

THE NAZARETH HISTORY!

by Maddie Scott '22

On January 20, 2021, history was made. Kamala Harris, a senator from California, was sworn in as the 49th Vice President of the United States. She is the first female, first African American, and first Asian American vice president; she is a trailblazer to say the least! Along with President Joe Biden, she is committed to putting an end to the COVID-19 pandemic, working for economic relief and recovery, fighting for racial equity and an end to systemic racism, taking the steps needed to combat climate change, and reforming both immigration and our healthcare system.

Harris was born on October 20, 1964, in Oakland, California. Her mother, Shyamala, was of Indian descent and met her father, who emigrated from Jamaica, while they were both students at University of



Vice President-elect Kamala Harris speaking in Wilmington. (Photo | AP)

Homeland Security and Governmental Affairs Committee and focused on securing protection for DREAMers (young undocumented immigrants who came to the United States as children) and better conditions for immigrants in detention centers. As a member of the Judiciary Committee, Harris received lots of attention from the media in 2018 after her questioning of Supreme Court Justice nominee Brett Kavanaugh.

Kavanaugh.

Harris campaigned to be the Democratic nominee for president in the 2020 election but ended her campaign in late 2019. On August 11, 2020, she received a call from Joe Biden, who had won the Democratic spot on the ticket, and he asked her to be his running mate. She gladly accepted and turned her focus toward helping him win the election. On November 7, 2020, Biden was declared to be the next President of the United States. Both Biden and Harris were sworn in on January 20, 2021. They have since been working to get COVID-19 vaccines distributed across the country in efforts to contain the pandemic.

No matter what your political opinion may be, it is important to recognize the impact Harris will have on the fight for equality. She has said, “What I want young women and girls to know is: you are powerful and your voice matters.” These words are simple yet still pack a lot of meaning because the girls who hear them today may become the leaders of tomorrow.

California, Berkeley. Along with her younger sister Maya, Harris grew up attending civil rights demonstrations with her parents and was raised in a diverse community. She attended Howard University in Washington DC and graduated with degrees in political science and economics, and she went on to attend law school at the University of California. After graduating with her JD degree in 1989, Harris began working as a deputy district attorney in Alameda County. She went on to serve as the managing attorney in the San Francisco District Attorney’s Office. She was then elected the San Francisco District Attorney in 2003, and she created a program that helped low-level offenders find jobs and offered educational opportunities. In 2010, she was elected to be the California Attorney General and established California’s first Bureau of Children’s Justice. She was the first woman to hold the position. In 2014, she married Doug Emhoff and became a stepmom to his children Ella and Cole, who affectionately call her “Momala”.

In 2016, Harris won a seat in the US Senate. During her time as a senator, she joined the Senate

INSIDE THIS ISSUE:

Inauguration and 100 days	2
Spring	2, 8, 9
College	3
Good Vibes Playlist	3
Panda Pride	4-5
Corona Virus	6
Dance Club	6
Teacher Feature	7
Home Workout	8
This Month in History	8
MASKNE	10
Recipes	11
Artist of the Quarter	12

First 100 Days of Biden Presidency By: Kiersten Schilk ‘24

During President Biden’s first month in office, he has signed 45 executive orders and pushed forward his agenda called the American Rescue Plan. President Biden signed Executive Orders to exercise the Defense Production Agency to ramp up PPE and vaccine production, expand testing, treatment, and the workforce, safely reopen schools, businesses, and travel, address racial and other disparities in COVID impact and care, and mount a comprehensive vaccination campaign. Biden has put forth initiatives to combat climate change. Biden has also made moves to invest nearly \$400 billion into clean energy, hoping to make the United States a global leader in clean energy and to create millions of jobs. President Biden signed an Executive Order to rejoin the Paris Agreement. Biden canceled the Keystone XL permit.

Biden has signed executive orders that restrict travel from high-risk

countries, enhance data collection, support public masking, and support vaccination centers.

Biden’s actions on immigration are focused on rescinding policies of the former administration. A federal judge overrode Biden’s deportation moratorium in Texas. Because of this, more than 26,000 people have been deported during Biden’s first month. Biden did, however, reopen a migrant facility. Biden introduced the Immigration Bill. Biden promised to address racial inequality in the United States as one of his administration’s top priorities. In his first month, he signed a series of executive orders aimed at enhancing racial justice.

