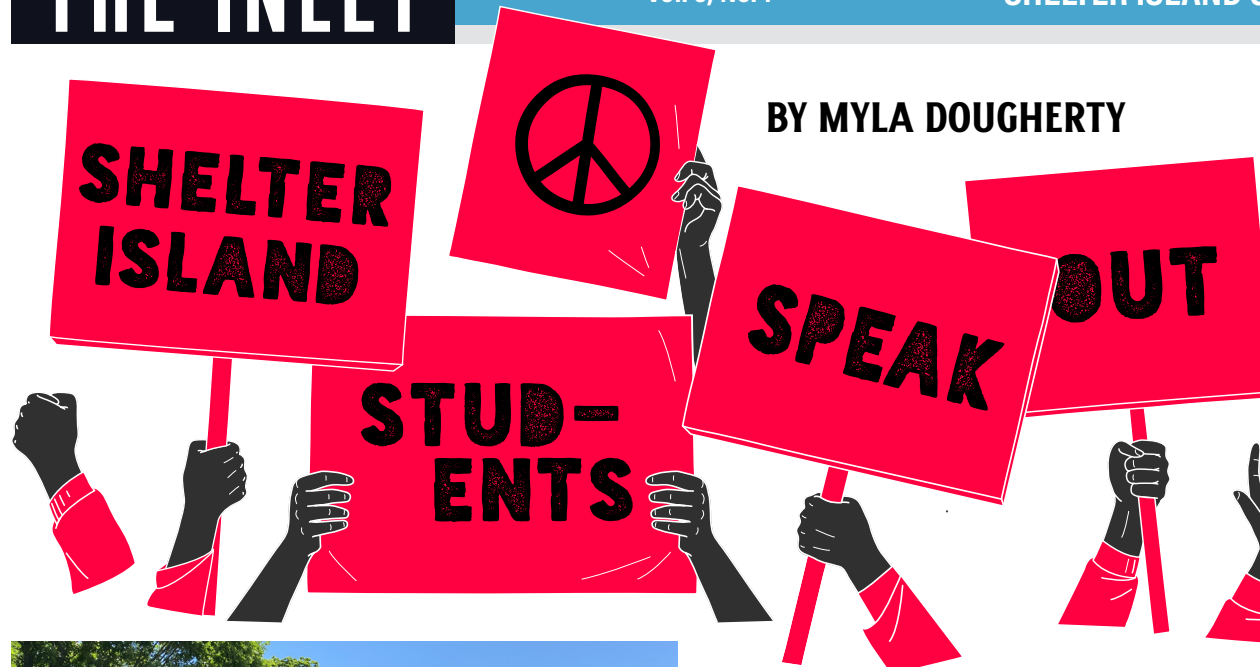
Turn to **PAGE 3** to learn all about our new Physical Education teacher, Ms. Andrejack!

# THE INLET

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SHELTER ISLAND SCHOOL

November 2020



**BY MYLA DOUGHERTY**

**JUNIORS FRANNY REGAN AND MYLA DOUGHERTY WITH SEÑORITA LEEVER AT THE SHELTER ISLAND PROTEST. PHOTO BY ANGELINA RICE**



**PROTESTERS GATHERED AT THE SHELTER ISLAND PROTEST - PHOTO BY MYLA DOUGHERTY**

This summer was an unforgettable turning point in our country in the fight for racial equality. The Black Lives Matter movement has sparked change throughout our nation by protesting racial injustice and police brutality against Black people in America. The movement has gained support from all demographics of people, but has been spearheaded in many communities by younger generations. Young people everywhere, including Shelter Island students, have been

inspired by and have learned from the movement. This summer, Shelter Island students participated in many forms of activism, including local protests for Black Lives Matter and social media advocacy for a diverse array of causes. Most impressively, students organized a protest in solidarity with the Black Lives Matter movement in June that drew close to 1,000 attendants, a massive amount of support for such a small town. Henry Binder and Emma Gallagher, both members of the Shelter Island School class of 2020, were organizers of the protest. They were motivated by the importance of the movement to them. Emma explained that the Black Lives Matter movement is crucial, because: "Black people suffer from systemic injustice in all aspects of life. They are more likely to die from police brutality and health disparities. They are much more likely to be incarcerated. They experience discrimination in housing, the work place, education, and so much else." The movement is

important to Henry because "it highlights the inequalities and hardships that Black people in this nation face on a daily basis." He also thinks that it's especially important to "use your privilege to recognize how you could do better and assist the Black community."

As well as the Shelter Island protest, Henry and Emma went to demonstrations in East Hampton, Sayville, Sag Harbor, Westhampton Beach, Montauk, and Hampton Bays. For Henry, going to these protests was a moving experience. He shares, "The most vivid experience I can recall was in East Hampton during a protest. It was extremely difficult to breathe during the 8 minutes and 46 seconds that we laid face-down, hands behind our backs on the hot pavement." Emma said that attending the protests was "both devastating

**CONTINUED ON PAGE 2**

## DR. DOELGER'S TAKE ON THE 2020-2021 SCHOOL YEAR

BY DARIA KOLMOGOROVA

As you probably know, there have been many changes made at Shelter Island School this year due to the coronavirus. We have arrows in the halls to distance us, as well as one way staircases. We have to be socially distanced, have masks on, and are not able to socialize outside of class in the hallways. Dr. Doelger and the Shelter Island School staff had to go great lengths to make sure the school was safe for the students and teachers. Dr. Doelger emphasized how difficult it was making sure that the building had "everything it needed to be safe." Mrs. Rylott had to organize the schedules and classroom arrangements, Mr. Mike

Dunning and his crew had to rearrange many classrooms, and install the new handwashing sinks in the hallways. Despite all of the stress the school staff endured, everything was set in place by the first day. Dr. Doelger expressed the amount of pride he has in all the students and teachers. Everyone is respecting the new rules set in place, and "willing to make this new way of going to school work."

One of Dr. Doelger's biggest personal goals this year is to make sure "everyone is as safe as possible, while also making sure all staff and students feel as comfortable as possible." Dr. Doelger said that this year has

been the happiest return to school of his career. He had some doubts about returning at the beginning of the summer, but once the governor announced that we could reopen, he was excited to begin making plans to resume school. He says that if the students and staff keep up their efforts to keep everyone safe, we can keep coming to

school. One of Dr. Doelger's biggest pieces of advice is to "enjoy each day you are here, and take each moment step by step. Try not to worry about the craziness of the world around us, and try to focus on what a great kid you are, how great our school is, and how lucky we are living on this fabulous island."

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## EDITORIAL

BY MYLA DOUGHERTY

With the start of the 2020-2021 school year comes both the normal worries and stresses of school, as well as the new anxieties caused by the coronavirus pandemic. Schools everywhere have had to adapt, either moving totally online, adopting a hybrid online and in-person system, or, like Shelter Island, going completely back to in-person school with added safety measures. Our school is doing as much as it can to keep us safe, but the question arises: Is in-person school really the best option for Shelter Island?

Shelter Island has been a fairly safe place to live through the pandemic. Our small and spread out population made it easier to isolate from each other, reducing the possibilities for infection, and leading to only a small number of cases on the island. The extremely small size of our school and currently low infection rate in Suffolk county allowed Shelter Island School to open completely this fall, which is an uncommon occurrence right now. Most schools have opted to go online or hybrid, and very few have opened completely. And though our situation might be different from other schools, is it really wise for students to be attending school in-person everyday? We've gone back to a somewhat normal routine despite how serious the virus is in other parts of the country. Though everyone is doing their best to be safe, it is hard to be perfectly consistent with protective measures, and

not everything can be regulated. And though the school has changed a lot to protect the faculty and students, opening school leads to more interaction between students both in and outside of the classroom, where no rules can be placed on them. To add to the uncertainty of these times, we still have much to learn about the coronavirus and how we should be dealing with it.

One thing we all certainly learned from quarantine and attending online school is that the social aspect of school is very important. Being able to have discussions with teachers and peers about classwork is crucial to understanding the subject and really absorbing information. Communication between students and teachers became much harder during distance learning, and it became much easier to be distracted when not present in a classroom. When talking with my peers, I found that most students said it was hard to actually learn new subjects in online school, because class was less conversational and more about completing assignments. In-person school allows for easy communication and better comprehension of subjects, and teachers are much more accessible to students. Social and emotional learning are also important aspects of in-person school, especially for younger students. Without peers to interact with, students can feel isolated, which could negatively affect their mental health and therefore ability to

participate in school. While students did have a small amount of social interaction through video classes during quarantine, it was not the same as real face-to-face conversation. Being in-person, students are able to have those crucial connections with their friends and fellow students, which are especially important for the emotional growth of younger students. Many schools have decided to go entirely online, as to avoid any risk of spreading the virus. Students attending school completely online this year might be the most safe from the coronavirus, but they are lacking the important social aspect of school that in-person school provides, which could have negative effects on their well-being and overall comprehension.

