

THE NAZARETH

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Freshmen, Freshmen, Are You Ready?!

Laurel Enaco, '16, and Katie Schluth, '16



Crosby Cavanaugh, '16, and Megan Kennedy, '19

Another highly anticipated Freshman Week has come and gone for the year! It was nothing but crazy outfits and a ton of fun during the whole week. The week started off with freshmen everywhere with water bottles in their hair and makeup all over their faces. Every freshman was decked out in red, white, and blue on Tuesday for America Day and there were many different celebrities roaming around Nazareth on Wednesday for Celebrity Day. Next was Superhero Day where there was nothing but capes and masks all over. Finally, for Freshman Day, the freshmen were a sea of green as they gathered in the gym to see who would be crowned Little Miss Freshman. It's always a fun time to watch the freshmen who are running for it get up on stage, sing songs, dance, and answer funny questions. Everyone did so well, and it was a great end to an exciting week. As a senior, it was so fun to finally be able to have a freshman and dress her up all week. It was great to be able to get so close with one girl over a week and then develop a friendship with her that will last for a while. Freshman Week

is not just about making your freshman do crazy things all week; it's about welcoming her to the Nazareth family and making her feel like she is officially a part of the school, and that is exactly what happened during Freshman Week. "Freshman week is definitely exciting for the whole Nazareth community. Each year, Seniors dress their freshmen in crazy costumes, according to the theme of the day. On celebrity day, we saw some pretty interesting stars, including Pope Francis. As the week continued, the excitement rose, leading up to the annual Little Miss Freshman Pageant on Friday, September 18th. This week creates a wonderful bond between the seniors and their freshmen and entertains the whole school. Thank you to everyone who helped with this year's festivities; it was truly an awesome week," said freshman Meghan Gould. It was an enjoyable week for the freshmen and seniors that none of us will forget!

Want to know more about this year's Little Miss Freshman, Megan Kennedy? Read the fun facts below to find out!

1. She attended Nazareth Academy Grade School.
2. She currently plays soccer, but she used to run track and play basketball and softball.
3. Her favorite subject is English.
4. She couldn't pick a favorite teacher because she loves them all.
5. Her favorite school lunch items are a peanut butter and jelly sandwich and a Starbucks double shot.
6. She has a twin, Maggie, and an older brother, Michael.
7. If she were a nun, her name would be Sister Mary Katherine.
8. She prefers Coke to Pepsi.
9. Her spirit animal is Beyonce.
10. Her favorite movie is Dirty Dancing.
11. She has way too many favorite bands and singers to name.
12. Her favorite parts of Freshman Week were winning Little Miss Freshman, competing against her sister, and participating in the lunch activities.
13. She has no specific college plans, but she hopes to go to a really good school where she can play soccer and be well-prepared for her career.
14. She changes her career plans about every month, but right now, she'd like to be a nurse or a teacher.
15. She consistently trips up the Nazareth stairs.
16. She loves everything about Naz—her new friends, the teachers, and the support she receives—and she cherishes all the great memories she's already made as a freshman.

Papal Pandas Part II

Emily Sokolowski, '16

Yes, I am still talking (and obsessing) about Pope Francis' visit to Philadelphia a month ago! It was just such a historical moment, how could you not be still talking about it?! One thing that remains in my memory are those very moments with my extended Nazareth family throughout that amazing weekend! Whether it was running to catch the 8am train with Sister Mary Anthony and our Papal Pandas Posy, or teaching some random college students the Nazareth version of "Amazing Grace" in the three hour security line, these are the moments that I will look back on and smile and maybe even tell my kids about some day.

I had the once in a lifetime opportunity of attending both days of the World Meeting of Families, and I truly could not turn down the chance of seeing my man, Fran! The first day, Saturday, my mom drove Sister Mary Anthony, some of my fellow Naz girls, and me to the Cornwells Train Station to catch the 8am train into the city for the first of many papal festivities. When we arrived at the train station, the line was not too long and we got on the train and made it to 30th Street Station in good time. When we first got down there, we walked the streets of Philadelphia (which was also a once in a lifetime event because normally, those streets are jam-packed with the bustling city traffic) and headed to our first destination, the Cathedral Basilica of Saints Peter and Paul. Unfortunately, Sister Mary Anthony did not sneak us into the clergy mass at the Cathedral, but do not think that it didn't cross her mind and that she didn't try! We arrived at the Cathedral and decided to wait for Pope Francis to arrive and watch his motorcade as it came in. We ended up waiting outside the Cathedral for about two hours and made friends with a nice reporter and some Gesu School kids that had the honor of dancing in the World Meeting of Families. While standing outside that Cathedral for four hours, the pain and fatigue in our legs no longer became evident once we saw that beautiful Pope Francis wave and gentle smile! We also had the blessing of experiencing one of Pope Francis' little miracles of nature. About five minutes after Pope Francis arrived and quickly entered the Cathedral to say Mass, a beautiful double rainbow appeared over the Cathedral and the holiness of that moment was suddenly real and right before our very eyes!

On Saturday, we also had the opportunity of attending Pope Francis' speech at Independence Hall. At this time, we also caught a glimpse of Pope Francis in his Papal Parade prior to his historical speech. We ran into fellow Nazareth girls while listening to his speech and ended up climbing up a building's window to catch a glimpse. It was truly a group effort to get everyone up there, even the nice artsy guy who joined us and took the picture of us. It was one of my favorite parts of the weekend, and definitely my favorite picture of us all!

After walking about ten miles on Saturday, we honestly did not know how we would have enough energy to get out of bed early the next morning to do it all over again! But guess what? I had never jumped out of bed quicker. There was just such an energy with the entire event, and we were solely running on "Francis Fuel!" We got downtown on Sunday a bit later than we had on Saturday, and we definitely had to pay for it when we had to wait in a three hour security line. However, that was a-okay. As mentioned before, we taught the people around us our version of "Amazing Grace" and even had some Nazareth Alums join us a few rows back in the line, so that was truly awesome to experience. We Nazareth ladies were definitely representative at the World Meeting of Families, and that was truly a beautiful and wonderful thing! Once we got into the Benjamin Franklin Parkway for the Papal Mass, we were directed to an open area right up against the barricade, a perfect view for Pope Francis' Papal Parade. We were so excited, and we literally held down the fort for about six hours. We even had to ward off some spot squatters. We rightfully earned that spot, and we were definitely going to keep it! Needless to say, we captured that perfect video of Pope Francis blessing us as he passed! At that very moment, I was shaking and sobbing. I just couldn't believe that I was face to face with Pope Francis, and he blessed our whole group! It was truly an unforgettable moment that I will forever thank God for!

continued...

Papal Pandas (continued)

There was something captivating and truly mesmerizing about that weekend of Pope Francis' visit to Philadelphia. The city of Brotherly Love and Sisterly Affection was exactly that, loving and affectionate! There was not one person that I encountered that weekend who was not open to the love of Pope Francis and most importantly, the love of Christ. Millions of people flocked to Philadelphia to catch just a brief glimpse of the Holy Father and it was such an honor to be able to say I was one in a million! But not just one in a million, one in a million with Pope Francis and Catholic families from all around the world!

