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Founders' Day renews spirit of unity



Members of the Class of 2017 celebrate their last Founders' Day on Friday, October 14, with a breakfast party in the courtyard.

Speakers reflect on impact of Title IX

By Caitlyn Bell '17

Anita Hill brought rape culture to the public eye in 1991 when she testified against Supreme Court Justice Clarence Thomas for sexual harassment in the workplace. Annie Clark, years later, has continued to reveal the epidemic of sexual assault on college campuses, inspiring the Oscar-winning documentary "The Hunting Ground."

The two women spoke back-to-back at the Pennsylvania Conference for Women on October 6 about the work they have done to end the culture surrounding abuse and harassment that women face in their academic and professional lives.

Both women mentioned Title IX, which states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

We think of Title IX as referring almost exclusively to sports, but this amendment applies to any and all forms of discrimination against women. What Clark and Hill argued is that women feeling unsafe on campus is a form of discrimination, preventing women from receiving equal education.

"My challenge is to remove assault, harassment and any other obstacles that women have that stand in the way of gender

equality," said Hill, highlighting that sexual assault on college campuses stands as a barrier for women in more ways than one.

Victims face trauma that affects every aspect of their life. Annie Clark herself said that her experience with assault led her grades to drop dramatically. Luckily, she was able to push herself to succeed and was able to become a professor, a position that she has used to fight for justice on campus and in schools.



Annie Clark, author of "We Believe You," speaks on rape culture.

However, many other women are not able to get back on their feet after being sexually assaulted and silenced.

In order to achieve gender equality, we must end the epidemic of rape on college campuses. The fact that two keynote speakers at a women's conference spoke on some form of sexual assault shows that this obstacle is one of the largest that women in America are facing today.

By Paige Comtois '17

On October 6, former professional soccer player Abby Wambach spoke as a keynote speaker at the Pennsylvania Conference for Women.

Abby Wambach opened up the speech discussing Title IX and how it directly and indirectly affected her life. Wambach discussed how Title IX started out small and how the people who initiated it did not expect the massive impact it would have.

"So the lesson here is that you might be working on something you think is small, . . . irrelevant, . . . but you have to be impassioned in doing things that may not actually even exist yet. . . . What you're doing now might actually help you in the creation of what could be something in the future," said Wambach.

When Wambach was growing up, there were not many opportunities for women to play sports professionally, but she was empowered by her family and friends to follow her dreams and achieve what she did playing soccer.

Wambach then addressed the shirt she was wearing, which simply read, "Wild Feminist," and pointed out all of the men who had approached her to compliment the shirt.

She then thanked the men and said, "It's not just about all the women that empowered me to be my best self. . . . Even though this is a women's conference, the men out there need to be acknowledged."

Addressing the misconstrued idea of feminism, Wambach hu-

morously said, "Feminism is not about women taking over the world, although that would be fun. Feminism is just about having equal opportunities, equal rights."

During her speech, Wambach discussed how she sees society changing. People today are so passionate about issues such as women's rights and equal pay that they are unwilling to listen to the opinions of people with opposite viewpoints.



Abby Wambach, professional soccer player, speaks on feminism and opening up dialogue.

"I believe that we need to start opening up more room and space for real conversation, real dialogue. . . I believe that what's happening now is that. . . we're only following the people we agree with. . . We are putting ourselves in these small circles, and our circle isn't capable of getting bigger because all we're doing is talking about the same things," said Wambach.

Wambach went on to say that

people are unable to lead because they can't expand their ideas and agree to disagree with someone else. Everybody is too caught up in his or her own opinions that if someone disagrees, that person is pushed away and disregarded. Wambach said that although she doesn't always agree with and support others' opinions, she has to respect that they have opinions.

People cannot have civil discussions with people of opposite viewpoints and understand other points-of-view. Society needs to change so that people of opposing viewpoints can sit at the same table, engage in intellectual conversations, take things less personally and be capable of respecting different opinions.

People need to be uncomfortable, put in positions where they need to speak up and "be less offended all the damn time," according to Wambach.

Discussing the negative stereotype about millennials wanting more, Wambach said that it is not a bad thing.

If people want more and expect more, that is how they will achieve more for society.

After touching on many important and controversial topics, Abby Wambach closed her empowering speech by saying, "Don't be afraid to step to the table, not take things personally and never forget where you came from because Title IX happened to me, . . . but Title 9.2, that's up to you guys."

M New teaching and staff colleagues

Ms. Mary Kate Steinmetz

By Maeve McCormick '18

A self-proclaimed history dork, Mount alum Ms. Mary Kate Steinmetz '10 joins the History Department with high hopes.

"I think history is like reality TV from years and years ago, so I do not want people to think it is boring," she said.

Ms. Steinmetz has a degree in History and Social Studies in Secondary Education and minors in Holocaust Judaic Peace Studies and Special Education from Appalachian State University.

Ms. Steinmetz said, "All those questions you have at a school as a new teacher I knew the answers to, because I went here but...[T]he whole calling teachers by their first name doesn't go well." She is excited to experience events, like Founders' Day and Charity Day, from a teacher's viewpoint.

"Being a former Mountie, Ms. Steinmetz is aware of the Mount mission, not only academically but also morally and ethically, and I know she will be a great role model for the girls," said History Department Head Major John Turner. "It is a pleasure to have her as a student and now a colleague."

Ms. Steinmetz said she knows what it is like to attend

Mount and the struggles of balancing a sport with school. She has helped to coach volleyball for two years now and admits that while the time commitment may be exhausting, she would not have it any other way.

She said the level of comfort she has with the team is



New teachers and staff Ms. Steinmetz, Mrs. Feilke, Ms. Hennessy, Mr. Fabrey, S. Joan Suberati, Mrs. Pickering and Ms. Croke are excited for this academic year.

starting to rub off on the girls in her class, so she is excited for the rest of the year.

Ms. Cara Croke

By Francesca Bernal '17

This year Mount alumna Ms. Cara Croke '05 has returned to join the Fine Arts Department, teaching Design Basics, 3D Design, Intermediate Ceramics and

the course. It opened my eyes to the academic side of art making. Since then I have spent my life dedicated to the study of the history of art."

Ms. Croke received her Undergraduate Degree from Moore College of Art & Design and studied abroad at Florence

worked for Moore College of Art & Design as the Academic Advisor for the college.

When asked what made her want to come back to the Mount, Ms. Croke said, "It is something that I have been wanting to do for a long time, and the opportunity appeared and it was incredible."

Ms. Croke joins the Mount with a few goals for the Fine Arts Department.

"I think that the Mount is such an excellent school and the arts play such an important role, that I wanted every student to see the value in the arts and her value as an artist and to see how it overflows into other subjects that they study. I think that a lot of people think that art doesn't touch math or science when in actuality it does."

Ms. Croke notices a few changes to the Mount since she was a student here.

"I think there is a stronger sense of community if that is possible. There was a very strong sense of community when I was here, but it is even stronger now. The teachers are still wonderful, that hasn't changed. The atmosphere is still the same. The digital component is huge. The mission has gotten stronger."

AP Art History.

Ms. Croke said, "My first experience with Art History was in my senior year at the Mount when S. Cathie Meighan taught

University of the Arts for three months. She received her Master's Degree at the University of Essex in the United Kingdom.

Ms. Croke previously

Mrs. Jane Pickering

By Sophia Sithya '18

Mrs. Jane Pickering is no stranger to the Mount. Last year's hall monitor, Mrs. Pickering fully embodies the Mount's spirit, and her love for the school is no secret.

Mrs. Pickering is currently the first, second and fourth block study hall monitor. "I love [study hall]. I like being here and being with you girls," she told The Campanile.

Running the Magic

Shophe is another important piece of Mrs. Pickering's potential impact here at the Mount. She is working to revamp the Shoppe with new vendors. Mrs. Pickering is even reaching out to students by asking that "If [you girls] have ideas, please come tell me. Come talk to me!"

Mrs. Pickering is thrilled to once again be at the Mount. She is excited to get to know the students and her colleagues throughout this year and the years to come.

Mr. Jonathan Fabrey

By Siobhan McBride '17

Mr. Jonathan Fabrey joins the Mount as a member of both the Guidance and History Departments, working in Guidance with freshman and sophomores and teaching AP Psychology to seniors.

"It's interesting to be in two different departments. I feel like I am able to interact with and

get to know more people which is nice," said Mr. Fabrey.

A graduate of West Chester University, Mr. Fabrey earned his Master's in Clinical Health Psychology from Philadelphia College of Osteopathic Medicine in 2009, while teaching at Central High School. He also has worked as an outpatient therapist at Child Guidance Resource Center and taught psychology at the Community College of Philadelphia.

When asked about his goals for the year, Mr. Fabrey said of course he wants to prepare his students for the AP exam, but more importantly, he wants them to be able to use the information they learn in his class outside of the classroom.

"I am definitely interested in getting involved at the Mount. I'm still adapting to my new role, but I'm open to anything," said Mr. Fabrey.

Mrs. Melissa Feilke

By Maura McDonald '19

Growing up, Mrs. Melissa Feilke never thought she would be a teacher. She had wanted to work for the FBI. As a new member of the History Department, Mrs. Feilke elaborates on teaching: "It's definitely not something

I thought I would be doing, but it's definitely something I'm meant to be doing."

Mrs. Feilke looks forward to enabling her students not only to become improved scholars but better people. "She is the epitome of the Mount mission," said Major Turner, head of the department.

Having previously worked as

an 8th grade social studies teacher and director of technology, Mrs. Feilke looks forward to working with older students with whom she can talk on a more adult level.

Even though Mrs. Feilke knows she will miss seeing the little children's faces light up, she is excited for the possibilities the Mount and its students offer her.

S. Joan Suberati

By Lizzie Friel '18

As the epitome of "anything can happen if you put your mind to it," S. Joan Suberati is meant to be a part of the Mount community. S. Joan entered the Sisters of Saint Joseph in 1964 and taught for forty-four years.

"I taught children in every grade from kindergarten to twelfth inclusive," said Sister. Even though she only substituted kindergarten for one day, S. Joan said it definitely counts.

Evident through the high school

technology courses she taught, S. Joan is a computer whiz.

After she left the classroom, S. Joan worked as the Director of Studies at Queen of Peace High School in North Arlington, New Jersey, for sixteen years.

S. Joan is now working in the main office. She said her goals while at the Mount are "to be the best I can be at what I am doing, and get to know new people." Sister said she looks forward to "using her skills and spirituality as a Sister of Saint Joseph."

Mrs. Irene Elmer

By Samantha Altomare '17

This year Mrs. Irene Elmer joins the Mount as the new after-school moderator. Mrs. Elmer is looking forward to her time at the Mount, noting, "Everyone is so pleasant."

A Philadelphia native and

graduate of Little Flower High School, Mrs. Elmer told The Campanile, "I enjoyed my high school years in an all girls school. I think that it's just a great experience to have." She is excited to continue in another all girl learning environment.

During the day, Mrs. Elmer works in the Springfield Township Library.

Mrs. Elmer heard of the position at the Mount through Mrs. Pickering, the former hall monitor.

When asked about her hopes for her time at the Mount, Mrs. Elmer said, "I'm open to helping everyone, and doing whatever we need to do to make everyone happy."

energize this school year



Ms. Sharon Scott

By Caitlyn Vesey '18

Every school day, we students come in to school to learn new things. We travel from block to block learning how to conjugate “Ser,” how to solve for “x,” learning who signed the Declaration of Independence and much more.

Beyond the classroom, here at Mount, we are lucky enough to be surrounded and supported by such amazing mentors, like Sharon Scott. Learning how to treat people and how to be dedicated to one’s work are very important life lessons we can learn from this very lively member of our wonderful maintenance team.

Sharon joined the Mount community in September of 2015. Sharon learned about the Mount from people talking and she came having previously worked at Bethanna Children and Youth services where she worked as a supervisor of the children.

A typical day for Sharon consists of “making sure that duties are fulfilled and that Mount is always in top standards.” Sharon is kept busy by making sure that the math wing is clean, emptying the trash, cleaning the cafeteria and checking to make sure the

bathrooms are clean.

The only woman on the maintenance team, Sharon “really enjoys the guys.” She said that they work well together and she “enjoys the teamwork that they have.”

Sharon’s favorite part about working at the Mount is the people. At last year’s Founders’ Day, Sharon on the dance floor was definitely a highlight.

