

# THE CAMPANILE

MOUNT SAINT JOSEPH ACADEMY

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## Glee Club sings “Sleigh Ride” on CBS/CW special



By Margo Murphy '18

For many Mount students, the preferred way to begin the Christmas season is listening to Christmas carols.

This year, Mounties have the opportunity to show school spirit and Christmas spirit at the same time!

The Glee Club is featured on the CBS/CW Christmas Special

“A Very Philly Holiday” singing the song “Sleigh Ride,” accompanied by senior Emily Travaline. The spot will air six times over the next few weeks as part of this 30 minute show.

Music Director Mr. Don Holdren said of the honor, “I’m very excited that our Glee Club will be highlighted in this way! The girls work so hard and are incredibly dedicated. Their hard work is

paying off.”

Mr. Holdren was recently honored for his expertise, dedication and leadership. He was selected for the prestigious Maguire Fellowship at St. Joseph’s University, designed to foster leadership among Catholic school teachers.

Mr. Holdren said he is “excited and humbled” to pursue this opportunity in addition to his work at the Mount.

**CBS3**

Thu 12/17 @ 7:30 p.m.

Sat 12/19 @ 5:30 p.m.

Thu 12/24 @ 12:35 a.m.

Fri 12/25 @ 3p.m.

or 12p.m., and 2:35 a.m.

**CW**

Fri 12/18 @ 10:30pm

Sat 12/19 @ 3pm

Sun 12/20 @ 7:30pm

Fri 12/25 @ 8am

## Seniors Attend PA Conference for Women

By Sarah Haurin '16

Arriving at the Philadelphia Convention Center on the morning of Nov. 19 for the Pennsylvania Conference for Women, I and thirteen other seniors, most of whom are members of the Women as Founders course, were met with an overwhelming but truly amazing scene. More than 8,000 women had gathered, in the words of attendee, senior Julia Fox, “to celebrate and inspire women from all backgrounds to be the best versions of themselves in a world that does not always value women for their brains or business tactics.”

In the first hour of the conference, we heard U.S. women’s soccer team superstar Carli Lloyd speak about her dedication to her sport and how it made her arguably the best soccer player in the world. Lloyd reminded the audience to “do something every day to get closer to your goals.”

The final speaker before the start of the breakout sessions was Leymah Gbowee, a Nobel Laureate and advocate for global peace and women’s rights. In her speech, Gbowee answered a question that everyone has at some point asked him or herself: “Why should we care?” Ignoring issues and injustices that do not directly affect us proves much easier than

cares, but Gbowee reminded us that “the world is a global village.” Our world has become so much closer with technology that makes travel and communication

panied by her stories of communities joining together to send one of their female members to school or of young African-American boys going out of their

of the time lamenting the evil of the world rather than highlighting the altruistic.

After hearing the author of one of my favorite books talk about

down to discuss women’s issues, especially the pay gap. Steinem’s words included profound arguments, but the remark that struck me as most insightful was, “Behave as if everything you do matters, because it might.”

Once we had finished lunch, Julia, Emma Diebold and I waited in line to meet Gloria Steinem and get copies of her latest book, “My Life on the Road” signed. I was able to thank Gloria Steinem for all of the incredible work that she has done to allow women to lead the lives they desire.

The opportunity to hear some of my most revered female heroes speak was an incredibly humbling experience. Throughout the day, I was constantly reminded of an African proverb: “If you want to go fast, go alone. If you want to go far, go together.” These women have proven what can be accomplished when women support each other instead of competing with each other.

The conference made me realize how truly blessed we are to belong to a community of young women who support each other’s goals and ambitions. From speakers like Gbowee, I have renewed faith not only in my own personal ability to achieve my goals, but also the ability of the world to achieve peace and equality.



Senior Emma Diebold meets feminist Gloria Steinem at the signing of the author’s new book, “My Life on the Road.”

infinitely more accessible, and we should care because we are so close and connected.

With her adamant statement that there are more good people in this world than evil, accom-

pany to help a white homeless man, Gbowee made the entire audience trust in the goodness of the world. Achieving this type of trust is an admirable feat in a time when the news spends most

habits and a panel of experts discuss stress, we returned from our respective breakout sessions for lunch. At lunch, feminist activist Gloria Steinem and actress and entrepreneur Jessica Alba sat

## Senior Seminar promotes proactivity

Between the second semester of their junior year and the first semester of their senior year, twelve dedicated young women spent their mornings studying the history of women's social problems and reform movements.

The results of their hard work culminated in a final project, presented to the student body during Women as Founders Week. Sarah Haurin, Katie de Luca, Emma Diebold, Grace Little, Shannon Hughes, Hannah Tubman, Julia Fox, Marta Lawler, Audrey Ezzo, Maddie Coulter, Kylie Ford and Francesca DiLiberto were this year's participants in the Women as Founders seminar course.

Under the guidance of Mrs. D'Angelo, Ms. Korey, Mrs. Kennedy, S. Cathie, Mr. Holdren, Mr. Curry and Dr. Caviston, the students developed their "understanding of the political, economic, social and cultural history of feminism in the 20th and 21st centuries." The girls also analyzed the "roles and influence of women and their contributions to history, including Native American women and women doctors of the Church."

### Unified for Uganda

By Kieran Glowacki '17

"I believe education is essential to create opportunities, and it should be available to everyone; Unified for Uganda helps make opportunities possible," said Hannah Tubman.

For her project, Tubman is working with Unified for Uganda (U4U), a non-profit that provides education for impoverished children in Uganda. Educating girls benefits the entire community and helps to end the cycle of poverty prevalent in many Ugandan villages.

Through U4U, Tubman sponsors Flavia, a hard-working eighth grade girl, who would otherwise not have the benefit of attending school. This summer, Tubman will have the opportunity to meet her sponsored student when she travels to Uganda with U4U.

For her seminar project, Tubman created a blog which focuses on U4U, education and gender inequality. Tubman will also hold a bake sale and use the proceeds to establish a Unified for Uganda chapter at the Mount to contribute to the cost of the students' tuition, books, and uniform.

"Regardless of birthplace, age, gender, or culture, everyone deserves an education and to know the thrill of discovery," said Tubman.

### Mount Mentors

By Regan Fitzgerald '17

For middle school girls, self-esteem proves especially difficult. Grace Little and Emma



(From left) Francesca Diliberto, Marta Lawler, Audrey Ezzo, Maddie Coulter, Sarah Haurin, Shannon Hughes, Emma Diebold, Hannah Tubman, Julia Fox, Grace Little, Kylie Ford and Katie de Luca pose after delivering their presentations to the school.

Diebold will be tackling this problem in the coming months, with the founding of the Mount Mentors program.

As Diebold pointed out, "Body satisfaction hits rock bottom in middle school, which is why our project is focused on the critical ages of 11 to 14." Little and Diebold found a connection between a girl's self confidence and the ease of her transition from grade school to high school. The Mount Mentors program, which is already underway, holds weekly self-esteem workshops at St. Genevieve's School for girls in sixth to eighth grade. The young women participate in activities centered on lessons regarding beauty, confidence and faith, including discussions and crafts.

Little and Diebold Grace said they have already seen an impact on both the girls and themselves.

"We decided to do this project because we wished someone had taught us during the turbulent early teenage years that it is okay to be different and that everyone is beautiful in her own way. At Mount, we encourage young women to strive for greatness and become 'founders' but to do so, these young women must believe in themselves first before they can change the world. Without confidence and bravery, the voices of young girls will remain unheard," Diebold said.

### Growing the Leaders of Tomorrow

By Regan Fitzgerald '17

The glaring lack of American women in professional leadership positions became the driving force behind Katie de Luca and Sarah Haurin's seminar project. Disturbed by women's underrepresentation in areas of leadership, the duo recognized that the way to reverse this injustice is to em-

power young women.

To open their presentation, Haurin and de Luca revealed shocking statistics about underrepresentation of women in business, politics and media. They proposed a new "rule of three" of confidence, competence and creativity, which will prove to be an inspiring and effective mechanism for change.

Haurin and de Luca will host a leadership seminar in the spring for seventh grade girls called "Growing the Leaders of Tomorrow." According to Haurin, "the goal is for the girls to feel comfortable assuming roles of responsibility and leadership." This goal will be achieved through various activities: the girls will be provided materials and asked to build an invention, they will create a business, and they will be given a certain problem for their business that they will have to solve.

"I remember what it was like to be in seventh grade. I lacked confidence and didn't believe in my leadership capabilities. I wish I'd had this opportunity when I was younger to work with older girls who encouraged me to believe in myself and not set limits for myself. I hope to be that figure for the next generation," said de Luca.

### Sexual Violence and Women: A 21st Century Struggle

By Ava Self '17

After learning about the many advances women have made in education, the workplace and politics, Julia Fox, Audrey Ezzo and Marta Lawler decided to employ their founding spirits to tackle one issue where women have not seen significant improvement: sexual violence.

Learning in their research that 1 in 5 women will fall vic-

tim to sexual assault in their lifetime, Fox, Ezzo and Lawler were shocked to discover this statistic meant 27 of their beloved classmates would be victims. This harrowing information prompted the trio to arm their classmates with information to prevent rape, and it became the basis of their presentation "Sexual Violence and Women: A 21st Century Struggle."

As Ezzo explained to her audience, "Rape is never the victim's fault." Fox, Ezzo and Lawler emphasized that rape does not define a person. The girls stressed the importance of creating a community where this mentality is fostered, saying those not impacted by rape must, "create an environment of support and acceptance," for those who are.

In order to further educate the Mount community on the issue of sexual violence, Fox, Ezzo and Lawler have arranged for Dr. Raquel Bergen, a professor of sociology at St. Joseph's University who specializes in violence against women, to come speak in April, Sexual Violence Awareness Month. The trio chose to have her come prior to junior and senior prom, so students can be fully informed on sexual assault.

### Blitz for BETA

By Kieran Glowacki '17

"Behind every successful woman is a tribe of women who had her back," said Shannon Hughes, beginning her presentation.

For her seminar project, Hughes began working with the BETA Center, a non-profit in Orlando, Florida, whose mission is "to give children and parents the knowledge and support needed for strong and healthy families, with a focus on teen moms and at-risk families."

Hughes, who attended an auction for the BETA Center in August, said the non-profit offers physical and emotional support to those who need it most. The center provides teenage mothers and their children with basic necessities such as shelter and medical services, and offers teenage mothers the opportunity to further their high school education and even attend college.

As a fundraiser for the BETA Center, Hughes is working with both the Mount's Student Council and Athletic Association to host a flag-football game for all Mount students in the spring. The proceeds from this event will aid the non-profit and grant teenage mothers the chance to start their lives anew.

Hughes said, "This will be a great opportunity for Mount to help a dear neighbor who is not next door but in Orlando, Florida, increasing the range of those to whom we reach out."

### The College Process: A Course for All Seniors

By Paige Comtois '17

Concerned about the stress that accompanies the college process, Maddie Coulter, Francesca Diliberto and Kylie Ford proposed a brand new course for seniors to help alleviate stress.

After considering many ideas for their Women as Founders project, Coulter, Diliberto and Ford decided to focus on what was currently consuming their lives: the college process. These three seniors said they gained inspiration from the guidance department's college boot camp held in August which focused on getting a head start on applications, essays, interviews and many other components of the college process. Students attested to the camp's helpfulness, but not every senior could participate in it.

Coulter, Diliberto and Ford are proposing a new course to implement at the Mount as a solution. This elective course for seniors would run during the first quarter, spanning over eight weeks. Each week would focus on a new topic, with the first day or two focused on a lecture or discussion on the week's topic and the rest of the week would be spent working on actual applications. Some of the topics touched on in this course include discovering career paths, finding the right college, working on the applications and essays, financing college and submitting the applications.

Coulter, Diliberto and Ford are hopeful that, "by dedicating the necessary time to each element and ensuring that those elements will be done completely and correctly, much of the stress associated with college applications [will be] completely erased."

## Dr. C. Hanycz inspires leadership First female president of La Salle University speaks

By Regan Fitzgerald '17

Accomplished attorney. Former president of Canada's only women's university. First layperson and woman president of La Salle University. The list of Dr. Colleen Hanycz's achievements is so long and impressive, one may be tempted to call her a "born leader." This compliment, however, would be an example of what Dr. Hanycz calls the "leadership myth."

In her presentation on Thursday, Dec. 3, Dr. Hanycz broke down what talent and leadership are. In contrast to common misunderstandings of leadership as an innate quality, she described leadership as a muscle.

"Leadership can be learned, developed and strengthened," stressed Dr. Hanycz. Mount students left her presentation with an inspiring new perspective: Talent and leadership are not genetic and unchanging but based on one's own work ethic.

Building on legendary coach Vince Lombardi's quote, "Great leaders are made, not born," Dr. Hanycz focused attention on several self-made leaders beginning

with Malala Yousafzai, Pakistani advocate for global education. Dr. Hanycz emphasized that while Malala is now a world-renowned leader, she began as a regular girl

stead of feeling defeated by his diagnosis, Frates applied himself to a cause greater than himself.