Hugh O'Brian Youth Leadership

Emily Cox, '17

Most of those reading this have probably never heard of Hugh O'Brian Youth Leadership Foundation (HOBY), but those who have gone have been touched by it forever. I was lucky enough to be chosen to attend HOBY last year, but when I actually signed up, I had no idea what I was getting myself into. I just figured it would look good on a college application and be something fun to experience, but it turned out to be so much more than that.

Hugh O'Brian was a famous actor back in the day, but after he spent some time in Africa, he became much more than that. In Africa, he spent time with humanitarian Dr. Albert Schweitzer who believed that it is most important in education to teach young people to think for themselves. On the last day of the trip, his mentor said to him, "What are you going to do with this?" Hugh went home and decided to found a leadership seminar for high school sophomores that focuses on leadership potential. The seminar takes place in every state and other countries as well. HOBY is the acronym for Hugh O'Brian Youth Leadership.

I applied to HOBY believing that I wouldn't get chosen. After the news, I was so nervous, yet excited, to finally go. I had heard the current seniors who were chosen the year before rave about the experience, so I was excited to finally learn what all of the hype was about. It almost felt like a mini Kairos to me.

Finally, this past May, the time for HOBY came. Going to a big college campus like Villanova with over a hundred strangers from all over Eastern Pennsylvania was the most stressful thing I had to do, but once I entered the big conference room and met my group, I knew that applying wasn't a mistake. It quickly had the same welcoming and homely environment that I feel here at Nazareth. Everybody was so nice and had such beautiful ideas about life that I had the opportunity to hear over the weekend.

Most of the seminar revolved around the panelists who were all leaders in their own ways. That might sound boring, but every single speaker had something to say that I took with me. Afterward, we would have discussion time with our group, and it was amazing to see how sophomores just like me were going to change the world one day. HOBY also centers around the importance of community service, so one day we participated in service projects for non-profit organizations. The weekend long seminar felt like an eternity, yet it was painful to leave after a few days.

I can't give away all of the secrets of HOBY, but I can pass on this: If you are an underclassman, please apply to HOBY when the time comes. It feels like a big risk at first, but that's what makes it so worth it. HOBY changed my life for the better, and I am eternally grateful to Nazareth and my parents for allowing me to live something so extraordinary and unique. I truly hope that the girls chosen in the future from Nazareth to attend HOBY go with an open heart and leave with a full one.

Open House

Rachel Pellegrino, '18



On Saturday, October 3rd, Nazareth had its first open house of the year. Lots of people came from a variety of schools (St. Ignatius, Nazareth Grade School, St. Andrews, Holy Family Regional, and many more) looking for the right high school for them. All of these people seemed to enjoy their tours, gift, food, and the little music concert at the end. What really helped this day run smoothly was not only the many Nazareth students, parents, and faculty who helped out, but also the maps showing what each room and floor would be presenting. The ground floor was for admissions (getting on the mailing list, financial support, etc.), the first floor was for talking about dual enrollment and honors/AP courses, the second floor was for sports, and the

third floor was for academics. This orderly system made the tours shorter and more convenient for the people coming for tours because they could just go to the floors that interested them. If you haven't gotten a shadow yet this year, you may not know about the cute new cups and lip balm that are given out to people visiting Nazareth. These cups and lip balm and a drawstring bag were given out at the open house to all the people who registered for a tour. The Nazareth visitors also received free food provided by Brock in the dining room after their tours was finished. The food included an assortment of sandwiches, cookies, and cheese steaks. Near the end of the open house, after you ate, you could enjoy a music concert in the green room, which showcased the Jazz band, Chorus, and Chorale. These musical groups sounded amazing and represented our musical program at Nazareth perfectly. Thank you to everyone who helped out at the open house and showed people the Nazareth family environment we all love. Great job to all the panda pals, who did fantastic for their first open house.

Craft Fair

Sylvanne Braganza, '18

On October 10th, Nazareth held its annual fall craft fair from 9:00 am to 2:00 pm. Many people, old and young, participated. The cost of a table provided by Nazareth was \$50. It was an indoor event. Vendors received a free breakfast of coffee and donuts. In our gymnasium, they were selling everything from candles and wreaths to tissue box covers and books. There were handmade Halloween ribbons, new bloomers, character bows, tutus & baby shoes! Philly sports-themed items, One Direction, and Teen Beach Movie items were showcased as well. Everything was handmade. In our gym lobby, the bake sale was going on. All sorts of delicious treats were sold, including cookies, cupcakes, cakes, and brownies. These were donated by students and their families. Overall, it was a successful bake sale. In our dining room, our parents and faculty provided lunch with everything from hot dogs and keesh to soups and pasta. Sister Boguslawa and Sister Teresa Mary were hard at work making polish pierogis, a true treat. Thank you to all of our student volunteers that helped with unloading cars, setting up stalls, taking lunch orders, running stalls, packing up cars, and cleaning up tables and chairs. Thank you to our parent volunteers that helped things run smoothly and efficiently. Thank you to the vendors who made and sold many beautiful things. Thank you to anyone who came out and participated in our craft fair. We could not have done it without any of you!

NAZ-A-THON

Veronica Bloom, '17



Last year NAZ-A-THON raised over \$20,000 for the Children's Hospital of Philadelphia.

Nazareth will be hosting its second annual Children's Miracle Network dance marathon on November 6, 2015. Naz-A-Thon is a 12-hour dance marathon in which we stand and dance the entire time for those who cannot. There will be a lot of food and games and baskets to win during the event, and at the end, we will reveal the total amount of money we have raised. During our first Thon last year, we raised over \$20,000 for The Children's Hospital of Philadelphia. This year, we hope to reach our goal of \$30,000. The Children's Miracle Network is a non-profit organization that specializes in raising funds for children's hospitals and medical research. Along with this, they hope to bring awareness of children's health issues into communities and support their families during the difficult time. This year, our Miracle Network child is Evan McCloskey, who is our business manager Mrs. McCloskey's son. We were happy to support Evan at the Parkway Walk for CHOP held at Lincoln Financial Field on September 19, 2015. At this event we joined Evan's team the "Cancer Crushers." Evan was battling a rare type of Sarcoma but is now recovering through the help of CHOP. We are so thankful for everything that CHOP does to help children in need. Thank you to everyone helping us reach our goal by participating in change wars, donor drive, and other fundraisers that we have held. Keep up the good work! FTK!