The COVID-19 pandemic has caused an economic crisis unlike any other. Biden has taken and is working on several actions to get the economy back on track. His economic relief

actions were to extend the Moratorium on evictions, extend student loan pause, and small business support.

President Biden’s Buy American Executive Order invests in the future of American Industry, rewards companies who treat their employees with dignity and respect, and encourages the government to purchase products made in America by all of America’s workers. In Biden’s first 100 days, he reversed the transgender military ban that former President Donald Trump established. This reversal of the ban allows transgender Americans to join the US military. Biden has made vaccinating Americans a top priority, working quickly to reach his goal of 100 million vaccines administered within his first 100 days.

First Day of Spring! By Paige Montijo ‘21

On February 2, Punxsutawney Phil predicted six more weeks of winter, and last month’s weather has proved him right. With all the snow that we have received this year, it’s hard to believe that spring is just around the corner! The official first day of spring is March 20, 2021. Although the weather is getting warmer and the days are

getting longer, it’s important to keep yourself and others safe by maintaining social distance, wearing your mask, and avoiding large crowds. There are lots of covid safe activities for the spring, like going on a walk, flying a kite, planting a garden, making some art, and the list goes on! Get excited for sunshine, blooming

flowers, and wearing short sleeves!



Inauguration 2021 by: Kiersten Schilk ‘24

When Joseph R. Biden Jr. took office on Wednesday, January 20th, he became the oldest person ever sworn in as president. Biden turned 78 in November. US President Joe Biden is the 15th American vice president to return to the White House as commander-in-chief and the first in 27 years, after George H.W. Bush in 1989.

When Kamala Harris took office on Wednesday, January 20, she became the first-ever female vice-president. She also became the first-ever vice president of Jamaican and of Indian descent. Harris has a big opportunity to help America confront some of its biggest issues. Her multiracial identity will hopefully force America too, if not confront the racism

that’s at the foundation of its division, then at least stretch the public’s understanding of race. Her identity as a woman will unlock possibilities for other women across the country and help young minds imagine new dreams.

Amanda Gorman, the nation’s first-ever youth poet laureate, during the inauguration of President Joe Biden on January 20, read the

following poem by clicking the link below:

<https://www.townandcountrymag.com/society/politics/a35279603/amanda-gorman-inaugurationpoem-the-hill-we-climb-transcript/>

Applying to College by Carly Krieger '21

Juniors! This is your time to start thinking about college. Now that the senior class has finished applying, we can give you some tips to make college less stressful and help you get the most out of the application process. The biggest piece of advice I have for you, is to take advantage of this summer! When you begin your senior year, everything happens so quickly, and you'll be glad you had all that free time to get ahead of the game. Also, make sure you keep in contact with your college counselor, they are there to help! College applications may seem overwhelming, so here is a list of things to help you get started. Good luck girls!

- Research schools! This is the fun part, start researching schools you may want to apply to. Read about the school's tuition, the number of students, the programs they offer, and the

student life. Make a list so you can compare different schools. Naviance is a great tool for this.

- Ask for recommendation letters! If you haven't already, now would be a great time to ask for your recommendation letters. This gives teachers time over the summer to write. You should talk to your college counselor and discuss which teachers would be the best to ask.
- Start your college essay! There are so many resources online to help guide you



while writing your essay. You pick a prompt that works for you and start writing. This way you'll have a rough draft ready to be edited.

- Apply for scholarships! I highly recommend doing this over the summer. There are so many scholarship opportunities that begin as soon as you finish your junior year. They are easy to find, and you can apply to as many as you want! You can google them or look for local ones. Trust me when I say there are scholarships for *everything!*

Play List Vibes by: Leilani Ingham '21

Songs to listen to while doing homework or just procrastinating, just kidding! Don't procrastinate! To find the full 3 hours and 6-minute playlist, scan the Spotify code that you see in the article. Down below are some of the songs you will see in the playlist. Enjoy!!!



Leilani's Fav Songs in Playlist:

- CHICKEN TENDIES By: Clinton Kane
- Darling By: Christian Leave
- Driver License By: Olivia Rodrigo

Feeling Good By: Molly Seger

- Put Your Records On By: Ritt Momney
- Sofia By: Cairo

Some Songs We Love from Early 2000s/2010s Playlist:

- 15 By: Taylor Swift

- Butterfly Fly Away By: Miley Cyrus & Billy Ray Cyrus
- Count On Me By: Bruno Mars
- Heart Attack By: Demi Lovato
- Ho Hey By: The Lumineers
- I'm Yours By: Jason Mraz
- Little Things By: One Direction
- Lovebug By: Jonas Brothers

Looking for Something Different:

- Cliché By: mxmtoon
- Dandelions By: Ruth B.

