



Ashley
Benoist '23



Cate
Cody '22



Alex
Dawson '21



Shivani
Devrapally '24



Allison
Pfefferkorn '23



The Voice

Highlights:

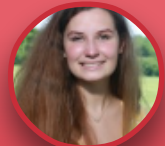
- ❑ Newspaper Logo Competition
- ❑ Mental Health and Wellness
- ❑ Pop Culture Updates
- ❑ Recap of the Events on January 6th
- ❑ MICDS Drama Program Productions
- ❑ Recipes and Drawing Ideas



Fiona
Richards '21



Bonnie
Sneider '21



Hollis
Summers '21



Aanya
Tiwari '23

Editors' Note



Editor-in-Chief
Bonnie
Sneider '21



Assistant Editor
Fiona
Richards '21

Hello Voice Readers!

We will be holding a design competition for *The Voice's* new logo. If you would like the opportunity to have your artwork featured on the front page of every new issue of MICDS' very own student-run newspaper, all you have to do is create a logo that contains the words "*The Voice*" in some form and upload it to **this form** by April 19th at midnight. The submissions will then be sent out anonymously to the MICDS upper school community for a vote.

<https://forms.gle/6jVRR9acf8hhiGRE7>

THE VOICE:
MICDS STUDENT-RUN
NEWSPAPER

*Logo Design
Competition!*

DESIGN OUR FIRST DIGITAL LOGO!
SUBMISSIONS DUE 4/19 AT MIDNIGHT

The Latest Celebrity News



Hollis
Summers '21

What's going on with the drama between Olivia Rodrigo and Sabrina Carpenter?

If you haven't heard about this drama, you are living under a BOULDER. There is a big pile of beef between Olivia Rodrigo, 18, and Sabrina Carpenter, 21. It all started because of actor Joshua Bassett...

Now here's the background: This drama started when Olivia Rodrigo released her song, "Driver's License", which expressed her feelings about her ex and co-star, Joshua Bassett, while indirectly mentioning his new girlfriend, Sabrina Carpenter. Olivia sang "and you're

probably with that blonde girl" and "she's so much older than me," which was obviously referencing Sabrina. Now, Olivia never stated anything rude about Sabrina in the song; in actuality, Olivia basically complimented her. However, after the song was released, Joshua Bassett and Sabrina Carpenter got a lot of hate, and in my opinion Sabrina Carpenter did not deserve it at first. Now the reason I stated "at first" is because Sabrina Carpenter released her own song as a response called "Skin" which was aggressive. The main verse of the song is "you can try to get under my, under my skin while he's on mine." Like that's not necessary. Also, Joshua released a song too, but whatever about him. Since then, the drama has cooled off a bit. Also, fun fact, there was recently an *SNL* skit about Olivia's song.

More on drama in pop culture...

The latest details on the Kim Kardashian and Kanye West's divorce:



Image Courtesy of *Us Weekly*

So you probably heard the news that Kim Kardashian and Kanye West are getting a divorce, which everyone saw coming. Kim filed for a divorce from Kanye on February 19. The couple was separated for months before Kim filed for divorce.

E News stated that Kim concluded that Kanye was not willing to negotiate during their marriage, and the two just grew away from each other. No one cheated! The allegations that Kanye cheated on Kim with Jeffree Star are simply untrue. According to *E News*, Kim and Kanye are sticking to their prenup. Currently, Kim is with the kids and Kanye is working on his mental health, but they both have custody of their kids.

More news on celebrities...

List of new pregnant celebrities in 2021 that you might not have known about:

1. Bindi Irwin
2. Ashley Tisdale
3. Emily Ratajkowski
4. Halsey
5. Meghan Markle
6. Rachel McAdams
7. Karlie Kloss

Like hearing
about pop
culture? Stay
tuned for
more in
future issues
of *The Voice*!

Mental Health During the Era of COVID-19



By Aanya
Tiwari '23

The ongoing pandemic is a trying time for us all, challenging our ability to adapt and persevere. Many individuals are battling depression because of factors such as the monotony of a restricted lifestyle or the impact of isolation for prolonged periods of time.

Simply put, the pandemic has taken a toll on public mental health. Based on a study by Mission Harbor Behavioral Health, around 50% of teenagers in the US have been reportedly diagnosed with either anxiety or depressive disorder in the year 2020.

