



Saint Basil Academy
711 Fox Chase Road

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Basilian Pillar

2018: The Year of Women

Tess White '19

"Nevertheless she persisted" has become a ubiquitous phrase adopted by the feminist cause. This sentiment has been true since the very beginning of our nation. Imagine the frustrations of the original suffragettes as they campaigned for the right to have a voice in government, only to be turned down through the passing of the Fifteenth Amendment. All men could then vote, while women were again overlooked. One single word stood between them and their goal; that word was "sex." Nevertheless, the women persisted. They refused to be disheartened, and in 1920 that pesky word "sex" was added. Voting rights were granted to women through the passage of the Nineteenth Amendment. This relentless pursuit for equality was not over, however.

Today, in 2018, our country stands on the precipice of progress. 2017 marked a turning point away from silence and submission and towards a new call for equality. Women not only spoke out, but they demanded their truth to be heard.

Last year, according to Merriam-Webster, "feminism" was the most searched term. Time Magazine made the "Silence Breakers" its 2017 "Person of the Year." The #MeToo movement garnered attention as the elite women of the entertainment world spoke out against the abuse of power they previously faced. Prominent men were shamed for their sexual misconduct. These were all key steps to removing the stigma of feminist movements, as there is nothing controversial in wanting equal treatment and safety. Unfortunately, a removal of stigma is not enough.

This year the movement persists. Throughout the awards season, we have seen an amplification of women's issues on



Mrs. Beth Hanssens

Under the leadership of Principal Mrs. D'Angelo, Saint Basil Academy has embraced the mission of empowering young women.

the red carpets through the donning of black attire and the symbolic nature of white roses. However, wearing or carrying something for a day cannot make a lasting difference. Injustices must be stopped - everyday. Attention cannot just shine on those in Hollywood or Washington alone but on every ordinary person. In a similar way, change will not happen so long as women's issues remain a solely female

fight. Men must play an equally important role in this revolution.

We have the opportunity to create a world for our daughters where words like sexism and misogyny have no place, where a glass ceiling is a thing of the past, where women can truly be whatever they dream of being. One day our daughters will look back on 2018 with great pride, and we will say "Nevertheless We Persisted."

Soph Hop: "A Night in Paris"

Erica Miller '20

For the past month, nothing but talk of Soph Hop had been buzzing in the Sophomore section of the cafeteria. There has been constant questioning of every detail to make the perfect night.

"Who are you taking?"

"What does your dress look like?"

"How should I do my hair?"

After the girls scrambled to find dates, shop for dresses, and plan where to take pictures, Soph Hop finally arrived. On the long-awaited day, the girls proudly donned their beautifully designed t-shirts in anticipation for the night ahead of them.



Grace Comas '20

The Sophomore Class looked great while having an amazing time.

A "Night in Paris" was the exciting theme for Soph Hop this year, and that is exactly what the night felt like with the decorations, music, dancing, and photo booth pictures. All the Sophomores looked gorgeous walking through the doors of Brookside Manor. It was a night to let loose and make memories with their SBA sisters, a night that they will always remember. With or without a date, the girls had the time of their lives. The sophomore class may be smallest at Saint Basil Academy, but they know how to have a good time.

Sophomore Shannon Matthews, summed up Soph Hop perfectly, "It was a great opportunity to have fun and make more memories with our friends."

A Digital Addiction

Siena Wanders '19

Everyone has witnessed it. You are sitting with your friends and look around. Everyone is engrossed in telephones, laptops, or tablets. Unfortunately, this situation is not an unusual sight. This problem of looking at our devices non-stop is both social and physiological.

The average human head weighs 10 to 12 pounds. The constant bending of the neck to send a text or a photo increases to as much as 60 pounds of pressure from gravitational pull. The change in posture resulting from the position is proven to negatively affect mood and behavior.

In addition to the surprising physical ramifications of digital addiction, the constant use of smartphones causes us to remove ourselves from our reality causing a decrease in communication skills, manners, and emotional development. Despite the

Adolescents spend over 10 hours a day consuming entertainment media.

