



Saint Basil Academy
711 Fox Chase Road

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Basilian Pillar

New Beginnings for 2018!

Cara Hughes '19

We begin a new year at Saint Basil Academy, wearing our old saddles and classic uniforms, immersed in changes in both our faculty and facility, bringing opportunities for the old and new. As always, we welcome back our senior, junior, and sophomore classes; we also send a special shout out to our freshman class. In addition, we also have many new aspects to notice in our school. We have new doors, new water fountains, a new gym floor, a new logo design, and additions to our faculty, who we welcome with open arms and our SBA spirit.

Continuing to usher in this new year at Saint Basil, we embrace a new theme of female empowerment for the upcoming school year. The Student Council, under the guidance of Mrs. D'Angelo, wanted to find a new way to incorporate our theme into the central mission of our school: To Educate, Empower, and Enlighten. Collectively, we thought who better to inspire the women leaders of tomorrow, than the women leaders of today? Each grade was assigned a female leader who embodied the characteristics of their class. The freshmen were assigned Lupita Nyongo, the sophomores were designated as Malala Yousafzi, the juniors, Emma Watson, and the seniors, Meryl Streep.

Although each of these women are different, they each share of a commonality of strength and an ability to embrace opportunities and adversities to push themselves to be better than they were yesterday. In the same way that these women are united in growth, success, and fame, each grade is united within our community. As we move forward throughout the year, we strive to incorporate empowerment and leadership in all that we do. Mrs. D'Angelo and the Student Council have been hard at work



Cara Hughes '19

SBA seniors are all smiles on their last first day of school, while showcasing their unique backpacks.

coming up with ideas to make this year the best year yet! We are confident that with the help and ideas of the entire community, we can create new traditions while honoring our legacy.

However, Mrs. D'Angelo and Student Council have not been alone in their work to prepare for the school year. There have been many people in and out of the school, beautifying the building. The Learning

Commons is a breathtaking new space for studying and collaboration. Along with the new aspects of the building, many staff members have moved into new and improved office spaces.

I hope that as we begin this new year, we can all share in our enthusiasm to learn and grow as young women. If we all work hard toward our objectives and goals, then we can expect a successful year!

A Tale of Two Cities

Tess White '19

"It was the best of times, it was the worst of times." Charles Dickens quote from his 19th century *Tale of Two Cities* could easily be referring to the dichotomy witnessed in the streets of our City of Brotherly Love. From a distance, the picturesque skyline indicates wealth and success, and at this distance, one might never see what lies beneath: the tale of the other city.

This city drowns in problems, awaiting rescue. Public education is failing as students suffer the consequences of a government that cannot adequately fund the school system. In areas where educational opportunity is low, job prospects fall as the economy declines. Too often poverty and crime follow next in a cyclical course.

With an upcoming mayoral primary race in May 2019, Philadelphians cannot accept satisfaction in mere incremental improvement. The corruption that has plagued this city must be eradicated; it should no longer be acceptable for City Hall to remain pristine while nine-year-olds ingest dangerous toxins in their schools.

Awareness of the underlying problems is the first step towards correcting a government that perpetuates the issues rather than actively seeking solutions. Change who runs the city to change how the city is run seems self-explanatory. Philadelphia needs this change, but how much and what kind will only be decided by citizens who demand it at the polls this upcoming mayoral voting cycle.

Investigating from Boston

Grace Comas '20

Despite the new friends, Philly pride, and the city culture that I experienced while living on Boston University's campus as a journalism student for the summer, I also acquired a change in outlook that made my college experience life-changing. Before spending two weeks at BU, I believed that all things happened because of luck. After two weeks away from home, I realized that this previous notation is false. Things happen when we take advantage of opportunity and are willing to work hard to get there.

The two weeks of my summer emerged into memories I will hold close



Grace interviews Mass. Senator Elizabeth Warren after a town hall meeting.

forever. Not only did I meet people nationwide, I experienced the life of a real-life journalism student. The New England Center for Investigative Reporting provided me with the freedom and tools to report on any event in Boston, but I had to take initiative and create connections for myself. This forced me to use my 'reporter's confidence' to interview, report, and write for my deadlines. This confidence lead me to interview politician Elizabeth Warren, and form a connection

with Boston Globe Spotlight writer Sacha Pfeiffer. Because I took a risk, I was able to make connections, develop strong work relationships, and prepare myself for life as a prospective college student.

