

# THE NAZARETH

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## The Legacy Gala

*Bernadette Breslin, '18*



*Pictured left to right: Legacy Family - The Zabczynski/Wyszynski Families; Legacy Donor - Mr. and Mrs. Orlando Carvalho*

This year's second annual Legacy Gala was held to give honor and acknowledgement to the people who put their beliefs into the importance of a Catholic education which exemplifies academic excellence, strong faith, and the commitment to the students at Nazareth Academy High School. It is both a legacy of purpose and of love. It seems that not even distance can keep alumni from their continued support in upholding the Nazareth mission of faith, family, and education. Nazareth Academy has so much to offer to students who are contemplating entering in the fall. Students will come to know firsthand that their education is top priority and the focus and commitment is that each student attain their full potential in reaching their goals and leaving these hallowed halls.

This year the Legacy Gala had the privilege of honoring the following Legacy Donor: Mr. and Mrs. Orlando Carvalho. The Carvalho's have long supported the Nazareth family despite their relocation to Texas due to Mr. Carvalho's job. They continue to span the miles with their love of supporting the Nazareth Family and their mission to a superior education.

This year the Legacy Gala also had the privilege of honoring the Legacy Family, Zabczynski/Wyszynski. These families represent generations of previous students who have proudly graduated from Nazareth Academy High School and who have gone on to exhibit all that they have learned from our stellar Academy.

Melissa Aykit, a Nazareth Academy Senior, gave a speech for all in attendance that night at the Gala. Melissa is a recipient of a Nazareth Academy Academic Excellence Scholarship and spoke of her journey at Nazareth and what her education has meant to her, and that without her scholarship this dream might not have been attained. Therefore, with Fund a Dream, gifts go directly to tuition assistance enabling girls the unique opportunity of attending Nazareth Academy High School.

# Faculty of the Quarter

*Rachel Pellegrino '18*



The teacher chosen for this quarter is a new teacher this year. She's "a great teacher with an even greater heart," Megan Nescio '17. She's Ms. Vollrath.

Ms. Vollrath is our new, wonderful math teacher. She teaches AP Calculus, Honors Trig/Pre Calc, and Honors Calculus. In addition, she is also the co-moderator of our varsity mathletes and has recently become the outdoor track assistant coach. But how did we get so lucky to have Ms. Vollrath come to our school? Where did her journey to Nazareth begin?

It all started with one person, an alumnus from Nazareth. Ms. Vollrath knew this alumnus from student teaching at Council Rock North. She was like a mentor to Ms. Vollrath. So, the alumnus set up an appointment for Ms. Vollrath to come and observe one of Mrs. Sylvester's classes. Then, when an opening for a math teacher became available, the alumnus contacted Ms. Vollrath and everything fell in accordingly. Now, we are sitting here at the end of another school year, after a great year with a new great teacher, wondering where the time has gone. Well, as the common saying goes "times flies when you're having fun." And Ms.

Vollrath for sure incorporated fun into math. If you haven't had the privilege of having her this year you wouldn't know of the set game competition between her classes. Every week we would play the math set game and all the classes would compete to see who could finish it the fastest. That's not the end of the math fun though. Her class also included fun projects (i.e. unit circle project) and other math games (i.e. math puzzle). It was definitely an enjoyable class to be in.

However, if you haven't had Ms. Vollrath this year you may not know her very well. So, here are some fun facts to learn a little bit more about her. Firstly, she likes being active whether its running, playing soccer, or just hiking. She also likes to travel and would like to cross country road trip out west to visit the national parks. Thirdly, she has three cats. Their names are Ginny, Molly, and Louis. They are all about two years old. Her favorite food is eggs and her biggest accomplishment is graduating college and finding a job. Lastly, when Ms. Vollrath was younger she originally wanted to be a vet, however couldn't think of putting them down. So, she instead decided to follow her parents' footsteps and become a teacher. We are all very thankful for this decision and are so happy she has come to join us here at Nazareth.