Because of the problems with both remote and in-person learning, many schools have chosen a hybrid model, which is supposed to be a compromise between the two learning styles. By only having students in-person for part of the day or week, the amount of interaction between students and therefore potential virus-spreading is reduced. For larger schools, the hybrid model allows for smaller class sizes, which are important for social distancing. On Shelter Island, we are lucky enough that our class sizes are already small, and we are easily spread out to accommodate social distancing. In the hybrid system, by having some time in-person, students are still able

to communicate with their teachers and peers, and have crucial face-to-face class time, but reduce viral spread by limiting in-person time. Though this model seems to be safer than completely in-person school, it doesn't deal with one of the largest issues of the pandemic: a lack of childcare. Some parents might be able to stay with their children on the days when they are at home, but many need extra childcare, which can come in many forms, but all of which expose the children to other groups of people, which in turn they expose to their classmates. In-person school reduces the need for additional childcare, because students are able to attend school five days a week, giving parents less to worry about.

In the end, I think that while attending in-person school may not be the safest option, it is definitely the best option for our mental health and emotional well being, as well as the best way to learn. Except for entirely remote school, there's no way to be zero-risk this school year. In my opinion, Shelter Island School has chosen the best option for reopening for our community, because the small size of our school allows for effective social distancing without having to choose a hybrid model, and because an online model would end up being detrimental to students. The best we can do to protect ourselves and each other, and prevent an outbreak in our community, is continue to follow safety procedures and stay informed.

## SHELTER ISLAND STUDENTS SPEAK OUT

BY MYLA DOUGHERTY

and heartwarming." The injustice that Black people have been fighting against for hundreds of years and are fighting against now was devastating to see, but "at every protest Black voices were heard and empowered," and that was heartwarming. The "true passion for equity, unity, and love" at every single protest was evident to Emma, and the "diversity and younger demographic at all of them gives [her] hope that this generation will do better at working towards equity." Emma also noted that even when there were hecklers at some of the protests, they were ignored, and the protesters stayed positive and spread "messages advocating for equity and love."

Senior Emma Martinez, an organizer of the Shelter Island protest, said that the experience at the island demonstration was "incredibly eye-opening." She also went to the Sag Harbor march, and said that "hearing the Black youth speak about their lives and how we can help change the world

gave [her] goosebumps." Juniors Franny Regan and Bella Springer both attended local protests, and said that "it was nice to see so many people gathered together, and to hear outside perspectives, especially since Shelter Island doesn't have a very large black population." Bella also said that it was "very educational, and important for Shelter Island residents to hear the messages the protests were spreading." After attending and organizing protests, local students asked themselves how they could make real change here on Shelter Island. Henry Binder said that after the island protest, "we were quick to acknowledge how culturally offensive our school's icon (the Indians) was." The name was uncomfortable and disrespectful, as pointed out by many community members, but most importantly, offensive to local Native Americans including the Shinnecock people. Henry explained, "for years the Shinnecock people have outwardly expressed their dissatisfaction

with the 'Shelter Island Indians.' We just amplified their call for change." As Emma Martinez said, "We shouldn't be making a group of people who have been oppressed for centuries our mascot." Current and former students as well as community members put together a petition, and advocated for the removal of the Indian as Shelter Island School's mascot, and in August, the Board of Education voted for the removal of the Indian as an icon and mascot from the school. Henry hopes that this decision will "help the local Native American communities feel more welcome and comfortable when coming to our island." Along with the removal of the mascot, many agreed that there should be a more in-depth and inclusive curriculum surrounding local Native American history. Students have also been advocating for other causes through social media and other platforms. Emma Martinez says that this summer she has advocated for the Yemen crisis, the Lebanon

crisis, suicide prevention, the California wildfires, and encouraged people to vote. Henry Binder, along with encouraging voter registration, has been working alongside Emma Gallagher creating advertisements in the Reporter through their organization: Shelter Island Against Racism. The platform is being used to "educate the local and general public about issues and trends of racial inequalities and how we can all do better." Emma Gallagher has also recently helped organize a volunteer rally for the Democratic candidate running for congress in the first congressional district, Nancy Goroff. Our students have been advocating for important causes this summer, and continue to do so now. But, as Emma Gallagher said "we have a lot of work left to do," and it's important for us as a community to continue having conversations and listening to every person and their struggles, because every person deserves respect, fair treatment, and deserves to be listened to.

We would love to hear from you!

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CALEB LAMBERT: AN INTRODUCTION

BY CALEB LAMBERT

Let me introduce myself, my name is Caleb Lambert. I am 17 and I just moved here to Shelter Island from Lindenhurst, NY in Suffolk County. Lindenhurst High School has close to 2,000 students, so the biggest adjustment here has been the much smaller size. The fact that the building is PreK-12 is also very different. It is still hard to believe that there are 20 kids in the whole graduating class.

Shelter island seems much more LGBTQ+ friendly. Seeing the “Safe Space” stickers on teachers’ doors is nice and the gender neutral bathrooms are also very inclusive. The kids here are much nicer too, whereas the kids at Lindenhurst were often rude and openly insult people who might be different from them.

This year, school at Lindhurst would only have been once a week for me, so going everyday is a big difference and something I like better. I also love the school lunches at Shelter Island. They have good food that I like, it is fresher and has so much more variety; it is nice that it is not the same thing every week. The guidance counselor, Mrs. Tuthill was also very welcoming and helpful to me, which was a change from my previous experience. There are cool classes here I had never heard of before like Forensics, Anatomy, Sculpture, and Transportation, and Power Tech. And, I like how Shelter Island School starts a little later than Lindehurst did, here we start at 8:00am and there I started at 7:25am, so I get to sleep in a little bit later which is nice.

On the island itself, I love all the nature reserve space and the beaches are beautiful. It’s very quiet here and I like that because I used to live by a highway, so there were cars going by all the time. I like how safe it is on Shelter Island and how friendly people are when you walk in the streets. The sunsets here are pretty and I like seeing the stars at night because they don’t have street lights so whenever the moon is out and full it can light up the street for you. Overall, I really love it here and I love being outside with nature, so I think this place is perfect for me even though it’s really small.

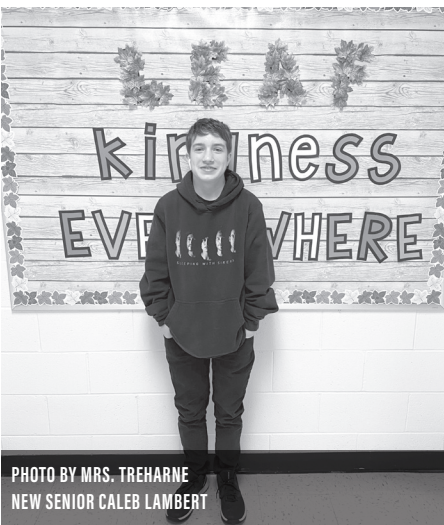


PHOTO BY MRS. TREHARNE  
NEW SENIOR CALEB LAMBERT

MS. KRISTIN ANDREJACK: A NEW START

BY JALILL CARTER



PHOTO BY MRS. TREHARNE  
NEW P.E. TEACHER MRS. ANDREJACK

The Shelter Island School community would like to welcome a new health and physical education teacher, Ms. Andrejack! Ms. Andrejack was most recently a physical education teacher at Mattituck High School. She is now teaching almost all grade levels here at Shelter Island School. This year is particularly challenging for her subject with distancing and mask guidelines, but Ms. Andrejack is up for the challenge.

Ms. Andrejack is from the North Fork of the Long Island, having grown up in South Jamesport. She graduated from Riverhead High School and then got her undergraduate degree at SUNY Cortland and Master’s degree UConn. Ms. Andrejack knew she wanted to be a teacher early on. She says,

“Teachers and coaches that I had growing up were big role models of mine.” This inspired her to take a similar path. Ms. Andrejack’s own mother is a teacher, so she had her as a role model in the profession, as well.

Ms. Andrejack has always been active and loved helping others. She shares, “When I was young, I started lifeguarding at my local beaches and became a swim instructor.” This was the first teaching position she had, even if she did not think of it that way at the time. Ms. Andrejack’s favorite activity is “biking, but I also enjoy hiking and exploring what Long Island has to offer.” In her spare time, she also likes “to read books.” Ms. Andrejack grew up with two brothers; her older brother is currently in the Air Force

and works at the base in Westhampton. Her younger brother followed in her footsteps and became a teacher as well. When he is not teaching, he is a professional lacrosse player!

Starting at a new school is always challenging and Ms. Andrejack says the most difficult part is simply the adjustment. She explains, “I am meeting new people, adjusting to new students, teachers, and the environment overall.” Getting to really know other teachers is especially hard since everyone is so busy each and every day. The Inlet welcomes Ms. Andrejack and wishes her the best of luck in her new position.