Supreme Court Chaos

Siena Wanders '19

Dr. Christine Blasey Ford spoke out about her alleged sexual assault by Supreme Court nominee Brett Kavanaugh. She delivered an emotional opening testimony on September 27 at the Senate Judiciary committee hearing. Despite immense backlash and criticism, Ford stated that she is "100% certain" that Kavanaugh was her attacker 36 years ago.

Kavanaugh fired back in a passionate testimony that the media-frenzied allegation was a "calculated and orchestrated political hit" citing "the revenge of the Clintons" and "pent-up anger about the 2016 election" as motivation while emphasizing his innocence. Republicans claim that the revelations so late into the confirmation process were strategically devised to push the hearings until after the Midterm elections.

"We should not brush aside her comments, we should not belittle her testimony. We should listen to her, we should listen to women."

Senator Cory Booker

Throughout the hearing, Democrats on the Senate Judiciary committee continually advocated to delay the vote to allow for an investigation on the allegation. Ultimately, the committee advanced the Kavanaugh confirmation to a full Senate vote on October 7 after a week long FBI investigation.

"The way it was, was right," Justice Ruth Bader Ginsburg said earlier this month. "The way it is, is wrong. I wish I could wave a magic wand and have it go back the way it was."

The Justice, who was confirmed by a 96-3 vote in 1993, often laments on the faded bipartisanship of the confirmation process. However, the bipartisanship rooted within Kavanaugh's confirmation goes far beyond the want for political power. It is rooted in the search for justice and the determination of who is truly worthy of a seat on the Supreme Court.

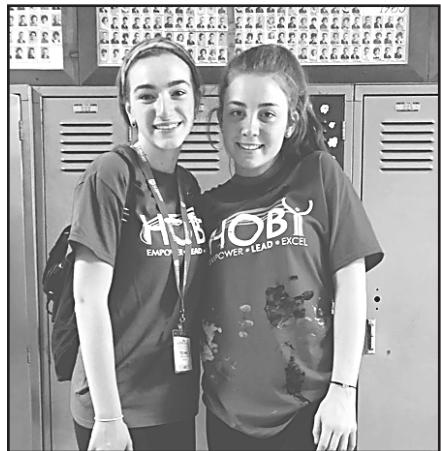
Affecting and Realizing Change

Letter from an Editor-in-Chief:
Tess White '19

I can still remember the excitement of arriving on campus at Villanova University for the Hugh O'Brian Youth (HOBY) Leadership Conference two summers ago, inundated by a frenzied blue mass: the HOBY welcome committee of alumni volunteers. I could not yet comprehend why the affectionately called A-Teamers were so energetic, but I believed that I needed to imitate their passion in order to lead. So, when applications circulated to volunteer at the next HOBY Conference, I submitted mine expecting to simultaneously morph into a hyper "blue person." Unfortunately, no spontaneous metamorphosis occurred; it would

take a weekend of transformation for me to develop what I had admired in the A-Team: confidence.

I came into the conference believing that I would be acting as a quasi-babysitter.