“Believe it or not I don’t think I’m a good dancer I don’t really have a set dance. I just go with the flow of the music.”

Sharon was not able to dance at this Founders’ Day due to her other duties.

Outside of school, Sharon has similar interests and hobbies which include karaoke, bowling, exercising, reading, listening to music, enjoying friends and socializing. Asked what is important to her, Sharon Scott told The Campanile, “My faith is very important to me.” Beyond that, fairness is very important to her. “And what I say about fairness is just treating people as human beings and being fair to the human race. That’s very important to me.”

Mrs. Kathleen McGirr

By Jean Reilly '18

Even though Mrs. Kathleen McGirr is a new face in the Mount’s Finance Department, she is not new to the Mount community. As the mother of two former students, Maureen '10 and Bernadette '15, Mrs. McGirr is excited to be working at the Mount as the new Director of Finance.

Mrs. McGirr previously worked as the controller at Montgomery County Community College. “I enjoy working in a school environment, and it’s really nice working with high school stu-

dents,” said Mrs. McGirr.

She attended Bishop McDevitt High School and LaSalle University where she majored in Accounting and Computer Science. She is also a certified public accountant.

While at the Mount, Mrs. McGirr plans to improve processes in any way and to help the financial performance of the school.

The Assistant Director of Finance, Mrs. Ann Zindell, expressed her excitement in working with Mrs. McGirr to The Campanile by saying, “[Mrs. McGirr] is very knowledgeable of the finance world, and I think she truly wants to help the Mount to be financially secure in the future.”

Mrs. Meredith Herne

By Sabrina Forti '17

As the new Instructional Technology Coordinator, Mrs. Meredith Herne has many ideas to advance the Mount’s knowledge of technology. She told The Campanile, “One of the big goals for this school year is to make sure all the teachers [and students] are comfortable using Canvas.”

She received degrees in film and television production as well as technology from Penn State University. In 2014, Mrs. Herne completed her first master’s program in Instructional Technology and hopes to complete her second in Online and Distance Education in the spring

of 2017.

Over the past ten years, Mrs. Herne has been an innovator in technology education. As the Mass Communicator teacher at Parkville Middle School in Baltimore, she integrated technology into the classroom setting. Mrs. Herne was also the webmaster, yearbook advisor and newspaper advisor. She taught middle school students communications, film and television production and broadcast journalism.

With her experiences, Mrs. Herne is working to start a broadcast program here at the Mount by the end of this school year. A space has been designated in the library for a small studio.

Ms. Kathleen Hennessy

By Lauren Mezzanotte '18

Ms. Kathleen Hennessy, who is joining the Science Department to teach AP and Honors Physics, has known for a while that the Mount was the place for her.

Having first begun teaching at Merion Mercy Academy in 2005 and then Saint Joseph’s University in 2008, Ms. Hennessy has had the opportunity to see the Mount’s science program in action at the Firebirds Girl Power competition and knew that science here was the real deal.

Ms. Hennessy holds a Bachelor

of Science in Physics from Seton Hall and a Masters of Science in Astrophysics from Michigan State University.

“I saw in college, how beautifully physics and math describe the natural world and I fell in love with the idea of learning as much about how the natural world works through mathematics and physics,” said Ms. Hennessy.

Science Department Head Mrs. Kelly Ann Cilio is very excited for Ms. Hennessy. “She is such a strong addition to the science department and as successful woman in science she will be an amazing resource, role model and inspiration to our Mounties,” she said.



Mrs. Patricia D'Angelo

By Teleri Broomhead '19

With the slew of new faces joining the Mount faculty this year, it is comforting to see the familiar face of Mrs. Patricia D'Angelo.

After working in the cafeteria, Mrs. D'Angelo assumes a new position in the copy room.

Students and faculty alike are excited for Mrs. D'Angelo to remain a part of the community because her positivity over the years has had an impact on many.

Having seen many students

pass through the Mount, Mrs. D'Angelo is excited to continue to be able to stress to students the importance of, “enjoy[ing] these four years because they go by so fast...you’re going to be thankful that you’ve been here...you’ll always treasure [these years].”

Mrs. D'Angelo continues to inspire us all as a student body through her service to the Mount, her positivity and warmth as a person, and sheer excitement going into a new school year and a new position.



Students enjoy the work of S. Kathleen, Dr. Caviston, Mr. Holden, Miss G., Mrs. Escobar, Mr. Curry and Mr. McGovern.

Freshman Advisories

By Samantha Altomare '17, Teleri Broomhead '19, Maeve McCormick '18 and Jean Reilly '18

With a new school year comes new changes to the Mount like the freshmen advisories. This year, the Mount has introduced an alternative to homerooms for freshmen. Instead of twenty girls per homeroom, each advisory is made up of ten to twelve girls. The goal, as Dean of Students Mrs. Connie D'Angelo said, is to “build a community that is smaller and more inviting for freshmen, who are coming in for their first time to the Mount.”

In this system there are twelve advisories within which the freshmen are randomly divided. The advisories are then assigned to one of three houses: purple, white or gold. Each house consists of four advisories that work together in activities to make the transition into high school easier.

On Tuesdays during extended homeroom, the freshmen have the ability to participate in preparation for freshmen retreat, Canvas and Powerschool tutorials and the opportunity to ask questions about everyday life at the Mount.

Before implementing the advisory system, a committee consisting of Dr. Caviston, Mrs. D'Angelo, Mr. Rooney, Mrs. Balcer, Ms. Competelli, Mrs. King, Ms. Kane, Mrs. Phelan and Mr. Bender observed the different advisory programs at various academies such as Germantown, Springside Chestnut Hill, Villa Maria and Nazareth. The Mount’s program is based on a combination of all of the programs that best suits the mission of the Mount.

As the year progresses, the committee is observing how the advisory system is working and brainstorming how to further implement the system throughout the school because as Mrs. D'Angelo said, “We see the benefits of the smaller group environment throughout the school, and we think it’s beneficial for all the students to have that experience.”

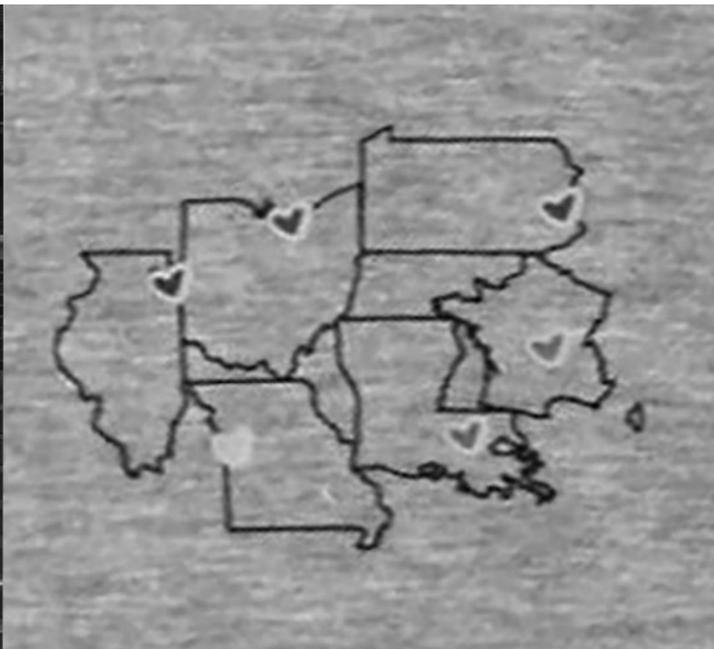
Furniture

In September, new furniture was placed in the Mount’s hallways. The comfortable chairs are just the beginning of this project, as the goal is to have the school’s environment reflect collaborative 21st century learning.

The committee of faculty members are passionately enhancing the educational experience.

The new, purple and gold seats found throughout the school are available for everyone’s use. Whether you’re working on a group presentation, finishing math homework or talking with your classmates, the purple and gold furniture is the perfect place to sit.

Students reflect on Kansas City Trip



By Kelly Ryan '18 & Maeve McCormick '18

“Gracious God, make me an instrument of unity and reconciliation, so that, like you, I may serve the dear neighbor.”

To start each day, we automatically recite this prayer as a school community. Seldom do we actually think about what we are repeating and what the meaning is, despite what our theology teachers might think. Before our trip to Kansas City this past summer, the two of us never thought about it either.

Beginning this journey, the eight of us, five rising juniors and three rising seniors, had no idea what we were going to do in Kansas City. We weren't off to a great start: We spent the first couple of hours frantically trying to find the area's non-existent geofilters. However, we were soon met by smiling, new faces from places around the country. The four other schools were from Chicago, Cleveland, Baton Rouge and of course Kansas City. We all were different, from different places, speaking with different accents, but were connected through the mission of the SSJs. During our trip, we did service and reflected on the SSJ mission and how we could apply it to our everyday lives.

Perhaps the most well-known maxim of the SSJ's is “serve the dear neighbor.” Most people would assume that the term only

applies to the poor, injured or sick; however, the dear neighbor is every human being, not just the underprivileged. While we might assume that helping the people at St. Francis Inn is serving the dear neighbor, helping a freshman find her way to class also accomplishes this objective. The mission does not distinguish the people we would regularly think of, but people in our everyday lives.

“Serving the dear neighbor is not just putting a five dollar bill in a collection basket, but working with those who need our help so that we can provide them the opportunities in life that we have,” said junior Mady Taylor.

Another inspirational theme that we do not talk about as much is “love without distinction.” Although it seems easy, it is difficult to act the same way towards everyone because biases can interfere. On one of the service trips, we went to Journey to New Life, a halfway house for previously imprisoned women which enables women to transition from prison life to society. We didn't know what to expect.

“Hearing the stories of the women when we first arrived, judging them based on their past would have been easy, but I learned to get past that when we started working with the women. I saw them as equals and look to them as new friends and models of courage,” said junior Brenna Reilly.

Working side by side with

these women, sowing seeds in their garden, we felt in a very deep way what it means to love without distinction.

The week brought these individual themes to life for us, and more importantly put them into a context for how we can live the SSJs mission, particularly in a world so divided into “us” vs. “them.” From the first day, we knew our four schools came together because we were connected by the SSJs mission, but, in reality, we felt we were all separated by many factors: region, dress, accent, food, economic status, background, politics. The list, while not consciously scripted, was long and noted our differences. By the week's end, however, we had truly “become one,” echoing John 17:21: “That all may be one as You, Father, are in Me, and I in You; I pray that they all may be one in Us.”

“A lot of times we think of the factors that separate us from other groups, but not always focus on the things that bring us together and unify us,” said junior Annie Fowler.

Each piece of the SSJs mission fits together to form a unified whole, and yet that mission allows for each of us to live it out in a way in a way that fulfills our individuality. Our trip to Kansas City made the SSJ mission real for us, and we hope to make the mission real this year for everyone at Mount.

(left to right) All of the student attendees from the CSSJ Leadership Conference pose on the steps of St. Teresa's Academy in Kansas City, Missouri. The map above depicts all the different cities and states represented at the conference.



Seniors Isobel Grogan and Caitlin Mahon pose with “Flat Fontbonne.”



(above) Juniors Maeve McCormick and Annie Fowler pick fresh strawberries at a local Kansas City farm to donate to a soup kitchen.

(left) A group of Mount girls pose with students from Saint Joseph Academy, located in Baton Rouge, Louisiana. After some students and faculty from SJA lost their homes to severe flooding, Mount responded by raising money to aid their recovery.

Senior makes pilgrimage to World Youth Day

By Callie Shinkle '17

"We just walked nine miles . . . to sleep on a trash bag." Surprisingly, these words escaped my mouth earlier this summer during one of the most challenging, yet most amazing experiences of my life.

I was attending World Youth Day, a Catholic event started by Pope John Paul II in 1985. Designed for Catholics ages 16-35, World Youth Day is a weeklong gathering that occurs every 2-3 years. Attended by over 2.5 million people from 187 different countries, this year's event took place in Kraków, Poland.

Along with 36 people from my church and the surrounding parishes, I traveled to Munich and Prague before finally arriving in Poland. However, getting to Poland was no easy task.

We began the trip in Munich, Germany. With less than 24 hours to experience one of the most beautiful cities in the world, we were especially eager to make use of every minute. Unfortunately our trip was cut short due to a shooting downtown, so we spent the evening in our hotel.