I wanted to find out more about how the pandemic is affecting the

mental health and well-being of MICDS students, so I reached out to my fellow 10th grade friends to check in and asked them to express their thoughts (on a voluntary basis) on their mental well-being over the past few months. Here are some of their responses:

What has your schedule been like during these times? Do you stick to a routine, or like to improvise with time?

“I like to create as much of a structured schedule as possible. I keep a planner where I write down any meetings with teachers, assignments, or upcoming assessments. But sometimes, writing it all down doesn't necessarily mean I am able to accomplish everything on my list for the day. So, what I have recently

But sometimes, writing it all down doesn't necessarily mean I am able to accomplish everything on my list for the day. So, what I have recently started doing and what I recommend others do, is mark down three or four things you need to get done that day and check them off as you complete them. Not only are you then keeping yourself from being stressed out, but you feel accomplished and proud when you finish everything. And to get everything done on your list, don't stay staring at the computer for hours on end, complete one task and give yourself a break, then do the next thing you need to do. Make sure you get up and move throughout the day to keep your blood flowing, and you will feel and do so much better!”

- Happy Phatak

“I think at first during quarantine, trying to put together some type of schedule was important. I think that as the year has progressed, and the looming virus has become a part of our daily lives, my routine in particular seems to fluctuate every day. I think that's just the reality of a pandemic.”

- **Anonymous**

“My schedule has been much calmer than usual; however, it has seemed much more hectic. Even though lots of my activities haven't been as demanding or haven't been occurring at all, the isolation from friends can make a small task seem much more daunting.” - **Skye Patton**

Have you developed any new hobbies or interests that help you destress?

“I love making music. Usually, I would play Minecraft, but I have found that making music is also relaxing.” - **Ava Janes**

“I haven't found a new hobby, but I've been researching and using hand pressure points to help with headaches, back pain, and sinus pain related to staring at my computer so frequently, and I have to say, it miraculously works. I have no idea how or why it works, but it does.” - **Penny Chen**

“Sleep.” - **Anonymous**

“I have developed some new hobbies that include editing videos and computer programming. I have also started to exercise a lot more because I have nothing else to do.” - **Ishaan Handa**

Do you find virtual instruction hindering your productivity level or ability to focus as compared with in-person learning?

“It doesn't compare to in-person, but it has become easier to focus over time, compared to when we first started Zoom.” - **Mason Boon**

“It is incredibly hard to stay focused online because there are so many distractions, and the human connection is gone. It takes double or even triple the amount of time it would typically take to complete an assignment. Although, I would like to say thank you to the teachers for working relentlessly to make this work, even though online school is hard for them too.” - **Happy Phatak**

“I think online learning has its pros and cons but ultimately, like I imagine many others, I wish that we

were in-person full time. Challenges with virtual instruction include trouble constantly focusing, mental fatigue, and really just the feeling like you've not "accomplished" much in a day. The days seem to be packed full of teaching and assignments and homework, but feel lacking in social time or relaxation.”

- ***Anonymous***

“Very much so. The lack of social interaction that comes with online school takes up a lot of headspace, and the day-to-day monotony of life becomes even more prevalent. These are killing my motivation to do things, especially during school.” -

Will Seemiller

Overall, do you find that you have more time to yourself, or has it been equally hectic? Has that impacted your mental well-being?

“Honestly, with my schedule I wake up and my goal is to make it through the day and just finish everything I need to do. I feel so isolated, and I feel like I am just doing the bare minimum sometimes and lose motivation. I watch inspirational videos and try to participate in physical activity or sports to destress.” - ***Anonymous***

“I feel like I have the same amount of time, but more time ends up being spent on homework because I have trouble focusing and end up doing homework for longer than what was necessary. I feel very stressed because I have so much to do yet such little time.” - ***Penny Chen***

“Even though I have more time for myself in a technical sense, I believe I have much less than I usually would. This is because I am

usually a very busy person and enjoy always having something to do. Aside from this, I often find myself feeling the best mentally when with others. As the pandemic has affected my mental health, I try to remember the positives as I am very fortunate since my family and friends are healthy and protected.” - ***Skye Patton***

“I have been spending more time alone. At times it's nice, as alone time is needed, but my mental health has been a strong battle throughout the majority of the pandemic.” - ***Will Seemiller***

Do you have any advice for your friends during these challenging times?

