

THE CAMPANILE

MOUNT SAINT JOSEPH ACADEMY

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Mounties dance all night “For the Kids”



Mini-THON Committee: l. to r. Caroline Free '16, Jade Killion '18, Olivia Bocklet '17, Caroline Kardish '17, Emma Diebold '16, Maddie Ferrero '16, Hannah Tubman '16, Emily Pensabene '17, Grace Gelone '17, Abby Schwenger '18, Annie Princivalle '18, Katie Zimmerman '16 and Elena Christen '17

By Meredith Mayes '17 and Ava Self '17

On Friday, Jan. 15, over 250 Mount students participated in the 3rd annual Mini-THON, a twelve-hour dance marathon to raise awareness for pediatric cancer.

Co-chairs, senior Hannah Tubman and junior Emily Pensabene said they were honored to have

the opportunity to lead and orchestrate one of Mount's most exciting nights.

“Mini-THON has been my favorite experience at Mount and has helped me grow not only as a leader but also as a person,” said Tubman.

Students arrived at 8:00 p.m. and were ready to stay up all night “for the kids.” New games, such as pin the mustache on Mr.

Rooney and dodge ball, were instant hits, but nothing compared to the excitement on the dance floor. When the 2:30 a.m. rave hour hit, all signs of exhaustion disappeared as the lights went out and glow sticks were illuminated.

The most touching moment of the night came when different stories of pediatric cancer were told. Junior Olivia Bocklet

spoke of her own experience with childhood cancer.

“I think for a lot of people that participated it was interesting to see that what they were doing for twelve hours was going towards helping people like me and my friends,” said Bocklet. “It really put a face on the cause and personalized it.”

For all in attendance, this year's Mini-THON was an unfor-

gettable night. Sophomore Jade Killion said, “Mini-THON is a night I will remember forever. Just knowing that every dollar we raised helped bring pediatric cancer researchers one inch closer to finding a cure makes my blistered feet worthwhile.”

When the magical night came to a close, all in attendance were thrilled to see that the Mount community raised over \$32,000.

Catherine Zakrzewski '11 reports live from Silicon Valley

By Ava Self '17

With assignments ranging from interviewing entrepreneurs and venture capitalists in Silicon Valley to testing the latest technology, Cat Zakrzewski '11 can attest that for her, there is no such thing as a typical day at the office.

Zakrzewski, a recent graduate of Northwestern University and former Campanile Editor in Chief, works as a venture capitalist reporter for the Wall Street Journal and Dow Jones in San Francisco. Her assignments include covering venture capital, the seed money provided to help fund an emerging company, particularly as it pertains to technology startups, and political decisions that affect tech companies. Zakrzewski reports on how this type of investment is given and its effects on companies working on cyber security, artificial intelligence, virtual reality and consumer technology.

To be able to relay this information accurately to her readers, Zakrzewski devotes much of her time to researching these specialized topics. “I read all the time, and I spend a good amount of time speaking with people who have much more expertise than I do,” said Zakrzewski. Some topics, however, require more investigation than others do.

“I probably spend more time researching a cyber security company than a consumer tech company. That area is more technical,

and I need to spend more time understanding it myself before I try to explain it.”

Along with her extensive research, Zakrzewski conducts interviews with entrepreneurs who



Cat Zakrzewski conducts an interview with security software founder John McAfee.

are starting new companies and creating innovative technology.

“I really enjoy meeting with passionate founders who have a personal connection to the problem they are trying to solve.” She recently met with PayPal founder Max Levchin, who is now working on two emerging companies.

Zakrzewski has also had the opportunity to meet company

executives who visit her office, such as Aaron Levie, founder of the file sharing website Box. In addition to her interviews, Zakrzewski attends conferences that feature many famous tech speak-

ers. At these events, she has been backstage with everyone from Carly Fiorina to Snoop Dogg. Writing about technology startups has afforded Zakrzewski many chances to experience new gadgets before they hit the market. “I've flown drones, played around with virtual reality goggles and tested speakers before

they were available in stores. I have had the opportunity to visit some exciting places, from the Google headquarters where engineers ride around on rainbow bicycles to the Pixar Studios where

artists are working on the next “Toy Story,” said Zakrzewski. Zakrzewski asserts that her career in journalism has granted her many different experiences that otherwise would not have been possible.

Through her job, she has been able to live in various parts of the country and to see the world from the perspectives of others.

Before graduating from college, Zakrzewski took an internship at the Chicago Sun-Times. At the Times, Zakrzewski worked the homicide beat.

“Writing those stories and meeting with families who lost loved ones to gun violence drastically impacted my world view.”

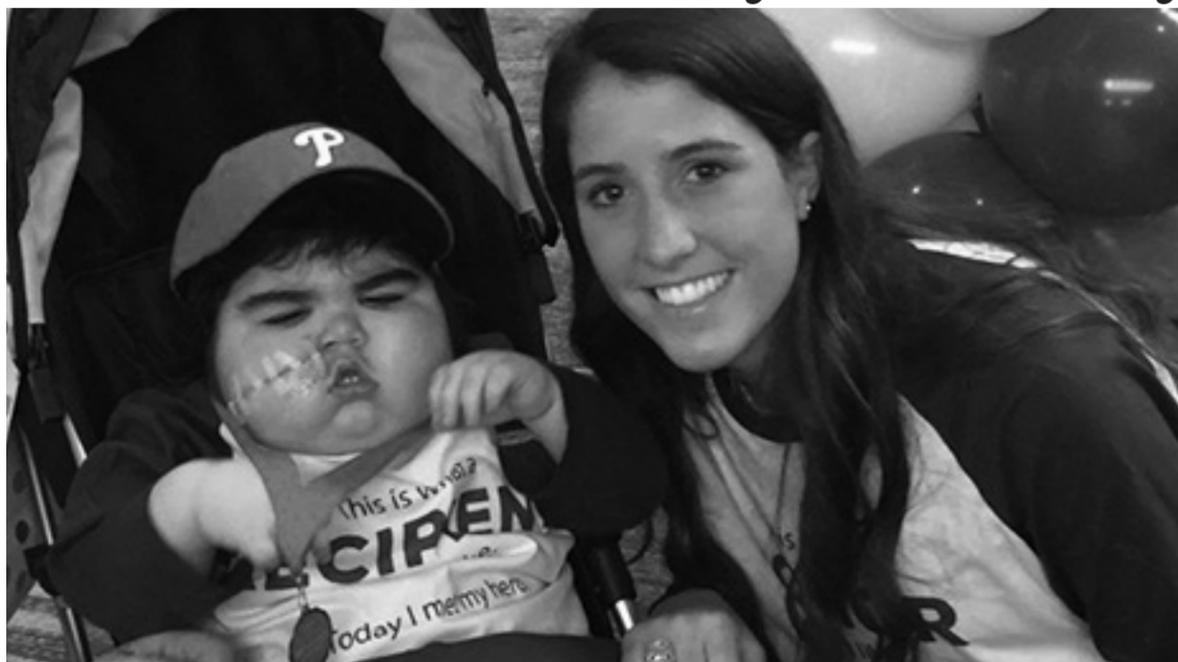
Zakrzewski also had the chance to spend time in Washington, D.C., when she worked at the Boston Globe. Working at the Globe allowed Zakrzewski to attend the Presidential Medal of Freedom event at the White House, where honorees included Meryl Streep and Ethel Kennedy.

Once she graduated from Northwestern, Zakrzewski's interest in writing about technology led her to her current job in California.

Zakrzewski said, “I am really lucky to be working at an organization with so many intelligent, accomplished and driven reporters. I learn so much just by being in this newsroom and hearing other reporters frame questions and develop story ideas.”

Zakrzewski is appreciative of the opportunities she has had so far and looks forward to those to come, saying, “Working as a journalist has allowed me to meet exciting people, have access to interesting events and most importantly, learn something new each day at work.”

Laura Pacheco '11 saves the life of 3-year-old boy



Alumna Laura Pacheco kisses and poses with Mario Lopez when they met for the first time in December 2014, after both of their operations.

By Callie Shinkle '17

One swab of a former Mountie's cheek recently saved a three-year-old boy's life.

In December 2014, Laura Pacheco '11, Mount alum and Union College senior, donated bone marrow to Mario Lopez, a toddler suffering from a genetic disorder called familial hemophagocytic lymphohistiocytosis.

The disorder causes Mario's immune system to produce too many activated immune cells, leading to damage of the liver and spleen and the enlargement of or-

gans. In addition, the disorder destroys blood-producing cells in the bone marrow, making the disease fatal within months if not treated.

Pacheco found out about the Gift of Life Bone Marrow Foundation, the organization through which she was matched with Lopez, during a donor drive on her college campus in April 2013. Soon after Pacheco agreed to give a sample of tissue in her cheek, she forgot about registering as a donor until July 2014, when she was told that she was a potential match for young Lopez.