- Honeysuckle By: Addison Grace
- Oldest Teenager By: Lexi Jayde
- Sunny Side Up By: Surfaces
- Things Are Different By: Picture This
- Took One For Her Momma By: Restless Road
- Your Man By: Joji

PANDA PRIDE!

Musician of the Quarter by Libby Corbett '21

Sophia DiPrimeo was chosen as the Musician of the Quarter! Sophia is a sophomore music major at Nazareth and is very involved in the Music Department. She plays in the orchestra, jazz band, and guitar ensemble, and she is also a member of the Tri-M music honor society. In addition to music at Nazareth, Sophia was recently accepted into the All-Catholic Band as first chair bassoonist.

A very talented musician, Sophia said her interests in music began when she was in third grade. "I was in a children's choir in kindergarten and elementary school, and I remember getting piano books for Christmas in like first or second grade, but I didn't really start music seriously until third grade, when my mom signed me up for piano lessons at my grade school." Currently, she takes piano lessons at Nazareth with Mrs. Clark, our school's accompanist. In addition to piano, Sophia plays the guitar and the bassoon. "I started guitar around the spring of eighth grade. I kind of just play around with it on my own, but I'm in guitar ensemble, so I do get a bit of

instruction from Mrs. Lafferty." A fun fact about Sophia is that she played the tin whistle in middle school!

I asked Sophia what her favorite instrument is, and here is what she said: "I actually don't really have a favorite. I know everyone asks that, but I like them all pretty equally. I like piano because it's most natural to me since I've been playing for a while. Bassoon is just a very unique experience, blowing into the instrument and getting that "total" feeling from using a lot more of my body to play it. It almost feels like an extension of me. As for guitar, I like just getting the feedback from feeling the vibration."

Sophia loves all of her music teachers at Naz, but is especially thankful for Mrs. Clark and Mr. Beck. "I would have never gotten the chance to play bassoon if Mr. Beck hadn't brought it up to me, and he's been so supportive as I've entered the world of woodwinds and reeds. I also appreciate that Mrs. Clark has challenged me a lot more than I have been in the past. I've played piano for

a while, but for the past few years, I have been feeling like I haven't been going anywhere. I even considered dropping piano, but Mrs. Clark had definitely reignited my passion for piano."

The music teachers and entire music department are very proud of Sophia for earning first chair bassoonist in the All-Catholic Band! Sophia said she is looking forward to All Catholic, as it is like "a dream come true." She says, "I'm definitely very excited, and I almost screamed when found out about the results. I'm also kind of nervous, just because I don't know what to expect, especially as a first chair."

In her future years at Nazareth, Sophia hopes she is able to travel with the music department. She also plans to participate in the pit orchestra for the musical and possibly the Chamber ensemble. "I always love to try new things, so I guess I'll just see what comes up!" We're all proud of Sophia and are grateful to have her as a member of the Nazareth Academy Music Department!

All Catholic Ensemble Acceptances by Sophia DiPrimeo '23

After months of waiting, the results of the All Catholic auditions are finally in. Congratulations to the 17 girls accepted to All Catholic Chorus, Band, and Orchestra! Here is a list of the girls who were accepted, their ensemble, position, and some brief info:

Note: some of our singers have been singing for much longer than they've taken lessons

How long have you been singing/ playing your instrument and what other instruments do you play?

Eva Borkowski '23 *All Catholic Chorus*
Soprano 1
Singing: 8 years
Other instruments: piano, flute

Gianna Brock '21 *All Catholic Chorus*
Alto 2

Singing: 10 years (7 years lessons)
Other instruments: tenor sax, alto sax

Elizabeth (Libby) Corbett '21 *All Catholic Chorus*
Soprano 2

Singing: 10 years (4 years lessons)
Other instruments: piano, organ, cello

Susanna Coyle '24 *All Catholic Band*
Clarinet and Alto Saxophone

Playing: clarinet 6 years, alto sax 5 years
Other instruments: baritone sax

Sophia DiPrimeo '23 *All Catholic Band*
Bassoon, 1st Chair

Playing bassoon: 1 year
Other instruments: Piano, Guitar

Aniela (Nell) Duesler '24 *All Catholic Chorus*
Soprano 2

Singing: 7 years (lessons)

Other instruments: piano, guitar

Belinda Gerz '23 *All Catholic Band*
Trumpet

Playing trumpet: 6 years

Other instruments: voice, piano, guitar, bass guitar, ukulele

Ciara Garvey '23 *All Catholic Band*
Clarinet and Alto Saxophone

Playing: clarinet 8 years, alto sax 4 years

Daria Heletkanycz '24 *All Catholic Orchestra*
Violin 2, 1st Chair

Playing violin: 6 years

Other instruments: piano, voice

(Continued on page 5)

PANDA PRIDE!