Tess White '19

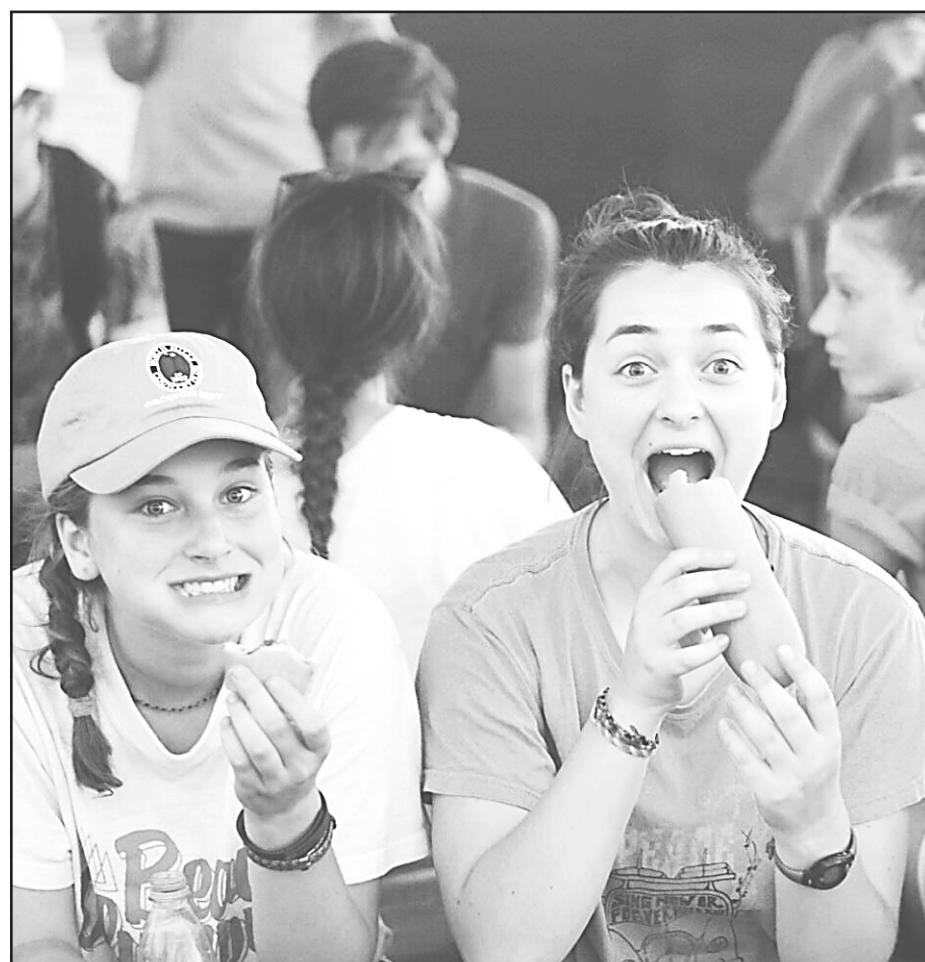
Grace and Tess participate in the HOBY service project.

confidence until we arrive at the other side of the bridge, eager to aid others in their journeys. And that is how I define leadership.

Instead, I was charged with facilitating the change of capable high schoolers to empowered leaders. As I saw them eagerly take on this challenging responsibility, I gained perspective on my own role. Surrounded by leaders younger and older than myself, many more accomplished and outspoken, I no longer felt like an imposter; I did not have to imitate the "blue people" anymore, as I was one myself.

This realization and self-assurance that one belongs is a scary passage of high school that we all must bridge. Luckily, it is a journey that no one walks alone. We are allowed to sometimes lose our way, to ask for directions, to stumble as long as we keep trudging along. And with each step,

we develop our own confidence until we arrive at the other side of the bridge, eager to aid others in their journeys. And that is how I define leadership.



Colleen Quinn '19

Colleen and Cate indulge in some French cuisine during their summer expedition to Paris.

Un Voyage en France

Colleen Quinn '19

As we entered the tiny town of Montéleger for the first time, 6 American teenage girls and 2 chaperones, my first thought was, "Well, this is cozy!" I had no idea how over the next 8 days, this small town in the South of France and the people who lived there would steal my heart.

First: a little background. My sister's French class at her school was taking a trip to France and the teacher opened up the trip to families of the students. So, being the Francophile that I am, I jumped at the chance to live my dream life in France. We spent one magical week in Paris, sitting in cafes eating pain au chocolat and visiting beautiful monuments and museums. I eagerly attempted to talk to shopkeepers and people in restaurants until I learned that they did not have a clue what I was saying until I said, "Je suis américaine."

After getting to live the chic lifestyle in the City of Love, we then took two trains (one with no air conditioning!) to Montéleger, France for the second week of the trip: the service aspect. During that week, we taught English at a camp for French children.

To say the experience was intense is an understatement. I learned so much about myself, the French language, and the beautiful people that I spent the best week of my life with.

Many of the campers spoke very little English. I realized that they were willing to listen to me speak French, and then I would in turn help them with English. I learned thousands of new words and phrases thanks to the camp director Mic who always shouted directions at the campers in rapid-fire French; he wasn't angry, that was just the way he worked.

I also learned many cooking words and cleaning phrases. A main aspect of the camp was that we were divided into "petite families," and as a family unit, we cleaned up after meals, set the tables, and cooked dinner when it was our turn to "faire de la cuisine," "service des plats," or "débarassage." My family unit was graciously and lovingly patient with my French and eager to learn English from me. One of my favorite memories with them was our family name, The Marvels, and how they could never pronounce the "r" in marvel, but they never gave up on trying.