The next morning we got on the charter bus to go to Prague only to discover that our bus driver only spoke Hungarian. Luckily the busing company gave us a translator.

Well, not so lucky, as our translator only spoke Hungarian and French.

After getting lost many, many times, and making many, many illegal turns, including the classic U-turn across an entire highway, we arrived in Prague. My group toured the city and met up with a student from the Czech Republic who had studied abroad at Archbishop Wood. He gave us the insider information and gave my friends and me a late night tour of the city.

We left for Poland the next day in good spirits. These quickly faded, however, when our bus driver stopped at every single gas station along the way, stretching what was supposed to be a five hour ride into a solid nine hours.

In Poland, we stopped in Czestohowa before making it to our final destination, Kraków.

The bus rolled in to a university in the city at about 1:30 in the morning, and we were directed to where we would be staying -- on a set of tennis courts. Luckily they had a covering over them and, we were told, had air conditioning. That air conditioning appeared to be broken, however, when upon setting foot on the tennis court we were welcomed by steam rising up from the ground.

My friends and I walked into the bathroom to take a shower and found a room with four nozzles poking out of the wall. No curtains, no door to the room, just nozzles. We slept there for six

lets, pins, keychains, flags and eventually when we ran out of everything else, coins and money. It was so cool to talk to people from all over the world, whether they were people from Croatia, Guadamala, Zimbabwe, Hong Kong or the many loud and VERY friendly Italians. We played volleyball with them and the Italian boys taught us some variation of a hakisack game that I never quite understood the rules to. After mass we went downtown and met even more people.

We were told to meet at the metro station at a certain time and were given freedom to go wherever

to our seats.

Between concerts, walking (SO much walking), waiting to see Pope Francis and hear him speak, and waiting for the metro before we accidentally took it to the opposite direction where it promptly broke and we walked some more, our days were full. While the days were challenging, we had so much fun experiencing new cultures and meeting people from all over the world.

The week culminated with a final overnight vigil with the Pope. It was a long walk with heavy backpacks, but we passed the time singing, talking, laughing

and sometimes crying with new friends.

be sleeping. This "work" mainly included tying trash bags to the ground to sleep on. That night Pope Francis came to our field, now filled with almost 3 million people, and held a late night prayer vigil. Each pilgrim was given a candle, which although was an incredibly beautiful sight, became quite the hazard when people started waving their country's flags and catching them on fire.

For as much struggle as I had experienced, I felt a huge sense of peace come over me that night. I never thought I would be in a field in Poland with so many

Catholic youths and even the Pope all singing as loudly as they could to praise God. I could not imagine that the Catholic Church could be so vast or have so many members that were just like me. The only materials I had were my sleeping bag, water from the army tents and my pack of cat food, but I have never experienced a deeper calm and feeling of assurance than I did that night.

Pope Francis explained this feeling of joy despite hardship, saying, "This is itself a great form of paralysis, whenever we start thinking that happiness is the same as comfort and convenience." He continued, explaining, "Following Jesus demands a readiness to trade in the sofa for a pair of walking shoes . . . to blaze trails that open up new horizons capable of spreading joy, the joy that is born of God's Love and wells up in your hearts with every act of mercy." These words made me ashamed of my complaints, grateful for the happiness I experienced on the trip and ready to head back to "normal" life with the mindset of sacrificing comfort to achieve happiness through Christ.

The next morning we had mass with the Pope. He ended the liturgy by announcing that the next World Youth Day will be held in Panama, and in three years, I can't think of a place I'd rather be.



nights with 400 girls.

The next morning marked the beginning of our official World Youth Day experience. After touring Kraków, we walked to Bolonga Park for the opening mass. The walk, although it rained, was an extraordinary time. The streets were packed with pilgrims singing, dancing and waving flags. We met such a variety of people, from German Boy Scouts to teens from Pakistan. Every time I turned around I heard a different language, and whenever someone saw our flag, no matter what country they were from, they broke into the loudest USA chant I have ever heard.

At the park we traded brace-

lets and talked to him before return-

ing to our seats. About three miles out we were given a bag that seemed to weigh about forty pounds. In it was our food for lunch, dinner and breakfast and lunch of the next day. This food was less than gourmet (I am 95% sure that it was cat food as it was in a can and the only picture on it was a portrait of our feline friends). We continued to walk until we finally reached the field where we would be sleeping. We had access to Porta Potties, with an hour and a half wait in line (shout out to the nun who started a second line and let me cut at least 200 people), and worked to set up where we would

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Kaepernick ignites an anti-Anthem movement

By Meredith Mayes '17 and Paige Comtois '17

During a sporting event, the National Anthem typically involves incredible singing, magnificent flyovers or field-covering flags, but on August 14th the focus shifted.

San Francisco 49ers quarterback Colin Kaepernick remained seated as the rest of his team and the entire stadium stood with hands over hearts as the National Anthem played. Kaepernick decided to protest the anthem at the beginning of preseason in August. By August 26, Kaepernick had attracted national attention.

With brutality against both people of color and the police skyrocketing in recent years, movements like Black Lives Matter have taken hold in society. Following tragic events like those of Baton Rouge, Louisiana, in July of this year, tensions have continued to grow stronger between the opposing groups. Celebrities in the spotlight, such as athletes and musicians, have begun to use their influence to promote their beliefs. Beyoncé, for example, has become one of the many faces of the Black Lives Matter movement.

Despite the shock the nation felt toward Kaepernick's protest, his is by no means the first of his kind. During the 1968 Olympics in Mexico City, two American medal winners bowed their heads and thrust their fists

to the sky in protest of racial discrimination within our country.

With the NFL only recommending not requiring that players stand for the National Anthem, others have joined with Kaepernick and his protest to symbolically speak out against the racial injustices in the U.S.

On September 1, Kaepernick

ter the game Lane said, "I wasn't trying to say anything. Just standing behind Kaepernick."

On September 4, USWNT player Megan Rapinoe knelt during the National Anthem before a National Women's Soccer League match. Rapinoe received a lot of backlash for her actions, even causing the National An-

even requested that players stand for the anthem "to reflect upon the liberties and freedom we all appreciate in this country."

When Denver Broncos linebacker Brandon Marshall took a knee during the National Anthem, he lost some of his sponsorships, including those with a Colorado credit union and CenturyLink. Regarding the termination, CenturyLink said, "While we acknowledge Brandon's right, we also believe that whatever issues we face, we also occasionally must stand together to show our allegiance to our common bond as a nation."

On the fifteenth anniversary of 9/11, NFL players from the Seahawks, Dolphins, Chiefs and Patriots continued to protest the National Anthem. The Kansas City Chiefs and the Seattle Seahawks locked arms during the National Anthem, with some of the players also raising their fists.

This protest has become so widespread that even high school football teams are participating. On Sept. 16, 2016, Garfield High School's football team took a knee during the anthem. A number of students at other high schools across the country have joined in the protest.

This widespread protest has generated a lot of controversy with people advocating from both viewpoints. With the attention Kaepernick has gained from his protests, he was featured on the cover of the October 3 issue of Time magazine.



(Top) Kaepernick and his teammate Eric Reid kneel during the National Anthem before a game. (Bottom) Washington Redskins' quarterback Colt McCoy helps a veteran hold the American flag during the National Anthem.

was joined by his teammate Eric Reid in his protest. Jeremy Lane of the Seattle Seahawks also sat during the National Anthem. Af-

them to be rescheduled for her next game while the teams were in their locker rooms to prevent her from protesting. US Soccer

By Meredith Mayes '17

America is a country founded on freedoms and ideals. No matter how much one may disagree with the actions of players like Colin Kaepernick, by forcing them to stand during the National Anthem how do we not destroy the foundation of our country? The beauty in solidarity and standing with our hands over our hearts as our anthem plays would be lost if it simply became something everyone must do. Even if kneeling and sitting are considered "disrespectful," they are the inalienable rights that our Founding Fathers acknowledged within the Constitution.

If anything, we should be pleased that celebrities are using their spotlight to bring important issues to the nation's attention. Singers and athletes could mumble on about mundane subjects, or they can be proactive in social change.

The main issue with the National Anthem protests is how the public has reacted. Ever since the protesting began, the discussion has turned to whether or not they should be forced to stand, but frankly, one look at the Constitution should have answered that question.

Because the social issue these athletes are kneeling for is uncomfortable and awkward to discuss, people are more interested in if they should be allowed to kneel rather than if the cause they are kneeling for is a valid injustice. These athletes are going to continue to protest until the conversation leading to change is initiated. While many may be offended by the players' actions, their silent protest is a better forum for discussion than volatile situations between rioting protesters and police in extreme protective gear or racist police officers and innocent people of color.

The increasing loss of life is accomplishing nothing other than widespread grief and anger. If the country starts focusing on the real issue, not the debate of Constitutional rights, maybe justice can be restored and discrimination can end, but it will require every citizen to do his or her part.

By Paige Comtois '17

Athletes have the right to peacefully protest, but there are more productive ways for them to bring about change in the United States.

Instead of taking a knee during the anthem and disrespecting veterans across the country, these players can create scholarships and funds for people that are from less fortunate areas and may experience hardships. Giving money to these communities helps them more than deciding not to stand for the national anthem.

Being the daughter of a veteran

and having many relatives who served or are serving in the military, I find the protest very disrespectful. People risks their lives every day, so that we can stand for the national anthem. The national anthem is a way to express our pride for our country and the men and women who fought for us.

I found it distasteful for them to continue their protests on 9/11. Standing for the national anthem shows respect for those who died during the attacks and their families. On 9/11 we should unite as a country to prove how much stronger we have gotten; instead, it almost seems as if there were a disconnect because of the players protesting.

Ultimately, as a nation, we should shift our focus to uniting and bettering society, rather than arguing over matters, like this protest, that tear us apart.

What's Everyone Saying?

"For 26 years, three months and nine days, I defended people's right for freedom of speech. So I don't agree with (Kaepernick's decision), but I have to respect it, because if I don't then I don't respect our Constitution. And that's why our country works: because we don't necessarily agree with everybody, but we have to respect our Constitution and what it allows."

-Col. Gregory D. Gadson (New York Daily News)

"Kaepernick refusing to stand for natl anthem is his right. Here's a Marine, who can't stand, because he defended it."

-Nick Short, political writer (Twitter)

"The next time the anthem plays, and I stand to honor America while the activist-athlete kneels to hold it accountable, I will be proud to know we are fighting for the same thing: a just and equal nation."

-Com. Theodore R. Johnson, III (vox.com)

"You can't be selective and dictate what freedoms this country stands for. you're free to have any religious/political views you feel. The flag represents freedom. the freedom to choose to stand or not. that's what makes this country beautiful."

-Arian Foster, Running Back, Miami Dolphins (Twitter)

"I rotely stood for the #NationalAnthem all my life..post 9/11 & Giants@Chiefs, I never took it for granted again! God bless America."

"Kae[p]ernick] is using his platform & brand to make a compelling & polarizing point, which is his right, even if it's met with ire! #idontagree"

-Tiki Barber, former Running Back, New York Giants (Twitter)

"IF Kaepernick doesn't feel his country respects him enough for him to respect it in return, well, then you can't MAKE him respect it. . ."

"A true veteran might not agree with Colin Kaepernick, but a true veteran would fight to the death to protect his right to say what he believes."

"You don't like what Kaepernick has to say? Then prove him wrong, BE the nation he can respect."

"It's really just that simple."

-Jim Wright, retired Naval officer (Facebook)



Black Lives Matter Movement: A Timeline

by Nina Chae-Gordon '18

Over the course of the last year, the Black Lives Matter movement, which began in 2012, has rapidly gained momentum in advocating for the rights of African Americans. The following timeline outlines the events that have increased calls for reform.

February 26, 2012

Trayvon Martin (17) is murdered by George Zimmerman in Sanford, FL.

November 23, 2012

Jordan Davis (17) is killed by Michael Dunn over the volume of the teen's music. Davis' death is featured in the documentary, *3 1/2 Minutes*, making Americans more aware of the dangers facing young black men.

July 13, 2013

Zimmerman is acquitted of second degree murder and man-

slaughter, triggering the emergence of the Black Lives Matter movement.

July 17, 2014

Eric Garner (43) is killed by Daniel Pantaleo, a NYPD officer, after being strangled to death when Garner refused to be detained for selling untaxed cigarettes on Staten Island street corners.

