



Saint Basil Academy
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Basilian Pillar

Community Day and Beyond A Threat of Secession

Siena Wanders '19

Educate the girl. Empower the woman. Enlighten the world. In addition to these fundamental objectives of Saint Basil Academy, students' involvement in community service is of the upmost importance. As seen through the yearly service hour requirements and the popularity of the impactful SBA Cares Club, the importance of volunteerism whether it be helping those less fortunate or bettering the community is instilled in every SBA student. In order to fulfill and encourage this valuable teaching, the students were able to participate in a school-wide day of service.

Community Day is a beloved tradition here at SBA. All students work at a variety of locations each with an advantageous cause, bettering the community. The freshman class made blankets for Project Linus and visited the Rydal Park Nursing Home to interact with the residents. In addition, the sophomore class separated into groups volunteering at the Morrison School and Saint Joseph's Manor. The juniors and seniors lent a helping hand at the Holy Redeemer School, the Gesu School, Habitat for Humanity, Face to Face, and the Briarbrush Nature Center.

When asked about her first Community Day experience, freshman Jenn Mayro stated, "I just loved making blankets for Project Linus with my SBA sisters. I loved the feeling of helping people outside of our St. Basil community. The feeling of accomplishment after we made those blankets was worthwhile knowing that our hard work would go towards a great cause. I cannot wait for next year's Community Day."

Junior Tess White who volunteered at the Gesu School in Philadelphia recalled her service experience, "At the Gesu School, I



Ms. Sutton

After a long day of volunteering, the girls at the Gesu School were energized rather than tired!

was given the opportunity to help in the first grade class. It was so refreshing to see the children so excited to learn. Even before taking a quiz, the students were enthusiastic about being tested on the new material. I had so much fun making friends with the first graders. The teacher of the class even invited me back to her class. I can't wait to return."

Whether it be tutoring first graders, visiting nursing home residents, or making

blankets for those less fortunate, the importance of giving back our time for the good of the community has always been an essential teaching of Saint Basil Academy. Engaging in acts of community service continues to teach us how hard work is not always about material benefits, but giving back to the world. As Gandhi once said, "The best way to find yourself is to lose yourself in the service of others."

Erin Drumm '20

Catalonia, a wealthy region located in the northeastern corner of the Iberian Peninsula, declared independence from Spain on September 6 when the Catalan parliament set a referendum on independence. The government of Spain quickly reacted, declaring the referendum illegal on September 7. In spite of this, the Catalan Independence Referendum was held on October 1. The results were compelling with over 90 percent of voters siding with independence. However, only 43 percent of Catalans voted.

The Spanish government has since imposed direct rule on Catalonia, dismissing its leaders and setting a date to replace them. Catalan President Carles Puigdemont has urged his citizens to protest these actions; they have done so by the thousands. Other Catalans, however, have marched for unity and cooperation with Spain.

The United States, United Kingdom, Germany, and France have all said if Catalonia becomes independent they will not recognize it. The EU has done the same. Catalonia accounts for 19 percent of Spain's gross GDP so many believe Spain could not economically survive their secession. This would be like California seceding from the United States, taking its industry and wealth from the country. It is unclear how the Spanish government will mend this divide but surely Spain will need to find a successful solution to this complex problem.

Exploring Diversity Learning to Compromise

Erin O'Reilly '20

On November ninth, five students, including myself, were gifted the opportunity to attend the Anti-Defamation League's 11th Annual Youth Leadership Conference in Center City, Philadelphia. The mission of the ADL is "exploring diversity, challenging hate."

In the morning workshop the students were separated from their school peers in order to draw them out of their comfort zone and allow interaction with students from other school backgrounds. The goal of the first workshop, in my opinion, was to show that everyone had his or her own opinions, talents, and value. Because of this,

they deserved to not be seen as the stereotypes that society often puts on them. Then there was a workshop geared to help us realize some problems in our school, and more importantly, find a way to solve these problems. Mrs. Castellano and Mrs. Kaz had helped with this workshop as well, giving some advice on how to help our school community.

