

THE NAZARETH

Meet Your Leadership Team! by Carly Krieger '21

The votes are in! Nazareth has their new leadership team for next school year. Take some time to read what your President Ella Verello, Vice President Maddie Scott, Secretary Anna Monari, and Treasurer Ella Pirolli have to say. Nazareth is definitely in good hands.

Why did you decide to run for Leadership Team? What was your inspiration?

Ella V - I ran for the Leadership Team because I knew I was where I belonged when I first entered those Naz doors. I wanted to be a big part of this sisterhood and be very involved with the things that make the biggest positive impact. My inspiration was previous leadership teams. Some of them are my friends. I had been VP at my elementary school and on student council here at Naz for the past three years in preparation for this opportunity. I'm always striving to do my best, and I want the girls here to know that we should lift one another up. I think I can be that example. I want to be their voice and want them to know I am always here for them.

Maddie - I decided that I wanted to run for Leadership Team pretty much once I got onto Student Council my freshman year. I saw how much work went into it but also that so many things within the school got done and were improved because of the hard



work that the Leadership Team put in. Over the past three years, I've been here at Naz, I've recognized how amazing this school community is, and I want to put in that hard work to make it the best it can possibly be for everyone here!

Anna - I decided to run for Leadership Team because I always wanted to be the person that anybody could talk to or be the role model for little pandas to look up to. Being personable is the best quality anybody could ask for, and that is the major goal that I am trying to bring to L-team!

Ella P - I decided to run for Leadership Team because I wanted to be a part of a team with fun, intelligent, and strong girls who have similar goals. My inspiration came from seeing my upper classmates from previous years on the Leadership Team and all the fun they had being part of this elite group. From my Freshman year, I knew I wanted to be a part of the Nazareth Leadership Team. I want

to utilize my leadership abilities and skills for the benefit of Nazareth, with the ultimate goal of making Nazareth the best school it can be for all of my sisters.

How did you feel when you won? Did you celebrate?

Ella V - When Mrs. Hope said that I was elected President, I was shocked and speechless. I was so excited and felt honored. Unfortunately, I had to hurry to a meet right from school, but my family and friends were so happy for me! They gave me roses and treats, and we have plans to celebrate more this weekend.

Maddie - I was so excited and surprised to hear my name when the team was announced! Mostly, I felt so honored that people felt I have what it takes to be a part of the Leadership Team and grateful for all the support. I celebrated by telling my friends and family the news, including Katrina and Ciara, two of my favorite humans who happened to be the dynamic Prez-VP duo last year! They were super supportive during the campaign, and I was pumped to let them know that I'd be following in their footsteps!

Anna - When I found out, I looked at one of my best friends, Meghan Zwiercan, and she gave me the biggest hug in the world. I applauded her for being so kind-hearted all the time. I patiently waited to hear for the VP and President to be announced! I was very proud of my

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girls. I couldn't have asked for a better group of running mates to compete against!

Ella P - I was super excited and happy when the announcement came out that I won. I was thrilled that all of my hard work and efforts during the campaign came to a reality. No, unfortunately, I did not have time to celebrate. I left immediately after school for a Track meet at Villa Maria in Malvern and did not get back to Nazareth until 7:45 pm. I then went back to school to join my parents for the final NAPA meeting and did not get back to my house until 10:00 pm that evening. I do plan to celebrate this weekend, though!!

What are your plans for next year? What are you most excited about?

Ella V - I have many plans. I'd like to begin some new traditions and enhance some things in place, and I'd like to get feedback from our Naz sisters to make sure I am a good representation of their voices. At the moment, I am most excited to be back to school full time, and I am hopeful we can get back to celebrating special occasions and events together in person. I want to have a really productive yet fun 2021-22.

Maddie - My plans for next year are big! My top priority is listening to the student body's ideas and advocating for their interests, but I also have a few ideas myself that I am hyped to get working. In particular, I'm most excited about organizing a 5K color run to raise money for both the school and Morgan's Light and working with my fellow L-Team ladies to create a dedicated space in memory of Morgan McCaffery. Other than that, I would love to bring back old traditions and start some new ones.

Anna - I very much hope to bring back the tradition, Sophomore Sisters, as it could be very

beneficial to the student body. I am excited to see how we bring to life the team's ideas and see how they play out!

Ella P - Some of my plans for next year consist of new dances and mixers with Holy Ghost Prep and Father Judge, an annual Nazareth Color Run, a Year-Round Recycling Drive, Lunch, Learns, and finally Sports Equipment Upgrades for both on and off the field. The idea that I am most excited about is the Morgan McCaffery Senior Lounge in honor of the late Morgan McCaffery. This is my way of memorializing Morgan in the halls of Nazareth forever.

