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# D.A. ALL DAY!



# *The Final(s) Countdown* By Sofia S.

As the summer breeze wafts through the air and the UV index rises, one can practically see the end of the school year around the corner. This invokes a visceral feeling of elation as assignments and tests fade with the changing season. However, one obstacle remains in the way of this pure bliss: finals week. Every year, the looming idea of finals haunts each student from the first day of Quarter 3 until the last day of Quarter 4, when everyone rushes to relearn everything from the semester in a panic. After speaking with freshmen, I noticed how nervous they were in anticipation of these tests. Tammy L. '27 specifically remarked, "I am anxious because the tests are a big part of my grade." Although it may feel as though there is no way to approach this difficult, stressful time calmly, I can assure you there are many ways to lessen one's anxiety, if not abandon it altogether.

Finals are taxing on a student's mental health as they create immense amounts of stress and anxiety. However, there are ways to combat overwhelming influxes of emotion and find mental calm before the storm. A great way to do this is by staying balanced. Do not spend an excessive amount of time staring at information if you are having difficulty understanding it. Try different ways of memorizing or learning material, and go for a walk or hang out with a friend if you need a study break. Studying is important, yet you will be unable to truly understand information if you overload your brain with an unhealthy amount of it. Ms Connolly, D.A.'s mental health counselor, reaffirmed this by reminding students to, "keep up your routines." Whether it is a sport or a

hobby, finals should not stand in the way of continuing what you love to do - the key is moderation. Another way to prevent yourself from being consumed by testing is to lean on your family, friends, and other support systems. Self-isolation is not going to lead to success and will likely be an added stressor to your anxiety-ridden brain.

Other tips I have are more focused on lifestyle changes, which are very common during a stressful time. Organization is a vital way to prevent anxious chaos from ensuing. It sounds tedious, but taking the time about a week prior to compile notes, study guides, etc. will prevent frenzied rummaging through lockers and bags the day/night before your exam. Keeping materials in one spot will lessen confusion for any student, no matter their studying methods. Making a schedule for studying is also effective as it allows you to keep calm and pace yourself. Another constructive way to limit anxiety is through sleep. Late-night cramming is bound to happen at least once in a student's D.A. career; however, if it hasn't happened yet- don't let it! Taking an exam on two hours of sleep will hurt your performance more than skipping a few topics to study. Your memory thrives best when you sleep for about 7-9 hours a night, so aim to get a full sleep cycle, ideally even a few days before exams begin.

Upon approaching my last year of taking finals, I have learned many different things when studying and test-taking. The most important advice I will give is that, at the end of the day, your finals are only one part of your grade. It is very important to try your best and work hard, but if your best is not a "perfect



score" or the score you may have wanted, that is okay. In the end, regardless of your grade, you are always worthy in the eyes of God. After finishing her time taking finals here at D.A., senior Leia M. '24 reminds all students to relax and breathe because finals are truly not as detrimental and life-altering as we make them out to be. Plus, if all else fails, summer is right around the corner!

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#### A Sweet Success: Food Allergy Awareness at D.A.

#### By Caroline I.

Over 33 million Americans live with a condition where one bite of the wrong food could send them to the emergency room. That number is larger than the population of Texas. For these 33 million people, simple activities such as eating out at restaurants and planning vacations become burdensome. May 12th to 18th marked Food Allergy Awareness Week, where those with food allergies seek to expand awareness of this disease. As someone with many food allergies, I thought utilizing this week to bring attention to the Dominican Academy community was imperative.

To kick off Food Allergy Awareness Week, I placed posters around the school walls, which included facts, infographics, and thought-provoking ideas to educate about food allergies. In the hallways, D.A. students could be heard talking about the posters, heightening awareness of food allergy safety. These efforts culminated with a Bake Sale on Tuesday, May 14th. The items sold (chocolate chip cookies and banana oat muffins) were free of seven out of the eight top allergens. Many ingredients typically found in baked goods, such as eggs and wheat flour, were absent and replaced with allergen-friendly substitutes. These goods were clearly labeled with ingredient lists, highlighting the allergens of which they were free. Each item was marked at one dollar each, presenting the opportunity for all students and faculty to purchase items. All proceeds went to the organization Food Allergy Research and Education (FARE), which aims to improve the quality of life and health of those with food allergies through transformative research, education, and advocacy. Not only was the bake sale a huge success in terms of participation, but we raised over \$100! At 3:00 PM, waves of students arrived, cash in hand, reading the ingredient lists as they waited. "Ooh, these are actually really good," one could hear students remarking, as some returned for seconds. Often, there is a stigma surrounding allergy-friendly foods as unappetizing because they do not contain many of the ingredients found in most baked goods. A primary goal of this event, in addition to raising awareness and fundraising for FARE, was to shed light on



how even goods named "free of allergens" still taste like any other cookie, muffin, or sweet treat. This bake sale achieved just that.



Events such as these are increasingly important as food allergies are becoming more prevalent in society. According to the CDC, from 1997 to 2011, food allergies jumped by 50 percent in children. As a result, growing attention to its effects and impacts on society has emerged. As May marks Mental Health Awareness Month, it is paramount to acknowledge the psychosocial impact of food allergies on individuals. This impact emerges in childhood but becomes increasingly relevant into adolescence and adulthood. In childhood, isolation from peers-such as the inability to eat the food shared at birthday parties–can leave a child feeling disconnected from others, which potentially leads to mental health struggles. Schools can play a vital role in mitigating this isolation by

teaching about food allergies in elementary classrooms and promoting inclusivity. As children progress into adolescence, these feelings of isolation can extend into further social settings, such as going out with friends, eating at restaurants, and attending camps.

Growing up, I frequently attended birthday parties as most children do. During these parties, however, the commonly served foods-pizza and cake-were inedible for me. While it may be commonplace to unpack your own lunch in adulthood, most 7-year-olds are ecstatic to gather around a table and eat pizza, rid of their typical lunch boxes. I would always be the kid to take out my tinfoil-wrapped food and metal fork, getting glances from across the table. My friends would usually understand, but the array of other children couldn't. Why wouldn't I just eat what everyone else had? Although it may seem insignificant, elementary-aged me was quite insecure about this. As I have grown up, this has wavered from the forefront of food-social events because my social circle is cognizant of my allergies, but it still impacts my involvement in many food-centered activities.

