World News
2016 Presidential Campaign

TEACHER SPOTLIGHT: MRS. EVANS

FEATURING: MIRKA VELASQUEZ, REBECCA BRIZEK, AND CRYSTAL FAZZINGA
The Mary Helper would like to wish a very happy birthday to

Daisy Paisi
May 2

Jacqueline Colangelo
May 3

Denise Cruz
May 3

Miranda Almanzar
May 8

Mrs. Ostrander
May 13

Anna Swartzberg
May 18

Denver Cooper
May 20

Stephanie Siok
May 29

Emma Manzella
May 31

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EIGHTH GRADE FIELD TRIP by Emma Buchanan

For our annual field trip, the eighth graders decided to visit Gettysburg to experience and learn about the Civil War. We had to arrive at school at 6:30AM. So many of us were tired, and some of us slept on the three-hour bus ride. Ms. O’Connor and Ms. Ascolese joined us on this amazing experience! The class first checked out Jenny Wade’s house, the only Gettysburg civilian killed in the Civil War. Some students seemed to truly be touched by her sobering story. We traveled into the past as we trekked across the battlefield by both bus and foot, learning the stories of the Union, (the Yankees) and the Confederacy (the Rebels). Our travel guide taught us all about the canons—did you know that they can launch balls up to a mile away? We traveled to Death Valley, which used to be difficult to walk across because of the bodies strewn about. After returning, the eighth graders had free time. We were split into three groups—two of them went to Dairy Queen. After that, we all traveled to Ghostly Images, where we enjoyed ghost tours and chilling ghost stories. We learned the story of Rosa and her haunting of the orphanage we visited. One of the students even snapped a picture of what looked like a child ghost. It was a wonderful learning and touching experience for us all—we enjoyed ourselves while learning about the tragedies of the Civil War.

DON BOSCO’S BICENTENNIAL by Sarah Garcon

This year, the Salesian family is celebrating Don Bosco’s bicentennial. Only 200 years ago, St. John Bosco was born, and I can safely say that he has impacted all of our lives. As a way to celebrate Don Bosco’s life, Mary Help will be throwing him a birthday bash on May 11th. There will be approximately 650 kids from different schools, some Salesians and others not, to commemorate Don Bosco. We will be joined by the students from St. Anthony’s School, St. Theresa’s School, Corpus Christi-Holy Rosary School, Blessed Sacrament School, and Academy of St. Francis of Assisi. Our day will start with a prayer service in the chapel, followed by lunch in the cafeteria. Have no fear, not all 650 of us will be eating at once. Lunch will be served in waves, so that the cafeteria does not become overcrowded. From that point on, the upper playgrounds will be open. There will be a 65 ft obstacle course down at the field and the gym will be open for any activity. We will all receive a t-shirt and a pair of MHCA sunglasses as souvenirs. The best part of it all is that everything is free, so get excited and pray for good weather!
Tell us about your YouTube channel. What are your videos about?

Mirka: Well, my two friends and I make comedy videos of any skits or challenges.

Rebecca: My YouTube channel is basically just me sharing what I like to do with other people, which is singing.

Crystal: I would describe my YouTube channel as fun and easy. I never want to make my videos complicated because then what will you learn? I also try to make my videos fun to watch and not so long.

What made you want to be a YouTuber in the first place? Was there a video or someone who inspired you to make your own videos?

Mirka: I thought it would be something fun to do together especially since my friends and I were going to go to different high schools. YouTubers with different personalities and humor inspired me.

Rebecca: One day my best friend, Alejandra suggested that I should start making videos. I asked around to see if it was a good idea and in no time I posted my first video.

Crystal: I've always had a love for makeup and hair. Even when I was about 3 or 4 years old, I had a small princess vanity and I would take my mother’s lipstick and blush and act like I was a woman! Then as I got older, I made videos on my webcam and my mom would give me her makeup to try new things out. I started watching YouTube videos and I really wanted to be just like all the beauty gurus I was watching. I wanted to be able to teach women all over the world the tricks that I knew.

Did you tell friends and family about your videos or was it just something you kept to yourself?

Mirka: At first we only kept our channel between our parents and ourselves, but after about two months we decided to tell the rest of our friends and we put the link to our channel on our Instagram and Twitter accounts.

Rebecca: At first, I was nervous to tell people but then I decided that it was now or never and I posted it everywhere (Twitter, Snapchat, Instagram) but I haven't shared it with my family.

Crystal: My mom let me experiment with makeup because she was the same way at my age. My dad wasn’t too big of a fan because I’m his little girl and he doesn’t like to admit that I’m growing up. Eventually he got used to it but he still believes that I’m beautiful without it. A little lipstick never hurt anyone, dad! Haha!