Kaiser Family Foundation

belief that connection to the internet broadens our horizons and makes us more accessible, devices actually hinder our ability to carry on face-to-face conversations.

The age of digital addiction has done more harm than good. A 2010 study from the Kaiser Family Foundation found that adolescents spend more than 10 hours a day consuming media. The National Safety Council reports cellphone use makes drivers more accident prone than drunk driving, causing more than 1.6 million crashes per year, mostly by people ages 18-20.

From social problems to real life-and-death situations, the constant need for electronic interaction needs to stop. The people of the United States, especially teenagers, need to realize the detrimental effects of digital addiction and work towards a less technologically dependent lifestyle.

Safety Over Freedom

Julia McCann '19

H. L. Mencken, an American journalist, stated, "The average man does not want to be free. He wants to be safe." Though freedom is one of the core beliefs of the American people, recent history has shown that people are willing to give up some of their freedom in order to create a safer nation.

Many of our nation's tragedies, such as the shootings at Sandy Hook Elementary and Pulse nightclub in Orlando, can be traced to someone who should not have been able to buy weapons based on his personal history. Gun control is a widely disputed topic in America because of conflicting ideas of freedom and safety. People definitely are divided on the issue, but a majority agrees that a collective feeling of safety in everyday life should come first.

September 11, 2001, transformed America's security measures, motivating the federal government to heighten security for airplane passengers. While some may find the increase in security a hassle, most agree that it was a necessary and positive change to secure homeland security. If the threat terrorism poses to air travel can be diminished with metal detectors and bag checks, giving up some rights to privacy is not a ludicrous request.

The choice of safety over freedom strengthens over time as tragedies that stem from too much freedom occur. Citizens long for their nation to remain resilient in the face of dangers posed by certain troubled individuals.

Why Here?

Letter from the Editor
Tess White '19

A long held belief is that academies exist for students who strive for academic rigor, excellence, and deep knowledge. Saint Basil Academy should be no exception. This institution continues the tradition of welcoming students to the learning community who embody the pillars of academia.

With an all female student body, girls come first. Girls are the leaders in every class each day. Lowering standards or failing to offer high level coursework would lessen the purpose of an academy setting.

In an institution that only serves young women, it is imperative that the focus on academic challenges be maintained. If we are successful, the school flourishes and thrives for generations to come. We cannot become complacent or stagnant as the world changes; we too must evolve. We are an



Tess White '19

Editor-in-Chief

To get the best product one must expect the best efforts from all: faculty and students. In this way, a community of learners and achievers can continue the high standards of excellence fostered by our academy.

academy and as such we must remember our purpose.

The more advanced courses offered, the more prepared we will be to transition to higher learning. The more technology we are exposed to, the more we develop real world skills. The more opportunities for leadership we are given, the more confident we will be to lead. Treating us as students of the modern world respects us as learners.

American inventor, Charles Kettering once said, "High Achievement always takes place in the framework of high expectation." Raising the bar to the highest standards is a gift to all students who desire success.

Now more than ever, it seems that nothing can unite the citizens of the nation. From differences in opinions to demographics, the United States is divided. Despite these seemingly daunting obstacles, our nation is one united body with much more in common than one would think. *The Washington Post* published an astonishing article and photo journal in which 102 individuals from across the country were asked what they believe it means to be American. For this project, the authors used the most recent census data to assemble a group of Americans that closely resembles the overall US population in terms of gender, race, age and class. Overall, the responses correlated to the themes of community, ambition, freedom, civic responsibility, faith in the nation, and fear for the future.

Uniting the Nation

Siena Wanders '19

Now more than ever, it seems that nothing can unite the citizens of the nation. From differences in opinions to demographics, the United States is divided. Despite these seemingly daunting obstacles, our nation is one united body with much more in common than one would think. *The Washington Post* published an astonishing article and photo journal in which 102 individuals from across the country were asked what they believe it means to be American. For this project, the authors used the most recent census data to assemble a group of Americans that closely resembles the overall US population in terms of gender, race, age and class. Overall, the responses correlated to the themes of community, ambition, freedom, civic responsibility, faith in the nation, and fear for the future.