Neon Night to Remember

Patrice Gantert, '16

This year our student council leadership team is really trying to muster up as much school spirit as possible. What better way to do that than with a school dance? The theme of the first dance of the year was neon! With glow sticks and paint, everyone was lighting up the gym in their multi-colored neon attire. And what a turn out it was! With music, that notorious and mysterious disco ball and multi colored lights, the night was a big success! Students from all grade levels from Nazareth were in attendance. There were even quite a number of other students from high schools in the local areas. It was nice to see everyone putting aside petty school rivalries and coming together for a night of fun. With other NAPA dances coming up in future, hopefully just as many people will come out for a night of fun and support our school at the same time. Be sure to let your friends from other high schools know what fun the first dance was and make sure they come to the next dance! We can't wait to see what the next theme is and how great of a job NAPA and our leadership team do again! Great work ladies, it was certainly a night to remember!

Athlete of the Quarter: Alex Vo

Elizabeth Irons, '17

This quarter's Athlete of the Quarter is the incredible tennis player (and friend), Alex Vo. I interviewed her for The Nazareth and you can read the interview below:

How many years have you been playing tennis? (Yes, I note now that this question was redundant.) How many times a week do you train?

A: "I have been playing tennis for 6 years now and I train 5 times a week."

What coach in your life has inspired you the most?

A: "My tennis coach, Mark Groetsch. He has inspired me by teaching me how to push myself to the limits. He teaches strong work ethics which I not only carry out on the tennis courts in my every day life."

What are your biggest tennis awards/achievements?

A: "My best achievement was earning my highest national ranking of 266 because it has showed that my hard work has paid off. Also, I have maintained a top 25 USTA (United States Tennis Association) ranking (in age groups 12s, 14s, 16s, and 18s) in the middle states region which includes Pennsylvania, New Jersey and Delaware."

Are you thinking of professional tennis as a career?

A: "My capability is not anywhere

close to being professional. I am only a three star tennis recruit but believe that I am good enough to play college tennis. I do not want to pursue tennis as a full time career because I want to be a civil engineer."

Do you plan on playing tennis for whatever college you attend? (Again, she beat me to it.)

A: "Yes I plan to play in college but in a school where academics takes precedence over athletics. These would primarily be Division II or Division III schools."

At this point our interview ended and I congratulated Alex! I think that Alex Vo is a fantastic exemplar for all those who play sports and wish to succeed and have as a good of a work ethic as she does.

Musician of the Quarter: Ava Roberts

Emily Cox, '17

Every quarter, a talented musician is chosen by Mrs. Lafferty to be the "Musician of the Quarter." This time, Mrs. Lafferty has chosen senior Ava Roberts, an exceptional musician and student. I was given the chance to ask Ava a few questions:

What music groups are you a part of at Nazareth?

A: "I am involved in orchestra, chamber ensemble, chorus, chorale, Pandamonium, and Tri-M."

When did you first become interested in music?

A: "I don't remember my first years in music because I was so young, but my appreciation for it grew a lot in high school."

Which musicians and music teachers inspire you the most?

A: "Dr. Nocella is so brilliant when it comes to composition. My violin teacher has had the most impact on me though. My favorite musicians are Lana Del Rey, Dennis Wilson, Celine Dion, and James Horner."

What's the coolest thing you've ever done as a musician? What are you most proud of?

A: "The coolest thing I've ever done is perform in Vatican City with Naz-

areth. I am most proud of the piece I arranged with Alex Matlack for Pandamonium, Snow."

Do you have any advice for musicians who want to improve or succeed in music?

A: "My advice to other musicians would be to try everything; a new genre of music, even a different instrument. You never know what you might enjoy! Listen to classical music when you sleep, and don't forget to practice."

Art Feature: Sarah Rucci

Jenna Silla, '16

When I volunteered to interview an artist at our school for the paper, I already had someone in mind – Sarah Rucci. If you've ever walked into the art room and thought, "Whoa, that's soo good!! Who made that?" chances are that Sarah made it. Her work is absolutely stunning and keeps getting better. I can't wait to see how her work progresses in college and what the future has in store for her.

Where do you get your inspiration?

A: Inspiration can really come out of anywhere! I can see an object and just think what it'd be like to draw or paint it or sometimes I see another person's art and I think maybe I'll try something like that.

When and how did you first get interested in art?

A: My dad is really good at art. It runs on his side of the family so I guess that's why I picked it up. We have a couple drawings in our basement that different family members made and I always thought that was the coolest thing.

What role does art play in your daily life?

A: Art can be an outlet for me. It's one of those things you just never get tired of. Even though sometimes I get really frustrated and go a little crazy with the smallest details, I always go back to it.

Who is your favorite artist and what is your preferred medium?

A: I really like all kinds of artists! I don't have a favorite but right now if I'd have to choose someone I'd say Benjamin Björklund. I follow him on Instagram and I just think the way he paints is amazing. My favorite medium is between graphite and charcoal. I

love painting too but drawing is more hands on and it's so much easier for me when I don't have to worry about mixing the right colors for a painting.

Any advice for aspiring artists?

A: You're probably your biggest critic! Don't worry about making something perfect. Art is hard and can require a lot of focus so don't put yourself down. Have fun with what you're making instead of stressing about the little things!

A Minute with Mr. Clark

Elizabeth Irons, '17

For my first quarter article for The Nazareth, I chose to interview one of my teachers. I chose my history and home-room teacher Mr. Clark to be the subject of my interview and the results are as follows:

When did you first know that you wanted to be a teacher?

A: "Junior year in high school, it was my American history teacher Dr. Farley."

If you hadn't chosen teaching as your profession, what would have been your next choice?

A: "I guess I would've stayed with sports medicine..I guess, I don't know."

If you could have dinner with any two historical figures in time, who would they be with and why?

A: "I don't know why, FDR, I think because he had the four terms and he went through the Depression and the World War. I think that would be pretty fascinating. Other than that, Napoleon, just because I'm taller and I'm sure he would have a lot of fun stories."

Describe the weirdest thing that's ever happened to you at Nazareth Academy.

A: "I don't remember, I think it was my first year...there was an assembly, for some reason I got picked out and had to go up on the stage and this guy

goes, 'Just trust me,' and then literally, next thing I know, he's holding me and then walks out over the stage and when I look down I see the gym floor, but he didn't drop me. Dude was strong. But I don't know what the assembly was about, I wish I could remember. It was either that or in the student-faculty basketball game, when I ran over a student who was like 4'10".

What's your favorite thing about yourself?

A: "I'm tall. I hover over people, that's always good. I don't know."

Tennis 2015

Chloe Roberts, '18

This year's tennis season was full of accomplishments. Our first singles player, Alexandra Vo, had an undefeated season. After several qualifying matches, she went on to win the AACA Singles Championship. Emily Beck, our second singles player, also had a wonderful season. She came in fourth place at the AACA Singles Championship. Our first doubles team, Ava Roberts and Krissy Tribuiani, came in fourth place at the AACA Doubles Tournament. Because of their record during the season, they got the wild card to move on to districts. Also, Ava and Krissy were nominated as All Stars by all of the coaches in the league.

The team overall had a record of 9-5, which secured a place in playoffs. Although we lost in quarter finals, this had to be the best season of tennis yet. More important than the record was how much fun we all had while playing together. We have our coach, Shakir, and our seniors to thank for that. The matches, bus rides, and yes, even practices, were always fun and exciting. I hope next year will be just as fun!