Do you see making videos as a hobby or something you could see yourself doing years from now?

Mirka: Well, right now since all three of us are in different high schools, it's just a hobby but in my opinion I would like to continue doing this now until the future.

Rebecca: I see making videos as a hobby and also something I see myself doing years from now because it is a lot of fun to edit and create videos.

Crystal: I have already gotten offered two partnerships which is really exciting! I do make my videos for fun and to teach others, but I would love to be recognized for my work and hopefully be able to design my own cosmetics line.
When you look at your videos years from now, do you think you'll be proud of yourself for being confident enough to put yourself out there?

Mirka: I think I would be very proud because used to be very shy and didn't like attention and just was very quiet, but posting these videos for the world to see have just changed the way I am.

Rebecca: When I look at my videos years from now, I do think I will be proud of myself to be confident enough to post videos no matter what people have to say. Years ago, I would of not been able to even say to people that I do singing and love it, but posting videos of me singing? NO WAY!!

Crystal: I definitely will be proud of what I have achieved. It's been a year already on YouTube and I have over 120 subscribers and I get so much support from everyone. I've become so advanced with makeup and I'm proud to say that it was all self taught. If you want to start a channel, go for it! There will be people who will love you and others who won't. I've experienced hate before but what does it matter? As long as you have your family, friends, and your health then be happy. Don't let one person affect you in anyway!

What advice do you have for someone who wants to be a YouTuber?

Mirka: For anyone who wants to become a Youtuber, I say just go for it because it's so much fun and it makes me happy. Maybe it will make you happy too! If you end up not liking it, then you don't have to post anymore videos or you can delete old ones if you want. Just give it a try because it could end up changing your life.

Rebecca: Go for it! If you want to share your talent, don't let anyone tell you any different. Do what you love and do it well. But most importantly, have fun! Make your videos interesting and something that catches people's eye and make sure you have your own style in your videos to make them your own.

Crystal: I would recommend watching videos on how to start a YouTube channel. That's what I did and I still do till this day. You will learn great tips and tricks. It gets easier as you keep practicing and it's so much fun. Also, don't make huge investments in a camera, lights or a computer until you know that YouTube is something you want to do as a living. Just start with what you have and work your way up!

Be sure to follow them! Crystals's account is Crystal Fazzinga, Mirka's is The Camm, and Rebecca's is TheOfficialBecca!
How did you become a teacher at Mary Help?
Sr. Margaret was looking for an English Department chairperson. At the time, I did not have enough experience, but the interview went well. I was hired as a teacher, Mrs. Gold remained Department Chair, and the rest is history.

What is your number one pet peeve about students?
Hmmm...Fixing hair in class? Saying “Like...”? Uniform violations in the middle of the day...? SOOO hard to decide...

What are your favorites? (Book, movie, store, song, place to vacation, etc.)
Book: “Harry Potter” series...AND anything I read to my children.
Movie: Comedies, Musicals, Animated...changes regularly
Store: Home Depot
Song: Whatever I am singing at the moment
Place to vacation: The BEACH!

If you could have any career, other than teaching, what would you want to do?
Hostess of a Musical Cooking Show.

What is the best thing about Mary Help?
I like that this is such a small school. I know every student here, AND something about her. That makes it easier to connect in the classroom, and hopefully easier for students to learn.

Please share one other thing about you that students may not know.
I used to be the Tailor in the Men’s Department in a clothing store (Stern’s).
The end of the school year signifies an end and beginning to many different things as the seniors graduate and incoming freshmen become members of the Mary Help student body. Similarly, the end of 2015 marks the end of President Barack Obama’s second term. Now, potential nominees from the Republican and Democrat party have announced their “run” for president and have begun campaigning. Former Secretary of State Hillary Clinton most recently announced her 2016 presidential bid with a video on April 12th. This is her second time running for the presidency since her loss against Obama in 2008. As of yet, she is the only Democrat to have officially announced her presidential bid, though many others have stated an interest. For example, former governor of Maryland, Martin O’Malley; former US senator, Jim Webb; and the previous governor of Rhode Island Lincoln Chafee, have all expressed potential involvement in the upcoming election. On the other hand, there are several Republicans running for president. Namely, Ted Cruz, Rand Paul, and Marco Rubio, who all are US senators. There are more prospects, such as Jeb Bush, who previously governed Florida; Wisconsin governor, Scott Walker; and former Arkansas governor, Mike Huckabee. Rick Santorum, who held a seat in the US senate; Rick Perry, ex-governor of Texas; Louisiana governor, Bobby Jindal; and Carly Fiorina, who was a business executive. Even our own governor, Chris Christie is raising questions as he travels around the country giving speeches and meeting citizens. Despite the exciting campaign and nomination process, it is a surprising and unfortunate fact that most Americans are politically apathetic, especially young adults. As the youth of today and leaders of tomorrow, we should follow the exciting campaign and election of 2016, even by using social networks such as Twitter. The election is a special time where we can all observe each nominee's platforms, openly discuss with others the changes we want to see, as well as make the right decision when it the 2016 election arrives.