What is your favorite song at the moment?

Ella V - So many, but I love Levitating by Dua Lipa feat. DaBaby.

Maddie - I'm glad you said "at the moment" because my favorite song is always changing, lol. Lately, I've been listening to a lot of Macklemore, particularly his song "Brad Pitt's Cousin" with Xperience. It's definitely a stupid song with lyrics that make no sense, but it's super fun to blare while driving with all the windows down!

Anna - My favorite songs now are probably Cloud 9 or Sports by Beach Bunny, but ANYTHING by Kanye will have my heart.

Ella P - My favorite song at the moment is Kiss Me More by Doja Cat and SZA.

Favorite class you've taken at Naz?

Ella V - I'd have to say Bio with Mr. Palumbo. I love science!

Maddie - My favorite class I've taken at Naz is AP Chem with Mrs. Scott, aka my mom! I really enjoyed the class itself and liked learning the material (total geek right here). Still, my favorite part was definitely all the memories

made with my classmates, including our "bagged" playlist for after chem tests... iykyk!

Anna - My favorite class that I've ever taken at Naz is probably Algebra I with Mrs. Greenwald, Geometry with Ms. Ennis, or any of the English classes. I am 100% a math person, so it just comes easy to me. But English is up there because when reading books, I get teleported into the story.

Ella P - My favorite class is a tie between Honors Chemistry with Mrs. Scott and Anatomy and Physiology with Mr. Palumbo. Both courses were challenging and rewarding. I absolutely loved having Mrs. Scott and Mr. Palumbo.

6. What is your favorite fun memory that you've made at Naz?

Ella V - A memory that I will cherish forever was freshman week! Having my seniors take me under their wings and make me feel like their little sister was really comforting. I'm looking forward to when I can do the same for someone next year!

Maddie - It's so hard to pick just one! I'd have to say that my favorite Naz memories are the ones made with the cross country and track teams, particularly my sophomore year. Between fun on long runs, racing at meets together, and laughing at pasta parties, there have been a ton of random yet amazing times that make me so happy to be a part of the Nazareth family.

Anna - My favorite fun memory that I've made at Naz is definitely anything having to do with the play. From High School Musical to Mamma Mia, and now Godspell, those moments when you learn and get to know the other cast members are just ANNAmazing!! The cast party is also fun too!

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Ella P - My favorite memory at Nazareth was Freshman Week when I was selected as Little Miss Freshman 2018-2019. I am still smiling about that memory. A close second favorite memory at Nazareth was Kairos Weekend, where I was selected to be a Kairos leader. I created new and everlasting lifelong bonds that weekend with Nazareth Sisters, who I hardly knew. Simply amazing!

7. Anything you want to say to your Nazareth sisters:

Ella V - I am beyond honored to be in this position. It's one of the happiest moments of my time here. I will do my very best at Naz. I will always be open and supportive of you. I want to hear your ideas, and I want to be a good role model and leader. Thank you from the bottom of my heart for having confidence in me! I'm so excited for next year!

Maddie - Hey everyone! I just want to say thank you a million to you all for electing me to serve as your Vice President! I am so excited for making next year a great one, and I hope that if any of you ever have any ideas, concerns, or just need someone to talk to, you can feel free to come to me or my L-Team sisters!

Anna - I am SUPER eager to get to be your voice with the other girls!! And I CANNOT wait for the fabulous year ahead!!

Ella P - Thank you so much for electing me to be part of the 2021-2022 Nazareth Leadership Team! I am truly honored. I will work super hard for you and our beautiful school. Please do not hesitate to contact me with any ideas or suggestions you may have, as I am always here for my fellow Sisters. I am so excited for the 2021-2022 school year, and I hope you are as well. I love all of my Nazareth Sisters.

The subject of this quarter's Teacher Feature is the one and only Ms. Donnelly! Besides being an amazing campus minister, Ms. Donnelly is a theology teacher, the moderator of CSC,

and a Kairos teacher leader. Keep reading to get to know her a little more!

Q. Why did you decide to become a campus minister/teacher?

A. When I was a sophomore in college I was asked to be my college's director for media. I was supposed to be the editor of the newspaper and the lead announcer for the school news show, but this gut feeling inside of me was uneasy about it. Not because I was insecure about my talents, but because I knew God wanted me to "Broadcast" the Gospel. As hard as I tried, I could not run away from Him. He won, and thank goodness He did. God was kinda like, "No, I want you on MY team!" so I let Him draft me. There is so much beauty and love you feel when you are called, chosen, and loved by Him and it just compelled me to change my major to Religious Studies. I said, "Show me the way, Lord! I have no plan or agenda, but I am trusting you are going to get me where you want me!"