It turned out that Pacheco was a 100 percent match, which, according to the Gift of Life Bone Marrow Foundation, has a one in nine million chance of happening. Despite her busy schedule as a member of Union College's field hockey and lacrosse teams, a leader in her sorority and a full-time college student who had just returned from studying abroad in Bali, Indonesia, Pacheco immediately agreed to donate, telling *The Sun Sentinel*, "It didn't interrupt my life. If I could donate again tomorrow I would."

In order to donate, Pacheco

endured an exhaustive four-hour physical exam and an operation to withdraw the bone marrow from her hipbone. However, she says, "I wasn't concerned about how I was feeling. I wanted everything to work out for the little boy."

On January 17, Pacheco finally met Mario and his family at a Gift of Life Bone Marrow Foundation event in Boca Roton, Florida. Mario's mother, Rebecca Hubbird told *The Daily Gazette*, "He responded to her right away. At first they told us he might be in a wheelchair the rest of his life. But then he started crawling.

That's all because of Laura."

Hubbird also says that she plans to take Mario to Pacheco's graduation in June and hopes to remain in touch with Pacheco. She says, "Words cannot express how grateful we are. She gave us a lifetime with him"

Pacheco says that donating and meeting Lopez has truly changed her life. She comments, "To me, the little boy is my hero. He's just taught me to put life into perspective and makes me think differently than I have in the past."

Robotics course offers Firebirds opportunity for team development

By Sydney Stockmal '17

The Robotics course, set to run in the second quarter only of the 2016-2017 school year, will be offered to girls who have dedicated at least a year to the team.

"The robotics course came to be from the efforts of many people that are involved with robotics now and have been in the past," said Mrs. Paula Soley, co-moderator of the robotics team. "We have mentors and students who have expressed interest in focusing more on team development and less on just getting through a build season."

Mrs. Soley explained the need for this course through an allusion to the show *M*A*S*H*. "When they're performing a surgery in a MASH (Mobile Army Surgical Hospital) unit, there's no real time to learn anything; there's no real time to experiment. Our team really was just



Junior Emma Neill designs a chassis in the Firebirds' workshop.

getting through build seasons and not learning a whole lot, not developing new skills, not trying new things. It became clear that time was needed. So if we can work on development in the off-season through a class, then we can actually enjoy our build

season, hone our skills, and just learn a whole lot more than we can by just going through a build season."

The course itself is a 0.5 credit college prep class designed to

develop leadership and practical skills needed for students to lead and work on a team. It reinforces new ways to problem-solve, think critically and strategize in an open environment. Students will be given jobs according to their particular skill sets and develop

their proficiency through experimentation and regulation from different proctors. These tasks could be outreaches, build projects, financing or anything else that needs to be accomplished before the build and competition season begins. For example, a student who is focused on the outreach program will use her time to create and develop community service activities that teach robotics to kids.

"It's student-driven and mentor-guided," said Mrs. Soley. "You really have to be the type of student that's motivated and in love with this team and this program to take on this course."

While extracurricular robotics is open to anybody, the robotics course will only be open to girls who are familiar with the team.

The course is not meant to be an introduction to the team and robotics itself. Lending a year to robotics through any means (e.g., Chairman's Award, build, outreaches, ect.) makes a girl eligible to participate in the course next year.

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To skirt or skort: “*That* is the question”

By Meredith Mayes '17

To wear a skirt or not to wear a skirt, that is the question: Whether 'tis nobler in the mind to suffer in the unflattering skort, or to take up arms against the terrible underlying shorts covered by a skirt-like flap, and by this opposition, plummet into the depths of demerits and detention.

In Shakespeare's "Hamlet," written over 400 years ago, the main character, Hamlet, faces a daunting task: whether to continue existence filled with suffering or to end his life. For many melodramatic Mount girls, the decision to wear or not wear the skort is an equally challenging question.

In wearing the skort, girls are able to make it through the day without being pulled aside by faculty and given countless demerits. Well, assuming they are also wearing the proper shoes, tights without holes, a nametag, and a sweater without worn-out elbows or busted waist- and wristbands. However, by wearing the skort, girls are, in their opinion, forced into suffering.

Not only is the skort unflattering on most, but it consists of two layers: unforgiving, awkward shorts and a seamless wrap-around-and-button skirt. Everyone, including the faculty, can agree that the fabric is neither soft nor flexible. Sitting in a seat for eighty minutes leads to dreadful itchiness and constant shifting. While wearing the skort, even using the ladies' room becomes complicated. One must unbutton and unzip, whereas in a skirt, one can just lift. The true stab in the heart for Mount

girls comes from having to go out in public in the skort. As if going to Starbucks and having the barista not ask your name because he already read your nametag was not weird enough on its own, a girl in a skort might even get a compliment on her awesome and convenient short and skirt combination.

The skirt, a pleated, flattering rarity, can only be seen on the most daring and determined few. In wearing the skirt to school, a girl is asking for it. I have yet to talk to a skirt-wearing girl who has managed to fly under the radar. The skirt is a risk only few are willing to take. In picking comfort and ease over awkward and stiff, they become prey in the eyes of hungry predators, the faculty, who are ready to pounce with demerit pad in hand. Even with demerits and detentions in mind, the skirt still offers so much goodness: It is flattering on practically everyone; it does not require the use of both buttons and zippers; and it is remarkably more comfortable than the skort.

However, no matter how painful girls think the skort is or how many protest by wearing the skirt, at the end of the day the skort is our uniform and the skirt is what Mount girls must accept. Just like Hamlet, girls must pick existence with suffering over complete destruction that would lead to an unknown future. As Dr. Caviston would say, "I hope to see you all in the skort, and proper uniform on Monday. Let's represent our school with pride." And with that, the skirt becomes a fond memory for girls to look back upon and say, "Remember when..."



Keepin' it straight forward



So polyester 70s!



Game Day!



The Mount letterman jacket



The uniform with a girly flare



The iconic Mount uniform



Time for gym class!



Black millennials represent ongoing Civil Rights movement

By Caitlyn Bell '17

Black History Month is not only a time to reflect on the historical figures of the Civil Rights Movement, but also to acknowledge the modern black rights activists. The following are just few of the many inspirational advocates at the forefront of the ongoing Civil Rights Movement.



Amandla Stenberg, 17

Amandla Stenberg is someone all of us teenage girls should look up to...and she is only seventeen. Amandla is a teen activist to say the least, using social media as her main portal for preaching.

Stenberg is famous for playing Rue in "The Hunger Games" and for her genius school project on cultural appropriation, "Don't

Cash Crop My Cornrows," which went viral in 2015. Dazed and Confused magazine called her "a member of the 'new generation of girl power icons.'"

Amandla is a renaissance woman: She has co-written a comic book and written and directed two short films. Stenberg frequently speaks on the too often overlooked issue of objectification and oppression of black women.

"Black features are beautiful. Black women are not. White women are paragons of virtue and desire. Black women are objects of fetishism and brutality." Amandla wrote these piercing words in a short essay on black women's role in modern culture.

Stenberg reminds

us all how important it is in the feminist movement to consider the problems women of all backgrounds face, rather than just the issues we experience first-hand.

Deray McKesson, 30

Deray McKesson has recently come to fame for his role in Black Lives Matter and the movement against police brutality towards black people. He became vocal

after the shooting of Michael Brown and the decision not to try Darren Wilson.

McKesson has recently revealed his bid to run for mayor of Baltimore, a city in which tensions rose after the murder of Freddie Gray last year. This bid is a big step for Black Lives Matter, pushing it even further into mainstream politics, where it needs



to be in order to be properly acknowledged and addressed.

"We cannot rely on traditional pathways to politics and the traditional politicians who walk that path," McKesson wrote in his statement on his mayoral bid. "We have to challenge the practices that have not and will not lead to transformation."

Much debate about McKes-

son's stride towards governmental office has risen from the premise for his campaign: issues of race and the mishandling of the riots in Baltimore in the late spring of 2015. This campaign cause is controversial because it asserts racism to be not only a social issue but also a governmental one.

Roxane Gay, 41

Roxane Gay wrote the famously enlightening book of essays on privilege, feminism and the balance between being a human being and holding true to your principles, called "Bad Feminist."

Along with having published that book and two others, she is also a professor of English at Purdue University, a writer for the New York



Times and a competitive Scrabble player.

Gay stresses that there is a lot of pressure in the feminist movement to be infallible, because feminists are taught that as soon as a feminist says or does something that goes against his or her own feminism, his or her whole argument becomes invalid.

"As a feminist, I feel a lot of

pressure. We have this tendency to put visible feminists on a pedestal. We expect them to pose perfectly. When they disappoint us, we gleefully knock them from the very pedestal we put them on," Gay stated in her TED Talk.

The truth in Roxane's idea of pedestal feminism can be proven by looking at feminists popular in the media, such as Beyoncé, and

how they are deemed inauthentic when they make mistakes. Gay acknowledges that no human is perfect, and sometimes even the best feminists are allowed to like or tolerate something in spite of its misogyny.