Whenever a national disaster strikes and Americans lose their lives or their livelihoods, the United States consistently becomes a more cohesive and supportive community. Whether it be a horrific terror attack or a devastating hurricane, the people of the United States band together with a collective feeling of empathy and community. They donate millions of dollars and try to help comfort victims. From rural towns to big cities, the American people feel connected.

The American Dream may be dead according to author F. Scott Fitzgerald, but the concept remains a defining feature of American ideology. Through our country's strong belief in hard work and education, citizens from all backgrounds are motivated to climb toward prosperity. Although it is noted that opportunity is not equal for everyone, the American people recognize the barriers that exist and work towards their removal.

One of the most fundamental ideals of the nation is the belief in equality and freedom.

The foundational value that all people are born with God-given natural rights and individual freedoms protected by the Bill of Rights is an essential principle of democracy. People of the United States are united by the freedom to say what we want and go where we please.

Americans are also united by individual civic duty to participate in the government through active engagement, whether it be military or volunteer service, political activity, or exercising the right to vote. Many citizens are bogged down by feelings of defeat or apathy and decide to not take advantage of participating in government. However, all US citizens are a part of something much bigger than themselves.

People have a responsibility to their country and an opportunity to facilitate change.

Faith in the American system of government and a strong belief that democracy is sturdy enough to help America rise above social and political turmoil are additional widely accepted unifying features of the country. Many people are confident in the Constitution and the system

of checks and balances, stating that they trust the principles of American government.

Although many of the uniting factors of the nation are positive and hopeful, one of the most overwhelming similarities of Americans is fear. Whether it be financial insecurity, social intolerance, or lack of faith in governmental officials, not knowing what the future holds is a frightening idea shared by many Americans across the nation.

The citizens of the United States are united through their identity and similar fundamental beliefs. Regardless of age, race, gender, class, or location, the Americans interviewed for *The Washington Post* article demonstrate that many people across that nation value our personal freedoms, respect our government and civic duty, and feel a positive sense of ambition and community while sharing faith in our nation and uncertainty of the future.

From rural towns to bustling cities, the American people feel connected.

Siena Wanders



Siena Wanders '19

Juniors Siena Wanders, Bridget McShane, and Maggie McLaughlin attend the Women in Science and Engineering Forum at Lehigh University.

Getting to Know Mrs. Metro

Jennifer Rossiter '19

Kind, caring, welcoming, and generous are just a few of the many words that can be used to describe our school's nurse, Mrs. Metro. These irreplaceable traits that Mrs. Metro possesses led her to choose nursing as her career.

Originally, Mrs. Metro was a business major at the Fox School of Business at Temple University, but she later realized a career in business would not allow her to use her social skills. She loves socializing and helping people, so after two years in business school, she decided that switching her major to nursing was the best fit for her.

Mrs. Metro's goal was to broaden her career, and through working in a hospital, she was able to experience the different branches of nursing to be certain what suited her best. Mrs. Metro recalled that she immediately liked the idea of working with children and special aid patients. Since Mrs. Metro is so passionate about helping people, she decided that working in special aid areas was a good fit for her, and inspired some of her later jobs.

Up until three years ago, Mrs. Metro worked at St. Joseph's Manor caring for Alzheimer patients. Although she loved her job at St. Joseph's Manor, it is refreshing to be with a younger crowd. Also, she still uses some of the

same skills from her previous job here at SBA. Being the only medical professional in the building can sometimes be nerve-racking, but Mrs. Metro is prepared for anything a day can bring.

Many of the girls who come to see Mrs. Metro feel sick due to the amount of stress they are under. Homework, tests, and extracurricular activities can all take a major toll on the students. Mrs. Metro believes that time management and time to relax are keys to staying healthy and sane.

Mrs. Metro is very approachable, and she wants the girls to know that they can come to her for anything. Mrs. Metro's favorite part about working at SBA is seeing the growth and effect each year has on the girls, from midterm exams, to Soph-Hop, to Prom, and finally to graduation.