The end of the day concluded with a speaker named Akbar Hossain, who was born in Bangladesh. His family won a lottery, giving them Visas to come to the United States. Through a series of hardships and loss, he fought his way to Penn Law School. Akbar embodies the American Dream, studying to become a lawyer for immigration issues. Days like this are what allow Basil Girls to truly enlighten the world.



Tess White '19

The Anti-Defamation League has a dedication to eliminating all forms of hate to

Tess White '19

Compromise is the ability to settle a disagreement whereby each party cedes an aspect they desire. Compromise was a pillar of our nation from its infancy, leading the Founding Fathers to create one nation that encompassed differing opinions. Compromise was once seen as wise and virtuous, but today this is no longer the case in the United States political scene as differing views disparage the art of compromise.

Many voters today view compromise as a dirty word and those who compromise as traitors. The hypocrisy of compromise is that people only accept compromise when their favored side does not have to yield anything; that, however, would not be compromise. People selfishly want their way and feel alienated if their elected officials relinquish even a

part of their promises.

Many politicians find compromise distasteful and immoral, allowing pride to hold back possible progress and unification. For example, in creating a tax plan both sides are unwilling to surrender political ideologies to create a workable plan, so government remains characterized by gridlock and hubris.

"Compromise is the key to a successful nation for it is better to bend than to break."

Tess White '19

compromise." Compromise deserves to be seen as strength as it allows people to put aside personal differences to reconcile the common good. Compromise is the key to a successful nation for it is better to bend than to break.

Andrew Carnegie, a successful businessman faultily once said, "The 'morality of compromise' sounds contradictory.

Compromise is usually a sign of weakness, or an admission of defeat. Strong men don't

Will You Take "The Forgotten Holiday" Challenge?

A Letter from the Editor
Tess White '19

The true spirit of Thanksgiving is under attack. Besieged by the commercial thrill of holiday shopping steals and the adversarial high of football games, the day can be full of mindless gluttony and devoid of thoughtful remembrance for the innumerable blessings in our lives. Thanksgiving has become just another stop in the cyclical holiday procession, which begins with candy and concludes with presents, lacking virtuous meaning. However, the day of Thanksgiving was once regarded as a gift.

We have all been told the story of the first Thanksgiving since pre-school, acting it out with songs and pretend feasts. In 1621, the Pilgrims were struggling to survive in a foreign land; they lost half their population to disease and starvation. As loved ones passed away, there was one thing that could not be



Tess White '19

Editor-in-Chief

taken away from the Pilgrims: their faith. Those who were blessed with survival rejoiced with a community feast. The Pilgrims had so much they could lament over, but rather than dwell on misfortunes, they celebrated their lives as gifts from God. Each day to them was a gift and anything more than that was pure blessing.

As November 23, 2017, quickly approaches, it is not the time to begin our Christmas lists. It is time to look deep within ourselves to realize all we already have. Thanksgiving always has been my favorite holiday, as my extended family gathers around our table to spend time together and share a meal – remembering what bonds us together. I refuse to let it just be another step in a commercial cycle and I challenge you all to do the same. So, on Thanksgiving take a pause, give thanks, and be grateful.



Mrs. Clearkin

The Juniors are all smiles as they mark this milestone during their Basilian journey.

Ring It On, Juniors!

Emily Demarshall '19

After grueling days of debating over the design of their rings and long months spent waiting, the Junior class finally received their eagerly anticipated class rings. Their fingers are now ordained with beautiful rings that symbolize their covenant with Saint Basil Academy and so much more. The Junior class is now “married” to the school forever with sisterhood stronger than ever. The huge milestone was celebrated together through a mass in the auditorium. During the homily, Father Peter told of how he attended a public school and was never able to celebrate at a Ring Mass, let alone have his ring blessed. By hearing Father Peter’s homily, the rings became much more special as they were attached to a celebration that the entire class will never be forgot.

Once mass was over, each junior was called on stage to receive their ring. As they returned to their seats, everyone admired their beautiful rings. The girls then learned about the tradition that go along with our rings. This tradition is to have nineteen dif-

ferent people turn the ring and have the first turner make a wish for themselves, the second turner make a wish for the person wearing the ring, and the third turner make a wish for the school. The nineteen turners is symbolic of the year of their graduation, 2019.