“Any chance you get, try to see your friends. Any time you can make yourself feel less lonely and happier.” - **Ava Janes**

“Go easy on yourself! While easier said than done, don't overload your day with things to do, make sure to work in downtime or a chance to take a walk. Remember that your mental well being is so much more important than working all day to get that A. Don't be afraid to ask for help or to ask a teacher to move an assignment - they are on our side!” - **Happy Phatak**

“My advice is to stay strong for only a couple more months, and there is finally an end in sight!” - **Ishaan Handa**

“Take the time to organize the things you have to do: make a to-do list, prioritize the things you have to do (list them in order), then create a schedule. Make sure you still take time to relax and de-stress though; just doing breathing exercises for a few minutes a day or being off of a screen helps a lot.” - **Penny Chen**

Uncertainty continues to prevail, yet we must shed light on how far we have come since Winter 2020 profoundly changed our lives. In my experience, I do try to make the most of the given circumstances, including participation in virtual instruction, engagement in extracurriculars, and maintenance of a happy atmosphere with my friends and family.

Sometimes, I love to get dressed up for virtual instruction as it makes me feel lively throughout the day. Another habit I have developed is taking breaks between classes, whether it is to have extra pretzels, to walk into my sister's work meetings, or even to irritate my mom on a daily basis. Not only does this energize me, but it also makes me feel like I have consistent human interaction.

While I truly do agree with my peers on how much we all miss in-person interactions, we have to engage in small acts and practices of human interaction - virtual or in-person, to feel connected, happy and positive. We are all in this together, through the good and the bad, and if you or anyone you know is struggling, please know that you are not alone - so many people are here to support you.

The Events at the Capital



Alex
Dawson '21

January 6, 2021 is a date that will be remembered for decades, and likely more. For the first time since 1814, the U.S. Capital was breached, and for the first time ever, a confederate flag flew through the halls of Congress. Congressmen and Vice President Pence escaped within minutes of the rioters entering their chambers. Government workers cowered in their offices, protected only by barred doors. Meanwhile, papers were taken and destroyed, offices looted, and all most people could do was watch.



Image Courtesy of *Cuisine Fiend*

The first question that must be asked is: Why did these people attack the capital? Second, how could something of this magnitude be fomented in America? Finally, what has to be done to prevent another day like January 6?

This attack happened on January 6th for a very specific reason: this was the day Congress met to certify the votes of the 2020 presidential election in which Joe Biden defeated Donald Trump. The goal of these rioters was to disrupt the Constitutional transfer of power. This is indisputable.

The crowd of Trump supporters breached the building after bulldozing past a minimal police officer presence and were able to successfully delay the typically purely ceremonial process of certifying the votes of the next president of the United States.

The reasons for this attack happening were simple: the former president spoke to his base of fervent supporters, backed by colleagues in the president's circle and in Congress, telling them that the election was rigged against him, and the fate of the United States was at stake. Despite there being no evidence of voter fraud or "rigging" of the election (thoroughly proven after many lawsuits and investigations), Trump's most loyal supporters believed everything that he said. This created a large group of people willing to do whatever it took to save what they saw as the version of the country they loved.

After a speech by their leader that morning and much preparation by certain groups, people implemented their plans to storm the United States Capital.

Looking at that day with new information and fresh eyes, it's obvious something needs to change to prevent something like this from happening again. Yes, improved Capital Police might help, but that would never prevent a mob from trying to storm the Capital. There are institutional and cultural problems in America that contributed to the mess not only on January 6, but throughout the entire election process. The primary issue in American society to overcome, I believe, is that many Americans have been trained to immediately disregard and distrust information that they do not like in the media. Secondly, politicians have been

using the base of uneducated voters who are more willing to believe them for their own political and financial gain. If we think back to Ted Cruz and Marco Rubio, who, in 2016, seemed to be voicing the unethicity of Trump's policies, they now fervently support him and his base. I must note that the second point is exploited by Democrats as well. In my opinion, the main culprits at the moment right now, are Trump and his supporters. These two problems I identified here are by no means exhaustive, but this is the start of identifying what needs to change.

Frankly, I am unable to give hope by laying out steps to change these issues because they are nearly impossible to address. Maybe talk to me, to each other, to figure out what can be done. One change I believe can be made, however, is through education. When people

learn about America, they often learn about it from a purely patriotic viewpoint (American Exceptionalism), leaving out many of the institutional problems that had been and are still to be addressed. By exposing these ideas through the educational system, I believe it would be harder for someone to ignore many problems in contemporary society.