FROM HAYGROUND TO SHELTER ISLAND SCHOOL

BY SOPHIE CLARK

This year we have 3 new high school students all entering 9th grade who have joined us from Hayground School: Mackenzie Speece, Leonardo Dougherty, and Phoenix Bliss. The Hayground School is a private school for grades k-8 located in Southampton, New York. Each student attended Hayground for a different period of time, but now they are enrolled at Shelter Island School and we welcome them to the Class of 2024.

Both Leonardo and Mackenzie attended Shelter Island School for a couple of years in early elementary before attending Hayground, while Phoenix attended Hayground for his entire elementary school education. All three students have lived on Shelter Island their entire lives. Mackenzie, Leonardo, and Phoenix all similarly said that their favorite part of Hayground was the freedom they experienced there. Mackenzie explains, “The way you learn information here is a little more straightforward than Hayground, which was a little looser.” Leonardo added, “I liked the independence and getting to create your own projects at Hayground.” Phoenix feels similarly, saying, “At Hayground, we had a lot of freedom and could do a lot by your own choice, but it also put a little bit of pressure on you because of all the self-made decisions. It could be a little overwhelming.”

All three freshmen seem excited about their future years at Shelter Island High School because they all want the “high school” experience and to have new social groups closer to home. Though Leonardo and Phoenix still may mull other options: for Leo, a boarding school his grandfather runs in upstate New York, and for Phoenix, the Ross School, for now, both of them are content to be in school full-time during COVID-19 when so many other schools are not. Phoenix explains, “I wasn’t sure at first if I was going to Ross or not. I wasn’t sure if they were going to be online or in person, so me and my family didn’t want to take a chance, so we came to our local school where we were sure they were doing in person learning.” Mackenzie is pretty definite on staying here at Shelter Island High School until she graduates. “Shelter Island is my first choice because it is close to home and I wouldn’t really want to go anywhere else,” Mackenzie says.

As for what is most different about Shelter Island School when compared to Hayground, each had their own idea. Mackenzie said that “learning to go on the bell and having timed periods” is different because, “at Hayground the periods would vary anywhere from 2 hours to 45 minutes long.” Also, “The first day of finding all the classrooms was a bit of a



FRESHMEN PHOENIX BLISS, LEONARDO DOUGHERTY, AND MACKENZIE SPEECE.

struggle.” Phoenix said the biggest thing that is different is “the way Shelter Island teaches the curriculum.” For Leonardo, “it has been a harder adjustment from Hayground to here because with COVID it has been learning a new school, on top of the new regulations.” Sports are what Leonardo is eagerly anticipating. Sports were a bit more limited at Hayground

and those they had were combined with either Ross, Pierson, or Southampton Schools. Leonardo says he is, “looking forward to playing on the basketball team after coronavirus is situated.” Let’s all wish Mackenzie, Leonardo, and Phoenix a smooth transition and a warm welcome to Shelter Island School!



## IN SCHOOL VS. DISTANCE LEARNING

BY JANE RICHARDS

***Now that we have started a new school year and are back in the building, students are able to compare distance learning and the “new” in-school experience. Both have their respective pros and cons, however, a majority of students prefer the “new” in school learning over distance learning.***

**Nick Mamisashvilli (12th grade):** “Both have their advantages. Distance learning gives the student more free time, but the “new” in-school learning lets you be much more social. I am fine with both.”

**Madigan Teodoru (10th grade):** “The efforts being made for students to have in-person learning is appreciated, it has an energy online school can’t fulfill.”

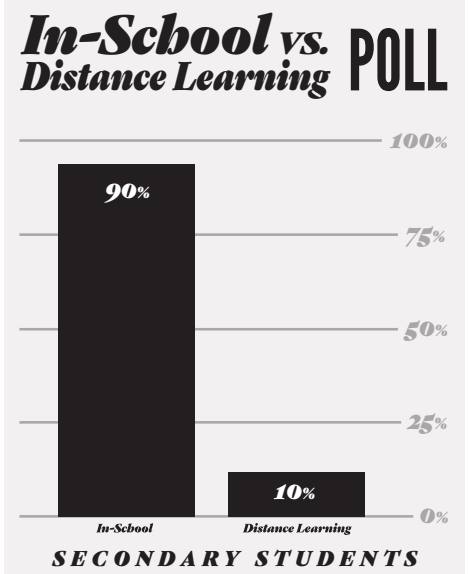
**Zeb Mundy (12th grade):** “I prefer in-school so I can get better one-on-one help, but the way it’s set up now is super draining, so I wouldn’t mind going back to distance learning.”

**Myla Dougherty (11th grade):** “I didn’t mind distance learning, but I prefer being in school, even with all the regulations, because I like being in the classroom with my teachers and my friends. It’s harder to actually learn anything when you’re not in school, and it’s nice to have more of a routine.”

**Ms. Mayo (ENL Teacher):** “I like the new way we are teaching in school better than distance learning. Being around students in person is so much better than teaching through a computer. I missed my kids so much so I’m happy to be back to somewhat of a normal situation.”

**Emma Teodoru (12th grade):** “I prefer in-person learning because with online learning I felt distanced and detached from everyone. Being in school has so many aspects that online learning can’t attain. The memories made, the one on one help and the overall environment of being in school is something you can’t obtain through a screen.”

**Ms. Kreppien (Math Teacher):** “I didn’t mind distance learning that much, but I am happy that we are able to be back in the building. The masks are taking some time to get used to, but any day we can be together as a school community is a good day.”



## CLASSROOM SWITCH UPS

BY EMMA TEODORU

This school year is very different for not only the students, but for the staff as well. In order to assure that students were properly distanced in classrooms according to COVID protocols, teachers have found themselves displaced all around the school building. Many teachers had to move out of rooms that they have taught in for years. I asked some of the teachers who had to make these switches about their experiences.

When asked how they felt when they first heard the news they would be switching rooms, the teachers I asked experienced variations on the same feelings. English teacher Mrs. Treharne admitted, “I felt really overwhelmed and to be honest I cried for a few minutes because I love my old room and it felt like home.” Along those same lines, 1st grade teacher Ms. Regan said, “Our classrooms are our second homes in many ways—they are our teaching environments that we spend countless hours in. Aside from actual “school time” we all spend lots of outside time trying to make it cozy, learning friendly, and ‘just right’ for our youngest

students. I kind of felt like I was leaving a part of myself in another room. I was excited to have a new space to decorate and set up for the class, but I also was apprehensive to leave my old room.” Fifth grade teacher Ms. Yirce tried to look on the bright side, sharing, “At first, I tried to stay positive and reassure myself that it wasn’t going to be too big of a job. I wasn’t always successful. It’s a huge job to move a classroom, a home away from home, and re-establish that same hominess in a new place.” All of the teachers reported needing extensive time to move classrooms and complete new compliant classroom set-ups and without Mike Dunning and his maintenance crew, it would not have been possible, nearly every teacher reported.

So, how are the teachers adjusting to their new “homes away from home”? PreK and Reading teacher Ms. Manarel faced a double challenge. First a room change, then a schedule change. She explains, “The switch has come with its challenges. After moving rooms, I was then told my schedule

would be changing. They had to split the PreK program because too many students were enrolling and the room could not support that many with 6 feet of distance between kids. Now I teach PreK half day and my regular special ed and reading groups the other half. So, my room now had to be set up differently. I needed to dig through my basement and borrow items from coworkers to get the room PreK ready. Although that has been a large challenge, everyone’s support here at school has made it a lot easier. I think I am adapting to the switch well, and with time it’ll keep getting a little easier.” Mrs. Treharne was surprised to find after leaving her beloved classroom that she has “totally adapted and I don’t mind my new room at all. I actually find it pretty cozy.” 4th grade teacher Mrs. Geehrens admits to being “overwhelmed at first,” but now, she adds, “the kids love it, which is great.”

With a new space, comes positives and negatives. For music teacher Mrs. Farkas, who is on the move for each of her classes throughout the day, on the bright side, she

says, “I get to move about the building and I am still teaching in person. I’m also getting about 10k steps a day at work. LOL! But, making sure I have everything before I’m on the move and not being able to use musical instruments” has been tough. Mrs. Geehrens is keenly aware that her new space is someone else’s old one. She shares, “I actually felt really bad for Mr. Brace for having to take his room. I hate imposing on someone else’s space and this has been his space since I was a student here.” Mrs. Treharne says being a neighbor to the PreK is both a highlight and a drawback: “I get to see those adorable preschoolers everyday and they make me smile....until one of them cries and then my heart breaks for them and I just want to bust in there and hug them.”

With new spaces, comes new challenges, but for these teachers, the stress of the beginning of the year has faded and everyday becomes more routine. They are all happy to be back in school, even if it isn’t where they thought they might find themselves.

## IS “TUMBLEWEED TUESDAY” NO LONGER?

BY SOPHIE CLARK

People are staying on the island well past “Tumbleweed Tuesday” (the name typically given to the Tuesday after Labor Day) this year. Since Covid-19 hit, people from New York City, Brooklyn, and beyond have fled to Shelter Island to escape overpopulated areas and areas with high infection rates.