That struggle with saying a simple English sound epitomizes the best trait of all the children: their eagerness to learn. They were excited to both learn from and teach "Les américaines," as we were affectionately called. When we spent the day at a horse farm, they showed me all of the equipment and patiently repeated the name of each piece of equipment for me as I tried to imitate their accent, so it sounded right. Their eagerness and zest for learning, as well as their bright, loving personalities allowed all of us to become close over the course of the camp, even though we did not speak the same language.

Woodward Book Drama

Erin O'Riley '20

the question of if he had even asked, he replied with "I don't have to ask them, because I know them."

This is not the only thing in the recent news to shock the public. A new book has been released by Bob Woodward, an eminent investigative journalist and associate editor of the *Washington*

Post. Woodward is held in high esteem on Capitol Hill. Woodward has written a number of books, many based on the government, and has even caused the resignation of former president, Richard Nixon. His novel, entitled *Fear*, has made headlines for saying that there are apparently hundreds of hours of interview

tapes that could discredit President Trump. Woodward's book has quickly become one of the fastest selling novels in recent history, selling 1.1 million books in its first week of release.

In the reporting for *Fear*, Woodward used many different sources and interviews which set up a pattern of narcissism, unintelligence, and frustration caused by Trump. Woodward

has hours of interviews and notes to back the claims, but the White House refutes the claims made by the book. Some people featured in this book are White House Chief of Staff, John Kelly, who has previously been known to make critical comments, and John Mattis, Secretary of Defense. Mattis has said that Trump has the mental capacity of a "5th or 6th grader".

Both the New York Times op-ed and *Fear* have been dismissed by the Trump Administration, which condemns book as a mere work of fiction. It has been proposed by some Republicans that this latest publication was planned by Liberal Democrats so that President Trump would lose in the midterm elections. Statistics may not be looking good for the Republicans. A recent CNN poll gives Trump a thirty-six percent approval rating. The reader is left wondering how great an impact the book will have; will *Fear* change the shape of American midterm elections?

Seeing Change in Yourself

Letter from an Associate Editor:
Grace Comas '20

A year ago I was in a place familiar to many high school students: writing an application for a pre-college workshop that would hopefully better my chances of getting into a prospective "reach" school. When I sent out my HOBY application, I was oblivious to the lasting effects it would eventually create. An essay based on the prompt, "How are you a leader?" took me to a place where I learned what a leader truly was.

As my mom pulled into the Albright parking lot, I saw a field of blue: a blue sky, blue cars, and blue people. These blue people cheered, held up signs, and calmed any previous nerves that I had going into the weekend. This enthusiasm followed me for the next two days, eventually turning me from an ambassador into one of the blue people myself.

Through guest speakers, service trips, and cheers, leadership skills were instilled in participants along with a new confidence. This new confidence left me eager to enact change as soon as I waved goodbye to Albright after our closing ceremony. "Why not?", a question that reigned as a theme throughout the conference turned into a "What Now?"

This question inspires ambassadors to consider leadership on an everyday basis, rather than just a concept. I carry my "What



Grace Comas '20

SBA Girls enjoying the HOBY Talent Show!

Sun, Surf, and Service in Costa Rica

Erin Drumm '20

This summer Saint Basil Academy students embarked on a trip of a lifetime. In June, SBA students went to Costa Rica! From the waterfalls of La Fortuna to the beaches of Samara, Costa Rica was beautiful. Not only did we get to see the wonders of scenic Costa Rica, but we also lived like locals for ten days walking around the streets, shopping in local stores, and eating the comida típica of Costa Rica.

To kick off our trip, we met our Travel For Teens counselors at the Costa Rican airport in San Jose. Monica, Sam, and Alejandro, our TFT guides for the next ten days, took us to Turrialba our first night. The next morning we took a caravan to the Pacuare River, where a white water raft took us on excursion through the rainforest.

After our adventure on the water, we went to The Assisi Project, a wildlife rescue center working to save the some endangered animals of Costa Rica: monkeys, parrots, sloths, and toucans. We helped clean cages, make toys, and feed the animals.

After two packed days of volunteering at the Assisi project, we went zip-lining through the jungle and even scaled down the side of a waterfall. Next, we visited the renowned La Fortuna waterfall and swam in its beautiful falls.