He started the social media campaign, the Ice Bucket Chal-

Dr. Hanycz continued on to show a video of Alex Scott, the creator of Alex's Lemonade Stand, reiterating the idea that ordinary people can lead significant movements. Dr. Hanycz emphasized that each of these leaders - Malala, Frates and Scott - followed a similar formula for leadership: They searched, found something broken and committed themselves to fixing it. Making a difference, Dr. Hanycz said, is a choice.

Applying this philosophy to her everyday life, Dr. Hanycz has accrued much success and proves that choosing to make a difference truly prompts great leadership.

By sharing her story and the stories of others, La Salle University's president and Mount mom Dr. Colleen Hanycz inspired the girls during Mount's Women as Founders Week with an important lesson: leadership is accessible to anyone who looks for it. It is a muscle that is strengthened when we commit ourselves to social change by identifying a problem and having the courage to work tirelessly toward a solution.



Dr. Colleen Hanycz poses with President S. Kathleen Brabson and Principal Dr. Judith Caviston after her presentation.

just trying to go to school. When shot by the Taliban, she chose to stand up for the right of all to get an education.

Dr. Hanycz then told the story of "regular guy" Pete Frates. When diagnosed with ALS, in-

Frates was a normal guy with a wife and a job coaching baseball, yet when faced with a problem, he chose to work for a solution and was thus able to raise 250 million dollars for ALS research.

## Alumnae Return

By Paige Comtois '17 and Ava Self '17

Following the success of last year's alumnae panel, the administration decided to bring in a new group of graduates to speak with seniors. The panel addressed the major changes that occur during the transition from high school to college to the workplace.

**Kate Klein '06**, a Legal Staffing Account Executive at Beacon Hill Staffing Group spearheaded the panel. **Amanda Dougherty '10** is employed as a client services associate at Delaware Investments. **Carly Gardner '07** is a commercial litigation attorney at Akin Gump Strauss Hauer & Feld LLP in Philadelphia. **Mary Pat Tumelty '04** works at Pennoni in Philadelphia as an Associate Engineer in the transportation division. **Ashleigh M. Morales '02** works as an attorney at Semanoff Ormsby Greenberg & Torchia, LLC. **Kate Farrell '00** is a professional practice consultant for Penn Medicine. **Bridget Flanagan '00** works as the human resources director for BBD, LLP, a public accounting firm in Philadelphia. **Christina Carnevale '98** is an entrepreneur who began her own small business, Paper Rock Scissors, in 2010.

## Two juniors explore KYW Newstudies

By Adrianna Mancini '17

Over the course of four Saturdays in October, juniors Sarah Felbin and Callie Shinkle participated in the KYW Newstudies program hosted by CBS in Philadelphia.

The program offers high school students "a glimpse into the looks and sounds of a busy newsroom" by exposing them to every aspect of radio broadcasting. Each of the days consisted of a guest speaker and time to work with an assigned mentor.

The speakers for this year's program were broadcasters and journalists who delivered presentations about their careers and afterwards fielded questions. Shinkle said she was especially inspired by reporter Mike DeNardo.

"Mike showed us what it truly takes to be a successful journalist. By sharing his past experiences, he showed us not only the difficulties of the business, but also the immense rewards," she said.

Felbin said the conferences allowed her "to learn about the different stories and journeys of the individual's success toward his or her goal of becoming a radio broadcaster."

Students were assigned professionals who mentored them through the process of creating and editing a radio broadcast.

"I loved my mentor, Hadas Kuznits," said Felbin. "Hadas

taught me how to be a great reporter by crafting an irresistible story that would attract a varied audience."

During the final Newstudies session, students were able to record in a KYW sound booth. Each picked a topic of interest and created a 30-35 second sound clip to be aired during the months of December and January.

Felbin, who chose to edit her broadcast, made a clip about women in the STEM program.

"I felt choosing the topic STEM was perfect. Women are becoming more involved in this field and it is very encouraging for girls like us," she said.

Shinkle chose to work with the radio's news team and created a broadcast discussing the Mount golf team's successful season.

"It was such a great opportunity to use the KYW recording studios and software programs to create a piece of sports journalism," she said.

Felbin and Shinkle said they took away many valuable lessons from this experience.

"Attending this program was quite an honor and privilege," said Shinkle. [And] although I did enjoy myself, I discovered that I enjoy the writing and researching aspect of producing over the technical and sound part of radio broadcasting."

Dates and times of the broadcasts are still to be determined.

## Initiative promotes networking

By Mady Taylor '18

The Mount Alumnae Initiative was conceived in 2011 when Mrs. Kate McCauley Hathaway '71 approached the Mount with an idea to help current Mounties connect with successful Mount graduates by hosting an event with a panel of alumnae in New York City.

In the fall of 2013, the idea was brought to life when fifteen seniors met with various alumnae in New York City. This year, the third initiative took place in Philadelphia.

"The Mount's connection with its alumnae is so valuable," said Director of Alumnae Mrs. Teresa Moyer, who coordinates the event.

Seniors first met with a panel of alumnae, including legal experts Juliette Lewis

Dobson '00, Charlene Keller Fullmer '89, and Meaghan Petetti Londergan '00, at the Comcast Center in center city on Nov. 12.

Juliette Lewis Dobson works for Comcast as an in-house counsel in the Cable Law Department, where she supports Comcast's operating departments through commercial contract negotiation, litigation management and advising on day to day matters.

Assistant United States Attorney Charlene Keller Fullmer is the Deputy Chief for Affirmative Litigation in the Civil Division of the United States Attorney's Office in the Eastern District of Pennsylvania. Fullmer, recipient of the Attorney General Award for Exceptional Service in 2010, oversees and prosecutes health care and affirmative fraud cases.

Meaghan Petetti Londergan '00 is a partner at Freeman Mathis & Gary, LLP, and regu-

discouraged when things like this happen."

"The panelists discussed their personal career paths. [They] attributed a great deal of their success to the Mount's alumnae network because they said Mounties pull each other up," de Luca added.

For Grace McCollough the lesson that resonated the most with her was, "You have to ask for what you want; it won't come to you."

Jane Prior and Emma Diebold said they learned about managing family and work from Mrs. Charlene Fullmer when she said, "The key to balancing a hectic schedule is having a passion for what you're doing."

Following the panel discussions, the girls had lunch at the Comcast building, and were then given a tour of the Union League archives by Katie McClernand Sachetta '05, a la Carte Director at the Union League.

Mrs. Moyer said the Mount plans to have juniors meet with alumnae in Philadelphia during the spring and to continue having seniors meet with alumnae in New York City in the fall.



Seniors snap a quick selfie before meeting with alumnae at Mount Alumnae Initiative.

larly represents companies involved in commercial disputes. In 2012 Londergan was named the Pennsylvania Super Lawyer Rising Star in business litigation.

Katie de Luca said she gleaned valuable advice from the panelists, and said she left knowing that her "career path doesn't have to be straightforward. Everyone there had detours and missteps and they encouraged us not to get

## Religion classes explore Interfaith dialogue

Quaiser Abdulla, the leader of prayer or Imam of the al Asqa mosque in Philadelphia (pictured at right), spoke with Mrs. Kennedy's morality classes about the current state of Islam in today's world (pictured below). Abdulla was also responsible for organizing Mrs. Kennedy's "Walking the Walk" group, a program that allowed her and several Mount students to explore other religions and their own faiths.



*"I am not going to say they [the terrorists] are not Muslim- that is too easy. What they are doing is an interpretation of the Faith that is not substantiated by the majority of Muslims and the faith itself. What they are doing is a sin- they are sinning. They don't represent normative Islam."* –Quaiser Abdullah



*"A maxim in Islam suggests that we must never correct a wrong or injustice with another wrong or injustice"* –Quaiser Abdullah on ISIS and terrorism

*"Muslims of Middle Eastern descent represent only 12% of the global Muslim population, and yet they are the face of Islam in the media."* –Quaiser Abdullah on society's perception of Islam

*"I want my kids, and all people, to have a soft, loving and forgiving heart. We must treat everyone with compassion."* –Quaiser Abdullah on how he teaches his children to love

## Interfaith exchange promotes understanding and tolerance

By Mrs. Katie Kennedy

My heart is heavy as I listen to stories of fear and stereotyping in the wake of the terrorist attacks in Paris and California. These stories about prejudice and hatred of people based on their religion have shaken me to my core, and I am grasping for hope and solutions.

As I consider the current global situation, I am reminded of my experience with interfaith dialogue. Three years ago, I had the privilege of participating in the Interfaith Center of Greater Philadelphia's program entitled "Walking the Walk" along with six Mounties. We worked to build bridges of understanding with people of different faiths through sharing sacred stories, participating in acts of service and learning to ask "curious questions." Every other Sunday for a year, we met at each other's schools or houses of worship. Our partners were Al Aqsa Muslim Society, Germantown Friends School and Germantown Jewish Center.

While I understand the fear that people are expressing in the media, through my own time discovering other faiths I can affirm that our fears have been wrongfully placed. I recall during my first visit to Al Aqsa when the call to prayer was played over the loud speaker. The Imam (their spiritual leader) was chanting in Arabic. At that point in my life, the only time I had heard similar chanting was while watching movies about terrorists (one film that comes to mind is "Zero Dark Thirty" about the capture of Osama Bin Laden). I felt my heart race a little bit... and once I leaned over to ask their teacher what was going on, I understood and was immediately embarrassed. Embarrassed by my own ignorance,

embarrassed by my prejudice. I believe that through opportunities to encounter and come to know people who are "different"



Mrs. Kennedy participated in "Walking the Walk," a program that promotes open interface dialogue.

or from a different background, we will likely find that we are

much more alike than different. And, perhaps, some of our fears and stereotypes will be challenged and even diminished. In the end, I found myself in awe of the spiritual discipline of my Muslim friends instead of in fear of their prayer (they wake up before sunrise to pray each day, and that is the first of five daily prayer sessions!). Just last week, our partners at Al Aqsa were victims of a desecrating act: A pig's head was thrown on the front steps of the mosque. This is an ultimate sign of disrespect for Muslims because pork is considered "non-halal," meaning it is impermissible to

consume pork products under Islamic laws. Students from my classes have sent cards to the school community of Al Aqsa, voicing our support and offering a shared outrage about this act of desecration. My classes also conducted a webinar on Tuesday, Dec. 15, with the Imam who coordinated our Walking the Walk group. I hope this is the beginning of a renewed relationship with the Interfaith Center of Greater Philadelphia and an ongoing conversation in our school community about prejudice and stereotypes. In the words of Pope Francis: "This is important: to get to know people, listen, expand the circle of ideas. The world is crisscrossed by roads that come closer together and move apart, but the important thing is that they lead towards the Good."

## Fiorina, Clinton and feminism-nouveau

By Sarah Haurin '16

"I'm a feminist, and I say it whenever I'm asked."

In an interview with fellow feminist Lena Dunham, Democratic primary candidate Hillary Clinton affirmed her identity as a feminist during a discussion of hot campaign issues.

Modern feminists, however, have expressed concerns about Clinton's position as the new face of feminism - the woman finally breaking down a long-established barrier by becoming the country's first female president. However, many are concerned that while Clinton's version of feminism is an assertion of "girl power" for upper-middle class white women, it excludes the different versions of sexism experienced by women from other social, racial and eco-

conomic groups.

This "corporate feminism" seeks primarily to empower women who do not accurately represent the broader body of the women's rights movement. Feminism is becoming increasingly more inclusive, championing not only issues of concern for wom-

en, but also advocating for various marginalized groups around the globe.

With the advent of social media as a platform for discussion, the younger generation of feminists has greater access to debate about the shortcomings of previous feminist ideals. Subsequently,

when interviewed about their understanding of feminism, many young feminists included police brutality, the criminal justice system and environmental issues under the umbrella of feminist concerns. Clinton's record of supporting legislation that failed to protect marginalized groups only

compounds the concern many women have about her potential role as the first female president.

In the upcoming election, Clinton cannot expect to win the support of female voters because of her gender alone. While few women would deny the excitement of electing a female to the Oval Office, many are hoping for a stronger candidate. Clinton needs to work much harder than she did in 2008 to appeal to these voters, and her latest strategy appears to be a strong platform of intersectionality.

Voters have a very important decision to make: whether to condemn Clinton for her narrow view of feminism or to endorse her as a representation of the capability and determination of women everywhere.



By Tess Worthington '17

Carly Fiorina, secretary turned CEO, conservative and "redefined" feminist, asserts in her manifesto "Redefining Feminism," that she believes it's time "to have a conversation about the state of women in America."

Women have made remarkable strides toward equality in the past several decades, but we still have a long way to go.

Today, women hold 48% of all American jobs, up from 37% 40 years ago. But women also hold the majority of low-paying jobs: 18,000,000 women live in poverty, while 25% of families in the United States are headed by a single mother. This underutilized portion of the American population holds boundless potential - potential that Fiorina

believes will positively influence the country as a whole.