People began arriving on the island at the end of March and though the summer population usually vanishes right after Labor Day, many are still here. Evidence that our island is more popular than ever in the midst of this pandemic is the booming real estate market and the biggest school

enrollment increase our school has ever seen. Shelter Island High School has about 60 new enrollees from pre-k to 12 grade. The island has had to adjust to this new, bigger population in many ways. In our school, classrooms had to be rearranged, grades split into smaller sections, and teachers reassigned.

In our town’s local businesses, stock needed to be adjusted, ferry lines seemed longer, and beaches more crowded. Junior Franny Regan, who works at The Islander explains, “it is definitely more busy than it usually is this time of year at The Islander.

There are customers coming in who I usually wouldn’t see past Labor Day.” At White Oak Farm & Gardens, “business has not slowed as it usually does at the end of the summer, with sales doing very well this fall,” owner Kristian Clark reports. Islander Roger Clark, who has a number of landscaping accounts and works on the North Ferry, has not seen either one slow down, saying, “The clear influx of clients in landscaping and on the ferry has not slowed down, making it very difficult to navigate around the roads with a truck and trailer, especially around the bikers, runners/walkers and all of the

people driving cars who are just unaware of the driving style of Shelter Island. It has been a hard adjustment to all of these people. Second home owners are now full-time residents, so when I do landscaping work they are always home and the ferry is busier than ever before.”

The population increase and summer residents staying on into the fall has given the island businesses a boost, even if it means that us locals need to adjust. With COVID-19 still a threat, it remains to be seen just how long our resident population will remain more inflated than usual.



## NO PAPER, NEW STRUGGLES

BY FRANNY REGAN

When the coronavirus outbreak first hit us, students and staff thought all we might get was an extra two weeks of spring break. Little did we know then, we would be out of school until September. There have been many struggles to adjust to while returning back to school, one of the biggest has been the switch from using paper materials, to mostly online resources. In the past, in class we would get paper handouts and worksheets everyday. We would take notes in notebooks or binders and take and hand in tests on paper. Teachers now have to distribute their assignments and materials through an application called Google Classroom. This specific

change has been especially hard for Spanish teacher Ms. Leever, she says, "It's really hard using no paper, because all my materials are hard copy, which means they all have to be scanned to be transferred to online. At first, I thought scanning would be simple and fast, but it's really not. It takes a lot more time, and needs more preparation. It also leaves more room for error. There's an entirely new level of organization and record keeping and document tracing that I'm not used to. It makes it hard to teach with everyone looking at a screen." Science teacher Mrs. Taylor says that this change is, "Not only challenging for teachers, but also challenging for students."

In most classes, students now have to take notes on their computers, as opposed to taking them in a notebook or binder. Sophomore Andrea Napoles describes her biggest struggle with a sense of humor, saying, "Some people have sausage fingers (ilike me) and it's hard to use the buttons on the computer and draw notes with the mouse. So, I like using paper materials better." However, for some students and teachers this change has been a positive thing. Junior Myla Dougherty says, "I like having less papers in my backpack and having it mostly on my computer." Having everything online can help to keep students and staff more organized and have everything

in one place, it also eliminates the excuse of losing paper copies of things. Sophomore Madison Springer likes this change for other reasons, "I like using online resources because I think using all paper materials is a waste and bad for the environment." Mr. Theinert summarized his thoughts with the wise words of Micheal Scott from the office: "We cant overestimate the value of computer, yes they are great for playing games and forwarding funny emails, but real business is done on paper." For now, that paper business is just going to have to wait.

## SCHOOL CHANGES: THEY'RE NOT ALL BAD

BY MACKENZIE SPEECE

What are the biggest ways school has changed? School has changed quite a bit for students and faculty this year due to COVID-19. We now have to wear masks, use one way staircases, teachers have been moved into all new classrooms, and there is restricted cafeteria use. In addition, there are no sports until at least January. These are some responses I got from students when I asked what the biggest change has been for them.

**DARIA KOLMOGOROVA, GRADE 11:** "Not being able to see my friends after school or hang out with them in the hall or during lunch. Just having that extra time to chill with my friends."

**DANAE CARTER, GRADE 8:** "I feel like the work we get is easier, but I like to use pens and paper. I don't love working on a chromebook all of the time."

**SOPHIE CLARK, GRADE 9:** "Definitely not being able to play any sports until January, if at all."

**EMMA MARTINEZ MAJDISOVA, GRADE 12:** "The biggest change is definitely having to clean our desks."

**LUCA MARTINEZ, GRADE 10:** "The biggest change is wearing masks all day."

**JOHANNA KAASIK, GRADE 8:** "Being in 8th grade and being able to leave for lunch. Last year there was lunch in the cafeteria, and this year I can basically go wherever I want for lunch."

**VALERIA REYES, GRADE 11:** "I feel like there's nothing to do because there are no sports after school, but it does give me more time to focus on my academics."

**KAITLYN GULLUSCIO, GRADE 9:** "Not seeing all the other people switching classes, and just the high schoolers changing classes."

## ISOLATED EXERCISE

BY JALILL CARTER

Due to Covid-19, schools are dealing with a lot of new restrictions. These restrictions have impacted everything from classroom learning, to recess, to band and chorus, and all in different ways. Physical Education feels the most different. Currently in New York state, Physical Education guidelines mandate that students must be 12 feet apart and masked during all physical activities. Students are not allowed to share equipment, so the options for P.E. are very limited. So far in P.E., we have

walked, monitored our heart rates, and practiced yoga. I understand that the guidelines make physical education a very tough class to plan out right now, but thought I would share some ideas I have gathered to maybe make the future of P.E. feel a little bit more like it used to.

If one issue is shared equipment, maybe we can bring in our own. For example, if we brought our own basketballs, maybe we could have shooting contests. Or, would it be

possible to use equipment individually, but then fully sanitize it after use, as we do classroom desks? Senior Emma Martinez suggests, "We should definitely do more outside activities," while Zeb Mundy suggests "snowball fights in the winter time." Senior Victor Costa had a great idea: "We could build an obstacle course for exercise in gym class!" An obstacle course would be great, especially if kids could construct it in some way and then run it individually for time. Junior Olivia

Overstreet would love to see fitness stations students could rotate to individually in order to have variety and a good workout. Public gyms are now opening back with safety precautions and sanitizing guidelines, but for now schools' hands are tied and it feels unfair. We all know this is not our school's fault, nor is it our teachers' faults, however, maybe students can help think outside of the (12 foot) box COVID has put us in and we can get creative in P.E. in the near future.



# MASK FASHION



BY VALERIA REYES

Wearing masks is the new normal and a new way for people to express themselves. Some stick to the basic black cloth or blue surgical masks, while others make themselves stand out with fun and unique fashion choices. Check out some of the fun masks we've seen in the halls.

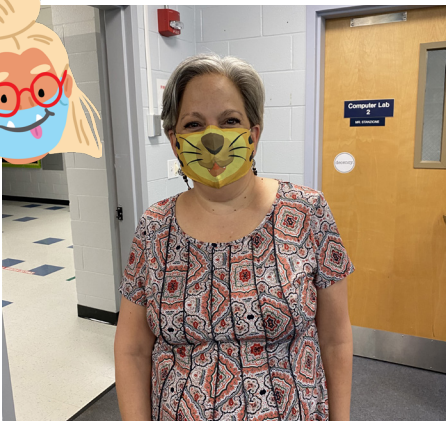


PHOTO BY VALERIA REYES  
DISTRICT CLERK MS. JACKI DUNNING WEARING ONE OF HER MANY ANIMAL MASKS.

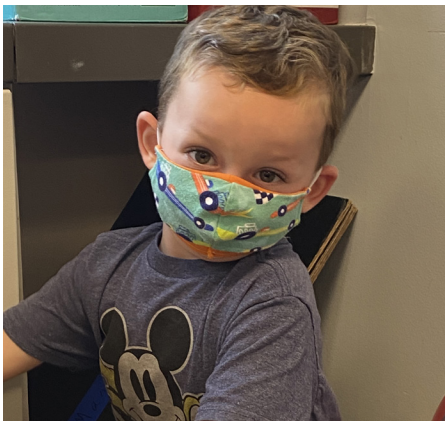


PHOTO BY VALERIA REYES  
3 YEAR OLD JACKSON RIMER IS WEARING A SUPER COOL RACE CAR MASK WITH FLAGS.



PHOTO BY VALERIA REYES  
JUNIOR EVAN SHACK IS WEARING A GODZILLA MASK THAT HE RECEIVED FOR HIS BIRTHDAY.



PHOTO BY VALERIA REYES  
JUNIOR ANGELINA RICE HAS ON A CUTE BRIGHT BLUE SHARK MASK FROM LAND SHARK.



PHOTO BY VALERIA REYES  
8TH GRADERS MASON MANNINO, JANET CARBAJAL, AND JENNIFER FABIAN SANTOS ARE KEEPING IT NICE AND SIMPLE WITH BLACK MASKS.