All of the Juniors immediately showed off their new rings, asking family and friends to help turn them. Delaney Gayton excitedly exclaimed, “I am obsessed with my ring, it’s so pretty! I couldn’t wait to show it off to everyone and take pictures of it!” There were countless photos taken of the with flashing new bling, making social media overflowing with “punny” ring captions. One junior, Casey Remolde, said, “One of the reasons I was so excited to get my ring was so I could post a picture with the caption ‘Liked it, so I put a ring on it’.”

It felt like just yesterday that the Juniors were freshmen, but after receiving their rings it made clear the realization that they are halfway done their high school careers’. Time went by so fast in these past two years so it is important to hold onto all of the memories. Once they leave SBA their rings will symbolize their constant Panther Pride.

The Gun Control Debate

Erin O'Reilly '20

“Breaking News: Today, Friday December 14, 2012, there has been a tragedy. A school shooting in Connecticut, 27 dead including 20 children, 6 faculty, and the shooter.” This is the frightening story so many heard. The story happened 5 years ago but it is still fresh in our memories. Sandy Hook elementary school was just one of so many.

More recently: “Breaking News: 2-year-old boy shot by 3-year-old brother”. It was another case of children being hurt in the crossfire of the gun control debate. Without the regulation of gun sales and distribution, could lives be saved?

The statistics on domestic violence and its relationship with guns show that domestic violence alone kills at the least 2,000 lives per year, and 70 percent of victims are women. Within the US, 95 percent of the police officers who were killed in the line of duty were responding to domestic disputes. While federal law has made it illegal for convicted domestic abusers to own a gun, there has been no effective way of disarming those already armed. While the US is fighting a war against countries and the protection of American citizens, citizens fight against homegrown terrorism along with everyday violence.

Global terrorism in the US kills a fraction of the number of those killed by ordinary gun crimes, while this country spends more than a trillion dollars per year trying to defend itself. In America, of the 29,618,300 violent crimes committed between 2007 and 2011, almost 80 percent of the victims protected themselves with a threat of use or use of a firearm.

Just recently, in Las Vegas, 58 people died with 489 people wounded; the man responsible had thousands of rounds of ammo and over 30 guns. How did he get his hands on so many guns without raising any questions?

"... innocent children are being hurt in the crossfire in the debate of gun control. Without the regulation of gun sale and distribution, could lives be saved, innocent lives?"
Erin O'Reilly '20

In 2016, 49 people were killed along with 58 wounded in a domestic terrorist attack and hate crime at a gay bar. Each person killed is not a statistic, but a life that we should have protected using gun laws.

All together there were 372 mass shootings in the United States in 2015, killing 475 people and 1,870 being wounded. This means that there were more mass shootings than there were days in 2015. Though on few occasions a gun was fired but no one was hurt, there were 64 mass shootings in 2015. After every major mass shooting citizens witness debates on what to do about gun control, as more people die and less resolutions are made.

It seems that people keep dying of gunshot wounds, and no laws are changed.

The argument to be made in the defense of not regulating guns is that even if Congress does outlaw guns, criminals will be able to find and buy guns. Some people say that regulating guns would limit the second amendment (the right to bear arms), and ultimately could lead to tyranny and corruption. Often the defense to having guns is that they do not kill people, people kill people. Another argument in favor of guns is that most deaths of Americans result from heart disease and not gun violence.

Recently two 16-year-old-boys were killed in Philadelphia. One went to St. Joseph’s Prep the other went to Mastery charter school. They both were sons, friends, teammates and boys. Their lives, seem to have been taken as swiftly as they were brought into the world. The community knew them, loved them and somehow every citizen of Philadelphia felt the affects of this tragedy.

On November 14, 2017, a gunman in California went on a rampage; suddenly-- and again-- ordinary people, including children, became frightening statistics.

Do we need more laws, or better laws? Or do we enforce laws already in place? How long will the Gun Control Debate continue?

Disobedience Drives Change

A letter from the Editor
Siena Wanders '19

“Disobedience, in the eyes of anyone who has read history, is man’s original virtue. It is through disobedience that progress has been made, through disobedience and through rebellion.” This quote by Irish author Oscar Wilde illustrates that disobedience is the engine that drives change. Without rebellion and standing up for fundamental beliefs, human progress would halt and injustice would continue to plague society.

