

THE NAZARETH

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How to Survive the Cold

By: Laura McLaren '15

It seems like only a brief glimpse of summer since the last time the ground was covered in inches upon inches of snow. Apparently this year's winter is supposed to be worse than last years. Call me optimistic, but when have the weathermen ever been right? When your own driveway can turn into your own personal slip-n-slide, you know stuff can go down (pun intended). In conclusion winter is a dangerous season. In order to combat the cold, I have devised a list of activities and precautions for the season.

Winter is the most dangerous season. I have a few nagging mommy reminders.

1.) Find chapstick and moisturizer. The air is cold and dry. You are already probably fighting a mild cold and wondering if you will ever be able to breathe with both nostrils again. You do not need any skin problems in addition.

2.) Bundle Up. There is no better way to fight the freeze than layers. I know

overly puffy jackets that turn you into a marshmallow are not really the most fashionable coats, but man are they toasty.

3.) Vitamin D. You get it from the sun, but since you are no longer on the beach you need to get it in your food. It can be found in a variety of fish, but if you, like me, find the texture and smell of fish repugnant, it has been added to milk, soy products, and cereal. If you are reading this going, "Nah, I'm good." This is a friendly reminder that vitamin D helps keep people happy.

Do not let the cold get to you. Even though Jack Frost is nipping at your nose you can still have fun. Sure, a walk in the park might be out of the question, but here are some activities

that take advantage of the season.

- Embrace the snow and ice. When else can you build a snowman? Go skiing or attempt to snowboard, or even ice-skate.

- Roast some marshmallows and make some s'mores. There is no better way to cheer up a Naz girl than food. Do not forget the hot chocolate!

- Binge-watch Netflix. If it is too cold to go outside, throw on that fluffy blanket and watch One Tree Hill while it is still on Netflix.

- Go to the movies. There are a ton of cool movies coming out. From the directions of X-Men: First Class, Kingsman: The Secret Service is about a teenage misanthrope who gets recruited for a classified protection service. Kingsman comes out February 13th.

From the director of The Matrix, Jupiter Ascending is coming to theatres February 6th. Cinderella, the fairy tale that has been remade so many times before, comes out again on March 13th.

- The Philadelphia Flower Show. What better way to beat the cold than by dreaming of spring. The show runs from February 28th to March 8th at the Pennsylvania Convention Center.

- Concerts coming up include Maroon 5, Magic!, and Rozzi Crane at the Wells Fargo Center on March 9th. Ariana Grande at the Wells Fargo Center on March 12th. And Andy Grammer and Alex and Sierra on March 21st at the Theatre of the Living Arts.

Those are just some ways to get through the season. If you are still struggling from Cheimaphobia, or fear of the cold, then you might need to resort to denial. Go pat down the snow into a nice recliner, put on a pair of sunglasses, and be wary of tan lines



Naz-a-thon: For the Kids

By: Bailey Raymond '16

Every year at Nazareth, we celebrate the Juniors as they get their rings on Ring Day. This year, Ring Day was celebrated a little differently by having a dance marathon with all proceeds going to CHOP. We danced in honor of one of our juniors, Jacki Dollard, who battled thyroid cancer.

This marathon was going to be a lot different than the mixers at our school. There would be no sitting allowed because there are kids with cancer who cannot walk, let alone dance. We danced for those who couldn't. The juniors danced all day with the rest of the school joining at the end of the school day. Besides all of the dancing, there were not only dodgeball games, but also games such as ping pong down in the old cafeteria.

Along with the games and dancing that went on throughout the day, we

heard stories from people who have battled cancer and received treatment at CHOP. The stories were a reminder of why we were dancing. It was very bittersweet to hear this heartbreaking stories because there are children out there fighting this disease, but it was so rewarding to know that we were helping them.

Naz-a-thon turned out to be very successful despite the limited amount of time there was to plan it. We surpassed our goal of \$5,000 by raising a total of \$20,620.27 for CHOP! As a junior, it was a very exciting day to be celebrating our rings by dancing with your friends for a good cause. I can only imagine what next year's Thon will bring!

...Blossoms into Spring

By: Laura McLaren '15

It feels like this winter has been an unending season of cold and shoveling. The snow blasts just keep coming and the work load just gets heavier and heavier. The snow can make this season beautiful, but also very dangerous. The groundhog saw his shadow, cursing us with six more weeks of this icy, cold mess.