Golf 2015

Danielle Dustman, '16



This has been a great season for Nazareth golf! For the most part, we had beautiful weather for all our matches and events, and we had a ton of fun while we played! Everyone's game improved from the beginning of the season to the end, and we had a few nice wins. The season came to a close with the championship match at Honey Brook, which is always a great time and a fantastic experience. Although the championships marked the end of the team's season, junior Melissa Landis qualified to continue on to districts. She then went on to qualify for states, but missed it by one stroke. The team was very proud of her! Each member of the team was asked to summarize their favorite parts

about this season. These were their responses:

Tori Zamites: My favorite part about this season was how close we all were. Being a smaller team, everyone feels like a family. I truly love my golf sisters and I'm going to miss them so much!

Danielle Dustman: Every practice and match was so much fun! I've improved so much since my freshman year, and I'm so grateful for all the help I've gotten from this team. I know I'll never forget my time with it!

Melissa Landis: For me, this season had its ups and downs, but overall was a great one. Everyone got along great and we had the best lip sync battles in the van!

Molly Fluehr: It was an overall great experience and I'm so happy I joined the team as a freshman. I hope more freshman join next year so we can carry out the amazing tradition of Naz golf.

Maggie Arnold: We have fun no matter what happens, and even get Dairy Queen after practice!

Tess Sinclair: Everyone treats each other like family. I honestly couldn't have asked for a better team to start my years at Naz with!

Bella LoGiurato: Even though I didn't play golf that often, I learned a lot, and everyone was really sweet!

Nazareth golf really is like a family. We're always there to encourage and support one another whether we're having a good day or a bad one. We all know that we can count on each other, which is something that makes Nazareth golf really special!

Cheerleading 2015

Heather Sanwald, '16

The cheerleading season at Nazareth Academy begins towards the end of April. The season starts with open gyms twice a week with preparations for tryouts, which occur at the end of May/early June. This year, the team has been working harder than ever! At the end of the summer, the varsity team attended Pine Forst Cheerleading Camp, hosted by the Universal Cheerleading Association staff members. They spent a week learning different stunts and techniques to lead the crowd on game day. Competition season is right around the corner, and the team took what was learned at camp and applied different stunts and techniques into the routine that was choreographed for them. The team is preparing not only for their first competition at Burlington Township High School on November 8th, but also for the regional competition for their bid to the National High School Cheerleading Championships that are in Orlando, Florida! The team has an unbreakable bond and considered a second family by every member of the team. You can ask any member of the team how she feels about the other nineteen girls she shares the mat with three times a week, and you will hear a similar story. "There is always a group of girls that you can count on whenever you need support," Emily Blaker said. Sabrina DeOliveira mentioned, "The team is a second family to me, I am part of a wonderful group of ladies." Cheerleading is more than a sport to every one of the girls on the team; we are a family.

Soccer 2015

Jessica Colfer, '16



On a scorching Monday morning in August, about forty girls ventured from their nice air conditioned homes to Eden Hall for Nazareth soccer tryouts. For the next three months, these girls spent almost every day together, working hard and giving 110% in everything they did. I was blessed enough to be able to call this amazing group of talented, dedicated, and kind-hearted ladies my team. Throughout this season we built a bond that would last for years after we graduate. Between the pasta parties, bus rides, group messages, and inside jokes, we became a family. There will never be a day that I hear Halo by Beyoncé and not think about our bus rides home.

It was no secret this season that we had a very young team, but what most people did not expect was how talented we were. We were the new Nazareth soccer team, and we were out to prove to everyone that we were a force to be reckoned with. Our captains, Diana Carl, Sam D'Alfonso, and I, led the team this season through the highs and lows of the season. The three of us have been through a lot together these last four years, and I am so grateful that I was able to spend it with these two amazing ladies. We all have different strengths, whether it was the new talent that the underclassman brought or the seasoned experience and the never say die attitude of the upperclassman, we all learned a lot from each other. We all play with our hearts, and we play for each other. We have not only come together as a team, but we are a family. I can honestly say that each and every one of these girls has changed my life for the better, and I will always be there for them. As the season comes to a close not only did I gain 38 new friendships, but I have also gained 38 new sisters. To my fellow seniors, I wish you girls the best of luck in your future endeavors. I know that the two of you will be successful in whatever you decide to do in life. To the rest of my teammates, enjoy your remaining time here at Nazareth, because believe me when I tell you that it goes by fast. You girls are so talented, and I whole heartedly believe that you girls will do great things next season. Ready, hard work on three: 1...2...3!

The Home Stretch of a Successful Season

Ellen Annas, '18

The cross country season is coming to an end, and the team couldn't ask for a better one! We started out our season with a win against Saint Basil's, Saint Hubert's and Little Flower, and it did not end there! Our next major win was taking first place against Saint Basil's and Merion Mercy, with the second place team 30 points behind. Our next victory was at our ever-so-popular home course at Lorimer Park, where we took first place against Villa Maria and Merion Mercy by 17 points.

On October 20th, we had our AACA Championship meet, competing against the other teams in our league. We took third place out of eight teams, and it was the first time that we beat Gwynedd Mercy within the Champs meet. Mount Saint Joseph had taken second place, and we were only three points behind them. That is the closest our score has ever been to Mount Saint Joseph.

The cross country team has had a wonderful season, and we will finish it out with District Championship Meet on Friday, October 30th. We owe our successful season to the team's hard work and great coaching. We have bonded and pushed our limits as a team, on the good days and the hard days. The team has already established goals for next year, and we are so happy to have had a great season, while looking forward to the winter and spring track seasons.

Four Years, Four Coaches

Madeline Pontarelli, '16

Panda Pride takes true form in the newest team on the fall sports roster, the Volleyball squad. Being the last original team member, Nazareth Volleyball is much more than an extra-curricular for me, and it will be hard to say goodbye to something, especially as the only senior, that has been very dear to my heart throughout these past four years. If you are looking to serve it up with some pretty cool people, this is the team for you. Even though that was really cliché, it's true. The girls that are on the squad are truly what make up the spirit and bring the team to life. Most of the girls I have gotten to play with have now gone through Nazareth, yet somehow the combination of love for the game and honest concern for one another has never graduated. Being on this team has taught me a lot about myself, and I am really going to miss it when I go off to college. However, that does not mean we have not had our share of arguments. Sometimes tempers run high, and we can easily lose sight of what is important: not whether or not we win that game, but how we can continue to improve for the next game as a whole. The ability we have to put our differences aside and do what is best for the team is what makes us such a strong group of girls, not to mention having to readjust to a new coach each year. Four coaches later, that's right; we have had a new coach every year. That's probably because we were all too crazy for them to handle. I mean, we are teenage girls. All in all, I am so glad that four years ago, little freshman me decided to walk into that gym, not knowing anyone. She didn't even know how to play volleyball, she just tried out to make some friends. Needless to say, I did much more than just make some friends. I met some incredible people on this team that I know I will stay connected with even after I graduate. My wish for the Nazareth Academy Volleyball team is that it will continue to give great memories to every freshman from the time they walk in that gym door the first day of tryouts to the time they walk out after their senior game. I want to thank everyone involved for making the first four years of the Volleyball team incredible, and I hope the future of the team is even better.