As an example, the recent controversial NFL National Anthem protests put Colin Kaepernick, member of the San Francisco 49er’s in the spotlight. Kaepernick sparked protests last year by taking a knee during the national anthem. When asked why, Kaepernick stated that he wanted to protest the injustice that all African Americans must endure. Soon, his teammates and other teams joined in on the protests whether it be kneeling, raising a fist, or linking arms during the national anthem. Like traditional protests with banners and riots, the NFL national anthem protests were meant to shine light on an issue. The players utilized their national media platform to cause controversy and start a dialogue regarding racial injustice. Despite the cries of outrage from NFL fans and political figures criticizing players for disrespecting the flag,

the protesters’ goal was achieved and the nation became aware and informed about the reasoning behind the protests.

The world is full of injustice. From inequality to oppression, people are motivated to bring about human progress. Oscar Wilde’s statement regarding the use of disobedience and rebellion to induce social progress is valid and consistent throughout history. Disobedience and rebellion are key mechanisms for bringing about social change.



Siena Wanders '19

Associate Editor

Legend: You Are Going to Love This Book!

Lauren McCurry '20

Day has a problem. His mother thinks he is dead. It's probably for the best. He is wanted by the government and has to search to find his next meal. Can you imagine a world where things do not feel right, but you just can't figure out why?

Over the summer, the sophomore class was required to read *Legend*, by Marie Lu. It is a novel about a boy named Day who has quite the taste for danger. Looking at the cover, it is easy to think that it was just about a boy who must have some sort of "legend"-like qualities. However, this is not your average superhero story. It's quite a bit more.

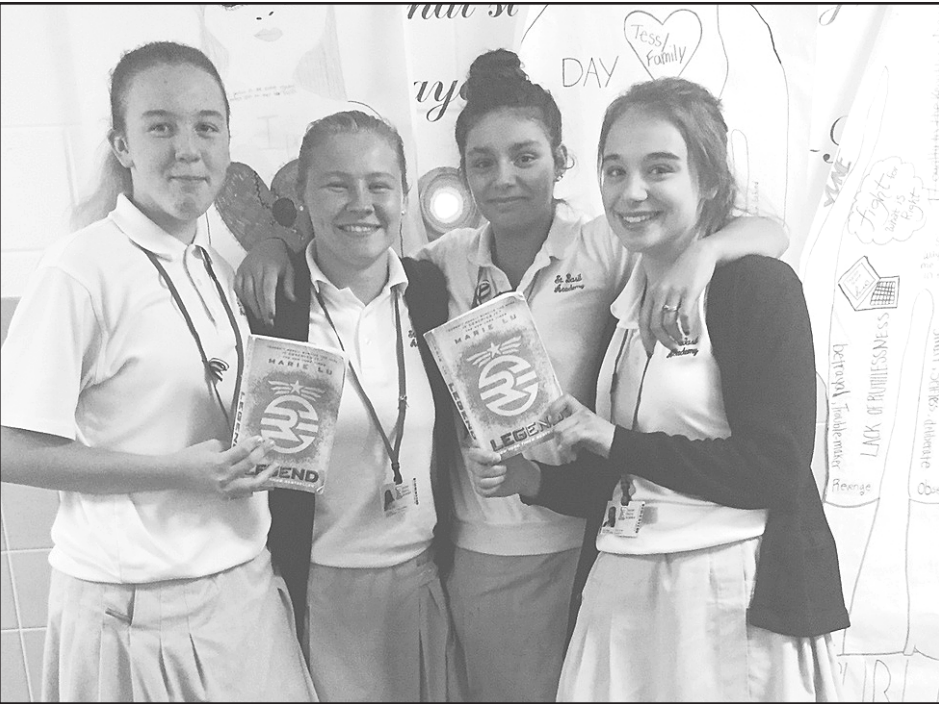
Legend is about two teenagers, Day and June, who are totally different, but come together and turn out to be very similar. As a team, they use their knowledge to figure out some pretty dark secrets and what is considered the "unexpected." Day is struggling to help his family, and June is trying to figure out who killed her brother. As things happen, these two prodigies meet and do the impossible.