In Fiorina's terms, a feminist is "a woman who lives the life she chooses." But Fiorina wants to reclaim the word "feminism," arguing that the left has turned it into "a left-leaning political ideology where women are pitted against men and used as a political weapon to win elections." Fiorina disagrees with the policies of the

Obama administration and takes a conservative approach to solving the issues plaguing women.

Fiorina refrains from pitting women against men; instead, she provides a refreshingly positive outlook on the situation, offering promising and valid solutions. Among these are paying for performance, improving the education system, making over-the-counter birth control available,

encouraging support for small businesses, and revising the current welfare system.

Fiorina's unique story provides her with notable experience that most women cannot claim. Likewise, Fiorina has a new perspective and a distinct message. What do liberal feminists think? Polls demonstrate that while they don't necessarily endorse her policies, they find her to be a respectable

woman with a good head on her shoulders.

Republican support regarding her approach to feminism is widespread, but her poll numbers for the upcoming 2016 election do not reflect that support. Consistently polling in the single digits, Fiorina may not be the most successful candidate, but her presence is certainly historically significant: In the spotlight of a presidential election, Fiorina has been able to project her ideas on a broader scale.

Fiorina's acknowledgement of the obstacles that women experience paired with the solutions she provides makes for a very intriguing "redefinition of feminism" that will undoubtedly impact the women's movement through the 21st century.

## Editor's Opinion: "My hero, Rand Paul"

By Sarah Haurin '16

2 words; 8 letters; defined as an inexplicably stupid person. It is no coincidence that this describes both the phrase "bonehead" and presidential hopeful Rand Paul.

Frankly, hope is all Paul has to hold onto in this election. His polling certainly is nothing to celebrate, though his consistency at around 3% is something to admire. Rand's campaign manager, however, is clearly either an optimist or a deluded ninny: He celebrated an October Fox News poll which found 52% of voters chose "None/other" from a Republican campaign poll not including Paul. His excitement is clearly unfounded; if given the choice between Rand Paul and a goldfish, I believe that the country would see its first aquatic president.

Attempting to comprehend Paul's unfounded perseverance in this race is a difficult task to say the least. Is his blatant blind eye towards the unpromising polls a sign of his commitment to change America in any way he can? Is it his refusal to accept that

America has no interest in having a man who probably started his political career through an outspoken Facebook profile lead this country? I prefer to believe that he is void of any intelligence, which he has proved himself with innumerable thoughtless and nonsensical comments.

At this point, I would like to apologize if you agree with Rand Paul in his assertion that kids should look at free college tuition the same way they would view heroin; or in his belief that parents who probably have an extremely tentative grasp on the concept of "science" should have a say in whether or not their children should be vaccinated; or in his statement that this thing called the "Supreme

Court" doesn't actually have any impact on what is considered Constitutional. I would hate to invalidate these perfectly rational thoughts!



Candidate Paul (R-KY) argues a point in a national debate.

Speaking of facts, Rand Paul manipulates his ability to manipulate them. He loves to ignore and/or distort them to suit his own political agenda. "But, Sarah," you'll say, "isn't that a part of the

political game? Don't politicians always pick and choose their facts to stand in order to support their claims?" Yes, yes, they do. But those people are smart. They

pick their facts with the intention of defending their views at all costs. At times their claims may be exaggerated, but they probably have some understanding of the truth, whether or not they choose to adhere to it.

Rand Paul seeks neither truth nor half-truth to benefit his agenda.

Truthfully, I don't know what he seeks most of the time. I doubt he is even aware of what he wants. Who could know what he is trying to do when he questions Hillary Clinton about a CIA mission con-

trived, explored and debated by conspiracy theorists, one that real politicians know never actually existed? He probably believed his mother when she said something along the lines of, "Rand, ignore the bullies at school. When you're president, you can wreak havoc upon them!" He is so close; it's almost his time to shine!

However, I must give Rand Paul some credit. His stances on issues and solutions to problems, though asinine, are certainly creative. I mean, he does have a point that free health care is like knocking on his door with the police and forcing him to take care of you. He's a board-certified physician, you know (certified, that is, by a board he himself funded in order to avoid real certification).

In closing, I would like to apologize if I have misinterpreted or misquoted any facts. I promise that my intentions in doing so were not to deceive you, but merely to be more like my hero, Rand Paul.

## Chinese face punishment for “spreading rumors”

By Nina Chae-Gordon '18

The freedom to express oneself through speech or press is a right allocated to each individual of the United States of America. As citizens of this free country, we may find it absurd that the same basic rights are not granted to citizens in other countries.

At the beginning of this month, revisions to China’s Criminal Law were brought into effect. The alterations threaten a maximum of seven years in prison to individuals found guilty of “spreading rumors” about disasters. The amendments add harsher punishments to a previously existing law that was established in 2013. The original law instituted a possible three-year sentence for the crime of spreading rumors, jailing anyone who posts “false or defamatory information” that is reposted five hundred times or viewed five thousand times.

This new, more restrictive law stems from a recent surge in falsified reports. One example is the work of Wang Xiaolu. Xiaolu was arrested along with several stock market officials for “spreading fake information” regarding Beijing’s stock market crash that occurred months ago. He later confessed to “writing a fake report on

the Chinese stock market based on hearsay and his own subjective guesses without conducting due verifications.” Among the “false information” shared through the publications of Xiaolu and his acquaintances was the report of a suicide following the stock market crash.

In another case, the confirmed death of 158 individuals in the Tianjin explosion on Aug. 13, 2015, was somehow inflated to a staggering 1,300 by several reporters. These journalists were punished for publishing inaccurate reports. These reporters admitted to fabricating their stories, saying they “misled society and the public, generated and spread fearful sentiment, and even used the opportunity to maliciously concoct rumors to attack [Communist] Party and national leaders.”

The problem that arises with this type of law is what, exactly, is considered a rumor. The vague

use and definition of the term “rumor” in the law makes it seem as though anyone who questions the government or officially reported information will be prosecuted. Under the previous rumor law, blogger Qin Huohuo was found

imprisoned since May 2014 for posting on social media about the government’s policies towards Uighurs and Tibetans.

Also, accounts that actively commented and reported on current affairs on the popular social media platform “WeChat” were closed. In addition to the temporary discontinuation of popular apps, government agencies attempted to tighten restrictions over the use of usernames and avatars and particularly required writers of online literature to register with their real names. In 2015, access to Virtual Private Networks (VPNs), which are used to unlock blocked internet content in the country, was restricted.

With these types of constraints under the previous law, many are fearful of what will result from the recently revised edition. It appears that the government is going to continue on this path of stringent censorship. Officials are

set to release a new cyber weapon, called the “Great Cannon,” to disrupt websites that publish information regarding China’s censorship of material. Authorities are also going to station cyberpolice in internet companies and website headquarters to prevent both fraud and the spread of rumors, and officials have no qualms about shutting these successful companies down.

It is one thing to attempt to end the spread of intentionally pernicious lies meant to deceive the public, but restricting the rights of individuals to voice their opinions via the internet is appalling. The new law appears to overstep its boundaries by taking away the one platform the Chinese still had to share their opinion on the government and policies. The provisions of the new law strips the Chinese public of the right to the freedom to debate, and denies journalists the right to investigate and research without interference. As the China Director of the Human Rights Watch Sophie Richardson stated, “The casualties of China’s new provision would not be limited to journalists, activists and netizens [internet users], but the rights of ordinary people.”



Recent disasters in China have led to new laws regarding the information that can be shared unofficially with the public.

guilty of “slander” and “picking quarrels and provoking troubles” as he questioned whether the government and celebrities were corrupt or engaged in other dishonest behavior. Human rights lawyer, Pu Zhiqiang, has been

## Will removal of One Child Policy end gendercide in China?

By Grace Sowa '18 and Kate Kirk '17

In 1979 ESPN started broadcasting, Mother Theresa won the Nobel Peace Prize and China established its one-baby policy.

Now, thirty-six years later, the Chinese government has decided to lift this restrictive policy, allowing married couples to have two children.

The one-child policy was issued in the late 1970s, when China was experiencing a growth in population that soon rose to exceed eight hundred million people. To control this rapid increase in population, the government restricted the number of children families could have to one. Exceptions were made for families in rural areas, who needed children to work land, and for families where neither parent had siblings.

The consequences for breaking this law ranged from the refusal of an official citizenship for the second child, which would preclude the child from healthcare and education, to forced abortion, forced sterilization or the jailing of family members. The punishments for families whose pregnancies are not approved include expensive fines, property forfeiture and loss of jobs.

In China, baby boys are typically valued more than girls because men can procure more profit for the family through labor and can also carry on the family name. These beliefs have led to widespread female infanticide,

the killing of infants motivated simply by the child’s gender, and account for the disappearance of sixty million girls.

Since 1992, over 85,000 abandoned baby girls were adopted from China to be raised in the United States; virtually all chil-

dren adopted from China are females.

The discrimination against female infants left the female population in China outnumbered by the male population by thirty-three million in 2014, a statistic that will prove particularly prob-

lematic when males from this unbalanced generation attempt to find a wife from the small pool of women.

The Chinese government is aware of this major problem and has created laws to resolve it such as the Marriage Law and Wom-

en’s Protection Law. Both laws prohibit female infanticide and outlaw discrimination against women who keep their female infants. An additional law, the Maternal Child Health Care Law, makes it illegal to use an ultrasound to determine the gender of an infant.

According to the National Health and Family Commission, nullifying the one-child policy intends to allow China to “increase labor supply and ease pressures from an aging population” and “will benefit sustained and healthy economic development.” Many projections of the effects of the new policy, however, predict that only minor changes in demographics will result.

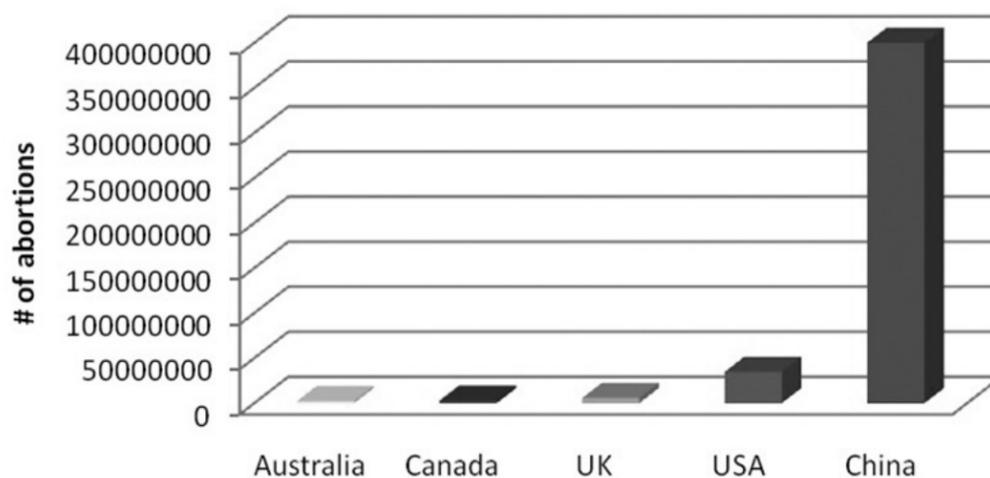
Both predictions of the effects of the policy fail to address the hardships Chinese families have had to overcome. New life should not be looked at as an economic solution, but rather a family’s new joy.

The birthrate in China is expected to rise, but it will not increase significantly; another child just means financial stress to some families, meaning families may still choose to have only one child. However, the new two-baby policy will hopefully result in fewer abortions and fewer babies abandoned.

Though the family’s reproductive rights have been expanded, a problem still exists in that the law restricts the number of children one can have.



### Abortion Statistics (Total 1980-2010)



(AGA estimates based on Chinese gov't statistics and projected underreporting)

## Paris attacks focus world's attention on ISIS

By Eliza Ewing '16

The Islamic State of Iraq and Syria, better known as the radical Islamist terrorist group ISIS, has claimed responsibility for a series of coordinated attacks in Paris that left 130 individuals dead and hundreds of others injured.

### Timeline

**Friday, Nov. 13, 9:20 p.m.** - Seven terrorists carry out three attacks. The Stade de France, where French President Francois Hollande watches the French and German national soccer teams scrimmage, is rocked by two explosions detonated in a street outside the stadium, Rue Rimet. Each bomb is triggered by a suicide bomber, and four people are killed. French security forces safely evacuate Hollande.

**9:25 p.m.** - In a separate area of Paris, an undetermined number of gunmen armed with assault rifles open fire on two restaurants, killing 15 and, according to some sources, injuring 10. The gunmen fire about 100 rounds before departing in a

black car.

**9:30 p.m.** - A second explosion rocks the Stade de France. No deaths are reported.

**9:32 p.m.** - Gunmen open fire at A La Bonne Biere, a fashionable bar. They fire another 100 rounds, killing 5, before departing.

**9:36 p.m.** - Gunmen kill 19 at La Belle Equipe, a restaurant. Again, they fire about 100 rounds before departing.

**9:40 p.m.** - The third suicide bombing takes place inside a restaurant called Comptoir Voltaire. Only one person is seriously injured, and there are no deaths.