You’ve probably heard of the Great Falls National Historical Park in Paterson, NJ, a very underrated park with lots of beauty and potential! This beautiful structure provides a different view of what Paterson truly is. Paterson gets a bad reputation, and having something this beautiful gets shadowed by it. The roaring waterfall sits at seventy-seven feet high and brings in people from all over the world! For those who have seen the Falls, you’ve probably just passed by it, quickly admiring it and then forgetting about it. (Cont. page 8)
BOOK REVIEW: IF I STAY
BY NAILAH ANDERSON

Don’t take your life for granted because tomorrow isn’t guaranteed—a message that stands out in If I Stay. Mia Hall, a senior in high school, is faced with challenges every teenager goes through at some point in their young lives. For example, she must decide which college to attend, and whether or not to give up her musical dreams for her rockstar boyfriend (maybe that’s not what every teenager goes through). Soon, everything that was right in front of her is taken away from her within seconds. The author, Gayle Forman, allows readers to feel Mia’s emotions (I must admit I myself shed a small tear). However, my only complaint would have to be that the ending seemed a bit rushed. Other than that, the book was very heartfelt and definitely hit home. I recommend it!

THE GREAT FALLS, CONTINUED

What you didn’t know is that the Falls has so much history, as does Paterson. The first industrial city of the United States, “Silk City,” also known as the homeland of the Lenni Lenape Indians, was founded by Alexander Hamilton, a founding father of this country and the face of our ten dollar bill. Before deciding to make Paterson the city it would soon become, Alexander made a trip with George Washington to Paterson to seek out it’s potential. From then on, he knew what he had to do—make this city great. On April 22nd, the waterfall itself was turned off to celebrate National Park Week and Earth Day. Don’t miss out on this beautiful waterfall and it’s history. Join the rangers and other guests in admiring the Falls and what it has done not only for Paterson but also for the United States.

SPRING SPORTS SCHEDULE

LACROSSE
- Friday, May 1st @ Old Tappan
- Friday, May 8th @ Waldwick High School
- Saturday, May 9th @ DePaul Catholic High School
- May 11th @ Dwight Englewood School

SOFTBALL
- Monday, May 4th @ Rutherford High School
- Wednesday, May 6th home against Hawthorne High School
- Friday, May 8th @ Manchester Regional High School
- Monday, May 11th home against Pompton Lakes High School
- Wednesday, May 13th home against Garfield High School
- Friday, May 15th @ Eastern Christian High School
- Monday, May 18th home against Lodi High School

*The schedule is always subject to change. Check the website (maryhelp.org) for any changes.
*Contact Ms. Chirico via email at athletics@maryhelp.org with any concerns or questions.
VERSE OF THE MONTH!

Let your eyes look straight ahead and your gaze be focused forward. Survey the path for your feet, and all your ways will be sure.

Has the senioritis caught up to you, too? With only weeks left of the school year, it is safe to say it is about time we all snap out of it! It is time we refocus our attention on what it is we come to Mary Help for, to get an education, and better prepare ourselves for college. Remind yourselves that it’s the project you didn’t put much effort into, or the note cards that you didn’t hand in that weigh more than the guy who ignored you or the vine you didn’t watch before you slept. It’s the amazing transcript and SAT scores that will make you marketable for college, thus making your career goals a guaranteed reality or as Matthew would put it: making all your ways sure. This is what our all-loving God has wanted for us from the start.

SPECIAL NOTE FOR THE SENIORS WHO HAVE ALREADY GOTTEN INTO COLLEGE: Make some serious effort on enjoying your last days here with all of your friends and classmates! Your days here are practically numbered, so make the best of it because before you know it, you’ll be a freshman in college, wishing you were sitting in the senior lounge again or at an XLT as a Mary Helper.

BY AMY MUÑIZ

SAINT OF THE MONTH:
ST. MONICA
BY ISABELLA VICENZINO

Saint Monica was a devout Catholic who was betrothed to a pagan named Patricius. He (and his mother) had a bad temper and was licentious. Monica never stopped praying for them and was always charitable towards them. Because of this, she was able to win over both of them, and they were accepted into the Church and baptized.