The EcoTermales acted as our next stop. Here we swam in the hot springs heated by a volcano. We said goodbye to La Fortuna and travelled to Playa Samara, a town on the Pacific

coast of Costa Rica known for its palm-tree lined beaches and surfing.

Our first day in Playa Samara became a meet-and-greet with our second community service partners, Asociación CREAR. CREAR is a non-profit organization that serves the rural beach communities in and surrounding Playa Samara.

This nonprofit works to provide opportunities in education, recreation, and careers for the members of the community, while giving students from both Costa Rica and abroad a learning experience that helps them grow and contribute to the Samara community. After hearing their goals of enhancing the community

by making a welcoming environment for the local people, we were ready to help CREAR.

Later in the day, we went swimming in the Pacific Ocean and saw iguanas, horses, and dogs on the beach. The stunning Costa Rican sunset captured our attention as it changed colors over the ocean. Our next day in Playa Samara, we went paddle-boarding in the calm waters and relaxed by floating on our boards in the sea. After a calm morning on the water, we met with our service partners to clean the area, collect rocks to use for decorations, and repaint the picnic tables on the beach.

The following morning, we went kayaking to Chora Island, and snorkeled with tropical fish. We even saw an octopus! Later, we went back to help at the beach, and made turtle nests by replacing contaminated sand with clean sand to foster the growth of baby turtles.

On the seventh day of our trip, we continued to help our service partners by painting the rocks we collected and the tables we had scrapped. During the second half of the day, we went surfing! The instructors taught us how to surf on land first, but then we caught some waves in the water.

On our last full day in Costa Rica, we finished up our service project and enjoyed a meal of fresh fruit with our new friends one last time. Then, we had an afternoon of surfing and shopping, followed by a fancy dinner on the beach.

The next day, although we physically said goodbye to Costa Rica, we agreed to keep our experiences within us, forever holding amazing memories and lessons we acquired there.



Erin Drumm '20

SBA girls cleaning up the beach as an act of service in Costa Rica.

New Faces at SBA

Jennifer Mayro '21

As we begin another school year, some new faces are present among the faculty. This year we welcome several new teachers to SBA in the Science, English, History, and Fine Arts departments.

Applied Math and Physics, or AMP is a new, innovative class that acts as the latest addition to the Math and Science departments. AMP, taught by Mr. Cipolla, is both a math and physics class, where students come to understand math processes by applying them in physics experiments. AMP improves a student's ability to connect math and science from a concrete standpoint.

New faces also have been added to the science department. We welcome Mr. Daniel Di-Marcella, Mrs. McLaughlin, Ms. May, and Ms. Cherenak to SBA Science! They will be teaching Chemistry, AP Biology, Environmental Science, and Biology, respectively.

Ms. Nathalie Wille is returning to SBA as the French teacher and she is also teaching some Spanish classes. Ms. Wille first taught at

Basils as a long term substitute teacher last year for the French class.

Another familiar face has joined the Basils teaching staff as well. Mrs. Terry Dillinger has been at SBA for over thirty years directing the school shows. However, this is her first year teaching a class, Intro to Drama, during the flex period.

A portrait class is being taught by Mrs. Elena Cipolla during the flex period as well. She has been teaching art for over twenty five years at her Art Workshop program at Immaculate Conception School.

Joining the English department are Ms. Bridget Mahon and Ms. Janet Iafrate. Ms. Mahon is teaching sophomore, junior, and senior English courses, as well as a World History class. Mrs. Iafrate is teaching English classes this year at SBA. Both Mrs. Iafrate and Mrs. Mahon have previous connections to SBA. Mrs. Mahon is an alumna and Mrs. Iafrate taught English at SBA a few years ago. Mrs. Iafrate taught Ms. Mahon while she was a student.

All of the new teachers bring something unique to the table. They are great additions to the SBA community!

Elton John Live!

Bridget McShane '19

We have heard him playing on the Classic Rock station in our parent's cars. We have laughed as he participated in a rap battle in the infamous Snickers commercials. We seen him advocate for the LGBTQ community. So, when this music sensation announces his official farewell tour after creating his art and graciously performing it for over fifty years, we pay attention.

