



# THE WARRIOR NEWSPAPER

The Summer Issue

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Emily Mantaro  
Hunter Savery  
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Victoria Smith

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## EDITOR

All of us are aware of the standard interview question, "How have you ever demonstrated leadership?"

If I were to answer, I would say, "Leadership isn't measured by the number of titles you have. It's how well you can unlock people's potential and push them beyond their comfort zone."

And I genuinely mean it.

Now, I wasn't the most easygoing editor-in-chief. Sometimes, when I was confident that a specific contributor would be the best person for writing a certain article, I would convince him/her to write it, even if he/she knew nothing about the topic, resulting in time-consuming research on his/her part. Also, whenever a contributor agreed to write an article, I would remind him/her every day of the week via text message when the article was due. In person, I took advantage of every opportunity I had; I reminded people in homeroom, in the hallways, in the classes we shared. It got to the point where I would simply look at a contributor, and he/she would know and reply, "Don't worry. I've already started writing it. I'll send you the article on time." I'd like to personally and publicly thank the contributors not only for writing articles but also for coping with my neurotic behavior. I'm humbled by the drive, dedication, and willingness you displayed. Without your efforts, the three issues we produced this school year wouldn't have been possible.

However, I sincerely think that the ever-buzzing

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Katha Sikka  
Victoria Smith  
Aaron Supple

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***My Trip to the Dominican Republic***

by Nia Johnson

***Rising Teen Stress Levels***

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***My Trip to the Dominican Republic***

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by Katha Sikka

willingness you displayed. Without your efforts, the three Issues we produced this school year wouldn't have been possible.

However, I sincerely think that the ever-buzzing group chat, the article sign-up lists, and the borderline harassment encouraged the contributors to step outside of their comfort zone and to reveal their raw emotions, their voice, and their soul in their articles, and the Summer Issue exemplifies this. Within this issue, many of the contributors were palpably passionate about the topics of their articles, including Raphael Beretta's day-to-day log of his enviable vacation to Disney, Nia Johnson's reflection on her inspiring mission trip to the Dominican Republic, Andrew Lam's answers to an interview discussing the origins of and reasons for his eternal love for math, and Hunter Savery's defense of drab school uniforms. In addition, many contributors ventured into seemingly feared territory by writing research-heavy articles. Some of these engaging pieces include a commentary on rising teen stress levels, a synopsis of North Korea's recent nuclear threats, and a juxtaposition of the education systems between the United States and Finland.

However, I and the contributors are not the only ones responsible for the exceptional caliber of articles found within this Issue. Thank you to Mrs. Katz, the moderator of the newspaper, and Mrs. Merryman, our principal, for assisting me in creating, editing, and managing the content of *The Warrior*. Thank you to Raphael Beretta, the website designer of *The Warrior*, for collecting and uploading all of the pictures to go alongside

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As I'm culminating my reflection, my thank-yous, and this letter, I'd like to officially sign off by introducing Emily Mantaro as the editor-in-chief of *The Warrior* for the 2016-2017 school year. I'm confident that Emily will showcase that Lourdeans come in many different forms – scholars, athletes, volunteers, musicians, actors/actresses, etc., – and will publish a vast array of viewpoints, writing styles, and articles.

Thank you,

**Katha Sikka**  
Editor-in-Chief, 2015-2016  
*The Warrior*



## SCHOOL NEWS

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### LOURDES FRESHMEN SUPPORT "POUGHKEEPSIE TEEN CLOSET"

June 21, 2016

BY EMILY MANTARO

According to state reports, 86% of students in the Poughkeepsie School District are economically disadvantaged. Thus, high school teachers Jennifer Burke and Demetra Kapogiannis spearheaded an organization known as Poughkeepsie's Teen Closet. It allows students in need at Poughkeepsie High School to gain access to free personal hygiene items, packaged socks, t-shirts, underwear, and other basic toiletries.

In support of Poughkeepsie's Teen Closet, led by Class President Albert Zhu and classmates Nicole Wagner and Laila Watts, the Lourdes freshmen class collected toiletries. Together, the freshmen class set up collection boxes in Lourdes throughout the month of February and collected several boxes of toiletries for Teen Closet. The Teen Closet collection was a huge success, demonstrating the altruistic spirit of the freshmen class.

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Works Cited

<http://www.poughkeepsiejournal.com/story/news/education/2015/12/01/teen-closet-open-poughkeepsie-students/76620100/>

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## LOURDES COLLECTION OF PROM DRESSES FOR "CINDERELLA'S CLOSET"

June 20, 2016

BY EMILY MANTARO

After learning of many girls who hesitated to go to prom or didn't attend prom due to the expenses, Lourdes senior MaryClare Kelly decided to collect prom dresses for girls that would be given to them for free. Last year, MaryClare researched organizations that she could team up with to collect prom dresses and ultimately decided upon the Poughkeepsie Junior League, which hosts an event every year called "Cinderella's Closet." Cinderella's Closet is an event created to provide free prom dresses to many girls in Poughkeepsie who would not otherwise be able to afford a prom dress. Makeup artists and hair stylists are also present at Cinderella's Closet, so these girls are able to have their makeup applied and hair styled for free. Last year, MaryClare Kelly conducted a prom dress drive at Lourdes but did not receive as many dresses as she had hoped, so this year, MaryClare Kelly met with Mrs. Merryman, Lourdes' principal, to discuss how Lourdes faculty could help MaryClare distribute information regarding the prom dress drive. MaryClare distributed her flyer around the school, posted it on the school website, and sent it to current parents of Lourdes students. In addition, Mr. Rob Hennessy posted MaryClare's flyer around his job in order to spread information about the prom dress drive. Ultimately, MaryClare Kelly collected about 90 prom dresses as part of her National Honor Society Project and donated these to the Junior League. The bountiful generosity of Lourdes families helped make the prom dress drive a massive success, and MaryClare Kelly emphasized that she "cannot thank these families enough." MaryClare hopes that after she graduates other Lourdes students will continue to operate the Prom Dress Drive and "help even more girls have their own special day at prom."



## EAGLE SCOUTS AT LOURDES

June 20, 2016

BY ONORA CRUSER

Recently, Eric Hawkinson, a Lourdes student, achieved the rank of an Eagle Scout. The Eagle Scout is the highest attainable position in the Boy Scouts of America: only a small fraction of boy scouts are awarded this status. There are many famous Eagle Scouts, besides Eric, such as Gerald Ford, Steven Spielberg, Michael Bloomberg, Neil Armstrong, Stephen Breyer, and Robert Gates, the current President of the Boy Scouts of America.



There were several requirements that Eric had to meet in order to become an Eagle Scout, such as having a minimum of 21 merit badges, demonstrating a tremendous amount of Scout Spirit, displaying leadership within his own troop, and finally, planning, developing, and leading a service project commonly known as the Eagle Project. Eric not only met the requirement of 21 merit badges but also surpassed it and earned 27. He led his Eagle Scout project at the Locust Grove Estate; he cleared trails, restored benches and fences, and provided historical background information about the Locust Grove Estate. Eric also had to complete an Eagle Scout board of review.



After becoming an Eagle Scout, Eric has received recognition for his hard work and efforts. For example, he has been presented with many deserving scholarship opportunities. The Locust Grove Estate held a banquet in Eric's honor, where they presented him with the Eagle Scout and American Legion Citizenship medals. Senator Susan Serino was present at the banquet to congratulate Eric on his achievement. Eric Hawkinson has become an Eagle Scout as a freshman, an unusual feat that attests to Eric's hard-working character.

## MATH TEAM = 50% MATH + 50% PROBLEM SOLVING

June 20, 2016

BY KATHA SIKKA



The Our Lady of Lourdes Math Team continues to showcase its talents and fascination with problem solving, and this year was no different. Due to a combination of natural ability and tenacity, the Our Lady of Lourdes Math Team A, which consists of Andrew Lam, Zed Zhong, Peter Zhu, Shane Li, and Adam Wiley, was one of the teams to advance to sectionals. At sectionals, the team competed against other teams from Dutchess, Ulster, Sullivan, and Orange County at Vassar College on March 16th. In addition, Andrew Lam, Zed Zhong, and Peter Zhu were invited to participate in the state competition, and they competed in this event on April 9th. Both Andrew Lam and Zed Zhong finished the season by tying for sixth place out of nearly 600 students while Peter Zhu was in a six-way tie for 19th place. This is the second year in a row that Zed Zhong has been invited to this competition.

I recently had the honor of interviewing Andrew Lam, a member of the Math Team who competed

at states. I am impressed and sincerely surprised by the depth of and the reflection behind his answers. Andrew's outstanding accomplishments prove that he is obviously adept at math. However, what motivates Andrew to pursue math outside of the classroom is not his natural ability, but rather a true sense of intellectual curiosity and a lifelong love for the paradoxical relationship between the logic and complexity of math.

**KS:** *Tell me about yourself.*

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**AL:** Hi! I'm Andrew Lam and I'm a junior here at Our Lady of Lourdes. During middle school, I found a love for math and science, which has driven my interests and life goals. There, I founded a math team and led our team to a second place finish in a regional problem solving contest and a spot at the state competition in our first year. Also in middle school, I created a multitude of science projects that allowed me to fall in love with scientific research.

As I entered high school, I realized that I wanted to pursue a medical career, in part due to my love for problem solving and science. I switched the focus of my science projects to medical research, studying the effects of antioxidants on fruit flies for two years. Also, to hone my problem solving skills and to pursue my interest in math, I joined the math team in my freshman year. In addition to my science and math activities, I enjoy working as a private tutor for middle school and high school students, volunteering and interning at local hospitals, and running on Lourdes' varsity cross country and track and field teams.