At first, Lu's story line was not appealing to me. I must have spent a whole week complaining about the front cover. When I finally decided to open the book, I was immediately pulled in. Before I knew it, my book was filled with pen, highlighter, and a lot of notes.

Sophomore Taylor Pajak said "When I first started reading it, I didn't like it. But as I continued to read the novel, it started to grow on

me. By the time I got halfway through, I didn't want to put down the book."

This story is told from two people's points of view, Day's and June Iparis's. Day is from a poor sector, and June is from the wealthy Republic. Lu described the characters so completely that I could picture them standing right



Lauren McCurry '20

Sophomores gather in front of their *Legend* inspired projects proudly displayed in the halls.

something totally unexpected, I could not help but picture myself doing the same thing, except that I am nowhere near as epic as they are. *Legend* helped pave a path for me; I kept reading.

After the summer, when school finally was back in session, I could not wait to share all of my opinions about *Legend* with Mrs. Meko and my classmates.

When we found out the sophomore class was going to be making body biographies about one of the characters from the book, my classmates and I were very excited. The body biographies, which were life-sized, contained characteristics and adjectives to describe our assigned characters. Students began making them by tracing a classmate, brainstorming, and thinking back on what they read. Besides the characteristics and adjectives, they also had to include quotes, visual symbols, colors associated with the characters, and CREATIVITY!

Sophomore Gianni Rodriguez-Caceres said, "I like this book because it's always one thing after another. It's full of adventures, and it's very exciting. I also like how there are a lot of secrets."

Legend is filled with non-stop action, and the reader never knows what is going to happen next. The suspense was one of my favorite things about this book. You never really know what the next page is going to say, and how that is going to affect the story.

I definitely recommend *Legend*, especially to those who have a taste for action and thrills. I can't wait to read the next two books in the series.

When a Concert Turns Deadly

Zoe Dixon '20

Imagine: going to a concert with a group of your closest friends. You are having the best time when all of a sudden, in an instant, everything changes. People around you are running in all different directions, no one being able to process what is going on.

On October 1, 2017, this is what the people attending the Route 91 Harvest Festival in Las Vegas, NV experienced. At 10:05 p.m., during Jason Aldean's set, shots were fired on the crowd of 22,000 people. From the 32nd of the Mandalay Bay Hotel, 64 -year -old Stephen Paddock fired multiple rifles into the crowd. People began to run in every direction; some decided to stay where they were and duck to protect themselves. The shooting lasted about 15 minutes with a few short pauses.

Survivor Sara Hass described what she saw to NBC News saying, "Everybody starts running, everyone's on the ground, everybody's yelling, everyone's confused, no one knows what's really going on. Everyone thought it

might have been fireworks, but it was .. you know." This tragedy resulted in at least 527 people injured and 59 people dead, including the shooter, Stephen Paddock.

This tragedy has been deemed the largest mass shooting in modern American history. Even through this tragic time, it has caused people to come together and unite for peace. The hashtag "Pray for Las Vegas" trended almost immediately. There were multiple "go fund me" pages and blood drives for everyone to help in this time of need. America decided this was a time not to grieve, but to celebrate life.

With all the love being spread an ultimate question has been raised: how safe are you at a concert? With multiple events like this, including the one in Manchester less than a year ago, people have become scared to attend mass events like a concert. For safety purposes, security at venues has been heightened. In true American fashion, people have decided that they should not live their lives in fear. People should be able to go to an event, like a concert, and live our lives to the fullest.

A New Stereotype

Ann Abraham '19

Whether it be the topic of politics, social engagement, or even the holidays, millennials have impacted our country in major ways. Millennials have known to be narcissistic, lazy, and susceptible to jumping from one job to another. On the other hand, they do exhibit positive characteristics such as being open-minded, self-expressive, and optimistic. These features play an active role in the way millennials deal with issues and everyday life. The political behavior of millennials reveal much behind their beliefs.

According to the Millennial Impact Report, it collected findings that found millennials show more support for education, healthcare, and the economy. They favor candidates who make an effort to decrease student loans and find alternative ways to facilitate the process of paying off their student loans. Millennials also approve of polit-

ical candidates who will take action to improve the economy and increase the employment rates. Finding a job has been an issue for some millennials who struggle to find stable jobs that fit their lifestyles and needs after college graduation.