Warm weather seems so far away, but alas the days of spring are coming soon. Soon we will have the sun shining through, giving everyone spring fever. The trees will blossom with their pink and white buds. In a few months, we can say goodbye to the snow covered wasteland and hello to bar-

beques, pool parties, the salty tang of sea water in our noses, and the sweet joy of Rita's opening. The thought of spring coming is just tantalizing, but I

have devised a few ways to help you get through the rest of this cold.

1.) Roast marshmallows and make some s'mores. There is no better way to cheer up a Naz girl than food.

2.) Have a movie marathon. Whether it's Harry Potter, Lord of the Rings, or the first three Indiana Jones movies if it's too cold to go outside, you might as well snuggle up.

3.) Build a snowman. If you are getting tired of talking to the pictures on the walls, why not go outside and make your own warm, hug-loving Olaf.

These are just a few ways to get through the season. If you are still struggling from Cheimaphobia, or fear of the

cold, then you might need to resort to denial. Go pat down the snow into a nice recliner, put on a pair of sunglasses, and be wary of tan lines.



Malala Yousafzai 2014 Liberty Medal Ceremony

By: Danielle Dustman '16

On Tuesday, October 21, 2014, six students accompanied by Sister Mary Anthony and Mrs. Hughes piled into the school van, smiling faces and excited spirits. Their destination? The National Constitution Center in Philadelphia to see the 2014 Liberty Medal Ceremony. This year's recipient was none other than the extraordinary teenaged girl who has been such a positive influence and inspirational voice for education all over the world – Malala Yousafzai. I was fortunate enough to be one of the students who got to see this absolutely wonderful and moving ceremony.

It all started when I first heard Malala would be coming to Philadelphia. Malala has always been a hero of mine, as her message is truly an inspiring one for school-aged children all over the world. It's amazing that any one

person can have such an impact at such a young age. So I spoke to my mother about it, and she was super supportive. After months of trying, she managed to obtain the tickets while I was at school one day in September.

The day arrived, and Nina Juntereal, Jessica Colfer, Jenna Hastings, Anastasia Papatolis, Bridget Geary, and I boarded the school van. Sister Mary Anthony happily volunteered to drive us to the venue. After a quick Wawa run, we reached the National Constitution Center. A long line of excited people of all ages had already wrapped around the building. Many of them spoke of Malala's remarkable achievements. Once we got through security, we were directed to our seats, where Mrs. Hughes was already waiting.

It was amazing to look around and see the variety of people who had come out to celebrate Malala. There were children and teens from not only Philadelphia area schools, but also schools from all over the east coast. There were a number of Girl Scouts, as well. Parents and teachers and adults all packed into this room, making a wonderful cacophony of eager, excited voices.

The ceremony began, and many insightful speakers addressed the crowd. Among the many presenters were Mayor Nutter and Martha Raddatz, the international correspondent for ABC news. A truly inspiring story was told by Minnijean Brown Trickey, who fought for the right to attend the racially segregated Little Rock Central High

School in 1957.

Then came the moment we had all been eagerly awaiting – Malala stepped up to the podium to speak! I was taken aback by how down to earth she was. The first thing she said was, "I think

"I think that before listening to Malala speak, I took my education for granted. I don't think we realize that we wake up some mornings and we don't always feel like coming to school, but there are boys and girls in countries across the