**KS:** *Why math?*

**AL:** Math has always been my favorite subject in school. In math, there is almost always a definite and logical solution. The validity of your answer isn't based on subjective standards. You're not looking for the answer a test maker believes to be the "best choice." Instead, you're looking for *the* answer – an answer you can arrive at through different methods and which you can prove to be correct. There's something in the logic of math that makes it so appealing to me.

While I do love math and find it intrinsically fascinating, what really made me passionate about math was problem solving. The questions we do on the math team for the American Mathematics Competition (AMC), DUSO Math League, or other contests aren't the math questions you'd commonly see in a high school math class. In fact, I'd say math arguably only makes up 50% of the process of solving these questions. The other 50% consists of problem solving. When approached with these questions, we aren't just plugging numbers into equations or using obscure formulas; we're looking at the question from different perspectives, deducing ways to approach the problem, and looking for tricks to solve the problem. What we do is take a complex problem – one that is lengthy and discouraging – and we find an elegant and simple solution to the problem. Problem solving isn't about who can memorize the most formulas or even who's the best at math; it's about who can solve a question in the most efficient and elegant manner – and there's a real beauty in that.

**KS:** *When did math become your passion? Were you interested in math from an early age, or did you become passionate about that subject at a later time in your life such as during high school?*

**AL:** As soon as I had my first math class in school I knew that it would be my favorite subject –

*passionate about that subject at a later time in your life such as during high school?*

**AL:** As soon as I had my first math class in school, I knew that it would be my favorite subject – everything made perfect sense and was innately logical. But what made me fall in love with math wasn't my interest in numbers and formulas – it was my discovery of problem solving. In the fifth grade, I went to a local math circle where high school students wrote problems on whiteboards for students interested in math to solve. The first few problems they gave to us involved multiplication, fractions, ratios, and exponents – simple enough. But the next problem that appeared on the whiteboard was different. There was no equal sign in the question, nor were there plus, minus, multiplication, or division signs. In fact, there weren't even any numbers in the question! When the high schoolers told us baffled students that this question was from a national problem solving competition, and when they showed us the intuitive solution to the problem, I instantly knew that I had found a new passion.

As I've progressed in problem solving, from my days in the math circle to my time on the Our Lady of Lourdes Math Team, I've grown even fonder of the subject. The intricacy of finding the simplest solution to a problem is truly beautiful and applicable to the real world. When I realized this early in middle school, math and problem solving became two of the most important passions of my life.

**KS:** *How has joining the math team benefited you? Furthered your goals and ambitions? Tell me a specific anecdote.*

**AL:** Before I joined the math team, I wasn't used to participating in math competitions with a team of people that shared my interest in math. I had participated in many math contests prior to joining the team, but I had almost always done so individually. Working with teammates that share my passion for math is both motivating and reassuring. With the math team, it is gratifying to know that even if I make a mistake on a question, my teammates will undoubtedly be there to help rectify my mistake. At the same time, it is also pressuring to know that if I mess up on a problem, my entire team could be affected. Joining the math team has helped my leadership and teamwork skills because it has made me more motivated to help our team win even more competitions, heightened my problem solving skills, and most importantly, has helped me get to know some amazing teammates and friends.



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Overall, being on a team adds a whole new aspect to math competitions and makes them even more rewarding. For example, at our last regular league meet of the season, our team came out of the individual round leading Spackenkill High School's team by 1 point, meaning that the winner of the meet would have to be decided by a relay round. In this round, the entire team of five participates. The first member of each team is given a question to solve. When that person gets an answer, he or she passes that answer back to the next member of the team, who uses that number in his or her respective question, and so forth, until the final member of each team acquires a final answer. After a hectic round, receiving multiple answers from my teammates, and running out of time, I passed back a handful of possible answers to my teammate Zed Zhong. As the proctor gave us the warning that there was 10 seconds left in the round, Zed was able to whittle down his question to the only possible remaining answer, making us the only team at the meet that got the correct answer to the relay question, securing us a first place victory over the rest of the teams and a four point lead over Spackenkill (the winners of the sectional meet and the winners of our league for the past few years)! Our winning moment is one of my favorite memories from the season and makes me immensely proud to be a part of the team.

**KS:** *What is some advice you would give to someone who wants to join the math team?*

**AL:** Please join! This year, we are losing many seniors who are integral members of the team, so we could really benefit from some new members. As I mentioned, you don't have to be good at math to be good at problem solving. The questions we do on the math team are incredibly different from those seen in high school math classes.

The motto for a middle school math competition I participated in portrayed problem solving as "a different sort of sport." I think this slogan remarkably defines the math team. Like in other sports, being on the math team requires practice and hard work, but it can allow you to have fun, make new friends, and give you a taste of competition, victory, and success. Even if you choose to be on our alternate team, you will still be able to travel to our meets and work together with teammates.

If you are on the fence about joining the team, I promise that problem solving can really be fun. There's nothing more satisfying than getting an answer to a particularly difficult question. I urge you to go online and look up past AMC or other competition-level math questions. [Artofproblemsolving.com](http://Artofproblemsolving.com) is a good resource to get introduced to these types of questions and to meet the problem solving community. Over the years of attending math competitions and local math circles, I have met many friends who have studied math with me since elementary school. Many of us participate in our local schools' math teams and quite a few of us are going to be teammates instead of rivals for the first time at the upcoming state competition. Joining the math team could really help you make lifelong friends, grow an appreciation for problem solving, and possibly even bring your math grade up!

**KS:** How do you use math in your everyday life (outside of the math team)? Do you intend on pursuing math in college or in your career?

**AL:** There are many students out there – you probably know the kind – that'll complain, "Why am I learning math? I'll never use this in the real world." It might be surprising, but I'd have to say I agree – to a certain extent. Excluding the basic and fundamental principles of math that almost every freshman in the country knows, advanced math taught in school (ranging from trigonometry to calculus and beyond) honestly isn't used in most professions or in everyday life. What I do believe is applicable to the "real world" is problem solving. The problem solving skills you learn in math, even at the high school level, can apply to almost every aspect of your life. To be able to look at a situation differently, engineer a novel solution to the problem, and execute that solution in an efficient manner are undeniably invaluable skills that threaten adversity and hardship.

I intend to study pre-med in undergrad, to pursue medical school, hopefully acquire a medical degree, and possibly an MD-PhD to further my passion for research. While this career path might be more science-based than math-based, the problem solving skills I've developed on the math team will inevitably come in handy. It will be these skills that will enable me to think on my feet in the operating room should an emergency arise; it will be these skills that will allow me to provide the best care for a trauma patient being rushed into the ER; and it will be these skills that will aid me in furthering the field of medicine in the lab so that I may help ease the suffering prevalent in our world.

Don't get me wrong, I have no doubt in my mind that math is important and that its complexity imbued with its simplicity is incredibly fascinating – I am on the math team after all! But to the student who wonders why he or she has to memorize the quadratic formula or understand differential equations, I hope you come to recognize that the problem solving aspect of math is remarkably applicable to the real world and could further not only your career and life, but also the welfare and lives of the world around you. There's a beautiful quote that states, "Mathematics may not teach us how to add love or minus hate, but it gives us every reason to hope that every problem has a solution." Despite risking appearing cliché or overly sentimental, I wish to convey that I hope to live by this principle of math and problem solving in my everyday life, and I hope that everyone learning problem solving in their math classes or on the math team can one day solve problems more pressing to the world than the ones we see on our exams.

The Math Team at Our Lady of Lourdes High School is a unique extracurricular activity because it is much more than a competition between those who have a natural aptitude in math. As Andrew Lam explained, the entire Math Team and its moderators, Ms. Molt and Mrs. Sweeny, value not only those who have a predilection toward math but also those who have a firm dedication to practice and a tendency to think outside of the box. Thus, the only requirement for joining the math team is to love and value problem solving.

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## STUDENT SPOTLIGHT: RAQUEL RINGGOLD

June 20, 2016

BY NIA JOHNSON



Raquel Ringgold is a junior at Our Lady of Lourdes High School who has decided not to set limits for herself. At her young age, Raquel has already made a big splash in the fashion industry. She has modeled in New York Fashion Week, landed pictures in coveted magazines, and been mentored by someone from *America's Next Top Model*. However, Raquel does not just want to be another face in this industry; she wants to have a voice as well. In 2014, she began a blog called *Omnivogues*, which has expanded her qualifications and connections in this competitive industry. She has become a Fashion Ambassador at Nordstrom and has sat next to her favorite celebrities at fashion shows. Raquel has been able to experience things that one could only dream of, and she is not done yet. During this summer, she will be participating in a national competition for the title of Teen Miss New York US of America 2016, competing against an elite group of teens from across the country. Raquel Ringgold is a determined and smart student who strives for the best. She exemplifies the ideal that through hard-work and dedication, anything is possible. The Our Lady of Lourdes community is proud to have the best of the best.

someone from *America's next top model*. However, Raquel does not just want to be another face in this industry; she wants to have a voice as well. In 2014, she began a blog called *Omnivogues*, which has expanded her qualifications and connections in this competitive industry. She has become a Fashion Ambassador at Nordstrom and has sat next to her favorite celebrities at fashion shows. Raquel has been able to experience things that one could only dream of, and she is not done yet. During this summer, she will be participating in a national competition for the title of Teen Miss New York US of America 2016, competing against an elite group of teens from across the country. Raquel Ringgold is a determined and smart student who strives for the best. She exemplifies the ideal that through hard-work and dedication, anything can be accomplished. The whole Lourdes community wishes Raquel the best of luck in her future endeavors as she continuously strives for bigger and better things.