PHOTO BY VALERIA REYES  
SENIOR JALILL CARTER WEARS AN EAGLE MASK.



PHOTO BY VALERIA REYES  
JUNIORS OLIVIA OVERSTREET AND LILY PAGE HAVE MATCHING BLACK ADIDAS MASKS THAT CAN MATCH WITH ANY OUTFIT THEY CHOOSE TO WEAR.



PHOTO BY VALERIA REYES  
3 YEAR OLD AVA FUNDORA IS ROCKING HER COLORFUL CRAYOLA MASK WITH A COOL BACK STRAP.



## SENIOR'S FIRST DAY

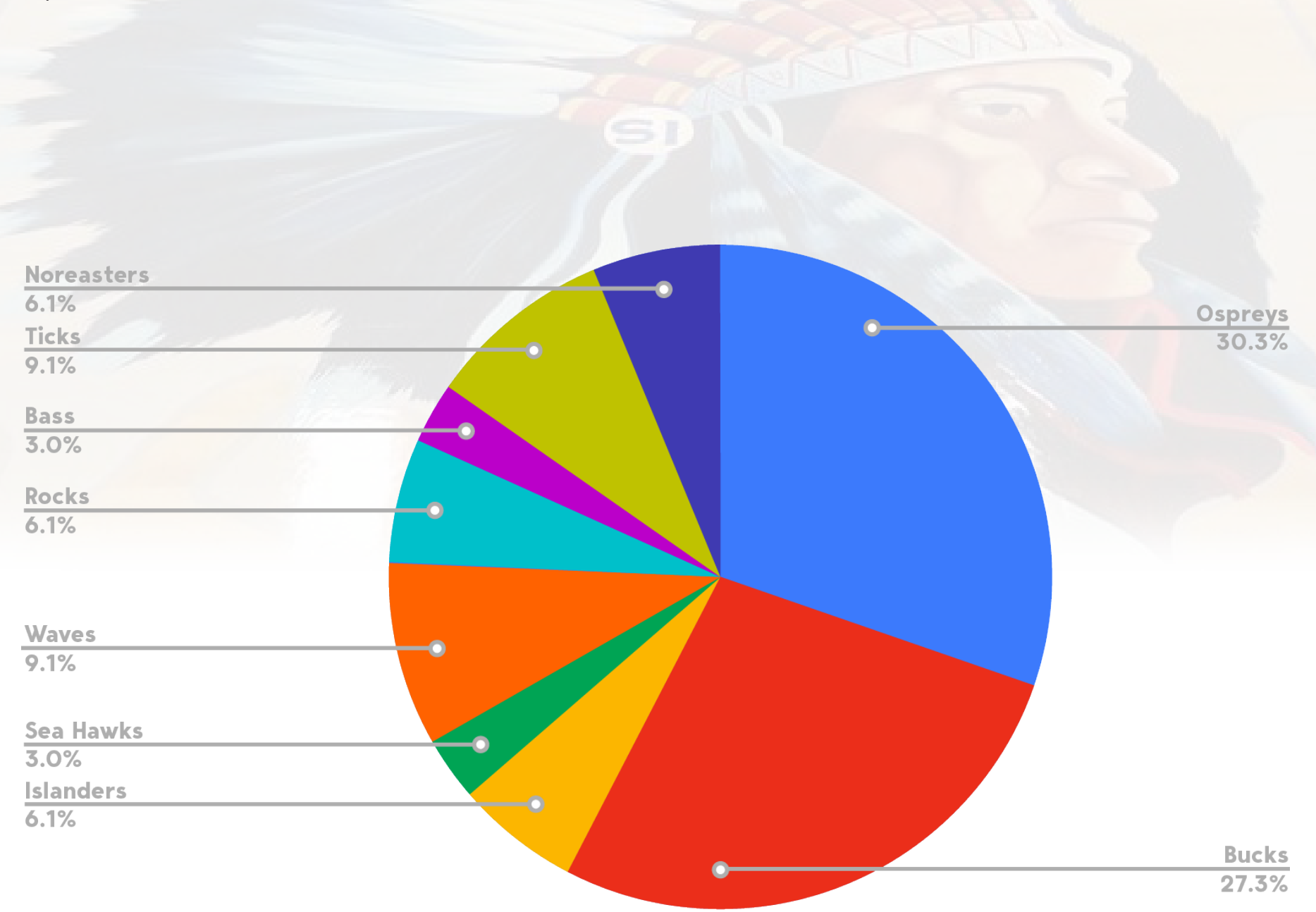
PHOTO BY MS. MICHELLE CORBETT  
ON THE FIRST DAY OF SCHOOL, THE CLASS OF 2021 SHOWS OFF THEIR SENIOR CLASS SHIRTS.



# INDIAN MASCOT RETIRED: WHAT DO STUDENTS WANT NEXT?

BY FRANCIS REGAN

With the Indian mascot officially retired as of September, our school is considering new mascot ideas. Athletic Director Mr. Todd Gulluscio recently sent out a survey gathering input on preferences for a new mascot. Here are some preferences students would like to be considered according to our recent Inlet poll.



## WILL THE INDIANS DISAPPEAR?

BY DARIA KOLOMOGOROVA

Many of you know that our school’s Indian mascot has been retired. Along with that retirement comes the question: what now? The Indian mascot/icon abounds in our school building...it is currently on school banners in our gym, on school uniforms, in a very sizable mural on our gym floor, and the “Shelter Island Indians” figure largely into

cheers and chants by cheerleaders and fans at school athletic events. Mr. Todd Gulluscio, Athletic Director, hopes that we will have a “complete transition a year from now, if not sooner” to our new mascot. Banners will be “refurbished” as soon as the official new icon is established. The discussion about



changing our mascot arose in a board meeting and all sides had the opportunity to share their thoughts, the Shelter Island Board of Education unanimously voted to retire the “Indian” August 17, 2020. This was not altogether surprising to Mr. Gulluscio, who noted that he had been anticipating a potential change to the school mascot, so uniforms ordered last year were void of a mascot or icon of any kind. Uniforms referencing the Indians will be phased out and replaced. Also, according to Mr. Gulluscio, “most banners are being taken down and refurbished once the mascot is decided, hopefully before the new year.” He is aware that many things have to be adjusted and

altered, and all the changes have been kept within the school budget. In the midst of all of these changes, Mr. Gulluscio has a positive and cheerful attitude. He says, “as an Athletic Director, I am excited about everything. I grew up here with the Indian logo, but I’m excited for the new change and there’s not a better place to do it but here. Everyone was extremely supportive, this is not a daunting task to me, and I’m extremely excited to put everything in motion. It’s an opportunity for creativity and problem solving. We will help create something new for the kids.” What our new mascot will be remains to be seen, but one thing is for sure: a change is coming!



## COVID COLLEGE

BY MYLA DOUGHERTY

Learning during these times has become different for everyone, but a whole new set of challenges face college students. Incoming college freshmen had to make some hard decisions about their education this year, and situations are changing every day. I asked last year's editors of The Inlet and first year college students Emma Gallagher and Henry Binder how their college experiences during Coronavirus have been so far.

Henry Binder is attending Marquette University in Milwaukee Wisconsin. Marquette waited nearly until the last minute this summer to decide to open in-person this semester. Henry was given a choice between staying on the island and doing school virtually, or driving the 846 miles to "a city [he's] only visited once" to attend school in person. Ultimately he chose to leave Shelter Island, because he was "eager to get off the island and see what Milwaukee had to offer." Campus life at Marquette has changed dramatically because of the pandemic. Henry says that "most common areas are blocked off, so much so that you can only sit where an 'x' is located." At the moment, most of Henry's classes are in-person, but he does have a completely virtual class, as well as a hybrid class of in-person and virtual learning. Henry says that his favorite classes so far have been his Political Science class and his English class, because "everything we discuss has to do with current social issues and up to date policies" and the two classes are "really engaging." His Philosophy class, on the other hand, is "decent and my professor likes me," Henry reports, "but the lecture hall is really dim, and I'm not a fan of Plato, so there's somewhat of a disconnect." Because of the current situation, Henry is finding that college life at the moment is "somewhat depressing." With the discontinuation and changes in most social events, clubs, teams, and other groups, "it completely changes the college dynamic that most people are looking for." Milwaukee is currently the coronavirus epicenter of the United States. "Yes," Henry says, "you heard that right." According to Henry, Marquette has been "handling the virus protocol

not terribly," so their total cases are not as high as the larger nearby universities. In a move to contain the virus, Marquette has quarantined entire residence halls. All of this brings "a ton of uncertainty" for Henry, who has a lot at stake in Milwaukee, while Marquette may not even open for a second term.