**9:40 p.m.** - The trademark incident of the attacks occurs at the Bataclan concert hall, where an American band called Eagles of Death Metal are performing for a large crowd. Three terrorists arrive at the concert hall and enter armed with automatic rifles. According to survivors, the three

seem calm. Some reported that the attackers call out, "Allah Akbar!" as they shoot concertgoers execution-style. After taking about 100 survivors hostage in front of the stage, the attackers make a brief speech, mentioning Iraq and Syria.

**9:53 p.m.** - A fourth suicide bombing takes place about 400 meters from the Stade de France. No deaths are reported but that of the bomber.

**12:20 a.m.** - French police storm the Bataclan concert hall, rescuing the remaining concertgoers. Three attackers are killed in the standoff: one by police and two by suicide vests.

Paris was just one of many ISIS attacks within the past month. The Campanile will continue to cover the aftermath of these attacks and their broader implications for international policies surrounding Middle Eastern refugees in the United States and Europe.



Musician Klavierkunst played John Lennon's "Imagine" outside the entrance of the Bataclan concert hall the morning after the devastating attacks in Paris.

### THE CAMPANILE

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Muslims light candles as they stand in solidarity with the victims of the Paris attacks.



Students light candles, affirming the need to stand firm in the face of fear.

## Cumberbatch protests cellphones during *Hamlet*

By Sarah Felbin '17

Attend a performance of "Hamlet," and there are a few things you're guaranteed to see: a skull, some fancy costumes and more than a few daggers.

But how often does Hamlet stop abruptly in the middle of his dramatic monologue?



Cumberbatch performs during a production of *Hamlet*.

The National Theatre Live's production of "Hamlet," starring Benedict Cumberbatch, astonished audiences with its originality in direction. More astonishing, however, was the lead actor's impromptu deviation from one of the world's most famous soliloquies.

Cumberbatch shines as Hamlet, embodying the character's inner turmoil, while proving himself to be a role model for other actors and artists.

After a previous show, in which Cumberbatch had to stop during Hamlet's famous "To be or not to be" soliloquy, he reminded attendees, "I can see cameras, I can see red lights in the auditorium . . . And I can't give you what I want

to give you, which is a live performance that you will remember hopefully in your minds and brains, whether it is good, bad or indifferent, rather than on your phones."

(The actor's plea led to the installation of devices that can not only discover active cell phones within a crowd but can also iden-

tify owners of these phones.)

"So this isn't me blaming you [the audience]," he concluded. "This is just me asking you to just ripple it out there, with your funny electronic things."

Hamlet's sentiment, "To thine own self be true," is clear in the efforts of its lead actor.

Whether you know him from his humanitarian efforts as an advocate for Save the Children, an organization dedicated to helping Syrian refugees, or from his work in "Hamlet," "The Imitation Game" or the BBC's "Sherlock," it is safe to say that Benedict Cumberbatch won't be going anywhere anytime soon.

## Adele and Bieber return to spotlight

By Jacey Abdalla '17

For dedicated Adele and Justin Bieber fans, the wait is finally over.

After nearly three years, the two music moguls have returned to the spotlight with new albums. Bieber's "Purpose" was released on Nov. 13 and was streamed 205 million times on Spotify in its first week alone. Adele's "25," dropped on Nov. 20, rocketed to the number one spot on iTunes and sold 3.4 million copies in a single week.

These lofty numbers show just how much the public has missed the two singers. These two superstars have used their long breaks to develop not only their music, but also themselves.

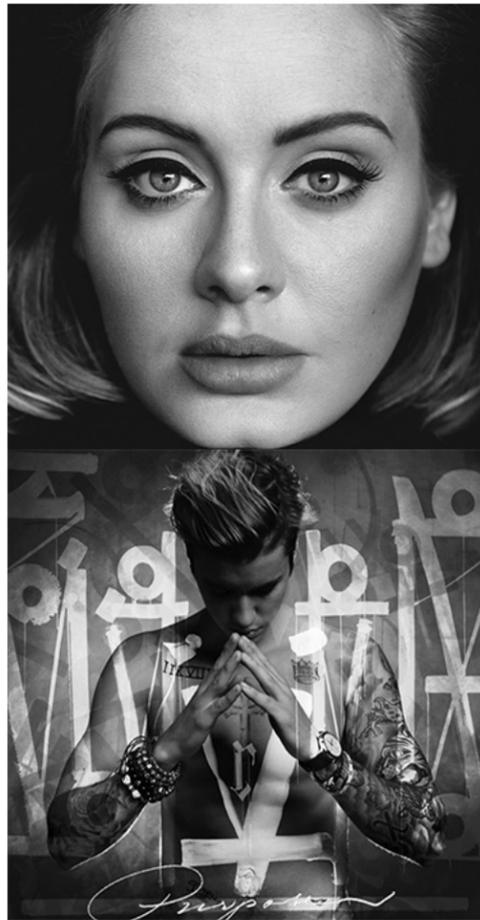
Adele embraced her time off, utilizing it to be a mother to her three-year-old son and visit "every park, every museum, every shopping center," she tells the New York Times.

But she never stopped writing. She confided that she was scared to come back, thinking she "had missed her window."

Adele confessed in the same interview, "I didn't know I had it in me to write another record. I didn't know if I should. Because of how successful '21' was, I thought, 'Maybe everyone's happy with that being the last thing from me. Maybe I should bow out on a high.'"

Adele tells i-D, "I definitely wasn't going to write a heartbreak

record, 'cause I'm not heartbroken... The record ['25'] is about getting older and becoming nostalgic. It's about what was, what



a rock for the past 5 years, you are probably familiar Bieber's infamous mug shot. After that, both the public and Bieber agreed a change was needed. Fans and followers witnessed this change this year.

On Bieber's attempt to re-brand himself, "Fuse" blogger Jeff Benjamin commented "Throughout the year, Bieber's focused on re-establishing himself as humble (he willingly signed up for a Comedy Central roast), charitable (the longtime philanthropist earned extra points by visiting a burn victim on *The Doctors*) and as a sex symbol [he posed in a] shirtless Calvin Klein ad."

Bieber describes his personal growth in an interview with iHeartRadio, "I think I've grown over the years just mentally, physically, spiritually, [and] getting better at what I do. I think that if you're not growing, you're not living."

After acknowledging his shaky past, Bieber has tried to remedy his mistakes, and writing "Purpose" was a part of his reinvention process.

"Overall, I'm just happy with the place I'm at creatively. I feel like this is probably the best I've been. There's not really a direction. It's like, uplifting music that people can dance to... it's a little different, it's really uplifting and people are going to smile when they listen to it," he said.

is, and what might have been." Although a few years younger and on another side of the music spectrum, Justin Bieber relates to Adele's feelings on finding oneself while in the spotlight.

For years, the name "Justin Bieber" has been synonymous with "bad boy with iconic hair and a frankly impressive voice range." But before Bieber took a break, the "bad boy" part of him was getting out of control. Unless you had been living under

With Claudia Langella '18

## Swift deals with legal "troubles, troubles, troubles"

By Samantha Atlomare '17

For pop superstar Taylor Swift, the last few months have been far from what she imagined in her "wildest dreams." After wrapping up a successful tour for her latest album "1989," Swift found herself embroiled in not just one, but two court cases.

Swift was first hit with a lawsuit from David Mueller, a former radio host on the Denver-based country radio station KYGO, in September. Mueller, who goes by Jackson on air, sued to "recuperate his lost income," after he was fired due to accusations made by one of Swift's security guards that he had groped Swift at a meet and greet.

The alleged groping occurred at the Pepsi Center on July 2 in 2013 before a show in Denver. At the time, Swift was on her Red Tour. Mueller was said to have not only brushed Swift's skirt, but also lifted it up. Mueller argued against the accusation in his statement in the U.S. District Court in Denver citing that photographic evidence shows Swift's skirt is completely intact and in

place. Mueller claims that the assault was not his fault, but instead it was one of his superiors that groped her.

On Wed., Oct. 28, 2015, Swift filed a counterclaim to Mueller's suit. NY Daily News reports, "Swift's attorneys wrote in the counterclaim. 'Ms. Swift knows exactly who committed the assault — it was Mueller.'" He has yet to release a statement about the counterclaim.

USA Today reported that Swift intends to donate whatever money she receives from the lawsuit to organizations that work to protect women from "sexual assault and personal disregard."

Shortly after reports came out about Swift's counterclaim, Jesse

Braham, aka Jesse Graham, filed what news source Boston's Fox calls a "ridiculous lawsuit." Braham, an R&B artist, is suing the "Shake it Off" singer for stealing his lyrics. In Graham's song "Haters Gone Hate" released in

Braham claims the songs have the same chorus and if he had not released his song then Swift's Billboard topping hit "Shake it Off" would not be in existence. He is suing for copyright infringement as well as a fine of \$42,000, which was requested after Taylor's label denied his request for a selfie with Swift.

Aside from legal compensation, Braham is also asking for his name to be added to the writers list on any future copies sold of the single.

Graham decided to fight this battle by himself. He filed the suit in federal court without an attorney. Legal expert

Michael Einhorn, who specializes in intellectual property cases, said, "This case is going nowhere," and he was correct.

On Tues., Nov. 10, 2015, a California judge, Gail Standish, dismissed the case. Using evidence from Graham's band 3LW's "Playas Gon' Play" and an entry on Urban Dictionary published in August of 2010 that gave the definition of "Haters Gonna Hate," Standish proved the phrases were not original to Braham's song.

Standish used Taylor Swift's lyrics as inspiration to make her final verdict: "At present, the court is not saying that Braham can never, ever, ever get his case back in court. But, for now, we have got problems, and the court is not sure Braham can solve them. As currently drafted, the complaint has a blank space -- one than requires Braham to do more that write his name. And, upon consideration of the court's explanation in Part II, Braham may discover that mere pleading Band Aids will not fix bullet holes in his case. At least for the moment, defendants have shaken off this lawsuit."



Swift performs in Denver during her Red Tour in 2013.

2013, he sings "haters gone hate, players gone play. Watch out for them fakers, they will fake you everyday."

## “Hunger Games” comes to dramatic end

By Paige Comtois '17

Over the past three years, the world has experienced pain, hope and thirst for justice with Katniss Everdeen, but all great stories must come to an end.

“The Hunger Games,” one of the most successful book to movie franchises since “Harry Potter” and “Twilight,” came to a dramatic end in “Mockingjay – Part 2.”

In this final installment of the “Hunger Games” series, Katniss Everdeen is determined to take out President Snow and make Panem a better place. The movie mostly takes place in the Capitol, where Katniss and her friends must trek through the streets avoiding “pods,” which are giant death traps placed by the Game Makers to prevent further progress through the city. The movie touches on dark topics such as hunger for power, need for sacrifice and repercussions of war.

The movie follows the novel faithfully, doing a great job of

ending this dystopian franchise. Action-packed and full of drama, the movie kept me on the edge of my seat, eagerly awaiting every moment. Jennifer Lawrence, Josh Hutcherson and the rest of the

expectations of devoted “Hunger Game” fans, it is under fire for earning significantly less money than the past three movies in their opening weekends. “Mockingjay – Part 2” garnered an impressive

respectively earned \$153 million, \$158 million, and \$122 million in domestic sales.

Regardless, there is no question that “The Hunger Games” franchise has been a game changer

that became equally invested in the storyline.

Going to the theater-opening weekend, I saw people from every age group eagerly awaiting the start of the movie.

The success of the first movie also brought along a wave of new book to movie adaptations.

After the success of the first “Hunger Games” movie, production companies quickly started buying the rights for other dystopian novels like “Divergent” and “The Maze Runner.” Even renowned director, Tim Burton, is jumping on the bandwagon with the book “Miss Peregrine’s Home for Peculiar Children.”

Anticipating the release of these movies, critics and viewers alike wondered if these movies would garner the same success as “The Hunger Games.” Headlines started appearing asking, “Is [movie] the next ‘Hunger Games’?”



The covers for Suzanne Collins’ popular trilogy, “The Hunger Games.”

cast did a phenomenal job capturing the struggles and the pain of their characters.

While the movie meets the high

\$101 million in the U.S. and \$147 million internationally, while “The Hunger Games,” “Catching Fire” and “Mocking Jay – Part 1”

for the movie industry. Originally targeted for teenagers and young adults, “The Hunger Games” also engaged an older audience

## “Suffragette” stands firm

By The Campanile

“Deeds not words,” encourages Meryl Streep as Emmeline Pankhurst in the recently released film “Suffragette.” The movie centers around the main character Maud Watts, played by Carey Mulligan, who begins as a woman merely living comfortably with the life she has been raised to lead, thinking neither her words nor deeds will lead to very much change.

One day, she finds herself called upon to support her coworker, who is presenting her work experiences before the government as they plead their case for women to receive the vote. In a turn of events, Watts is called upon to share her experiences and finds her voice for the first time, realizing she can envision and create change.