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## SEUSSICAL

June 20, 2016

BY VICTORIA SMITH



The Our Lady of Lourdes Theatre Company performed *Seussical* on April 14<sup>th</sup>-17<sup>th</sup>. Each of the four performances was met with an enthusiastic and full audience. The musical tells the story of several characters with intertwined storylines:

- Horton is an elephant in the Jungle of Nool who discovers a world full of creatures called "Whos" on a speck of dust. Because nobody believes him, Horton finds himself responsible for protecting this tiny world because after all, a person is a person, no matter how small.
- Gertrude is a bird with a pathetic one-feathered tail. When she sees Horton's soft side as he is caring for the Whos, she becomes enamored and looks for ways to impress him.
- JoJo is a young girl who has a vivid imagination. She often dreams of strange people and place. However, these "thinks" get her in trouble with her parents.
- Mayzie is a vivacious bird with a humongous, beautiful tail. After helping Gertrude find a way to impress Horton, she gets tied down when she lays an egg.

These are but a few of the creative and fun characters encountered in *Seussical*! Other characters include the Cat in the Hat, the Sour Kangaroo, the Wickersham Brothers, and Mr. and Mrs. Who.





## CANCER AWARENESS DAY

June 20, 2016

BY MICHAELA FOX



This year, Our Lady of Lourdes hosted the second annual Cancer Awareness Day. On February 19, 2015, the first Cancer Awareness Day was organized by Michaela Fox, a junior at the time, in honor of her deceased grandmother, who had passed away due to stage three ovarian cancer. It was so successful that the school continued the event the following year. Students who paid two dollars in homeroom were allowed to wrap their heads in honor of those who have lost their hair to chemotherapy treatments for cancer. A total of one hundred and eighty seven dollars was raised and sent to Sparrow's Nest, a local cancer organization that assists mothers of cancer families. There was also a bake sale during all lunch periods, and those proceeds of \$177 were sent to the American Cancer Society. Students were asked to send in four by six black and white



photos of cancer survivors, cancer fighters, and people who lost the battle to cancer. These were then arranged to spell "Live Strong" in the West Wing hallway. The first year, hair cuts were held in the art room, and all hair was donated to Pantene to make wigs for cancer patients. Though no one stepped forward to donate this year, there is still hope that hair can be donated again in future years. The entire day was a success, and Michaela Fox was extremely happy to help assist cancer research and causes, even by a small amount. She says, "Fighting cancer is not just helping cancer patients. We have all had our encounters with cancer, whether with a family member or with a friend. Fighting cancer helps everyone!" She believes every little bit can help and that we are on the road to defeating this disease.

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## OUR LADY OF LOURDES HIGH SCHOOL: THEN AND NOW

June 20, 2016

BY ONORA CRUSER AND DEANNA JACOBS

Francis Cardinal Spellman purchased the grounds for Our Lady of Lourdes High School from the Poughkeepsie Board of Education and founded our extraordinary high school in April 1958. The school is named after our Lady's apparition to St. Bernadette in Lourdes, France.

During the time of its opening, Lourdes was split into two parts, a girls school and a boys school, and was staffed by four Marist brothers, four Dominican sisters, and an athletic coach. In June 1962, Lourdes had its first graduating class. Since 1962, Our Lady of Lourdes has had upwards of 9,000 graduates. In 1970, the school became co-educational. In 1996, Lourdes relocated to its current location of 131 Boardman Road. Currently, Mrs. Merryman is the school's principal, and Lourdes' student body consists of over 690 students.



STUDENTS.



Since its creation, Lourdes has come a long way, supplementing itself in many different ways. Mrs. Kolosky, who, contrary to popular belief, is not the school's photographer, has worked at Lourdes for eight years; she said that over these years, the donor base and the alumni association has continued to flourish. One event that Mrs. Kolosky loved to be a part of was managing the Capital Campaign, which raised the money that was necessary to build the James J. McCann Athletic Facility. In addition, Mr. Damiano, OLL's freshman guidance counselor, College Psychology teacher, and varsity baseball coach, has worked at Lourdes for 14 years; according to him, the diversity at OLL has evolved tremendously: there is something there for everyone. Both Mrs. Kolosky and Mr. Damiano pointed out that Lourdes has also grown in terms of academics, aesthetics, clubs, and technology. Our Lady Of Lourdes has added a significant number of Advanced Placement classes and Dutchess Community College courses. This addition of higher level classes allows students at Lourdes to be more academically challenged. Aesthetically, the additions of the turf field, the jumbotron, and the sign in the front of the school make Lourdes more appealing to students.

When asked about what makes Lourdes unique, Mrs. Kolosky replied, "I think it is all the people who work so hard here to make Lourdes the best possible high school experience for the students. We offer

Since its creation, Lourdes has come a long way, supplementing itself in many different ways. Mrs. Kolosky, who, contrary to popular belief, is not the school's photographer, has worked at Lourdes for eight years; she said that over these years, the donor base and the alumni association has continued to flourish. One event that Mrs. Kolosky loved to be a part of was managing the Capital Campaign, which raised the money that was necessary to build the James J. McCann Athletic Facility. In addition, Mr. Damiano, OLL's freshman guidance counselor, College Psychology teacher, and varsity baseball coach, has worked at Lourdes for 14 years; according to him, the diversity at OLL has evolved tremendously: there is something there for everyone. Both Mrs. Kolosky and Mr. Damiano pointed out that Lourdes has also grown in terms of academics, aesthetics, clubs, and technology. Our Lady Of Lourdes has added a significant number of Advanced Placement classes and Dutchess Community College courses. This addition of higher level classes allows students at Lourdes to be more academically challenged. Aesthetically, the additions of the turf field, the jumbotron, and the sign in the front of the school make Lourdes more appealing to students.

When asked about what makes Lourdes unique, Mrs. Kolosky replied, "I think it is all the people who work so hard here to make Lourdes the best possible high school experience for the students. We offer exceptional academics with a vibrant student life, and both truly combine to create a unique environment." The 3D printer is another thing that makes Lourdes distinct and that, "offers great exposure to our students who are considering career paths in fields such as engineering, architecture, mathematics, or design. Just to name a few," as Mrs. Kolosky puts it. Mr. Damiano, on the other hand, again pointed to the student body, explaining that "all of the students from clubs and sports teams come together to serve the community." Canvas, which is a Learning Management System, is a new enhancement of Lourdes, and it enables students and teachers to manage their classes and assignments in an efficient and timely manner. According to Mrs. Kolosky, "Lourdes is moving in a great direction. The school is always looking to add new academic courses and technology that will keep us on the 'cutting edge' and that offer the best learning experiences for Lourdes students." In terms of extracurricular activities, Lourdes has created many new clubs, such as the ping pong club, the computer science and engineering club, and the robotics club, and Mr. Damiano hopes that there will someday be a new baseball field at OLL.

In short, the academic, technological, extracurricular, and aesthetic growth of Lourdes has encouraged students, staff, faculty, and the entire community of Lourdes to step outside their comfort zones and improve themselves in new ways. These recent expansions of Lourdes are not the first, and certainly not the last.

## SPRING BLOOD DRIVE

June 20, 2016

BY ANNA KOLOSKY

On March 1<sup>st</sup>, 2016, Lourdes held a tremendously successful Spring Blood Drive. According to Lourdes faculty member and Blood Drive coordinator, Mrs. Maureen Myers, 123 units of whole blood and double red blood cells were collected. Credit for the success of the drive should also be given to the National Honor Society students, who worked to make it a rewarding and memorable event. A week before the drive, the students began their work by hanging signs, completing donor paperwork, and most importantly, soliciting donors. Most notably, junior Christian McGaw was exceptional in the recruitment of donors. The day of the drive, volunteers worked as escorts, assisted donors to the snack area, and kept the refreshment tables stocked and clean. As a result, this blood collection was the largest since 1997, when Lourdes first began having student blood drives. Along with the Winter Blood Drive, which was held on November 4<sup>th</sup> and collected 115 units, there was a grand total of 238 units collected in one school year, completely shattering the old record of 198 in 1999. Another exciting part of this blood drive was a visit from some very friendly and furry friends! Lourdes parent, Mrs. Chris Grimaldi, works with Therapy Dogs International and brought her two dogs, Oliver and Sydney, to ease nervous students before and after their donations. Needless to say, this was definitely one of the most productive blood drives Lourdes has ever held, and next year is sure to be just as exciting!





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## CURRENT STATE OF THE 2016 PRESIDENTIAL RACE

June 20, 2016

BY EMILY MANTARO AND AARON SUPPLE

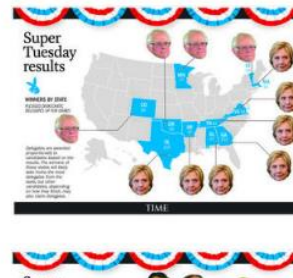
Since the spring of 2015, presidential candidates have eagerly vied to gain the American public's attention and support. The presidential race originally included more than 20 presidential hopefuls, and the Republican race alone included 17 hopefuls. However, as the race continued, and polls and primary results for many presidential hopefuls appeared discouraging, the majority of delegates dropped out of the race, and, currently, only three presidential hopefuls remain in the race.