This school year, Mrs. Metro also had another thing to look forward to – her daughter Lauren is a freshman at SBA. Mrs. Metro said that her job is not to embarrass Lauren, and to be the school's nurse.

Mrs. Metro loves the Catholic school system, especially the environment it offers. More specifically, she loves the environment at Saint Basil Academy. She believes that the teachers and people at the school are great. Mrs. Metro could not imagine herself working at any other school, and no other school could be more appreciative than Saint Basil Academy to have such a wonderful nurse.

Women in Science

Letter from the Editor
Siena Wanders '19

According to a 2011 research study from the U.S. Department of Commerce, one in seven engineers is female and women hold only 27% of all computer science jobs. Although women continue to make strides towards equality throughout society, the fields of science, technology, engineering, and mathematics (STEM) remain male dominated. However, through organizations such as the Da Vinci Science Center and strong female role models, more and more young women are being encouraged to pursue careers in STEM.

The Women in Science and Engineering (WISE) Forum hosted by the Da Vinci Science Center brings together female high school students and accomplished women from STEM fields in order to foster passion in science. The inspirational event consists of a mentoring dinner where attendees are able to network with each other.

With more than 200 in attendance, students with an interest in STEM get the opportunity to hear stories and advice from female professionals and college students, thereby broadening their view of the science field. Following the dinner is a discussion featuring a panel of distinguished women in science to share stories and answer questions.

I had the opportunity to attend the 2018

WISE Forum at Lehigh University on February 13th. It was enlightening to see how passionate the speakers and attendees were about supporting women in STEM fields and inspiring young girls to follow in their footsteps. Professions ranging from mechanical engineering to surgical oncology were represented. As I talked to the professor of microbiology at Lehigh University, she was sure to remind me that in today's day and age, especially in a male-dominated industry, women must stand up and take charge.



Siena Wanders '19

Associate Editor

Mock Trial: Order in the Court!

Colleen Quinn '19
Claire Hynes '19

Mushrooms. Bribery. Immigration. Whistleblowing. If you have no idea how these random things go together, then you probably missed this year's mock trial case, *Silva Morel v. Tiger Tail Technologies*.

At its heart, the case is about whistleblowing, or inappropriate workplace behavior, depending on which side one is arguing.

Silva Morel was a prankster and former intern at Tiger Tail Technology, a fictitious company from Pennsylvania. She was let go from the company and sent back to her home country of Xanadu for what she believed to be an adverse employment action taken against her for whistleblowing when she witnessed an alleged bribe between Tiger Tail Technology executive Casey Porcini and an official from Xanadu. Company officials at Tiger Tail Technology claimed that a bribe never occurred, and that instead, she was let go for her unprofessional workplace behavior. Silva was known to post prank videos on her YouTube channel, XanaduGotYou. Some of these videos were deemed inappropriate, and one even threatened to expose company trade secrets.

The defense side argued in favor of the company while the plaintiff side argued in favor of Silva Morel. Using exhibits, witness statements, direct testimony, and cross-examination both sides were able to successfully argue their cases.

The Saint Basil Academy mock trial team was surprised when the case came out in November since it at first seemed extremely complex, but

the diligent team of lawyers and witnesses was ready to tackle the challenge.

Senior Mary Campion said, "Being successful in mock trial requires a lot of hard work. This year, everyone on the team was willing to put in a huge effort to do her share so that we could have a great season."



Claire Hynes '19

The SBA mock trial team is all smiles after a long day in court.

With Mrs. Meko as the lead coach and Mr. Bob Opalka as the assistant coach, the team was prepared to have a strong year. Besides seasoned veterans and returning members, the team also welcomed some newcomers this season.

Junior Ann Marie Coates, one of these newcomers, explained her experiences on the mock

trial team, "I wanted to do something different from sports, and I knew I needed to work on public speaking, so I thought mock trial would be a great opportunity. It was terrifying at first, but I ended up loving it. Mock trial actually made me realize that I maybe would want to become a lawyer someday."