The Inside Guide to Veganism

Amber Theurer, '17

World Vegan Day was held on November 1st, 2015. Upon logging into social media, I was extremely surprised by the widespread recognition the holiday was receiving. I have been vegan for close to a year and a half, and in this short time alone I have watched the community grow immensely. So many people are now aware of the cause, and most even want to join the fight against animal cruelty and the resulting injustices. If you have yet to be informed about veganism, please, let me elaborate. Veganism is the abstaining from the consumption and usage of any and all animal products and animal byproducts. Veganism also addresses the ethical, environmental, and health issues that stem from the exploitation of animals. This definition may seem rather intimidating and intense. However, if I still have your attention and veganism seems to interest you even in the slightest, I have put together a list of my top five tips for adopting a vegan lifestyle.

1. Learn more!

Because I have only explained the concept of veganism in brief, if you are interested in the movement, definitely make an effort to gain more knowledge. Documentaries like *Food, Inc.*, *Cowspiracy*, and *Vegucated* contain eye-opening content, revealing the truth about the Standard American Diet and the benefits of a plant-based lifestyle.

2. Make small changes!

You're not going to have an overnight transformation. Slowly ease yourself into a plant-based diet, and find what works best for you. Know that it is a process that takes time, but even the smallest efforts make a difference.

3. Find people that inspire you!

When I first became vegan, I didn't actually know any other vegans. Therefore, I turned to social media to learn more about how veganism was carried out in daily life. Some of my favorite accounts on Instagram are @izzythatfruitbat, @superfoodsiohban, and @thecoconutgoddess.

4. Be patient with others!

It is very likely that people will be skeptical about your new found interest and passion. Realize that people are cautious about things they are unfamiliar with. Veganism is at times misunderstood, especially by older generations. Know that with time, people will be more accepting of your decision. They will probably even be curious about your lifestyle.

5. Step out of your comfort zone!

For most, transitioning into veganism is a drastic change. However, do not fear this change. Use it as an opportunity to expand and grow. Learn some new recipes, immerse yourself into further knowledge, share this lifestyle with others. Make your existence matter, all while knowing that you are not harming the animals, the environment, or the rest of humanity in the process.

Train like Ronda Rousey

Patrice Gantert, '16

It's November. The second quarter of the year. Thanksgiving is coming and before you start stress eating you may want to reconsider! Exercise is one of the best ways to relieve stress and our new athletic trainer, Jacki, may have exactly what you are looking for. Jacki has started a six week kickboxing program for all students. Now if you are a little late to the game that's okay. Still want to sign up? Look for the flyers all around school telling you exactly where to sign up and meet. Classes are Tuesdays at 2:45. Kick your stress right out and have fun while doing it! Never been kickboxing before? That's okay this class is what you need to learn the basics and master some great exercising techniques for the rest of the year. As my mom always says, "Life will always be stressful but you have to find healthy ways of dealing with it." I couldn't agree more. Finding healthy outlets to relieve your stress is key to living a more calm and happy lifestyle. Sign up for a kickboxing class and "know your stress out." Even if you cannot fit the class into your schedule, Jacki has some great tips and tricks on our school website about athletic training and injuries.

Halloween Costume Ideas

Patrice Gantert, '16

Whether you love Halloween, hate it or anything in between putting on a costume and dressing up is a tradition that is sure to take you back to your childhood days. It's very easy to say you want to be best dressed at your costume party, but it takes a lot more effort to actually think of a creative costume! Never fear! Even though creativity may not be your strong suit, consider these costumes to make your Halloween parties extra special!

For the Foodie: A Deviled Egg. For a very simple yet very creative costume try a deviled egg! This can be easily made by wearing black pants and a white t-shirt. Draw or place a big yellow circle in the middle of the white t-shirt. Wear a pair of devil horns on your head and there you go a deviled egg! A perfect punny costume that is sure to win your friends over!

For the friends who must coordinate costumes: The Sandlot! Being the kids from the Sandlot is a very easy and very fun group costume choice! If you have watched the movie, you know that the kids from the Sandlot are an all-American

group of kids that spend their summer days playing baseball. Throw on a pair of jeans, a baseball t-shirt and your set! Hopefully none of your friends will fight over who gets to be Squints!

For the comic book addict: So you want to be a superhero but an original superhero. You want to be something that's not your everyday Batman or Superwomen. Try a Disney classic and go with a character from the Incredibles! You're sure to be SUPER well-dressed this Halloween.

For the music-lover: It may be a little outdated and sometimes over done but you can be an iPod! But not really an iPod, I should say you could be the iTunes gift card! Instead of being an iPod which many would predict as a typical Halloween costume, try going with black attire and a neon background.



A Chat About Fashion and Glamor with a Fashionable and Glamorous Woman

Lindsay Cymbalski, '16

I absolutely love fashion, and I think that there is no better time to display your personal style than in the fall months. Now, I don't want to sound like one of those weird fashion articles that say things like "Look Fierce and Fabulous at 40!" but that's probably how I'm going to sound. The reason why fall is such a great time to look your best is because you don't have to wear those super heavy coats that encompass your entire outfit (yet), you can get away with wearing sassy hats, it's that weird time of the year when it's not too cold to still wear shorts but you could also wear jeans if you really want to, and you can wear the boots that have been shoved in the back of your closet all summer.

Now let's talk about current trends. What I've noticed from the fashion week runways to Forever 21 ads is that there seems to be a really big 1970s influence on fashion. Some staple pieces I would recommend to anybody looking to enhance their wardrobe this fall season would be a cute floppy hat (I personally think that tan, black, maroon, or even yellow are the best colors for this style of hat especially for fall), a button-up denim skirt, a pair of boots, colorful scarves for layering, chunky sweaters, a faux fur vest, anything paisley or floral print, a denim jacket, bell-bottom jeans, and anything fringe. Fringe is apparently huge. A trend that I'm super into right now is the button-up denim skirt. They look so much cuter than they sound. Personally, if I were to buy a button-up denim skirt, I would definitely pair it with a cropped sweater, sheer stockings, chunky knit socks, ankle boots, and a floppy hat. Of course, the concept of all of this sounds lovely. However, the execution may not be so lovely. You can mix and match the items and come up with a completely different look! It's all up to you and what you like.