January 6, 2021 highlighted some of the worst institutional issues in America on the world stage. Something needs to change if the United States wishes to avoid another similar catastrophe. For those reading this article: your minds will be integral in making this country a better place for all to live in and ensure January 6 becomes only a low-point in American society and not the norm.

After the Fire Recap



Cate
Cody '22



Image Courtesy of MICDS Drama
Department

The upper school production of “After the Fire” premiered on Friday, January 22 at 7:30 as a live stream on YouTube. The show consisted of multiple acts providing a brilliantly candid glimpse into life during the coronavirus pandemic,

addressing a variety of viewpoints and coping mechanisms amid an unprecedented time. Each act was written and directed by students from the MICDS theatre program and filmed following COVID-19 safety protocols.

Allison Pfefferkorn explained that making “After the Fire” was different from other productions she had done in the past, saying “I was definitely more involved with it than I would've been in a normal play. Although working around COVID-19 was tough, we made good use of green screens and of traveling to different locations for filming.”

The show began with Sam Lusgarten’s (‘22) and Ash Aranha’s (‘23) “Keeper of Demons,” a creative look at the stress felt by high school

students, Billie and Mel, portrayed by Illana Meissner (‘21) and Allison Pfefferkorn (‘23), as they confront the physical manifestation of their “inner demons” played by Cal Barton (‘21), who reappears throughout the act as multiple characters. This scene includes an admissions officer from Duke University, representative of the looming apprehension revolving around the college application process, something that has been greatly altered during the pandemic.

Several of the skits were presented in a zoom-like format to reflect the experiences of using the application which has become so familiar in our everyday lives. This was seen in “Thriving”, written by Mr. Huber, which examined some of the struggles of distance learning.

Actors Harrison Brown ('22), Eliza Dorf ('24), and Grant Nicholson ('24) showed the disconnect between students and teachers in a world of virtual learning, as well as the difficulty in connecting with classmates and working collaboratively.

The show also addressed important social issues in "Coping," a concept by Keller Goldstein ('23), written by Jack Morris ('21), and directed by Harrison Brown ('22), Ash Aranha ('23) and Noah Macam ('23) portrayed characters with two different reactions to topics including climate change and the Black Lives Matter movement, showing the importance of individual actions to bring about change on a larger scale.

In addition to acting, a scene titled "Stay Away" included original music by Grant Hylen ('23) and choreography by Mimi Brown ('21),

and was performed by Harrison Brown ('22), Jack Morris ('21), Grant Nicholson ('24), and Noah Macam ('23).

The final segment of the show contrasted individual perspectives during the pandemic, presenting four characters with markedly different viewpoints and experiences. The scene included monologues from each character, played by Jack Morris, Eliza Dorf, Mimi Brown, and Cal Barton, and showed just how complex yet intertwined everyone's experiences during this time have been. The monologues focus on how relationships have been tested by being unable to spend as much time with friends, spending a drastically increased amount of time with immediate family members, and taking different approaches to social distancing and self-quarantining measures

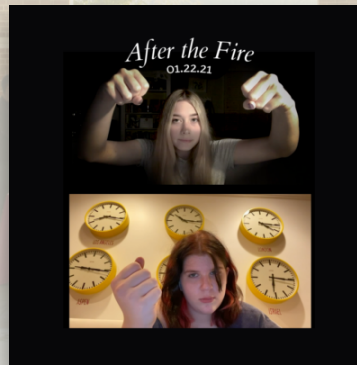
due to personal risk factors and concern. Each moving performance showed how we are all dealing with the current state of the world in different ways, which serves as a reminder to have empathy for others.

In an earlier interview with *The Voice*, Mimi Brown elaborated on creating a show with characters and situations that viewers could connect with: "We watch characters struggle to keep their distance, fight their inner demons, and lose their minds. They're isolated, lonely, and need each other, just like all of us. I think that everyone, no matter how they happen to be handling this, will find a character in the show with whom they resonate."