Watts falls under the guidance of prominent suffragette Edith Ellyn, played by Helena Bonham Carter, and she becomes more entrenched in the movement. As the women of England rally for the right to vote, the police and government, frightened by the growing passion of these women, find themselves tasked with maintaining the peace at whatever cost possible.

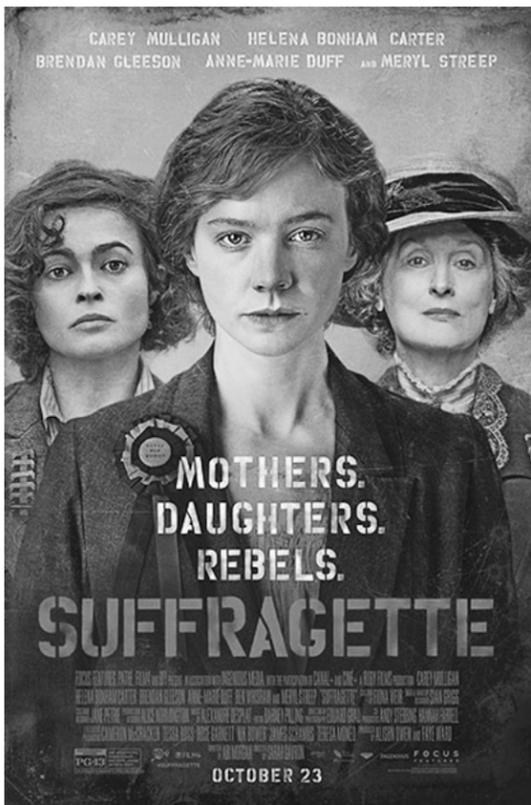
As a result, Watts is arrested for her association with the women and interrogated for more information about the group’s plans.

The more involved Watts be-

language men understand --violence-- and take to the extreme to draw attention to their cause.

This film reminds women of the sacrifice that was made for the sake of equality. Each character has a different reason to want the vote: education, pay equality, maternal privileges, and workplace safety. These women give up so much for the right to affect change including their jobs and families. Sometimes people can feel as though their voice and their actions will not make a difference, but this movie reminds viewers of the privilege of having an opinion.

Watts’ character resonates with viewers who have ever found themselves restrained by the glass ceiling. Once she is granted her literal day in court, she has her first chance to dream that her life can be more than that of the women who came before her. She does not have to settle for less than she deserves based on her gender. With some encouragement from Pankhurst, Watts resolves, “Never surrender. Never give up the fight.”



Helena Bonham Carter, Carey Mulligan & Meryl Streep stand firm in Suffragette movie poster.

comes, the more her life falls apart. With each loss she experiences, Watts questions just how important this cause is to her, but her resolve only grows stronger. Together, Ellyn, Watts, and their team of suffragettes heed Pankhurst’s call to respond in the only

## Movie Tavern

By Maeve McCormick '18

**1. Grab some friends and a trusted adult!** The movie-goers under 16 have to be accompanied by someone 21 or older to see a movie because the tavern serves alcohol!

**2. Order your tickets online!** The Movie Tavern has been selling out movies regularly and the theaters are small! Although it is a little more expensive, it is totally worth the extra money to have good seats since seating is assigned!

**3. Arrive on time!** The listed movie time is actually thirty minutes before the movie itself starts,

so that waiters have time to take your order and bring the food out before or in the beginning of the movie.

**4. Do not be afraid of getting the food!** It is restaurant quality, and the Movie Tavern boasts a variety of food like chicken wings, salads, pasta dishes, burgers and chicken fingers, along with regular movie fare, such as popcorn and candy. Even the pickiest eater will find something to eat!

**5. Take the opportunity to catch up on your sleep in the Movie Tavern’s big, comfortable seats!** Just kidding (mostly)! Be sure to find the button on the side of the chairs to adjust them.



The brand new Movie Tavern opens in Flourtown, boasting fine fair and fantastic films.

## “Krampus” Klaus is coming to town

By Emma Veon '17

Ah, Christmas, a time for robust evergreens, angelic choirs and a demonic child-snatcher monster based on German folklore.

Enter Krampus, Santa Claus's evil partner who takes care of any snot-nosed nuisances while Santa rewards the good children with presents. Be careful, naughty children of the world, Krampus is coming to town.

One part goat, one part bear, one part lizard and all parts evil, Krampus finds his roots in the German word for “claw.” According to legend, Krampus is the child of Nordic ruler of the realm of the dead, Hel. While mom watched over the dead, little Krampus developed a fondness for terrorizing naughty children. Coincidentally, Saint Nick was in the middle of placing an ad in the newspaper for a “malicious monster willing to punish misbehaving children” when he caught wind of the hellish beast.

Oh! Saint Nick took Krampus under his wing, and now the two roam Germany and Austria on St. Nicholas Day- Dec. 6- looking for children. On this feast day, tiny tots leave shoes outside in hopes that Santa will fill them with goodies. While jolly Old Saint Nick distributes candy and toys in the sneakers and boots of good children, Krampus sneaks inside to grab naughty kiddies and throws them inside his sack. Where does he take them? Back to mom, of course!

“He knows when you are sleeping, he knows when you're awake, he knows if you've been bad or good so”.... you'd better be good or else Krampus will take you from your

family in a stinky bag full of other naughty children.

Arguably the most handsome of the child-snatching Christmas demons, Krampus is a tall, hairy

drink of water measuring approximately seven feet. He gets his height from his muscular legs, one of which has a hoof, the other a claw. It's his face that really

makes him famous, though. Krampus is known for his extremely long, forked tongue, and his pair of sharp horns atop a rugged mess of dark curls. This German hunk has quite the reputation for breaking hearts, though, so be careful not to fall for his looks!

Since Krampus works primarily in Germany and Austria, wily men have taken it upon themselves to further Krampus' efforts. In Hungary, Slovenia, the Czech Republic - in addition to Germany and Austria - adult men don ani-

mal skins and horns and terrorize their towns while intoxicated.

Krampuslauf, an innocent night of fun and traumatization, has even made its way from villages in the middle of Europe all the way to America. (If your parents have purchased any animal skins or horns lately, I recommend investing in some new locks for your bedroom door.)

The third annual Krampuslauf celebration in Philadelphia was held on Dec. 12. So, if you missed this opportunity to hang out with a bunch of wooly, drunken fiends, check out “Krampus,” a black comedy which debuted on Dec. 4 featuring Adam Scott and Toni Collette as the lead characters.

Don't take the coal in your stocking for granted this year, because it could always be worse. You could be in the bottom of a leather sack on your way to the underworld.

We wish you a Merry Krampus, and a Happy New Year.



A naughty child receives a visit from Santa's helper, Krampus.

## Sinister Christmas tales span the rest of the globe

By Jacey Abdalla '17

‘Twas the night before Christmas when all through the house, strange creatures were stirring and not only a mouse. Christmas is celebrated around the world by millions of people, but each person does not celebrate the same way. Across the globe, countries have different holiday traditions special to their culture. In Germany people hide a pickle ornament in their Christmas tree, and on Christmas morning, the first person to find the pickle receives an extra gift. Not all worldly traditions, however, are this nice; in fact, some are just the opposite.

### Greece

The Greeks celebrate the twelve days of Christmas, starting on Dec. 25, and ending on Jan. 6, the Epiphany. Unfortunately, not all twelve days are spent giving gifts and spreading holiday cheer. It is believed that throughout these days, little goblins- called Kallikantzaroi- creep out from hiding to wreak havoc upon the townsfolk once dusk falls.

The small, devil-like creatures dwell underground for most of the year, but can crawl up to the Earth's surface during the twelve days of Christmas. The creatures cannot be in direct sunlight, so they must hide during the day. Each region of Greece has its own description of these little

fiends, but all can agree that the creatures have hoof-like feet, a long black tail, pointy ears, red eyes and a body covered with



An illustration of the Greek Kallikantzaroi.

black hair.

The Kallikantzaroi are generally stupid, and using this fact against them is the easiest way to rid them from your home. One way to chase them out is to place a colander, or flax thread, on the doorstep of your home. The creature will be intrigued by the item and often begins to count the number of holes on the colander or strands in the threads. Since Kallikantzaroi are creatures of the night, anything holy immediately results in the combustion of their bodies, so when the creatures reach the number “three”- which represents the Holy Trinity- they instantly burst into flames and are sent back to the underworld.

The smarter Kallikantzaroi are more difficult to deceive. Like Santa Claus, theseimps slide into homes through the chimney. One way to prevent them from enter-

ing your home is to leave the fireplace burning; however, this also prevents Santa from having a way to enter the home.

### Guatemala

Guatemala has its own special traditions for keeping the Devil away. La Quema del Diablo, which translates to the “Burning of the Devil,” is a tradition that takes place during the week leading up to Christmas. The Guatemalan people believe that evil spirits lurk in the corners of their homes. In order to rid their homes of these creatures, they spend the week sweeping and dusting the house from top to bottom. They do not dispose of the dust and dirt, but save it in a pile outside of the house. At the end of the week, an effigy of the Devil is placed on top of the pile, and the dirt is set on fire. This ritual is done to ensure that the family will have a Devil-free Christmas. After sweeping, the family must bless

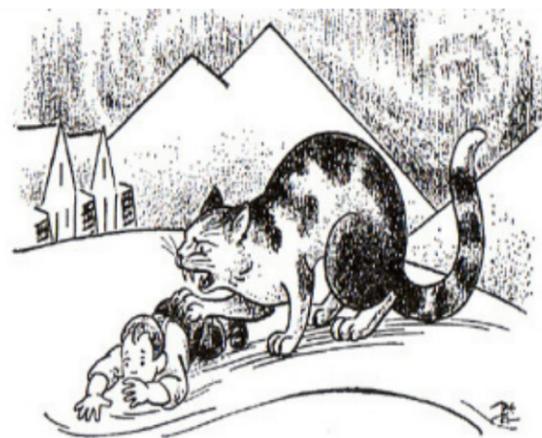


“The Burning of the Devil” ceremony takes place in Guatemala.

their brooms and cleaning supplies with holy water to rid them of any leftover spirits.

This tradition symbolizes the victory of the Virgin Mary over the Devil. On Christmas Eve, people set off special devil-

shaped firecrackers, called *polvorra*, made of paper mache. Other burning of the Devil celebrations happen in Ciudad Vieja and Anti-



The Icelantic Yule Cat terrorizes citizens.

gua where large straw and wooden devil figures are built up and burned in the center of the city. These events bring the people of Guatemala together in celebration of Christmas.

### Iceland

Up North, while Santa is getting ready to deliver presents to all the nice boys and girls, the people of Iceland are scrambling around, racing to give the gift of new clothes to one another. Legend has it if someone does not receive the gift of new clothes before Christmas Eve, the terrifying, people-eating Yule Cat will hunt that person down and eat him or her.

The Yule Cat comes from a legend about two giant trolls and their twelve sons, the Yule Lads. Grýla and Leppalúði and their sons live in a cave in the Icelandic hills and countryside and like to frighten children into having

good behavior throughout the year. If the children are bad, they are at a risk of being eaten by the family and their pet, the Yule Cat.

This strange tradition began centuries ago when the lords of the land needed an incentive for the farmers of their land to work harder and finish faster before the Christmas holiday. These

workers were rewarded with new clothes for Christmas Eve mass if they were efficient and successful. If not, the workers did not receive any new clothes and lived in constant fear of the day the Yule Cat would come to get them.

Today, this tradition has developed to be very important for the Icelandic people. A more positive tradition that has developed from the legend of the Yule Cat is the giving to the less fortunate. People who can afford to are urged to donate to the poor so that everyone may receive new clothes for Christmas.

Christmas is a time when people come together to revel in the holiday spirit. Whether cheerful and exciting or fearful and frightening, traditions are a key component to a nation's culture. Christmas traditions may be different around the world, but they all have one thing in common: If you're not nice this year, you better be worried, because not getting a Christmas present is the least of your problems.

## Achieve gift-giving success

By Katie de Luca '16

When it comes to Christmas, you can trust me, since I'm Mount's official Christmas expert and resident elf. My qualifications include listening to Christmas music as early as October, decorating my room before the Halloween candy is gone and screaming my favorite quotes from "Elf" down the hallways before Thanksgiving starts.

We all know that when it comes to Christmas gift giving, it's not just the thought that counts. Everyone hopes that each festively wrapped package she receives will harbor one that will make all her Christmas dreams come true. While you can't give someone a college acceptance or wrap up a Calvin Klein model under the tree, you can try to give someone a gift that he or she will sincerely enjoy and use.



### Step 1:

Since it's extremely easy to become materialistic during Christmastime, try to select gifts that are not just items but experiences too. For example, lawn seat tickets to a concert, a gift certificate to his or her favorite restaurant or a trip to an amusement park make great gifts. These experience-based gifts can create great memories and let the person know that you're interested in spending more time with

him or her. Not to mention, everyone can use something to look forward to during those dreary winter days after Christmas!