After working to perfect their case during the preseason, the team was ready to go to trial at the Montgomery County Courthouse in Norristown.

Junior Tess White explained her second year competing. She said, "Going into competition this year, I felt prepared from our extensive practicing, and I was excited to see how the competition rounds would go."

The mock trial team competed twice at the courthouse. In the first competition, Junior Tess White was awarded Best Advocate, and Sophomore Erin O'Reilly was awarded Best Witness. In the second round, Junior Claire Hynes was awarded Best Advocate, and Sophomore Grace Comas was awarded Best Witness.

Unfortunately, the mock trial team did not score enough points to move on, but the team did enjoy the thrill of competing. They will take what they learned and apply it to next year's case.

Anyone who is considering joining next year is welcome to come see what it is all about. Mrs. Meko encourages students from all grades who are thinking about joining to come and sit in on practice to see if it is the right club for them. Next year's case will be a criminal case for anyone who is interested.

A Modern Day Romeo and Juliet

Michaela Smith '21

Halsey is a rebellious and creative artist who is not afraid to break the mold of the music industry. Her songs reflect on personal growth through past relationships and experiences. Her album *Hopeless Fountain Kingdom* topped the US Billboard 200 and is greatly influenced by the Shakespearean tragedy, *Romeo and Juliet*. Halsey has said in an interview that *Hopeless Fountain Kingdom* is a purgatory for people who are "too bad for Heaven, but too good for Hell."

"Two households both alike in dignity," is the opening line in the prologue of William Shakespeare's *Romeo and Juliet*. The album's setting is a modernized land that centers around two houses: Angelus and Aureum. The houses Angelus and Aureum are similar to the houses Montague and Capulet. Just like Romeo and Juliet, two people from the opposing houses fall in love. In the music video for "Now or Never", the two people who fall in love are Solis and Luna. Solis is from the

Angelus house, and Luna is from the Aureum house. Their relationship causes conflict within their families.

Later in the music video, Luna goes to a tarot card reading. The reader tells Luna that her love with Solis is purer than the heavens. However, even though their souls may never align, there is another way for them to be together. The music video builds up to the finale, where Solis's friend betrays him by shooting at the Aureum house. Luna ducks for cover under a car, but then she sees her family lying in the street. Luna runs away, hops on a motorcycle, and drives off into the night.

Hopeless Fountain Kingdom is a retelling through contemporary music of the themes in *Romeo and Juliet* including love, fate, destiny, and mortality. The first song on *Hopeless Fountain Kingdom* is "The Prologue," which recites the opening lines of *Romeo and Juliet*.

The album breathes new life into the well-known text that is still taught in English classes today. *Hopeless Fountain Kingdom* by Halsey shows a new perspective on the original star-crossed lovers.

The Post: A Review

Erin O'Riley '20

The Post is centered around the Vietnam War, the American press, and misinformation from United States government to the public. This is a true story highlighting freedom of the press and its Constitutional protection under the First Amendment.

Daniel Ellsberg, an American military analyst, leaks classified documents to *The New York Times* and *The Washington Post*. These classified documents contained a top-secret study of information about American involvement in the Vietnam War and decades of government cover-ups hidden from public eye. These documents later became known as the Pentagon Papers and sparked a deep distrust between the government and its constituents.

Interestingly, these cover-ups were not limited to one White House administration. They spread throughout the Nixon, Kennedy, Johnson, and Truman presidencies from 1945 to

1968. As a result, a total of 1,353,000 men on both sides were killed in combat because of the haphazard and ill-advised combat decisions.

This movie also is centered around the internal conflict of Kay Graham, the first female publisher of a major American newspaper and the owner of *The Washington Post*. She contemplated whether *The Washington Post* should publish these documents, whether the publication possibly would destroy everything she worked for, and whether or not she would be indicted for treason and violations of national security laws. Despite these questions, she went ahead with the publication, willing to risk it all in the name of the truth. After the controversial publication, *The New York Times* and *The Washington Post* both went before the Supreme Court for trials; however, the ruling was six to three in favor of the press.