The Democratic and Republican nomination contest winners are determined by the number of delegates that a presidential hopeful will gather, either pledged delegates, which are awarded due to primary votes, or superdelegates, who pledge to support a candidate but may change their support due to popular opinion. As gathering delegates allow a presidential candidate to win the nomination of his or her party, presidential hopefuls attempt to strengthen their appeal to voters in their respective parties in order to win primary votes, and then their party's support for the presidential nomination. State primary or caucus votes began in February with Iowa's caucuses, and over the course of the race leading up to Super Tuesday, all but two Democratic candidates, Bernie Sanders and Hillary Clinton, withdrew from the race, while twelve Republican candidates withdrew, leaving only Donald Trump, Ted Cruz, Marco Rubio, John Kasich, and Ben Carson in the Republican nomination race.

Super Tuesday, the date in which many states' primary voting is held, occurred on March 1. Every presidential voting year, candidates drop out due to poor performances on Super Tuesday, as a large amount of delegates are allocated on Super Tuesday, and an insurmountable deficit in the number of delegates needed to win a party's nomination can be created due to a candidate's poor performance on Super Tuesday.

This Super Tuesday was no exception, as candidates struggled to secure the much-needed delegates in order to, in some cases, secure a lead and, in others, to secure a performance



This Super Tuesday was no exception, as candidates struggled to secure the much-needed delegates in order to, in some cases, secure a lead and, in others, to execute a performance strong enough to warrant continued participation in the race. On Super Tuesday, in the democratic nomination contest, Clinton, the democratic frontrunner, furthered her lead against Sanders, as she won 486 delegates while Sanders won 321. In the republican nomination contest, Trump also advanced his lead, winning 258 delegates, as Cruz won 219, Rubio won 92, Kasich won 21, and Carson won 3. Carson's poor performance led to the suspension of his campaign, while all other candidates remained in the race.



Shortly after Super Tuesday contests, primary contests in various other states occurred between March 5th and 15th. Over the course of these primaries, in the democratic contest, Clinton was awarded 631 delegates and Sanders was awarded 422. In Republican primaries during the same time period, Trump won 356 delegates, Cruz won 188, Kasich won 106, and Rubio won 59. Rubio's poor performances in primaries, most notably in his home state Florida, led to the suspension of his campaign, leaving only Trump, Cruz, and Kasich in the Republican race.

On March 22, primaries were held in the states of Arizona, Idaho, and Utah. Hillary Clinton won Arizona; she won 44 delegates, and Sander won 30. The G.O.P. saw a massive victory for Donald Trump as he took 47 percent of the total vote compared to the runner up, Ted Cruz, who only took 25 percent. Trump also succeeded in taking all 58 delegates of the state. In the Idaho Caucus, Bernie Sanders claimed a landslide victory over Clinton by gaining 78 percent of the vote and taking 18 out of the 25 delegates. In Utah, Sanders took 79 percent of the vote whereas Clinton only took 20 percent. Regarding the Republican party, Ted Cruz gained a pivotal victory, in which he claimed nearly 70 percent of the vote and took all 40 delegates. On March 26, the Democratic Party held three caucuses in the states of Alaska, Hawaii, and Washington. In Alaska, Sanders trumped Hillary by 13 to 3 delegates and took nearly 82 percent of the total vote. Hawaii also saw a win for Sanders as he took Clinton 70 to 30 percent and won 17 of the 25 delegates. Sanders finished the day with another win in Washington by taking 72 percent of the vote and 25 of the 34 delegates. As it stands, Trump leads the G.O.P. with a safe 250 delegate cushion, and Clinton also leads the Democratic Party, boasting a 700 delegate lead over her opponent, Bernie Sanders.

Between April 5 and April 19, three states – Wisconsin, Wyoming, and New York – held Democratic primaries or caucuses, together bestowing 337 pledged delegates. Hillary Clinton won New York and 184

pledged delegates, while Sanders won Wisconsin and Wyoming and 153 pledged delegates, resulting in a net total gain of 31 pledged delegates for Hillary Clinton. On April 5 and April 19, Wisconsin and New York held Republican primaries, together bestowing 137 pledged delegates. Ted Cruz won the Wisconsin primary and 36 pledged delegates, while Donald Trump won New York and 95 pledged delegates. John Kasich won 6 delegates.

Leading up to "Northeastern Super Tuesday" on April 26 when five states – Connecticut, Delaware, Maryland, Pennsylvania, and Rhode Island – hosted both Democratic and Republican primaries, Hillary Clinton and Donald Trump led the Democratic and Republican parties, respectively. On April 26, Hillary Clinton won Connecticut, Delaware, Maryland, and Pennsylvania and 217 delegates, while Bernie Sanders won Rhode Island and 165 delegates. On April 26, Trump won all five state primaries and 111 delegates, Cruz won 2 delegates, and Kasich won 5 delegates.

The next Democratic primaries were in Indiana and West Virginia, which occurred on May 3 and May 10, respectively. Bernie Sanders won both primaries and 62 pledged delegates, while Clinton won 50 pledged delegates. The next Republican primary occurred on May 3 in Indiana. Donald Trump won Indiana and all of its 57 pledged delegates, prompting Ted Cruz to drop out of the presidential race later on May 3, seeing no possible path to victory. John Kasich, the only remaining challenger to Trump for the Republican nomination, dropped out of the race on May 4, leaving Trump the presumptive Republican presidential nominee.



The Green Party and the Libertarian Party, the two largest third-parties in the United States, though much smaller than the Republican or Democratic parties, also present a presidential nominee in the presidential election. Jill Stein and William Kreml are the candidates vying for the Green Party's nomination, yet some in the Green Party have urged Bernie Sanders to be the party's nominee if he loses the Democratic nomination. Sixteen candidates are currently running for the Libertarian nomination, with Gary Johnson and

Austin Petersen in the lead, though the Libertarian presidential nominee will be chosen at the Libertarian National Convention which occurs from May 26 to May 30.

As of May 14, only two candidates, Hillary Clinton and Bernie Sanders, remained in the Democratic race, while Donald Trump, the sole candidate remaining in the Republican race, appeared to be the presumptive Republican nominee. Clinton, with 1716 pledged delegates and 524 superdelegates, needs

While Clinton, Trump, and Joe Biden remain in the Republican race, appeared to be the presumptive Republican nominee. Clinton, with 1716 pledged delegates and 524 superdelegates, needs to win 143 more delegates to win the Democratic nomination, while Sanders, with 1433 pledged delegates and 40 superdelegates, needs to win 910 more delegates to win the Democratic nomination. However, though Sanders is behind in delegates, he has a significant number of delegates and has vowed to stay in the race until the Democratic convention in July. Clinton, the frontrunner of the Democratic race, and Trump, the presumptive Republican nominee, have increased their attacks upon each other, preparing to compete in the general election.

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## EDUCATION: FINLAND'S PRIDE, AMERICA'S FOLLY

June 20, 2016

### BY BRANDON HOOLIHAN

The United States of America is one of the richest countries in the world. It has a GDP of 17.42 trillion dollars – the highest in the world. The U.S. also has the strongest military in the world with a military budget of 601 billion dollars, which is more than Russia's and China's combined. Some numbers that aren't very impressive for the U.S. are its Program for International Student Assessment (PISA) scores. PISA is a worldwide study on 15 year-olds' performance in mathematics, science, and reading. In 2012, the U.S. was ranked 36 out of 65 countries that participated in PISA. The U.S. also scored below average in math and science, and reading was the only subject in which the U.S. scored above average. These scores raise the question: how is it that one of the richest and most powerful countries in the world ranks below average in math and science? To answer this question, one might look at a country that consistently does well on the PISA – Finland.

Finland only has a GDP of 276 billion dollars and a military budget of about 3.3 billion dollars. While these numbers are relatively low, Finland's PISA scores are some of the best in the world. In 2012, Finland was ranked 12 out of 65 countries.



2012, Finland was ranked 12 out of 65 countries. Finland scored above average in all three subjects measured by the PISA and outperformed the U.S. in each subject. Finland has a 93% high school graduation rate. That is far better than the U.S., which only has an 80% high school graduation rate. With all this success, Finland still only spends \$7,500 per student, while the U.S. spends an average of \$8,700 per student. The one thing that is clear about these statistics is that Finland's education system is working.



One major contrast between the U.S. and Finland is their opinions on standardized tests. The U.S. education system focuses a lot on standardized tests to keep track of students and teachers. Finland, however, is the exact opposite. The National Matriculation Exam is the only mandated standardized test in Finland. It is taken at the end of secondary school, the equivalent of high school in America. Rather than relying on standardized tests, Finland has a less strict curriculum than the U.S. and has basic national guidelines set for teachers. Teachers are trained and trusted to assess children with independent tests they create themselves. This allows teachers to be more flexible in their lesson plans and to focus more on ensuring true learning and fulfilling each child's needs. Finland has so much faith in their teachers because they are very well-qualified. A teacher needs to have a five-year master's degree in Theory and Practice from a state university in order to become a teacher in Finland. About 10% of applicants get accepted into a Finnish teaching program. Finland is able to be so selective with its applicants because Finnish teachers are held in the same social status as doctors and lawyers. This is due to the fact that Finnish teachers have a lot of autonomy and that college education is state-subsidized for teachers.

In addition, compulsory education does not begin in Finland until age seven so that children have adequate time to develop important social and emotional skills. School days are also about two hours shorter in Finland than in the U.S., which gives teachers more time to assess students and plan lessons. Finland also gives considerably less homework than the U.S. does. Finnish students are only assigned about 3 hours of homework per week. This allows students to enjoy other hobbies and to prevent them from becoming overworked. Finnish schools do not wear uniforms and have very loose dress codes. This is because Finnish schools believe that students will learn better when they are comfortable and are dressed as they would be at home.