Q. How did you get to Nazareth?

A. What a great transition from the first question! So eventually, in junior/senior year of college, I started running youth ministry events and retreats for young girls at my home parish. I led classes and retreats with the young girls and knew I wanted to help young girls with my life. I loved it so much! I started asking God to help me find a job to do that full time. My college professor emailed me the Nazareth position and I applied that same night (no regrets)! When I drove up to Naz and saw the Holy Family Statue in the circle I knew this was "home".

Q. What's your favorite food?

A. How do you pick one?? I really do love burritos and could eat them everyday.

Q. Besides teaching, how have you been keeping busy during coronacation?

A. This is the first time I am hearing that word!!! Besides teaching, I am hosting online workouts for my friend's gym, as well as my own dance/fitness classes! I am closer than ever to my family. We eat dinner together every night with rosary afterwards, and a board game for fun ☐ Also, I am a bookie at heart. I could read all day long!

Q. Tell about a favorite Nazareth memory.

A. Honestly, my greatest Naz memories happen on Kairos.

Q. And finally, what's your go-to karaoke song?

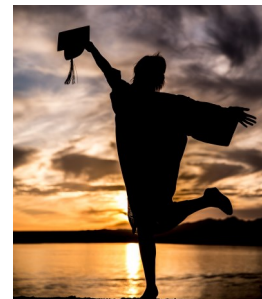
A. I usually pick Karaoke songs based on the people I am with and the moods we are in haha. I love belting out Carrie Underwood or Beyonce... and of course, I will Survive, Gloria Gaynor.

Lasts of Senior Year by Paige Montijo '21

It is crazy that our years at Nazareth are coming to an end so soon! There are so many traditions and inside jokes created and carried on through these walls, ones that will stick with us for the rest of our lives. It feels like not too long ago when I was walking these halls for the first time, attending my first class mass, crying over my first test, my first time having SUSHI as an option for school lunch, and the list goes on. Now, the class of 2021 is experiencing all of these things at Nazareth for the last time. With

spring uniform beginning, we have worn our winter one for the last time. You may not have realized it at the time, but you may have had your last wrap from the cafeteria or your last Brock cookie. Recently, you may have performed your last musical at Nazareth or had that last meeting for the club that you were so excited to join freshman year. Unfortunately, our last time swimming in the fourth-floor pool is approaching, too. Before we know it, it will be our last time experiencing class mass, singing

the school song, and being all together as the class of 2021. Although we are currently taking in all of the “lasts” of our high school experience, the memories, impact, and sisterhood of Nazareth are everlasting!



Kairos By Maddy Beretzki '21

Mostly everyone can agree this past year has been a bit crazy and caused many changes in Nazareth traditions. However, one event that was strongly upheld was Kairos! For those who have been on Kairos, it is easy to understand just how wonderful this weekend is and how important of a tradition it was to uphold for the seniors. To secure the possibility of this retreat in this ever-changing year, there were a few adjustments that had to take place. Most importantly, Kairos was located on school grounds rather than the retreat house. In addition, the experience was shortened to two days rather than the typical four. For an extra level of precaution, there was also a new opportunity to attend a virtual Kairos. Even with all of the pandemic's restrictions, the crucial moments of the retreat did not vanish. The weekend was still packed with great laughs, cries, and priceless memories. Almost every girl who journeyed on Kairos this year can agree it altered their perspective and moved them each in their unique

way. They all plan to “live the fourth,” even long after the “Kai-high” has passed.

The underclassmen are in great luck, as it appears the retreat will return to some normalcy at the retreat house next year. Although Kairos is generally a mystery to those who haven't had the opportunity to attend thus far, the one piece of advice I have for them is to keep it that way! This retreat is so beneficial to both the mind and the soul. Knowing the “secrets” can truly impact the outlook one may have on the experience. One last thing—people love to mess with you. This retreat is not scary or something to fret about. Go in with an open mind and soak in every moment. Kairos is truly an unforgettable weekend!



NAZ Summa Vibes Playlist

by Leilani Ingham '21

The end of the school year is almost here, and everyone's favorite time of the year is here. Summer Vacation!! Use the Spotify code to check out my summer playlist for Naz. It has older songs and recent hits.