The movie left many questioning if it was right for *The New York Times* and *The Washington Post* to publish the classified documents. It truly comes down to what one

Welcome to Baltimore, 1962

Mikhala Frankunas '19

Good Morning Baltimore! The SBA drama club is excited to bring you our production of the Broadway musical *Hairspray*. Under the leadership of Mrs. Terry Dillinger, the cast and crew have been working hard to put on an excellent show that will make you want to sing and dance along with us.

Hairspray is about teenager Tracy Turnblad who loves to dance and watch "The Corny Collins Show" in 1960s Baltimore, Maryland. One day, she auditions, and against all odds, she becomes a dancer on the show. Tracy stands up for what is right and works towards ending the show's segregation policy. The musical conveys a message of acceptance that regardless of race or body type we are all one and deserve equality.

One of the leads of the show, Junior Lexie Bethman, exclaimed, "I know everyone will enjoy the love stories as well as the underlying themes of equality and justice! It is an amazing and empowering show!"

Throughout the show, many fun characters are introduced, like Tracy's ditzy best friend Penny and Tracy's feisty and full of life mother Edna Turnblad. The snappy music of the 1960s and lively dancing makes the show even more enjoyable. Everyone will absolutely love the characters, stage performance, and timeless plot full of adventure and even a little romance!

The drama club is thrilled that this year there have been many new editions to the cast. Drama club president Nina Violi said, "I love working with every single person involved in the show and I can't wait for everyone coming

personally believes. On one hand, by publishing the Pentagon Papers, years of lies were uncovered. However, this classified study was stolen information that the people did not have a right to see.

In my opinion, the Pentagon Papers were stolen, but were not detrimental to the war effort. I believe it was wrong for Daniel Ellsberg to steal these papers and he should have been the one prosecuted. I do not believe that the government has the right to stop the American press from publishing the leaked information.

At the end of this powerful movie, a news editor was on the phone with a Supreme Court justice. He said, "The press is to protect the

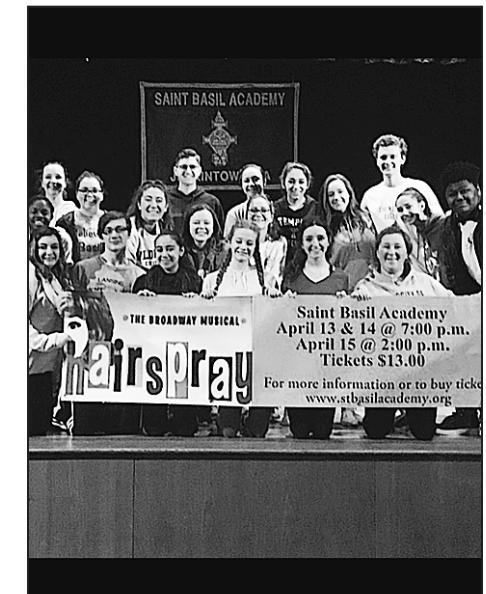
people from the government, not to protect the governors."

Vice president Molly McMonagle added,

"As sad as I am that it's my last year in drama club, *Hairspray* is so upbeat that I get to make

the most of my time left!"

Performances of the Saint Basil Academy Spring musical *Hairspray* will take place from April 12 through April 15, 2018. Make sure you come out to support your friends while having a great time and watching an amazing show!



Mikhala Frankunas '19

The SBA Drama Club is excited to perform their musical in April.

people from the government, not to protect the governors."

I completely agree. We have the Bill of Rights to protect us from the government and many times when the government has tried to gain more power, we were able to stop them from taking away the rights of the people.

In the Vietnam War, a total of 58,220 Americans lost their lives. This was war and the government was lying about the outcome for years throughout different administrations. The like minds at *The New York Times* and *The Washington Post* were able to unveil government corruption taking place.

Discovering Your Future Career

Erin Drumm '20

Although students sometimes take the education they receive at Saint Basil Academy for granted, they should know that they are being given the tools to prepare them to enter the outside world and succeed everyday. The faculty and staff of Saint Basil Academy work each day to provide all students with the means they will need to flourish both as women and as professionals. The faculty does so by educating the girl, empowering the woman, and enlightening the world, as the school motto goes.