American Horror Story: Hotel

Lindsay Cymbalski, '16

Let's start this article out on a cheesy note. It's that time of the year again: school's back, it's time for Drake to release a new single, that YouTube video of the dancing pumpkin man may or may not be appearing all over your Tumblr dashboard, and, of course, all of your favorite tv shows return. One of my all time favorite TV shows is American Horror Story. Like most hip, cool, and edgy teenagers, I've seen every single season. That's a lot of time spent watching Netflix and a lot of time avoiding responsibilities way beyond my maturity level (@college). For those of you who do not watch AHS, you should know that it does not follow a consecutive storyline from season to season. Every season tells a new story, which I find to be really cool. You never know what to expect the following year. The environment, the characters, the time period, and the running theme are completely different every time. This season takes us to the creepy Hotel Cortez in modern day Los Angeles, California. However, the people that check into this hotel seemingly never leave. Every episode reveals a little bit more about this mysterious hotel and why most of its residents never age. I'm currently only on the third episode, and all I can say is that the writers really take their time slowly revealing these hints and clues because I'm still lost, if I'm being completely honest. This show has a way of waiting until the last episode of every season to give you all the information you've been needing and wanting since episode 1, yet it still keeps you intrigued throughout the entire story. I guess it's all for the anticipation build up? Or maybe the writers are just trying to be cute and play with my emotions.

This season stars Lady Gaga, Evan Peters, Kathy Bates, Sarah Paulson, Matt Bomer, and Wes Bentley. This is basically Lady Gaga's television acting debut and, in my opinion, she is amazing so far this season. She is so evil and sly but beautiful at the same time. Good for her.

If you are into highly disturbing shows with a riveting plot, amazing cast, Evan Peters, freaky shenanigans, and lots and lots of blood, then I recommend you watch American Horror Story: Hotel.

New Books

Sofia Capece, '17

Fall can be one of the most beautiful times of year. However, due to our hectic lives, the season often goes by without our notice. This fall, leave time for yourself by picking up a new book to read. Here are my fall favorites:

Go Set a Watchman by Harper Lee: Maybe you have read and enjoyed the literary classic *To Kill a Mockingbird*, but what about the rest of the story? (For a little bit of background, Harper Lee actually wrote *Go Set a Watchman* before *To Kill a Mockingbird*. Her editor liked the story, but wanted to hear more about Scout's childhood. As a result, Lee abandoned her original manuscript and wrote TKAM.) *Go Set a Watchman* is set 20 or so years after the events of *TKAM* and details the life of Scout as she visits her hometown Maycomb after many years. Much to her surprise, Scout finds that her father, Atticus, is not the most morally upright man she thought he was. Scout struggles to come to grips with this new information, and wonders if Maycomb will ever change its views toward race.

Carry On by Rainbow Rowell: This author might sound familiar to some of you, as she also wrote two other best sellers *Eleanor & Park* and *Fangirl*. Taking many references and cues from Harry Potter, *Carry On* follows Simon Snow, a magician chosen to save the magic world while he still struggles to cope with his life at Watford, a renowned boarding school for budding magicians. This is a must-read for fans of Harry Potter and love stories alike. Rowell successfully manages to fuse the fantasy world of magicians, vampires, and ghosts with good old-fashioned teen drama.

Why Not Me? by Mindy Kaling: If you are looking for a light read, something not too mind boggling, but still hilarious, this is the book for you. Kaling talks about times where she has felt inferior in Hollywood but also times in her life that have helped her grow in self-confidence. Her book stresses the importance of working hard and believing in yourself, but *Why Not Me?* is not sappy by any stretch. You will laugh out loud when you read stories of Mindy's crazy exploits and her meeting with Bradley Cooper. Kaling's new book is perfect for a relaxing day at home when you need a good laugh.

What's Trending: Fall 2015

Gina Capece, '18

A lot of crazy events have happened this month. From Malia Obama to the PSATs, social media has been exploding with all kinds of buzz and drama. Here are some of the best highlights:

- **Khloe Kardashian Calls off Divorce:** Earlier this month, Khloe's ex-husband Lamar was found unconscious and was sent to the hospital. The couple had been separated for a few months, but they were still legally married due to paperwork issues. When Khloe heard the news about Lamar's health, she rushed to his side and decided to call off their divorce. Why? She realized she was still deeply in love with him. Next week on Keeping up with the Kardashians...
- **Malia Obama Caught Playing Beer Pong?:** A picture of President Obama's daughter has recently been spreading all over social media. Malia Obama was allegedly seen at a party at Brown University, and someone took a Snapchat of her next to a beer pong table. People tweeted about her being on the same floor as them, and they were super confused. Some even claimed the Secret Service was there. There is more scrutiny than ever on Malia Obama, a high school senior, concerning her wild life.
- **America's Next Top Model is Cancelled:** Everyone has heard of Tyra Banks, the queen of the modeling world. Almost everyone has watched at least one episode of ANTM. If you haven't, you should start watching it now, because after this season (Cycle 22) it's being taken off the air. This show has had many talented contestants: Cycle 21's Chantelle Winnie, and this season's Nyle Dimarco (also seen on the show Switched at Birth). On October 14, Tyra tweeted the terrible news of its cancellation.
- **The PSAT Memes:** The PSAT memes are back, and they are worse than ever. A year ago, people all over Instagram and Twitter started creating jokes about the infamous form of standardized testing. This year, it happened again. I'm not surprised because the PSAT material is so easy to mock: a girl writing political poems against her family's knowing, scientists complaining about whether wolves or dogs made eye contact first, and of course, Spanish moss. What even is Spanish moss? I should probably know, because there were many obscure questions about it.

Upcoming Movies

Rachel Macauley, '16

The Hunger Games: Mockingjay (2015)

Due out November 20th, the 4th installment of this series, starring Jennifer Lawrence, Josh Hutcherson and Liam Hemsworth, finally comes to a close. All the past films have been leading up to this moment, the rebellion. Katniss(Lawrence) and her friends and infamous love triangle, Gale(Hemsworth) and Peeta(Hutcherson) embark on a mission to take over the capitol Panem and to finally assassinate the man who was behind all the hardships they have faced, President Snow.

The Peanuts Movie (2015)

We all can remember watching the Peanuts movies every holiday with our family and friends. Now, those TV movies are coming to the big screen. In this 3D version, Snoopy, Charlie Brown, Linus, Lucy and Co. all embark on a heroic expedition while Snoopy flies high in the sky to defeat his nemesis, The Red Baron. Due out November 6th, it is sure to be a movie for the whole family to enjoy.

Finding Dory (2016)

The highly-anticipated sequel to the beloved movie Finding Nemo brings back Ellen DeGeneres as Dory, the lovable blue tang fish with a short-term memory problem. Finding Dory, scheduled for a June 17th release, reunites Dory with her family who she said she could not find in the first installment. This movie also brings back Marlin and Crush, who help Dory along the way to finally understand what family means to her.

Best Halloween Movies and TV Shows

Sofia Capece, '17

Halloween is one of the year's most exciting holidays, and whether or not you are going out trick-or-treating this time, your Halloween should still be enjoyable and fun. If you have no plans for this Halloween, consider getting together with a group of friends and watching some scary movies/ TV shows.