In conclusion, the Finnish education system is doing many counter-intuitive things, but it has been far more successful than the American education system. Finland's high respect for teachers has caused teacher programs to be flooded with applicants, therefore allowing Finnish schools to be far more selective with their teachers. This has allowed teachers to be more autonomous and to better assess and teach their students. Perhaps Finland's greatest accomplishment is creating a system in which students can work less, but learn and achieve more than students in the U.S.

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## REGARDING THE EUROPEAN UNION

June 20, 2016

BY CHRIS BOB

The world's current largest politicoeconomic union is the European Union, or the EU. The EU is made up of 28 member states, such as the United Kingdom, France, and Germany. The European Union can trace its founding to the early 1950s when countries like Germany, Luxembourg, Belgium, Italy, France and the Netherlands passed politicoeconomic legislation for their benefit. Inter-governmental-negotiated-decisions became a driving force behind the EU's creation. Since then, the EU has been expanding and now encompasses an area of 1,669,800 square miles.

There is an ongoing debate as to whether or not nations should remain members of the European Union, especially in the United Kingdom. This

debate stems from members of the European Union, especially in the United Kingdom. This debate was sparked by political, social, and economic confrontations among EU member states. Serious questioning of the EU has commenced in a number of member states, so much so that in the United Kingdom, an entire party, known as the United Kingdom Independence Party, or UKIP, has formed with the goal of advocating separation from the EU.

Nations that join the European Union usually claim to do so for a number of reasons. Some include military peace between member states, economic growth, and freedom. Military peace is one of the most appealing characteristics in the union: since the EU's formation, not a single member state has declared war on another. If one were to consider this having understood the violent history of Europe, he or she would conclude that this stands in stark contrast to the previous state of European affairs post EU. Economic growth is another reason why a nation might wish to join the European Union. This reason for joining is especially appealing to some of the most recent members of the EU with statistically lower national GDP such as Croatia, who joined in July of 2013. Countries like this seek admittance in the European Union to potentially boost their national Gross Domestic Product and therefore, their well-being on the world stage. One final reason why a country might join the European Union is to boost the freedom of its citizens. In the EU, there are minimal borders so citizens of one member state can move or commute to another country easily and without major difficulty. This makes travel and tourism in most European countries extremely time-efficient. In some cases, members of one member state even hold employment in another.

As appealing as these three reasons for joining the European Union might seem, they also come with consequences. The most popular negative aspects attributed to the EU are a lack of freedom for member states and economic turmoil. A major democratic deficit exists in the EU where elected officials in the parliament do not make decisions. Rather, the European Commission and Council of Ministers have the majority of the power in the European Union even though they are not elected by the people of their respected countries. In the European Union, while the citizens of member states may have the freedom to travel easily, most freedoms are restricted. Member state independence is a big concern for the citizens of countries currently in the EU and those applying to join. One main negative attribute of the EU is the claim that the political classes in smaller countries seek to join the EU to "sell out" their country for personal gain, as well as to build a bigger plot on the world stage. They do so and thus, disregard its effects on the citizens of their country. A large claim often cited by the leaders of UKIP regarding national sovereignty among member states in the EU points to Croatia, the newest member of the European Union. In Croatia, there was only a 22% turnout to vote in the elections for joining the EU; however, there



was an abundant amount of support from the Croatian political class.



Economic turmoil is another issue countries in the European Union have suffered from. Greece, Portugal, Spain, and Ireland are currently receiving bailout money from the EU. In the European Union, "stability" among all nations is achieved by wealthier nations contributing substantially more to other nations with fewer resources and wealth. This poses a threat to most successful EU member states who are then tasked to bailout failing countries, sacrificing their own resources. Another reason why the EU can

be viewed negatively from an economic standpoint is because one set interest rate cannot function for every member state in the union; however, one standard interest rate is set for them. The European Central Bank sets one interest rate for all member states. If, for example, Croatia was going through a recession, and Germany was booming, a single interest rate could not function and would lead to serious economic issues. Croatia would function better under a low interest rate, while Germany would need a higher interest rate. Failure to supply sufficient interest rates would result in further economic failure for Croatia. One final difficulty primarily cited by UKIP leaders is the creation of countless EU funded bureaucracies such as the Youth Employment Initiative and European Alliance for Apprenticeships. The creation of these bureaucracies, which are intended to solve the problem of youth unemployment in the EU, cost billions of euros. Their costs do nothing more in the eyes of UKIP than throw money down the drain. UKIP leaders say these programs will achieve nothing due to their claim that until the social market model is reversed, and until the Euro is broken up, youth unemployment can not be fixed. This once again cites reasoning behind their goal of secession.

The fate of the European Union as well as all intergovernmental unions is extremely hard to predict. Whether you are a Eurosceptic siding with UKIP's belief in an independent Britain and eventually Europe, or you are ProEU supporter, there is no clear sight of who may win the debate. In the future, we will know the story of the European Union in its entirety, but for now, we can only observe patterns associated with its support and opposition. The sporadic nature of the world's position on the EU has a large role in the uncertainty that lies ahead.

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## NORTH KOREA'S NUCLEAR THREATS

June 20, 2016

BY ROBERTO LEITO



Recently, North Korea has made threats to launch a nuclear strike against the United States. These new forewarnings were in response to joint military exercises conducted between the U.S. and South Korea. The exercises are some of the largest ever to take place between the American and South Korean militaries. Approximately 17,000 American troops and roughly 300,000 South Korean forces participated in the drills until April 30th. While these exercises have been conducted annually since 2001, this was an increase in the number of soldiers that normally take part in them, and North Korea interpreted them as a practice invasion.

When the North Koreans made their threat for a preemptive nuclear strike, the United States acted with utmost caution. They assured that the situation would be closely followed by our government and the Republic of South Korea. While this is not the first time that threats like this have been made, the United States military does not necessarily take all of the warnings seriously but they do do about them with a





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If you are interested in writing for the newspaper, contact either the moderator, Mrs. Katz, or the editor-in-chief, Kalha Sikka, at their school emails:  
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CULTURE

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MY TRIP TO THE  
DOMINICAN  
REPUBLIC

June 21, 2016

BY NIA JOHNSON





During spring break, I took advantage of the opportunity to travel with my church on a mission trip to the Dominican Republic. My church, Solid Rock Church of God, has a five-year plan with the pastor of the church and his wife, in their small village called Mira Cielo to help them expand their church. That one week in the DR was life-changing and filled with many memories I will never forget.

One of the main objectives we had while in the DR was to hand out the 500 pairs of shoes we brought with us to the men, women, and children in a neighboring village. My friends and I accomplished this task within an hour. Watching the smile on these children grow and the grateful look on the adults' faces as they received their new shoes made all of the stress and hard work worth it.



Another big event we had in the DR were workshops that would occur every night. One workshop was a marriage seminar with the purpose of helping couples learn to appreciate each other and understand the purpose of marriage. On our last night in Mira Cielo, we had a small ceremony for the married couples there who wanted to renew their vows. Eight couples decided to participate in this event, and there was a small reception afterwards. Family and marriage are important concepts that my church is trying to instill within this area since it has many broken families and relationships. Our goal is to raise leaders who can be a source for marriage and family counseling.

There was also a dance workshop that our praise dance team coordinated for the teens and the children: our purpose was to help a dance ministry grow in the church and show the kids how to worship the Lord with their bodies. Also, on that night, the kids and young adults put on a show called La Danza de Noche, The Night of Dance. At my church, this is usually an annual event where we showcase many dances to anybody who wants to come while telling a story through our theme. In Mira Cielo, our themes were worship, scripture, and warfare. Four of our members, including myself, and all of the children presented nine dances and one skit that night. We taught them all of the dances in five days, and when it was time to perform, they excelled. All of the kids had so much fun, especially when we gave them shirts and hats to wear for the performance. It was truly a blessing to work with the kids and have fun with them: I would never trade it for anything. They worked so hard that we would see four or five of them doing the dances when we walked by them in the street. When we arrived at the church for practice, there was a line of them enthusiastically waiting there for us. They were just so eager to learn more: it was inspiring!

One of our final events was the community baseball game. With the help of our amazing Lourdes community and other organizations, we were able to bring more than 150 gloves with us, and we distributed these along with baseball bats, balls, bases, and uniforms. We marched through the town to the field with the Dominican flag and a banner of the church, grabbing people from the village to come with us. The game lasted about 3 hours, and we provided food, music, and games for the kids not playing. Everyone was laughing and enjoying themselves as the adults watched the game and the children who could not play braided our hair and hung out with us. At the end, we awarded each member of the winning teams a medal and took a picture with them. This game was such a great community success that they plan on making this an annual event for the whole community. This event allows them to reach out to people who do not go to the church and to help them to learn more about God.





My mission trip to the DR was an amazing and unforgettable experience. I still talk to the friends I made there everyday, and even though I do not speak Spanish perfectly, and they do not speak English perfectly, we are still able to laugh and wistfully remember that week. I plan on returning to Mira Cielo sometime next year so that I can continue to help and support my church with their five-year plan. I loved the experience, but I love the people even more, and I know that they will always hold a special place in my heart.

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## RISING TEEN STRESS LEVELS

June 20, 2016

BY DEVON CLOSE

According to a survey conducted by the American Psychological Association, teenagers' stress levels are at an all-time high, even surpassing the reported stress levels of adults. On a scale of one to ten, ten being the highest stress level and one the lowest, the average teenager's stress level is a 5.8, whereas the average adult's is a 5.1. So why are teenagers so stressed?