Making an impact on the United States is another belief that leads millennials to engage in movements and support causes they firmly believe in. They have faith that they can make this country a conducive living place for all of us. Despite their feelings on their impact on our nation, millennials do not feel the same way towards the government. Majority of millennials have little-to-no trust in the government and their actions. They tend to lean conservative but often show support for liberal ideals. This is a trivial matter for millennials, and how they view conservatives and liberals depends on the issue.

In addition to politics, millennials have impacted the consumer culture in today's so-

The Year Lucky Had Wings

Colleen Quinn '19

Thanksgiving is a time to get together with friends and family to celebrate and appreciate our lives. We gather around the table and enjoy Thanksgiving favorites. It is a wonderful time for all.

One of my favorite aspects of the holiday is participating in many of my family's countless traditions. One year my dad baked a turkey and set it to cool on our kitchen counter as my sister and I made our famous cranberry bread. Then, we went outside to play our annual badminton tournament. Unfortunately, we completely forgot about Lucky.

Lucky is our Wheaten Terrier. He is an energetic pup and will do just about anything for a dropping from out dinner plate. This was our first Thanksgiving with Lucky since we had adopted him in October. He had only been with us for about a month, but he was already a beloved member of the Quinn clan. However, we had not quite figured out exactly what Lucky was capable of within our short time together.

Our family went outside for a heated tournament, leaving Lucky inside, thinking he would be fine. When we finished the tournament, we were famished and ready for a heaping plate of turkey and sides.

My siblings and I eagerly raced into the kitchen and were horrified by our findings. Shredded turkey and wings covered counters and floor. The pan lay shattered next to the oven. Turkey juice was splattered on the cabinets, and was dripping onto the floor. Lucky slowly tiptoed in, with his tail quite literally

between his legs and his head down--full of shame and regret.

We exchanged looks of despair at the mess and suddenly began to laugh. After working together, we eventually cleaned up, but by then it was too late to cook another turkey.

Luckily, our neighbors were having their Thanksgiving dinner. After hearing the story, they invited us to join them for Thanksgiving. Now, every Thanksgiving, we put Lucky in his crate with a nice juicy bone, so he can enjoy his Thanksgiving too.



Colleen Quinn '19

Lucky has become a beloved member of the Quinn family since they first opened their heart to him.

ciety. As the holiday season approaches, millennials are a bit more restrained as consumers. Due to heavy student loans and delay in employment, millennials may tend to be careful spenders. However, as they start having families and children, it is appropriate for them start spending. One major way companies reach out to millennials is through social media and the internet. Millennials rely significantly on their devices and smartphones for ensuring the best quality of the products they purchase. They are always facing advertisements and deals for products throughout their day. They research online what the best toys and brands are for their children and

relatives. Companies will also create targeted advertisements towards millennials to grab their attention and draw them to buy products, since they are a major audience in the United States.

Despite the huge mass in this generation, generations are just generalizations of stereotypes that categorize people according to a birth year. The characteristics defining each generation are not true to individuals who may exhibit different traits. Many individuals break the stereotypes and display unique qualities only true to themselves, not a whole generation. Will you follow the majority or stand out?

Keeping Up with the Panthers

Cara Hughes '19

As the leaves change color and the fall sports' season comes to a close, there much excitement surrounding SBA athletics. After invigorating seasons last year, the fall sports team had high hopes coming into this past season.

The field hockey team had an exciting season, going 6-10 and beating powerhouse teams. Senior Mary Champion said, "Field Hockey had its best season in a long time! We won our first league game in over five years against Villa Joe. The team is going to do great things. I will miss the bonds I had with all of the girls."

The tennis team had a wonderful season as well. Claire Hynes talks the team saying, "We may not always win but if you're looking for a fun laidback 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 have gone to Dairy Queen."

The Panther Pit should be overjoyed to shout big congratulations to our volleyball, soccer, and cross-country teams for all making it to back-to-back districts.

Volleyball had an exciting season with a record of 8-11. Much of our Panther Pit went out to support the volleyball team at their District game against New Hope Solebury.