In addition to all those who contributed to the show on stage, there were many students who

helped bring the show to the screen behind the scenes, including camera operator Kendall Rozen ('21), board operator Greyson Brown ('24), stage manager Keller Goldsetin, and lighting designer Illana Meissner. Ash Aranha, Sawyer Bland ('24), Greyson Brown, Mimi Brown, Penny Chen ('23), Raina Compton ('23), Dilyn Halverson ('21), Ilana Meissner, and Kendall Rozen worked on the set, paint, and electric crew.

The show's premiere marked the MICDS Upper School theatre program's first ever virtual production since the March 2020 lockdown put a halt to in-person activities at school. Allison Pfefferkorn shared that the actors didn't view the final show before its premiere, saying "we actually had no idea what it would look like altogether; it was awesome to watch all our work come to life!"



Images Courtesy of
MICDS Drama
Department

After the Fire was certainly a joy for virtual audience members to watch as well. From its forthright look at how people have been dealing with the extreme changes brought upon in everyday life in the past months, to its comedic takes that brought some much needed light to the situation, *After the Fire* was a great way for the school to come together and gain a deeper understanding of each other as we all navigate this time of uncertainty in different ways. Overall, *After the Fire* was a cathartic view of how individual experiences and perspectives range from contrasting to ubiquitous, as well as how much we depend upon others to get through a difficult time.

A big round of applause
for all involved in *After
the Fire!*

Jambalaya Recipe: A Taste of Family History



Bonnie
Sneider '21

Recently, I zoomed with my cousin in Austin, Texas to cook some jambalaya! My grandmother is from New Orleans, so I have been exposed to Cajun food for most of my life. Quarantine and cooking go hand-in-hand, so I asked my grandma for her family-favorite jambalaya recipe, and she joined my cousin and I on our Zoom call. Our New Orleans themed night (which culminated with homemade beignets) was the perfect way to connect during what often feels like an isolated time.

The key to this dish is *flexibility* (believe me, I understand that this is challenging :). Truly, the ingredients involved will ensure that the dish will be delicious no matter how you spin it. If you aren't a fan of sausage, no worries! You can sub it out for shrimp... or chicken... or pork... or extra vegetables. Anything goes, and isn't that the mantra of COVID-19 times?

Have fun adding your own touch to this recipe, and maybe you can Zoom with someone to keep you company! Cooking parties are the best (even virtually)... invite some older family members to you Zoom call - COVID-19 is especially hard on them

Jambalaya (with meats of choice!)

½ lb bacon

1 lb deveined shrimp

½ lb sweet Italian pork or Andouille pork

3 boneless chicken thighs

3 large onions, finely diced

3 stalks celery, finely diced

2 green peppers, finely diced

½ cup minced parsley

2 cloves garlic (optional)

2 bay leaves, crushed

1 tsp salt

¼ tsp thyme

1/8 tsp red pepper

2 cups of uncooked long grain white rice

1 large can of whole peeled tomatoes



Image Courtesy of McCormick

Step One

If including chicken, season the chicken however you'd like, and bake in the oven until browned. Then pull chicken apart into pieces. Set aside.

Step Two

Fry sausage and bacon until brown in a very large, deep saucepan or kettle on medium-high. Remove the meats, but leave most of the grease in the pan. Cook the shrimp in the same pan.

Step Three

Add onions and green peppers to the grease and medium heat, and cook until tender (about 10 minutes).

Step Four

Over medium heat, add parsley and seasonings to the pan, mixing well. Then add the meat (including chicken, if using) back to the pan.

Step Five

Pour rice on top of the seasonings and meat. Do not mix.

Step Six

Pour water into the pan until the rice is just covered.

Step Seven

Crush the whole peeled tomatoes in a separate bowl.

Step Nine

Cover the pan and bring to a boil.

Step Ten

Reduce the heat to low, cover, and cook for 30 minutes.

Step Eleven

Remove the cover and let jambalaya dry for 15 minutes in the pan.

Step Twelve

Serve and enjoy!



Another Zoom Cooking Session with Cousins - Photo Courtesy of Bonnie Sneider

Want to share a recipe with MICDS? Email bsneider@micds.org with you recipe so that the community can enjoy the dish!