Cultural appropriation generates provocative discussion

By Caitlyn Bell '17

Cultural appropriation is one of the most difficult issues to grasp unless it is something one's own culture faces. It is a widespread social media discussion, full of accusations against Miley Cyrus, Iggy Azalea and Kylie Jenner. But what is it, and why is it so wrong? Activist Amandla Stenberg defined cultural appropriation perfectly in her 2015 video, "Don't Cash Crop My Cornrows."

"Appropriation occurs when a style leads to racist generalizations or stereotypes where it originated but is deemed as high fashion, cool or funny when the privileged take it for themselves. Appropriation occurs when the appropriator is not aware of the deep significance of the culture they are partaking in."

Cultural appropriation has been a rising issue since black culture and pop culture began to merge. Hip-hop music was created in black communities in the seventies to give black people a voice and allow them to express themselves within their own culture. Since the 1990's, hip-hop has grown to be a part of world culture, rather than being confined to black American culture.

In the late 2000s and early 2010s, white artists began adopting the hip-hop genre more and more frequently, failing to acknowledge or appreciate its roots.

These same celebrities neglect to address the adversities black Americans face. Not a single major celebrity accused of appro-

priation has confronted the accusations, brushing the issue off as social media hate.

Miley Cyrus and Taylor Swift, in their music videos "We Can't Stop" and "Shake It Off," used black women in the background essentially as props. Cyrus unapologetically commented on this ruthless objectification to Rolling Stone.

"I don't keep my producers or dancers around 'cause it makes me look cool. Those aren't my 'accessories.' They're my homies." Cyrus is an activist on many subjects, including LG-BTQ rights, gender equality and animal rights. However, she has never uttered a word in defense of the oppression of African Americans, despite her claim that they are indeed her "homies."

In the 2012 Harmony Korine film "Spring Breakers," James Franco appeared as a cornrow wearing, misogynistic, alcoholic, drug addicted, homicidal pimp. The misappropriation in the film was so extreme that a University of Texas at Austin student James Francis Donegan wrote his entire senior thesis on the issue, pointing to the fact that Franco's character implies that cornrows complement the character. Donegan says that with this implication comes a scathing and disturbing stereotype that the nature of Franco's character comes from aspects of black culture.

Cornrows and boxed braids are a critical part of black culture, because these hairstyles are necessary for black women's hair type.

These hairstyles originated in Africa as early as 500 B.C. in order to maintain African women's beautiful and voluptuous curls in a way that would be undamaging to black hair.

It is clear that throughout history these hairstyles have been a matter of practicality, over time becoming engrained into black culture. For white men and women to turn this historic aspect of

White America, especially celebrities, believe that they are entitled to steal aspects of others' cultures and make these cultural traditions with historical significance into fashion trends.

black lifestyle into a mere pop culture trend shows their lack of understanding and appreciation for black culture.

Often the appropriator fails to acknowledge the struggles the minority community faces in its day-to-day life. In the past few years when black people have been killed due to police brutality or negligence towards black people, these celebrities who take the liberty of taking part in black culture fail to defend the black community.

Despite being the most widespread, cultural appropriation is not confined solely to black culture. Music festivals are filled to the brim with young men and women wearing Native American headdresses or sporting Hindu

henna designs. Katy Perry was heavily criticized for her 2013 "geisha-inspired" performance at the VMAs.

There is a fine line between appropriation and assimilation. If white people assimilate an ethnic culture, they are also accepting their obligation to stand in solidarity with the oppressed people of this culture, especially in times of great controversy similar to Ferguson in 2014. These people in the media today fail to accept or acknowledge this obligation; therefore they are appropriating rather than assimilating.

Cultural appropriation can be avoided when one engages with a culture, rather than just adopting that culture's aesthetic. For example, when Angelina Jolie travels to Africa and the Middle East, she wears a hijab as a sign of respect for the culture.

This practice can be referred to as cultural assimilation; the difference between cultural appropriation and cultural assimilation is that in cultural assimilation, the hijab is not being reduced to a mere trend.

Many argue that these instances are not intentional. These refuters are likely correct; why would someone take on an aspect of another's culture as a means of oppression?

The flaw in this argument is that although these instances are likely unintentional, they still occur repeatedly. This implies that the oppressor fails to realize that he or she is encroaching on another culture.

Now that so many cultures have become a part of mainstream pop culture, people are ignorant towards the roots of these cultures, or that these cultures are a necessary means to the survival of a certain race.

This issue is a matter of disrespect. White America, especially celebrities, believe that they are entitled to steal aspects of others' cultures and make these cultural traditions with historical significance into fashion trends. These same people refuse to take on the adversity that should come along with the rich culture.

"Come on, you can't want the good without the bad. If you want to enjoy our culture and our lifestyle, bond with us, dance with us, have fun with us, twerk with us, rap with us, then you should also want to know what affects us, what is bothering us, what we feel is unfair to us. You shouldn't not want to know that," preached Nicki Minaj on Miley Cyrus to the New York Times.

Appropriators make a conscious decision to take on black, Hindu, and many other worldly cultures while failing to give these cultures a voice. Cultural appropriation is an injustice widespread throughout America and the western world. As Amandla Stenberg said, "So I've been seeing this question a lot on social media and I think it's really relevant; what would America be like if we loved black people as much as we love black culture?"

Mattel revamps Barbie to represent real bodies

By Sarah Haurin '16

Mattel, the toy company that has brought us everything from Hot Wheels to Polly Pockets, has recently revamped its Barbie line with the addition of three new dolls: a petite doll, a tall doll and a curvy doll. After enduring years of complaints about the Barbie doll's failure to represent what real women look like, the company has finally addressed the issue head-on.

For years Mattel had denied that Barbie's figure was negatively affecting the girls who played with their toys, blaming the epidemic of poor self-image in young girls on mothers and other people who may inadvertently encourage negative body image. Psychologists, however, ardently disagreed, citing Barbie's impossible figure as a veritable contribution to young girls' developing unhealthy relationships with food and their bodies.

Though the diversification of body types proves a remarkable advance in reducing female nega-

tive self-image, Mattel's efforts have come much later than anticipated and are much less groundbreaking when the numerous issues that still exist with their dolls are considered.

In its history Mattel has re-

leased and recalled many Barbie products that were demeaning toward women. Most notable are the 1992 teen doll that exclaimed "Math class is tough!" and a book released in 2014 titled "I Can Be a Computer Engineer" in which

Barbie claims to be "only creating the design ideas... I'll need Steve and Brian's help to turn it into a real game."

In addition to issuing sexist products, Barbie fails to support racial diversity. They constantly

struggle to portray dolls of varying ethnicities without resorting to "tokenism," in which non-white dolls are often dressed according to stereotypes and never quite measure up to the perfect white ideal that is the "real" Barbie.

Furthermore, nonwhite dolls are often not given the features that correspond to their designated race; rather, they are merely Barbie "painted" a different color, again reinforcing the notion of a nonwhite doll being simply an inferior version of the "real" Barbie.

Though not directly under Mattel's control, discrepancies in pricing, either making ethnic dolls more or less expensive than white dolls, also contributes to the racial insensitivity endorsed by these dolls.

While Barbie has successfully begun to portray dolls of different body types, its failure to accurately and fairly represent people of color remains to be fixed, making the doll less than a perfect role model.



Mattel's new line of Barbies coming in different sizes still leaves much to desire in the way of proper representation of diverse women.

Emma Watson launches online feminist bookclub

By Maeve McCormick '18

When Emma Watson asked her Twitter followers to come up with a name for the feminist book club she wanted to start, she was overwhelmed with responses. Ultimately deciding to call it "Our Shared Shelf," Watson invited her followers to join her discussion.

With over 100,000 members, "Our Shared Shelf" focuses on books about equality and feminism as part of Watson's work with the United Nations Entity for Gender Equality and the Empowerment of Women. Watson wrote, "As part of my work with UN Women, I have started reading as many books and essays about equality as I can get my hands on. There is so much amazing stuff out there! Funny, inspiring, sad, thought provoking, empowering! I've been discovering so much that, at times, I've felt like my head was about to explode... I decided to start a Feminist book club, as I want to share what I'm learning and hear your thoughts too."

Watson will choose a book for the club each month. During the month's last week, Watson will lead a discussion board through Goodreads, a free website for book clubs, to review the book with all the members. There are also discussion moderators for a variety of different time zones and for members of the book club who write their reviews in Spanish. Book club members can even participate in gatherings at a variety of locations, ranging from New Zealand to Los Angeles. Along with the chosen book of the month, people are encouraged to talk about feminism as a broader issue and share opinions, personal stories, and even movie

ideas.