According to the same survey, 83 percent of



teens reported that school was their primary source of stress. One study conducted by New York University focuses exclusively on private education institutions, and attributes this stress to the ever-increasingly competitive scene of college admissions. The study notes that in an effort to demonstrate this new era of higher education, many private high schools have

implemented programs and academic courses to give their students an edge; this includes Advanced Placement courses, college courses, rigorous athletics and extracurriculars, and independent projects. In fact, participants in this study admit to completing at least three hours of homework per day. Researchers conducting the project fear that this chronic stress will affect students throughout their entire lives, as many students are already experiencing physical symptoms. A different study published in *Frontiers in Psychology* noted that 26 percent of teens studying at high academic levels had been diagnosed with depression, a very tangible consequence of a lack of both balance in teens' lives and the knowledge of how to cope with stress.

How should you cope with stress? Numerous sources emphasize that a balanced life is key: eating healthy, exercising regularly, and taking the time to relax. They also recommend pursuing hobbies related to your interests. Others advocate time management and if necessary, therapy. Ultimately, coping with your stress is dependent on what is effective for you. Try a new sport, or maybe even an art class. If you don't have time for that, try to take just fifteen minutes a day where you might relax. Talk to your family about what's on your mind. Keep striving to find that modicum of balance in your life, but if you have any severe fears or worries concerning your mental and/or physical health, never hesitate to reach out to your family or your doctor.

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## DISNEY: FROM THE

BY RAPHAEL BERETTA

The castles to Disney's truly a reflection of a student's life's journey with one's friends, the

# DISNEY: FROM THE PERSPECTIVE OF AN EVERYTHING FIRST TIMER

June 20, 2016

BY RAPHAEL BERETTA

The senior trip to Disney is truly a milestone event in a student's life: a vacation with one's friends, the first real taste of freedom and independence, and the last big hurrah before the final push to graduation. This alone is enough excitement for most, but for me, someone who hasn't even ventured further than the city of Boston, this voyage was larger than life.

Day One:

Nothing feels more like home than being at school before four AM. The bright lights of the gym ceiling woke me up better than any morning run to Dunkin Donuts could have. There is an instinctive feeling that makes being there at that time of day simply wrong. But what can I say: every step of the way is immensely enjoyable. Who wouldn't want to be shooting hoops at the crack of dawn with their best friends, waiting for a comfortable heated bus to arrive? When it does come, lights out. I personally have a hard time even falling asleep in my bed at night, let alone being able to sleep in a car, bus, etc. Yet, almost immediately after a resounding *amen* from the group ending the embarking prayer, I slipped into unconsciousness. When I awoke again, the sun was just making its way above Citi Field. New York and Orlando are two of the most iconic areas of the United States; the cultural convergence we were all about to experience was exhilarating. My group complained about the way LaGuardia looked and what it was like, yet I had never been in an airport before. An airport is basically a very inconvenient mall, something I didn't mind at all. When the plane rolled up, I was fascinated. The manner in which a bridge suction cups itself to the plane – awesome. My excitement was to the chagrin of my companions, who were not impressed by any of this. My first time flying, it was time to enter the plane: one small step for man, one giant leap for Ralphkind. Nothing compares to the feeling of takeoff for the first time. It seems impossible that a giant hunk of metal loaded to the brim with bodies and cargo can lift off the ground, yet it does. With every bit of turbulence or shifting of the plane, I let out giddy cheers and laughs, annoying some and entertaining others around me. The Orlando airport is beautiful, wide open, some of it carpeted, green everywhere. It's like an air-conditioned version of the Everglades. The Disney-themed bus that came to shuttle us to the hotel perfectly advertised the type of weekend that was to come.



A highlight of the entire trip was entering Coronado Springs for the first time: neither words nor pictures can describe the beauty, size, or luxury of where we were about to spend the next four nights. The place was an absolute dream (perhaps one experienced while falling asleep to *Emperor's New Groove*). Mayan temples, adobe-looking rooms, a swampy centerpiece: I had to separate from my party, just to take it all in alone. The remainder of sunlight time spent that day was in the pool. Downtown Disney (renamed Disney Springs) is essentially a boardwalk with pavement. My cuisine of choice (technically someone else's choice): Cuban. The Bongos restaurant is reminiscent of a nightclub in Havana. Neatly clad dancers elaborately fly around staircases, bars, and the tables. The commitment to the atmosphere is impressive, as I could barely see the food on the table. The slow-roasted pork, though the best I had ever enjoyed, left me full for the entirety of the next day. Black beans, rice, plantains, empanadas – you name it, we had it. If you are ever in Downtown and are in the mood for rich Cuban food, authentic nightlife environment, and conga-lines, definitely check this place out.



#### Day Two:

The momentous occasion: my first rollercoaster. A large group of twelve accompanied me on my journey to the simulated wilderness of Nepal in Animal Kingdom, to embark on my first expedition of the sort: Everest. As I would suggest with any park in Disney, we made it there as it opened. This allows one to experience the most popular attraction in that park without waiting in line or having to burn a fast pass (which I quickly learned is the most time-efficient tool ever). The lines in Disney are so long that they design them to have their own entertainment...almost as if there was a ride at the exit of a museum, but you have to go through the museum to get to the ride. Being an 87-year-old man in a 17-year-old's body, this was a huge plus for me. Oriental architecture, artifacts from Nepal, Tibet, and other countries in the Mahalangur mountain range area, and literature on the legend of the yeti keep one intrigued long enough. I could tell the attention to detail in these parks was going to blow me away. The fake mountain they constructed to hold the tracks of the coaster is beautiful, and almost feels real when you're on it. The cliché "big ascent" chuga-chuga portion of the ride raised my anxiety levels for the drop I anticipated – a drop that was only teased. It was an extremely fun ride and was totally my speed. The

part of Everest that made the ride famous, where you round a corner of one of the peaks and come to a dead end where the tracks have broken off and are shot backwards just as soon as you realize what is about to happen, had a modern spin on it. A flat area of the mountain had collected nearly a hundred differently-colored hair ties, and watching the girls in my cart remove their own and add them to this stash clued me in as to how this domino effect occurs. That was the standout of the park for me. Animal Kingdom is very enjoyable but is very much a modified zoo. If that isn't your cup of tea, it doesn't take long to experience this park (However, I would also recommend the safari if the line isn't too long. Although it is carefully planned and executed like every other ride in Disney, it certainly has the illusion of spontaneity with its off-road nature).





From there I headed to Hollywood Studios, which, being a big movie buff, was my favorite destination. The whole park is modeled after sunny LA: big straightaway, palm trees surrounding the path, west-coast shops, and film culture everywhere. The first stop was a dilapidated-looking hotel with a possessed elevator straight out of a Stephen King novel: *The Tower of Terror*. Disney's technological achievements reveal themselves through the level of production. Lines of people are packed into a tiny room, where a staticky television portrays an episode of *The Twilight Zone* that the audience is about to star in. Whilst in the elevator, all are expecting a simple go-all-the-way-up-and-then-freefall procedure, so when the elevator derails and moves into the "screen," it is quite jarring. There is a moment where you are peering into a hallway of the hotel, and the ghostly images of a family haunt you via holograms from deep in the room, and slowly everything turns to black and stars illuminate the room and turn it from a real three-dimensional space into what looks like a flat movie screen. Trippy. These stunning effects make the drop that much more of a rush. The ping-ponging effect eventually made me lose my perception of whether I was ascending or descending. The ride was carefully filled with viewpoints to the outside to remind you how high up you actually were – seeing ant-sized tourists whilst falling full speed heightened the thrill – and with nothing more than a seatbelt, weightlessness is truly felt. The other major landmark in Hollywood Studios is the indoor phenomenon of Rockin Rollercoaster. After conquering Everest, I thought to myself, "a little indoor ride starring Aerosmith is going to be a piece of cake!" I would later find out that this was not exactly true. After walking through countless displays of memorabilia from the days of classic rock – or in my terms, heaven – I was subjected to a short skit starring Steven Tyler and the gang – awesome. I could not be more excited for this ride. The line is brought through a brick and fence-covered alleyway past the start of the ride, where our "stretch limo" was waiting for us. I witnessed the car take off, and I immediately regretted being in line. I could not fathom how fast it took off (even though I later learned it only reaches 60 mph). I almost bailed, but my company urged me to "be a man," "not be showed up by toddlers", and to "not have to make the walk of shame." I salvaged my dignity in this regard, but when the ride did takeoff, and I saw the flash of the camera, I knew that I had lost my dignity again. Never have I produced sounds completely independent of my will before. This dichotomy literally had my mind laughing at how ridiculous I sounded, whilst my mouth was producing sounds that could only come from an emotionally distraught goat being stabbed to death with a dull spork. I couldn't appreciate the awesomeness of the ride (going into a loop full speed while being blasted with the wind of "Walk this Way") until I returned to it a few days later because in that moment I was petrified ... and ashamed. When the ride finally ended, we came to a stop on a straight path. Everest came back to me, so I had to ask "is it over?!" "Now we go backwards," said my mischievous friend. The others stopped a panic attack from ensuing by assuring me it was over.



Disney is commercialism at its finest because one does not have to even have to leave a ride to enter a gift shop. I would complain, but it works. As miserable as my first experience with Rockin was, I purchased the photo and a shirt to commemorate. Later by Star Tours, we were held captive for twenty minutes by a Star Wars fan going on and on about building your own lightsabers: Disney brings out the inner kid in everyone. The teachers had a blast themselves. Later that night, several hours were spent in a heated poolside volleyball marathon made up of two mixed teacher-student teams: a perfect cap to the day.