Leilani's Favorites:

- Dancing in the Moonlight By: King Harvest
 - Levitating By: Dua Lipa (feat. DaBaby)
 - Three Little Birds By: Bob Marley & The Wailers
 - Overdrive By: Conan Gray
- ### Summer Party Songs:
- Sweet but Psycho By: Ava Max
 - House Party By: Sam Hunt
 - Party On Fifth Ave. By: Mac Miller
 - Temperature By: Sean Paul
- ### Songs That Everyone Should Know:
- Sweet Home Alabama By: Lynyrd Skynyrd
 - Sweet Caroline By: Neil Diamond

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Junior Prom by Jess Seeger '22

Junior Prom, also known as the Junior Dinner Dance, was on Friday, April 23, 2021. Pictures were held at Bristol Lagoon Park, a beautiful venue. Soon after, all the girls and their dates headed over to Celebrations in Bensalem, excited to dance the night away. We were served pasta and ice cream, and drinks were available to us throughout the night. Due to COVID, the seating was a little different compared to past years. There were two table options: a large table that fit three couples or a small table for just one couple. All the juniors either sent in two other Nazareth students they would like to sit with or sent in a request for a one couple table. Then, Mrs. Hope created a seating chart, according to everyone's requests.

Although the dance did not look like it did in past years, it was a night to remember. With all the uncertainty at this time, the juniors were all so happy to have this special night. It was a few hours filled with laughs, dancing, friends, and happiness. Everyone looked amazing in their elegant dresses. I didn't see anyone in their heels for more than a few minutes, though. I, for one, am guilty of putting my Nike socks on as soon as I put my things down at my table. On behalf of the junior class, I would like to thank Mr. Meredith and Mrs. Hope for putting this all together for us!!

Music Reviews by Eva Donnelly '23

Summer is approaching, meaning it is time to start discovering songs to add to our summer playlists that we may listen to on the beach or anywhere other than school! Listed are some of the latest hits that you may want to take a listen to!

- Levitating (Dua Lipa feat. DaBaby): You can't go wrong with some Dua Lipa, especially alongside DaBaby! This song has probably been stuck in your head before, and if you haven't listened to it, you are going to want to give it a try!
- Please Don't Go (Mike Posner): This song may have come out in 2010, but it has made a major comeback!



- Save Your Tears (The Weeknd ft. Ariana Grande): This hit song by The Weeknd has been on the top charts for a while, but you must listen to the version featuring Ariana Grande!
- Mr. Perfectly Fine (Taylor Swift): This has to be one of my favorite songs on Taylor's Fearless Album. A

great song to sing your heart out! I recommend listening to Taylor's newest version of her entire album (Taylor's Version) that she rerecorded!

- Good Days (SZA): In the song, SZA sings about moving on from the negatives of the past and looking forward to better days ahead. It has a great beat to relax and listen!

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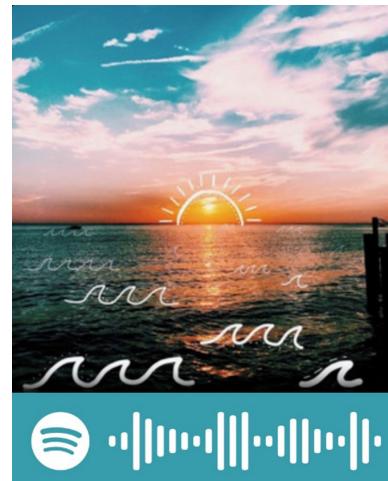
- Brown Eyed Girl By: Van Morrison
- American Girl By: Tom Petty

Country Songs:

- Drunk on Your Love By: Brett Eldredge
- Glad You Exist By: Dan + Shay
- Country Girl By: Luke Bryan
- Knock' Boots By: Luke Bryan

Songs From Disney Channel Original Movies:

- Something About the Sunshine from Starstruck
- Bet On It from High School Musical: 2
- Surf's Up from Teen Beach Movie



Artist of the Quarter By Susanna Coyle '24

Quincey Kilbride is the artist of the quarter! She is a junior here at Nazareth, an art scholarship recipient, and an art major. This is her third year as an active member of Nazareth's art department. Voicing her love for art, she adds, "It's one of my favorite classes and, I look forward to it at the end of my day!"

Currently, Quincey is using acrylics to paint Nazareth Academy's beautiful campus! She says, "I lacked inspiration for a painting, and Mrs. Shaw recommended we sit outside. As soon as I got out there, I knew what I wanted to do!" Last year, Quincey deeply enjoyed using watercolors to create a

chapel painting and continues to show love for her dear NA! Nazareth is home to all Pandas. She is extraordinarily capturing its beauty.