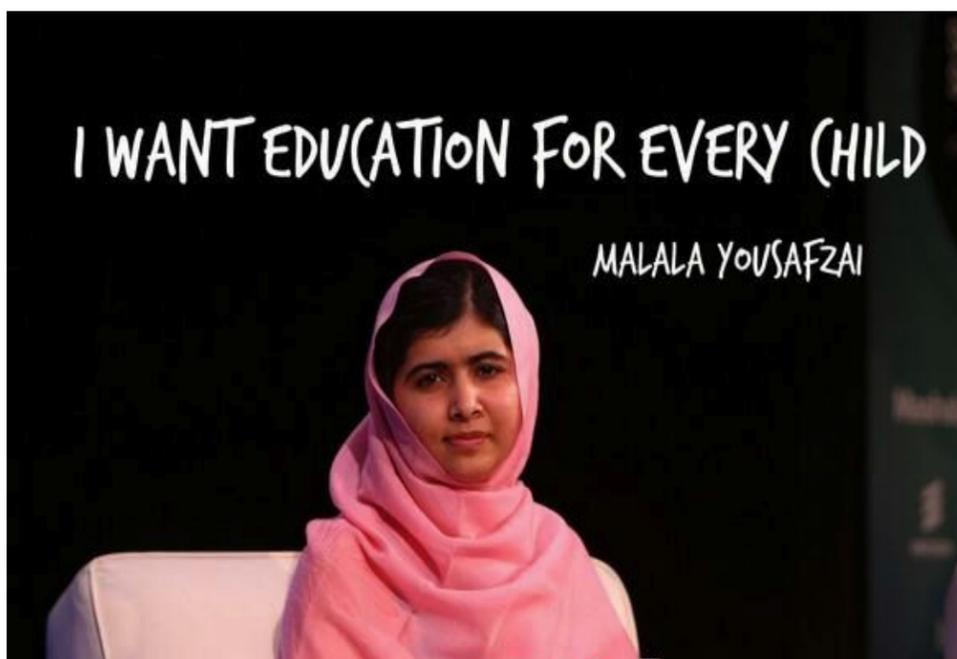


the podium is almost taller than me, unfortunately, even though my shoes are two inches tall." She was so unbelievably kind and smart and just such an incredible speaker with an amazing story. We were all so blessed to see her in person.

Some of those who attended were kind enough to tell me about their experi-

ence: "Malala's message is one of strength and determination. Having an impact on the world at such a young age is truly inspiring and makes me feel like nothing is impossible. My favorite part of the whole experience was actually hearing her speak about the struggle for education around the world. Just being able to actually be there was an amazing experience." – Jessica Colfer, '16

world that would give anything to go to school. My favorite part of this experience was watching Malala receive the Liberty Medal. She wants to make the lives of children in this world better and I hope she accomplishes her dreams." – Bridget Geary, '16



Some of those who attended were kind enough to tell me about their experience: "Malala's message inspired me because she is a girl my age that was

strong enough to go against an entire group of terrorists for what she believed in. The fact that she believed in something so strongly amazes me, actually. I wish there was something I was so incredibly passionate about. My favorite part of the experience was hearing the woman from Little Rock Nine speak, not necessarily because of what she had done, but because I would never have thought to relate the two incidents and see the similarity. Then

all the other things they also related to Malala's actions amazed me because I realized how many strong, courageous people there are in the world. I realized that not everyone is going to sit back and watch others do things they know aren't right and that they don't agree with. The whole experience had me speechless. Malala said being shot was the best thing that ever happened to her because it didn't make her quiet, like they thought it would; it spread her message across the globe..." – Jenna Hastings, '16

"Malala is like any teen girl – seventeen and going to school, and yet here she is speaking in front of thousands. Her words matter and the message she gave to promote education inspires me to believe that our generation has a voice. With education, each of us can impact the world too. My favorite part (aside from seeing Malala of course!) was the atmosphere of the ceremony. Not only were politicians, educators, and government officials at the event but also young people: grade school, high school, and college students. Some students even spoke onstage.

The diverse array of speakers made me smile. We were all learning from one another." – Nina Juntereal, '17

"Malala's message spoke deeply to me about the costs of being an active opponent of oppression. Although it's easy to say that one opposes oppression in every form, when there are guns and the threat of death involved, there aren't many people who would still be so loud an opponent. It's instinct to seek self-preservation, but Malala is an inspiring figure of what happens when we let go of the fear of retribution and do what we know is right. "I will speak against terrorism, and speak for my rights and freedom. ... Why should I not speak? It is our duty to speak when under oppression."

My favorite part of the experience (aside from the car ride there) was definitely getting to see Minnijean Brown Trickey, a member of the Little Rock Nine. It's easy to forget that segregation was something that was happening barely fifty years ago, and that we still have a long way to go when it comes to ending racism in the United States. Her words were very inspiring to me: "There is no preparation for confronting oppression." "[There is] the power of individuals to say 'Not this time' ... [and] of all of us to catalyze change." Truly, Trickey's words were my favorite part of the experience. – Anastasia Papatolis,

Music Journey to NYC

By: Madison McGrogan '17

This past Thanksgiving is one I'll never forget. The chorale took a once in a lifetime trip to New York City to perform at Lincoln Center. We would be performing the work of composer Gwyneth Walker under the direction of Dr. Nancy Menk from Saint Mary's College in Indiana. We all got to school to get on the bus and you could feel the excitement. For some of us this was the first trip with the music department and didn't really know what to expect. All the excitement that was heard when entered the city was crazy. Someone was singing in the back of the bus, someone else was pointing out Broadway theatres, and someone was just waking up from their nice nap.

I can tell you that once we were in the city, it really hit us. It had finally come. There was no more counting down, no more sleeps until New York (yes, that's what the countdown on my phone said). We all went to Thanksgiving dinner together and had a great time. We had our first practice after dinner and it was the first time we would be meeting the other ladies. We all had no idea who we would be seated next to, would it be an Australian??? All of the women were so nice and we got to know them a little more over the next two days.