Sir Elton John's music does not fall directly into one category. His songs – including blues and R&B, sometimes with a hint of country, or even as simple as classic rock – continuously move not only those who once knew his music as contemporary, but also instill a nostalgic feeling among all generations. And so his "Goodbye Yellow Brick Road" show at the Philadelphia Wells Fargo Center, attracting kids as young as thirteen to adults in their seventies, captivated his fans in every way.

His hands pounced on the piano as he playfully danced in his seat to the beat of "Crocodile Rock". When everyone thought a song was over, he surprised the audience with an impromptu piano solo which brought tears to the audience's eyes, including the woman sitting next to me.

The musical legend did not fail to dazzle fans with his "over-the-top" costume changes. After starting with a pink and black tux accented with rhinestone glasses, he then changed to a suit elegantly designed with roses, and another pair of matching rhinestone glasses. To end his performance, John sent love to his fans while wearing heart-shaped glasses and a silk robe.

However, his flamboyant outfits were not the only aspects of his performance enchanting the eyes and ears of his audience. The production as a whole acquired a sentimental feeling as images of John and his lifelong friends and family were pictured behind him.

Seeing his youthfulness in the glistening im-

College in High School?

Julia McCann '19

This summer I took part in La Salle University's Summer Scholars program via to take an "Intro to Business" course.

When I found out I was accepted, I was excited and nervous about my first real college course. On the first day, Professor Patricia Crossen told our class of juniors and seniors that we would complete a full semester course in seven weeks.

Class was twice a week, in addition to weekly presentations and quizzes. I had to balance my work with other summer assignments.

Fellow SBA students Maria Nido and Tess White acted as my La Salle business partners. Throughout the summer we worked to put together extremely detailed business plans for a new product. My group's product was a medicated dissolvable chewing gum for kids who struggle to take pills or liquid medicine. We came up with the mission statement and objectives, production, industry analysis, marketing plan, HR plan, sales plan, and financial assumptions for our company. At the end of the summer, we presented our business plans to "bankers", a group of other business professors and grad students at La Salle, and asked them to invest in our new product. Together, we won the Best Business Plan award.

At the end of the course, I was happy with myself and my credits earned. Since the class was free of charge, I not only saved money, but I was able to develop skills that I can utilize in the future. My presentation skills improved tremendously and I was introduced all aspects

ages, in addition to his actual appearance on stage, connected the countless fans from their distinct generations. I even found myself swaying with the couple next to me as John belted out "Someone Saved My Life Tonight."

The multitude of fans dancing and crying, the Eagles chant screamed at the start of John's "Philadelphia Freedom," and the last words of his final song he would ever play in Philadelphia made this particular gig a very emotional one. At twenty-four songs and nearly three hours in length, John's set list prompted reflection among the audience – myself included – of the first time each and

of business, including marketing, management, financials, and human resources.

I strongly encourage other rising juniors and seniors to take advantage of opportunities like this in the summer. Such programs can help students narrow down their prospective majors based on their interest in certain subjects. I am glad I had the chance to meet new people, learn more about business, and discover what field matches my talents, by participating in the La Salle University Summer Scholars Program.



Julia McCann '19

Julia McCann, Maria Nido, and Tess White after their "Intro to Business" presentation at La Salle University.

every one of us had heard the songs played.

As the opening notes of "Tiny Dancer" played, I could only think of my favorite movie scene from *Almost Famous*. I pictured Penny Lane, William, and the band belting out the tune as they journeyed back from Stillwater's 1973 tour. For the woman sitting next to me, it was an August afternoon as she played with her little sister in their backyard. Even though our first time experience differed, the music had a way of connecting every member of the audience.

Although this show was my first and, unfortunately, last time seeing him perform, I am certain I will never forget it.

Panthers Achieve Fall Sports Success

Abigail Fox '19

This year much excitement surrounds SBA athletics as the school year and the fall sports season begin. For most of our fall sports athletes here at SBA, their favorite time of the year is in full swing. After invigorating seasons last year, the fall sports teams have high hopes coming into this season. Our athletes have been working hard in preseason and practices to compete during games, and their hard work is definitely showing and paying off.

SBA would like to express congratulations to Freshman Alina La Forest of the cross country team who placed first in the freshman race at the Briarwood Cross Country Invitational. Schools from all over the Delaware Valley participated in the meet. Our teams, including field hockey, cross country, soccer, tennis, and volleyball, are thrilled to welcome many new freshman and transfer athletes.