### Step 2:

Hopefully, if you're going to be giving a gift to someone, you know him or her well. If not, try to get to know the person's favorite activities or interests. Creativity is key to finding the perfect gift. Is this person a nature lover? A unique plant's seeds are sure to please! Do you have a cousin who loves to design and draw? Special drawing paper and a high-quality set of sketching pencils would be an ideal present! Here's a useful tip: Don't get someone a gift because it's something you would enjoy. Make sure to focus on what you believe your friend would love!



### Step 3:

Don't just hand someone \$20 in an envelope. This easy-way-out gift shows that you wouldn't bother to put some time and effort into thinking about what the recipient might like. If you have to give someone a gift card, make sure that it's to a place that your friend or family member actually shops. A nice touch is to write a message on the gift card with suggestions of what he or she could buy at the store. For example, if you give your friend a Lush gift card, you could suggest to

look at the bath bombs, since she loves taking baths. This message makes it more personal and shows more thought went into the gift.



### Step 4:

It's no secret that today's society revolves around technology. While getting your sister a MacBook Pro might not be realistic, you can surely stalk her Pinterest for great gift ideas! Ladies, Christmas is the perfect time to put all of our social media knowledge to use. If you see that your friend has pinned countless brownie recipes, you can compile all the necessary ingredients and promise to help her make them. Or, if you notice that your friend loves monograms, hit up Barbara B's to surprise her with something cute and personalized.



### Step 5:

Spending a lot of money is never necessary. There's always a ton of great sales going on at Christmastime. Be sure to stay on top of circulars, emailed ads and coupons and special promotions. If you want to get all of your shopping finished early and get great deals as well, Black Friday is the perfect time to shop! When you can find great gifts for less, you're able to make room in your budget to maybe give an extra gift to a teacher or create a sentimental gift for your mom.

## Eggnog: What's the Verdict?

By Amanda Mooney '17

Do you enjoy the taste of rotten eggs and disappointment?

If so, eggnog is the drink for you. If Christmas is truly the most wonderful time of the year, why is the choice seasonal beverage such a disgrace?

My first experience with eggnog was a traumatic one. When my five-year-old self was handed a mug of this Christmas drink, I was unaware of the horrifying reality that lay ahead. Milk, eggs and nutmeg seemed like a pleasant combination to me, but, boy, was I wrong. My heart stopped as soon as I tasted the thick liquid; it left a bitter, stale flavor in my mouth. After guzzling roughly eight bottles of water, I came to the conclusion that eggnog needed to be removed from all grocery stores across America.

I know what you are thinking -are you really dismissing a holiday favorite that you last drank ten years ago? Well no, I am not. I retry my least favorite drink every couple of years with hopes of having a change of heart; however, my verdict remains the same. Even so, eggnog always manages to

weasel its way into my holiday season. Whether it is because my sister insists on purchasing eggnog every December or because it always seems to appear at every holiday party, the dreadful beverage won't be leaving anytime soon.

When everyone is gathered around the fireplace, sipping eggnog, cozied up in a blanket, I will silently protest with a hot cocoa in hand.

By Emma Veon '17

Eggnog, the most iconic holi-

day drink after the Shamrock Shake on St. Patty's Day, is a Christmas tradition. You can find it in every store, on every table, in every glass come the first day of December. Why? Because it tastes like Christmas!

This sweet, thick liquid tastes like milk, sugar, cinnamon and unadulterated joy. Now, there is a species of happiness-hating humans who find eggnog to be unappetizing, but, in my experience, these people are all just angry because Santa gives them coal every Christmas. You can ignore the "bah humbug" on the lips of every anti-eggnog crusader because even Starbucks is on your side of the eggnog debate - the eggnog latte is Starbucks' most anticipated drink for the winter season every year. When it was erased from the menu, a small army of eggnog lovers worked hard to put their favorite drink back on the list.

So before that one Scrooge in your family tries to throw out eggnog with the figgy pudding and fruitcake, grab a glass of sweet holiday cheer!



The classic Christmas drink, eggnog creates a rift between its lovers and haters.

## What Christmas song are you?

By Amanda Mooney '17

With Christmas quickly approaching, our ears are flooded with holiday tunes. Have you ever wondered which one represents your personality the best? Answer these questions, and you'll have your answer!

A: 3 points

B: 2 points

C: 1 point

1) When do you break out your Christmas Spotify playlist?

a. September. What's the harm in celebrating the best holiday ever a little bit early?

b. December 1st. You adore Christmas music, but you don't want to lose the magic of the season by extending it beyond its rightful time and place.

c. Christmas Eve. You strategically avoid Christmas music on the radio (cough, cough B101) and refuse to enter a mall between Thanksgiving and New Year's. By the 24th, the music manages to sneak its way into your ears.

2) What is your dream holiday gift?

a. A new '54 convertible, light blue.

b. A Christmas snowfall.

c. A Krampus sweater.

3) How many people attend your Christmas dinner?

a. Friends, family, friends of friends... you have been planning all year for this day, so the more the merrier.

b. Just close family and friends. It's more of an intimate gathering.

c. You aren't entirely sure. You spend most of the party locked in your room avoiding people who claim to be your relatives commenting on how old you have been getting. (How would you like it if I cornered you in the living room and let you know how old you look Aunt Sally?)

4) What is your opinion on snow?

a. Let it snow, let it snow, let it snow!

b. A soft dusting is just perfect. Wouldn't want it to get in the way of visiting your family this holiday, though.

c. You are too busy browsing travelocity looking for plane tickets to the Caribbean to notice.

5) What does the outside of your house look like on December 20th?

a. Cindy Lou Who's house was an inspiration for your home's decorations this year.

b. White lights, candles and a charming Christmas wreath.

c. The same as it does on June 20th.

6) It's a cold winter night. You're snuggled up by the fire with a cup of cocoa in hand. What movie is playing in the background?

a. "Elf." "The best way to spread Christmas cheer is singing loud for all to hear."

b. "It's a Wonderful Life." Love you, George Bailey.

c. "The Nightmare Before Christmas." You prefer a haunted twist in your Christmas movies.

**"You're a Mean One Mr. Grinch:" (6-10 points)**

You are more of a Halloween person. All the holly and jolly is a bit too much for you. You'd prefer to avoid the topic of Christmas altogether in an attempt to prevent horrified stares and long-winded conversations on why you should love Christmas.

**"White Christmas:" (10-14 points)**

You enjoy spending your holiday season with your loved ones. Selecting the perfect evergreen with your family, waking up at the crack of dawn to run downstairs Christmas morning and gathering together for a turkey feast later that night are all holiday staples in your house.

**"All I Want For Christmas Is You:" (14-18 points)**

You go all out each Christmas season. Your house is the first to wear its decorations and you already have ABC Family's Countdown to Christmas movie list memorized. Whether it's organizing an ugly sweater party or a holiday cookie contest, people can rely on you to make each Christmas better than the last. Sometimes you overwhelm people with your holiday spirit, but that's ok, because you know Christmas is the most wonderful time of the year.

## Lauren Duda '10 launches her career

By Callie Shinkle '17

Mount alumna Lauren Duda is combining her talent in communications and her interest in the sciences as an employee of Lockheed Martin, an American aerospace, defense, security and advanced technologies company. Duda is currently a member of Lockheed Martin's Communications Leadership Development Program, or LDP.

LDP is a highly selective corporate talent development program which works to build communication and leadership skills over a two-year course which consists of one year working in internal, or employee, communications and one year in media and digital communications.

Duda was first introduced to Lockheed Martin while she was a junior at Mount. As a member of the robotics team, Duda naturally developed an interest in communications; so when the Firebirds gave a presentation at Lockheed Martin's King of Prussia office, she introduced herself to the onsite communications director. Duda stayed in touch with her for the next few years, and even secured an internship at Lockheed Martin after her freshman year of college.

During this early internship, Duda's director encouraged her to apply for the LDP program. Duda

says, "Senior year, when I was looking for a job, her words were ringing in the my head. So I went for it – and the rest was history."

Duda soon found out that she had earned the position if she was willing to make at least one physical move, called a "rotation." Duda quickly moved from Philadelphia to Fort Worth, Texas, to work in Aeronautics, then to Denver, where she currently resides, to work in Lockheed Martin's Space Systems business.

In Denver, Duda works with media relations and digital/social media. Her job involves meeting with reporters to discuss the program, facilitating interviews and handling media requests for information.

Lauren also helps create infographics to showcase products and compose feature stories and posts for social media.

"Telling the Lockheed Mar-

tin story through these outlets is especially fun," Duda explains, "because here at Space our 'products' include these crazy cool, technological things

signers on an infographic, and the next I could get called into a quick-turn, interview prep meeting with one of our top-level executives."

In addition to the dynamic pace, Duda loves that her position allows her to meet such a variety of people.

She says, "Whether it's writing an employee feature on a fighter pilot or just chatting with an aerospace journalist at a media event everyone's got a compelling story to tell."

Duda also enjoys learning new information everyday. "The technology we're building here is so sophisticated, and it's my job to tell that story," she says.

"Learning how to talk about that tech in a way that matters to the public audience is a great, mentally stimulating challenge that I live for everyday."

One of her greatest experiences include working on employee communications for the F-35

fighter jet program, which is the largest defense program in history. Duda says that some of her communications in that project went out to upwards of 9,000 people.

Duda also enjoys the global aspect of LDP that allows her to connect with people all over the world. This international connection has required her to communicate with non-English speakers. She recently worked communications for a Mexican government satellite launch and used her talent in Spanish to create a bilingual social media site and assisted with Spanish language videos promoting the launch.

Duda credits much of her success to the solid sense of confidence that Mount instilled in her, saying, "They expect a lot out of young women at a time in their lives where most young women don't expect a lot from themselves."

She says this confidence is formed because, "the Mount imparts a strong sense of integrity, academic merit and all-around excellence on its students. When you meet and even exceed those high – but necessary – expectations, it instills a confidence in you that grows as you continue through life."



Lauren Duda '10 currently works as a member of Lockheed Martin's Communications Leadership Development Program.

like satellites and spacecraft built to explore other planets."

One of Duda's favorite parts of her job is that no two days are alike. "One minute, I could be working with our graphic de-

## Is nothing sacred? Bacon banned!!!

By Sarah Haurin '16 and Juliana Kardish '16

The world is ending. In other words, science has betrayed us, and bacon causes cancer.



This past October, the World Health Organization's (WHO) International Agency for Research on Cancer stated that processed meat is "carcinogenic to humans," residing in the highest category of cancer risks. This category also includes alcohol, asbestos, arsenic and cigarettes, which will now have to share their infamous title with bacon.

According to the International Agency for Research on Cancer (IARC), "each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18 percent."

The IARC isn't really messing around, either. In their report, they affirm that bacon and other processed meats DO cause cancer, not even taking the precaution to say that it may cause

cancer.

The good news is, bacon is not the only delicious meat in the world! We can forget about processed meat and enjoy some ham.



Red meat, however, has been linked to increasing the likelihood of breast cancer, colon cancer and even prostate cancer. To save yourself from cancer, you should probably stick to white meat only. Grill yourself up a nice, juicy breast of chicken.



Oh, wait. Scratch that. Cooking meat at extreme temperatures such as those used in grilling can increase the risk of cancer.

Science would then suggest that it is best to abstain from meat. A nice slab of salmon, baked with a delicious lemon dill sauce will make a nice replacement for your meat.



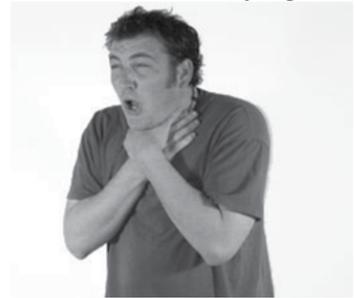
Unless of course, your goal is to avoid cancer, then salmon is probably not an option. Farm raised salmon, which constitutes 60% of salmon consumed in the U.S., is fed unnatural diets filled with chemicals and carcinogens.

Let's just forget about all animal products when deciding on our perfect meal, and let's just eat some fruit and vegetables!



Make sure that you're eating only organic produce, though, because the pesticides used to grow produce have been linked with cancer.

The only way to really avoid cancer is to forgo eating and simply live off the air. Be sure that the air you are consuming, however, is free of any cigarette



smoke, asbestos or arsenic.

Or you can just accept the fact that the entire world has become a carcinogen and eat all the bacon that your little piggy heart desires.



To satisfy your bacon cravings without the risk of cancer, try these vegan bacon brands, made from high-protein meat replacements:



Sweet Earth Hickory & Sage Smoked Seitan Bacon



Smoky Maple Bacon Marinated Tempeh



Lightlife Smart Bacon

## Cryogenics: Could man live forever?

By Eliza Ewing '16

Death has captivated the human mind since time began. As far as 225,000 years ago, our human ancestors may have hazily “cached” their dead in remote, hard-to-access caves. Permanent burial sites appeared with the Neolithic period about 25,000 years later, and better-preserved remains have allowed scholars to suggest that as ancient humans’ funerary rites became more complex, so did our ancestors’ perception of death.