Although efforts are made every day towards achieving this motto, one day in particular is dedicated to exploring career options. On career day, students are able to see Saint Basil Academy alumnae who have built careers and made a positive impact on both local and global communities. Meeting women of achievement whose backgrounds are so similar to those of the students allows them to know that they too can have great accomplishments.

Many of the alumnae serve as great examples of what the students can do to make a positive impact on the lives of others. For example, Celine Watko works as a speech-language pathologist at Theraplay, a therapy clinic for children. There she helps children learn or improve their speaking abilities. Seanna Bruno is the managing director for the One Love Foundation, which works to ensure that all people understand the difference between healthy and unhealthy relationships. The One

Love Foundation honors the legacy of Yeardley Love, a senior at the University of Virginia who was killed by her ex-boyfriend 3 weeks before her graduation in 2010. Katina Sawyer is an assistant Professor of Psychology at Villanova University. She teaches students about gender equality and how gender affects the

course a person's life takes. She will be working at George Washington University in the near future. These women of the Saint Basil Academy family have created lasting impacts on the world around them. They all have certainly left everything they touch better than they found it.



Mrs. Castellano

SBA Alums share their professional journeys and inspire students with presentations that explore a wide variety of career choices.

It can be extremely difficult to decide what career path one should follow in her future. However, based on interests, students can find summer jobs to try out and explore different career paths. Although high school students usually see summer jobs as just a way to make money, these opportunities can help students decide what career they want to pursue as well as what they should do now to prepare. Summer jobs give teenagers experience in real work environments and help prepare students to meet the demands of professional jobs. High school students who have jobs learn to be more independent by budgeting their money, receiving criticism, and sometimes working with difficult people. High school students who have jobs are more prepared to live on their own when college comes because they have had a taste at providing for themselves.

Trying new things is also very important to learning what one wants to do as an adult because it is hard to know if one likes something until she tries it. Opportunities can spark interests in a potential career path a student ultimately wants to follow. Participating in clubs, sports and extracurricular activities at school and in the local community can also help a student discover what one really wants in life.

Although, it may not seem like it now, with an SBA education, a passion for success, and an open mind, motivated students can make great achievements in almost any career they choose to pursue.

An Underdog Story

Ann Abraham '19

The hearts of many fans blazed at the unexpected fate of the Philadelphia Eagles. No one would have believed that the underdogs would achieve such greatness. With a new coach, Doug Pederson, the Eagles franchise had optimistic feelings for the 2017-2018 season. With Carson Wentz as the starting quarterback, the team had hopes to make it to the playoffs. With many efforts to build a team that was better and stronger, the franchise had a goal to make it to the Super Bowl.

However, this dreams seemed crushed due to the heart-breaking ACL injury of Carson Wentz, but back-up quarterback Nick Foles delivered and led the team to the playoffs. The team kept on fighting until the end when they made it to the championship. Most of the country was shocked to see an underdog team arrive at the NFC (National Football Conference) Championship. The team's determination, unity, and energy led them to a victory against the Minnesota Vikings and granted

them the title, "NFC Champions".

Philadelphia was alive with energy in anticipation of the Super Bowl. The last time the Philadelphia Eagles won a Super Bowl was in 1960, before it was even known as the 'Super Bowl'. The franchise, as well as the city of Philadelphia, had been waiting for this moment for decades.

As the big day came near, the Philadelphia Eagles were pumped and ready to go against veteran Super Bowl Champions, the New England Patriots. As the whole nation was watching the renowned game, tensions rose, but outbursts of joy were prevalent. In their hard-fought battle, the Eagles finally achieved the dream they have long been waiting for, winning triumphantly, with a score of 41-33.

All of the fans were united in that one moment, celebrating the glorious win. Everyone can finally say after 58 years, the Eagles are Super Bowl Champions! In this fight, many learned to never underestimate the underdogs and never let doubt stop you from achieving your dreams.