Day Three:

Magic Kingdom: the park that is the quintessential Disney experience. For me, it wasn't that magical. I think that if I were much younger, I would have loved it, but I simply passed my prime years to do so. The aspect of "outgrowing the magic" materialized in a giant crane obstructing the classic Cinderella Castle view, a dream thrust into reality: even princesses require construction projects. Certain aspects were great: the dark, claustrophobic, fast, Blade Runner-esque Space Mountain is endlessly enjoyable and has some of the most Immersive sound effects I have ever heard on a ride; the Tim Burton hologram-filled

cruise that is the Haunted Mansion is run with menes; Splash Mountain is a stress-filled tease-test filled with campy animatronics that culminates in a nice little 50-foot free-fall directly into water; the various lands have interesting atmospheres; and the energy of the park is obviously fantastic because everyone is excited and enthusiastic to relive their childhood. I experienced the recommended rides pretty quickly and finished off with a People Mover trip (a monorail that goes above Tomorrowland and encourages people-watching – a strangely enjoyable activity) before heading back to Hollywood Studios. The night was spent sitting outside of the Great Movie Ride – a palace-shaped ride in the center of Hollywood Studios that is home to the most and least passionate actors you'll ever encounter – watching a barrage of elaborate fireworks to the John Williams Star Wars score – quite a moment.



An incredible part of the Disney trip is the midnight Mass. Gathering on the lawn as a class in front of the lake, in full view of hotel guests in the middle of the night is such a bonding experience. Many passersby were suspicious of something devious, but once they figured out what was going on, they were moved. One nightly jogger pranced by with the most jovial and surprised look on his face, and the confused and happy trot he did made me smile. Our priest was very insightful (He was actually a former actor on the Great Movie Ride) and pointed out how special of a trip we were having. He was right. One of the best parts of the trip was arriving at the hotel the first day, luggage in tow, and watching all of these fellow students of mine (some old friends, some new, and some mere acquaintances) enjoy themselves. Everyone seemed so happy, and that in turn made me happy.

#### Day Four:

Waking up at 6:30 A.M. every morning for my routine walk/run around the property/coffee initially took its toll on me, but after several days, it was invigorating. I had ultimate freedom to go where I wanted and do whatever felt right at the moment. I went to Hollywood in the morning for the third time because I felt like it. I got to ride Tower of Terror and Rock-n-Roller one more time. We filled an entire Tower of Terror ride with nothing but Lourdes students – it was an awesome moment. It then came time for Epcot. As a lover of other cultures and of food, I was excited for this one. Mission Space, a simulator ride hosted by Greg Kinneer, started the day off right with some good ol' nausea – too much spinning. Due to some planning mishaps, a friend and I had to wait for a long time for a group to get out of a particular activity, and we discovered something incredible, albeit childish. Right by the Pixar shorts theater, there is a fountain that shoots tiny balls of water straight up into the air in big circles. On an extremely hot and sunny day that we spent outside, nothing could be better than slapping these little balls of water at each other – for an

we spent outside, nothing could be better than sipping these little bails or water at each other – for an entire two hours. And yet, I'm not complaining (I can allot myself one youthful moment in Disney).

Then came the tour of the countries. I proceeded to eat the weirdest lineup of foods ever concocted: guacamole in Mexico, sesame chicken in China, *wienerschnitzel* in Germany, gelato in Italy, mochi (soy dough) and yunker (ginseng jelly that wasn't tasty) in Japan, beef brewat rolls and mussels in Morocco, and finally, some sort of coffee mousse in France. Needless to say I was full and much poorer than I intended to be, but I avoided spending too much. First, if you're with a group in Epcot, I would suggest sharing EVERYTHING: it's the best way to be able to try as much as possible without breaking the bank. Also, if you can find a friendly German guy in *Lederhosen* that works at the buffet and is kind enough to snag you a plate of *wienerschnitzel gratis*, that saves some money (I tried to pay for it, but he insisted). Every country in the World Showcase has its own quirks and personalities, both through accuracy to the depicted nation and through its inaccuracy. The architecture in Italy looked exactly like what photos of Florence look like – tall towers, bricked plazas, marble sculpture. Italy even came with its own mime with a whistle – quite loud for a mime. Morocco had its belly dancers and its riches, China had a beautiful koi pond and a replica of the famous terracotta army, and Canada had moose. An older band in the UK played all the hits of the British Invasion, a selection that was finally to my taste. The staff are all from where they say they are, which makes interacting with them very interesting. I do not need to reiterate the generosity of the Germans, but I can mention the business skills of the British as they convinced me and a member of my party to buy some overpriced Beatles merchandise, the melancholy of the French (all of the younger women working in the bakery seemed very sad, so we did the best we could to engage them in conversation and cheer them up), or the smugness of the Italians who knew they were awesome. Yet, none compare to the most impressive nation of all: Norway. A big chunk of Norway was being renovated (the Frozen mania caught up with Epcot so of course Norway needs a Frozen ride), so compared to all of these vast areas of the world that contain dozens of shops, restaurants, attractions, and landmarks, Norway was just a humble gift shop. Yet when I entered: "Welcome to Norway!" cheered an energetic young Norwegian fellow, who then signaled his female coworkers to begin clapping and cheering. Every time someone entered, this charade would repeat, and I would join in the cheering and laughing, which made my Norwegian friend very proud. This new camaraderie was a bond – lasting about eleven minutes – that I'll never forget. Shoutout to all the Norwegians: they are awesome.



Unlike my trip on day three, my second visit to Magic Kingdom was much better. At around 8:30 P.M., I realized there was still a few things on my list I had not done: I never saw the famous Magic Kingdom fireworks, and I never rode Pirates of the Caribbean since it was out of service during the entire trip. I made the sprint to the shuttles, rode it over to MK, and bobbed and weaved my way through the mob that paved Mainstreet USA (I imagined this is what Boston must be like on Independence Day) to get a good view. Watching the intro to every Disney film in-person (via the fireworks over the castle) was breathtaking. With the show over and the park closing in a half hour, it was time to leave. My company and I ran across the park to get to Pirates of the Caribbean, and we were told to slow down by workers in the most polite fashion, "Would you please keep a gentle pace for us?" Made it. Sailing the Caribbean, cannons blasting from my left and hitting the water on my left, kicking up spray and foam, felt as if I was in the movies themselves. And who wouldn't love nearly a dozen animatronic Johnny Depps staring into your soul whilst singing about pilfering and plundering. There was still a little bit of time left before the park closed, so what did we do? Hit a Space Mountain buzzer beater. Tomorrowland (where Space Mountain is located) is almost on the opposite side of the park from Fantasyland (where Pirates is). I ran off all of those Epcot calories in epic fashion. Seven minutes before Space Mountain closed, I rode it for the last time, saying goodbye to Disney.

Day Five:

Departure. I took one last morning stroll around the hotel grounds, one last Florida sunrise. Once I began traveling, I made up for a lot of the sleep I had lost during the trip. I was happy to get home to organic food again, but I would miss nearly every other aspect of the vacation. It was arguably the best weekend



of my life and worth every penny. I am so grateful I had the opportunity to do something like this through Lourdes: a once in a lifetime event.

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## CUT FROM THE SAME CLOTH: A DEFENSE OF SCHOOL UNIFORMS

June 20, 2016

BY HUNTER SAVERY

Few subjects garner as much ire among Catholic school students as the stringent uniform code. Critics of the dress code claim that uniforms are uncomfortable, authoritarian, and limiting. However, I believe that the lack of self-expression is one of the uniform's most redeeming qualities. Many people simply don't possess the taste or common sense necessary to merit daily self-expression. I understand the desire to express one's self, but the uniform allows for plenty of that, while maintaining a level of respect that many teenagers are sorely lacking. Lourdes has a reputation for respectful and conscientious students, and I can't help but believe that the uniform has a hand in shaping this image.

One of the most oft-cited arguments in favor of school uniforms is the notion that they create a level playing field. For better or worse, we are judged by our appearances. Our clothes have a way of defining us without any consideration of our true personalities. Though it would be lovely if the world judged us not on our appearance, but on our individual character, that simply isn't reality. I know that in spite of knowing better, I would have a hard time befriending someone who wears gauges in their ears or, worse still, wears pajamas in public. The uniform allows us to appreciate our peers for their personalities, rather than their individual fashion. School uniforms break down socioeconomic barriers and allow for better associations to take root.



associations to take root.



Without uniforms, Our Lady of Lourdes would descend into airport-esque chaos. Man buns, poorly grown beards, and ill-advised color combinations would run amok, leaving social and moral devastation in their wake. New social class lines would be drawn, and hostility would almost certainly ensue. I don't care to imagine such a horrific world for too long. Luckily, the uniform doesn't seem to be going anywhere, thus ensuring that the school will not be overrun with unstylish miscreants. We are united by our uniform: it fosters school spirit and a collective identity. One of the greatest difficulties in an increasingly diverse world is finding commonality, but luckily, that will never be a problem for Lourdeans. We can always complain about the uniform to one another, and if you ask me, that's beautiful.