Quincey's favorite part of being an artist is the phenomenal feeling after finishing an art piece. She reflects, "I tend to be a bit of a perfectionist, so it takes me a while to complete drawings and paintings. Seeing how everything came out after putting in all my time and effort into a piece makes my day." She will continue art through this school year and the next. Her amazing talent will continue to shine!

Athlete of the Quarter By Catherine Argentina '23

Molly Gretzula and Gabbie Tobler

How long have you been playing lacrosse?

Molly- I have been playing lacrosse for six years!

Gabbie- I have been playing lacrosse since 8th grade!

What made you want to play?

Molly- I wanted to play because all of my friends were doing it, and it seemed like a lot of fun. I'm very glad I decided to play though, because it has been a big part of my life since then. Many of the friends that inspired me to play still play with me here at Nazareth.

Gabbie- I used to be a competitive gymnast, and I stopped in 7th grade, so I had a lot more time. A lot of my friends did lacrosse, and it was something I always wanted to try. I'm so glad I started playing because I love the sport so much!

What motivates you to do your best each game?

Molly- The pregame playlist is what motivates me to do my best every game. I love hearing all of my favorite songs on the way to games; it gets me really excited to play.

Gabbie- My teammates are who motivate me the most. We always cheer

each other on, and it helps to keep me motivated!

What is your favorite thing about lacrosse?

Molly- My favorite thing about lacrosse is getting to play with my friends. I have been playing with many of the same teammates since 5th grade, so we have a long history of playing together. It's fun to play on a team with so much chemistry. I also love the energy on gamedays and the gameday braids!

Gabbie- My favorite thing about lacrosse is the team! I love playing with my best friends. We always have fun and push each other to work hard.

Beach Tips By: Gwen Bloesch '21

Creative things to do when you're down the shore this summer!

Were you looking for some fun and different things to while down the shore beside the beach? This is the list for you!

Wildwood:

Ferris Wheel Breakfast (3501 Boardwalk Morey's Pier)

Enjoy a unique breakfast in the sky with up to four of your friends and family members. Seating is limited so, make sure to book in advance!



Ocean City:
Downtown Shopping (6-14th on Asbury Avenue)

Browse the over 100 shops and cafés on the streets of downtown Ocean City for an enjoyable and quaint experience! Whether you're looking to buy necessities, clothes, or gifts, this shopping district is the perfect place for you. Support local businesses and drop by downtown OC this summer!

Sea Isle City:

Surflight Theatre (201 Engleside Ave Intersection of Beach and Engleside Avenues, Beach Haven)

Surflight Theatre is a live theatre establishment famous for its Broadway-quality shows. Being the only live theatre in Ocean County, Surflight Theatre is a hidden treasure. Check their website,

surflight.org, for information on future shows and to book tickets!

Musician of the Quarter By Libby Corbett '21

Kaitlyn Pfeifer was chosen as the Musician of the Quarter for the last quarter of this school year! Kaitlyn is a sophomore music major involved in the Chorus and Chorale, the Tri-M Music Honor Society, and the Nazareth musicals. Most recently, she starred as Judas/John the Baptist in Nazareth's production of *Godspell*.

Being emersed in music from a very young age, Kaitlyn says she always loved singing and performing. Her passion for music continued when she came to Nazareth. In addition to her beautiful voice, Kaitlyn also plays the piano. She says, "I started taking piano lessons at Naz at the beginning of my freshman year. I really love taking the lessons, and I hope to continue them through the rest of my years at Naz!" Kaitlyn loves all of her music teachers at Naz but is especially thankful for Ms. Chmelko. "Ms. Chmelko has definitely helped me improve my singing. I can really notice the difference from the start of freshman year until now. She has helped me gain confidence in myself as a singer."

As a member of the Nazareth Music Department, Kaitlyn had the opportunity to travel to Switzerland and Italy last year, an experience she describes as "once in a lifetime." On the trip, the Chorale had the opportunity to perform at various locations around Europe, one performance event taking place at the Vatican! Kaitlyn recalls the trip saying, "It was so much fun performing at different places and traveling through different cities."

With the Nazareth production of *Godspell* having recently closed, I asked Kaitlyn about the show and why she loves to perform. She says, "*Godspell* was absolutely incredible! I loved every single part about it. Playing Judas was definitely one of my favorite roles ever. I really try to connect with my character so that the audience can connect

with the show. My favorite part about performing is truly everything! The singing, the dancing, the acting, I love it all!" Speaking from my own experience as a fellow castmate, I can confidently say that Kaitlyn was outstanding in the show, and we're so excited to see her in future Nazareth musicals. In addition to her involvement in musical theater at Nazareth, Kaitlyn mentioned that she is thrilled to be taking theater lessons at the Walnut Street Theater this summer.