Athlete of the Quarter By: Maddy Beretzki '21

Nazareth has seen many fantastic players throughout the years, but this quarter's star athlete has drive, determination, and a heart unlike no other. This athlete is none other than three-sport varsity starter Timoney Lampugh! Timoney, commonly known as Tim or T-\$, plays soccer, basketball, and softball for Nazareth, and completely dominates wherever and whenever she plays. When she is not in full "beast-mode" ready to play, you can probably find her roaming the halls (without shoes, of course), singing musicals, or talking to her favorite teachers, especially Mr. Soko, Ms. Donnelly, and Mr. Turner. Prior to this year, she only played two sports for Nazareth, and after a fun encounter with Nazareth's Athletic Director, Mr. Bradley, this star athlete found her way back into a sport she thought she was long retired from.

Last winter, Tim was in Mr. Bradley's office before a basketball practice, overhearing him trying to recruit girls for the soccer team. In the effort to support him, she began to say how much she enjoyed playing CYO soccer for Resurrection of Our Lord Grade School. When she informed him about her experience, Timoney claims "Bradley whipped his head around faster than when someone says there's curly fries in the cafeteria." At that moment, the A.D. knew he had found his next soccer star. Being the natural athlete she is, Tim quickly picked up this sport again and earned herself a spot as the starting varsity goalie. With 49 saves and even the opportunity to score on

senior night, she greatly contributed to the team's success.

Timoney's senior year continued on the basketball court as the starting power-forward and co-captain of the team. Although the record was not as strong as she hoped, the season was a blast! With the Pandas being very undersized in the Academy League, Tim found one way to make-up for it—taking



charges. Due to restrictions with the pandemic, the team only had the chance to play 12 games. However, in that short season, Tim still had the ability to have 11 charges. Every game, she sacrificed herself and always put the team first. She is the definition of a good teammate.

The last few months of Timoney's senior year will be spent as a catcher on the softball field. Nazareth is currently the defending Catholic Academies League and District 1 champions, so she hopes to continue

their previous success and have another winning season. Unfortunately, the Pandas were not able to defend this title last year due to the pandemic. This was especially disappointing for Timoney, as softball is her favorite sport. Although she is excited for this fresh season with the new talent, she was upset she did not have a final game with the previous seniors. She claims, "the seniors of the past were big influences for me, so I hope I can make the same impact on the underclassman." Timoney is a fantastic leader and a great role model to many of the underclassmen. However, she probably has the most impact on her younger sister, Cate, Timoney's sister, is a freshman at Nazareth who had the amazing opportunity to play all three sports with her. Cate claims that sports "brought us closer" and she is "so grateful to have this opportunity before Timoney goes off to college next year." Although Tim is unsure where she is going to school next year, she has great plans to major in Biochemistry. She will certainly miss the "Dear NA", but is excited to see what the future holds. Wherever Timoney may go, she will certainly bring her well-known passion and charisma along with her. Nazareth wishes Timoney for best of luck in this next chapter of her life and can't wait to see what she does next!

(Continued from page 4)

Isabella (Bella) Lucano '21 All Catholic

Chorus Soprano 2

Singing: > 4 years

Olivia Lucano '23 All Catholic Band

Clarinet

Playing clarinet: 7 years

Other instruments: sax, piano, ukulele, voice

Grace Palermo '24 All Catholic Band

Euphonium, 1st Chair All Catholic Chorus

Soprano 1

Playing euphonium: 6 years

Singing: 5 years

Kaitlyn Pfeifer '23 All Catholic Chorus

Soprano 1

Singing: > 2 years (lessons)