Blue Whale Café: Making Waves During a Time of Adversity



Shivani
Devrapally '24

The annual Blue Whale Café took place on Friday, February 19. Our students took the stage with amazing performances that highlighted the passion and talent of the MICDS community. This year's event, organized by the Arts Council, Mr. Patrick Huber, and Ms. Tiffany D'Addario was a great success, showcasing the Upper School's talent as well as bringing awareness to many great causes, spanning from the Foundation Fighting Blindness to the Crisis Nursery of St. Louis. As Alizeh Jawaid '22

said, "Considering the circumstances we're in with COVID, I haven't gotten many opportunities to perform lately, even though performing is something I absolutely adore. So, when I heard about Blue Whale, I was so excited. Seeing how it was set up, both as an Arts Council member and as a performer, was a really cool experience." With all that has happened over the past year, having Blue Whale continue to go on is truly inspiring.



When Mr. Patrick Huber was asked what it was like working on Blue Whale this year he responded:

"Like everything else, this has been a unique year for the Blue Whale Café. I've always enjoyed the student-driven aspect of this production. The adults don't tell the students what to perform or how to perform it - we just create a setting for their voices to be heard. This year, that applies to other aspects of the production as well, and there are wonderful examples of student artwork not just in the musical performances, but in the staging of the show and the promotional materials."

This year's staging and artwork were remarkable, and the effort put into the event certainly paid off with students singing, playing the ukulele, drums, bass guitar, electric guitar, and acoustic guitar.



Dilyn Halverson '21 shared similar sentiments: "[Blue Whale] is a very welcoming environment, and it's the only place I have to perform the songs that I write, so I am glad to have this creative outlet during high school." The Café showcased more than 20 performances of both covers and original songs.

The general consensus of those who performed and organized Blue Whale this year is that they were all thrilled to have the opportunity to perform.

Giving students the opportunity to participate in Blue Whale promotes creativity and encourages current and future performers to pursue their passions. A big thank you to the Arts Council, Ms. D'Addario, and Mr. Huber for pulling through for the 25th annual Blue Whale Café. And congratulations to the performers for such wonderful entertainment.



Images Courtesy of MICDS Communications

Organizations featured by students during short "commercial breaks"

- WildAid
- Wild Bird Rehabilitation
- Crisis Nursery of St. Louis
- CHADS Coalition for Mental Health
- Covenant House
- Best Buddies
- EndAlz
- The WaterWheel Foundation
- American Cancer Society
- Foundation Fighting Blindness
- Missouri Veterans Commission
- KEEN St. Louis
- MusiCares
- Clean Air Task Force
- Juvenile Diabetes Research Foundation (JDRF)
- St. Jude

Baking Baps: Discovering an Interest in Breadmaking



Fiona
Richards '21

Along with many other people over the past year, I've been able to indulge my not-so-secret village baker fantasies by learning how to bake bread. I also have enjoyed watching *The Great British Baking Show* for a long time now (In England, it's actually called *The Great British Bake Off*, but Pillsbury owns "Bake-off" in the U.S., so they had to change it name for U.S. television). In any event, when I saw this recipe for Paul Hollywood's floury baps on their website, I knew that I had to give them a try. The original recipe can be found [here](#).

Baps are distinctive, soft Northern English floury rolls that are traditionally served with bacon for a breakfast sandwich, or with various fillings for lunch. They have different names in different parts of England, including barmes, baps, batches, rolls, or buns.

Whatever they are called, when we go to visit my English family, our first meal after our long overnight flight is always a bacon bap with a cup of tea. The fact that Paul Hollywood is from Liverpool, near where my dad grew up, made his recipe a must-try. And they were every bit as delicious as I'd hoped!

The rolls that this recipe produces are absolutely amazing. Be warned, though - it is quite a lengthy process. I discovered this a

couple weeks ago while making these rolls for the second time, realizing just as I was about to take the rolls out of their first proof that I was about a minute away from being late to a mock trial zoom meeting. (Dr. Roth if you made it this far into *The Voice*, please skip the next two sentences). However, thankfully for me, the recipe mostly just calls for proving, so no hands-on work is required for large amounts of time. I now know it is possible to form the rolls and practice your cross examination at the same time. Anyway, in summary, these baps are delicious, and you should all give them a try!



Image Courtesy of *Cuisine Fiend*

Ingredients List:

375g white bread flour, plus extra for dusting

7g fast-action dried yeast

7g salt

30g caster sugar

30g vegetarian shortening, softened and cut into pieces

250ml water

Step One: Creating the Dough

Tip the flour into a large bowl, and add the yeast to one side and the salt and sugar to the other. Add the shortening and 250ml of water (add water slowly in multiple parts), and turn the mixture around with your fingertips, gradually incorporating the flour until you have a soft, but not soggy, dough (you may not need all the water).