Soon, early religions began to address the question of what might happen to a soul who transcended death. Most ancient cultures reserved immortality for gods, goddesses and demi-gods. As religion diversified and progressed, however, cultures around the globe began to toy with the idea of human immortality. In recent times, the advent of “science-fiction” literature reversed this subconscious belief in the intrinsically negative view of human immortality by introducing the theoretical possibility of immortality not by magic or curse, but by chemistry.

Cryogenics is the branch of physics dealing with very low temperatures and how materials behave at those temperatures. The field emerged nearly a century and a half ago and grew out of one of the great advances of industrial necessity, refrigeration. Later research introduced

cryogenics to the medical world, where it served to augment the availability of live-virus vaccines, which could be preserved at cryogenic temperatures. Though the industrial applications of cryogenic science are immense, humanity’s fascination with death has led cryogenic scientists to an application united with science-fiction literature: cryopreservation.

Alcor Life Extension Foundation is an independent cryonics (“cryonics” is the industry synonym for “cryogenics”) organization based in Scottsdale, Arizona. Now one of the most successful cryonics companies in the world, Alcor was founded in 1972 as one of the earliest of a host of pioneering non-profits that emerged in the early 1970’s.

All of these companies have an intense interest in investigating valid, reliable means of human preservation via cryogenic science – the study of cryopreservation, or, more broadly, of human cryonics.

Human cryonics takes advantage of what Alcor calls the “window of opportunity” between

legal death, declared when the heart stops beating, and the time when the brain actually ceases to function, a poorly understood interval that might last anywhere from five minutes to several hours. Once death is declared, the cryopreservative process is initi-

a heart-lung resuscitator. The patient is then laced with a cocktail of drugs that reduces the brain’s oxygen consumption, dissolves existing blood clots, increases blood pressure and protects brain function by inhibiting certain neurotransmitters.

Once laced, the patient is moved to a surgical operating room, where physicians access the femoral arteries and veins and place the patient on a specialized mobile heart-lung machine, which takes over the function of the patient’s own organs. The machine gradually lowers the temperature of the patient’s fluids to just a few degrees above the freezing point of water while slowly replacing the patient’s blood with a preservation so-

lution engineered to sustain the body at low temperatures. Once cooled, the body is packed in ice and shipped to Alcor’s Scottsdale facilities.

The more intensive second stage of cryopreservation begins in Alcor’s operating rooms. A physician opens the patient’s chest cavity and connects the aor-

tic arch and right auricle of the heart to a perfusion circuit, which flushes any remaining blood from the body and replaces it with a “base perfusate.” When the patient’s blood has been totally removed, a cryopreservative solution is gradually fed into the patient’s body over a period of about two hours. This cryopreservative solution is a type of “medical-grade antifreeze” that allows the body to *vitrify*, or reach cryogenic temperatures without the formation of ice crystals within body cavities. Once perfused, the body is placed in a fan-cooled chamber and cooled to precisely -196 degrees Celsius over the course of two weeks. Finally, the cooled body is placed in long-term storage in a liquid-nitrogen-cooled chamber.

The industrial applications of cryogenic science are well known, but the indefinite nature of human cryonics makes it inherently untestable. The results of this delicate experimental science are yet to be verified, and as long as questions remain about the true intent of human cryonics, ethicists struggle with the morals of chemically cheating death. However, human cryonics represents an exciting face of man’s millennia-old fascination with death. While the results are uncertain, cryogenic science offers the tantalizing possibility of that unreachable desire our ancestors could only dream of: immortality.



Filmmaker Mark Wexler tries out a liquid-nitrogen chamber at the Alcor Life Extension Foundation in Scottsdale, AZ.

ated and time is of the essence.

Organizations like Alcor achieve cryopreservation via a meticulous multi-step process that centers around protecting the patient’s brain and begins with reaching the deceased as soon as possible. The body is placed in an ice-water bath, and blood circulation is artificially restored using

## Bubonic Plague makes a comeback

By Madeline Lauinger '16

On Oct. 24, a sixteen-year-old female was admitted to the Crook County Hospital in Bend, Oregon, with a high fever, swollen lymph nodes and fatigue. After careful deliberation, doctors diagnosed the young girl with the Bubonic plague.

The Bubonic plague, better known as “The Black Death,” took the lives of an estimated 50 million Europeans during the 14th century. Characterized by flu-like symptoms and swollen lymph nodes, or “buboes,” the disease is incredibly painful as well as contagious. It is credited with killing nearly 30-50% of Europe’s population.

Present-day scientists recognize that the probable cause of the plague is a bacterium called *Yersinia Pestis*, carried by a type of rat flea known as *Xenopsylla cheopis*. The flea transfers the bacteria to rodents, a mammal frequently found roaming the streets during the Middle Ages. The rat then carries the bacteria to the human population through accidental ingestion of feces or a direct bite. Once established in the human population, the disease can spread like wildfire



Rats are the traditional symbol of the Bubonic Plague, since the disease can be contracted primarily through human-rodent contact.

through coughing, sneezing and direct contact with contagious humans.

Within three to four days of contracting the bacteria, the victim develops symptoms such as vomiting, headaches and fever as the bacteria quickly multiplies in the body’s lymph nodes. Eventually, the disease takes the life of the victim.

The Oregon Health Author-

ity claims the girl contracted the bacteria from a fleabite she suffered on a hunting trip. She was admitted to the hospital five days after the bite.

Epidemiologists, Oregon Public Health officials and the Centers for Disease Control and Prevention in Atlanta are working together to investigate the illness. So far, no one else in the girl’s hometown of Crook County has

been diagnosed with the plague.

“Many people think of the plague as a disease of the past, but it’s still very much present in our environment, particularly among wildlife,” says Oregon Public Health veterinarian Emilio DeBess. “Fortunately, [Bubonic] plague remains a rare disease, but people need to take appropriate precautions with wildlife and their pets to keep it that way.”

In order to prevent contracting the plague, people should avoid sick or dead rodents, rabbits and squirrels, as well as their nests and burrows; keep their pets from roaming and hunting; talk to their veterinarian about using an appropriate flea control product on their pets; clean up areas near the house where rodents could live, such as wood piles, brush piles, junk and abandoned vehicles; bring their sick pets promptly to a veterinarian; see their doctor about any unexplained illness involving a sudden and severe fever; put hay, wood and compost piles as far as possible from their homes and keep their pet’s food and water far from where mice can get to it.

Overall, although precaution is never unwarranted, there is no need for widespread panic. Since 1995, only eight people in Oregon have ever been diagnosed with the plague. On a global scale, out of a recorded 750 cases of the plague post-medieval era, 126 have resulted in the death of the victim. Although current vaccines are rendered basically useless against the bacteria, several antibiotics are found to be effective for treatment of the plague.

# Essena O'Neill becomes "game changer"

By Julianna Kardish '16

"It's perfectly orchestrated self-absorbed judgment. I was consumed by it. This was the reason why I quit social media: ...it consumed me. I wasn't living in a 3D world."

These passionate words of Essena O'Neill – Instagram celebrity, YouTube star and renowned Australian model – explain why she recently deleted her Facebook, Instagram, YouTube and Snapchat accounts after devoting three years of her life to promoting companies and clothing lines via these social media platforms. Now, O'Neill is deciding to reinvent herself, but this time, without the use of an editing app.

Before completely deleting her hugely successful Instagram account this past October, O'Neill deleted over 2,000 posts and edited captions to reveal her "behind-the-scenes"

secrets of the pictures that she kept. Days later, O'Neill posted an emotional YouTube video explaining the reasons for her sudden and drastic change. The video immediately went viral, as both supporters and detractors discussed the former model's bold message.

O'Neill wants the world to know the truth about her life as an Instagram celebrity. Fed up with our generation's obsession with social media and self-promotion, O'Neill shared her personal experience in a 17-minute video saying, "I simply no longer

want to compare my life with anyone else's edited highlights. I want to put all of those hours I looked into a screen into my real life goals, personal relationships, and aspirations."

O'Neill explained her source of income came from her promotion of products on her You-

motivate the youth of the world "to be game changers" and care about actual problems, instead of trying to find the best time of day to post in order to receive optimum likes. Leaving her previous life of social media fame, which she believes displays "contrived perfection," O'Neill now devotes

encing the same pressures of our culture which promotes perfection, posing and proving oneself. Others are more skeptical of O'Neill. Before O'Neill deactivated her Instagram, American YouTubers Nina and Randa Nelson published a video alleging O'Neill's story was a stunt to

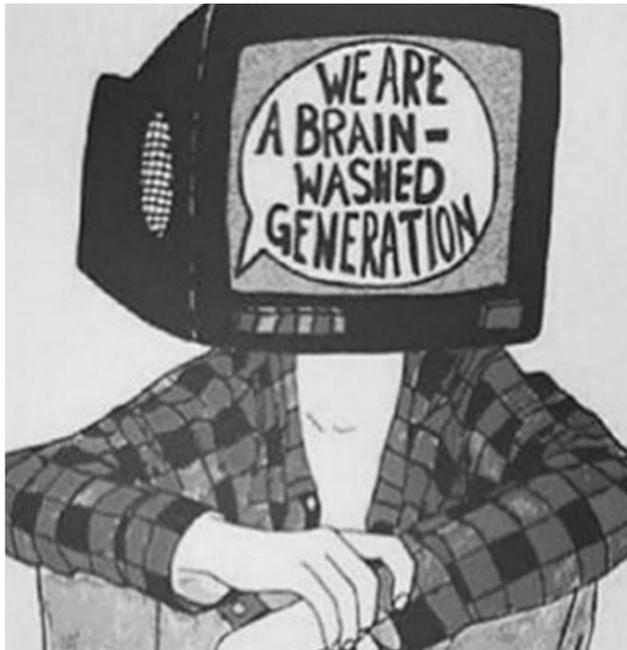
## Moving Forward:

O'Neill's video and new blog have reenergized the discussion of social media's effect on the current youth's overall happiness and health. Technology affects psychology, and researchers are noticing its negative effects on mental health. Some scientists suggest that social media is, in fact, addictive and can increase the risk of developing anxiety, anorexia and other illnesses and emotional disorders. Possibly as an indirect result of the prevalence of social media in our society, depression and suicide rates in the United States and worldwide are exponentially increasing.

The conversation began years ago when Facebook was at its peak in terms of popularity and usage. *Medical News Today* in 2012 reported that Facebook increased emotions of anxiety and social inadequacy in its users. Previous studies at the University of Michigan have found that avid social media use may lead to unhappiness and FOMO (fear of missing out) Anxiety.

Although social media can allow users to express themselves, engage in communication with other users and stay connected with others around the world, it can be addictive and harmful to an individual and society as a whole, as O'Neill and recent research both suggest.

While we are all free to reap the benefits of social media, it is up to us to remember that we derive authentic happiness from living in the moment.



Instagram star-turned-model Essena O'Neill invites our generation to join her in stepping away from social media to enjoy real life with friends and family.

Tube and Instagram accounts, which had half a million followers each. She admitted to receiving easily over "\$2,000 AUD a post." Although receiving a huge amount of cash for every post sounds like "a dream," as O'Neill states, she was disheartened by the façade she had been putting up for so many years. Depression and anxiety, caused by the pressure to be perfect and heightened by society's social media craze, haunted her life.

O'Neill decided to address the need for a simpler existence and wants to

her time to the movement: Let's Be Game Changers. Her new blog ([www.letsbegamechangers.com](http://www.letsbegamechangers.com)) pledges to promote social change and share inspiring content, such as O'Neill's favorite TED talks and thought provoking images of artwork. Previously using social media to construct herself and display inauthentic, posed pictures and filtered highlights of her personal life, O'Neill now uses a blog to begin discussions about prominent issues in our society.

Many people are sharing O'Neill's message simply because they can relate to experi-

get more followers. Firing back at her celebrity friends, O'Neill wrote on her website, "okay, am I only the one over all these headlines? Let's talk about positive change and actual topics!"

O'Neill's message speaks many truths. Inspired by her message, I encourage everyone to take a week off from all social media. I would much rather live life in a 3D world than through a 2D screen.

## Puppy therapy relieves stress for students

By Sarah Rothenberg '17

The intense stress caused by school, sports and daily life is often difficult to manage. However, researchers have recently discovered that sometimes all someone needs to help him or her cope with this stress is the calm affection of a four-legged friend.

A new study, done by Anna Gawlinski, R.N., D.N.Sc., and Neil Steers, Ph.D., recently affirmed the credibility of a new therapy called animal-assisted therapy, or puppy therapy. Puppy therapy is intended to help reduce pain, anxiety and depression. The puppies are trained to reinforce rehabilitative behaviors in patients, a tactic similar to those used in physical therapy.

The findings from the study done at the UCLA Medical Center verified that puppy therapy has powerful benefits. The study showed that after a twelve-minute session with a dog, the patient

was relieved of some anxiety and his or her heart and lung pressures were improved. The dogs also lifted the spirits of the patients, families and workers in the hospital. One patient said, "It is the next best thing if family is not there."

After the favorable results from the study were released, puppy therapy has been introduced in settings other than hospitals.