Think about most holidays and celebrations. Whether it be pizza parties, Easter chocolate, Halloween candy, or an evening out with family, food tends to be the center. Growing up, my mother would always try her best to arrive to school with homemade pizza that was safe for me to eat. I would always exchange Halloween candy for chocolate bars from my father, who wanted to ensure I felt included in typical adolescent holidays. Additionally, I have always brought my own thermos containing a meal prepared by my



mother to restaurants. While these gestures allow me to participate in common holidays and activities, they require extensive planning, thus highlighting the vigilance that remains at the forefront of social events. Nonetheless, these experiences have allowed me to be more compassionate and understanding of the importance of inclusivity and ensuring that everyone at events feels valued.



#### TARE

Into adulthood, these experiences become more complex. Navigating college meal plans, taking business trips, dating, and nightlife are just a few factors that allergic individuals must account for in their approach to adulthood. These additional burdens can add to the stress of being a young adult, furthering mental health risks. Workplaces, communities, and colleges can support adults with food allergies to reduce the consequences by implementing educational initiatives, labeling, clear communication with colleagues and bosses, and a culture of inclusivity. These measures can help alleviate the mental health burdens associated with the management of food allergies in adulthood, forming a healthier environment for all.

In conclusion, raising awareness about food allergies proves crucial to promoting a safe, inclusive community. Through events such as Food Allergy Awareness Week and initiatives such as the Bake Sale, this community is fostered. As food allergies become more prevalent in society and more people are affected by them, we are called to advocate, educate, and support those with food allergies. We look forward to this bake sale again next year, and remember to be on the lookout for future allergy awareness events!

#### *The Class of 2026 Sophomore Retreat Experience* By Tricia R.

On May 24th, the class of 2026 participated in the Sophomore Retreat. This required day of service and prayer brought students closer to God and helped them understand what it means to be a Catholic. Students arrived at 7:45 AM to begin their day with Mass where their peers read the readings, the responsorial psalm, and the prayer of the faithful. When Mass concluded, students were divided into groups based on where they would spend their day. While the retreat is always an event-based experience, the sites vary from year to year. Parents and teachers chaperoned their groups as they traveled to their assigned destinations. Students were assigned to centers such as Hour Children, New York Common



Pantry, and the ABC-Graham School. A new site this year was the Fertile Community Garden in Queens, where our own Ms. Cerulli volunteers her time. After departing at around 9 AM, students returned to school around noon for lunch. After lunch, students returned to their groups and began to reflect on their experiences.

Along with my group, I took the 6 train to 125th Street to the ABC-Graham School. After we arrived, our group of 12 was divided up into groups of two or three and were sent to a classroom. Two others and I were sent to a classroom with four eleven-month-olds We fed them a breakfast of pancakes, melon, and strawberry puree, played with stuffed animals, read books, and helped with circle time where we sang songs. Eventually, I put one little girl down for a much needed nap. I was then sent to a classroom with three two-year-olds. I assisted with water time, helped feed them lunch-build your own tacos, and read stories before they took a midday nap. Sophomore Nina W., who was assigned to an elderly center, says that she felt very fulfilled after her experience. Nina, whose birthday was the same day as the retreat, said that she was reminded of how lucky she is and that she was happy to spend her birthday giving back.

Ms. Gibilaro, who had planned and coordinated this whole day, explains that this day has been in the works for a while. It begins with establishing and maintaining a relationship with the service sites around the city. She begins by letting the volunteer coordinators at each location know when we have our retreat and see if they can accommodate us. Another key factor in this day is chaperones. Ms. Gibilaro begins to reach out to both parents and D.A. faculty and staff to see if they are able to help out. Ms. Gibilaro also organized the reflection at the end of the day. She asked what we could see, hear, and feel, and how we encountered God throughout the day. She also asked each student how they were feeling at that moment, to which many replied "Tired." But many also replied with "happy!" and "rewarded" and "grateful." Service isn't just something we do to be nice and do something good for one day. Much of what D.A. and the Catholic faith stands for is service and giving back to the community. As service is one of our pillars, it plays a vital role in our lives as Catholics. Every morning we pledge to work to create a caring community and to reach out to others through just actions. Ms. Gibilaro also says that she hopes that students recognize that each of us are given gifts from God and that we must use those gifts to serve others. By showing our love for others, like those in need, we also show our love to God.



#### Who Runs the World? Girls!

#### By Eva R.

Women are the backbone of the world and society. Women not only participate in every aspect of society, but they contribute majorly to the world's cycle and are not to be overlooked or mistreated. According to the United Nations, on the track that the world is headed, it will take 300 years for gender equality to become a reality. I forwent this past March to the 68th session of this group, called The Commission on the Status of Women.

I had the privilege to partake in this



monumental event as a girl delegate through the Greek Orthodox Archdiocese, attending panels and discussions and participating and asking engaging questions throughout the weeks. A recurring theme throughout the Commission was the topic of education, including academics and the education of women on life skills and

ways to survive their impoverished circumstances. During these discussions, the leaders delved into the idea of solving gender inequality through educating women in school settings, educating people on the issues involved with gender equality, the importance of the changes that need to be made, and educating the younger generations on this topic as they will be future leaders. The leaders discussed that this message had to be relayed to the younger generations first because they would be the ones to ultimately carry out this process and change the world.

I attended the session at the U.N. with my best friend Galhia D., where she and I participated in an event about educational inequality and poverty in girls throughout the world. We saw a diverse group of girls with many distinct experiences. They shared about their educational journey based on where they were from such as Nigeria, Pakistan, the Dominican Republic, and more. We connected with many young leaders who could be mentors for our non-profit organization, Making A Difference (M.A.D.) Girls, which is dedicated to helping young people, particularly girls, receive the education they deserve.

This experience was not only life changing but crucial in seeing what changes need to be made to solve this generational issue. It shows us what young leaders have been doing and the steps future leaders can take to solve gender inequality.



#### *We Couldn't Have Done it Without Each Other: Four Years Gone By* By Victoria S.

As the senior class gathered for a final time as high school students at St Vincent Ferrer Church in our long white gowns, each of us were in shock that this was the end. Our class spent 4 years together, enduring moments of hardships, happiness, and joy, and in this moment it felt as if it all went by within the blink of an eye.