The chorale got to go exploring the city in our own little groups. Some of us took pictures with Santa in Macys, and some of us went to Bry-

ant Park. We were scattered all over the city. Spending the weekend with some of your best friends, laughing, freezing, and singing was more rewarding than I ever thought it could be. We made memories that none of us will forget.

Our dress rehearsal the day of the concert was unbelievable. We didn't know what to expect of the stage and the orchestra. When we walked onto that stage it was amazing. We would

be standing in these same places later that Saturday evening singing to a crowd full of people. Hearing the first notes from the orchestra, we all knew it was going to be nothing like our performances back home. All of us women had only just met each other, but together we sounded like a group who had

known each other for a very long time. Dr. Nancy Menk who was our conductor

was leading us. She knew how to mold all of our individual groups' sounds together to make the perfect sound. She was so insightful to the messages the composer Gwyneth Walker wanted to convey that it helped us all get into the mind frame to share these things with our audience.

I'm so grateful to have had the experience and would definitely do the trip over again. The memories you make with friends last a lifetime. Thank you to Ms. Chmelko and Ms. Monari for making sure we got to places on time! Also thanks for dealing with all our craziness for three days. This was the first music trip for me, hopefully there will be more to come and more new experiences with great friends.



Ring Day: A Day Like No Other

By: Emily Sokolowski '16

*"The journey between who you once were, and who you are becoming, is where the dance of life really takes place."
~Barbara De Angelis*

On November 13th, the class of 2016 received a ring that united them not only with each other as one class, but one in the Nazareth tradition: past, present, and future. To us Naz girls, this is not only a shiny new piece of jewelry with an electrifying blue stone; it is one more piece that just about completes the Nazareth heart! There is something magical about the moment when you receive your ring; there are not enough words to begin to describe it! The Ring Mass truly reminds us of our true faith, in God, and each other! As we process into the dark chapel with our little blue candles, we begin to see the faces that have lighted the Nazareth way for us: our parents for choosing to send us to this exceptional school, our teachers and faculty who have brought to life the spirit of learning, and our friends who have been there to support and love us unconditionally. As we approach the foot of the altar, it becomes clear why you are here, why you are and meant Nazareth girl! The Nazareth pride is shining bright, and you are just relieved that you didn't set anything with your candle! The next morning we kicked off our Ring Day celebration with the sophomores turning rings, and presenting us with the bracelets they made us! The Ring Mass and Ring Day celebration is beautiful ceremony of our unity as the Class of 2016, and a school as a whole!

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This year, the traditional celebration of Ring Day was a bit different. And boy was it legendary?! On November 14th, we hosted our first annual Naz-A-Thon in celebration of the juniors and to raise money for diatric Thyroid Cancer Center at the Children's Hospital of Philadelphia. The students and all of the faculty members were working effortlessly to make this day a huge success, and we legendarily exceeded the definition! The juniors danced for a cure from nine o'clock in the morning to seven o'clock at night, with the school joining us at markable and exciting classmates for one of sonal level, as I danced all the pain and trouble just faded away, and I realized that these are for in this lifetime! I think it is safe to say that Naz-A-Thon was life participated! The epitome of Ring Day would have to be when all of the faculty held up that gorgeous number of \$20,620.27 all for the kids! I be a part of one of the oldest Nazareth tradition of the class rings, but be a part of the newest tradition of Naz-A-Thon and celebrate the world, and the need for a cure to pediatric cancer!

As a junior, you start to realize how precious your time here you don't have much left of that precious time at the ole' Acad! It is a bittersweet moment when you come to realize that in about two years, your entire class will be off to college and shining their own bright light in this world. The Nazareth class ring truly unites us on this journey of sisterhood. A journey that we have been pursuing for a while now, and though there may have been a few bumps in the road, a failed test, many forgotten Baked Potato Day money, and much more, we come together and realize that the road ahead of us isn't so far away, and now is the time to take these last few steps



at Nazareth is, and how

College ...

By: Jenna Guenther '15

College, college, college, and more college. That's pretty much senior year in a nutshell. The summer before is filled with visits and figuring out where you actually want to apply. The first quarter is overwhelmed by the actual applications themselves. You've got to be super organized because every school has a separate application and even if many are on the Common App, you still probably have a million supplements to write for each school. If you were ambitious and got ahead of the game, you started your applications before school even started and it was slightly less crazy for you.