The soccer team also had an incredible season, going 11-6 in the regular season and carrying this momentum into the post season as well. The team made it to the Quarterfinals of

the State Playoffs last year. They surpassed this feat this year as State Semi-Finalists and Finalists - the whole school plans to cheer for the soccer team in the State Championship game in Hershey, Pa.-- this is a team and a season that will be long remembered.

The cross-country team had an outstanding

season with the "Mastermind" Coach Lloyd leading his team to many successful runs this season. They hope to continued their success in Districts, with seniors Ciani Kensey, Marissa Ryan, Grace Clement, and Brianna Particelli leading the way.

With the weather changing and the air turn-

ing cold the Panther Pit used the fall season to warm up for the exciting basketball, cheer, and indoor track seasons. The basketball team is looking forward to their upcoming season after coming off a fantastic run last year. After winning the AACA and Districts last year, Junior Casey Remolde says, "I am very excited for this upcoming season to start, and I hope we are as successful this year as we were last year."

The cheerleading teams has been practicing hard this fall and are ready to help cheer on their teams in the winter, while also hoping to get themselves to Nationals again. With an outstanding season last year, the cheer team has high hopes and plan to continue to work hard throughout the winter season to hopefully give them another trip to Disney World!

The indoor track team is ready for the upcoming season, hoping to flow with the momentum of the cross-country team. Senior Erin Gilsenan says "I am so excited for my last indoor track season, it has created so many great moments and memories that I will miss dearly. We competed well last year, and the team is looking forward to what lies ahead. Under the leadership of our coach, we know we are sure for success."

Information about all winter sports will be posted around school, so keep an eye out! Saint Basil Academy is so proud of all the success of all of the sports teams and hope that they continue to do well. Best of luck to all the fall teams who are still competing and to all the winter sports team in their upcoming seasons!



Brielle Piecyk '18

The soccer seniors have accomplished so much: District Champs, State Quarter and Semi-Finalists, and now they head to the State Final on November 17!

A New Soccer Legacy

Tess White '19

Rain began to gush from the sky as the soccer team exited their bus and took the soggy field. The girls had to shake themselves of the eerie mood the cold rain projected to focus on the task at hand. Senior and captain Brooke Shissler explained, "Even though it was freezing cold and pouring rain there was no way we were going to let it affect our game."

From the stands it was obvious that the girls were playing with pride four years in the making, as most of the starting eleven were seniors. A loss tonight would mark a bitter end to their high school careers.

The Panthers found themselves with a one-goal deficit early in the match. This goal silenced the Panther bench, but sparked an internal conversation in each of the girls' minds. "Is this really how we are going to end our season?" The players' minds raced faster than the ever-ticking scoreboard clock. The answer to this question would come not in talent alone but in pure grit. The equalizer came in

the 43rd minute when a shot off the foot of Senior Maddie McCrea would grace the back of the net, sending the Panthers roaring.

Senior Jules Gura described this triumphant instant as, "I think this was the moment we all decided there was no way we were going to let ourselves lose."

That goal would send the girls into double overtime and a sudden death shootout. During this added time, the girls truly came together as one unit, possessing one mind, one heart, and ultimately one goal: victory.

Victory was captured when goalkeeper Brooke Shissler came up big with the save the team needed. The Panther's glorious fate was sealed when senior Meghan DiDomenico decisively buried the final penalty kick.

In years to come the story of that dreary Tuesday night will mark SBA soccer history as the path of the first team to advance to the State Semifinals and eventually Finals. It will be recalled at every reunion. One day the girls will retell this story to their own daughters, passing the legacy on to the next generation of Panthers.

Can Artificial Intelligence Beat Brain Power?

Alexandra Morgenstern '21

In a world where opinions and facts easily can be distorted, how important is it to have the brain power to sift through information, evaluate facts, recognize truth, and act if necessary? Very. While there is no doubt human intelligence can influence opinions and news, there is another kind of intelligence on the horizon; that is artificial intelligence, or AI, and it could affect our lives.

Artificial intelligence means machines could become able to think and operate on their own. As most people encounter this theory, they often find it more intriguing than terrifying, which is an emotional response that seems to fit the situation. However, humans currently face a choice: to stop inventing, or to continue innovation, and accept that technology could become a threat in the future.