August 9, 2014

Michael Brown (18) is murdered in Ferguson, MO, after an altercation with an officer. Brown's death prompts riots within the state, forcing Missouri to declare a state of emergency in response to the violent protests.

November 23, 2014

Tamir Rice (12) is seen wielding a toy gun in Cleveland, OH, and is shot by Officer Timothy Loehmann, a trainee. Loehmann does not face any charges. How-

ever, the Rice family later filed a lawsuit for the wrongful death of their child, winning the case.

April 12, 2015

Freddie Carlos Gray, Jr. (25) is inadvertently killed by the Baltimore Police Department as he is arrested for possessing an illegal switchblade. While in the police van, he is denied an inhaler, causing him to fall into a deep coma, leading to his untimely death. Six of the officers involved were suspended with pay.

November 16, 2015

Jamar Clark (24) is shot in the head by police, after witnesses claim that he was handcuffed at the time of his death. The officers who murdered Clark had no charges filed against them. This prompted Black Lives Matter movement protests outside of the police station for almost three weeks.

July 5, 2016

Alton Sterling (37) is pinned to the ground and shot five times at close range by Baton Rouge police officers outside of a convenience store.

July 6, 2016

Philando Castile (32) is shot multiple times in the arm by an officer after being pulled over for a broken taillight. Castile later dies in the hospital from complications and the officer is placed on paid administrative leave.

July 7, 2016

At a Black Lives Matter peaceful protest in Dallas, TX, a gunman shoots and kills five police officers and injures eleven. The gunman was identified as Micah Xavier Johnson (25), a veteran who was killed after a failed negotiation with officers.

July 22, 2016

Charles Kinsey (47) was shot in the leg by a Miami officer as

he lay on the ground, clearly unarmed, pleading for the officers to hold their fire. A behavior therapist, Kinsey was trying to communicate with his client, who had run away from his home, when he was shot. When asked why he was shot, the officer responded, "I don't know."

September 16, 2016

Terrence Crutcher (40) is killed after running away from his vehicle, claiming that it was about to blow up. Officers quickly reacted and shot him as he was supposedly reaching through his car window for what they assumed was a weapon. However, it was noted that at the time of his murder, all of the doors and windows were closed, putting the motive for the shooting in question.

Following these events, protests have erupted in cities across the country, including Baltimore, Ferguson, Baton Rouge and Atlanta. The movement will not be silenced and is committed to evoking national change.



John Oliver: police accountability

by Meredith Mayes '17

John Oliver, seasoned host of *Last Week Tonight*, has proven to have incredible ability to produce laughs while pointing out the faults within society. However, during the October 2 episode, Oliver paused the jokes to have a real conversation with his viewers, something Oliver only does when he feels there is a serious issue plaguing our country.

John Oliver joined in on the discussion of police accountability. His first point focused on the "bad apple" theory. Many of those who are against mass police reform believe that fatalities and assaults by police are being executed by a few prejudiced officers not prejudiced precincts.

With an attempt to lighten the mood, Oliver said, "Snow White wasn't afraid of apples until she took a bite out of one really bad one. But I'm telling you, the next time an old lady comes at her with a piece of fruit, Snow is going to get ... out of there."

Oliver acknowledges that not every single police officer is prejudiced, but many of the issues stem not only from racist of-

ficers but also from bad laws and policies that police have a duty to enforce. Officers who are charged with misconduct frequently go unpunished. Many police officers have the ability to destroy incriminating records and resign and move to another department in order to avoid charges.

LAST WEEK TONIGHT WITH JOHN OLIVER

In regards to the Tamir Rice shooting, Oliver noted that the officer had been deemed unfit for duty, but resigned and joined the Cleveland police before preventive actions could be taken. The Cleveland police allegedly missed this crucial information because they had not read the officer's personnel file. The main argument of Oliver and many others is that

these prejudiced officers are just not being "held accountable."

Some precincts have begun test trials using body cameras and many of the officers have begged for their return, because they do not need to worry about liabilities if their actions can be proved. Oliver notes, that in order for a reform like this to succeed, a change in attitude is essential.

Oliver even showed footage of students sitting in on a class that was teaching them how to properly communicate with police. "It's ... depressing that kids have to take classes on not getting shot by the police."

Returning to the "bad apples" mantra, Oliver pleaded, "The phrase isn't 'It's just a few bad apples; don't worry about it.' The phrase is, 'a few bad apples spoil the barrel.' And we currently have a system which is set up to ignore bad apples, destroy bad apples' records, persecute good apples for speaking up, and shuffle dangerous emotionally unstable apples around to the point that children have to attend ... apple classes. You cannot look at our current situation and claim that anybody likes them apples."

District pilots BLM studies

By Callie Shinkle '17

In May, 2016, the Milwaukee Public Schools (MPS) announced that they planned to dedicate \$471,073 of the 2016-2017 budget to a curriculum based on the Black Lives Matter movement.

This money allowed three social studies teachers from the state to develop a curriculum that includes cultural studies in daily lessons.

Three public schools in Milwaukee have instituted this curriculum for the 2016-2017 academic year.

Although no funding has gone directly to the Black Lives Matter movement, some have voiced concern that taxpayer money would support the group that as founder of the Wisconsin-based Education Action

Group labeled "anti-police."

School board vice president Larry Miller responded to these claims by saying, "We're not saying only black lives matter. Of course, we say all lives matter. But we are a district that is over 80% black and brown students, and some of our students have a greater chance of being incarcerated than going to college."

Supporters of the initiative hope that teaching students about their heritage will encourage peaceful racial interactions throughout the community.

Milwaukee County Supervisor Moore Omokunde voiced his support, saying, "If I'm a young person and learning about myself in school, it sparks my ability to learn about anything and everything else in the world."



Media coverage of election compromised

By Ava Self '17

As written in a report by the Cairo Institute for Human Rights Studies, "Elections constitute a basic challenge to the media, putting its impartiality and objectivity to the test. Its [the media] basic role is to enlighten and educate the public and act as a neutral, objective platform for the free debate of all points of view."

When covering the progress of an election, the media has many responsibilities it must fulfill for the legions of viewers and readers. Most importantly, it is responsible for informing voters on all candidates in order for them to make an educated decision. The media must also provide a platform for all political parties and candidates to share their message, and a forum for constructive debates. Finally, it must serve to share information without inflammatory language to avoid election related violence.

But what happens when the media no longer chooses to abide by these rules, allowing for a barrage of information that is often unwarranted and completely unnecessary? The United States is now witnessing the impact of the unrestrained media in the free-for-all that is the 2016 presidential election.

From the start of the campaign

trail until now, Donald Trump and Hillary Clinton have solely occupied the media's focus. Between September 18 and September 24, Trump and Clinton were named 20,749 and 11,177 times, respectively. The third candidate on the presidential ballot, Libertarian Gary Johnson, was mentioned a mere 240 times. Why does the media distinctly give more time and attention to certain candidates? How can the public be expected to make a well-rounded, sensible decision in the upcoming election, when they are not learning all of the information?

The media's skewed stories are a result of popular demand. As Jonathan Stray noted in his article "How much Influence does the Media really have over Elections? Digging into the Data," "Journalists have to follow audience attention or risk getting ignored. And if voters are also readers, a candidate who is twice as popular might get twice the number of views and shares."

In order to maintain their relevance, media sources are looking to share stories with the public they believe will garner the most attention. If a candidate is leading in the polls, the media may look to feature more stories on this person because it will correspond with public demand. Stray said, "The leading candidate will get

the most coverage, boosting their lead. Meanwhile, the media has the potential to trap a candidate in last place because they can't get the coverage they would need in order to rise in the polls."

Reporters in this day and age are especially trying to draw new readers in order to compete with the surge of social media. In a study conducted by the Pew Research Center in January 2016,

"We have to think how best to serve our audiences for the health and well-being of our democracy... rather than just feeding the appetites of the audience."

-Bob Garfield (NPR)

44% of adults in the United States responded that they got information about the 2016 election from their social media accounts. Social media appeals to many Americans because the information is compressed into brief 30 second to 2 minute video clips. By watching these short videos, voters often feel informed about the present issues, even if they only heard a provocative sound bite.

Voters also feel as if they can gain a closer insight into the personal lives of candidates. Stray

said, "If all you want to know is what a candidate did today, you can just follow them on social media- no need for professional journalists at all."

Many reporters, attempting to contend with social media, pick up stories that are trending online and report them as leading stories for their outlets. However, this tactic is corrupting the integrity of the media and their work.

Many of the posts and videos that dominate social media feeds come directly from candidates themselves, and often carry a convoluted message that is difficult to decipher. When Trump announced online in December 2015 his proposal to ban all Muslims from entering the United States, his comment garnered 230,000 likes. This remark, along with other posts, allowed Trump to become the most talked about person on the planet, according to the social media management company SocialFlow. SocialFlow's co-founder and chief product officer Frank Speiser said in an article for The San Francisco Chronicle, "Trump, by himself has eclipsed all conversation around the Islamic State, terrorism, the economy and other important issues. The conversation around him is greater than the top 10 other election issues combined."

As Trump dominated on social media, he began to prevail in the mainstream media as well. Yet if Trump himself qualifies as front-page news, then how will readers and viewers ever get to hear about the true issues in the election?

News outlets have also taken to reporting on Twitter squabbles among candidates. On June 9, 2016, The New York Times ran a story entitled "Clinton to Trump on Twitter: 'Delete Your Account.'" The piece, true to its title, reported on a Twitter altercation between Trump and Clinton. How does social media bickering warrant an article in The New York Times? With pieces such as this one, readers only see the petty behavior of the two candidates and there is no mention of substantial plans for the future of the country.

When asked at a panel at Yale on the role of the media in the 2016 election if the function of news and the function of entertainment had become blurred, NPR media critic Bob Garfield simply stated, "Yes." He noticed how the daily lives of the candidates had recently become front-page news, regardless of their worth. Garfield said, "We have to think how best to serve our audiences for the health and well-being of our democracy... rather than just feeding the appetites of the audience."

America's nature is great

By Caitlyn Bell '17

Over the course of the past year, the words "Make America Great Again" have been difficult to get away from. We hear them every time we turn on the news and see them on red hats, pins, posters and bumper stickers everywhere we go.

The slogan originated in 1979 as a part of Ronald Reagan's 1980 presidential campaign and was reused by Bill Clinton in 1991. Now, a certain presidential candidate has made them his own, heralding them behind podiums on stages across the country.

Donald Trump throws these words around pretty loosely; he has never, nor have his supporters, provided an answer to a question that has not gotten enough of attention: When was America ever great?

America has been on an upward trend of economic, social and political progress since 1776. When using a slogan as broad as "Make America Great Again," a candidate needs to be prepared to answer the question: When was America ever better than it is now?

The team at the Daily Show asked the same question and took to the Republican National Convention to see what Trump's supporters have to answer. The bit resulted in a slew of answers, all

of which were either racist, sexist or insufficient. Many supporters defaulted to saying America was great when it was founded, to which the reporter would respond, "Other than the slavery?" One particularly 'patriotic' voter even went to the length of calling slavery just one of "a few hiccups along the way."



"Make America Great Again" has been used by three presidential campaigns in the past 40 years, including by Ronald Reagan and George H.W. Bush in 1980.

If you go through American history, there has always been a group of people being brutally oppressed due to race, gender or identity.

In the 1800s, slavery and institutionalized racism were prevalent, and women still couldn't vote and were brutally oppressed. Post-World War II, segregation

still existed, and McCarthyism demolished the American right to freedom of speech. In the 1980s, the AIDS epidemic was ignored by the Reagan administration until 20,849 people had died. It wasn't until 2015 that gay marriage was legalized.

October 2016 is a safer time for Americans than ever before, not to say there is no more progress to be made.