Step Two: Proof #1

Tip the dough out onto a lightly floured surface, and knead it for 8–10 minutes, until silky and smooth. Place the dough in the prepared bowl, cover with cling film and leave to rise in a warm place or proving drawer (some ovens have a proving setting) for about 1 hour, or until doubled in size. I would recommend pouring boiling water into a casserole dish and placing the dish in the bottom of your (unheated) oven underneath your bowl of dough. If you use this method rather than a warm place or proving setting, the cling film is likely unnecessary.

Step Three: Forming the Rolls

Divide the risen dough into 8 equal pieces, and shape each piece into a loose ball. To do this, place each piece on the work surface and cover it in a cage formed by your cupped hand. Move your hand in a circular motion, rotating the ball rapidly to

shape it (this will also naturally knock out the air).

Step Four: Resting the Rolls

Set the rolls aside on a floured surface, cover with a clean tea towel and leave to rest for 10 minutes.

Step Five: Proof #2

Using a rolling pin, flatten each ball of dough and place each on a prepared baking sheet. Leave enough space between each roll for expansion. Place each baking sheet in a proving bag, and leave in a warm place to prove for 45 minutes, until risen to almost double in size.

Step Six: Baking!

Heat the oven to 420°F. Lightly dust the surface of the rolls with flour, then bake them for 10–15 minutes, until risen and golden brown. Leave to cool on the baking sheets for 5 minutes, then transfer to a wire rack to cool completely. Enjoy!

Drawing with Allison: A Rose



Allison
Pfeifferkorn '23

How to Draw: A Rose

①



②



③



④



⑤



⑥



Mental Health Struggles are on the Rise Due to the Pandemic: Let's Normalize Talking About Them!



By Ashley
Benoist '23

2020 was an eventful year for everyone. From wildfires and mounting racism, to the infamous coronavirus, we've seen it all. And I don't know about you guys, but it's been quite the struggle.

I'm sure you've thought countless times over the past year about what your life would be like right now if everything would just go back to normal. Maybe you thought you'd be happier, or more motivated, or less stressed. Well, the good thing is you're not alone.

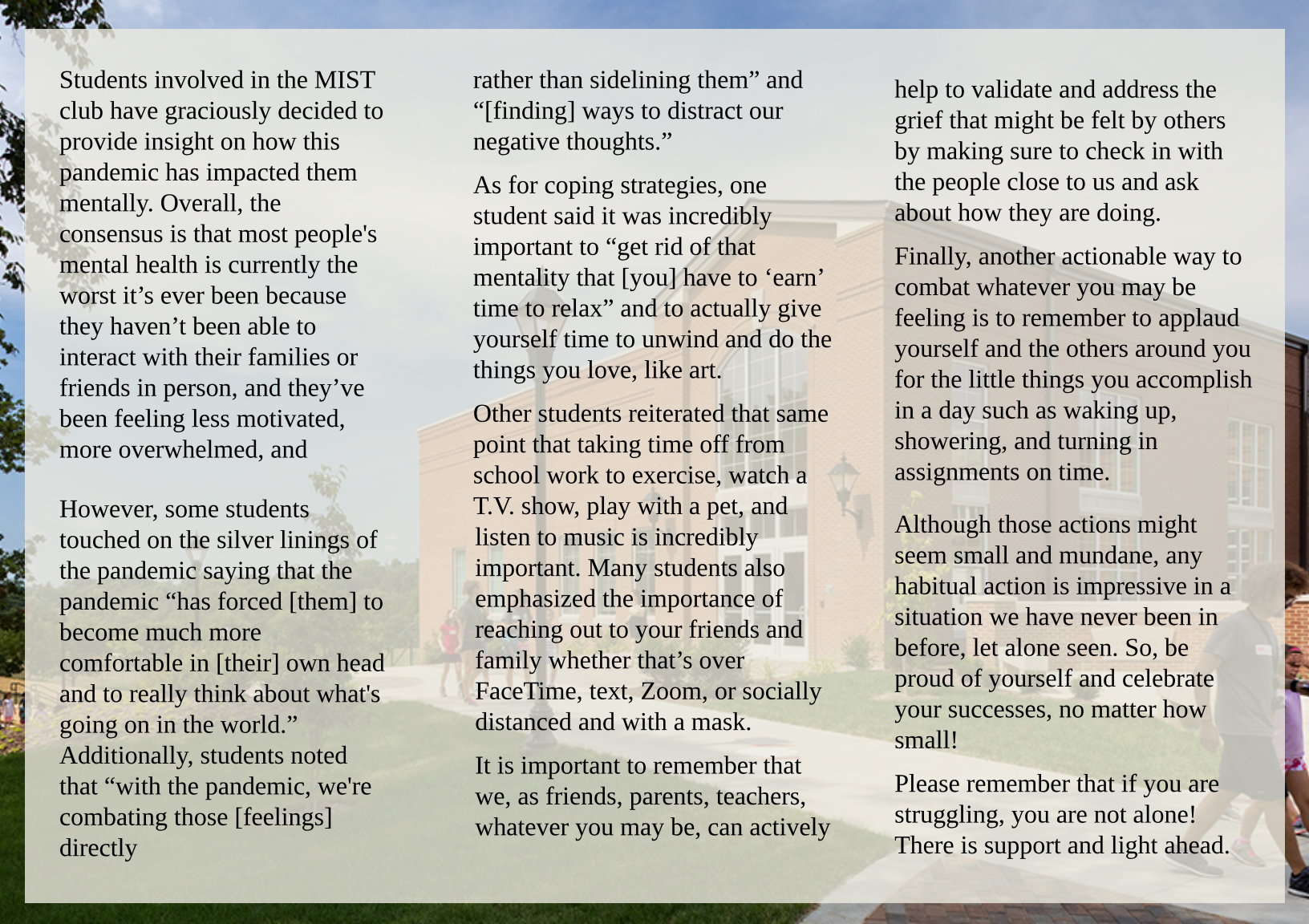
In fact, when I said "you're not alone," I really meant it. 1 in 5 children in the U.S. deal with mental health issues normally, and that statistic is representative of the population pre-COVID-19.