September 1, 2020 was the day of our freshman orientation. At the height of the pandemic, we all began a new chapter of our life. Students had the option to attend orientation in person, seated six feet apart and covered up in masks, which hid most of our freshmen year baby faces, or we could virtually attend orientation through a screen where we were even farther apart from the rest of the grade. Classes were completely virtual for the first part of the year due to the rising COVID-19 cases. I, alongside others, attended freshman year orientation virtually in an effort to prevent contracting the virus as my brother was attending school virtually and both of my parents were working from home at the time. After the Zoom ended, I sat on my phone trying to hold back tears in fear and frustration that I would never meet my classmates and that the adjustment to high school was going to be even more difficult than I anticipated. Being the only person from my middle school to attend D.A. did not help these feelings at all. However, within the blink of an eye, I found my fears unfounded as one of my classmates reached out to me on Instagram DM. We bonded over our frustrations and feelings of nervousness about

beginning high school over Zoom. She also came to D.A. without any previous middle school classmates, and I soon found out that was the case for most of the class.

Experiencing the first days of high school from home and meeting teachers and classmates through a screen was extremely isolating for me. With all classes online, I felt disconnected from the school and frustrated that I could not fulfill my hopes of meeting new people. I have always looked for the big picture in things, constantly trying to figure out what more I can do and what else I can learn, even if this meant my freshman year began virtual. I quickly found the solution: I connected with students in my section via social media and I joined 10 clubs on Club Day. (When schools resumed fully in person, I realized that I had to drop around half of them, but it was a great way to keep myself occupied and in touch with the D.A. school community.) We finished off the freshman year with hybrid classes. We had half days which were in person and full Zoom days. It felt great to be in the building, in person. Quickly, I met so many new people and friends that the loneliness I was feeling soon turned into smiles as I saw my friends from Zoom calls and we went on long Central Park strolls after our in-person classes.

Sophomore year was a new adjustment into school in person. We each got to finally meet everybody in our classes, not just in our sections. It was a scary year, as we had AP classes and chemistry class, which was quite challenging. However, even with masks shielding our smiles, each of us had the chance to bond with upperclassmen, meet the freshman class, and form relationships with the faculty



and staff. During sophomore year, we had our first school dance, known as the "Spring Fling"; we had the Regis spooktacular for Halloween; and many of us had the chance to go abroad together during spring break to England and France.

During junior year, the class of 2024 persevered together through the most challenging academics. Yet, there were so many fond memories. We spent two nights away in Huntington Long Island on our retreat where I shared laughter and tears with my whole grade. In-Via was a core memory from my high school years with experiences which I will never forget.

Senior year began in chaos, as each of us experienced the stress of college applications. Although some nights were filled with tears for me and wondering if a college was ever going to accept me, I have to admit I could not have done it without D.A. My great classmates all hyped each other up when times were tough and our teachers were there for us when we needed their sage advice. Despite the stress, senior year was flooded with amazing memories like the winter formal and freshman-senior picnic. During the freshman-senior picnic, I formed a close bond with my freshman sister, Ava F. and I totally understood the same nervousness and excitement that she felt. The year went by and before I knew it, it was the last days of classes. The class struggled to hold back tears as we experienced our last time in the building in our uniforms, which were all signed with how much we will miss each other and inside jokes about four years of memories.

At graduation, our valedictorian, Demetria C., gave a very heartfelt speech, where she spoke about how the attitude of the senior class is what helped us through our rough times. We lent a hand when times were difficult and we cherished happy memories together, and the truth is we could not have done it without each other. Our positive and supportive attitude helped all of us get through these years together and form great memories together even though we started our freshman year virtual. To finish off, my high school experience was a lot better than I feared it would go during my first day of freshman year. Throughout my four years, I formed friendships which will last infinitely and found my second family with my classmates and school community. D.A. all day!

# **SPORTS ROUNDUP**

**From D.A. to the U.S. Open: Olivia's Remarkable Experience as a Ballgirl** By Lily L.

While many are soaking up the sun or recovering from the past year during the hot summer days of August, junior Olivia C. has anything but "rest and relaxation" on her busy agenda. For two years now, Olivia has been working as a ballgirl for the most prestigious and invigorating tennis tournament in the world: the U.S. Open. If you've tuned in to the U.S. Open on television or made your way up to Flushing, Queens to see the action, there's a good chance you may recognize a friendly face walking around the D.A. halls.





Olivia, who has been an avid tennis player for almost her entire life, decided to apply for the once-in-a-lifetime opportunity to be a ballgirl for the U.S. Open in 2022. This lengthy process begins with an online application, from which over half of the applicant pool is cut. Then, there are the tryouts, into which Olivia entered with low expectations. "I didn't think I was going to get in," she admitted. "There were officials judging us in front of our eyes, saying 'this number's good' or 'this one shouldn't make it." But, sure enough, Olivia was one of the 300 selected to be a part of the ball crew.

The ball crew's training process for the tournament consists of one 3-hour session where the crew learns their job down to the precise science viewers see on TV. Customarily, there are six ball crew members out on the court per game, but in 2022 many of the courts were understaffed with only four members partly due to COVID. With the late August sun beaming overhead, working a court with just three other

crew members is no small feat. Olivia worked the net, sprinting down to retrieve the ball every time it hit the net. Doing this nonstop for almost two hours takes an insane amount of physical strength. "Going into it I knew it was going to be really difficult, but I was still shocked at how much of a physical toll it took," Olivia explained. "It was really challenging, really hot, and there is a lot of pressure not to drop the ball or cause a delay in the game." However, Olivia had no hesitation when noting how rewarding this physical toil is. "After doing this, I feel like I can do any physical labor," she remarked.

The many ball crew traditions like karaoke night and the fan concert made the experience unforgettable for Olivia. However, her favorite part of the job is definitely interacting with the players. "It's just so cool seeing all these players I've been watching since I was young up close and in person," she explained. "You learn so much from just watching them. And when they ask you to do something it's like 'Oh my gosh, she's talking to me!"" One of the nicest players Olivia met and worked alongside was U.S.A.'s up-and-coming lefty star, Ben Shelton. "After that shift, I couldn't stop smiling. He was so personable and kind. When he hit a bad ball I had to retrieve he said 'Oh, I'm so sorry'," Olivia recalled.