Monica had three children that survived infancy. The most famous of them was Augustine. He was living a very immoral life and rejected the Catholic values that his mother raised him with. Monica would not give up on her son and spent years praying for him. Her prayers were finally answered when Augustine came under the influence of Saint Ambrose, who was the bishop of Milan at that time. He is now a saint and is a Doctor of the Church. Saint Monica is the perfect example of why we shouldn’t give up on the people we love, no matter how hopeless it seems. She is the patron saint of married women, abuse victims, alcoholics, alcoholism, difficult marriages, disappointing children, homemakers, housewives, married women, mothers, victims of adultery, victims of unfaithfulness, victims of verbal abuse, widows, and wives. Her feast day is May 4th.
On the Go Makeup Looks!

We all have those days where we're in a rush to head out the door, but we still want to put some makeup on just so we can enhance our beautiful faces. You probably get so overwhelmed because you just don't know what are the essentials for an on the go look! Well that's what I'm here for. Let's begin!

Here are the products you will need:

**Concealer** - This will help cover up those tiny blemishes and our under eye dark circles from staying up late.

**Powder** - We need to make sure our concealer is locked in. Powder also gives a little more coverage which is a plus!

**Blush** - This will give you a pretty flushed look and add a hint of color. If you want to also bronze up your skin, use a bronzy blush that has an orange tint to it so you can have a 2 in 1 product.

**Mascara** - This will be your holy grail if you have small eyes or short lashes. It will give an instant pop to the eyes and make you look wide awake!

**Eyebrow gel** - Eyebrows frame the face but filling them in with a pencil, powder, and gel is too much work and takes a lot of time! Instead, use just a tinted gel to keep them tamed, and it will add a bit of color to your brows.

**Lipstick/lip gloss** - This will be your last step and it will tie the whole face together. You don't want your lips to be dry or colorless so add a subtle pink gloss and you're finished!

I hope this helped you out with knowing what to use when you're in a rush! This look takes about 5-10 minutes and it's so effortless. See you next month!
4 Ways You Can Spruce Up Your Uniform

Spring is officially upon us, which means the weather is warmer and the flowers are blooming. It also means that beautiful colors are vividly alive all around us. If you want to adjust your uniform for spring, here’s a couple of ways to add some spirit to your look without violating school rules.

1. Pay attention to your hair! Wearing your hair in a special hairstyle—including braids or a ponytail if you usually wear it down—is a welcome detail. Bright scrunchies or floral headbands are also a fun and unique choice for the spring season.

2. You can choose to paint your nails a rainbow of different colors and patterns, maybe even to match the flowers that are growing this season.

3. Add an extra earring! Our handbook allows for two piercings on each eardrum, along with one cartilage piercing. Making the choice about the combination of earrings to wear is a great opportunity for expressing yourself!

4. Add an arm of bracelets. Now that it’s warm enough to wear the short sleeved blouses again, your bracelets can be once again visible to the world, whether they’re friendship bracelets or wristbands.

These tips may seem small, but adding a splash of color to your uniform can add a whole new dimension of individual style!
On the first two weekends in May, 65 Mary Help students, along with several boys from Manchester and Queen of Peace, will perform the musical "Annie." Annie is a heartwarming story of a spunky 11 year old girl who, by a twist of fate, comes to be adopted by a wealthy tycoon, Daddy Warbucks. The musical is based on the comic strip Little Orphan Annie that ran from 1924 - 2010.

Admission price is $14.00 for adults and $7.00 for MHCA and Manchester students with an ID, senior citizens and children under 12.

The students involved in the production have been working since January to prepare the scenery, and their dancing, acting, and singing abilities. The show involves 3 choreographers, Mrs. Salma, Ms. Ascolese, and Alexia Snape's joyous dance steps and a 6 piece orchestra. Directed by Mrs. Megalos, with the steadfast help by Mr. Megalos, Mary Help offers you an entertaining evening of hearty belly laughs, some true Mary Help Awwwws, dog antics, played by Klaus (Ms. Z's dog), and so much more. Come to see Annie- it will be a night to remember!

American Flag Fruit Kabobs

Celebrating Memorial Day with family and friends? Well, this recipe is sure to be a hit! You can show your American pride in so many ways, including fruits!

What you’ll need:

- One pack of regular marshmallows
- Raspberries or strawberries, about a pack of either
- One pack of fresh blueberries
- Kabob sticks

What you’ll do:

- You will be making 12 kabobs. One each kabob, starting from the top, you will put:
  - 4 blueberries
  - A marshmallow
  - A strawberry or raspberry
  - A marshmallow
  - A strawberry or raspberry
- This is very simple! However, you will only put blueberries on the first 5 kabobs because the rest will be a raspberry, marshmallow pattern.
- Then, line them up as pictures and serve them to your family and friends!
A SCHOOL NEWSLETTER ROOTED IN BEAUTY, TRUTH, AND JOY!