The first book Watson chose was "My Life on the Road" by Gloria Steinem, an author, lecturer, editor, activist, and arguably the most well-known feminist from the second wave of feminism in the 1960's. Many of the issues that Steinem and her contemporaries fought to rectify, like

Mystique," which discusses a woman's right to work outside of her home and to help support her family. Though lauded for its insight into the upper middle-class housewife, it failed to recognize the uniquely feminine plights of lower class women who worked to support their families but did not have the luxury to complain abo-

lic interest and, unsurprisingly, Steinem is a board member on the ERA Coalition. She commented, "The key to the Equal Rights Amendment is that it protects men as well as women." Despite the seemingly unimpressive rate of change in these feminist issues, according to Steinem, 2015 became a turning point between

feminist legacy is the overwhelming support of the right to wear what a person desires to wear without judgment from others. Although Steinem is an example of "old" feminism, she fully supports this argument, believing that these feminists should celebrate their right to express themselves uninhibited by society's standards.

One of the faces of new feminism, Emma Watson has also addressed "man-hating" by saying, "The more I have spoken about feminism, the more I have realized that fighting for women's rights has too often become synonymous with man-hating. If there is one thing I know for certain, it is that this has to stop. For the record, feminism, by definition, is the belief that men and women should have equal rights and opportunities." With her campaign #HeforShe, Watson asks men to support and understand the goals of feminism. Celebrities including Jared Leto, Eddie Redmayne and Harry Styles have all voiced their support for Watson.

In starting her feminist book club, Watson has brought together new and old feminists by reminding the younger generation of the perseverance of the old feminists. Recently Watson announced that she will be interviewing Steinem at the How to: Academy on February 24 and plans upload a video of the interview on "Our Shared Shelf."

To share an opinion on "My Life on the Road" or February's book, "The Color Purple," you can join discussion boards for each chapter, favorite quotes, and different people and events mentioned in each book. So what are you waiting for? Go sign up on Goodreads.com right now!



Watson selfies with "My Life on the Road"



Author and feminist Gloria Stienem

the pay gap, have remained important issues today.

In 1963, for instance, according to the Bureau of Labor Department, the gap in pay had women earning 59 cents for every dollar a man earned; today this gap has only increased to 77 cents for every dollar.

Gloria Steinem successfully argued that feminism only included middle class white women. This pattern of exclusion is especially evident in feminist Betty Friedan's "The Feminine

inequality. Steinem acknowledged and condemned ethnocentric feminism's exclusion of women of different races and socioeconomic groups, saying, "We wanted to transform the system, not imitate it."

A heightened effort for reform added more fervor the decades-long fight for an Equal Rights Amendment. In 1972, it fell just three states below the number needed (38) for its ratification. The Equal Rights Amendment Coalition is trying to revive pub-

"old" and "new" feminism.

New feminism encompasses women in the workplace as well as women from different socioeconomic backgrounds. Working women may deal with harassment, discrimination and rude comments on both their appearance and attitudes. Sheryl Sandberg, Facebook's COO, has become the new face of workplace discrimination, and Gloria Steinem has voiced her support of Sandberg's endeavor to end it.

Another continuation of the

Convert your style for cold spring months

By Tess Worthington '17

As the month of March quickly approaches, we begin to feel a false sense of hope that winter is coming to an end. Sadly, this is rarely the case.

March is usually thrown in with April and May as a spring month, but in actuality, we spend the majority of March still enrobed in our warm winter apparel.

So how does one dress during this confusing time of year? Our catalogs and shop windows are telling us one thing, but the remnants of snow on the ground and sub-50 temperatures beg to differ.

Here are several tips on how to embrace spring style while keeping warm during the winter to spring transition period.

Spring Style Staple

Investing in a good cardigan

is essential, as this simple piece can be worn all year round. For spring, pair your favorite cardigan with skinny jeans or a casual dress and complete the look with fun, unexpected accessories like

short weeks, spending thousands of dollars for Burberry's signature trench would not be the wisest financial decision. Great trench coats can be found for a fraction of the price at revolve-

ment socks. Don't bother following any rules if you dare to wear these socks -- Willow sure wouldn't. Pairing the socks with heels or sneaker gives the look a fresh, spring vibe.

be shivering all night. For extra warmth, wear wool socks (No one will even know!).

Spring is a season to embrace bright colors and floral prints and experiment with fresh new trends.

The task may require some creativity, but it's very possible to stay warm while escaping the confinements of winter apparel. From hidden layers to tights under shorts, the possibilities are endless when it comes to transitioning. In addition to the tips I have already shared, you can find loads more of inspiration for your March wardrobe on blogs like The Blonde Salad, Song of Style, and Wendy's Lookbook.

Also, check out teen celebs like Kendall and Kylie Jenner (who are always one step ahead of the game) to see what Spring 2016 holds for the fashion world and for your closet.



a fedora or grilled cheese earrings (yes, these exist).

The Epitome of Transition

The trench coat is the ultimate transitional piece. Because this coat is often only worn for a few

clothing.com.

Willow Smith's "Really Dope" Socks

Smith recently collaborated with Stance to develop a collection of extraordinary, bold, state-

Romper + Tights= Full Body Warmth

Rompers have a relaxed feel and often come in bright colors or floral prints. Adding tights and boots ensures that you won't

Brighten your day in these five ways

By Jules Kardish '16 and Sarah Haurin '16

If you are experiencing a rough day, aka the typical day of any Mount student, read these five simple tips to improve your energy, happiness, and overall life.

1. Wake up the right way

If you struggle to wake from your sound slumber every morning, consider downloading the Sleep Cycle app on your phone. This app tracks your sleep patterns throughout the night and then wakes you up during your lightest period of sleep in the morning.



How it works: Each night, you enter into different stages of sleep, some of which are deeper than others. Your sleep cycle, which lasts about 90 minutes before re-

peating itself, consists of light and deep states of sleep and a dream state known as REM-sleep.

Depending on the stage of sleep you are in, your body movements vary. The app tracks and records your body movements by monitoring the motion of your bed.

You set an alarm for a desired time interval during which you want to be woken up, and the app will gently wake you at your moment of lightest sleep.

2. Start your day off right

Breakfast is indeed the most important meal of the day. You should grab a delicious and nutritious breakfast in the morning in order to create enough energy for the long day ahead of you.

Smoothies are yummy but often leave you feeling hungry an hour later. Carbohydrate-heavy meals, such as Belgian waffles, are tasty but may make you feel sluggish. Instead, try this overnight oats creation that will leave you feeling full, satisfied, and vitalized.

Recipe:

- ¼ cup old-fashioned oats (gluten-free if necessary)
- ½ cup plain nonfat Greek yogurt
- ¼ cup nonfat milk
- 2 tsp Truvia (or other sweetener, to taste)
- ¼ cup blueberries (plus more for topping, if desired)

Simply, put all of the ingredients in a Mason jar or plastic con-

tainer with a tight-fitting lid. Stir until thoroughly combined. Cover and chill for 8 hours, or overnight. Serve cold and enjoy!



3. Revamp your workout

When you are feeling down or your energy is quickly fading, a quick cardio exercise may be the last thing you want to do, but even a short 15-minute walk will get your blood pumping and oxygen flowing through your body, which will cause you to experience an influx of energy. Working out will not only increase your energy for the night of homework ahead of you, but also help you relieve any stress that built up after a hard day of school work.

If you are tired of the daily run or core session, try tabata! (More information on Page 11) This

simple after-school activity will leave both your mind and body feeling happy.

4. Increase your productivity

Do your hardest homework first:

Psychologists have shown that it is mentally easier if you tackle your hardest assignments first. Procrastinating or putting off those super challenging math problems will lead to more stress and anxiety.

Remember to take breaks:

You can accomplish a lot of work if you set a goal and then reward yourself with a break. Work on an assignment for a designated time period and then get up and grab a snack or take a shower to let your mind relax and get your blood pumping again. Doing your homework while you're half asleep or super hungry will be counterproductive and painful. It may be more time-efficient to take a quick power nap or stop for dinner to gain a reenergized mindset.

5. De-clutter your life

We all know that overwhelmed feeling you get when you walk into your cluttered room everyday after coming home from school. Just seeing the mess causes you unimaginable stress.

Dr. Bourg of Psychology Today reasons that messes overwhelm your minds with excessive stim-

uli, causing your senses to work overtime on stimuli that aren't necessary or important, thus distracting you from homework.

Even after you finish your homework, the mess in your room will make it extremely difficult for you to relax, both physically and mentally. Tackle this problem by spending 5 minutes every night reorganizing your things for the next day. The next morning, you will wake up to a spotless room, making your life feel a little more put together.



Incorporating these simple tricks into your daily schedule could make your life a whole lot brighter. Say goodbye to constant stress and say hello to a more relaxing second semester.

Explore Philly's hidden gems this winter

By Jules Kardish '16

During the bleak winter months, we can all use a little inspiration and beauty. Just as artists search for hidden beauty in their surroundings, channel your inner artiste and explore the hidden gems of Philadelphia. This preplanned, mapped-out trip will give you a reason to survive this winter season.

The saddest moments in life are those in which you try to climb out of your comfy and warm bed on cold winter mornings. To reduce the effects of this depressing dilemma, the first stop of the trip is the Fabric Workshop and Museum where soft, fluffy fabrics and a cozy atmosphere will surround you.