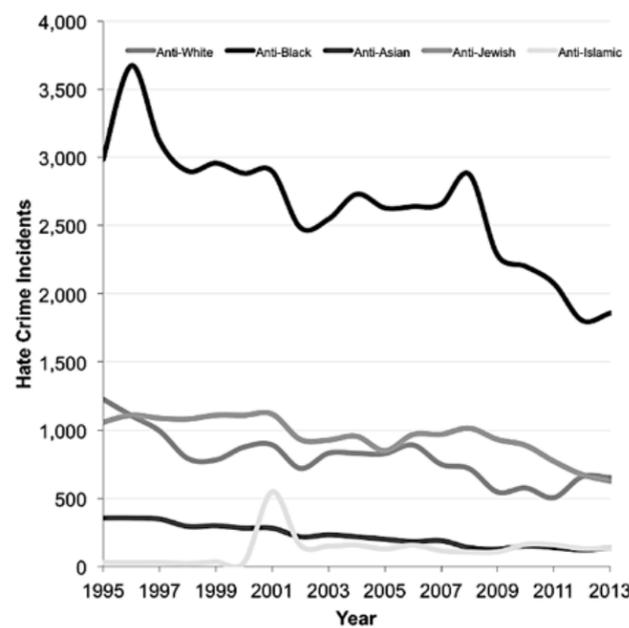
The fact is, America is great. We are bombarded with opportunity and freedom in this country, one which was built on the notion of progress. The reason we are able to amend our constitution is so that this nation can get better, which we have.

The nature of American democracy depends highly on learning from our mistakes, not repeating them. So, to say the words "Make America Great Again" is, in a way, dangerous. American history cannot be evaluated solely by economics, because the social, economic and political climates in America are closely intertwined.

If social and political progress are abandoned for the sake of economic triumph, America will crumble. It is critical that, in this election, we remember that welfare is multifaceted.

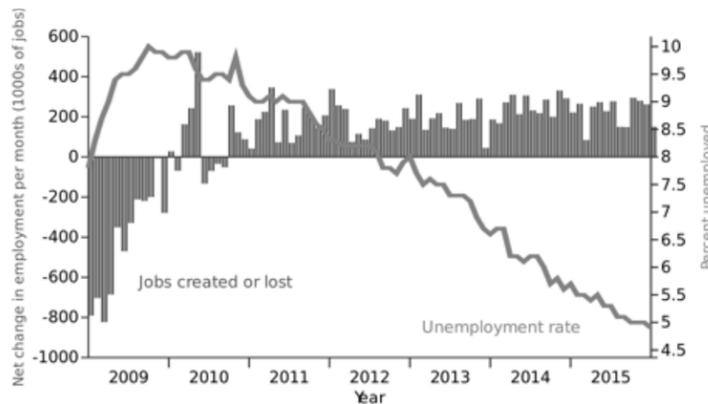
Charts showing progress in America

Hate crime statistics: 1995 - 2013



This chart from samuelwbennett.com using FBI crime data shows hate crimes decreasing over time.

Unemployment rate: 2008 - 2015



This chart by Ben Moore shows the decrease in unemployment following the 2008 housing market crash.

Should Edward Snowden be pardoned?

By Caitlyn Bell '17

With the release of a new biopic directed by controversial filmmaker Oliver Stone, Edward Snowden has made his way back up the list of hot topics in the media and the election. Released in theaters on September 16, the long-anticipated film starring Joseph Gordon-Levitt earned mediocre reviews, to which I can attest; however, Americans don't have to see this film to know the story is important.

President Obama is nearing the end of his final term in office. With numbered days, human rights activists and proponents of Snowden are giving one final push for Obama to pardon the whistleblower, now living in Moscow under the protection of Putin. As of right now, Edward Snowden has been charged with theft of government property, unauthorized communication of national defense information and willful communication of classified communications intelligence. Each of these sentences carries a maximum of 10 years.

Edward Snowden is the ideal candidate for the presidential pardon. What he did was a public service, a catalyst to necessary reforms within the NSA. While many argue that Snowden could have pushed for these reforms internally, he did not work directly

with people with that level of authority and, therefore, was unable to force his hand.

Snowden is a patriot. He served in the military, and when an injury prevented him from being able to continue this service, he joined the CIA. He eventually became an NSA contractor. Snowden,

One thing that must be made clear is that Edward Snowden did not commit espionage. He leaked this information to protect the rights of Americans, not to benefit any other country.

Many say that he leaked too much information, some of which involved international affairs

journalists all of the information and trusted them to use their judgement in what to and what not to publish.

Of course, Edward Snowden broke the law. However, the presidential pardon exists for cases like this, where the law was broken in the name of public service

a paranoid secretary of state, an infatuated general or a foreign spy. No future leaker could count on similar treatment. A pardon would recognize the public service that Snowden provided, without undermining the rule of law," wrote Katrina vanden Heuvel of the Washington Post.

Snowden has gone to the lengths of formally asking Obama for a pardon, knowing neither Donald Trump nor Hillary Clinton will grant him one. Trump and Clinton both speak out vehemently against Snowden, although one more extreme than the other. Donald Trump has suggested repeatedly since news broke in 2013 that Snowden be executed.

However, Obama's campaigns were different from those going on now, as he spoke out frequently against corruption and lies in the government. Obama said he was going to eradicate the policies implemented by George W. Bush that violated our constitutional rights in order to provide 'security.'

In 2014, Snowden told NBC, "He's not Bush. He's his own president. But the consonance in the policies should be concerning for a lot of Americans because he was a candidate that promised that he would give the public back its seat at the table of government. And he still has time to do so."



over this time, became aware that the Foreign Intelligence Surveillance Act, or FISA, could be and often was being used to spy on any and every American. They could watch us through our webcams and listen to our phone calls.

and non-Americans. However, Snowden had no direct hand in publishing all of these documents. He left this responsibility in the hands of respectable journalists from publications such as The Washington Post and The Guardian. Snowden gave these

and human rights.

"A presidential pardon is precisely designed for this situation. It is an act of presidential discretion to do justice. It sets no precedent. It does not preclude the prosecution of those who endanger national secrets, whether

THE CAMPANILE
120 WEST WISSAHICKON AVENUE
FLOURTOWN, PA 19031

Editors-in-Chief: Paige Comtois '17
Ava Self '17
Callie Shinkle '17

Associate Editors-in-Chief: Caitlyn Bell '17
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Yahoo faces harsh scrutiny

By Ava Self '17

Two weeks after releasing a statement saying that 500 million users' personal information had been stolen by hackers two years ago, Yahoo is again facing harsh scrutiny. In a report issued by Reuters on October 4, it was revealed the company had been cooperating with the National Security Agency (NSA) or Federal Bureau of Investigation (FBI) to scan hundreds of millions of Yahoo mail accounts.

As the New York Times later clarified, in 2015 the Justice Department obtained an order from a judge of the Foreign Intelligence Surveillance Court that allowed them to demand Yahoo's aid in scanning emails. Yahoo, to comply with the order, modified its system for checking emails for child pornography, spam and malware to search for a specific computer "signature" in incoming mail. This "signature" was related to communications among a state-sponsored terrorist group. Any messages found containing this "signature" were stored and easily accessible to FBI agents.

Agents knew the terrorist group was utilizing Yahoo's email server but were uncertain as to which email accounts belonged to organization members. Because of this confusion, the

court order called for the scanning of all Yahoo email accounts for the electronic "signature," not simply individual accounts.

This type of user surveillance differs from the program revealed by former NSA contractor Edward Snowden. Snowden uncovered that the NSA monitored messages involving specific targets, but under Yahoo's system all incoming mail was searched.

The NSA typically monitors electronic communications via "Upstream" collection. In this process, the content of a certain target's messages is searched for a specific "selector." Once a "selector" has been identified, messages to and from the email address containing the "selector" and any messages mentioning the "selector" would be examined.

However, since Snowden identified many NSA practices, more and more Internet companies have been using Transport Layer Security to encrypt traffic. With this widespread use of encryption, NSA officials can no longer easily identify their "selectors," rendering "Upstream" collection ineffective. Hence, the agency must demand help from companies such as Yahoo, who can quickly decipher their own encryption codes. But if the NSA does not know what target they must search for their "selector," as in this case, the Internet company

must search all email accounts.

Yahoo has neither confirmed nor denied claims of mass email scanning. The company first said the statements made in the Reuters article were "misleading." A spokesperson later said, "We narrowly interpret every government request for user data to minimize disclosure. The mail scanning described in the article does not exist in our systems."

Other companies were quick to defend themselves as well. In a Google statement the Internet conglomerate said, "We've never received such a request, but if we did, our response would be simple: 'No way.'"

A spokesperson for Microsoft said, "We have never engaged in the secret scanning of email traffic like what has been reported today about Yahoo." However, the spokesperson would not comment on whether or not the company had ever been asked such a request.



90's fashion is back for this fall season

By Olivia Bocklet '17

In a generation that worshipped icons like Britney Spears, Gwen Stefani and the Spice Girls, fashion became a way for 90's kids to pay homage to their favorite celebrities. Fashion in the 1990's celebrated rebellion, minimalism and attitude and was pioneered by a new wave of supermodels, musicians and everyday teens alike. Twenty years later, emblematic statements like the choker, mom jeans and Doc Martens have returned to the scene, this time with a modern, polished twist.



Choker

Perhaps the most popular revival this year is the choker. While the 90's introduced the world to the plastic, tattoo-style choker, 2016 has birthed a new take on this trend. Made with lace, leather, velvet and pearls, the choker has returned in a more elegant, mature form that is wearable on every occasion.



Overalls

While you may have thought that we kissed overalls goodbye in kindergarten, think again! This time around, designers have ditched the wide-legged JNCO Jean look of yesteryear and slimmed out the dungarees for a more flattering, chic look. Pair them with a cute leather jacket and some dressy flats for a perfectly balanced ensemble.



Slip Dress

The slip dress is certainly making a comeback this year. Originally popularized by supermodel Kate Moss, the new slip dress is slightly more wearable-it's soft and flowy as opposed to the previous skin tight design. Because of the slip's simple silhouette, the possibilities to accessorize are endless! Match with strappy heels for a night out, a chunky cardigan for chilly autumn days, or even a plain t-shirt layered underneath.



Plaid

Even though plaid has been an essential part of our wardrobes for the past few years, designers like Calvin Klein have taken the grunge staple and put a new, lady-like spin on it for the Fall/Winter 2016 season. Creative director Francisco Costa has presented feminine shapes belted at the waist coupled with asymmetrical hemlines to create interest. Even this new spin on plaid would make Kurt Cobain and Courtney Love proud.



Doc Martens

Once reserved for goths and punks alone, Doc Marten boots are back and this time, for everyone. The über-comfy boots offer an element of edge and toughness to any outfit. Try juxtaposing the boots with a floral print or cute skirt to create the perfect blend of femininity and masculinity.



High Waisted Denim

After years of being mocked and rejected by the fashion world, the "mom jeans" are finally back. The high waisted cut accentuates the waist, while the straight leg offers maximum comfort for girls of all sizes. For a more modern take on the look, find a distressed pair to add a little bit of edge, or find a cute blouse to tuck in or tie at the waist.



Bomber Jackets

And finally, one of 2016's newest, most popular 90s trends is the bomber jacket. This current craze has been growing exponentially-bomber jacket sales have increased 612% this year in the United States alone-and it's no wonder why. These cute jackets are the perfect add on for a fall outfit, when it is not quite cool enough to break out a winter coat. Bomber jackets allow the wearer to personalize them with patches, buttons and pins to create a truly one-of-a-kind piece.

New York Fashion Week is not for the masses

By Tess Worthington '17

As I sat down to write this article, I had every intention of writing about prominent designers, unique lines, and other highlights from New York Fashion Week 2016, but as I watched several shows online and began to research various designers, I had a realization: Fashion Week is not for the masses.

The majority of girls in this school do not pay attention to Fashion Week, but that is not to say that the majority of Mount girls do not care about fashion. Rather, we find NYFW to be unbelievably out of touch with reality. To exemplify this, I asked 10 Mount girls, "Would you consider yourself to be a fashion-forward person?" and "What designer had the most obscure line at NYFW?" 10 out of 10 of these girls responded yes to the first question, and out of those 10 girls, only 1 said that they tuned in to this year's NYFW.

Fashion Week has become theatrical and eccentric rather than unique and inspiring. I have no doubt that these designers are immensely talented, creative, and artistic, but their art is simply not

appealing to the general public. I would like to know who set this standard for the fashion industry. Why do the "high-fashion" designers produce clothing that most people despise? Do their customers actually like these clothes, or are they trying to make a statement of prominence, wealth, or status? Fashion Week produces a divide in the world of fashion; separating those who care about the way they dress and enjoy wearing a few bold, statement pieces and those who think that every outfit should look like a costume.