Emma Gallagher, valedictorian of the class of 2020, is currently at home, and attending George Washington University completely online. George Washington University may be in Washington D.C., but Emma is currently here on the island since G.W. decided not to invite its freshman class back to campus this fall. Each of Emma's professors uses a combination of different distance learning platforms, including Zoom, WebEx, and Blackboard Collaborate Ultra, to teach. At George Washington, the online classes are either "synchronous" (the class meets in a live video class once a week, and students receive and submit assignments) or "asynchronous" (no live classes, students just receive and submit assignments). Emma is "very thankful" that all of her current classes are synchronous, because "talking to professors and other students makes it feel more like I am in college." If her classes did not have any live meetings, Emma thinks she would "have a much more difficult time feeling motivated to do work, and would feel more isolated." Emma is taking 5 classes this semester: Intro. to Public Health, Intro. to Sociology, Intro. to Comparative Politics, Honors Sex and Reproduction, and Honors Well Being. She has 2-3 virtual meetings of classes a day, Monday through Friday. She is "really enjoying" all of her classes, but her 2 honors courses are her favorite because of the small class sizes, which allow the students to "have some great discussions and get to know each other more than is possible in the other classes." Emma also adds that her professors are all "knowledgeable and kind," and she wishes she could meet them in person. One thing she really enjoys about college is having course syllabuses that indicate the assignments for the whole semester. Emma says that "this makes it a lot easier to plan my time and have

control over my coursework." All of Emma's assignments are posted and submitted through Blackboard, a program where professors post announcements, materials, and the like. Though her class schedule varies, Emma likes to wake up early to get ready for her first class, after which she goes for a run or does some schoolwork, and then usually has a class or 2 in the afternoon. On Mondays, Tuesdays, and Wednesdays, Emma does reading for her classes, and on Thursdays and Fridays she usually works on assignments. Thankfully, staying up late to work on assignments is rare and Emma can get to bed early. She says that "college is a lot of work, but I am learning so much and it is completely manageable." Emma enjoys having more free time, and she spends it "hanging out with a few friends, reading, doing art, watching shows and movies, and recently, trying to learn French." Though Emma is enjoying her classes and is excited about what she is learning, "the lack of everything else that is supposed to be part of the college experience is definitely disappointing." She tries not to dwell on it though, because she knows she will be able to experience these things eventually, and when George Washington opens again, she will "appreciate everything and everyone that much more." And though it can be disappointing, she knows that her school made this decision to protect the faculty and students. Emma is grateful that she has "a great family and home to spend the semester in," because "so many people have lost much more than I have due to the pandemic, and I am not the only college student going through this." George Washington

recently announced that they will continue with online learning for the second semester. This is difficult for Emma to think about, because "college is only four years long, and now I will have spent an entire year not actually there." Though she opted to stay home this semester, Emma wants to make a change for the spring. She has a few options, but most likely she will rent an apartment in D.C. with a few classmates that she's been in touch with. Emma thinks this is the best option for her, because she "can still do school work, explore the city, and will feel happy making a change."

The future is uncertain, but if this year's seniors face similar challenges when attending colleges next year, Emma and Henry have a few words of advice. Henry encourages current seniors to "go to college regardless. This is the new normal, and we won't see college life back to how it was for at least a couple more years; go with your gut." Emma advises students to "think about what is important to you. If the school of your dreams keeps going with online classes, are you okay with that? Or would you prefer to settle for one of your other choices that is holding in person class? There really is no right answer and it is entirely up to each of you [...] but we each have to make decisions that are best for us." Most importantly, "try not to spend all your time worrying [and] enjoy senior year, however strange it may be." And some good advice for all of us, "keep an open mind and be ready for the unexpected."



PHOTO COURTESY OF EMMA GALLAGHER  
EMMA GALLAGHER WEARS A SWEATSHIRT SHOWING HER GW PRIDE WHILE ATTENDING SCHOOL FROM HOME.

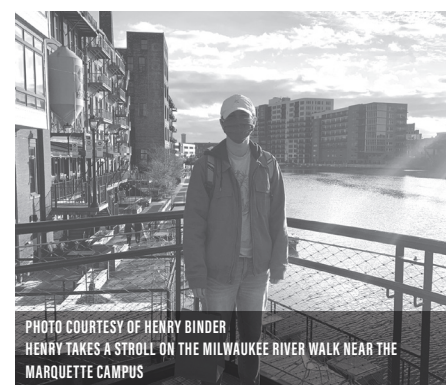


PHOTO COURTESY OF HENRY BINDER  
HENRY TAKES A STROLL ON THE MILWAUKEE RIVER WALK NEAR THE MARQUETTE CAMPUS

## WILL SCHOOL ATHLETICS RETURN?

BY MACKENZIE SPEECE

This year, due to COVID-19 there have been many new adjustments to ensure the safety of students in schools. One of these adjustments is Governor Cuomo has put a temporary restriction on sports, clubs, field trips, and other after school activities. When and how might we begin to start up athletics again at Shelter Island School? We asked Mr. Todd Gulluscio, Athletics Director, about athletics in the time of COVID and he shared his thoughts.

As of presstime, Mr. Gulluscio explained that sports have been shifted to a January 4th, 2021 start date. Then, "seasons will be split up into eight weeks each for equal seasons. The culminating event is still yet to be determined as to what any kind of playoff structure would look like, however, the goal in mind is to have eight seasons with no overlap." January would

start the "winter season" for athletics, then in March the "fall season" would begin, ending the year with the "spring season." Of course, Mr. Gulluscio cautions, "That's as of right now. All these things are subject to change, everything is subject to change because of the fluid situation we're in, that's what people need to understand. Plans are being made with those dates and seasons in mind."

If we can move forward with this plan, Mr. Gulluscio points out that there will need to be adjustments made. "It will be different in the fact that there will be different seasons, people playing things at different times and people are going to be playing volleyball and cross country in March and the weather will be different. Conversely, baseball and softball and spring track, which usually start off with some bad

weather may move to some nicer weather as we get towards the end of spring." Imagine softball without winter hats in the preseason?

As for what playing and spectating sports during a pandemic looks like, Mr. Gulluscio says much of that remains to be seen. "There will be safety protocols in place," he says, "we all want to see kids play, but we want to see it done in a way that makes sense and in a way that enhances their education and doesn't take away from it." It is still unclear how many spectators might be able to come see a game and how things like playoffs and travel would work. When asked if he thought COVID-19 concerns might keep some students from participating in athletics, he said, "Well that's hard to say because a person's willingness to play is a family decision and the family would have to be

comfortable with the student athlete being on a team. My hope is that everyone that wants to play will play. That is my hope, but I certainly understand those who are uncomfortable with traveling and going to another school and playing another team. It's all going to depend on what's going on in January. My hope is that we have healthy numbers on our rosters. Most of the students that I've talked to want to get going, but those are all family decisions and I can't speak on behalf of families."

Like so much during this strange COVID time, a lot remains up in the air about school athletics. We remain hopeful that January will bring more freedoms to all us and sports can begin again.



## NURSE MARY'S TAKE ON COVID

BY EMMA TEODORU

COVID-19 has taken a huge toll on those in the medical community. Their jobs have become increasingly stressful due to all of the challenges and uncertainties. Our own Shelter Island School nurse, "Nurse Mary" Kanarvogel, has been with us for well over a decade, and this year has brought more obstacles and changes than ever before.

When asked how she felt about returning to school full-time this fall, Nurse Mary promptly responded with, "I was ecstatic, because I delivered meals the entire time the students were home, and it was so hard for me to see everyone stuck in their houses." She further explained how it was nice to be back, how she missed being here. As we started talking a little bit more about the coronavirus, I asked if she was scared of contracting it. "Yes and no," she replied. "No, I'm not really afraid of it, but also I am, because I have some of the factors that make me more susceptible to contracting COVID. But I feel very comfortable that if I take all the precautions, I should be ok." Nurse Mary then discussed what kind of precautions she takes to ensure her safety: "I always wear a mask, I wash my hands like crazy, and I change my clothes. When I get

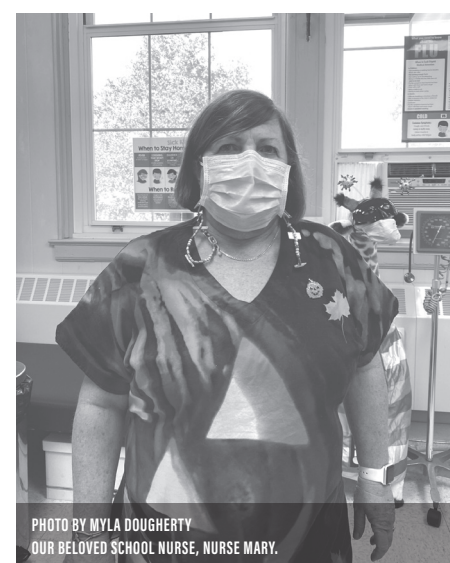
home I take off my shoes before entering the house and shower immediately."

Will we make it through the school year in person? Nurse Mary cannot be sure, but can see us going out once or twice for a couple weeks at a time, but (hopefully) nothing permanent. "It really depends on how well people are handling the virus, and whether or not it will start to slow down," she explains. She praised students on how well they are doing in response to the requirements, saying, "I think you guys have done a better job than I thought you could do. I see little kids wearing masks all day, which I never thought would happen." However, she does anticipate some possible problems later on. "I can foresee what they call 'safety fatigue' occurring here at some point. Basically what that means is that people get tired of being safe." Nurse Mary hopes this doesn't happen so we can stay in school for as long as possible and not have to worry about any possible COVID cases.