Although the entire experience of being a part of the ball crew will surely be one Olivia will cherish for the rest of her life, the most incredible moment she's had so far has been working the 2023 women's finale. As 2023 was the 50th anniversary of Billie Jean King's fight for women's equal pay in tennis coming to fruition in 1973, the championship game was particularly notable. Olivia remarked, "I



remember getting called into the office at work before the championship game with a few other crew members, and finally hearing the news: We made the women's final!" What was especially exciting about working the final for Olivia was getting to be in the Arthur Ashe Stadium at night, which the crew and players casually refer to as "night Ashe." The atmosphere in the stadium is immaculate at night, with a "burst" at the beginning of the game where all the stadium lights are turned off and a walk-on song is played. "I got goosebumps from walking on- it was just incredible," Olivia recalled. "There were over 23,000 people in the stadium, and every time they cheered you could feel the stadium rumble. It was exhilarating and gave me a huge shot of adrenaline for the game."

Olivia found herself starstruck twice that night, once by the 2023 champion and extremely talented Coco Gauff and again by the legendary Billie Jean King. After the match, Billie Jean King came up to the all-women's crew-in honor of the 50th equal wage anniversary-and expressed how happy she was that they were there making history. "She shook everyone's hand and we all started crying," Olivia reminisced.

If this experience has taught Olivia one thing, it is the value of hard work. "It made me understand that if you set goals for yourself and work hard to achieve them, you can achieve anything. I never thought I would make it on the ball crew, much less to Arthur Ashe for the women's final, but I made a goal for myself and it happened." To end the interview, Olivia gave a crucial piece of advice to anyone looking to achieve their dream: "Shoot your shot; you have nothing to lose. Through failure, you gain strength and resilience, and it only takes one success to change your life." Billie Jean King is a shining example of someone who took this advice and changed the world. Guided by D.A.'s



mission of empowering young students, we all have the potential to make a meaningful impact on the world around us-something Olivia is certain about.



#### Unity Through Sports: Highlights from D.A.'s Athletic Banquet By Caroline I.



The athletics department has made great strides this year, with major developments under our athletic director, Mrs. Sullivan, along with outstanding performances by our athletes. The Athletic Banquet on May 1st celebrated these achievements by honoring the athletes, coaches, and parents who make Dominican Academy's athletics possible. To kick off the Banquet, athletes and their parents sat together for a variety of dinner choices in preparation for the awards ceremony to begin. Posters were placed around the room honoring each senior, allowing team members to write thoughtful messages celebrating their contributions to the team and congratulating them. Reflecting upon the year at each table, athletes recalled their season's highlights with each other as laughs echoed around the room. Junior Lily S. took countless pictures throughout the ceremony, expertly capturing the night. Lily continues photographing many other events, so be sure to request her if you ever want stellar photos taken!



As the awards ceremony began, a <u>video</u> curated by junior Lauryn C. was presented. This video included photos and clips from each sport's season, bringing smiles to the faces of everyone as students cringed at the embarrassing photos and cheered during the scoring clips. The unity fostered in D.A.'s teams, embracing a sense of camaraderie in its athletes, makes sports so special. The collective goal of each team member, to succeed and support each other along the way, creates a type of community that is difficult to replicate elsewhere.



This support for one another has been highlighted this year with the addition of D.A.'s spirit team! The Spirit Team, a new component of D.A.'s athletic program, notifies the student body of upcoming games in the Dominic Daily, cheers on the athletes at their competitions, and hypes up the athletes to defeat their rivals. D.A.'s mascot, Dominic, is the heart and soul of the Spirit Team. Dominic could be seen at the Athletic Banquet cheering for those who received awards, hopping into photos, and most importantly, creating an air of excitement among attendees. To continue the awards ceremony, Helen O., a member of the spirit team and the MC of the night, introduced each team and its coaches. As each team held the stage, the coaches shared a summary of their team's accomplishments, ups and downs, and everything in between.

Notably, this year, D.A.'s soccer team won the Tier 1 CHSAA State Championship and D.A.'s volleyball team won their city championship! Each team presented three awards: Most Valuable Player, Most Improved Player, and the St. Sebastian Award. The St. Sebastian award is given to a player who elevates team morale, places the team before personal aspects, and supports all the players on the team. The D.A. community is immensely proud of each athlete and extends its utmost gratitude to all the coaches, who make these teams what they are. The final award, the St. Dominic Award, is given to one D.A. student who exemplifies the highest standard of a D.A. athlete, exhibiting exemplary integrity and leadership in various ways on her team. This year's winner was Emilia G., a senior on the volleyball team. Congratulations to Emilia!

Although many awards were given to these student-athletes, it is crucial to recognize the effort and dedication put in by those to make D.A.'s teams and athletic events possible. Mrs. Sullivan, the athletic director, is the backbone of these events. Mrs. Sullivan's dedication to bettering the athletic program since her arrival in 2021 has been immense, and for that, the D.A. community is so grateful. Additionally, this event celebrated the effort that each coach puts into improving their teams. Many athletes credit their coaches with being a primary driver of their performance. This is not to be understated! To continue, often most unrecognized is the effort and work parents put into facilitating their athlete's success. Driving their daughters to practice, guiding them, and cheering them on are just a few of the many ways that parents support their daughters throughout each season.



Senior Emila G. receiving the St. Dominic Award

Overall, the 2024 Athletic Banquet was a major success, with the D.A. community coming together to embrace the dedication and hard work put in to make this school year the athletic success that it was. We look forward to



another year of success, memories, and new opportunities in the 2024-25 season!

#### *A Goodbye to Softball 2024: The Team's Experience in Tier 2* By Katherine B.

With the last day of senior classes bringing the softball season to an official close, it is now a perfect time to reflect on the 2024 season's highs and lows. First, it is important to highlight that the last few seasons of the varsity softball team have been stellar! The team has been working tirelessly throughout the years, slowly raising their win-to-loss ratio, and becoming the tier 3 champions in 2023. This championship win has brought many new opportunities to the team, including a new, more competitive tier of opponents ready to show the Tigers what they were capable of. But our dynamite athletes were two steps ahead! Preparation for the 2024 season started as early as February with a conditioning clinic to dust off the players' skills. There were informational meetings, open gyms, and an intense 2-day tryout that finalized the team. From that point on, the players practiced diligently and brought themselves into the swing of things through scrimmages. On Tuesday, April 9th, the team started with an explosive win of 31-14 against Holy Cross. Throughout the season, the Tigers traveled by foot and bus and gave each game their all, even when opponents were tough. The season culminated with 2 wins and 8 losses, finishing 4th out of 6 teams in the tier. Although to some this may seem insignificant, the D.A. softball team adapted remarkably to their higher tier and held their spark through each game.