Betsy Johnson, Givenchy, Vfiles, Hood by Air: One cannot watch these shows and think to herself, "Oh wow, I can't wait to wear this sheer, floor-length nightgown out to dinner with my friends." Johnson's spring line could easily have been confused as a 10-year-old's dress-up closet while Givenchy's line consisted of matronly, ill-fitting outfits. Hood by Air's fall ready-to-wear line featured a zip-up jacket with black duffel bags as sleeves. The attire featured in Vfile's show was by far the most bizarre, from the obnoxious color combinations to the frumpy trousers paired with

athletic jackets. Obviously impressing teenage girls is not the goal of the designers; they are trying to stand out and entertain, not serve as an inspiration for our weekend attire. But, the shows become uninteresting when every single piece is bizarre. Seeing one strange thing after another is just as dull as seeing one LBD after another. To really peak viewers' interest, designers should strive to strike a balance of unique and wearable. This way, even if the clothes are wildly out of budget, they can still provide insight into up and coming trends for this year.

A few designers proved to be the exception to the rule this NYFW: Michael Kors, Tory Burch, and Nicole Miller. Kors focused on bright and happy pieces that provoked smiles rather than questions; Burch described her line as, "quintessential American style;" and Miller remained true to her sleek, polished looks that her fans know and love. If every designer exhibited clothes like those featured to the right, I undoubtedly would be a devoted NYFW fan. Props to these designers for being the deviating few who dared not to be daring.



Michael Kors presents a posh, but practical business look.



Tory Burch's catwalk this year showcases more practical fashion.



Nicole Miller showcases a look that can be worn by any girl for a night out.



Michael Kors' catwalk featured everyday looks.

Brigid Corcoran '13 networks in fashion industry

By Claudia Langella '18

Brigid Corcoran '13 has always loved fashion. She decided to study fashion merchandising and management at Philadelphia University in order to turn her passion into a career.

"[Fashion] is the perfect mix of creativity as well as practicality. At the end of the day [fashion] is still a business, but one that is an undeniable part of everybody's daily lives," said Corcoran.

Corcoran currently works at Free People and said it is a company that "appreciates individuality and emphasizes developing your own style."

She has learned to break out of her comfort zone by taking risks when it comes to arranging a look, a skill beneficial to someone hoping to become a fashion editor, stylist or art director after graduation.

After spending time in the

industry, traveling to Rome and working at New York Fashion Week, Corcoran has come to appreciate the art form that is designing a collection.

"In European countries, there

are more of an art and less of a convenience."

Not only has she worked backstage at NYFW, but each year she is a part of the team that produces the largest student run fashion

faculty and industry professionals, going through a selective process that determines which looks are in the show. It features around 200-300 looks," said Corcoran.

Corcoran is president of the

campus that showcases garments made out of anything but ordinary fabrics and materials," said Corcoran.

FIA is one of the biggest organizations at Phila U, but the club

does much more than produce fashion shows throughout the year. The club also organizes trips to New York City for students to "gain perspective and network with industry professionals."

On networking with professionals, Corcoran encourages others looking to go into the industry looking to "always say yes!" She explains that everyone knows somebody in the industry looking for help.

"The biggest opportunities can come from the most unexpected places. Even just a friendly conversation can open up doors."

club on campus, Fashion Industries Association, that produces the show each year. FIA produces a second fashion show as well.

"We also produce Design X, which is a mini-fashion show on



is an emphasis on luxury as opposed to 'fast-fashion,' like in the U.S. There is a finer appreciation for quality," she said. She also learned during her time at NYFW that "[high fashion] gar-

show in the country, The Annual Fashion Show. The show is held every spring at Philadelphia University and showcases creations from fashion design students.

"The designs are critiqued by

Addie Jonas '14 interns in NYLON fashion closet

By Amanda Mooney '17

Addie Jonas '14, a current student at Drexel University, earned herself a coveted NYLON internship in New York City this fall. Through Drexel's co-op program, Jonas was able to take a break from her schooling to gain vital work experience with NYLON Magazine.

As a fashion and merchandising major, Jonas understands just how crucial these internships are for her future in the industry. Jonas said, "My job at NYLON will help me form lifelong connections not only with my co-workers, but with other people in the industry. This internship helps to build my resume, and gives me the experience I wouldn't receive by going to a regular school...So, that in and of itself is pretty cool because it allows us to get outside experience in the industry we're studying for."

Jonas' internship will last six months, equivalent to two terms at Drexel. Jonas explained that every individual college at Drexel University handles student co-ops differently. The Westphal School of Art and Design, where Jonas is currently enrolled, has few restrictions on where a student can intern. The average student's internship spans from 3 to 6 months. In order to make up for lost classroom time, Jonas attended class throughout the

summer. While some students take online classes while interning, Drexel recommends students devote themselves more fully to their internships.

Describing her experience in finding an internship, Jonas said, "I started pretty early by mes-

sured on the spot."

Jonas always had an inclination for fashion, so veering her major toward design was always part of her plan. "As far as my interest in editorial, the main reason why I even struck an interest in it is because of Ms. Leonard's

both the business and creative aspects of the industry in my major, and I can lean towards whichever direction I choose," said Jonas.

Jonas is currently living with a friend in Midtown east. She commutes to SoHo where the NYLON is located. While Jonas

internships in the fashion industry."

Jonas is certainly keeping busy with her internship. Regarding her NYLON responsibilities, she said, "I'm helping to run and organize the fashion closet. So, I'll be dealing with the sample trafficking of clothes from photo shoots, helping out at the shoots, conducting trend research, pitching article ideas and even helping a little with Fashion Week by writing invitations and scheduling."

Jonas attributes much of her success to the lessons she learned at Mount Saint Joseph Academy. She said, "It may sound cheesy, but the Mount prepared me in ways that my previous teachers will probably never know. It taught me how to treat people with respect, work to my fullest potential and push through when something is difficult. You'd be surprised, but some kids my age truly do not know how to act in a professional setting -- and I think that is something the Mount really focuses on."

"I am forever grateful for the Mount and all of the teachers and students who supported me throughout my four years there. I hope every girl at the Mount gets the opportunity to take away what I did during my time there," said Jonas.



saging people from companies I had interest in on LinkedIn, and went from there. I just happened to get lucky that someone from my dream job got back to me so quickly! I took a train to Manhattan, had an interview and was

journalism class that I took my junior year. I have always loved fashion, so now I'm just combining two of my talents and trying to make them a career. My major is fashion design and merchandising. I love it because I have

discloses that her internship isn't paid, she admits that it is worth it.

Jonas said, "I'm learning a lot and the fact that I can put NYLON Magazine on my resume is worth more than any paycheck. It's very difficult to find paid in-

Nate Parker's "Birth of a Nation" presents horror of 1831 uprising

By Jacey Abdalla '17

In January 2016 at the Sundance Film Festival, history was made with the revamping of the infamous movie "The Birth of a Nation." The original, created by D.W. Griffith, was racist propaganda disguised as a silent film about the Civil War and the beginning of the Ku Klux Klan, which was supposedly founded to "save the South." This time, instead of being a racist film promoting slavery and condemning the Emancipation Proclamation, Nate Parker's "The Birth of a Nation" made headlines for different reasons. The new movie set a record for the biggest Sundance deal of all time, acquiring \$17.5 million by Fox Searchlight for the rights to the movie.

Parker's film begins with the story of young Nat Turner who grows

up to lead the famous 1831 slave rebellion in Virginia. Turner's rebellion is one of the most well known in American history during the build up to the Civil War.

Turner was born into slavery, but unlike many other slaves, was taught how to read and write when he was a young boy. His female slave owner only allowed him to read the Holy Bible, changing

Turner into a Man of God. With this understanding of the Bible, Turner became a natural leader on the plantations; he preached to anyone who would listen.

The rising action of the film begins when Turner is taken to other local plantations to preach



to his fellow slaves. The plantation owners believed that hearing Turner preach would instill the wrath of God in their slaves. However, the result was Turner's experiencing the full scope and horror of slavery across Virginia. The climax of the film is the rebellion of 1831, which, when portrayed in the film, is dramatically effective but also downright ter-

rifying.

Nate Parker holds nothing back as the movie's writer, director and lead actor. He refused to present slavery as just a background or setting as typical Hollywood so often does. There is brutality in "The Birth of a Nation" that may make some viewers turn away, but Parker knows the horror that led to such a rebellion cannot be muted if it wants to have a harrowing effect. Parker's passion and deep understanding of history is evident in every minute, every frame and every plot point throughout the movie.

Now, under ten months later, "The Birth of a Nation" is about to premiere as one of the most critically acclaimed movies in the past decade. On October 7, "The Birth of a Nation" began playing in theaters everywhere. During opening weekend, some lucky theatergoers had the opportunity to register to vote if they have not already in support of National Voter Registration Day. In addition, Fox Searchlight held voter registration booths in participating theaters, including local Movie Taverns and the Bryn Mawr Film Institute.

"Stranger Things" makes waves in sci-fi television

By Jacey Abdalla '17

Unless you have been living under a rock or have no access to Netflix, you have most likely heard about Netflix's original series "Stranger Things." The show could easily be summarized as a supernatural thriller about a missing boy, but it is so much more.

"Stranger Things," created by Matt and Ross Duffer, pays homage to classics including "Twin Peaks," "E.T.," "Stand By Me" and "The Goonies." Nostalgia is a driving force in the show, and even with its similarities to movies and shows of the past, "Stranger Things" is its very own story.

In simplest terms, the show is about a small, suburban town in Indiana that witnesses a series of bizarre supernatural events in 1983. The series begins with the disappearance of Will Byers (Noah Schnapp) after a wild night of playing Dungeons and Dragons with his friends.

From there, the season takes off with twists and turns that leave the viewer wanting more. "Stranger Things" is packed with truly strange occurrences.

There is a combination of humor and horror that pulls the plot together in a way no series or movie has ever done. While watching, you will be on the edge of your seat, but you will also be laughing with and cheering on the heroes. There are scenes that are frightening and awful, but two

minutes later it is hard to remember what you were so terrified by.

"It's a genre throwback to simpler times, with heroes, villains and monsters. Yet it's also haunting, and has a rare respect for both adult grief and childhood suffering," wrote Emily Nussbaum of The New Yorker.

The predominantly young new cast adds to the list of reasons why "Stranger Things" is a must see. Ridiculously talented newcomers include Millie Bobby Brown, Noah Schnapp, Finn Wolfhard, Gates Matarazzo and Caleb McLaughlin. Brown is a showstopper as Eleven, a telekinetic girl who rarely speaks but offers guidance and assistance in the hunt to find Will. Wolfhard, Matarazzo and McLaughlin carry the show as Will's best friends who are desperate to find him.

Also playing into the celebration of nostalgia, Gen X's very own IT girl, Winona Ryder, plays Will Byers' mother. Joyce Byers is a single mother struggling to provide for her two sons. When Will goes missing, Joyce takes it upon herself to find her son, with or without the help of police chief Hopper (David Harbour). Ryder is classic Ryder, exuding a mix of frailty, desperation and tenacity in her portrayal of Joyce Byers.

With its Stephen King meets Steven Spielberg plot and aesthetics, and its reminiscent motifs, "Stranger Things" was the show of the summer.

"Come from Away" tells poignant stories of passengers stranded on 9/11

By Kathryn Mokrynski '18

A musical about 9/11? An unlikely pairing at best.

Yet, "Come From Away," a musical detailing the unique and less known story of 6,579 people bound for the United States whose planes were diverted after American airspace was shut down and were forced to land on the densely populated island of Gander, Newfoundland, offers a stunning, seamless pairing of medium and story.

"Come From Away," written by Canadians Irene Sankoff and David Hein and produced by Tony-nominated director Christopher Ashley, is already garnering a multitude of praise, including reviews from the Los Angeles Times and The Seattle Times.

The musical is currently playing to sold out audiences at Ford's Theater in Washington, D.C., then will run in Toronto beginning November 15, followed by a Broadway debut on February 18, 2017.

"Come From Away," which features accounts of passengers destined for Dallas, Texas, gets its title from the island natives' naming of the stranded passengers.