Top 3:

1. **Scream Queens (TV show, Tuesdays at 9 on Fox):** A killer is terrorizing the pledges of Kappa Kappa Tau, a sorority known to have a dark past. The pledges and leaders of the sorority are desperately trying to find the killer before another person dies.
2. **Halloween:** After spending 15 years in a mental hospital, Michael Myers returns home and stalks a high school student and her friends, trying to kill them.
3. **Scream:** A killer, who dons a sinister ghost face, taunts high school student Sydney and her friends.

Honorable Mentions:

Rosemary's Baby	Halloweentown	Carrie
Scream (TV show)	Hocus Pocus	Bates Motel (TV show)
Friday the 13th	Insidious	American Horror Story (TV show)

The Ultimate Fall Playlist™

Katie Schluth, '16

Anyone who knows me remotely well can tell you that making Spotify playlists is my true calling in life, or so I believe. Here's one I made containing 40 of the catchiest, most sing-at-the-top-of-your-lungs worthy songs I've jammed to this past quarter. Go follow it on Spotify (search "The Nazareth First Quarter") and give it a listen—I promise it'll be the best two and a half hours of your life.

Love Me—The 1975	Puzzle Pieces—Saint Motel	Fred Astaire—San Cisco
America's Sweetheart—Elle King	Matthew James—Bad Suns	Here—Alessia Cara
WILD—Troye Sivan	Short Skirt/Long Jacket—Cake	When You Were Young—The Killers
Dreams—Beck	Sun Shy—Dresses	Avalance—Walk the Moon
Hiding—Florence and The Machine	The Worst Guys (feat. Chance the Rapper)—Childish Gambino	City—ADHDS
Coffee—Sylvan Esso	400 Lux—Lorde	Undercover Martyn—Two Door Cinema Club
Lane Boy—Twenty One Pilots	Lovely Day (Bonus Track)—alt-J	Say My Name (feat. Zyra)—ODESZA
The Fool—Ryn Weaver	Gold—Kiiara	Daydreamer—Young the Giant
Drive—Halsey	All of the People—Panama Wedding	Fools Gold—Fitz and The Tantrums
Lost—Frank Ocean	Sorry—Justin Bieber	Hotline Bling—Drake (had to save the best for last)
Perfect—One Direction	East of Eden-Carousel Remix—Zella Day	
Pay My Rent—DNCE	Stitches—Shawn Mendes	
Can't Pin Me Down—Marina and The Diamonds	I'm With You—Grouplove	Happy listening!
Let It Happen—Tame Impala	R.I.P. 2 My Youth—The Neighbourhood (this is a great sad banger!!)	
Get It—Matt and Kim		
You're Not The One—Sky Ferreira		

New Music

Jenna Silla, '16

With school back in full swing and the first quarter under our belt, I'm sure you are feeling a little overwhelmed. Everything about the fall is hectic, busy and stressful. Maybe I just feel that way because I'm a senior applying to college, or maybe you can relate to the feeling. Either way, one thing that rocks about the fall is music. Lots of new albums are coming out, making fall a bearable time. Also, there are lots of new artists coming into the spotlight, which is always exciting. Here are some of the upcoming albums I am most excited about:

- Wiped Out! - The Neighbourhood (October 30th)
The Neighbourhood always comes out with good angsty jams, so I can't wait for their new album. I love R.I.P. To my Youth, so if the rest of the album is like that, then we are in for a treat!!
- Delirium – Ellie Goulding (November 6th)
I HAVE BEEN WAITING FOR NEW ELLIE FOR SO LONG!! I am so happy to say that the wait is over and we finally have new music from her. I'm sure this album will be awesome because Ellie is awesome and I trust her to make jams. On an unrelated note, if you like Ellie Goulding too, go listen to her cover of Tessellate if you haven't already. It is so beautiful I could cry.
- 25 – Adele (November 20th)
Just when I had lost hope that Adele wouldn't be making new music anytime soon, I found out that she will be releasing a new album the 20th. If that isn't the best thing you've heard all day, then you're lying. I can't wait to get lost in the sweet sound of Adele's voice, it's been far too long :,).

I'm still waiting for Frank Ocean's new album, which was supposed to come out in July!!!

Up and Coming Artists

Jenna Silla, '16

A few of my favorite upcoming artists are:

- Mikky Ekko – He's not new to the music scene, but I feel like he is very underrated. Ekko sang and co-wrote "Stay" with Rihanna and his music has the same type of sound. My favorite songs of his are "Pull Me Down" and "Smile". Be sure to spotify him!
- James Bay – An English singer, songwriter and guitarist who's not brand new to the music business, but is finally starting to be recognized (!!!). He has released a few EPs in the past, but his first album Chaos and The Calm came out this year. Some of his most known songs are "Hold Back the River" and "Let It Go".
- Ella Eyre – This British singer has the kind of voice that makes you want to sing along... loudly. She is not new to the music scene either, but she just released her first album this February. Some of my favorite songs of hers are "Good Times" and "Comeback".

The King and I

Rayann Nazario, '16



The annual school play is something that pretty much everyone looks forward to. I have done the musicals here for three years, and each one is always more exciting than the last. This year was the year of the King and I! The lead role of Anna was played by Victoria Sanchez '16 and Julianna Gerold '17, the King was played by Joseph Zampirri '16, Lady Thiang was played by Alexandra Matlack '16 and Rayann Nazario '16, and Tup-tim was played by Nina Adams '17 and Karley Konyves '17. Doing this show for my senior year was really such a blessing. I have “gotten to know” everyone a little bit better and made definite lifelong friends. To reenact a musical is a cooperative bonding experience, and I would definitely recommend getting involved. You meet new people and have a fun time building

relationships with them. You'll learn that it is okay to leave in some hairspray from the show before—it helps a lot with the bun process. Also, bobby pins are everywhere, you just have to look on the floor. All in all, doing the school musicals (whether at Nazareth or other neighboring schools such as Father Judge or Holy Ghost) is such an amazing and somewhat tiring experience, but it is an experience I would do over and over again.

Current Events

Cianna Choo, '18

Peace and Unity

On October 24, it was the United Nations' 70th anniversary. The mission of the UN is “to save succeeding generation from the scourge of war.” More than 200 landmarks worldwide were lit up blue, which is the official color of the United Nations. The pyramids in Egypt, the Eiffel Tower in Paris, Sydney Opera House in Australia, the Empire State Building in New York, Russia's Hermitage Museum, and the statue of Christ the Redeemer in Rio de Janeiro joined the UN headquarters in this blue light show.

A Great Come Back

Canada's newest prime minister, Justin Trudeau, is the leader of Canada's Liberal party. A few months ago they were trailing third in the polls but came back to win the popular vote and sweep the majority of the seats in Canada's House of Commons. Trudeau was a schoolteacher and is the son of Pierre Trudeau, the 15th PM of Canada who served two terms from April 1968 to Jun 1979 and March 1980 to June 1984. When Trudeau is sworn in at the age of 43, he will be the second youngest prime minister Canada has ever had. His father was a very intellectual and flamboyant politician and revolutionary, so there are a lot of expectations.