If you are interested in writing for the newspaper, contact either the moderator, Mrs. Kalz, or the editor-in-chief, Kalna Sikka, at their school emails:



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## GIRLS' LACROSSE

June 21, 2016

BY SAMANTHA KELLER AND KATHA SIKKA

The Our Lady of Lourdes Girls Lacrosse team had a commendable season this spring. After the introduction of the sport to Lourdes five years ago, the Girls Lacrosse program has had various leaders, finally gaining enough support and momentum to have both a varsity and JV team as of last year. Varsity Head Coach, Coach Galantich, joined the Lourdes community last year, starting in the preseason of fall 2014 to develop a dedicated and driven team. This year, co-captains Catherine Gallery, Mackenzie Martinelli (both seniors), and Isabella Clark (a junior) helped to lead the OLL Varsity Girls Lacrosse team to another successful year. Cat Gallery has signed to play lacrosse for Iona College in the fall. With their leadership, the team has made significant strides this season.

The girls played their first game over spring break, tying with Horace Greeley 13 to 13 until the last few seconds when a problem with the clock gave Horace Greeley the opportunity to score the game-winning point. Although Lourdes did not



win, Martinelli considers this "the team's biggest game." According to Martinelli, providing tough competition to a team as highly ranked and developed as Horace Greeley's Girls' Lacrosse "set the tone for the rest of our season" and imbued each of the team members with confidence. This combination of self-assurance and athletic skill led the team to win a game against Carmel: it was the first win in the history of Lourdes Girls' Lacrosse against a Class A school. In addition, the team won four league games, qualifying it to advance to sectionals, where it eventually lost to a Class C school.



Although the team members will always remember their victories and the athletic accomplishments they've earned, they also have numerous personal memories from the season. For example, at the team dinner in the beginning of the season, co-captain Mackenzie Martinelli introduced the "big sis, little sis" tradition. Every JV player is assigned to a Varsity player: the player on Varsity acts as a "big sis," or role model to the JV player. This helped to establish a bond between the two teams.

Congratulations to the Girls' Lacrosse team for exemplifying determination and teamwork.

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## FENCING SECTIONALS AND SERVICE PROJECT

June 20, 2016

BY EMILY MANTARO

The Lourdes Fencing Team recently finished an amazing season with an exceptional performance at the Fencing Sectional meet on February 5th. The girls' fencing team won silver in both *Foil* and *Épée*, and the boys' fencing team won 6th place in both *Foil* and *Épée*. *Foil* and *Épée* are two different weapons used in the sport of fencing.



different weapons used in the sport of fencing. The foil is a light sword that fencers must use to score a touch on their opponent by hitting their opponent's *lamé*, a vest that covers the target area from shoulders to groin, with the tip of the foil. The *épée* is a heavier sword that fencers must use to score a touch on their opponent by hitting anywhere on their opponent's body with the tip of the *épée*. Andrew Gauzza and Michael Peratikos were further recognized, as Andrew Gauzza achieved All-Section In *Épée* and Michael Peratikos achieved All-Section In Foil.

In addition to their commendable athletic performance, the members of the Fencing Team also participated in the Holy Trinity parish's food drive conducted at Stop and Shop on March 13<sup>th</sup>. According to Linda Martin, a member of the Holy Trinity's Caring Ministry Committee, the event was "a huge success," due to the Fencing Team's help. In addition to helping out at the successful food drive, the members of the Fencing Team also purchased coloring books and crayons for the children who visit Holy Trinity's food pantry.

Congratulations to the members of the Fencing Team for both their outstanding athletic performance and their admirable participation in Holy Trinity's food drive!



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## SENIOR

BY CHRISTINA JODRY

## SENIOR SIGNINGS

June 20, 2016

BY CHRISTINA JODRY

The student athletes at Our Lady of Lourdes have made us all extremely proud with their achievements. Success in high school sports does take a lot of hard work, discipline, and determination and should be highly commended, but having the level of success to garner the attention of the top schools in their prospective fields is an entirely different feat. Matthew Sayegh signed to play lacrosse at the American International College. If you ask any player about



passion for their sport by putting their bodies truly on the line (Luke's performance in the State Championship is a great example). Lastly, but not least, the Iona Gaels signed an athlete that has total mastery over her trade: Cat Gallery. One does not need to know anything about lacrosse to see that wherever she is playing, she is the standout on the field. We are all so happy for these students and wish them all the success in the world.



Matt, they will say that he is the epitome of sportsmanship and class, and is the perfect team player to improve any roster. Adam Hilal signed with Lehigh for baseball. A lefty pitcher with this much heat is hard to find, so Lehigh may have struck gold. The record-breaking offensive tandem of Dean Rotger and Luke Timm are two of the most dedicated young athletes to their craft most have seen in a long time. William and Mary (Dean) and Princeton (Luke) are inheriting top-tier specialty players that have proved their



# BASKETS OF LEADERSHIP AND TEAMWORK

June 20, 2016

BY KATHA SIKKA

The Boys' basketball team had a remarkable season this year with a final record of 16-6. The team won the first league title with a 9-1 record, and out of 24 teams, it earned the third seed for Class A. After defeating Brewster and Beacon, Lourdes advanced to the semifinals at the Westchester County Center for the second time in four years. There, the Warriors fell to the second seed, Byram Hills, after an extremely tough battle.



Such accomplishments wouldn't have been possible without the leadership of our seniors. This year's team was led by senior Chris Mulvey and senior tri-captains Connor Charlebois, Luke Timm, and Dean Rotger. As a point guard, Rotger directed the team both offensively and defensively; a true testament to teamwork, both he and junior shooting guard, Kevin Townes, created the most aggressive and feared

backcourt in the county. Furthermore, Timm and Mulvey partnered with junior center, James Anozie, allowing the team to have a memorable front court.

Although we're sad to see the seniors leave, we'll continue to be in awe of their abilities and the recognition they have received. Due to his outstanding determination and leadership throughout the year, Connor Charlebois received The Dwayne Davis Memorial Scholarship. Luke Timm was selected as an All League player while Dean Rotger earned All League, All Conference, and All County honors.

On the other hand, many of our underclassmen have shown that they will follow in the seniors' footsteps and create their own distinct niche. This year, sophomore Brady Hilderbrand became a member of the varsity team to help out during the latter part of the season, while sophomore guard Brian Arceri was added to the team's roster for post-season play. James Anozie became part of the All League team and was MVP for the league, All Conference, All Section, All County; in addition, he was named Player of the Year by the Dutchess County Coaches Association. Anozie also scored his 1000th career point against Albertus Magnus High School.

Congratulations to the entire team for their commendable season.

THE WARRIOR  
NEWSPAPER

FRONT PAGE SCHOOL NEWS POLITICS AND WORLD NEWS CULTURE ARCHIVE SPORTS STAFF

## STAFF

### KATHA SIKKA, EDITOR-IN-CHIEF

Katha Sikka is currently a senior at Our Lady of Lourdes High School. She is Editor-in-Chief of *The Warrior*, Lead Counsel of the Mock Trial team, President of the Jane Austen Society, a reporter for News & Views, and a member of Varsity Field Hockey. She enjoys reading the works of other young writers, writing poetry, and watching Indian soap operas.

### RAPHAEL BERETTA, WEBSITE DESIGNER

Raphael Beretta is currently a senior at Our Lady of Lourdes High School. He is the Web Designer and a writer for the Newspaper, the Vice President of the National Honors Society, a recurring actor in the Theatre club, the Chief of Photography of the Yearbook, and a member of News and Views. He enjoys watching pretentious art films, reading books most find boring, and suffering as a Jets fan.

## WRITERS

CHRISTOPHER BOB

### CHRISTOPHER BOB

Christopher Bob is a sophomore at Our Lady of Lourdes High School. He is a writer for the Politics and World News section of *The Warrior*. Chris is also a member of both the Varsity Golf and Mock Trial teams. His hobbies include golf, hiking, language, boating, and programming.

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### DEVON CLOSE

Devon Close is a Junior at Our Lady of Lourdes High School. She is editor of *Et Cetera*, the literary magazine at OLL, and a writer for the newspaper. She works after school at a jewelry store and enjoys gardening.

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### ONORA CRUSER

Onora Cruser is a Junior at Our Lady of Lourdes High School. She writes for *The Warrior* and *Et Cetera*. She is a member of the Pro-Life Club and a reporter for News and Views. She plays field hockey and lacrosse and is on the varsity team for both. Onora is in the symphony where she plays the cello. Her favorite part of contributing to the newspaper is reading other people's articles.

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### MICHAELA FOX

### BRANDON HOOLIHAN

### DEANNA JACOBS

### CHRISTINA JODRY

### NIA JOHNSON

Nia Johnson is a senior at Our Lady of Lourdes High School. She is a writer for *The Warrior* and reporter in News and Views. She is a participant in the Pro-Life Club and Spanish Club. She is on the Senior Prom Committee and the Varsity Girls Basketball Team. Her hobbies include dancing, playing basketball, volunteering, and reading.

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### ANNA KOLOSKY

### ROBERTO LEITO

Roberto Leito is currently a sophomore at Our Lady of Lourdes High School. Aside from being a contributor to *The Warrior*, he is also co-secretary of the Spanish Club. Roberto enjoys listening to a variety of music, especially on vinyl. In addition to being very patriotic, he is also thankful for both our nation's veterans and those who are currently serving.

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### EMILY MANTARO

### HUNTER SAVERY



### HUNTER SAVERY

Hunter Savery is senior class president at Our Lady of Lourdes. His legendary speaking voice can be heard both as the anchor of the News and Views team and on the afternoon announcements. Hunter is also captain of the Varsity Golf team and a member of the National Honor Society. He is a bon vivant and a well-respected man about town. He lends his talents wherever they are needed.

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### VICTORIA SMITH

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### AARON SUPPLE

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If you are interested in writing for the newspaper, contact either the moderator, Mrs. Katz, or the editor-in-chief, Kalha Slicka, at their school emails:  
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