The characters in the show are created from the hundreds of stories told by flight passengers and native islanders, and some are based on actual people who experienced these events. Beverly Bass, the first female captain at American Airlines, as well as the mayor of Gander at the time, Claude Elliott, are represented as characters in the show. They and the many other characters in the musical display the struggles endured in the five days that the nearly 7,000 "come from aways" were stranded on the island. The mayor must deal with the influx of population while also dealing with problems surrounding daily, native life. Heartbreak, discrimination, fear, lack of communication, and sadness trouble the minds and hearts of all those on the island.

The islanders, however, help ease the emotions of the stranded, international passengers by kindly providing support and assistance. Whether it is by opening their homes, caring for animals on board the flights, or comforting passengers, the islanders relay their willingness to help the passengers. Through these trying times and dire circumstances, the

characters form lasting friendships with each other.

To allow the audience to feel as if they are being taken back in time to Gander, the scenic designer for "Come From Away," Beowulf Boritt, uses tables and chairs to create all the settings in the show from local, island stores to a diverted plane. The musicians are located on the stage for the duration of the musical, and they use a variety of percussion, string and woodwind instruments to provide the folk music. Notable songs include the evocative "Me and the Sky" and "Prayer." Choreography, by Kelly Divine, includes quick and simple moves to transform actors into different characters throughout the scenes.

"Come From Away" is a simply stunning story full of emotion that leaves audience members feeling not only as if they too had been on the island in Newfoundland, but also expands the scope of their understanding about the most painful event in modern America.



Bob Dylan takes Nobel Prize in Literature

By Caitlyn Bell '17

On October 13, Bob Dylan was given the Nobel Prize in Literature by the Swedish Academy.

This news came as a surprise for many. He is the first American to win since 1993, when Toni Morrison received the honor.

The prize was given to Dylan on account of his "having created new poetic expressions within the great American song tradition."

"The hallmark of genius, of course, the kind the Nobel committee likes to reward, is creative immensity, the ability to absorb and contain multitudes," wrote the New York Times editorial board.

Dylan rose to fame in the 1960s, bringing the folk genre to the mainstream under the influence of artists like Woody Guthrie. He was a symbol of peace in America throughout the anti-war movement.

Dylan's work as a singer songwriter has held permanent influence in both music and literature. His poetic and often political words hold the same qualities as a classic novel, presenting universal truths that remain with time.

Dylan's accomplishment in

the field of literature signals a broadening of the subject itself, expanding beyond what students often study in the classroom.

There is controversy surrounding Dylan's win, with many critics saying he is not the right candidate for the prize.

This is not the beginning of a debate surrounding songwriting and poetry. Those who hail Dylan as a revolutionary poet have been criticized for decades, despite Dylan's clear lyrical triumphs.

Wrote music critic Ellen Willis in 1967, "Dylan has a lavish verbal imagination and a brilliant sense of irony. . . But poetry also requires economy, coherence, and discrimination, and Dylan has perpetrated prolix verses, horrendous grammar, tangled phrases, silly metaphors, embarrassing clichés, muddled thought."

There is, however, no clear line separating music and poetry. Poetry is the broadest of all literary forms.

Regardless of what Dylan is, he is a cultural icon whose influence cannot be measured by any specific prize or award. His lyrics permeate through all creative forms in many different parts of the world.

Science debunks prevalent beliefs

By Kelly Ward '17

Throughout our lives, we have heard various so-called rules and regulations regarding random matters. Due to the repetition and widespread use of these rules, we have come to embrace them without questioning their authenticity. However, scientific “break-throughs” have discredited many of the mantras that many people swear by.

The Five-Second Rule:

Sadly, the celebrated mantra that you often use to justify eating food that has dropped onto the floor has been debunked. Scientists tested the rule since the phrase “Five-second rule!” is so commonly employed by humankind. The results of the experiment proved that the five-second rule is not a legitimate rationalization to eat food after it has been in contact with the floor. First, the floor itself is not necessarily clean because even a clean-looking floor can contain bacteria. Second, bacteria does not wait exactly five seconds before it attaches to a piece of food. However, the longer the span of time a piece of food spends on the floor

the more germs it will pick up, so although the five-second rule is not necessarily legitimate, food left on the ground for five seconds or less will most likely collect fewer bacteria. Disappointingly, the safest choice when it comes to the fresh-baked cookie that slipped from your grip is to throw it out.

Don't Go Swimming Until Thirty Minutes After Eating:

After eating hot dogs and hamburgers at summer pool parties and barbecues, you have probably been told to wait a half hour before going back into the pool. Unless you are swimming at an intense level, this commonly accepted rule does not apply. This is because the rumor claiming that increased blood flow to the stomach for digestion causes the stomach to cramp up in the pool has been discredited. Although Michael Phelps may experience cramps during an intense workout if he has eaten right before, the leisurely swimmer is not obligated to wait a set period of time before taking a dip

after eating a meal.

Cracking Your Knuckles Causes Arthritis:

According to researchers, between twenty-five and fifty percent of people “crack” their knuckles. Although the cringe-worthy symphony of pops, creaks and snaps may lead you to believe that cracking your knuckles is not healthy, experimentation



indicates that the act is not directly related to the development of arthritis. Dr. Donald Unger, a researcher who sought to understand if a correlation existed between knuckle-cracking and arthritis, reported that he had been cracking the knuckles of his left hand on a daily basis for a fifty-year period, while his right hand was rarely cracked and used as a control. After five decades of

knuckle-cracking, Unger analyzed his data set and discovered that there was no arthritis in either hand and no differences between the two hands. Therefore, he concluded that no apparent relationship exists between knuckle-cracking and arthritis. Now you can rest assured that you will not develop arthritis because you crack your knuckles ten times a day.

Cross Your Eyes, and They'll Stay That Way!:

At some point in your life, someone has most likely attempted to persuade you that if you cross your eyes, they will remain that way forever. Although you may have dismissed that statement as ridiculous, you probably refrained from crossing your eyes just in case. Science and basic anatomy prove, however, that the eyes cannot remain permanently crossed. Your eyeballs are controlled by muscles that allow you to move your eyes up, down, left and right. When you cross your eyes, you are simply commanding the muscles to move your eyes inward, which you do

naturally when you look at something that is in close proximity to your face. That being said, crossing your eyes for an extended period of time may cause a temporary strain on your eye muscles or eye twitches, so cross your eyes in moderation.

Avoid Swallowing Gum:

Rumor has it that when you swallow a piece of gum, it remains in your stomach for seven whole years. Although that statement is false, your stomach cannot break down a piece of gum in the same way it processes other foods. Chewing gum is comprised of either natural or synthetic materials as well as other preservatives and sweeteners. The body is able to absorb the sweeteners, yet it is unable to digest the gum resin, a synthetic material. If you swallow a piece of gum, your digestive tract propels the gum resin through your system by the typical pushing actions of the gut. Unless you ingest a large mass of gum or many small amounts over a short span of time, therefore risking severe blockages within the digestive tract, swallowing a piece of gum on occasion is harmless.

Tailor your nap to the mind and body's needs

By Jacquelyn Nyzio '18

Since the 2016-2017 school year is now in full swing, summer and the days of sleeping until noon are over. The stresses of school, sports, the musical or even college admissions allow for exhaustion levels at the Mount to continue to rise. Staying up all night after a long practice to complete school work and waking up early the next morning is surely exhausting. Sleep deprivation causes a decrease in skill level, an increase in irritability and a lack of motivation to do almost anything. One of the best methods to relieve this infamous exhaustion is to take a nap. Here are some tips to achieve the best nap ever:

Caffeine Nap

For this nap to be effective, drink a cup of coffee or take a caffeine supplement and go right to sleep. Because caffeine needs around twenty minutes to take effect, you will wake up twenty minutes into your nap and experience the benefits of both a nap and a cup of coffee. Caffeinated drinks with added sugar are not ideal to drink prior to a nap because a “sugar rush” can potentially impede falling asleep. Originally studied by British scientists from Loughborough University, this method is more effective than just a cup of coffee

or a nap.

Twenty-Six-Minute Nap

This nap involves the first and second stages of sleep, or the light sleep stages. It lasts only twenty-six minutes and ends right before the deep sleep stages commence, therefore preventing drowsiness. A NASA study demonstrated that a twenty-six-minute nap improves alertness by 54% and performance by 34%. This is the perfect power nap to energize you throughout your day.

Relaxing Nap

Because the environment can affect your nap, avoid sleeping on the bus, car ride home or on the way to your game; instead, try to head to the nurse's office or wait until you get home to take a snooze. A quiet, calm and dim environment will help you fall asleep faster, have a more restful sleep and be more comfortable. Why waste time taking a nap that will not benefit you best?

Ninety-Minute Nap

Some studies illustrate that a ninety-minute nap can be as beneficial as a seven-hour night sleep because the ninety minutes consist of a full sleep cycle. It involves all the stages of sleep, including REM (rapid eye movement or stage five of the sleep cycle). This is the dreaming stage of sleep, which improves creativ-

ity, perception, memory and complex learning.

Afternoon Nap

The afternoon is the best time to take a mid-day rest. Napping any time after 5:00 P.M. can easily prevent you from falling asleep at a reasonable time, leading to an all-nighter and waking up for the next school day even more exhausted. These afternoon naps are best for slow-wave sleep (stages three and four of the sleep cycle). During these stages, your brain eliminates unnecessary information, redevelops tissue and magnifies the conscious memory. Researchers at the University of Rochester recently discovered that “most toxins, including the ones linked with Alzheimer's disease, are flushed from your brain during slow-wave sleep.” Thus, an afternoon nap yields a vast array of benefits.

As the school year continues to progress and become more and more overwhelming, do not forget how rewarding a nap can be. It is better for your mental and physical health to be well-rested and all of these tips can help you reach that state. As little as twenty-six minutes can help you power through your day. Instead of falling asleep in class and failing to complete daily tasks, take the initiative and nap.

5 free health apps to download now

By Mady Taylor '18

Seven - 7 Minute Workout Training Challenge

True to its name, this fitness app allows you to personally challenge yourself to reach your fitness goals through daily seven-minute workouts. Compatible with the Apple Watch, this app is easy to use and offers a variety of exercises with illustrations, allowing you to customize your routine.

Stop, Breathe & Think: Meditation and Mindfulness

This mental health app offers instructions for meditation, and encourages you to form a daily meditation routine to maintain a healthy mind and to stay in touch with yourself and others. You can customize your meditations by inputting how you are feeling and have the opportunity to bookmark your favorite routines.

MTB Project

Tired of walking the dog on the same old sidewalks? The MTB Project app by REI allows you to turn your daily exercises into adventures by exploring trails and footpaths near you or at any destination of your choice, and track your location and elevation on the

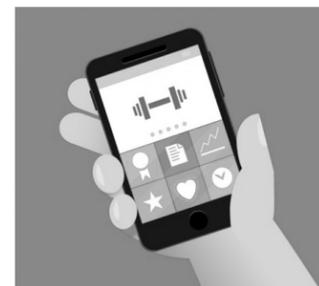
trails with the GPS feature.

Running, Walking and Biking with Endomondo

Track your distance, time, pace and path with this activity monitoring app. Compatible with both the Apple Watch and Health App, this app helps you keep track of your exercises and link with your friends for friendly competition and encouragement. For dedicated athletes, you can track and set personal records and goals.

FitStar Yoga

The FitStar Yoga app offers you the ability to customize routines, establish regimens and set goals, from weight loss to flexibility. Guiding interactive videos allow you to learn the poses, regardless of your ability level. Incorporate a daily yoga routine into your life for increased awareness.



American Athletes: Best and Worst

Golf mourns its beloved "King": Arnold Palmer

By Callie Shinkle '17

On September 25th the golf community lost Arnold Palmer, a seven-time major champion and six-time Ryder Cup team member, to heart complications at the age of 87.