When asked Ms. Vollrath described Nazareth as family - because it's a little community and everyone is there for each other -, charity - because we are always having fundraisers and donating -, and an encouraging and positive environment for girls. Speaking for the student body, I can say we are all so happy Ms. Vollrath has come to Nazareth, and we thank her for all the tremendous kindness and happiness she has brought with her. Ms. Vollrath, thank you for being an amazing teacher!

# Athlete of the Quarter

*Chloe Roberts '18*



The Athlete of the Quarter for fourth quarter is our very own fearless leader, Madison Joynes! Besides being a great president, Madison is also a talented soccer player. She has been an athlete since she was four years old, playing in the Philly Rec. League. She used to play soccer, swim, and softball, but she became more focused on soccer when she entered high school. She currently plays soccer on the Nazareth team and on two club soccer teams outside of school.

Madison's biggest role model for sports is Lionel Messi, a soccer player from Argentina. She looks up to him because he is such a skilled and smart player. As Madison puts it, Messi "is the GOAT." Her favorite memory of playing soccer is of when she played her first championship game with a new team. She knew that she had something to prove

to her teammates and coach, and this would be the perfect opportunity to do so. She scored a security goal, and the team won 3-1.

Madison plans to attend West Chester University next year. She is going to play soccer and study Molecular Biology. She hopes to use her degree to eventually work in the field of sports medicine. We wish Madison the best of luck!

# Musician of the Quarter

*Chloe Roberts '18*

The Musician of the Quarter for fourth quarter is the one and only Mackenzie Flood! Mackenzie is a senior who participates in Jazz Band, Orchestra, Chamber Ensemble, Guitar Ensemble, All Catholic Jazz Band, Chorus, Chorale, Pandamonium, and the Small Group for the singing groups. She is also the Secretary of the Tri-M Music Honor Society. She has been studying music for the past eleven years. She began her studies with the guitar, but she also plays mandolin, ukulele, piano, and bass. She also sings and would love to learn how to play saxophone.

Mackenzie's biggest role model for music is Jimmy Page, the lead guitarist of Led Zeppelin. He is the main reason that she wanted to learn guitar. She said, "After listening to Led Zeppelin with my dad for hours as a kid, I have heard every type of technique he has used. Jimmy incorporates classical, blues, and jazz techniques while playing, and that is extremely hard to do." Mackenzie's favorite piece that she has performed is Strasbourg, St. Denis by Roy Hargrove. She suggests listening to it if anyone ever needs to relax.

In January, Mackenzie auditioned for the Music Therapy Program at Elizabethtown College. She auditioned with her own version of Romanza and Autumn Leaves mixed together. After a few weeks, she received an acceptance into the program and a scholarship for music. She would like to use her talent in music to help anyone who may need it. We wish her the best of luck in college and beyond!

# Entrepreneur Club Trip to NYC

*Cianna Choo, '18*

This March, the Entrepreneurship and Innovation Club was able to go to New York City. There, they met with Jeff Libson, a corporate transaction lawyer, and learned about what it takes to be an entrepreneur. The club also visited the Nasdaq stock exchange. Accompanied by Mr. Peters, and a few parent chaperones, the girls took a train into the city and headed to Cooley Law Firm.

Jeff Libson is not a Hollywood lawyer, prosecuting or defending a criminal in court. He works with startup companies, particularly in the biomedical field, that have invented new technologies or drugs. He comes in, helps them organize their new company, advises the company leaders, and gets them ready to start marketing their product.

Libson talked to the girls about the process of starting a company and what they should focus on. First, an entrepreneur needs to have a business plan. Entrepreneurs see problems and try to find a way or design a product that will fix that problem. Then, they need to sell their product. According to Libson, organization is key. The majority of the time, it is not the product that has a fault but the management team. If the leaders of the company cannot work well together and be effective, nothing can be accomplished. It is important to research your questions, have patience, and persevere. Libson says that entrepreneurs are constantly asking questions to better their product and their plan. Do people have an interest in the problem I am trying to solve? What does my product offer that makes people want it? What sets my product apart from others?