One of the pinnacle qualities of this team was their ability to keep morale high, loud, and proud, with consistent cheering even in inescapable situations. It can be firmly argued that this morale, along with the amazing defense and offense, of course, led the team all the way to the semi-final of the playoffs! Although the Tigers took a narrow defeat (6-5 against Monsignor Scanlan, an undefeated team who went on to win the championship), their image was sealed in the minds of their opponents: The Dominican Academy Tigers are in it to win it!

Commenting on the season is Coach Rodney Fredrick, who began leading the team in 2023. In my interview with him, he explained, "The chemistry of the team this year was good, but the chemistry of the team last year was much better. I think personalities on the team this year were more quiet and kind of shy. The team this year was very inconsistent. Against good teams, they played at the level of a good team and played a lot of competitive games. Against bad teams, they played at the level of a bad team, and as a coach it was mind boggling." I then asked him for his opinion on the team's future now that it will be losing three seniors. He answered, "With the seniors leaving this year, I think the team is good for next year because the core of the team is still here. The core is the freshmen from last year (current sophomores), and we have that core for two more years. They understand what it takes to win, and I think that will definitely be passed on to the freshman class of this year and for the future "

I also spoke with breakout freshman Natalie Y., the shortstop and homerun hitter whose performance this season was vital and



unmatched. She said, "I think the D.A. softball team played their hardest and played very well. Team wise, I think we had a very special dynamic. We supported each other every game and I think that made us a stronger team." When asked about the team's performance, she responded, "I feel like the win-to-loss ratio doesn't matter. Our games were close and we had good competition this year being in Tier 2 for the first time in a bit. I am glad that I was given the chance and the opportunity to experience D.A.'s team and grow as a player."

After the last game was played, a party on the roof was provided by the coaches as well as the Athletic Director, Mrs. Sullivan, in commemoration of the seniors, coaches, and wonderful season overall. The team is sad to say goodbye to their seniors, but they plan to continue to play with their heads held high and hopefully bring in another championship in 2025!



#### **ARTS & CULTURE** Shakespeare Club Celebrates Maggie's Triumph at the National Shakespeare Competition By Lily L.

This year, Senior Margaret S. made D.A. history at the English Speaking-Union National Shakespeare Competition. With the words of Shakespeare, Maggie advanced from the brick walls of Michael Friedsam's mansion all the way to the grand travertine ones of Lincoln Center, competing alongside thespian students from all around the U.S.

The English Speaking-Union National Shakespeare competition is a "prestigious performance-based competition which seeks to give students the chance to develop essential skills like public speaking and critical thinking" (ESU USA). It appeals to motivated students with a passion for decoding complex language and procuring an inspiring performance. The ESU National Shakespeare Competition has been recognized by various distinguished theatrical institutions such as the Globe Center and the American Academy of Achievement.

Through her tremendous achievement, not only has Maggie made D.A. history, but also Catholic high school history. After winning first place at the competition's semi-finals in downtown Manhattan, Maggie secured her spot in the City Branch State finals as the only competitor from a Catholic school. "This is a



very difficult competition and she did it," teacher and Shakespeare Club moderator Ms. Spelman notes. "She was poised, confident, and in my opinion gave the most intelligent performance." The City Branch State finals, which took place at the Morgan Museum and Library, saw another incredible success for Margaret, sending her to the National competition.

On April 15th, Margaret competed against 44 other extremely talented and esteemed students from all over the country. Of these 45 competitors, Maggie was chosen as one of the top 10. "Though she didn't make it to the top three, Maggie will always be D.A.'s number one Shakespearean," Ms. Spelman proudly stated, "What she achieved was a rare feat and we should all be proud of her!"

Lincoln Center was not the last place Maggie performed sonnet 116, however, as she graced the D.A. community with a reprise of the sonnet and a monologue from Twelfth Night at D.A.'s annual Evening of the Arts. The night also saw performances from other Shakespeare Club members. Juniors Ella C. and Mae C. performed a comedic scene from "Love's Labor's Won," which ended with an exciting twist featuring audience members Jaidaly C, Olivia O, Olivia C, and Annie M, who came onto the stage as robbers seeking to destroy the scene's "fairytale ending."

The Shakespeare Club, and all of D.A., is very proud of Maggie for her unbelievable achievement in the National Competition. Her fellow D.A. thespians will unquestionably miss her presence next year at Shakespeare Club meetings. However, she will forever be remembered by the Club and by the D.A. Community. As said best by the Bard himself, "And yet to times in hope my verse shall stand,/ Praising thy worth, despite his cruel hand."

#### **D.A.'s Evening of the Arts: Where Creativity Takes Center Stage** By Julia F.

The Evening of the Arts provides students with an artistic outlet and a chance to showcase their talents. Ms. Bunker and Ms. Mooney created the Spring Arts Festival in the 1980s to provide an opportunity for the arts clubs at D.A. to express their creativity. Since then, the event has been renamed Evening of the Arts and expanded its scope to include more



genres like Shakespearean reenactments and band performances. This year, I was fortunate enough to attend this spectacular evening and witness the long-held D.A. tradition.

Dance Club was the first to perform, captivating the audience from the moment they stepped onto the stage. Before they even began,



the auditorium was filled with eager audience members overflowing to the mezzanine. Club members were buzzing with nervous excitement after choreographing and practicing their dances for months, with genres ranging from hip-hop to K-pop. One aspect of the Evening of the Arts that stood out to me was its non-competitive atmosphere. Group members put their all into each dance, supporting their peers and making their teammate's choreography come to life. Group member Jordan K. '25 said, "Don't be nervous about joining Dance Club. It's a big community where everyone loves each other." Club members create a welcoming environment, and students at any level of dance are encouraged to join. The Dance Club's performance ended with loud applause that rang throughout the entire floor as senior members were gifted with flowers and commended for their talent, a heartwarming tribute to their departure.

The next event for the Evening of the Arts was impressive Shakespeare performances with various talented participants, either in the Shakespeare elective or members of Shakespeare Club. Lily L. '25, president of Shakespeare Club, delivered a captivating reenactment of Love's Labour's Won with Mae C. '25 and Ella C. '25. These dedicated actors had been practicing for weeks, attending nightly Zoom calls to immerse themselves in their characters and memorizing lines in iambic pentameter. Lily said, "The Evening of the Arts has given me a chance to express my love for performance, specifically in Shakespearean style. If you want a night of inspiration and creativity then you should come next year!" Following this was the Virtual Arts Presentation, in which students volunteered to submit their art pieces to a slideshow presentation. It showcased a breathtaking array of paintings and drawings; examples of pieces include watercolor paintings, collages of Emily Dickinson's poem "Childish Griefs," and digital art pieces.