Other instruments: piano

Danielle Russell '22 All Catholic Band

Snare Drum

Playing percussion: 8 years

Ainslee Santa Croce '21 All Catholic

Chorus—Soprano 1, 1st Chair

Singing: 10 years

Other instruments: piano

Lizzie Unger '23 All Catholic Chorus

Soprano 1,

Singing: > 6 years

Other instruments: saxophone and oboe

Meghan Zwiercan '22 All Catholic

Chorus Soprano 1

Singing: 10 years

Other instruments: cello

Jazz Up Your School Day! by Megan Grogan '23

Dance Club is an extraordinary addition to anyone's week! On the surface, some may see music and flailing, but you must experience Dance Club yourself to fully appreciate all the benefits that this club provides. First off, dancing improves one's mental health by relieving anxiety and lifting one's mood. Which makes a long school day a lot more bearable! One might feel awkward or embarrassed about joining Dance Club, but the truth is, Dance Club is empowering and confidence boosting! Dance Club is a judgement free zone, and it breaks the barrier of having to be part of the crowd. It is truly a blessing that we get to move our bodies every



day, so use that gift and show gratitude to God! I hope through my words one can see the joy and passion that dancing brings, and maybe you who are reading this, will give Dance Club a chance! If you are interested, we meet every Tuesday at Activity in the Gym. Hope to see you there!

"Yeah, everybody's got a bomb, we could all die any day. But before I'll let that happen, I'll dance my life away." - Prince

Coronavirus Vaccine: The Pros and Cons by: Ava Donnelly '23

The outbreak of the newly discovered pandemic, the Coronavirus, has had a severe impact on global society. This virus affects different people in different ways, infecting people with mild symptoms to severe illnesses. Vaccines have finally been created by companies, two of the recommended being Pfizer-BioNTech and Moderna, currently being distributed across the globe. There are many thoughts about these new vaccines, so listed below is guidance from the Centers for Disease Control and Prevention.

- The COVID-19 vaccination will help keep you from getting coronavirus.
- The vaccine will be an important tool in putting an end to the pandemic.
- The vaccines have undergone the most intensive safety monitoring in U.S. history.
- Getting vaccinated creates an antibody response, so that you are protected without having to experience the illness.
- Getting the vaccine can help lessen the symptoms of Covid-19 if you do contract the virus.



As per the CDC, "Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others" The combination of getting vaccinated and following the CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>

<https://www.smithsonianmag.com/science-nature/yes-you-should-still-wear-mask-after-covid-19-vaccination-180977054/>

<https://www.uab.edu/news/youcanuse/item/11797-why-it-s-safe-and-important-to-get-the-covid-19-vaccine>

<https://www.health.harvard.edu/blog/covid-19-vaccines-safety-side-effects-and-coincidence-2021020821906>

At Home Workout Routines By: Ava Donnelly '23

After the pandemic hit, it had been hard for some people to keep active due to the closures of gyms or even just the loss of motivation. Listed below are a couple different types of body workouts that you can do anywhere, even your room!

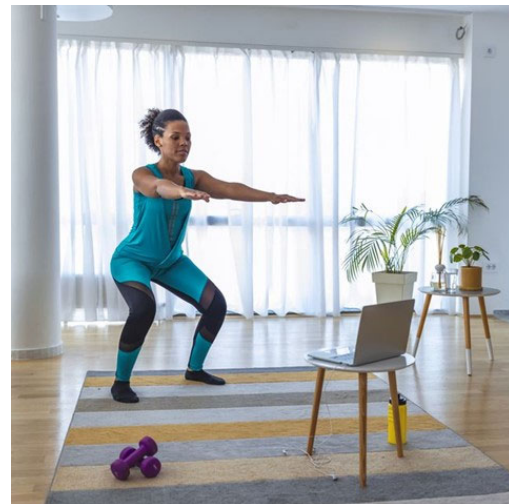
❖ Beginner Bodyweight workout (complete 3 times)

- 20 squats
- 10 push ups
- 30 second plank
- 10 walking lunges, each leg
- 30 jumping jacks

❖ Ab/Core Workout

- 20 crunches
- 20 heel taps
- 30 bicycle crunches
- 20 toe taps
- 30 second Russian twists
- 30 second plank
- 30 second side plank (both sides)

□ There are many YouTube workouts you can complete at home too. I recommend Chloe Ting, Pamela Reif, and Madfit workouts!



Teacher Feature by Samantha McDonald '22

Mrs. McDonald is a part of our Nazareth Academy Science Department. She is the Science Department Chairperson and teaches AP Physics, Honors Physics, and Conceptual Chemistry. She has been a part of our community for six years and has loved every minute of it. Mrs. McDonald has been an amazing faculty member and teacher. As a community and a sisterhood, we look forward to seeing her in the halls and in the classroom for years to come.