Additionally, the American Psychological Association found that 6 out of 10 generation Z adults have reported an increase in stress levels in the past month, which is higher than any other generation. Active Minds, did a study about the effects of the COVID-19 pandemic on students and found that about 80% of high school students reported that the pandemic affected their stress and anxiety levels.

Those statistics are more general, widespread, and might

feel a bit impersonal, so for this article *The Voice* has teamed up with MICDS' MIST (Mental Illness Support for Teenagers), in order to give this article a more personal feel and shed some light on the mental health struggles students at our school have been facing.

MIST is a great club that focuses on educating their club members on important and relevant topics pertaining to mental health in interactive and informative ways. If you haven't heard about this club, I would highly recommend signing up for it because taking a stand against the stigma around mental health and educating yourself about those topics is incredibly important, especially for our generation.



Students involved in the MIST club have graciously decided to provide insight on how this pandemic has impacted them mentally. Overall, the consensus is that most people's mental health is currently the worst it's ever been because they haven't been able to interact with their families or friends in person, and they've been feeling less motivated, more overwhelmed, and

However, some students touched on the silver linings of the pandemic saying that the pandemic "has forced [them] to become much more comfortable in [their] own head and to really think about what's going on in the world." Additionally, students noted that "with the pandemic, we're combating those [feelings] directly

rather than sidelining them" and "[finding] ways to distract our negative thoughts."

As for coping strategies, one student said it was incredibly important to "get rid of that mentality that [you] have to 'earn' time to relax" and to actually give yourself time to unwind and do the things you love, like art.

Other students reiterated that same point that taking time off from school work to exercise, watch a T.V. show, play with a pet, and listen to music is incredibly important. Many students also emphasized the importance of reaching out to your friends and family whether that's over FaceTime, text, Zoom, or socially distanced and with a mask.

It is important to remember that we, as friends, parents, teachers, whatever you may be, can actively

help to validate and address the grief that might be felt by others by making sure to check in with the people close to us and ask about how they are doing.

Finally, another actionable way to combat whatever you may be feeling is to remember to applaud yourself and the others around you for the little things you accomplish in a day such as waking up, showering, and turning in assignments on time.

Although those actions might seem small and mundane, any habitual action is impressive in a situation we have never been in before, let alone seen. So, be proud of yourself and celebrate your successes, no matter how small!

Please remember that if you are struggling, you are not alone! There is support and light ahead.