So all your apps are finished. Give yourself a pat on the back. That part is over now. Give yourself a day

to breathe. Just when you think you are smooth sailing toward graduation, you are quite mistaken. Now you've got to be on top of everything, making sure every school has every document they need, including sending your SAT scores, and apply to extra things like scholarships and honors programs that just require more essays...but it'll all be worth it!

Then comes waiting. You check the mail and your email multiple times every day in hopes of finding something from any college to which you applied. And then that waiting period seems eternal when it feels like everyone else is getting acceptance letters and making decisions. If you're like me, you sit there super excited for

your friends, but you also die a little inside because the schools you applied to won't send out answers until after Christmas.

The feeling of getting the first acceptance letter is pure relief. Even if it wasn't a school in your top choices, you know for sure that you can actually go to college and someone acknowledged your existence as it pertains to college. Hopefully that first letter begins a whirlwind of acceptance letters, scholarships, and offers from your top schools.

So you've got answers from all your schools. Now it's time to really sit down and focus and figure out where you see yourself for the next four years. People hear the word "se-

nior" and it's like you might as well be wearing a sticker on your forehead that says "Please ask me about college even though I have no clue." Don't get frustrated. You'll figure it out. You technically have until May 1st.

Until then seniors, good luck. You will end up where you're supposed to be. Just always remember, you are braver than you believe, smarter than you think, and stronger than you seem.



Strike a Pose... Fashion Show

By: Nina Adams '17

Christmastime is truly the most wonderful time of the year for the music department, not only because the department gets to rehearse and perform festive Christmas songs, but because it's time for our favorite fundraiser: the Fashion Show! The Fashion show is a time when underclassmen get to drool over gorgeous dresses and dream about their own proms, and upper-classmen get a firsthand look at the new styles for prom season. It's a fun day filled with baskets, performances from senior soloists, performances from the Nazareth Academy ensembles, and of course prom gowns!

Music students are allowed to volunteer as models, and the Golden Asp opens its doors the week before the fashion show for students to try on dresses to model that Sunday. For the first part of the fashion show, Daphne, the store's owner, and her staff come with the dresses and heaps of beautiful accessories. Before the show, the students get dressed and are accessorized with the help of the Golden Asp's staff. The models saunter down the runway constructed in the Green Room, as senior student announcers introduce the girls and share some of their interests and hobbies.

Moreover, The Fashion Show annually features fabulous senior solos, and this year was no exception. These girls select the perfect songs, and the audience had the pleasure of hearing them perform. As the First Part of the Show concludes, there's a brief intermission and the audience is given the opportunity to bid on the amazing baskets filled with goodies donated by music students. This year more than a dozen baskets were being raffled off, with themes that appealed to both parents and students. As the second part of the

show commences, the Nazareth Academy ensembles perform the pieces they've been working on for months. The ensembles always sound lovely, and this fundraiser allows Nazareth to boast the amazing music program at the school.



Pig Race

By: Cianna Choo '18

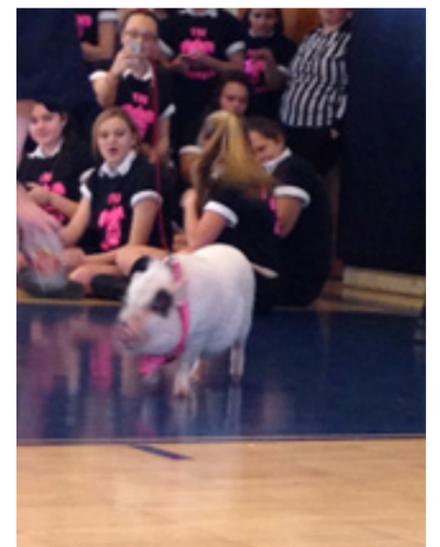
As a freshman, I didn't know what to expect when I heard we were having a pig race. Real pigs, maybe? The pig race is, in fact, a beloved Nazareth tradition. Every year, after our magazine drive, the homerooms with at least 75% participation were able to get a mechanical pig to race in the pig race. The pigs are color coded to the homeroom's year. For example, Freshmen had green pigs while Juniors had blue pigs. Each homeroom was in charge of picking a theme and dressing up their pig in order to wow the judges. There was "Airpork Security," "Swin-estein," and "Porkcrastinator" just to name a few. From each grade level, a panel of judges selected winning big based on creativity and individuality.

Girls had fun prepping not only their pigs, but also decking themselves out for the day of the pig race. Some homerooms had custom made shirts or dressed up to match their pigs to set themselves apart from the other classes.