As for her future at Nazareth, Kaitlyn says, "My future goal would definitely be to gain even more confidence in myself as a singer. I also would love to learn how to play another instrument. Maybe the drums, or even the guitar!" We're so proud of Kaitlyn and are grateful to have her as a member of the Nazareth Music Department!



Fun Places to Visit By: Colleen Flannery '21

Summer is right around the corner, and light seems to be at the end of the tunnel with the increase of fully vaccinated people. With this, traveling and doing new things with friends and family can start to become a new reality again.

For me, I love to be outdoors in the summer as much as possible. One place that I always love to visit is the Jersey Shore. I am a huge beach person, and I love taking long beach naps and getting tan from being in the hot sun. Whether you prefer OC, Wildwood, or Belmar, the beach is always a good time.

Another excellent place to visit is New Hope! This quaint town is in Bucks County and is less than an hour's drive from Philadelphia. It has many adorable shops and restaurants. The Bucks County Playhouse is also located here, and you can see many unique but unforgettable shows put on in this theater.

Reading Terminal Market is another great place to visit now that it has reopened! This market is filled with tons of fresh pastries, produce, and many different stations where you can grab food from steaks to pizza. The variety of

options makes this place ideal for a large group that has differing food preferences.

One last place I want to visit this summer is Nina's Waffles in Newtown! All this ice cream is homemade and SO delicious. Their waffles are always fresh and warm, and the ice cream and the waffles go together perfectly. Bring a lot of cash, though. This place is not cheap!

Fun Activities this Summer By: Colleen Flannery '21

With many things slowly reopening again, a glimmer of light is at the end of the tunnel. I know I cannot wait until things finally return to the way they were pre-COVID!

I have been jealous seeing everyone posting about their trip to the Phillies game! I love the experience of going down to the stadium, not because I like baseball (I personally think that it is boring) but to spend time with my friends and family before and during the game. I love tailgating beforehand and grabbing a bite at Chickie's and Pete's. I will definitely be heading down to South Philly to see the Phillies lose sometime this summer!

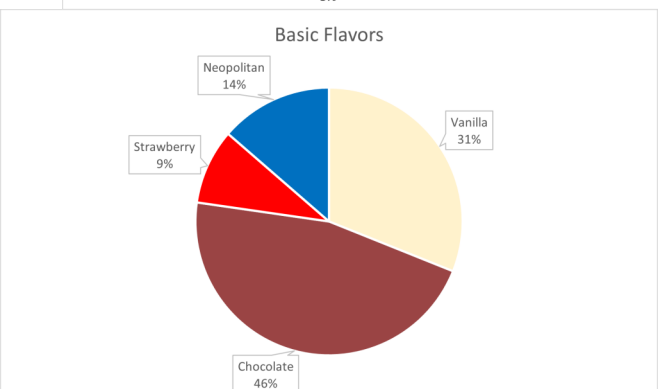
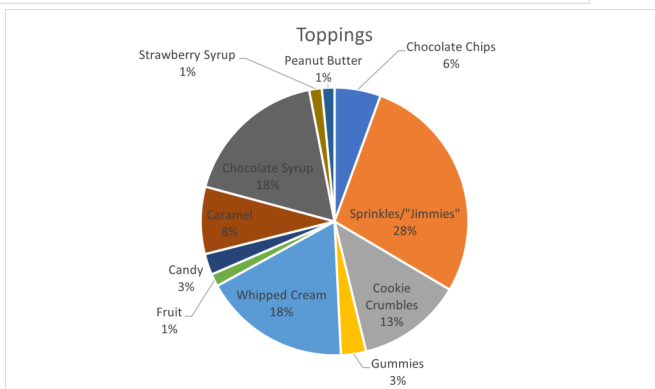
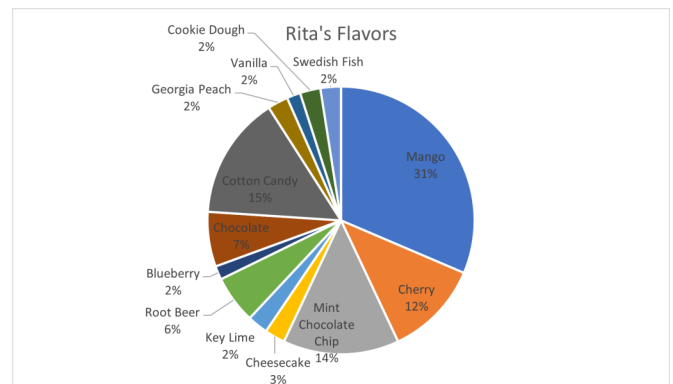
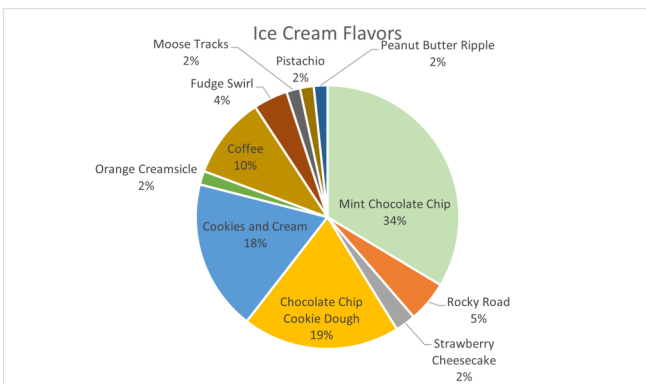
Another summer activity you can enjoy with your friends is going to a drive-in movie theater! I have never been to one, but I have always been fascinated by the idea of driving and watching a film in the car. This activity is a perfect social-distancing activity, and you can even pack the car with your very own favorite treats! Shankweiler's in Leigh County is an almost two-hour drive, but it is America's oldest drive-in, and I think it would be worth the experience. Plus, they usually have a double feature, two for the price of one!