Increasing Productivity

Grace Comas '20

As busy high school students, we often find ourselves overwhelmed with school assignments and tests which only add to our already stressful schedules. Fulfilling school responsibilities, staying active, and making time for friends and family are all things we must do to stay well-rounded, but fitting them all in may cause stress. These personal goals usually have the same common enemy: procrastination.

Procrastination sneaks up on us causing responsibilities to pile on. This load prevents us from succeeding and can begin to cause a deterioration in our work ethic. The hardest part about completing a task is the start. It is easy to say you want to be top of your class or be in the best shape of your life, but finding the motivation to stay disciplined is where the difficulty lies. Whether opening up our computer and writing the first sentence

of an essay, or stepping on the treadmill to begin our workout, once we start being productive we continue to remain in a productive mindset.

In Tim Herrera's *Micro-Progress and the Magic of Just Getting Started*, readers discover the benefits of beginning micro-progress. Micro-progress is the process of splitting your lofty goals into smaller, more obtainable goals you can reach each day to ensure steady progress. By minimizing the size of your goals, it is easier to get started. When writing a paper, start by writing your name, then add the date, next a title, then an opening paragraph, then the body paragraphs, and finish with a conclusion. These little steps of micro-progress build on themselves until you complete your task.

Newton says in his Law of Motion: an object in motion stays in motion. This law is still pertinent today, and it can be applied and proven in our everyday routines. Once we

Staying on Track

Marissa Ryan '18

"Mastermind" is the word to describe the indoor track team and their accomplishments this season. This current season of indoor track has been a season filled with overcoming hurdles, reaching and exceeding goals, and bonding over the one thing the team loves the most: running. The thought of running can scare almost anyone except the girls on the track team. Through blood, sweat, and tears the girls have been continuously working hard since the end of November. The tough grind of working-out everyday has lead the girls to keep pushing for success.

Freshman Tia Taylor made an amazing debut to her high school running career at the Ocean Breeze Invitational. While there she jumped a length of 18 feet 10 inches in the long jump, placing her second in the state.

In February, the team competed in the Consolation Meet, and the girls conquered this meet. The 4X800 meter relay of Cara Hughes, Rah-Dirah Baker-Lane, Jacklyn Ryan, and Marissa Ryan worked together to place second overall. Ciani Harris had an amazing meet, placing third in her 400 meter run and being a member of the 4X200 meter relay, along with Cara Hughes, Marissa Ryan, and Bridget McShane; They placed third overall. Senior Grace Clement was able to close out her season throwing a personal best in shot put, while placing third overall.

The team also put some fun in their tough practices through having their traditional "Spirit Week." This week consisted of theme

start moving, we are more motivated to keep going. Instead of dreading our obligations, we should look forward to the relief we will feel after completing them.

This article was written in micro-goals and it reformed my outlook on how to write. I focused on the pride I would feel after my writing was finished, rather than the stress of research and writing. Every day for two weeks, I checked up on this document and wrote a sentence or two, changing my words and structure with each new thought. This form of micro-process allowed me to complete my goals on time and in a stress free state of mind.

days such as Monday dressing as boys, Tuesday dressing in flannels, Wacky Wednesday, and Race Day Friday.

Freshman Sasha Lee was overjoyed to participate in her first Spirit Week. "Spirit Week is the most fun I ever had running. The team becomes so close. I wish every week was Spirit Week!"

The team wishes the best of luck to the team as they compete in the State Championship; go Panthers, make us proud!



Marissa Ryan '18

The indoor track team poses after a successful meet.

Another way to increase productivity is to limit your tasks. Instead of having 10 assignments or responsibilities which you can only half-heartedly fulfill, commit to a smaller number of tasks. Focus your attention on a few clubs or activities so that you can succeed in them. Do not forget to enjoy yourself while you strive for your end goals. Setting an end incentive will ensure that you devote constant motivation throughout the process.

The first step in increasing productivity is believing in yourself. So stop saying, "I wish" and start saying, "I will."