The Evening of the Arts concluded with the musical segment, with performances by



Glee Club and the band DACapo. Glee Club had also prepared extensively for the event, with their standout performance of the song, "City of Stars," leaving the audience in awe. According to Glee Club members Sofia S. '25 and Kelly J. '25, this song was the group favorite because the harmony was continuously strong throughout its entirety. Kelly is also a founder of the band DACapo with fellow D.A. students, who performed covers of Beatles songs for the D.A. community. Kelly said, "It was special that we independently created this and was based on a love of performing." She encourages other musicians to seize every opportunity for creative expression and to not be afraid to perform at Coffeehouses and the Evening of the Arts next year. Kelly also added that, "A lot of the community has been very supportive."

I certainly witnessed this sense of community among the performers and from the audience, serving as another example of D.A. living up to its third pillar. I hope to see a bigger audience and more performances next year! After all, as Ms. Bunker said, "Why create dances if you can't perform them?"





Sophomore Class Continues Broadway Revue Tradition in Magnificent Fashion By: Ana D.

As the lights began to dim and the curtains were drawn, the anxious sophomore actresses of this year's Broadway Revue set the



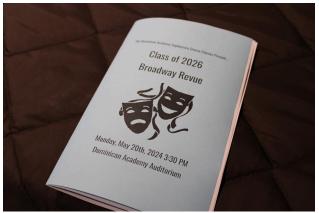
stage for unique performances from *Hamilton* and *Mamma Mia*. The auditorium, filled with students, parents, and friends alike, is suddenly transformed into a 1700s tavern, a battlefield for the American Revolution, and an island off the coast of Greece in the peak of summer.

The Revue started off with Section 203's dazzling performance of "Alexander Hamilton," the opening song to the musical *Hamilton*, starring Angelina M. as Alexander Hamilton and Helen O. as Aaron Burr. Then, the audience was brought to a later point in Hamilton's life, where he is hired by George Washington in the famous musical hit, "Right Hand Man." The leads of Section 202's act were George Washington, Hamilton, and Aaron Burr (acted by MJ K., Siena D., and Paloma S. respectively) each of whom delivered a masterful performance and left the audience stunned.



The final act of the afternoon was none other than *Mamma Mia*'s iconic "Dancing Queen" by Section 201, which incorporated elements of disco choreography and summer costumes. Stars

Sophie R., Bay H., and Aurora K. delivered impressive performances as Donna, Rosie, and Tanya, respectively. In a private interview with co-star Aurora K., she confessed, "The hardest thing was being able to prepare ourselves in a short amount of time, but in the end we could pull it all together. It was definitely hard having about five rehearsals to practice choreography and singing." Aurora K. also partially credited the success of the act to peer directors Angelina M. and Emily W.



The class of 2026 did an exceptional job carrying out the Broadway Revue tradition and even made history by being the first classes to perform scenes from *Hamilton*. According to Ms. Mooney, who has been carrying out this tradition since she arrived in 2005, this wasn't the only thing different about this year's Revue. She commented, "Compared to the last few years, the audience was very full and enthusiastic which is nice, more recently than in the past. It was a quiet affair where the Revue was just the sophomores kind of watching



themselves." Ms. Mooney continued on to congratulate all the sophomores for being "enthusiastic and committed." As a transfer student who performed in this year's Revue, this experience has allowed me to step out of my comfort zone and participate in something I wouldn't have done otherwise. While many sophomores can relate to my experience, one thing is for certain: Sophomore year wouldn't be complete without this Dominican Academy tradition.



# *The Freshman One-Act Play Festival* By Mara L.

On Thursday, May 23rd, the freshman class showcased their months of hard work in preparing for the 2024 one-act play festival, setting the stage for a night filled with talent and artistry. The one-act play festival is an annual project that the freshmen work on for the second semester of the school year. The students are deeply involved in every aspect of the production, from choosing the scripts to creating the sets and costumes, allowing them to fully bring their creative visions to life.

On the day of the festival, the auditorium buzzed with anticipation as parents filled the seats and students frantically reviewed their lines. But when the curtain rose, a new ensemble of characters graced the stage, delivering a mesmerizing array of performances that highlighted the students' unwavering commitment, inventive spirit, and love for the art of theatre. The audience was transported to different worlds, from a busy classroom full of cheating students to a packed theatre company full of mishaps, and finally to a therapy support group with an odd cast of members.

The freshmen have been diligently preparing for their shows since January. During their weekly drama and music classes, they have dedicated time to perfecting every aspect of the plays through numerous rehearsals in preparation for their upcoming performance. "It was enjoyable getting into character and putting emotion into my lines," shared Eileen L., who played the lead role of Alan in "This is a Test."



"When I heard the first chuckle in the audience, I was relieved... I was able to execute my role in the way it should be." The students acting in the plays spent many nights memorizing their lines for the big day, and the members of the crew were hard at work planning out the details of set design, costumes, and sound.

The event was not only a source of entertainment, but also a powerful demonstration of the significant impact an arts education can have in nurturing creativity, critical thinking, and collaboration. The students displayed growth and progress as a result of their involvement in the production. The annual one-act plays offer a unique opportunity for students to hone a wide range of skills, and they remain an exciting experience for the entire freshman class.

All three freshman sections took to the stage and presented unique casts of characters through their performances. Section 102 kicked off the festival with "This is a Test," written by Stephen Gregg, a comedy about a midterm test where everything that could possibly go wrong does. Section 101 followed with "Clara's on Curtains!," written by Arthur Lovegrove, a humorous play in which a series of mishaps find a theatre company in disarray and struggling to put on their show. Finally, closing the night was Section 103 with "The Support Group from Hell," a short play featuring a peculiar cast of characters in a therapy session, including a werewolf, a zombie, and even a vampire. Laughter filled the auditorium during each performance and the festival was a hit with both the audience and the students in the plays.