Soon, we reached the day of the race! The whole school piled into the gymnasium. We started out with a parade to show off each homeroom's pig. Then the races began. At first I thought that the pig would have to race across the entire gym, but I soon realized that between their tiny legs and their need to stop and shake their bodies due to their programming, there was no way that they could race the full length of the gym. We would be in there forever! Instead, the pigs would line up, rear end to rear end in the middle of the center circle and race to get out. Each grade level competed first in trials. The winners of these races would then move on to the finals.

The Seniors ran into a little trouble when one of their homeroom pigs broke a leg. The poor pig couldn't move forward and the homeroom could not switch it out. While it was calamitous for the homeroom, the other girls had a good laugh watching the unfortunate pig wriggle around on the floor in a circle with its rear end sticking up and shaking. With much anticipation already built up to see what grade would win the final pig race, the Seniors had another card up their sleeve. Rumors had been flying around that morning of the Seniors having a real pig, but right before the race the rumors were proven true when a real, live pig was brought straight into the gym on a leash! Some seniors were baiting it with treats to lead it into the circle. Considering that the pig was more than three times as big as the other pigs, and, well, alive, it wasn't much of a surprise when the Seniors won the pig race.

The pig race was a great experience! It was a lot of fun for all the girls, and we all got a good laugh about. I can't wait to see what this year's Juniors might do next year.



Kairos

Senior Leader Prespective: KXLVI...To Infinity and Beyond

By: Jenna Guenther '15

Hey y'all (yes, I said y'all... it's a common "Jenna-ism", ask the other leaders). So if you didn't understand the pizza on the lockers of the girls going on KXLVI in October, you should go watch *Toy Story* right now, and hopefully you will be enlightened.

If you're reading this in hope that I reveal all of the secrets about Kairos, you have been mistaken. Those secrets are waiting for you to experience for yourself when you go, not now in this article.

37 people. Four days. That's all it took to create the unbreakable bonds of KXLVI. 24 seniors with mixed feelings about this thing they've waited four years to go on. Three juniors scared out of their minds. Five senior leaders determined to make this the best weekend EVER. Five adults prepared to deal with the chaos of all of the above. That was Kairos.

I went on Kairos as a junior in October last year, and waiting an entire year to lead was rough. But then again, it was worth waiting that year to experience the best four days of my life we those 36 other people. For you 36, thank you for giving me those four days. I hope the other leaders and myself were able to give you as unforgettable an experience as it was for us.

For my non-KXLVI friends, don't hate our inside jokes...the time will come when you have your own.

For all my Kairos 46 sisters, I hope you took a lot from the experience.

And if you take nothing else, always remember the basic rules from that weekend:

1. Always be mindful of your sweatshirt. (Sorry, Mom (aka Mr. Turner), ...Your 24 ounce hot tea, three Splenda, skim milk is coming right up).
2. When listening to Kairos music, never forget the DJ SarTar fade out.
3. Handstands can be dangerous.
4. Never back down from a creampuff challenge.
5. P.J. and Daisy are cooler than we will ever be.

But most importantly, remember that KXLVI is truly to infinity and beyond. To everyone that makes that retreat happen – no amount of "thank you's" is enough. To all the adults of KXLVI: thanks for dealing with us, especially Mom when it came to the leaders' demand for bedtime stories. To the ducklings, you guys will rock as leaders next year. To all my KXLVI sisters, keep living that fourth. And finally, to my fellow leaders – SarTar, Brigita Margarita, DreDre, and Anna Cindy Lou Who – in my heart it's the five of us. I wouldn't have wanted to do it with anyone else.

KXLVI will be hard to beat in my book. Until we cross paths with the Jesus House again...to infinity and beyond, y'all.



Junior Leader Prespective

By: Catherine Schluth '16

October 23rd, 2014, I stepped off the bus at the famous "Jesus House," 25% excited and 75% terrified for what the next three days had in store for me. October 26th, 2014, I stepped off the bus at Nazareth, 100% ready to take on the world and willing to hug everyone I crossed paths with. I haven't stopped thinking or talking about Kairos since, and unfortunately for you all, I'm not done yet. Kairos 46 was by far the greatest experience of my life, and the best part is, I get to do it all over again next year.

For those of you who have not yet been on Kairos but plan on attending at a later date, keep two things in mind:

1. You will enjoy this experience the most if you are open to it.
2. The more you put into it, the more you'll get out of it.

I know that this advice is really vague and you'll probably hear it a couple hundred more times, but both statements are true, and I had to emphasize them. Also, don't pester your friends about the "secrets" or try to figure out what they are. They exist not to exclude people, but to make the retreat more meaningful and effective for students attending it for the first time.