The threat of COVID has made even simple complaints from students more serious. If kids have possible COVID symptoms, they must be isolated and they must be sent home. "My job has changed immensely,"

Nurse Mary explains, "in most cases I'm called down to classrooms to evaluate the students there, instead of them coming to me. I have to maintain an isolation room in case of a possible COVID case. I have special equipment such as a suit and face shield if I need to take care of a possible COVID student. If I send a student home sick, they can't come back until they have a negative COVID test."

Although Nurse Mary definitely has a lot more to deal with than ever before, she's adjusting to everything as time goes on. When I asked her what the most difficult part of the school year is, she wholeheartedly said, "Not interacting with students and staff. Kids would stop by my office to hang out all the time, but now they can't do that. There are also so many new kids that I haven't had the chance to meet yet." Nurse Mary's was the place to be for many students. Whether it was for stomach ache, a break from class, or just a person to talk to, she was the one everyone went to. Sadly, students are unable to stop by for visits anymore, and it's something she misses dearly. It's not the only thing she misses either. "I really miss sports, especially going to all the games



and watching everyone play. I loved listening to play practices in the auditorium, too. It's just so quiet now, it's sad," she shared.

Although this year comes with many new challenges for Nurse Mary, we all know they are nothing she can't handle. Nurse Mary is doing a fantastic job handling everything and will continue to do so. It may not be the same, but she's happy to be back and we are happy she is here with us to weather this storm.

## MR. MIKE DUNNING AND CREW: REAL LIFE SUPERHEROES

BY JANE RICHARDS



2020 has been a year of adapting to drastic change, and there is no better example of this than the work that head of school maintenance, Mr. Mike Dunning, and his crew have done for our school. The virus brought with it not only many challenges for teachers and students, but for the school building itself. New regulations and restrictions forced Mr. Dunning and his crew to strategically rearrange the entire school. Mr. Dunning shares that the "planning process was very difficult because the

regulations and expectations were either slow to come in, or inconsistent." He says that they would often receive information from one government agency and then get conflicting information from another. This required the crew to start to work early, but to also have to constantly change course and correct along the way.

According to Mr. Dunning, his crew started tackling changes to the school almost immediately when distance learning began in March. He says that "back then, we were working towards the goal of getting the students back in the building as soon as possible and we were hoping for May." The first step was to install hand wash sinks outside of the cafeteria so kids could wash their hands before and after they eat lunch. Also, he was tasked with ordering PPE, hand sanitizer, and securing toilet paper, which was at that time a high priority because it was so difficult to get.

The most difficult part of their jobs would come when it came to physical building

layout. Mr. Dunning says, "the relocation of classes [was very hard] because in order to meet the social distancing requirements," much had to be rearranged. This included moving classrooms from the third floor to the ground floor and much more. The crew had to determine each class enrollment size, then make sure the class could fit in the physical space of their dedicated classroom, while abiding by desk distancing guidelines. This puzzle had many moving parts and whenever one class was displaced, it led to a seemingly endless chain of rearrangements and complications. Just to make all of this even more difficult, school enrollment was increasing daily. This was very time-consuming and Mr. Dunning and his crew "were still relocating rooms up until just a few days before school started."

One of the less noticeable changes Mr. Dunning was tasked with was making sure that every classroom now has an air filtration system. Mr. Dunning explains, "We had to ensure that the air in the building

was being filtered with very efficient filters called Merv 13 filters. 'MERV' is a rating of how small of a particle can be filtered. The higher the number, the more efficient it is." They accomplished this by furnishing each room with its own air filtration unit, and replacing the filters in the auditorium, gym, and FIT center with the MERV 13 filters. The crew predicted that these filters may be a requirement in future years, so they implemented the system now so that Shelter Island will be prepared.

We at Shelter Island School could not agree more with Mr. Mike Dunning when he says, "We are fortunate to have crew members like Greg, Brian, Jose, Nery, and Miguel who are very dedicated to this school and were willing to do whatever it took to get the building set up for school to begin." We are also fortunate to have you, Mr. Dunning, for taking on a Herculean task and helping us all get back to school.

## COVID BRINGS NEW FAMILIES TO S.I. SCHOOL

BY EMMA MARTINEZ MAJDISOVA

It is no surprise to us that everyone has faced many obstacles during COVID-19. From students to parents, each of us have encountered challenges that we would have to eventually overcome. For the new full-time

families on Shelter Island, it has certainly been a journey to transfer to the school. However, Tiffany Rolfe thinks that the Shelter Island School staff members have done an amazing job of getting both her children,

Myla and Hammy, situated. "They have made all of us new families very welcome. It also felt very organized," Mrs. Rolfe says. The Rolfe family has been coming here to Shelter Island for 8 years, and have only

really known the other summer residents, but now that they have been on the island since March 15th, they feel as though they

CONTINUED ON PAGE 10



## EMOTIONAL AND MENTAL HEALTH STRUGGLES DURING COVID-19

BY EMMA MARTINEZ MAJDIŠOVÁ

Mental health is a topic that is overlooked and undervalued by many. However, this is a very real thing that many people struggle with. Mental health includes our emotional, psychological, and social well-being. It impacts how we feel, how we think, and how we act. It also helps determine how we handle stress, relate to others, and make choices. COVID-19 put a big stop to many of the factors that benefit our mental health. Interaction with friends, seeing family members, going places, and eating at restaurants, even small things like leaving our houses. For many people who already struggle with mental health, this was one of the biggest hardships they have had to face. Yet, struggling with depression, anxiety, or other mental health conditions should not be something to fear. These struggles should be something we normalize. With the right support and help, those suffering can learn strategies to improve their mental health.

Too many students have had to face their feelings alone. Being scared to tell your parents, friends, or teachers that you are struggling is not uncommon. What I'd like students to know is that it is okay to ask for help. It is alright to reach out to someone who you trust and tell them what you are feeling. It is equally as important to take preventative measures. School psychologist Ms. Spears says that some of the factors that can lead to mental health issues are "lack of self-care, not following a personal schedule throughout the day, or lack of good support systems in your life, such as struggling to open up to your parents or friends." Another major factor that can affect our mental state is lack of

sleep. School social worker, Ms. Albano says, "There's basic needs that a human being has, and sleep is definitely one of them. Everyone knows that if you don't get a full night's sleep, you just don't feel like yourself." Our bodies need sleep to function and to recharge. Without the sleep our bodies require, we feel groggy and irritable, and this can lead to a compromised mental state. In addition to sleep, something that can greatly benefit our mental health is exercise. "If you can exercise for more than 20 minutes, endorphins are set off. Endorphins are basically like a natural happy pill," says Ms. Albano. Since endorphins are a natural part of our body, exercise is recommended to help you stay active and healthy, while also helping you maintain a stable mental state.

With COVID-19, we've crossed paths with many uncertainties that has led to an uptick in anxiety for many people. Ms. Spears believes that the reason many people have been so greatly impacted is because COVID was unexpected and no one was prepared to face such a hardship. "We had to abruptly stop seeing our friends and family which can cause sadness or depression to grow within some people because you want to be with your loved ones who are usually there for you, and now you can't even hug each other anymore," says Ms. Spears. In addition, every student felt deprived of not only interaction with their friends, but interaction with their teachers. Virtual learning was certainly not for everyone. Ms. Albano noted that learning through a computer screen has indeed given some students anxiety. "You're not face-to-face

with a teacher, you're not face-to-face with the kids in your classes, and so you have to learn how to check in with your teachers and get help in other ways," Ms. Albano says, and "some kids aren't very savvy with that." Now that we are finally back in school, both Ms. Spears and Ms. Albano are available to talk to. You should seek them out if you are struggling or not feeling like yourself. No one is alone through these times, we are all in this together.

From our students' perspectives, this year has so far been the hardest for them. Being away from their regular social life made it hard for them to focus on their studies and on themselves. Working on a computer for 7 hours straight and constantly working on assignments was a strain on the eyes, the fingers, and the brain. Bella Springer, a junior, says "Distance learning was really depressing because I missed the social interactions of physically being at school." Daria Kolmogorova, also a junior, says that distance learning was "difficult at times, since I lacked the motivation to do any of the school work online." Being at home meant being trapped in a room by yourself, with no friends or teachers to help you in person. Many students agree that being in school helps prevent distractions and encourages social interactions, but miss the part of virtual school when they didn't have to get up early. Concerning the challenges brought by not being able to see loved ones, Brandon Velasquez, a senior, says "It was difficult to suddenly lose all association with everyone, and I think that goes for everybody. I am a fairly social person, and not being able to have face-to-face conversations was strange

to me. I was sick of only being able to talk to the people closest to me through a phone screen." Daniel Schulteis, a senior, says "At first, I was like okay, it's just the flu. Until the second day of being in quarantine, going to the IGA was honestly terrifying because I could see everyone frantically trying to get everything. Their faces were all in complete panic." To become at peace with the situation, each student had their own coping mechanisms. For Bella, it was meeting new friends through video games. Daria focused on self-care, and helped herself overcome any intrusive thoughts. Brandon went to his girlfriend for support, and also picked up a new hobby: playing the guitar. For Daniel, it was going to his best friend who helped him through many low points throughout quarantine. As Ms. Spears said, it is so important that you find a reliable source of support to open up to when you're feeling sad.