The event came to a close with a resounding round of applause from the

enthusiastic audience, who were deeply moved by the exceptional dedication and hard work of the entire cast and crew. Each member of the cast delivered deeply nuanced performances, skillfully bringing the characters to life with an incredible display of emotion and authenticity. Of course, this experience would not have been possible without the guidance of Ms. Mooney, the freshman drama and music teacher and the producer of each of the plays. We all look forward to seeing the stage set again for next year's freshman class.

#### A Dash of Happiness, A Sprinkle of Gratitude By Melissa B.

Welcome to the final installment of A Dash! It's been a great year, filled with AP exams, pesto pasta lunches, late-night cram study sessions, and catching up with friends outside the lockers. In retrospect, it feels like the year absolutely flew by. Finally, after months of waiting, summer is hot on our heels and vacation is just within reach. But before we rush into beach days and chilling by the pool, we have one end-of-year story to get into.



*"My brother graduated from college!" Madison (Ella) C., '26* 



Graduation fills the air all around D.A. and at Ella's brother's school, Lafavette College. She proudly watched her brother graduate with a major in biology and Mandarin and a minor in pre-med. Ella always viewed her brother as a huge inspiration, especially in his pre-med education. His interest in STEAM, brought about by his love of art, influenced Ella's work with D.A.'s Pre-Med Club. During my interview with her, I asked if she would follow in her brother's footsteps in going to Lafayette and majoring in pre-med. She said that even though she was proud of her brother, Lafayette was not for her. "I think I would like to go somewhere new instead of completely following my brother's footsteps." She told me, with a smile on her face.

For me, this year was especially fulfilling. At the beginning of the year, I became friends with other people in my grade, and it remains one of my best decisions. I attacked challenging and new things, like singing songs with the Liturgical Ensemble (for example, the psalm at the Junior Ring Day Mass), dancing with the chorus at the Sophomore Broadway Revue, and stumbling with all of the different accent marks in French. I also celebrated small victories, like finally doing well on a chemistry test, acing a Latin chart, and making the 3:21 P.M. Metro North train home in record time after school. Overall, this year helped me grow personally, academically, and spiritually. It really could not have been done without friends, family, and all of the other support I received.

As the school year comes to a close, there are also many things to look forward to. From sitting by the pool on a hot and humid day to tanning and reading on the beach, summer is a perfect time to relax and reflect. Taking time out of your summer vacation to express gratitude for all of the good in your life puts everything into perspective, making all of the summer worries of becoming an upperclassman, ACT and SAT exams, and new teachers and classes go away. Doing this is a sure way to make your summer even sweeter.

Thanks for reading the last installment of the year. I can't wait to return to writing next fall and see what good things happen over your summer break. Until then, stay cool from the heat and make sure to add a Dash of Happiness and a Sprinkle of Gratitude to your life and to your summer adventures!

#### National Latin Exam Award Winners

Congratulations to the National Latin Exam (NLE) award winners *(listed below)*. The NLE is a national exam in which students compete at different levels to answer questions on Latin reading comprehension, grammar, mythology, history, and more.

#### Freshmen Gold Summa Cum Laude Mara Levcovici Anita Bajraktari Silver Maxima Cum Laude Christine Johansen Nora Wagner Nina McAfee Camila Martinez Iris Mrosovsky Bridget Sumberac Lucy Smith



Tammy Lee Mirabelle Zschiegner Natalie Yung Ysabela Sinlao <u>Magna Cum Laude</u>

Eileen Lucarelli Anne Bogdan Vincenza Castellano

#### Cum Laude

Orla Brady Grace Tuohy Katerina Shivers Sophia Morris Amy Wollard

#### **Sophomores**

**Gold Summa Cum Laude** Mari Roa Silver Maxima Cum Laude Samara Nunez-Manziak Miley Magalhaes Helen O'Sullivan Claire Parniawski Kate Moore Stella Pyrovolakis Nina Woods Melissa Barbuti Siena DiNardo Magna Cum Laude Anusuiya Bhorkar Gwendolyn Lee Katherine Boyle Sophia Mintzberg

Samantha Hsu Isabella Papandrea Corinne Adamo

Angela Anteri Gabriela Maldonado Ella Chen Garance Harrison **Taylor Freyburger** Laisha Guerrero Fiona Fort Cum Laude Mairead LaGuardia Angelina Moustakis Vivienne Sercaru **Emily Wieler** Angelina Martinetti Katherine Kalandadze Amelie Almonte **Eileen Serton** Luciana DeLuna

#### <u>Juniors</u>

Gold Summa Cum Laude Sofia Sherer Silver Maxima Cum Laude Ella Chernauskas Magna Cum Laude Lily Sharkey Viviane Ruess Emilianna Gonzalez Olivia Chin Joanna Raffaele Cum Laude Ila Ferrier Elizabeth McGann Katerina Vitellas Madeline Miller-Murphy



#### <u>Seniors</u>

Silver Maxima Cum Laude Demetra Chudley Cum Laude Alexandra McEntee

#### National French Exam Winners

Congratulations to the National French Exam (known as Le Grand Concours) award winners *(listed below)*. The Le Grand Concours is a national exam in which students compete at different levels to answer questions on French listening and reading comprehension, grammar and culture.

#### Level 1

Laureat National Medaille d'Or Melissa Barbuti Fiona Brennan Vivienne Secaru Laureat National Medaille de Bronze Zoe Bloor Elizabeth Bright Nailah East Dominique Flordeliza Katharine Kalandadze Margarethe Kelly Sabrina O'Grady Laureat National Medaille d'Argent Genevieve Mechler Helen O'Sullivan Stella Pyrovolakis

Eileen Serton Mention Honorable Siena DiNardo Noreen White

#### Level 2

Laureat National Medaille d'Or Jaidaly Cruz Emilianna Gonzalez Laureat National Medaille de Bronze Olivia Chin Maya Faughnan Sofia Georgalos Laureat National Medaille d'Argent Aisling Kelly Ivelisse Rodriguez Mention Honorable Ivanka Beriwala Julia Francfort