Personally, this retreat had a huge effect on me, and it completely changed my perspective of God, others, and myself. Going into the first retreat of the year as a junior among seniors was one of the scariest things I've ever done, but the instant I got home, I realized that my feelings of worry had been completely unnecessary. My

experiences at the Jesus House were nothing but positive, and despite being in a different grade from most of the other retreatants, I didn't feel isolated whatsoever. Everything we did, we did together (laughing, crying, mercilessly making fun of Mr. Turner, etc.).

Although I swore I wouldn't be one of these people, I have to admit that Kairos changed my life. Not only have I started talking to seniors who I never imagined I'd be friends with, but I've also come to have a better understanding of what authentic love and friendship are. I've taken so many great memories from this retreat that I'll remember for years to come, and I'll never be able to hear the remix to Ignition or eat a cream puff the same way ever again. Thanks to my Kairos sisters (and brother), especially the student leaders and the lovely ladies of group 2, I've become more open and have a more positive outlook on life than I've ever had before.

As you might've guessed, I'm pretty psyched to lead one of the Kairos retreats next year, and I can only hope I'll be half as awesome as the girls who led mine. Sophomores, I hope you'll all consider applying to be junior leaders this spring because after all, you really have nothing to lose. Going on Kairos as a junior was an amazing opportunity to be given and I'm thankful for it every day, but there are tons of benefits to experiencing the retreat with your class that I won't have. It's a win-win situation, so don't let fear of rejection keep you from applying.

Kairos 46, I'd pack you all in my bags next year if I could. I miss you, I love you, and I hope you all continue living the fourth today and always.



Winter Playlist

By: Jenna Silla '16

The second quarter is my personal least favorite time of the school year. The weather is cold and the coursework hits its peak, leaving me stressed and begging for a break. Summer feels so far away and I often have to stop myself from daydreaming of sunnier days. It seems the only way I can motivate myself to do homework is by listening to a lot of music. The right music can make homework less of a chore and almost fun... almost. These are some songs that I have been loving recently.

1. All Of Me – Tanlines
2. Avalanche – Walk the Moon
3. Candles – Daughter
4. Coffee – Sylvan Esso
5. Hunger of the Pine – alt-J
6. Joust – Picture Atlantic
7. Kathleen – Catfish and the Bottlemen
8. Medicine – The 1975
9. Middle Distance Runner - Sea Wolf
10. One Night – Ed Sheeran
11. Retrograde – James Blake
12. Synesthesia – Andrew McMahon
13. Thirteen Sad Farewells – Stu Larsen
14. White Lies – Max Frost
15. You're Still a Mystery – Bleachers



This Day in History

By: Sarah John '16

JANUARY 1 1898: New York City was consolidated into five boroughs.

JANUARY 2 2006: In Sago Mine, which is in VA, there was a methane gas explosion. Thirteen miners were trapped, but only one survived.

JANUARY 3 1521: Martin Luther was excommunicated by Pope Leo X.

JANUARY 4 2010: The world's tallest skyscraper in Dubai was opened.

JANUARY 5 1975: Bradley Cooper was born.

JANUARY 6 1945: George H.W. Bush married Barbara Peirce.

JANUARY 7: Christmas Day in Russia.

JANUARY 8 1935: Elvis Presley's Birthday.

JANUARY 9 1768: The first modern circus was staged in London.

JANUARY 10 1946: The first meeting of the United Nations was held.

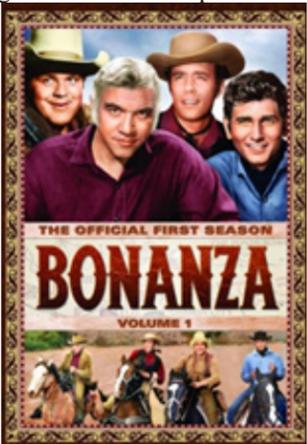
JANUARY 11 1908: The Grand Canyon was declared a national monument.

JANUARY 12 2010: 150,000 people were killed in a 7.0 magnitude earthquake that struck Haiti.

JANUARY 13 1930: The first time the Mickey Mouse comic strip appeared in newspapers around the country.

JANUARY 15 1759: The British Museum was first opened to the public.

JANUARY 16 1973: The final showing of Bonanza was presented by NBC.



JANUARY 17 1773: The ship, which was sailed by Captain James Cook, became the first to sail below the Antarctic Circle.

JANUARY 18 1968: At Broadway Theater in NYC, "Happy Time" opens.