Starting as a facility allowing artists the space and opportunity to experiment with fabric, the FWM now extends its mission to educating the community about Philly's rising contemporary artists and the wide-ranging materials and media artists can use.

This art museum is unlike any other because it gives the visitors the opportunity to experience permanent collections that document the unique history of fabric-art. The FWM not only displays pieces from top contemporary artists but also showcases artistic activity in the local Philadelphia area. Your experience at the FWM will be totally priceless, and not just because admission is free!

Only a mile and a half away from the FWM is Philadelphia's very own Magic Gardens. Wedged between many buildings on a crowded street, Magic



Local artists display and sell their fabric creations at FWM's gift shop.



Artist Isaiah Zagar handcrafted a tile staircase at the Philadelphia Magic Garden.

Gardens is a 3,000 square-foot hidden Philadelphia gem made from mosaics of recycled trash, reflective glasses and mirrors and painted tiles.

If you have a passion for art but have visited the Philadelphia Museum of Art too many times to count, you can stop by Magic Gardens to experience its refreshing, sparkling street art.

The creator of Magic Gardens, artist Isaiah Zagar, decided to renovate derelict buildings in South Philly by adding his colorful creations to the exterior of the structures. In order to see the whole exhibit, you will have to walk around outside, so remember to wear your hat and gloves and check the weather report.

Admission is \$8 as long as you bring your student ID!

After a whole day of museum hopping and art gazing, end your Philadelphia exploration with a meal at So Crepe, located only a mile away from Magic Gardens. This quaint, modern French restaurant serves delicious comfort food that can be served sweet or savory. These delicious culinary masterpieces are the perfect way you can wrap up your Philly art experience.

Fabric Workshop and Museum: <http://www.fabricworkshop-andmuseum.org/>

Magic Gardens: <https://www.phillymagicgardens.org/>

So Crepe: <http://www.socrepe.com/>

Street art illustrates Martin Luther King, Jr.'s message

By Amanda Mooney '17

Street art, a subculture phenomenon that has swept the nation, allows people to voice their opinions on political, social and economic matters in the form of artwork. Street art, along with enabling people to express their culture and create unity in a community, allows people to show their respect for those who made a profound impact on the world. One of these people, a popular subject in street artwork, is Martin Luther King, Jr.

King is depicted as a statesman, visionary, hero and martyr on the sides of buildings in numerous cities across the nation. The artwork portrays King in a variety of ways, from a strong leader to a compassionate, gentle man with outstretched arms. Frequently, a quote from his legendary "I Have a Dream" speech accompanies the illustrations or the art shows him with other prominent African American figures such as Nelson Mandela, Harriet Tubman and Rosa Parks. Murals of King bring to life black culture and act as inspiration to those who stroll by the artwork.



"I Have a Dreamcatcher," located in Montgomery, AL, is credited to famous street artist Banksy.



In a painted mural, Martin Luther King, Jr. is depicted next to fellow peaceful activist Gandhi.

Martin Luther King, Jr. has been "adopted" by other cultures in their street art as well. In predominantly Latin American communities, street artists often depict Luther with a Latino complexion. King's image is also used to represent the Native American community. In Montgomery, Alabama, an unknown

street artist depicted King in an artwork titled, "I Have a Dreamcatcher." (Those familiar with the popular street artist Banksy are convinced that this piece is one of his works.) The artwork illustrates King ripping open his shirt to reveal a traditional Native American dreamcatcher. This painting connects and unifies

the often brutal oppression endured by both African and Native Americans. The image could be a reference to King's statement on the injustices Native Americans have faced, which declared, "Our nation was born in genocide when it embraced the doctrine that the original American, the Indian, was an inferior race. Even before

there were large numbers of Negroes on our shore, the scar of racial hatred had already disfigured colonial society."

These representations of King, though historically inaccurate, prove the far-reaching impact of his words and actions. People of all races are both enlightened and inspired by King's profound message.

Martin Luther King, Jr. used his voice to speak for minorities who struggled in a predominantly white society. Even today, fifty years after his tragic death, King's message of equality still speaks through street art and murals, which are ever present reminders that it is now our duty, as the next generation of Americans, to carry out his message and further breach the barriers of societal inequalities.

To learn more on Martin Luther King, Jr. and African American Mural Art, visit the Albert M. Greenfield: African American Collection Mural Tour.

Javier Muñoz shines spotlight on “Hamilton” musical

By Kat Mokrynski '18

If you had told me a year ago that I would be in love with a hip-hop/rap musical about Alexander Hamilton, I would have thought you were crazy. Fortunately for the thousands of fans of “Hamilton,” including myself, Lin-Manuel Miranda, composer of the musical, took a chance and became wildly successful. Although I was skeptic at first, I instantly fell in love with the cast album upon listening. The lyrics are powerful, the music is perfect and the message of Hamilton’s life is translated in a way that connects the entire audience to a Founding Father.

Someone who knows “Hamilton” quite well is Javier Muñoz, the alternate actor for the title role of Alexander Hamilton and star performer on Saturday matinees. I recently had the opportunity to interview Muñoz, and he discussed his personal views of the show as well as offered advice for aspiring Mount actresses.

Campanile: *What was your initial reaction to Hamilton?*

Muñoz: My very first introduction to “Hamilton” was a voicemail left to me by Lin-Manuel Miranda, and he explained his idea for the piece to me, and when I heard his explanation, I thought, “This sounds weird!” . . . But my very first few minutes of hearing the music in the rehearsal room, I thought this was absolutely brilliant. Upon hearing those first few

minutes of music, I did resolve myself to say this was absolutely brilliant and something I wanted to do and the rest is history.

Campanile: *What do you think makes so many people want to see it?*

Muñoz: I think it’s the idea that it’s living history, that it’s something we almost feel is tangible because buildings still exist that are represented in the piece, papers, documents, clothing. We can actually touch history, this particular history; it’s still within our grasp. And that makes it very alluring, I think, and extremely interesting, and I think the format that Lin has used, to tell the story, is contemporary, is accessible by everyone, no matter what your age, no matter what your gender, no matter what your ethnicity . . . you can absolutely access this piece. It speaks to you, it speaks of you and it is really kind of, how should I say this? I have heard many people

say to me, what’s really profound for them and their experience of seeing the show is they feel like nothing has changed. And I’ve heard that from older generations, I’ve heard that from younger generations, and I think that’s a profound thing. That we look at his-



Javier Muñoz stars as the inspiration for the musical, Alexander Hamilton.

story, the social ends of it, and say, “We keep repeating ourselves. We’ve done this before.”

Campanile: *How would you describe the show in one word?*

Muñoz: Relevant.

Campanile: *How much have you learned about history from being a part of Hamilton?*

Muñoz: I’m a history buff, and I can’t say that there is very much that I have learned that’s new from this experience, but certainly there are little things, details, letters I’ve been able to read from Hamilton, insights, based on other documents and letters from Angelica, from Eliza. Those little tidbits are details I’ve learned, but for the most part this is history that I’m very familiar with.

Campanile: *Favorite Schuyler sister?*

Muñoz: Angelica, absolutely, all the way . . . she’s got the coolest rap, she’s got great songs . . . if only I could play that part!

Campanile: *What is your favorite song from the show and why? What is your favorite song to perform?*

Muñoz: My favorite song in the show to see and to hear is “Wait for It.” . . . Every time I know that

that song is about to begin, and Leslie Odom Jr. is about to be fierce and fabulous and amazing and inspiring, I run down from my dressing room to stage left, and I watch him sing that number. Every single night. And if I don’t watch him stage left, I am either in the house watching, or I’ve snuck into stage right, somewhere. It’s busier on stage right, so I tend to not use that area to watch, but I’m always watching him perform that number. Absolutely my favorite song and he’s glorious in it, and so that’s why I watch it. My favorite song to perform is “Say No To This.”

Campanile: *What advice would you give to an aspiring actress?*

Muñoz: When folks ask me for the advice, the first thing I always say is “Be wary of advice.” Advice is something that comes from an individual’s own personal experiences. So anything I say to you is just based on anything I’ve experienced and may have nothing to do with anything you’ve experienced, may have partly to do with things you have experienced, or may have everything to do with things you’ve experienced. But at the end of the day, it’s simply from my perspective and my point of view. That being said, for an aspiring artist I would say this one piece of advice: Determination and persistence alone are omnipotent.

Iconic stars leave a powerful legacy

By Meredith Mayes '17



David Bowie

1947 - 2016

David Bowie, born David Robert Jones, died from liver cancer on Jan. 10, merely two days after turning 69. Born in London in 1947, Bowie began developing his musical talents from a young age.

Throughout his career, Bowie constantly forged new paths for artists through wild costumes and alter egos, such as Ziggy Stardust. Some of Bowie’s most popular songs include, “Space Oddity,” “Changes” and “Under Pressure,” which was recorded with Queen.

Still having sold over 140 million records in his lifetime, Bowie’s sales have skyrocketed since his death. He released an album, “Blackstar,” two days before he passed. “Blackstar” immediately flew to the top 10 and has remained there since his death.