Rainy Week

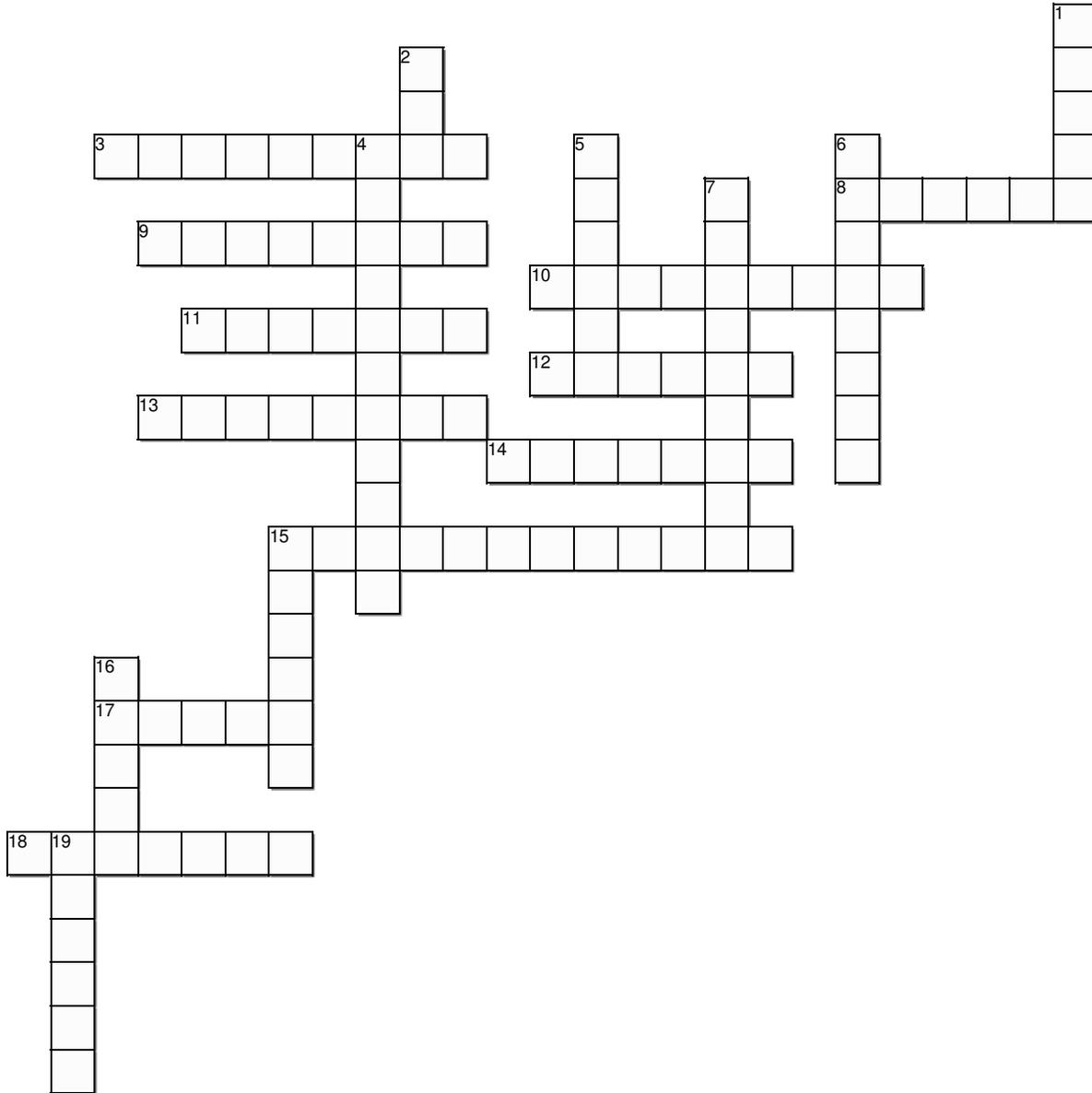
Typhoon Koppu in the Philippines killed 43 people, injured 78 people, and another 5 are missing. Koppu hit Luzon, which is one of the Philippines' most populated islands, on Sunday going into Monday. More than 109,000 people have been taking refuge in shelters. The cost of the damage is estimated at \$160 million.

Hurricane Patricia, a category 5 hurricane, has been ravaging Mexico. Torrential rain, dangerous seas, and high-speed winds have caused flooding and landslides. Cars and buses have been washed away by floodwaters. Trees and power lines have been knocked over by the 165 mph winds. Thousands were evacuated on Friday. Locals in Puerto Vallarta have reinforced their homes and shops with sandbags. The Puerto Vallarta, Manzanillo and Tepic airports have all been shut down. There have not been any reported deaths caused by the hurricane, but there still has been a lot of damage done to the affected area's infrastructure.

Sarah John, '16

AUTUMN

Complete the crossword below



Created on TheTeachersCorner.net Crossword Maker

Across

3. 9th month of the year
8. color or fruit
9. sport played on Thanksgiving
10. ship in which the Pilgrims sailed to the New World
11. a round and yellow-orange fruit
12. color of the sun
13. an animal that feeds on nuts and seeds
14. month for Halloween
15. every fourth Thursday of November
17. red, green, or yellow fruit
18. a ride in a vehicle full of hay - just for fun

Down

1. another word for corn
2. apple, pumpkin, or cherry flavored sweet that one eats on Thanksgiving
4. crazy day of shopping
5. a public procession-celebrating a special day or event
6. month for Thanksgiving
7. October 31st
15. large bird that eats on Thanksgiving
16. sweet treats that kids receive on Halloween
19. another word for the season of fall

Dear Nancy Ann,

With the stress of the beginning of the school year, tough senior classes, SATs, ACTs, SAT Subject Tests, and most importantly (and most stressful), COLLEGE APPLICATIONS, how am I supposed to truly enjoy senior year and not worry about which acceptance letter is in my mailbox when I get home? How can I truly begin to enjoy senior year and not waste it away on college applications and school stress?

Sincerely,
Stressed-Out-Beyond-Words Senior

Dear Stressed-Out-Beyond-Words Senior,

First, let me just start off by saying, BREATHE! Everything is okay, you are okay, in fact you are more than okay! You are a Nazareth Academy Senior, and you, my dear friend, are ready to take on the world! If anybody should be scared or stressed, it's that world out there. They are not ready for you and your awesomeness! I know the pressure of difficult senior classes can be overwhelming, and with the stress of college applications on top of that, at times it can seem unbearable! BUT....there is always a big BUT.....there is light at the end of the tunnel. And yes, the only way to get to that light is.... wait for it.....senior slide. But not so fast ladies, just wait until after midterms and when all of your college applications are completed and submitted and you have that acceptance letter in your hands, then you can slide! I'll be waiting for you at the end of that tunnel, keep pushing through, I believe in you!

Love Always,
Nancy Ann xoxo

Congratulations to the Class of 2017 on receiving your rings!



The Nazareth

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