Gardening has never been a hobby of mine, but I am determined to

make it happen this year! I have always loved looking at other people's beautiful gardens and always wanted to make one myself. I want to grow some fresh green beans, cucumbers, and other delicious vegetables, but you can grow whatever you want to make your garden your own!

Whatever fun activities you do this summer, be smart and be safe! Most importantly, have fun! Summer will not last forever, and everyone should make the most of it.

NAZ Favs By: Sophia DiPrimeo '22



Where Are They Now? One Direction Editions By: Jen Macchione '22

Everyone has heard about the pop boy band One Direction, which Simon Cowell formed in 2010 during an episode of the British singing competition series, "The X Factor." They took on the world in their teenage years, quickly reaching the top of the charts. Harry Styles was 16 years old when One Direction formed. He can be heard on pretty much any radio station today after his first solo hit "Sign of the Times" in 2017. Harry is now 27 years old and is dating actress Olivia Wilde. Liam Payne was 17 years old when his

fame began. He is currently 27 years old and engaged to Maya Henry, with Bear Grey Payne's son. Now pursuing a solo career that took off after his 2017 "Strip that Down" song came out. Niall Horan was 17 years old when he was brought into One Direction. The now 27-year old took off his solo career with the songs "This Town" and "Slow Hands" in 2016. Niall is currently dating Amelia Woolley. Louis Tomlinson was the oldest member of the group at the age of 19. Now 29 years old and married to Eleanor Calder, he has a

son Freddie Reign Tomlinson. Louis made his solo appearance with the released songs "Back to You" and "Just Like You" in 2017. Zayn Malik was 17 years old when One Direction formed. He is now 28 years old and married to model GiGi Hadid. Zayn has a daughter named Khai Hadid Malik. Zayn's solo career started when his song "Pillowtalk" and his debut studio album "Mind of Mine" in 2016 came out.

Exam Study Tips By: Samantha McDonald '22

Hello Naz sisters! As much as we would like to ignore them, exams are right around the corner. Final exam week can be a very stressful time, but it is possible to walk through it stress-free. Here are some study tips to help that become a reality!

1. **Get ahead:** No procrastinating! Make time to study for all your exams. You will get no benefit from pushing off the inevitable. Make yourself a schedule to feel more organized. This can help to prevent procrastination and extra stress.
2. **Ask for help:** Getting together a study group is a great idea when it comes to exam week. Being around friends while doing work helps you understand the material better, and it helps you focus more. Quizzing each other, reading through notes together, and coming up with different study techniques are just a few ways you can study with friends.
3. **Eat well:** Exam week will be filled with all kinds of craziness. Don't let the chaos distract you from your everyday routines, like eating. We all know that breakfast is the most important meal of the day, so be sure to remember that during exam week. Eating healthy can be the difference between failing or passing a test.
4. **Good environment:** Set up a good environment for yourself when studying. Light a candle, put on an oil diffuser, sit at a desk, organize your belongings, play some music if you have to. Anything that makes you feel comfortable enough to get work done is perfect for studying! Just remember not to get too caught up in your surroundings.
5. **Study breaks:** Recharging your brain is even more important than filling it with vocabulary terms or Chemistry equations. Taking 5-10 minute breaks in between sections of studying can give you tremendous help. Whether that break includes taking a shower, talking to a friend, listening to music, eating a snack, or just relaxing, it is a crucial part of the exam study process.
6. **Pace yourself:** Do not try to cram every piece of information in the night before your exam. Study a little bit each day, and you'll be on track for a great exam grade! Making an organized study schedule can help you out with self-pacing.