I got the chance to interview Mrs. McDonald for our newspaper. Please enjoy the following interview questions and answers for this edition's teacher feature!

Q: How is Nazareth different from now compared to when you first started?

A: There are a lot more classes offered, for example, there are classes in AP physics, engineering, the history of epidemiology, astronomy now

Q: Where did you go to college?

A: St. Joe's University for a bachelor's degree in physics

Q: What is your favorite part about being a teacher?

A: I get to discuss a topic I enjoy with people who I enjoy, I also like having a summer vacation



Q: How long have you been a teacher?

A: 19 years

Q: If you did not become a teacher, what would you be doing right now?

A: Working in a science lab or working as a doctor

Q: Where is your favorite vacation spot and why?

A: Wildwood, New Jersey because we go every year and it has something for my family, no matter what age anybody was

Q: Would you like to share any fun facts about yourself?

A: I read about one book per week, I can play the piano, and I can crochet

This Month in History by Kiersten Schilk '24

January:

On January 1, 1863, the Emancipation Proclamation by President Abraham Lincoln free the slaves in the states rebelling against the Union. On January 1, 1892, Ellis Island in New York harbor opened. Over 20 million new arrivals to America were processed until Ellis Island's closing in 1954. On January 1, 1942, twenty-six countries signed the United Nations Declaration, in Washington D.C., reaffirming their opposition to the axis powers. On January 3, 1777, General George Washington defeated the British at Princeton during the American Revolution. On January 4, 1790, President George Washington delivered the first State of the Union address. On January 10, 1776, Common Sense, a fifty-page pamphlet by Thomas Paine, was published. On January 20, 1945, Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president. On January 25, 1959, an American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York. On January 28, 1986, the U.S. Space Shuttle Challenger exploded 74 seconds into the flight, killing seven persons, including Christa McAuliffe, a teacher who was to be the first ordinary citizen in space. On January 3, 1933, Adolf Hitler was appointed Chancellor of Germany by President Paul Von Hindenburg. On January 30, 1948, Mahatma Gandhi was assassinated in New Delhi, India.

February:

On February 1, 1960, in Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for participating in sit-ins. On February 6, 1962, King George VI of England died. Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953. On February 11, 1990, in South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections. On February 18, 1865, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control during the American Civil War. The fort had been the scene of the first shots of the war. On February 20, 1962, Astronaut John Glenn became the first American launched into orbit; he traveled aboard the "Friendship 7" spacecraft.

March:

On March 1, 1961 - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education, and other basic human needs. On March 4, 1681 - King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania. On March 5, 1770 - The Boston Massacre occurred as a group of rowdy Americans harassed British soldiers who then opened fire, killing five and injuring six. On March 10, 1862, the first issue of U.S. government paper money occurred as \$5, \$10, and \$20 bills began circulation. On March 11, 1918, the 'Spanish' influenza first reached America as 107 soldiers become sick at Fort Riley, Kansas. One-quarter of the U.S. population eventually became ill from the deadly virus, resulting in 500,000 deaths. The death toll worldwide approached 22 million by the end of 1920. On March 23, 1775, Patrick Henry ignited the American Revolution with a speech before the Virginia convention in Richmond, stating, "I know not what course others may take; but as for me, give me liberty, or give me death!"

Spring Activities By Jess Seeger '22

Spring is approaching quickly so here are some fun activities to start your spring off right!!

- Have a picnic outside
- Have a rain photoshoot
- Get some spring cleaning done
- Feed some ducks
- Read outside
- Spring sports
- Take a walk in the park
- Go for a bike ride
- Go shopping for warm weather clothes



Spring Netflix Watch List by Gwen Bloesch '21

If you're like me, then you have a hard time finding something good to watch on Netflix due to the vast selections of movies and shows. Sometimes I find myself scrolling on the recommendations for what seems like forever before finding something that seems interesting. Hopefully this list I have compiled will save you time and energy and help you find a new show or movie to watch. Enjoy!

TV Shows

1. **Cobra Kai-**

Thirty years after the 1984 All Valley Karate Tournament, rock-bottom Johnny Lawrence seeks redemption by reopening the infamous Cobra Kai karate dojo, reigniting his rivalry with a now successful Daniel LaRusso, who has been struggling to maintain balance in his life without the guidance of his mentor, Mr. Miyagi. In this three-season series and sequel to the Karate Kid movie, you watch the rivalry between two karate dojos and everything in between.