Puppy therapy on college campuses is becoming increasingly more popular. One huge event, known as Puppy Palooza, is held at the University of Maryland during finals week. The university just hosted the 2nd annual Puppy Palooza, where students were allowed to interact with different dogs for two hours a day during their exam week.

The Palooza included a room filled with dogs and puppies that were there to help alleviate the

a much needed break from the pressures of studying.

Exam stress is one major factor why colleges are considering providing puppy therapy on campus. Yale Law School was the first school to recruit therapy dogs for its library. The puppies, housed in the library, can be "checked out" for a period of time to be played with by students. Other colleges such as Harvard and William and Mary are following in Yale's footsteps and are starting to get therapy dogs that students can visit during library hours.

Therapeutic dogs are also used to combat homesickness on college campuses. There are many college students that become homesick, and in severe cases it can cause or

worsen anxiety and depression.

Homesickness also increases a student's likeliness to drop out of school if he or she decides to move closer to home. Psychologist Christopher Thurber says that homesickness plagues 20% of students and for 5% of students it is so severe that it hinders their daily life. Many colleges, including the University of Minnesota, hold pet visiting sessions with therapy dogs so students can relieve stress and homesickness. Being with the puppies brings smiles to students' faces and many feel much better after playing with them.

Allowing students to play with "man's best friend" increases happiness and decreases stress hormones in hospitals and on college campuses, proving that man's best friend truly lives up to its title.



Spending time with puppies has been shown to improve mood and decrease anxiety.

stress of students. Playing with the puppies provided students

# Commitments overwhelm athletes

## Campanile asks; Steble answers

By Taylor Grey '16

On National Signing Day, Nov. 11, thousands of high school seniors signed their National Letters of Intent. These NLIs make a Division I college commitment for an athlete official, the culmination of the long and grueling recruiting process that sometimes takes years to complete.

Most athletes don't begin the recruiting process until their freshman or sophomore year of high school, and some never see it to completion. However, an alarming trend has taken root: A commitment is expected, and as the years wear on, these commitments are occurring earlier and earlier. In sports such as lacrosse, baseball and basketball, early verbal commitments have been occurring for years. Lacrosse players are scouted as freshmen and sophomores and typically commit during the first half of their high school career. Alarmingly, some even commit in eighth grade. However, in other sports, like field hockey, in which athletes verbally commit in their

junior year, more and more players are beginning to commit as sophomores—even though field hockey coaches technically aren't allowed to initiate contact with players until Sept. 1 of their junior year.

This trend of early college com-

mitments has a profound impact on the athletes partaking in the recruitment process. First and foremost, it forces mere fourteen-year-olds to select their futures. Of course, this doesn't sound like a bad thing until one considers that most seniors still don't know what they want to do with their lives—freshmen shouldn't either. Throughout high school, so much growth and development takes place that the

college that seemed like a perfect fit during freshman year suddenly isn't what the athlete wants anymore, and this change in priorities is totally normal. However, although a verbal commitment isn't binding, athletes may still feel compelled to attend the swift no. However, they usually don't stop there. The next question is always, "Well, are you going to?" When I say, "We'll see what happens," the questioner looks dissatisfied with my response, which is indicative of the shift in athletic culture. The reality is that some people commit early and some don't commit at all, but the consensus throughout the sports community is that a commitment is expected, which is a difficult expectation to live up to.

High school students are subjected to enough pressure at school alone, and the changing sports culture isn't helping. Expectations are rising

as ages of commits decrease, a startling trend that has begun to take hold: It's forcing athletes to decide on their life's aspirations before they can even drive and teaching them that if they don't, they'll be left in the dust.



	WOMEN	MEN	PCT.
Lacrosse			36
Lacrosse			31
Soccer			24
Volleyball			23
Basketball			18
Volleyball			18
Field hockey			15
Soccer			8
Basketball			5
Football			4

Above are percentages of athletes in each sport who receive and accept scholarships before the official NCAA recruiting process begins.

school to which they committed despite a shift in aspirations. This isn't the case for all athletes, but it's definitely a factor for some.

Another issue with the commitment culture is that commitments aren't celebrated as unique anymore—they're expected. In my experience playing club field hockey, I've been asked countless times, "Did you commit?" by people I sometimes barely know, to which my answer is always a

## Fall sports wrap up strong seasons

By Callie Shinkle '17

With two AACA championships and one District 1 championship, the fall sports teams this year have proven that they possess the strength and determination necessary to continue Mount's winning legacy.



Cross-Country

The cross-country team only lost one dual meet of their entire regular season. The team placed second in the Catholic Academies League Championship, and earned a coveted spot at districts. Although no individuals made it past the first round of districts, junior runner Kelly Ward says, "We competed really well overall as a team."



Field Hockey

The field hockey team showed a strong resolve throughout

the season, earning the girls a 12-6 regular season record. The team placed second in the AACA and made it all the way to the third round of districts.



Golf

The golf team remained undefeated in the regular season and won the team's fifteenth consecutive AACA Championship. The girls' hard work and natural talent combined shone through during the District 1 championship, where the team took home first place. To cap off the season, the golf team was the state runner up, their seventh top-two finish in the state championship in ten years.



Tennis

The tennis team also went undefeated in regular season matches. The team won the AACA

championship, a goal they had set since the beginning of the season. The group ended their season in the first round of districts. Junior co-captain Katie O'Sullivan says, "We had an amazing group of girls and an amazing coach, which helped us a lot during our season."



Soccer

The soccer team earned a 9-6 regular season record. Through exceptionally hard work and determination, the team managed to make it to the first round of districts.



Volleyball

The volleyball team enjoyed a 12-6 regular season record, and placed second in the AACA. The team fought their way to the third round of districts, upsetting third seed Strath Haven to do so.

## Lloyd inspires

By Sarah Haurin '16

A hat trick during the women's World Cup Final. The Golden Ball award. The full 630 minutes of play in the World Cup tournament.

With these on her list of accomplishments, Carli Lloyd is a force of nature. On November 19, Lloyd spoke at the Pennsylvania Conference for Women, an event that fourteen of our seniors had the privilege of attending.

In her speech, Lloyd encouraged and inspired the attendees of the conference to commit fully to their goals and work on these goals every single day.

Lloyd shared with the audience her own struggles that she experienced on the path to get her to where she is today. After joining the women's national soccer team, Lloyd found herself as no longer the best player. She then realized that in order to be the best at her sport, she had to put it first. Citing Muhammad Ali, Michael Jordan and Bruce Lee as some of her inspirations, Lloyd explained the necessity of practicing every day - even on holidays.

Lloyd also affirmed the ne-

cessity of recognizing one's weaknesses; greatness involves "having the courage and the confidence to not only work on those [weaknesses] but to make them the best that they can be."

Lloyd's commitment to herself and her sport was clearly evidenced in her performance during the World Cup tournament, but the efforts of her and her teammates were largely overshadowed by the egregious pay gap between the prize awarded to the men's tournament's champion and the women's.

Lloyd recognizes and openly discusses the disparity in the treatment of male and female athletes, commenting after the win that the women's team "work[s] just as hard as the men's team."

When asked about the issue at the conference, Lloyd responded optimistically, saying, "There are so many powerful women out there, and you're really seeing such a big movement, whether it be in politics or news or sports; we are really working hard, and I know that eventually the pay gap will decrease... We just gotta keep fighting."

# B-ball shoots for nothing but net

By Madeline Lauinger '16

Hanging on the wall of the locker room is all the motivation the Magic need to fuel their desire this season.

It's not a trophy nor a tribute.

It's The Inquirer's Top Ten Ranking for the 2015-2016 season, and the Magic is missing from the list.

"We use it for motivation," said junior Ashley Smith. "We weren't ranked in the Top Ten last year either, but we won the AACA Championship for the third year in a row."

The team hopes to capture the title for the fourth year, and Smith points to the team's increased "versatility" as a key factor in their favor.

"Each player can fill more than one role," said Smith, who plays both forward and guard this year.

So far, the Magic's strategy is paying off.

The team won their two preseason scrimmages and triumphed at the prestigious tournament at Methacton, where

they beat powerhouse Ridley High School.

The first true test for the season, however, came Saturday, Dec. 12, against a talented Council Rock North team. It was a fight to the finish, with Smith scoring a crucial layup at the buzzer to tie the game and send it into overtime. In OT, senior co-captain Caitlin Cunningham made free throws to seal a 50-47 Mount victory.

"The Council Rock North game was a character building game because it was tough, but we managed to pull it out with a couple of big plays at the end," said



Senior captains Caitlin Cunningham and Libby Tacka look to capture another AACA championship.

senior co-captain Libby Tacka. "It was the first real test of the season."

The team attributes its early success to their positive dynamic.

"We are a family that has been together for three or four years, and we all gel together so well on the court with everyone bringing her different contributions to the success of the team. The team has a great work ethic, and we all have the same motivation to accomplish our team goals," said senior, varsity player Kristen Lucas.

In order to achieve the same success as pre-

vious years, Cunningham said, "Players also set smaller, more personal goals, such as shooting 70% from the free throw line and playing tough defense to keep opponents' scores to 40 points or lower."

When The Campanile went to press, the team was preparing to face Villa Maria in its first AACA league game on Tuesday, Dec. 15. Players were also getting ready for their next test, league rival Gwynedd Mercy, on the Magic's alumnae day.

"Last year we played three really close games with Gwynedd. We won the first, they took the second, but we beat them in the AACA Championship," said Tacka.

Athletic Director Mrs. Janet Columbro said, "With a 4-0 record, the team is off to a promising start." She added that the team will suffer the loss of Coach John Miller, who is retiring at the end of this season after ten years with the Mount.

## Winter track stays tough

By Gracie Gelone '17

Fueled by the success of its first two seasons, Mount Indoor Track (MIT) now looks forward to its third year as a varsity sport.

After losing key seniors, MIT is relying heavily on its younger runners. Coach Kitty McClernand says, "I am confident that promising upperclassmen and newcomers will build upon last year's successful season."

Coach McClernand also notes that MIT will depend on its seasoned veterans, particularly sprinters, senior Lauren Ciasullo and junior Sarina Clary; and mid-distance runners, seniors Julianna Kardish and Gabby Good. Ciasullo and Good also look forward to mentoring their younger sisters this year, mid-distance runners, freshmen Megan Ciasullo and Ryan Good.

"In my final year running for Mount, I really want to give it all I've got and run a personal best," Ciasullo said about her hopes for the season. "I want to utilize this winter season to improve myself and really prepare for outdoor track. I think the team can really improve this season by pushing one another. Winter track is hard both mentally and physically due to the conditions and the weather, but as long as we stay focused and work hard, I know we will have a great season."

Other additions to this MIT season include juniors Caroline Kardish and Kelly Ward in pole vault.

"I am excited to get back into pole vaulting," said Kardish about the upcoming season. "I think this indoor season will be a great learning experience for Kelly and me, and I'm so excited to improve."

"This season we will work on our strength and endurance to prepare for the outdoor season," Coach McClernand said about goals for this season. "We're looking forward to a fun and exciting season."

MIT ran in their first meet on Dec. 12, at Lehigh University, giving the team plenty



Senior captains Grace McCullough, Katie Strosser and Lauren Ciasullo spearhead indoor track's third varsity season.

of time to prepare for upcoming races.

After the meet, Ciasullo said, "Since it was our first meet, I think the team, as a whole, did well. We need to and can improve our times and handoffs as the season progresses."

## Swimming "dives" in

By Grace Comerford '17

After placing second in the Catholic Academy League, breaking four school records, and sending three relays and ten individuals to the Pennsylvania District One Qualifiers last season, the swim team

of the captains, I hope to incorporate new, fun team bonding exercises."

The team is looking forward to spending time with and getting to know the talented new freshmen, but they were upset to see last year's seniors go.

"We lost many prominent leaders last year when Steph Eble, Haley Sannem, Georgia Kelly and Reagan McCarthy graduated," said Sandquist, "but this year we have a very large group of freshman which is very promising."

Coach Janet Pudlinski is also looking forward to another great season. "We consistently have a strong team that works hard as a group and supports each other," said Pudlinski. "As usual, I think our depth is our strength. The key to our success has always been being able to place not just one, but three strong swimmers in each event."

Something special about the team is the close relationships that the girls form throughout the season. "We have the best team dynamic," said Comerford. "The support and love the team shares is beyond words. That is how a team becomes so successful."

The team strives to achieve success by setting goals. The girls each set individual goals for themselves to improve their own times, but the team as a whole sets common goals, as well.

"As a team, I think we can send more girls to districts this year than we have in any of my three seasons on the team," said Sandquist. "Last year there were a lot of girls at districts, but so many more were just on the edge of making the times, and I think that this year we are in a really good position to have a big team at districts."



Senior captains Elizabeth DeGroat, Julia Comerford and Rachel Sandquist smile at a meet.

hopes to achieve equal or greater success this season.

As captains Julia Comerford, Elizabeth DeGroat and Rachel Sandquist enter their fourth year of swimming at the Mount, they hope to leave their mark on the team and create a lasting legacy.

"This year will be different than previous years," said DeGroat, "because as one