Welcome Home Phillies By: Leilani Ingham '21

Attention all baseball fans! Baseball is back better than ever. After a long season without fans in the ballpark, we were finally able to go back to parks, but with restrictions. All the ballparks are handling the situation in similar ways, following state or city protocol. The Philadelphia Phillies started off the first two games with 8,800 fans and upgraded to 11,000 on Easter. That number will be changed in the future.

Before going to a game, there are a few things you will need to know. The Phillies are selling tickets in pods of 4 or 6 for fans to sit. You can get pods in sizes 2 or 3, but you need to be quick when buying tickets because they run out fast. If they do not have your group size, such as a pod of 5 people, you can buy a pod for six people. I do suggest bringing a friend with you to be that sixth person. That is what I had to do when I went to the Phillies game on Easter. For the ticket entry, they are only scanning tickets via cell phone on the Ballpark app, and

for the entry into the park, you will be asked on the ticket to enter through a certain gate. Medical and Diaper bags are okay to enter the ballpark, but purses with many zippers are not allowed. So, I suggest putting all your stuff in any plastic bag. If you or your friend have forgotten about this rule, the Phillies offer lockers that are \$10.

The Phillies are very on top of mask-wearing. They have workers holding signs with the Phillie Phanatic wearing a mask telling the fans to keep our masks on. The only spot where you can take off your mask is in your pod while eating or drinking in the ballpark—talking about food and drinks. You can pay for anything in the ballpark with a credit/debit card or Apple Pay, or Google pay. The sounds of concession workers going up and down the aisles will be silent since they can not due to social distancing. Roaming around the ballpark is not suggested, and if you sit in the Diamond Club during this time, you will not be able to visit The Hall of

Fame Club. The Yard is open, though, if you have a younger sibling or a child. In The Yard, only the Citizens Phan Field and Hatfield Phanatic Hot Dog Launcher are open.

The Phillies organization is glad to have fans back in the stands and the same for the workers. It was great to see a ballpark come back to life with actual fans, not just cardboard cutouts. I saw the park through a center field gate during Summer 2020 with the Phandemic Krew, which is not the same as sitting in the stands. I highly suggest going to a game when you have the chance. We have not seen the sport for a while in real life and not through a tv screen. To taste the delicious \$8 ice cream in a baseball cap that somehow hits differently from having it on a cone and hearing the cheers of fans cheer on their favorite baseball team.

Summer Recipes By: Maddie Scott '22

With summer quickly approaching, the weather has been getting hotter and putting me in the mood for some cool treats like these two!

1. Homemade smoothie bowl: skip the drive to Playa Bowls and create your own delicious treat in the comfort of your own kitchen!

Ingredients:

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or almond milk (plus more as needed)
- Desired toppings: granola, fruit, chia seeds, nuts, peanut or almond butter, Nutella, coconut flakes, honey... the list could go on!

Directions:

1. Add frozen berries and banana to a blender and blend on low until small bits remain.
2. Add a bit of coconut or almond milk and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.
3. Scoop into 1-2 serving bowls and top with desired toppings (my go-to is usually sliced strawberries and bananas with granola, sliced almonds, drizzled honey, and chia seeds!)
4. Grab a spoon and enjoy!!



2. Peach Crisp: okay so maybe I'm a liar for saying that there would be two cold treats in this article butttt this looked so good that I had to put it in (plus you can add a scoop of cool vanilla ice cream on top!)

Ingredients:

- 2.5 lbs fresh peaches, pitted and peeled
- 1 cup sifted all-purpose flour
- 1 cup sugar
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ½ cup soft butter

Directions:

1. Preheat the oven to 375 degrees and butter an 8-inch square baking dish.
2. Slice the peaches and lay them into the prepared baking dish.
3. Sift together the flour, salt, sugar, and cinnamon into a medium bowl.
4. Cut the butter into the flour mixture using a pastry blender until the mixture resembles coarse meal; sprinkle evenly over peaches in baking dish.
5. Bake at 375 degrees for 45 to 50 minutes, until topping is golden brown and peaches are tender.
6. Serve warm with whipped cream or ice cream (but let's be real here – you know it'll taste best if you top it with both!)



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