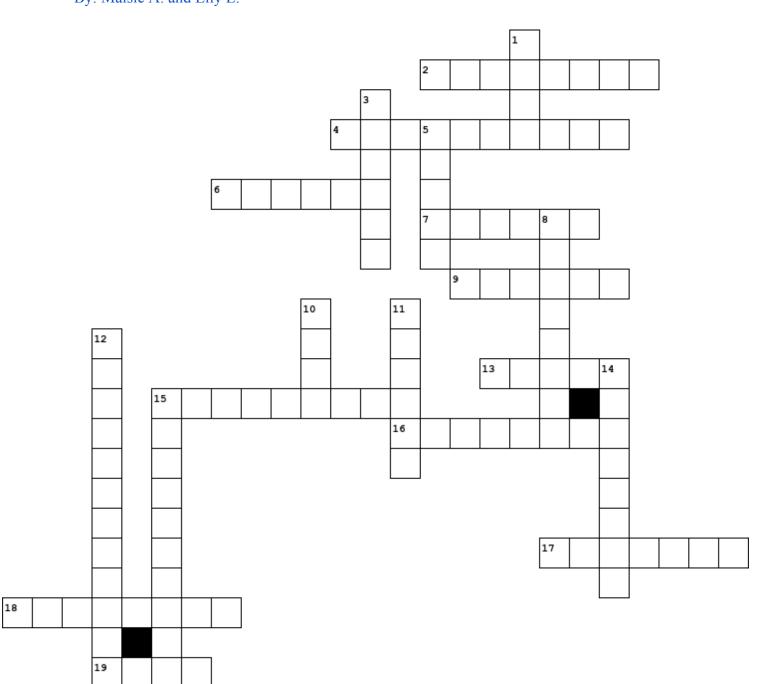
Bela Patel Berlin Rauchman Katerina Vitellas

#### Level 3

Laureat National Medaille de Bronze Niamh Kiernan Laureat National Medaille d'Argent Kathleen McGraw Margaret Schumacher Mention Honorable Natasia Shivers



*Summer Crossword* By: Maisie A. and Lily L.





#### Across

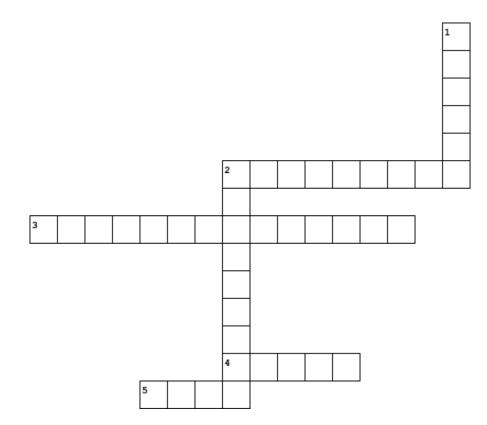
- 2 D.A. will take many proactive students on college tours this summer of this area: MID-\_\_\_\_
- 4 Highly anticipated date for students at D.A. this June
- 6 Outdoor meal
- 7 Beach Sculpture
- 9 June-August season
- **13** Summer swim spot
- **15** D.A. students can apply for this role in the D.A. summer camp for 7th-9th graders
- 16 Cold dessert
- **17** Glowing bug
- **18** Summer trip
- **19** Beach grains

#### Down

- 1 The D.A. "summer skirt" is this shade of blue
- Last year, this D.A. sports team hosted a summer camp to bond it's teammates
- 5 These D.A. scholars will be going to China this summer alongside Regis HS
- 8 Refreshing lemon drink
- **10** Toy that flies in the wind
- **11** D.A. Spanish students are going here over the summer for D.A.'s first ever exchange program!
- For incoming freshmen, D.A. hosts"Math \_\_\_\_\_" to prepare students for high school math in an exciting way!
- **14** The D.A. grind doesn't stop for students even in the summer...
- 15 D.A.'s annual Summer Camp hosting rising 7th-9th graders: Summer \_\_\_\_ Camp



# **DoMINIcan Crossword: Senior Season!**





#### Across

- **2** The beautiful venue where the D.A. prom was held this year.
- 3 Name of the song played during the notorious senior run down the stairs on their last day this year.
- **4** If you see students wearing this color dress on Friday, May 31st, you know they're D.A. seniors.
- 5 Seniors gave all D.A. students this item to wear during their second to last day of school.

#### Down

- For their senior prank, senior students placed these types of eyes on the faces of some paintings in D.A.
- **2** Most popular senior college choice this year.



#### **Crossword: Summer Edition**

- 1. Summer swim spot
  - a. Beach
- D.A.'s Annual Summer Camp hosting rising 7th-9th graders: Summer \_\_\_\_ Camp
  - a. CONNECTION
- 3. June-August season
  - a. SUMMER
- 4. The D.A. "summer skirt " is this shade of blue
  - a. PALE
- 5. Toy that flies in the wind
  - a. KITE
- 6. Last year, this D.A. sports team hosted a summer camp to bond its teammates
  - a. SOCCER
- 7. Beach grains
  - a. SAND
- 8. D.A. Spanish students are going here over the summer for D.A.'s first ever exchange program!
  - a. MADRID
- 9. Glowing bug
  - a. FIREFLY
- D.A. will take many proactive students on college tours this summer of this area: MID-\_\_\_\_\_
  - a. ATLANTIC
- 11. Summer trip



a. VACATION 12. These D.A. scholars will be going to China this summer alongside Regis HS

a. RICCI

- 13. Beach sculpture
  - a. CASTLE
- 14. For incoming freshmen, D.A. hosts"Math \_\_\_\_\_" to prepare students for high school math in an exciting way!
  - a. FUNdamentals
- 15. Cold dessert
  - a. ICECREAM
- D.A. Students can apply for this role in the D.A. summer camp for 7th-9th graders
  - a. COUNSELOR
- 17. Refreshing lemon drink
  - a. LEMONADE
- The D.A. grind doesn't stop for students even in the summer because of summer \_\_\_\_\_
  - a. HOMEWORK
- 19. Outdoor meal
  - a. PICNIC
- 20. Highly anticipated date for students at D.A this June....
  - a. FOURTEENTH



#### DoMINIcan Crossword: Senior Season!

- For their senior prank, senior students placed these types of eyes on the faces of some paintings in D.A.
  - a. GOOGLY
- 2. The beautiful venue where the D.A. prom was held this year
  - a. SANCTUARY
- 3. Name of the song played during the notorious senior run down the stairs on their last day this year.
  - a. DOGDAYSAREOVER
- 4. Seniors gave all D.A. students this item to wear during their second to last day of school.
  - a. LEIS
- 5. Most popular senior college choice this year.
  - a. STANDREWS
- 6. If you see students wearing this color dress on Friday, May 31st, you know they're D.A. seniors.
  - a. WHITE