Alan Rickman

1946 - 2016

With haunting similarity, Alan Rickman also died of cancer, but pancreatic, at the age of 69 only four days after Bowie.

Rickman, who was born in London, first began his acting career at age 26 when he was accepted into the Royal Academy of Dramatic Art. Before gracing the silver screen in his role most familiar to our generation as Severus Snape of “Harry Potter,” Rickman performed on Broadway and in several other movies.

Throughout his career, Rickman received an Emmy, a People’s Choice Award and a Golden Globe. Rickman’s final role was the voice of Absolom the Caterpillar in “Alice Through the Looking Glass,” which will be released in May of this year.



Glenn Frey

1948 - 2016

Glenn Frey passed away on Jan. 18, 2016, from complications with pneumonia, rheumatoid arthritis and ulcerative colitis.

Born in Detroit, Michigan, Frey began studying piano when he was only five years old but eventually switched to guitar. As a member of The Eagles, an American rock band, Frey experienced great success including many number one hits. The Eagles are recognized as one of the highest selling all-time American bands.

During his career, Frey also broke out at times and pursued music as a solo artist. Two of his greatest hits include “The Heat Is On” from Eddie Murphy’s “Beverly Hills Cop” and “You Belong to the City,” the theme for “Miami Vice”.

Lack of diversity in Oscar nominations distresses many

By Caitlyn Bell '17

This year, "Straight Outta Compton," the telling of the emergence of rap group N.W.A., came into wide release and became a punch line. We all made a "straight outta Flouertown" joke at some point, and we definitely all used that Snapchat geotag.

Hip hop is a huge part of any 2016 high schooler's life. We all know the songs, and we all act like we love it.

Contrary to popular belief, "Straight Outta Compton" was highly critically acclaimed. I have heard plenty of people -- who do not know who Fetty Wap is -- say that it was one of the best movies of the year. So, why is it that a film that has the potential to inform us on the culturally rich history of the music we hear in our day to day lives, became a joke? Shouldn't the topic of this film be extremely relevant and exciting to us?

Another question that arises is why is it that we could not name any of the actors in that film, yet if someone says the word "Joy" we instantly think Jennifer Lawrence and Bradley Cooper? Representa-

tion in Hollywood is not an issue of the lack of presence. It is an issue of the lack of acknowledgment and recognition.

The Academy, for the second year in a row, has failed to nominate any actors or actresses of color. This year in film was loaded with excellent performances by people of color, from Michael B. Jordan in "Creed" to Will Smith in "Concussion." What makes these actors any less worthy of a nomination than Bryan Cranston or Michael Fassbender?

Filmmaker Spike Lee, a powerful advocate for people of color in the film industry, posted a two-paragraph Instagram essay on Martin Luther King Jr. Day regarding this issue. He announced that he is going to abstain from going to the Oscars this year, despite being last year's honorary Oscar winner. Lee

summed it all up in his essay with the wise words, "40 White Actors In 2 Years And No Flava At All."

Many, including Jada Pinkett Smith, have suggested that people of color begin their own academy if there is nothing they can do to earn the respect of this one. However, this will only worsen the problem that desperately needs fixing.

The Academy, although headed by a black woman, is comprised of white male film buffs. After the onslaught of criticism resulting from the whitewashed 88th Academy Award Nominations, the Academy released a statement promising to increase diversity on the voting board.

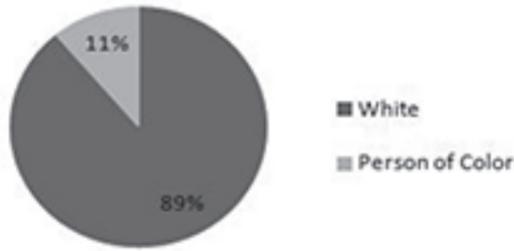
"These new measures regarding governance and voting will have an immediate impact and begin the process of significantly changing our membership composition," says Academy president

Cheryl Boone Isaacs in the statement released on January 22, just over a week after the nominations were announced.

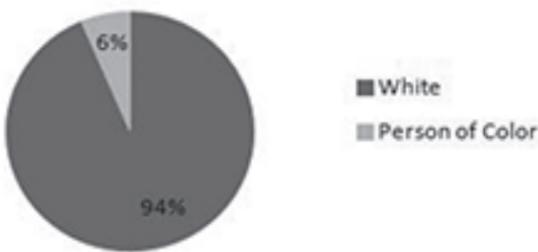
The Academy plans to completely revamp itself by 2020 in order to finally catch up with the times because, right now, if the Academy were an iPhone, they would run on iOS 6. Measures include adding three new seats to the Board of Governors, the board of the highest rank in the Academy. Additionally, the 6,200 voters are now only to be allowed a ten-year lifespan on the voting board. (Until now, the voters were allowed a lifetime voting privilege.) This voting right will only be renewed if the member remains active in the film industry within those ten years. The progressive nature of these changes should help the Academy begin to move forward with the times.

Awareness must be spread, and people of color need to demand the recognition they deserve in Hollywood. The Academy's new measures to increase diversity and bring in new voters are a step in the right direction, but Hollywood is still far away from equality.

Oscar Nominations in the Past 25 Years



Oscar Nominations in the Past 88 Years



These graphs show the difference in numbers of nominations broken down between whites and persons of color.

Preview the 2016 Best Picture nominees

By Caitlyn Bell '17

2015 was an excellent year in film. The options were endless and overwhelming, which is why many film lovers were counting down the days until the release of the Oscar nominations. However, it is hard to see every Best Picture nominee by February 28th. Below are brief descriptions on what you have to look forward to in each 2015 Best Picture nominated film (spoiler free!).

"Spotlight"

Powerful performances by Michael Keaton and Mark Ruffalo combined with the edge-of-your-seat story make for a spectacular film. "Spotlight" follows the Boston Globe's investigation of the 2001 sex scandal in the Catholic Church. Likely the greatest film about investigative journalism since "All the President's Men," Spotlight makes the horrifying scandal feel personal to the audience.

"Brooklyn"

Set in 1952, "Brooklyn" is a romance following an Irish immigrant, played by the amazing Saoirse Ronan, who falls in love with an Italian boy. This movie is nothing if not lovable. It is one of the only films of the year that possesses the universality to appeal to any and every crowd, from college students to baby boomers.

"Bridge of Spies"

Tom Hanks + Steven Spielberg + a true story + patriotism = Academy Award nominations. "Bridge of Spies," following an American spy/lawyer during the Cold War, is classic Oscar bait. However, some may find it too sentimental or "Disney." The film

failed to be great because of its cliché scenes which came off as desperate pleas to earn this nomination. It is safe to say that this is an "if you're into that" kind of film.

woods by his hunting group. The film follows Glass on his hunt for vengeance. Leonardo DiCaprio delivers the performance of a lifetime in this intense, beautiful movie.

ed in this tale of Wall Street woes. The Big Short is an amazing film with an outstanding cast that follows the outsiders who predicted the housing market crash of 2008 simply by paying attention.

of a long-time captor. The son's character development addresses several concepts in philosophy in the most touching and personal of ways, showing the audience what it is like to see the world outside the 'room' for the first time. One of the most prevalent philosophical concepts "Room" confronts is Plato's cave, in which Plato suggests that if one were to sit in front of a wall, chained to a bench, and look at the shadows of people walking by, those shadows would be all that person knew, and, therefore, the shadows would be their own beings.

"The Martian"

Astronaut and botanist Mark Watney is accidentally abandoned by his crew on Mars and is forced to sustain life on a desolate planet by convincing himself that he is going to survive. Despite what the Hollywood Foreign Press Association says, this film is not a comedy. However, it is also not your average space movie. Unlike in films like "Moon" and "Interstellar," you will laugh, and, if you're like me, you will also cry.

"Mad Max: Fury Road"

This dystopian anarchy film is sort of the underdog of the Best Picture category. If you have seen any of the Mad Max movies, then you know that they are unlike anything else. They are so much more than your typical action movies. "Mad Max: Fury Road" is full of explosions and fighting and desert car chases, yet has still become one of the most highly respected films of the dystopian genre. Having said that, however, if you don't like action films, this is not the movie for you.



"The Revenant"

"The Revenant" is based on the true story of fur trapper Hugh Glass in the early 1800s who was left for dead in the middle of the

"The Big Short"

Many viewers begin this movie completely unaware of the details of the subject, but after a half hour they become emotionally invest-

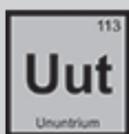
"Room"

Room is perhaps the most emotionally striking picture of the year. It tells the story of a mother and son's escape from the grasp

Periodic Table completed

By Eliza Ewing '16

Science's most cherished table has been completed this year with the addition of four brand-new elements to its previously unfinished seventh row. The International Union of Pure and Applied Chemistry (IUPAC) confirmed the existence earlier in the year of elements Ununtrium (113), Ununpentium (115), Ununseptium (117), and Ununoctium (118), which will fill the four uninhabited spots on the final row of the periodic table. Now confirmed, the elements will receive official names and chemical symbols in the coming months.