Libson stated that one of the greatest misconceptions about entrepreneurs is that they are risk takers. Libson describes entrepreneurs as analytical. They identify the risks they face and assess whether it is worth taking the risks. Entrepreneurs try to think ahead and have a plan prepared to deal with potential problems. However, entrepreneurs require flexibility in their thinking too. They cannot think of every problem. Therefore, they can either adapt, or their company will sink.

“Fail fast and fail cheap.” Things rarely go as planned. Libson suggested keeping a journal of your mistakes, so you can look back, reflect, and try not to make them again. One of my favorite quotes is, “your dream does not have an expiration date.” It reminds me that making a mistake or having a setback is not the end of the road. You learn, get up, and try again. Failure is when you decided to quit.

Libson studied at Oberlin Liberal Arts College and double majored in economics and English. He had originally wanted to be a doctor, but after taking a class in economics during his freshman year, he said, it “spoke” to him. To Libson, passion is the most important thing to have when choosing a career path. “If you love what you do, it doesn’t feel like work.” I think this is really important because if you love what you do, you will put in more effort and are more likely to reach your goals. Finally, Libson says that the name of the school you go to does not matter as much as what it has to offer. A good school does not give you all the answers; it teaches you how to find them for yourself.

After lunch, the EI club headed to the Nasdaq stock exchange building in Times Square for the closing bell ceremony. Nasdaq is the second largest stock exchange in the world after the New York stock exchange. Every day the market opens at 9:30 AM for brokers to start trading stocks. Then Nasdaq invites one of the companies listed on their exchange to participate in the closing ceremony at 4 PM. It is filmed in their Times Square building and is broadcast on the outside of the building as well as the television. Individuals who buy and sell stocks are able to make money on the stock exchange, but companies only get money when new shares go on the market. So the club was able to learn about how companies use the stock exchange to analyze the public’s opinion and take steps to improve.

Sarah Smith, one of the club leaders said, “The trip was really an amazing experience for all of us and a lot of people gained some great insight into the business world. A lot of people say what they want to be without knowing what the job is really about, so I think this gave a lot of people the motivation to learn more about what they want to be.” Smith said she was really appreciative of the advice given by Libson, and she was reminded that, “sometimes you learn more from the journey than you can from your destination.”

# Finals Week

*Gina Capece '18*

It's that dreaded time of year again...finals week. Stress levels are at an all time high and motivation is at an all time low. After this long week of exams (a few very long weeks for those who took AP exams), the school year will be almost over. Still, this is the time to push through and do your best on these exams. It is critical to take care of yourself and relax in between studying because if you are too tired or sick, you might do poorly. Also, since it is allergy season and the Naz plague is making its way around again, be prepared with some Claritin and Kleenex. Snot all over your scantron isn't the best idea, and I think the teachers will agree. Another tip is to study a little bit each night instead of trying to cram the night before. Never heard that before, right? I know there are still many procrastinators out there, so if you are going to study everything the night before, don't stay up too late. Despite what you might think, staying up past two in the morning just because you think you'll learn more is pointless. When it is time to take your exam, you will just be exhausted from cramming the night before, and you really could have gotten a few more hours of sleep. As usual, drink lots of water and eat a good breakfast. It is so important that you fuel your body and hydrate yourself, so that you are fully awake and energized. Set your alarms, take a few deep breaths, and ace your exams! Good luck!



<http://www.studyabroadcorner.com/wp-content/uploads/2015/05/finals-baby.png>

## Make the Most of Senior Year!

*Elizabeth Irons, '17*

My senior year here at Nazareth has certainly been my favorite out of my four years at Nazareth. It has provided me with countless new experiences, the end of college decisions and a time to enjoy the last days of high school with my friends. That being said, senior year can be a bit hectic before the end of second semester bliss. Before I leave Nazareth (and The Nazareth), I'll leave some parting advice towards the rising senior class:

1. Comparing yourself to your classmates will ultimately lead to your own unhappiness. Take a breath this year and enjoy it, this will be the last time that you and your classmates will all be together.
2. AP, ACT and SAT scores should never be equated with self-love or self-worth. The same goes with your college choice or plans after high school. You will be graduating high school and that is a large achievement on its own.
3. Prom isn't everything and do not ruin a friendship because of a boy.
4. Apply to every scholarship humanly possible.
5. Hand everything in to Sister Constance on time. She appreciates this A LOT.
6. Brock has amazing yet underrated salads. Eat more of those for me please.
7. Kairos is a different experience for everyone and can ultimately be life-changing. Be open to it and embrace your individual experience.
8. Attend Nazareth music concerts and sports games.
9. Lastly, don't senior slide too much! Knowing which college you will attend may be exciting but ruining your GPA is definitely not.