Mental health plays a big part in our everyday lives, and it is vital to take care of ourselves to maintain a healthy mental state. To my fellow students, it's okay to take some time to yourself. Whenever you have an intrusive thought, remember that it is intrusive. Remind yourself that what you are thinking is not you, it is caused by any existing stress in your life. You are not alone in this, and you never will be. Go on a walk to produce those endorphins, schedule your first visit with Ms. Albano or Ms. Spears, call a friend and have a long conversation, concentrate on your studies, and most importantly, focus on yourself. You matter.

## COVID BRINGS NEW FAMILIES TO S.I. SCHOOL

CONTINUED | BY EMMA MARTINEZ MAJDIŠOVÁ

have grown closer to local business owners and have socialized with more local families. Myla (7) and Hammy (4), have adjusted very quickly to their new school environment. Within the first few days of school, they'd both found new friends and had fun. Mrs. Rolfe says, "My daughter came home to say she'd met new friends on the 2nd day of school. All the girls in her class were already local residents, and I'm getting to know their classmates' parents." The actual choice to change was tough, but the family decided on going to Shelter Island because "It was where we had a home, and also we wanted to be in school full time if possible." While Myla and Hammy go on adventures with their new friends all around Shelter Island Elementary School, Tiffany Rolfe works from home as the Global Chief Creative Officer of

a marketing agency called R/GA. The Rolfe family misses their home, but are happy to be able to call Shelter Island their current home.

In a similar situation is the Richstone family. Lee and Gina Richstone have been coming to Shelter Island "75% of all weekends" since March 2012. When COVID-19 struck, Mrs. Richstone and her children came to Shelter Island full-time, while Dr. Richstone stayed in Manhattan during the week, working as a urologic surgeon. Regarding the school situation in Manhattan, Dr. Richstone said: "It is such a behemoth of a system, with so many children, and so much chaos right now. The opportunity to have the kids in school [on Shelter Island], interacting with other kids, five days a week was something we

could not pass up." The Richstone children, Alessandra (9) and Matteo (6), had no trouble at all finding new friends and fitting in with the other children. Alessandra has already informed her parents that she'd like to stay forever, while Matteo says that school here is "awesome." Both children were extremely excited to start their new school here, and had zero adjustment issues. "Our whole family is so impressed with the school, at all levels. We are so incredibly thankful and so blessed to have this opportunity during these unprecedented times," Dr. Richstone says. The Richstone family has always known several folks on the island, but since the pandemic, the family says they can "definitely feel a broadening of our connections with other residents." Regarding these new connections, Dr.

Richstone says "We are hopeful, for both us and the kids, that friendships will be made that last a lifetime."

Being a tightly knit community has its perks. Knowing everyone, loving everyone, and accepting everyone as part of one big family has certainly benefited every community member, in one way or another. We are so glad to be able to share that experience with the new families who have had to make tough decisions in the past several months. Knowing our school, the new kids are in good hands. Surrounded by the most caring teachers and sweetest kids, the new children will certainly do well this year. We wish the very best to our new families.

## WHAT SHELTER ISLAND WAS WATCHING ON NETFLIX DURING QUARANTINE

BY AROLD PANTALEON CASTRO

So many of us passed the time during quarantine watching Netflix at some point. Here are some of the best shows people in Shelter Island School report watching. Check them out if you missed any:

**JALILL CARTER (GRADE 12):** "I've been watching 'Prank Encounters' and 'Tiger King'."

**MRS. TREHARNE (ENGLISH TEACHER):** "The first show that I watched during quarantine was 'The Tiger King.' It was truly bizarre and pretty dark, but I could not stop watching it."

**EMMA MARTINEZ (GRADE 12):** "'Avatar Last Airbender' was my favorite because I really like anime and in this specific show the animation was immaculate."

**ZEB MUNDY (GRADE 12):** "I watched 'New Girl.' I thought it was hilarious and it made me forget the fact that I was sitting inside."

**VICTOR COSTA (GRADE 12):** "'7 Deadly Sins' was a great show."

**MS. MAYO (ENL TEACHER):** "My new show is 'Black AF' and I also watched 'Dead to Me,' 'New Girl,' and I rewatched 'The Office' probably 20 times."

**MRS. LANG (GUIDANCE):** "'Ray Donovan' was a good one and 'Flea Bag' was hilariously inappropriate."

**CALEB LAMBERT (GRADE 12):** "I like 'American Horror Story' because it has so many plot twists."

## PASSING THE TIME DURING QUARANTINE

BY AROLD PANTALEON CASTRO

Quarantining during the height of COVID in the spring was interesting, since many of us have never had so much free time or time in our homes. Here are some of the ways Shelter Island School students and staff passed the time during quarantine.

**MS. KREPPEIN (MATH TEACHER):** "I passed my time watching a lot of movies and doing puzzles."

**MR. CONRARDY (TECHNOLOGY TEACHER):** "I watch a lot of Netflix and I work on my motorcycle"

**MRS. TUTHILL (GUIDANCE):** "I cleaned my house and I got rid of junk."

**MR. BRENNAN (SOCIAL STUDIES TEACHER):** "I took a lot of walks with my kids and my dog, which I usually don't have the time for. I also got my deck painted."

**BRANDON VELASQUEZ (GRADE 12):** "I played a lot of video games on my x box and worked out."

**JUNIOR GIL (GRADE 12):** "I painted just for fun."

**LUCA MARTINEZ (GRADE 10):** "I watched a lot of Netflix and I went to the beach."

**GRACE OLINKIEWICZ (GRADE 12):** "I created a binder full of Marine Bio. info and photos."



## FALL TRENDS

By Victor Costa

Hoodie season is upon us, so get with it, get right, and whip that dusty flannel out the closet! Fall has arrived. With fall comes seasonal trends people wait for all year!

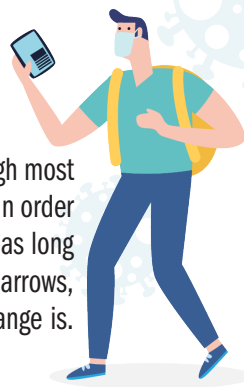
HERE IS A RUNDOWN OF FALL'S TOP TRENDS YOU MIGHT WANT TO TRY:

- GO APPLE AND PUMPKIN PICKING
- MOUNTAIN BIKE TO CHECK OUT THE FALL FOLIAGE
- WEAR SOME "MARIGOLD"-- A GOLDEN FALL COLOR TRENDING IN FASHION
- WRAP UP IN A COZY HOODIE OR SWEATER
- CHECK OUT THE SPOOKTOBER (SCARY HALLOWEEN-BASED) MEME CONTENT
- SPORT SOME ARGYLE PRINTS
- CARVE A JACK-O'-LANTERN
- BAKE PIES
- ROAST PUMPKIN SEEDS
- JUMP INTO A PILE OF LEAVES
- MAKE HOMEMADE CANDY APPLES
- HOST A CHILI COOK-OFF
- DECORATE YOUR PORCH FOR HALLOWEEN
- GO FOR A HAYRIDE
- GET LOST IN A CORN MAZE
- FRESHEN UP YOUR SWEATER COLLECTION



# COVID-19 BACK TO SCHOOL EDITION

Due to the global pandemic, life as we know it has changed almost entirely. Though most everyone is excited about being back in school, there were some big changes made in order to maintain the safety of our students and to make sure we stay in the building for as long as possible. These new rules go from wearing masks to following special directional arrows, so I went around the halls asking some students what they think the strangest change is. Here is what they had to say:



"Gym class is strange now because we have to be outside, 12 feet apart...and do yoga."

**BRADLEY BATTEN, GRADE 12**

"I'm unable to give handshakes, harass students, and play catch in the hallway."

**MR. MIEDEMA, SOCIAL STUDIES DEPT.**



"I got way too used to sleeping in, so waking up is strange"

**WYATT CONGDON, GRADE 12**



"The one direction stairways."

**THEO OLINKIEWICZ, GRADE 12**



"Having to wear the mask all day is hard"

**LYDIA SHEPHERD, GRADE 12**



"The strangest part about being back is that everything is so dull now because we can't do so much."

**JALILL CARTER, GRADE 12**



"Seeing teachers for the first time in 6 months when I was used to seeing them everyday."

**FRANNY REGAN, GRADE 11**



"The arrows are annoying because they turn me around real quick."

**EMMA MARTINEZ, GRADE 12**