All four elements are synthetic elements, or elements that cannot be found in nature. Instead, the new elements were created by using particle accelerators to bombard heavier "target" nuclei with lighter nuclei and observing the resulting "superheavy" elements as they undergo radioactive decay.



Ununtrium, whose discovery has been claimed by a Japanese team from the Japanese Riken Institute, was synthesized by bombarding target bismuth-209 with accelerated nuclei of zinc-70. A Russia-US coalition team has been credited by IUPAC with the discovery of elements 115, 117 and 118, which were synthesized by using nuclei of calcium-48 to bombard nuclei of americium-243, berkelium-249 and californium-249, respectively. With half-lives spanning only seconds, all four elements are immensely unstable and occur too quickly for considerable study of their chemical properties.



With the periodic table now complete, chemists will turn their attention to the uncharted territory of elements with atomic numbers higher than 118, with the hopes of finding an element stable enough for practical purposes (hypothesized to exist around atomic number 120) and, in the process, delving deeper into the mysteries of nuclear chemistry.



WHO declares Zika a crisis

By Callie Shinkle '17

Zika is a virus transmitted by mosquitoes and has been said to cause a birth defect called microcephaly. The virus was first discovered in the Zika forest of Uganda in 1947 and remained relatively unknown until its recent spread across South and Central America. Symptoms of Zika are typically mild and include fever, rash, joint pain and conjunctivitis (red eyes), and only about 1 in 5 people with Zika experience any symptoms.

One of the worst effects of the disease is its link to microcephaly, a birth defect in which babies are born with unusually small heads and incomplete brain development. Microcephaly causes facial distortions, short stature, cerebral palsy, learning disabilities, seizures, hearing loss and, in the worst cases, miscarriage or death shortly after birth. According to public health officials in Central and South America, however, there is no definitive proof that Zika is the cause for the recent surge in birth defects.

Because mosquitoes breed in still water, people in Latin America who lack access to drinking water (about 36 million) are at the highest risk of contracting Zika. Those living in impoverished areas must collect water in buckets and tubs and dig shallow water wells to collect rainwater, creating prime areas for Zika-carrying mosquitos to proliferate. Dr. Vanessa van der Linden, a researcher in Recife, Brazil, has confirmed the link between lack of access to running water and increased cases and says that most of the affected babies she sees come from the poorest areas of the city.

Sadly, there is no vaccine or cure for Zika. According to the

chief of the National Institute of Allergy and Infectious Diseases Anthony Fauci, at least two different approaches to a Zika vaccine are currently being researched. One potential vaccine would inoculate people with

of the world's top drug makers.

In response to the recent outbreak, the World Health Organization (WHO) has declared Zika-linked microcephaly a global health emergency, and Colombia, Ecuador, El Salvador and Jama-

ica have advised women to delay pregnancy. In addition, Brazil has warned pregnant women to avoid attending the 2016 Summer Olympics in Rio de Janeiro. So far Brazil has insisted that the Olympics will not be cancelled, but many are calling for the Olympic Committee to either postpone the games or call

them off entirely. The U.S. CDC has also warned pregnant women about traveling to 28 regions in Central and South America, including Brazil, Costa Rica and the U.S. Virgin Islands. Many fear that Zika will spread across the world at a rapid pace. In response, the WHO released a statement warning that every European country in which Aedes mosquitos are present is at risk for the spread of Zika. Dr. Zsuzsanna Jakab, the WHO regional director for Europe says, "With the onset of spring and summer, the risk that Zika virus will spread increases. Now is the time for countries to prepare themselves to reduce the risk to their populations." Dr. Jakab is urging countries to control the mosquito population by spraying insecticide and killing larvae.

Until February 2, the only reported cases of Zika in the United States and Europe were from people who had recently traveled to Zika-affected countries. However, Texas health officials reported a Zika case in a non-traveler that was acquired through sexual transmission. The Dallas County Health and Human Services released a statement saying, "The patient was infected with the virus after having sexual contact with an ill individual who returned from a country where Zika virus is present." The confirmation that the virus can be spread through sexual transmission adds another dimension to this already hard-to-study virus.

Although research is difficult to conduct, doctors are working to find vaccines and stop the spread of Zika as the outbreak continues to devastate families and raise fear throughout the world.



A boy comforts his sister, who suffers from microcephaly.



Mosquitos are responsible for transmitting the Zika virus.

small amounts of DNA copied from the virus in order to trigger an immune response. The other approach relies on a live version of the virus, similar to the original polio vaccine. Biotech firms racing to create a safe vaccine include NewLink Genetics, which helped develop the first successful Ebola vaccine, and Sanofi, one

ca have advised women to delay pregnancy. In addition, Brazil has warned pregnant women to avoid attending the 2016 Summer Olympics in Rio de Janeiro. So far Brazil has insisted that the Olympics will not be cancelled, but many are calling for the Olympic Committee to either postpone the games or call

Scientists uncover link to Autism

By Taylor Grey '16

Brain activity is controlled by chemicals called neurotransmitters, which either prevent (inhibit) or generate (excite) electrical impulses. These impulses trigger muscle movements and brain activity as they travel between long, flat cells called neurons. Too much activity, however, is not always a good thing. That's where inhibitory neurotransmitters come in: These keep neurons from firing too many electrical impulses, and they're responsible for keeping your heart rate steady and your hands from shaking.

In mice exhibiting autism-like symptoms, one of the most important inhibitory neurotransmitters, GABA, has lower rates of activity. For a while, the same was surmised to be true about autistic humans, but the correlation was never proven until December 2015, when neuroscientists at the Massachusetts Institute of Tech-

nology and Harvard University found that humans with autism have altered brain chemistry.

For people who understand the brain, this link makes sense. Autism is a group of developmental brain disorders characterized by difficulties with social interaction and communication accompanied by repetitive behaviors and hypersensitivity to stimuli. Most people can tune out everyday noises, but autistic people can't, leading to an inability to focus. Put simply, this is because of lower levels of GABA activity—the brains of autistic people keep firing electrical impulses, meaning that every stimulus competes with the others for dominance.

In the study, researchers explored binocular rivalry, which requires participants shown two images side by side to switch from one image to the other. This task is typically more difficult for people with autism as it requires brain inhibition. Caroline Robert-

son, a postdoc at MIT's McGovern Institute for Brain Research and a junior fellow of the Harvard Society of Fellows, found that "nonautistic adults switched back and forth between the images nine times per minute, on average, and one of the images fully suppressed the other about 70 percent of the time. However, autistic adults switched back and forth only half as often as nonautistic subjects, and one of the images fully suppressed the other only about 50 percent of the time."

The researchers then tested GABA levels in the brains of the subjects using magnetic resonance spectroscopy. They found that although higher levels of GABA in nonautistic subjects corresponded with an increased ability to suppress one of the images, no opposing correlation exists in autistic people. Regarding this discovery, Roberston said, "GABA is not reduced in

the autistic brain, but the action of this inhibitory pathway is reduced. The next step is figuring out which part of the pathway is disrupted."

These new findings may be used to seek new methods of treatment with drugs that stimulate GABA activity. However, the researchers mainly hope that their work can be used to develop better early diagnostic techniques for autism, which is currently diagnosed based on a social evaluation. The binocular rivalry concept could potentially diagnose autism in a more concrete and quantitative fashion. Regardless of the discoveries that still need to be made, the link between GABA activity and autism is a major breakthrough in understanding autism and should prove to be important in the future.

Tabata training improves cardio, performance

By Ava Self '17

Not in the mood to go to the gym? Don't feel like braving the harsh winter winds to go for a run? Then try tabata, a high intensity workout that can be done in the warm comfort of your living room.

Japanese physician and researcher Dr. Izumi Tabata, along with his team of researchers, created tabata, resulting from a study they conducted to see whether a workout consisting of twenty-second intervals of intense exercise followed by ten seconds of rest would be more beneficial than more frequent, moderately intense workouts.

Tabata resulted from a study done in 1996. The study was intended to find better training techniques for Olympic speed skaters.

In the study, athletes were divided into two groups and given one of the two workout plans. Over the course of six weeks, the moderately intense group worked out for one hour five days a week, while the high intensity group exercised for four minutes and twenty seconds four days a week.

The results of the study were striking; members of the moderate group showed an increase to their aerobic (cardiovascular) system's capacity only, while members of the high intensity

aerobic (muscle) systems.

Tabata is simple but effective. For example, a workout could consist merely of push-ups, planks, sit-ups and jumping jacks. The first exercise in the cir-

peated eight times, and then there would be a one-minute break. After this break, the next interval, plank, would begin.

Tabata ultimately improves an athlete's endurance. By training

for the burning sensation felt in muscles during exercise. The rate of the body's metabolism also increases during the workout, and because of this the body can burn fat for up to twenty-four hours after doing tabata.