- a. Genre: Drama, comedy
- b. Rotten Tomatoes rating: 92%, my rating: 85%

2. **Schitt's Creek-**

When the outrageously rich Rose family lose their fortune, they must rebuild their lives from the ground up. Moving to a small rural town called Schitt's Creek, which is their only remaining asset, Moira, Johnny, and their two adult kids David and Alexis, must adjust to a normal and un-pampered lifestyle and try to get back their previous life.

- a. Genre: Comedy
- b. Rotten Tomatoes rating: 93%, my rating: 95%

Movies

1. **Scott Pilgrim vs. the World-**

Dreamy girl Romona Flowers captures guitarist Scott Pilgrim's attention. But in order to win her love, he must vanquish all seven of her exes through a music and martial arts battles.

- a. Genre: Comedy, action, romance
- b. Rotten Tomatoes rating: 82%, my rating: 80%

2. **Elona Holmes-**

Elona Holmes, sister of Sherlock Holmes, goes to London in search of her missing mother. Using her wits and intelligence, she helps solve mysteries and cause trouble in the late 19th century.

- a. Genre: Mystery
- b. Rotten Tomatoes rating: 91%, my rating: (haven't watched it yet!)



MASKNE: How to Avoid It! by Susanna Coyle '24

“Maskne,” is a term used for acne that can be an effect of wearing a mask. This can occur when the pores of your face are clogged by the oil, bacteria, dead skin cells, and sometimes makeup. The mask traps humidity due to breathing or sweat which causes the maskne to transpire. Chafing from the mask and sensitive skin may also be a factor in the outbreaks on mask area of your face.

Thankfully, it is avoidable by making sure your skin stays healthy!

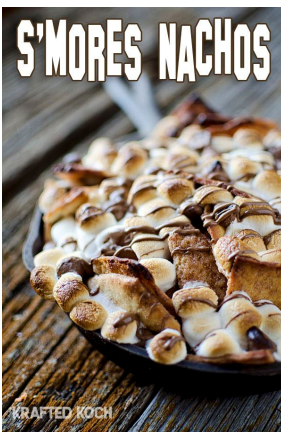
1. **WASHING YOUR FACE** - In addition to washing your face in the morning and before bed it is important to wash your face after sweating or wearing your mask for a many hours.

2. **USE A CLEANSER/ MOISTURIZER** - A cleanser can remove bacteria and oil from your face and allow your skin time to breathe and reenergize after a full day of mask-wearing. It is best to avoid perfumed cleansers. Moisturizer use will help to rejuvenate your skin and keep it healthy and glowy.
3. **USE LESS MAKEUP** - Because the application of makeup blocks facial pores, it is best to tone down on the usage or just take a break from your foundation or any other pigmented creams.

4. **CHANGE YOUR MASK** - Make sure that fabric masks are washed regularly and disposable masks are throw away and replaced. After a sweaty sports practice, it is best to change out your mask so that the sweat from the previous mask will not stay on top of your face.



Spring Recipes By Jennifer Macchione '22



S'mores Nachos

Get ready for this...S'mores Nachos. No, there is no cheese, but get your gram crackers ready for this delicious marshmallow and chocolate dip!

INGREDIENTS:

- 2 sleeves graham crackers
- 30 marshmallows
- 3 cups of semisweet chocolate chips

DIRECTIONS:

Preheat oven to 350 degrees F. In an oven-proof skillet, layer graham crackers and half the marshmallows and 2 cups chocolate chips. Top with another layer of marshmallows and bake until marshmallows are soft and golden, about 10 minutes. (Keep them in for 2 more minutes if you want them more golden.)Meanwhile, melt the remaining 1 cup chocolate chips on low heat. Drizzle with melted chocolate and serve immediately!



(Continued on page 11)

(Continued from page 10)

Cookie Dough Cheesecake

Love cookie dough? This cheesecake will blow your mind.