One theory is that technology could see people as an inconvenience and destroy hu-

mans who come between a situation and a computer-programmed outcome. People who doubt the possibility that machines could rule people should consider a few things.

First, computers contain and store intelligence, input by humans. Secondly, such machines improve over time as the amount and precision of data increase. Lastly, humans ultimately are less intelligent than machines designed by individuals with a specific set of purposes and consequences. Super computers are a million times faster than the minds that built them.

If a government discovered that an enemy power was developing a machine that had the capability to wage war or launch nuclear weapons, the world could be thrown into chaos.

To reassure people, researchers often say not to worry about artificial intelligence, that its use is a long way away. The future, however, is unknown, and while humans continue input and generate data, there is no guarantee

Beauty & The Beast = You & Anxiety

Ann Abraham '19

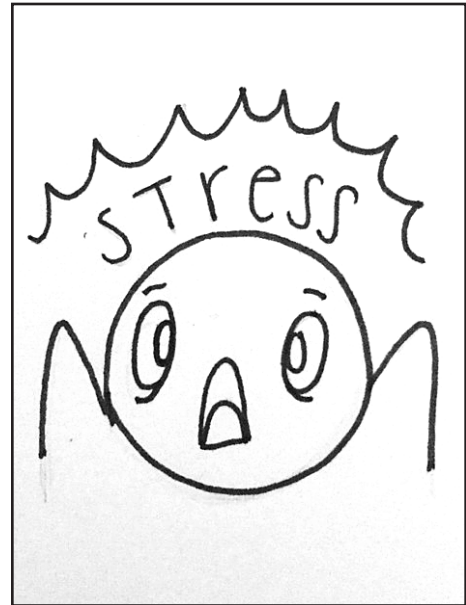
Many of us fight a common battle against an well-known enemy: anxiety. One-third of the nation's adults and teenagers are affected by anxiety on a daily basis, according to the National Institute of Mental Health. Anxiety has overtaken depression as the most common reason for students to pursue counseling services.

Students faced with this emotional disorder are triggered by one stressor: fulfilling requirements to get accepted by top colleges. Ultimately, teenagers intensify their anxiety by doing everything in their power to NOT fail at anything, including academics, sports, and extracurricular activities. Students can procrastinate and leave all of the work until the last minute, causing more anxiety. Students try to get all work completed the night before, when they could have started earlier to avoid a stressful situation.

However, there are positive ways in which teenagers can deal with anxiety. If students initiate the method of exposure to their fears in small doses then they can gradually tolerate stress and imperfection. SBA counselor Mrs. Smith encourages students to work through it, set aside "me-time" to enjoy the little things, jump in and tackle work, develop coping skills, and create realistic goals for yourself to help decrease levels of anxiety in life. Many students place themselves in situations which cause anxiety like setting unrealistic goals, social media expectations, or an overwhelming amount of work. Instead, stu-

dents can prioritize a schedule, use time management, unplug from social media, make adjustments to their lifestyles, and ultimately, seek professional help if anxiety becomes severe.

Students can benefit from their anxiety by using it as fuel for achieving greatness; however, when it reaches a an intolerable point when they cannot handle the build-up any longer, they should take a step back, relax, and participate in activities which are stress-free and enjoyable.



Erin White '19

Artwork created by Erin White depicts the emotions that come along with anxiety for so many.

to ensure safe development in the face of super intelligent computers.

One example of troubling implications of AI resides in Saudi Arabia, where a robot named Sophia has become the first robot to be given citizenship status. When asked by a scientist, she readily stated that she would like to eradicate humankind. This example means that a machine can make decisions at the same level as can human beings. The citizenship of Sophie also means that a robot has more rights than female citizens of Saudi Arabia. Computers could lead to machines becoming citizens, maybe foreshadowing the end of the human species.

The renown physicist, Stephen Hawking, also believes that AI is a threat, and has warned that robots will one day supersede humankind.

One suggestion to ensure a truly intelligent approach to AI could lie in a strategy that avoids dangers, such as a nuclear arms race. Also, there is one resource that machines cannot acquire: human empathy. Because humans can act with empathy --and compassion-- people can collaborate against the use of problematic AI. Now is the time to accept responsibility for AI; the future of humanity may depend upon it