JANUARY 19 1983: The new Catholic Code of Canon Law expands the rights of women in the Church.

JANUARY 20 1981: Ronald Reagan was sworn in as president.



JANUARY 21 1987: The Blues Musician, B.B.King, was inducted into the Rock and Roll Hall of Fame.

JANUARY 24 1993: Thurgood Marshall, the first African-American in the Supreme Court, died.

JANUARY 25 1890: The United Mine Workers of America was founded.

JANUARY 26 1788: The city of Sydney in Australia was founded.



JANUARY 27 1888: The National Geographic Society was founded.

JANUARY 28 1901: The American League was formed.

JANUARY 29 1954: Oprah Winfrey was born.



JANUARY 30 1969: The Beatles performed live for the last time.

JANUARY 31 1949: The first episode of These are My Children was aired.

FEBRUARY 1 1994: Harry Styles, a member of One Direction, was born.

FEBRUARY 2 1913: The New York

Grand Central Terminal opened to the public.



FEBRUARY 3, 2005: Gonzales becomes the first Hispanic U.S. Attorney General.

FEBRUARY 6 1952: Queen Elizabeth II becomes the queen of Britain.

FEBRUARY 7 1964: The Beatles arrive in New York.



FEBRUARY 8, 1936: The first NFL Draft occurred.

FEBRUARY 9, 1963: The first flight of Boeing 727 jet.

FEBRUARY 10, 1840: Queen Victoria marries Prince Albert.

FEBRUARY 11, 2012: Whitney Houston died.



FEBRUARY 12, 1918: Theaters in New York City were shut down to preserve coal.

FEBRUARY 13, 1944: Jerry Springer was born.

FEBRUARY 14, 1962: Jackie Kennedy gives a televised tour of the White House.

FEBRUARY 16, 1923: An archeologist opens the tomb of King Tut.



FEBRUARY 17 1991: Ed Sheeran was born.

FEBRUARY 18, 1564: Michaelangelo died.

FEBRUARY 19 1985: Mickey Mouse was introduced in China.

FEBRUARY 22 1979: The Island of St. Lucia gained independence from Britain.

FEBRUARY 23 1896: The Tootsie Roll was introduced.

FEBRUARY 24 2002: The Winter Olympics close in Salt Lake City, Utah.

FEBRUARY 27 1943: 74 miners were killed in a mine explosion in Montana.

FEBRUARY 28 1958: 24 children and the bus driver die after a school bus went into the Big Sandy River in Kentucky.

March 1, 1910: 118 people died when two trains crash in a snow storm.

March 3, 1952: A New York State law prohibits communists from teaching in public schools.

March 4, 1681: William Penn was granted the charter for Pennsylvania.

March 5, 1770: The Boston Massacre occurred.

March 8, 1817: The New York Stock Exchange was found.

March 10, 1910: China ends slavery.

March 11, 1892: The first public basketball game was played.

March 12, 1912: Girl Scouts of the USA was found.

March 13, 1897: San Diego State University was found.

March 14, 1903: The first national bird reservation was established.

March 15, 1892: The first escalator was patented.

Dear Nancy Ann...

Dear Nancy Ann,
I made a New Year's resolution, but with all my school work I don't think I will be able to keep up with it. Any tips?

Sincerely,
Nervous Nazgirl

Dear Nervous Nazgirl,

Yes! Here is something to remember with resolutions. They should be things that help you achieve goals. You don't have to make a New Year's resolution. You should have goals for yourself throughout the year though.

If your resolution is to eat healthier, which I know many people are trying to do, don't stress out if you have a cookie at lunch. These resolutions are supposed to help you be the best version of yourself, and that means being the happiest version too.

To all my procrastinators out there, if your resolution is to stop putting things until the last minute I have a tip for you. Make reminders in your phone, locker, even the front of the fridge if you have to. Remember that things happen and sometimes you planned to do that project last week but it's the night before its due and you're just starting it now.

Are you trying to get in shape for the New Year? Try to find fifteen minutes to work out even if you wanted to do an hour, because every little bit counts and it can be a stress reliever. All that homework is stressing you out and you don't have any extra time in your day. You might not always have time to go to the gym, that doesn't mean you can't do some working out while watching TV.

Another tip is to pick a resolution you know you can keep up with, because you want it badly enough. You cannot make a resolution and plan to stick with it if your heart isn't in it. If you don't want to eat more kale, don't do it. It won't make you happier. Only do what you want to make yourself the best you, you can be.

Fondly,
Miss Nancy Ann



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