While tabata has many benefits, there are a few warnings one must heed before starting. A beginning athlete should not attempt this type of high intensity workout because as the intervals increase so does the difficulty level. Rather, this workout should be gradually introduced. It is also very important that anyone trying tabata has a solid, dynamic warm-up before beginning, so as to prevent serious injury.

Different tabata workouts are easy to find online. Searching "tabata workouts" on Google warrants thousands of results, and under the "images" tab a variety of tabatas that target distinct body areas can be found.

Why spend monotonous hours on a treadmill? Tabata can be done in as few as four minutes and warrants better results.



Low squats like these could form one circuit of a tabata-style home workout.

group showed a more significant increase to the capacity of their aerobic systems and a twenty eight percent increase to their an-

cuit, push-ups, would be done for twenty seconds, and then there would be a ten second rest. This push-up interval would be re-

at an intense level for a short, but continuous, amount of time, the body is able to gain a tolerance to lactic acid, which is responsible

"Forks over Knives" encourages healthy eating

By Claudia Langella '18

In the seventh grade my mom showed my family a movie that completely changed our daily routine. The documentary we viewed, entitled "Forks Over Knives," follows three people who reverse the chronic diseases from which they suffer simply by changing their diet. My mom hoped that by showing us this film, my family would understand why meat is not beneficial to our health. Of course my dad, sister and I were all skeptical because we love all things steak and bacon, but the film did open our eyes to an unexpected truth.

"Forks Over Knives" explains that in the 1910s, the average American consumed 40 pounds of processed sugar and 210 pounds of meat each year. By 2000, that number increased to an average of 147 pounds of processed sugar per year, and by 2007, Americans consumed 222 pounds of meat annually. The film credits this growth to the rise in popularity of "convenience foods" (fast food chains, TV dinners) that hit the market in the 1950s and to the promotion of the idea that everyone needs the protein found in meat to stay healthy.

While it is true that protein is a necessary part of the human diet, studies have found that meat is not the best source of this essential nutrient. Animal proteins, especially those from animals treated with hormones, have been linked to increased risks of cancer and heart disease. Dr. T. Colin Campbell, a featured doctor in "Forks over Knives," studied the spike of liver cancer, a disease that typi-

cally targets adults, in Philippine children in the 1960s. Campbell found that wealthy children that ate processed meat were more likely to be diagnosed with can-

cer in the United State. He discovered that American women had an 82% higher chance of being diagnosed with breast cancer than Kenyan women and con-

individuals who made drastic diet changes in order to improve their health. One man followed in the film initiated a whole foods diet, meaning he consumed strictly

cholesterol levels went from 241 to 154. Another incredible change caused by this diet occurred in a woman tracked in the film who lost 45 pounds, reversed her diabetes and noticed an increase in energy after changing her food choices.

Impressed by these changes my family and I instituted a healthier diet of our own. We began to increase our intake of fruit and vegetables and cut out red meat. Soon after, we noticed changes about our bodies and daily lives. My parents realized that they had increased energy and motivation, and my sister and I discovered that we were less likely to develop pimples and blemishes. Since partaking in the diet, I have also noticed changes in my sleeping habits. I now get up earlier, even on the weekends, and fall asleep much more easily.

Before watching this film, I never realized the impact that eating meat has on health. By choosing fruits and vegetables over animal products, we have the ability to completely transform our health.

For recipes that use whole food ingredients, check out the Forks over Knives app, available in the App Store.

Other films on vegetarianism and veganism:

"Vegucated"
 "Food Inc" (eating locally and organic raised meat and produce)
 "Earthlings"
 "Simply Raw: Reversing Diabetes in 30 Days"
 "PLANEAT"



The documentary "Forks over Knives" encourages the use of a whole foods diet to promote overall health.

cer than those from impoverished areas whose diets consisted of plant-based proteins.

Another scientist followed in the film, Dr. Caldwell Esselstyn, conducted a study to discover why breast cancer is so prevalent

cluded that this increase is due to American women's exposure to processed foods containing artificial hormones.

In addition to providing results from these compelling studies, the film chronicles the stories of

fruits and vegetables. At the start of his journey, he had high blood pressure, high levels of cholesterol and a high resting pulse. By the end of the documentary, his blood pressure and resting pulse had dropped tremendously and his

A golden decade comes to a close

By Grace Gelone '17

After a successful 45-year coaching career, Coach John Miller has announced his retirement.

Miller, coach at the Mount since 2007, will be missed by fans and players alike. Current senior and starting guard Libby Tacka said, "Coach Miller is what I think of when I think of Mount basketball. I think that it's every coach's job to have confidence in his players, but he holds his to higher standards and expects the best out of us every game. He knows how good we can be, and he holds us to that."

When asked to describe Coach Miller, Mrs. Janet Columbro had nothing but praises to offer. "Coach Miller is the true definition of a gentleman. He is a great role model for all of the players on the team and fosters caring and knowledgeable environment. The Mount has been blessed to have a coach like John."

During his time at the Mount,



Coach John Miller thanks fans for supporting the team after the 2011 district game win at Villanova.



Ann Burgoyne, Meghan McCabe and Kelsey Jones '13 celebrate with Coach Miller.

Coach Miller has led the team to a total of 256 wins, including six league championships, three district championships and one state championship. In addition, teams under his leadership have produced seven 1,000-point scorers.

Former player and current JV coach Ryann Gallagher '08 also credits Miller with turning Mount's basketball program around. She says, "Our team did not have the best reputation or a very good record the previous

said #1 win 20 games #2 win the league and #3 qualify for districts All of our jaws dropped, I know I thought to myself that there is no way this team would be able to accomplish such a thing. But we did it! We won more than 20 games, won the league, won the District and made it all the way to the semi-finals of the state tournament before losing to Villa Maria in the semi final game. Coach Miller completely changed the reputation of the Mount's Basket-

ball program that year and it only continued to become better as the years went on."

Many credit Miller's success to his ability to prepare his players. "Nobody does a better job scouting an opponent than Coach," said Jenny Sabia '09. "He gives his players an incredible advantage against opponents. His preparedness in the locker room fosters a confidence in his players. Listen to what he tells you, execute it on the court and you're going to win the game. It's that simple."

Coach Miller equips his players with the skills they need to be successful, not only in high school, but also at the collegiate level. Eighteen of his former Mount players have gone on to play in college.

Coach Miller's ability to instill technical skills in his players is undeniable. However, the real key to the team's success has been Coach Miller's ability to create what Mary Jo Horgan '11 describes as a family.

"My favorite memory with Coach Miller would be my senior year when we won the Catholic Academies League Championship on a buzzer beater against Villa Maria," said Horgan. "Afterwards in the locker room we celebrated by carrying Coach Miller into the showers fully clothed with the water on. I don't know many other high school basketball teams that are as close as our group and that can be attributed to the sense of community and family that Coach Miller fosters with each team."

Meg Geatens '13 truly captures the meaning of family within Mount Basketball when she de-

scribes her favorite memory of Coach Miller.

"With a couple seconds left [in the AACA Championship], he pulled me out as we were about to win, and as I came over to the sideline, he puts his arms out to hug me and as I ran off the court, I ran to him and the rest of the bench. It was awesome not only to win, but to have people there that loved me and helped shape my high school experience and my life there waiting to celebrate with me."

When it comes to celebrating, Coach Miller leads a party like no other. All of his players know that Miller loves to sing and will never forget his renditions of many old-time favorites.

However, there's no talking about Coach Miller without mentioning assistant coach Joe Sweeney. Sweeney will also be retiring at the end of the 2015-2016 season, after 10 years of partnership with Miller.

Ryann Gallagher describes Sweeney's crucial role in her playing career saying, "For me, Sweeney was the person who got me motivated during the game. He pushed me to be a more of-

fensive minded player and would always say the right thing during the game. He always came in and got our practices started as he still does for the girls today. Both Miller and Sweeney were like second fathers to the girls on our team."

When asked how Sweeney became his assistant, Coach Miller said, "When I left LaSalle, I didn't have a job right away. My daughter and Coach Sweeney's daughter both went to Merion, and Sweeney offered me a position with his company, but I instead helped out at Saint Basils. When the position opened up at Mount, Sweeney asked if he could come and coach with me."

"I think he's terrific," continues Miller of Sweeney. "He establishes a good relationship with the girls. When I make difficult decisions, I always bounce my decisions off of Joe, just to make sure that we see things the same way."

Miller says that although he will miss coaching with Sweeney at the Mount, he is ready for a change.

"I know that I will miss it, but at the same token, in my heart, I just feel that it's time. I know that I will, but I definitely don't find myself regretting my decision either. The 45 years, I can look back on them, and I really think it's great, like all the relationships I've built up since my first position as a freshmen coach at Roman. Those memories have been terrific, and it was truly a terrific experience for me."

While it is sad to see another chapter of Mount basketball come to a close, players fondly look back upon Miller's years at Mount and will continue to embody his words as they take the court for each game:



Miller and Sweeney discuss gameplans and strategies.