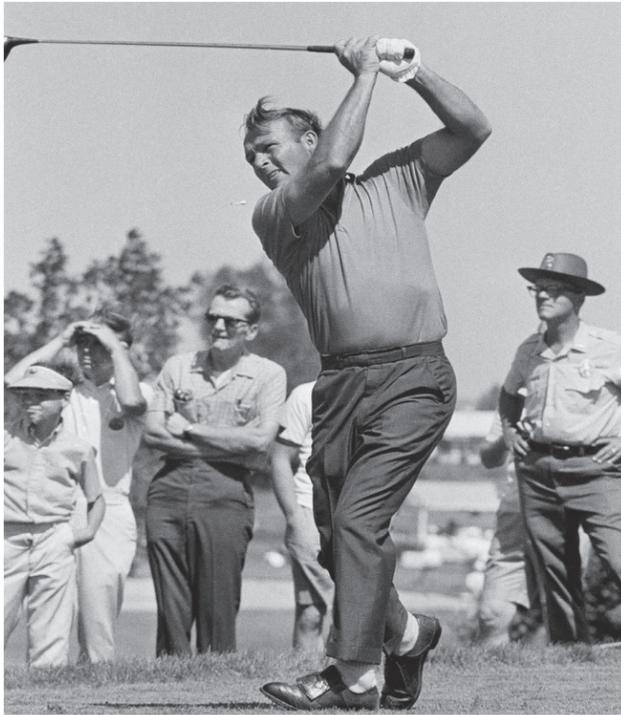
Nicknamed "The King," Palmer is considered one of the greatest players in the sport's history. He began golfing at only three years old when his father, the greenskeeper and teaching professional at Latrobe Country Club, located outside of Pittsburgh, gave him a cut-down golf club. He fell in love with the sport, telling the media, "What other people find in poetry I find in the flight of a good drive."

After attending Wake Forest University, Palmer competed in and won the 1954 US Amateur, marking the beginning of his rise to

fame. Palmer soon turned pro and accumulated masses of fans who were drawn to his go-for-broke style of play. These fans dubbed themselves "Arnie's Army" and grew extremely devoted to the golfer.

Because of his humble beginnings, exciting play and large group of fans, Palmer is credited with bringing golf out of the

country clubs and into the masses. Fellow professional golfer and close friend Jack Nicklaus described Palmer, saying, "Arnold transcended the game of golf. He was an icon. He was a legend. He took the game from one level to a



Arnold Palmer swings away at the 1960 Masters, which the golfer won for the second time.

USA to six victories and currently holds the career individual record for most Ryder Cup matches won.

Palmer described his feelings for the tournament, saying, "I loved the Ryder Cup because it simply wasn't about playing for money. It was about playing for something far grander and more personal."

The 2016 Ryder Cup took place just five days after Palmer's death and he was on the mind of every member of the US team.

Professional golfer Zach Johnson said, "Mr. Palmer's here in spirit." Palmer's bag from the 1975 Ryder Cup was placed at the first tee and a tribute video was played before the first golfers teed off. In addition, fans from both USA and Europe wore "Arnie's Army" pins and broke into chants of his name

throughout the week.

When Team USA won the 2016 Ryder Cup after an eight year drought, they brought the trophy to Palmer's funeral services.

Despite his tragic death, Arnold Palmer lives on through the records he still holds and golfers he has inspired.

higher level virtually by himself."

During his illustrious career Palmer had a total of 95 professional victories. He made six Wolf Cup appearances and was one of only three players to win four or more Masters.

Even more impressive is his stellar performance in six Ryder Cups. During the United States vs. Europe matchups, he led the



Pro golfers Rickie Fowler, Bubba Watson and Phil Mickelson honor Palmer by bringing the Ryder Cup to his memorial service, held at Saint Vincent College in LaTrobe.



In Palmer's honor, his golf bag stood at the opening tee at this year's Ryder Cup, which took place five days after the iconic golfer's passing.

Ryan Lochte shames swimming and America

By Maeve McCormick '18

Have you ever dug yourself so deep into a lie that you accidentally cause an international incident? Yeah, me neither, but I know of someone who has.

Unless you were living under a rock during the Olympics, you have probably heard of a swimmer named Ryan Lochte. This swimmer disgraced both himself and the United States when he lied to authorities about a supposed crime, when in actuality he and three other swimmers trashed a gas station bathroom and urinated in public after a night of partying in Rio. The guards then confronted them and asked them to pay for the damage.

This whole mess first came about when Lochte's mom Ileana told the press that Lochte and a few other teammates had been held up at a club. Lochte confirmed his mother's story, instead of acknowledging what the swim-

mers had really done and apologizing right away. His confirmation of the story prompted an investigation by local and international police forces.

I was actually a little suspicious of his version of events since he stated that he said "whatever" when a gun was pointed at his head. When a gun is pointed at most sane people, they sob and do what the person holding the gun wants them to do. They do not say "whatever."

After the press began reporting

that the swimmers had been confronted by a gunman, Lochte flew back to the United States. When



Fallon spoofs Lochte at VMA's: "Is it too late now to say sorry? That's my jam. It should be my jam. I wrote that song."

it was discovered the story had been fabricated, the other three involved were left stranded in

Brazil facing charges.

When he was caught in the lie, Lochte admitted he might have

"exaggerated" the events a little, and he was "embarrassed." He also said to a Globo reporter, "I am truly 110 percent sorry. It will never happen again. . . I want you [Brazil] to know that I love you, you treated me with great respect and I am very sorry that my immaturity caused all this

mess. I'm sorry."

Well frankly, he should be "110 percent sorry." Not only did he

waste police resources, which in this time of unrest in Brazil is needed for more pressing issues, but he made the rest of the world view Americans as spoiled children who will behave erratically in public and then lie to cover their mistakes.

Is the second most decorated Olympic male swimmer of all time acting out for attention? It has to get lonely living in the towering shadow of Michael Phelps, who not only has 28 Olympic medals but exemplifies sheer determination and dedication to a dream. This international incident sure does not help Lochte's case, as he has become a national joke.

Lochte believes he is atoning for his sins with a ten-month suspension and loss of his United States swimming stipend and four sponsors. But can these punishments possibly make up for the cloud of shame he has cast upon this country?

Soccer aims to score in Districts

By Grace Gelone '17

Following wins against Gwynedd Mercy Academy High School and Nazareth Academy, Mount soccer has gained confidence looking forward to District play.

After losing to Gwynedd 4-1 in its first game of the season, Mount soccer came into their second matchup against Gwynedd on October 3 looking for revenge.

Since the two teams' first meeting in early September, Mount began to gain momentum steadily, earning key wins against St. Basil Academy and Merion Mercy Academy. With confidence from its winning streak, Mount players came focused and intense to the rematch against Gwynedd. "The eleven seniors and two senior managers wanted to leave our legacy for Mount soccer by coming out on top in our last ever Gwynedd game," said senior co-captain and Ursinus commit Angela Gervasi.

After a hard fought eighty minutes, the two teams were tied 1-1, sending the game into overtime, with freshman Madison Hornig scoring a goal in sudden death to clinch the win.

"It was an amazing feeling being able to win my last game against Gwynedd. Everyone on the team played their hearts out, and it was amazing to see a freshman keep her composure and finish it for us," said senior co-captain and Lasalle commit Ashley Pyne.

On October 11, Mount soccer faced off against the soccer pow-

erhouse Villa Joseph Marie High School. The extra excitement from senior day gave Mount the momentum from the beginning.

At halftime, the score was tied at 0-0, and the Mount went into the second half even stronger. Sophomore Allie Prue scored a goal early into the second half, and the Mount held this 1-0 lead until the last 10 minutes.

Despite ultimately losing to Villa Joe 2-1, this was the best showing the Mount has had against them in years and was a huge addition to the team's growing confidence.

After the statement win against Gwynedd and a strong showing against Villa Joe, the team now looks ahead to finishing the season strong.

"Our biggest goal for this season is to make it to Districts," said Coach William Naydan.

Currently placed ninth in the District, the team's goal is well within reach.

Senior co-captain Alyson Carpenter credits the team's success to the chemistry between the players. "We gel together nicely on the field and communicate easily. I consider everyone of us good friends on and off the field from JV to Varsity. We always have each others backs, have lots of fun together and have made several memories already," she said.

With high energy, strong chemistry and key wins, Mount soccer is confident that it can continue its success into the postseason. When The Campanile went to press, the team was preparing for its first district game.



Junior Grace DiGiovanni dribbles in the soccer game against Gwynedd. Photo courtesy of PA Prep Live.



Senior field hockey co-captain Marge Lynch plays defense in the Gwynedd game.

Cross Country resilient, leaves it all on the course

By Jean Reilly '18

On Tuesday, October 18, Mount cross country competed at the AACA League Championships.

At champs, Varsity finished fourth overall. JV claimed the second place title, and sophomore Laney Volpe came in second in the JV race.

"I think Varsity ran well pushing each other, and JV did very well running together and encouraging each other along," said Coach Kitty McClernand. "This season started on a slow note and is finishing very strong. The team has been working extremely hard and is peaking at the right time."

In Mount's last dual meet against Gwynedd Mercy Academy High School and Merion Mercy Academy, the team swept the race with scores of 16-47 and 15-48, respectively.

Coach McClernand said, "The team did an amazing job and we dominated both teams. The girls really worked together to pull each other along."

In the dual meets, the team has had five close losses to Villa Joseph Marie High School (20-39), Nazareth Academy (26-29), Villa Maria Academy (28-29) and Sa-

cred Heart High School (22-35). The team won in their first duel meet against Saint Basil Academy (36-25).

In weekend invitationals with schools from across the state, the team is finishing in the middle of the pack, with the exception of the Council Rock North Invitational, where junior Jen DeGroat finishing 20th in the varsity race.

Mount has a strong varsity lineup this season, with seasoned upperclassmen and talented

ren Ehnou, Maeve Gallagher and Erin Shea Mirabella earned their varsity spots early in the season. Ehnou has impressively cut down her time from 26.41 to 20.38, pushing her way up to the front of the pack. Gallagher is running impressively, her time dropping from 29.22 to 23 flat; and Mirabella is running consistently as well, her best time being 22.31.

Senior captains Kelly Ward and Caroline Kardish are leading the team by example, encouraging their teammates to stay motivated during every run.

"As the season progresses, we are learning how to encourage each other during practices and races. I know that I am motivated to keep pressing on if I have a

teammate beside me," said Ward. "I encourage my teammates to continue to push themselves and foster a strong work ethic as the season progresses. Running is definitely tough, so remaining mentally resilient is crucial to success."

When The Campanile went to press, the team was preparing for the District meet on Friday, October 28.



The cross country seniors pose on Senior Day.

freshmen. Junior Jen Degroat has been dominating meets and practices, cutting her time from 23.24 to 20.07.

"Jen DeGroat runs her hardest every race and keeps improving," said junior Maeve McCormick.

Junior Mollie Mullen and senior Kelly Ward are not far behind DeGroat, with their best times of the season being 20.45 and 21.15, respectively. Never running cross country before this season, freshmen Lau-

Field Hockey finishes strong; sets sights on District play

By Grace Gelone '17

After a solid second place finish in the Catholic Academies League last season, Mount Field Hockey looked to capture the first place title for the first time since 2012.

On October 17, Mount faced off against Villa Maria Academy for the league championship. The previous matchup between the teams ended in a close 4-3 loss for the Magic.

"After our first game against Villa, we worked really hard to improve our overall game. We were really looking forward to our rematch against them," said senior co-captain Marge Lynch.

However, Mount's quest for the title came to a disappointing end when they fell 6-0 to Villa.

This was an uncharacteristic loss for the team, who over the course of this season has significantly improved upon last season's record to an impressive record of 14-3-1. The team's only losses came at the hands of Villa Maria and CB West. Highlights

of the season included two regular season wins against Gwynedd Mercy Academy and a 4-3 overtime win against Merion Mercy on Senior Day.

"Beating Merion was a crucial moment in our season because we had been tied with them for second, and defeating them in overtime allowed us to send them down to third in the league," said senior co-captain Ava Self.

After tying Merion in the season's first meeting that also went into overtime, Mount was determined to come out on top in the October 13 rematch. After a slow start, Mount was able to tie the game 3-3 before the end of regulation. In overtime, junior Grace Wallis scored the game winner on a penalty stroke.

"Beating Merion was one of our biggest goals this season. When we achieved this goal, I was so proud to be a part of such a great, hard-working team," said senior co-captain Margot Biamon.

"After a slow start, it was a true testament to our team's de-

termination when we were able to come out fast in the second half to tie the game and then finish in overtime," said Lynch.

This season's success can be attributed not only to talent on the field, but also to strong team chemistry.

"This season our team has had great chemistry. Each game our passing gets better and we work together better as a unit. We are all having fun and working hard which is creating a great atmosphere within our team," said Lynch.

"On the field, everyone is encouraging and working off the ball to help their teammates. Off the field, the environment has been positive and that has translated to improved results," said Self.

The results of the regular season point to future success as the team prepares for district play, beginning the week of October 24.