INGREDIENTS:

FOR THE CHEESECAKE

Cooking spray

1 (16.5-oz.) log refrigerated chocolate chip cookie dough, divided

4 (8-oz.) blocks cream cheese, softened

1 1/4 c. granulated sugar

1/2 tsp. kosher salt

4 large eggs, room temperature

1/2 c. sour cream

1/4 c. heavy cream

1 tbsp. pure vanilla extract

3/4 c. mini chocolate chips, divided

FOR THE FROSTING

1/2 (8-oz.) block cream cheese, softened

4 tbsp. (1/2 stick) butter, softened

1/4 c. powdered sugar

2 tbsp. packed brown sugar

1/2 tsp. pure vanilla extract

1/2 tsp. kosher salt

1/2 c. mini chocolate chips

FOR DECORATING

3 chocolate chip cookies, halved

2 c. broken chocolate chip cookies



DIRECTIONS

MAKE CHEESECAKE

Preheat oven to 350°. Butter a 9" springform pan and wrap bottom and sides of pan in a double layer of aluminum foil. Pat 3/4 of cookie dough log into an even layer on the bottom of prepared pan. Baking until golden, 26 minutes. Let cool. In a large bowl using a hand mixer, or in bowl of a stand mixer using paddle attachment, beat cream cheese until completely smooth, 3 minutes. Add sugar and salt and beat until fluffy, 2 minutes more. Add eggs, one at a time, beating after each addition and scraping down bowl as necessary. Add sour cream, heavy cream, and vanilla and beat, 1 minute more.

Pour half of cheesecake batter on top of crust, then sprinkle with half of chocolate chips. Roll remaining cookie dough into tiny balls and gently place on top. Repeat layering with remaining batter and chocolate chips.

Bring a medium saucepan of water to a boil. Place cheesecake in a deep roasting pan and set on middle rack of oven. Carefully pour enough boiling water into roasting pan to come halfway up sides of springform pan.

Reduce oven to 325°. Bake until cheesecake is just starting to turn golden and only the center is slightly jiggly, about 2 hours. (Cover with foil if the top of the cheesecake is browning too quickly.) Turn off oven, prop open the door with a wooden spoon, and let cheesecake slowly cool in its water bath, 1 hour.

Remove roasting pan from oven, then carefully lift springform pan from water and remove foil. Set cheesecake on a rack and let come to room temperature. Refrigerate until firm, 4 hours or up to overnight.

When ready to serve, carefully unmold from springform pan.

MAKE FROSTING

In a large bowl using a hand mixer, beat cream cheese, butter, powdered sugar, brown sugar, vanilla, and salt. Fold in chocolate chips.

Dollop frosting on top of cheesecake in 6 mounds and top each with a cookie half, then cover cheesecake sides with crushed cookies.

Artist of the Quarter by Catherine Argentina '23

Artist of the semester-
Haley Farmer



Who is your favorite artist and why?

My favorite artist would probably be Vincent Van Gogh because I really like his style and the colors he uses. I wrote a paper on him last semester for English and learning about him and his art inspired me.

How long have you been doing art/ what made you want to do it? I have been making art for as long as I can remember. When I was younger, I would constantly be doing crafts and I would always check out the "How to Draw" books from my grade school library. I just always thought art was such a cool and unique way to express myself.

What is your favorite thing about art?

I love that you can never be wrong in art and no one can ever tell you that you are doing it wrong. Your artwork can be whatever you want it to be. If you do make a mistake, you can easily just fix it with an eraser or cover it up with paint. Is there a certain type of art that you like the best?

I have always liked paintings of flowers and things in nature. Paintings like Van Gogh's Sunflowers have always caught

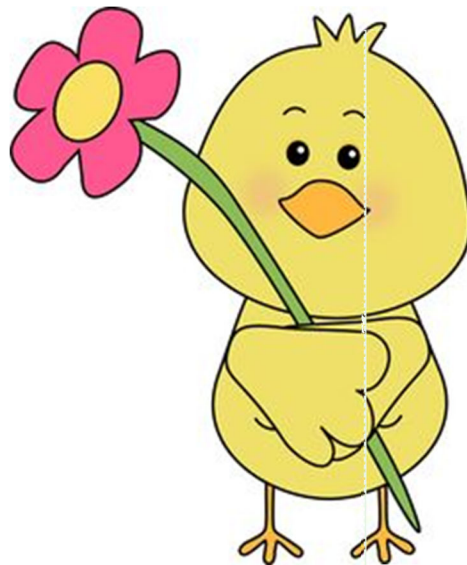
my eye or paintings with pretty color schemes.

What artwork are you most proud of that you've created?

My most recent drawing of one of my dogs, Ivy, is probably my current favorite piece that I have done. I drew it using charcoal pencils on toned paper. Another favorite is a print I made of the Golden Gate Bridge with the Starry Night as the sky.



Happy



Easter



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