Your senior year is sure to be filled with new and exciting experiences here at Nazareth and beyond. Good luck to the class of 2018!

# Places to Visit this Summer

*Jaclyn Ricafort '18*

Summer is the season of relaxing, catching up with friends and family, and of course, no school. With three months to spare, it is a wonderful opportunity to explore new places and try hobbies or activities out of your comfort zone. Some of my favorite things to do over the summer are to go stargazing with my closest friends, and ride my bike or canoe at the park or down the shore. Swimming at a backyard BBQ to catch up with family has always been a favorite pastime of mine, as well. The upcoming season is also a great moment to travel to new places, or explore something you have never seen before. Taking a train up to New York City, and spending the day in Central Park or Times Square is a blast, as well as going down the shore with your friends to relax after a long day. Riding roller coasters at amusement parks, such as Hershey Park or Six Flags, could be an awesome way to reach out of your comfort zone, too! I always love to take lots of pictures to document my summer, and make a summer playlist to blast in my car. Watching the sunrise or the sunset or taking a walk barefoot on the beach before 7 AM is priceless at its best. In the grand scheme of events, you don't need to spend a fortune to have a fun time. The company you are within will make the experience worthwhile, and the memories you will make will always be a blast to look back on.



<https://americastopamusementparks.files.wordpress.com/2014/07/sfgreatadventure-logo1.jpg>

# Summer Fashion

*Ellen Annas, '18*

Summer is quickly approaching, and the temperatures are changing. If you are anything like me, you are probably looking for a wardrobe update to accommodate the change in season. I won't pretend to be a fashion expert, but I do try to keep up with the latest trends. After all, the right outfit can help facilitate the creation an Instagram-worthy picture, something I'm always looking for. I hope you enjoy these new summer trends, and don't break your bank updating your summer wardrobe!

When I think of summer, my mind immediately goes to the beach, so of course I have to mention fashion and bathing suits for those warm seaside summer days. Last summer one piece bathing suits made a comeback, and this year they will only become more popular. These bathing suits are great because they come in a wide variety of patterns and styles, plus you don't have to deal with the hassle of tearing your suitcase apart in search of both pieces of your bathing suit. Plus, if you're like me and become sunburnt almost immediately after stepping outside, a one piece bathing suit will provide more coverage, and reduce the amount of sun lotion (and money spent on it) that you have to use.

This summer you can also expect 80's fashion to continue its journey from the back of your parents' closets to the front of yours. Fashion from that era is proving to be timeless, with many teens revisiting the old trends and "borrowing" clothes from their parents. Expect the unexpected with mismatched patterns and bright colors. Along with this, I'm expecting to see a lot of embroidered denim this summer, jeans, shorts, and jackets alike. My Pinterest feed and the websites of my favorite clothing stores are filling up with flower-embroidered jeans, and I'm not complaining. They dress up the denim a bit, and help make jeans into more of a summer look.

Last on my must-have summer wardrobe list this year is floral prints, and while this isn't necessarily a new trend, it's always a summer staple. The light fabric and colorful flowers scream summer, and are bound to make you wish you were lying under a palm tree on a sunny day instead of cramming for finals. This season, expect floral prints to be brighter and bolder than ever, and feel free to use these patterns as statement pieces. My go-to summer outfit consists of a pair of floral printed shorts and a solid colored t-shirt or tank top. It's easy, cute, and you can wear it just about anywhere, from a concert to hanging out at a friend's house.

I hope that you enjoy these summer fashion trends! Feel free to try new things, express yourself, and have a fantastic summer!