Freshman Tess Majkut of the volleyball team says, "At first, I was nervous about being on the team, but all of the girls made me feel so welcome. They were incredibly helpful on and off the court!"

The SBA soccer and volleyball team have already been making their presence known in the Academy League this year with records of 3-1-1 and 5-1, respectively.

The volleyball team has defeated Mount Saint Joseph Academy this season. The girls came out strong and fought hard to sweep the competition in three close sets. They are focusing on

taking this season one game at a time and always playing with full energy. Volleyball has developed a new team motto to encourage the girls on the team to always give their best even through the tough games.

Junior Co-Captain Mary Kelly says it best, "Our team motto is 'never give up.' To us, this

means never give up on the point, the game, ourselves and each other. We are always trying to support each other and cheer each other on. We know that as long as we never give up and keep hustling, anything is possible. Even if we lose a game or two, we will always be winners as long as we play our hardest."



Emily DeMarshall '19

The seniors of the SBA volleyball team cherish their last Student Council Mixer.

"Never give up" may be the volleyball team's adage, but it is clear that each SBA fall sport team embodies this quote. The soccer team is especially ready for the challenge after competing in the State Championship game last year in Hershey, PA.

According to senior Co-Captain Annmarie Coates of the SBA soccer team, "Although we are rebuilding as a team right now, we are just as strong, if not stronger, than we were last year. And we are only getting started."

Senior Maddy Yevoli of the field hockey team states, "We are working very hard as a team this season to grow and get better after every game and practice. We are extremely excited to be on the field every day competing against great competition and we hope our hard work will lead us to success."

The tennis team has had a wonderful season thus far as well. Claire Hynes talks about the team saying, "We may not always win but if you're looking for a fun laid-back sport -- tennis is where it is at." With a smile she adds, "Any team who goes against us should know that if you are looking for a soft serve, you should go to Dairy Queen."

As expressed by senior Katie Overton of the volleyball team, "We want to win. Especially as seniors, we want to give it all we have because this season is all we have left. We are striving to add another banner to the collection, while cherishing every last moment."

Saint Basil Academy is so proud of the success of the fall sports teams and wishes them the best of luck throughout the rest of the season.

Sexism at the US Open

Ann Abraham '19

The 23-time Grand Slam Champion, Serena Williams, was penalized for code violations and ultimately lost the annual US Open Tennis Championship as a result. An outsider may see the violations valid considering the mountains of rules and regulations set by US Open officials. However, after taking a closer look, it can be concluded that the violations were unfairly imposed.

Serena Williams was fined \$17,000 for verbal abuse of chair umpire Carlos Ramos, being warned for coaching, and breaking her racket. Her dispute with the chair umpire during the US Open ignited controversy and has brought worldwide attention to the double standard seen between men's and women's matches. According to Williams, many male players have confronted umpires and have not been penalized for their aggressive remarks, so why should she?

Tennis legend and equal rights advocate, Billie Jean King, agreed with Williams, by stat-

ing, "When a woman is emotional, she's 'hysterical' and she's penalized for it. When a man does the same, he's 'outspoken' and there are no repercussions."

Alize Cornet, another competitor at the US Open, has also found herself at the center of a gender-focused controversy. Cornet was handed a code violation for changing her shirt on the court after she had put her shirt on backwards. This action was considered "unprofessional conduct", but male players have changed their shirts on multiple occasions on the court with no penalties imposed. As the controversy arose, Williams called out the double standard evident in the code violation.

For hundreds of years, women have continually fought for equality. However, it seems that equality within the realm of tennis still has room to improve, as evidenced by the most recent US Open. Change can only be initiated when women take a stand and voice their opinion. Today, women need powerful voices, like Serena Williams and Alize Cornet, to address the inequalities still faced not only within the tennis community, but throughout the entire world.

Celebrities and Self-Worth

Claire Hynes '19

Whether people want to admit it or not, social media is a major impact in today's society. Influencers with large platforms such as the Kardashians, Jenners, and various other reality stars heavily affect popular trends. These celebrities use their social media presence to promote products that they have been paid money to promote. By posting pictures of the products, along with encouraging praise, these celebrities bring thousands of new customers to a business.