# Easy Summer BBQ Recipes

Erin Jesionowski '18

One of the best parts of summer is firing up the grill, making delicious food, and making memories with good friends! Here are three easy recipes for a fun summer cookout!

## Cucumber Tomato Salad

Ingredients:

- ½ cucumber
- 1 cup cherry tomatoes
- ½ red onion
- 1 tsp. Olive oil
- 1 tbsp. Red wine vinegar
- Salt and pepper to taste

1. Cut the half cucumber into thin slices and add them into serving bowl
2. Half the cherry tomatoes and add into serving bowl
3. Slice the red onion into thin straws and add into serving bowl
4. Measure out olive oil and pour over vegetables
5. Measure out vinegar and pour over vegetables
6. Mix salad
7. Add salt and pepper to taste
8. Enjoy!

## Crockpot BBQ Chicken

Ingredients:

- 1 cup ketchup
- 1 pack chicken
- ½ cup brown sugar

1. Clean the chicken and place in the bottom of the crockpot
2. Measure out ketchup and evenly pour over chicken
3. Measure out brown sugar and evenly pour over chicken
4. Mix the chicken, brown sugar, and ketchup
5. Cook on high for 4 hours or low for 6 hours
6. Once the chicken is done, it should be tender enough to pull apart
7. Serve on rolls, over rice, or however you may please!

## Fruit Pizza

Ingredients:

- 1 pack sugar cookie mix
- 1 cup blueberries
- 1 cup strawberries
- 1 banana
- 1 can icing

1. Make the sugar cookie according the packet's directions
2. Flatten the sugar cookie mix on a sheet pan
3. Bake the cookie
4. While the cookie is baking, half the strawberries
5. Slice the banana, thinly
6. When the cookie is done baking, let cool for 10-15 minutes
7. After cooling, apply a generous layer of icing. The icing acts as a glue for the fruit
8. Place the fruit on the cookie in any fashion
9. Slice and enjoy!

# Netflix Summer Watchlist

Sylvanne Braganza '18

School is ending soon, and with it comes plans of staying in bed browsing Netflix for something new to watch. Now is the perfect time for some relaxation with your phone, computer, or television. Here's what you can look forward to this month.

***Don't Think Twice*** comes out on Netflix May 1st. It's a comedy about an improv troupe running into trouble when one member leaves to find fame.

***Hunter Gatherer*** starts streaming May 8th and tells a passionate story of a man just out of prison struggling to reconnect with his girlfriend.

***Get Me Roger Stone*** can be found on May 12th; this recent documentary delves into Roger Stone's shadow-filled life in the Republican Party.

***Anne With an E*** (Season 1) also starts streaming May 12th. This remake of Anne of Green Gables (originally a 1908 novel by Lucy Montgomery) is a must see.

# Netflix Summer Watchlist

*The Place Beyond the Pines* comes out May 16 – a drama about two men who must deal with the consequences of their actions. Later, their sons must overcome the same challenge. (starring Ryan Gosling and Bradley Cooper)

This month expect season 2 of *Sense8* (about 8 people who share a metaphysical connection), season 2 of *Master of None* (a comedy show about succeeding in the business of becoming a ‘funnyman’), and season 3 of *Unbreakable Kimmy Schmidt* (a cheery sitcom of a heroine restarting her life in New York City).

Good luck with exams; at least you now have a list of new things to watch on Netflix to look forward to after exams...or even as motivation to get through exam week!

## *Dear Nancy Ann,*

Dear Nancy Ann,

I am a junior and a lot of my friends are graduating this year! I’m worried that when they go to way to college, it will be hard for me to maintain my friendships with them. I don’t want to seem clingy, but I really don’t want to lose them either! What should I do?

Sincerely,  
Joyless Junior

Dear Joyless Junior,

I understand that many of your friends are graduating this year but I also know that this does not mean the end of your friendships with them! Your friends will likely be grateful to have you as a portion of their support system at home and if they are a good friend, will not view your desire to maintain the friendship as clingy. I would advise you to keep in touch with your friends throughout this next school year and enjoy the summer while you have it! True friends have a habit of sticking around.

With love,  
Nancy Ann

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