One of the products that numerous influencers have been paid to promote was an "appetite suppressant lollipop" by Flat Tummy Tea; the product was meant to curb cravings without overeating. Flat Tummy Tea, an Australian company founded in 2013, has embraced social media and uses celebrities as its main marketing strategy. Their merchandise includes meal replacement shakes, tea

cleanses, and lollipops that are supposed to help customers lose weight, eliminate bloating, and control hunger.

While scrolling through FTT's website, the ingredients of the products are virtually impossible to find. Instead, every item bombards the prospective customer with promises that they will "kick those cravings", "move those stubborn lbs", and "speed up your metabolism". When looking at the FAQ, the wording is vague with no real descriptions and a claim stating that there are no side effects whatsoever.

Under the Federal Food, Drug, and Cosmetic Act, dietary supplement firms do not need FDA approval prior to marketing their products. It is the company's responsibility to make sure its products are safe and that any claims made about such products are true. However, the FDA has received reports of harm associated with the use of weight loss products, including increased blood pressure, heart palpitations, stroke, seizure, and death.

Commitment Gets Results

Emily DeMarshall '19

Friends and peers of Casey Remolde may know her for her quirky personality, Harry Potter obsession, and love of Dunkin Donuts in the morning. However, the hallmark of Casey's countless attributes is her undying love of basketball. She first picked up a basketball when she was four years old, and has not been able to put it down since.

Since transferring to Saint Basil Academy at the beginning of her sophomore year, Casey has been a staple on the basketball team and has made a positive impact on the community. She has helped lead the basketball team to a number of titles such as the 2017 District 1 Championships and the Catholic Academy League Championship.

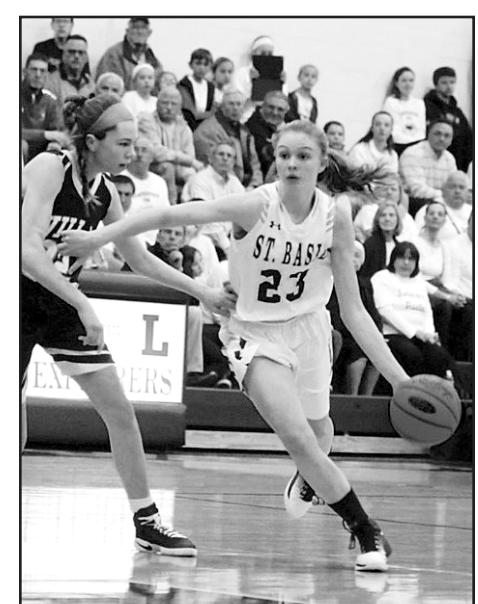
Montgomery Media wrote in a February article, "Saint Basil Academy's Casey Remolde scored a game-high 19 points, hit four crucial foul shots in the fourth quarter, and went diving to the ground to secure a defensive rebound in the game's dying seconds. Remolde led the top-seeded Panthers to a 38-35 victory over rival Villa Maria, as Basilis secured its second consecutive Athletic Association of Catholic Academies title at packed La Salle High School."

This summer Casey received a full-scholarship to play basketball at Kutztown University. Throughout her entire life, one of her biggest goals was to play on the collegiate level.

Casey, while expressing her excitement about Kutztown, said, "My goal was always to play on the college level and Kutztown in the perfect place to do just that."

Aside from the potential danger under the guise of pretty packaging, this product is inappropriately being marketed to an audience of girls between the ages of 12-18. Many of these influencers are looked up to by young impressionable pre-teens and teenagers who enjoy celebrity content and trust their input. Having a platform with a large outreach to such young adolescents comes with a great responsibility that celebrities are refusing to take seriously.

The promotion of diet suppressant lollipops is damaging to young girls' self-esteem and health possibly leading to an increase in anorexia, bulimia, or body dysmorphic disor-



Emily DeMarshall '19

Senior Casey Remolde receives a full scholarship from Kutztown University for basketball.

der. It tells them that if they are hungry they should "suppress" that feeling by just tearing open a lollipop and "telling [their] cravings to #suckit." Constantly suppressing your appetite can lead to long term negative effects such as stomach shrinkage and malnourishment, especially in growing adolescents who need nutrition.

Instead of wasting \$30 on these so-called "miracle" supplements, people should focus on eating healthy and exercising to lose weight naturally. Adolescents and adults alike need to steer clear of crazy diet fads. It is not about how much one eats or weighs; it is about staying healthy and safe.