World News
NBC Anchor, Brian Williams' career-ending blunder

TEACHER SPOTLIGHT: MS. O'CONNOR

LACROSSE SEASON

FEATURING: JENN MORA AMAYA
ON HER PASSION FOR BUSINESS
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Lent is a time of fasting and preparation. We use this time to prepare ourselves for the Resurrection of Christ. During Lent, we make many sacrifices, just as Jesus did for us. In theology class, a journal prompt given was, “A temporary inconvenience for a permanent improvement.” This ties in with the Lenten season very well because we make sacrifices in our everyday lives that affect us greatly in the beginning, but help us better ourselves in the end.

We started off Ash Wednesday, the first day of Lent, with a beautiful prayer service where every student received blessed ashes. We were also blessed to have Bishop Serratelli say Mass for us on the first Friday of Lent. It was truly a wonderful experience to attend Mass led by the bishop, who even granted us a day off! He loved how beautifully the choir sang and how respectful the student body was in the chapel.

As we get older, the things we sacrifice for Lent hold much deeper meaning than the ones before. Most people give up candy or junk food, but many of my friends this year gave up bad habits. For instance, many gave up being negative, procrastinating, and complaining. I find that giving these types of things up helps us better ourselves. Though keeping our Lenten promises may be difficult at first, we are training ourselves to be better. So instead of giving up junk food, maybe we should try to make more meaningful sacrifices, like talking back to our parents or procrastinating. We can even try to change or add something to our everyday lives, such as adding positivity or spending more time with your family (and less with technology). Though these forty days of fasting, prayer, and alms-giving will be long and difficult, we will have grown mentally, emotionally, and spiritually.
Tell me more about your recent success.

I am on honor roll. To me, that is a great achievement, especially because junior year is really hard. With all my AP and Honors classes and volleyball, I think having to juggle all of this stuff makes me successful.

What made you want to pursue business?

In the beginning, I had no idea what I wanted to do. However, I think that learning about the business program here opened up my world to more career choices. I looked into a bunch of different things, and the business program especially stuck out to me. I decided, “Hey, I’m going to try this out,” and it turned out to be something that I really liked and something I will continue to do.

Do you have any business plans for the future?

Actually in my business program, we had to research jobs that we want to pursue. The one I chose was an actuary. They work a lot with insurance companies and analyzing different information and risk. This career combines math, business, and the opportunity to talk to different people from different countries as well. I felt like that combination was really appealing to me.

How has your recent success made you think about the future?

I think that the business program in coupled with the business class I’m currently taking have made me think a lot about the future. I didn’t really know what major I wanted to pursue, but this program has really helped me narrow down my choices, and really pushed me towards finance. Now, I’m focusing on that one thing, and I’m not all over the place like I used to be.

Do you have anyone who inspired you to be in business?

My business teacher definitely encourages me a lot in my class. We also watched one video about an entrepreneur, S.A. Lauter. She is a pretty good role model when it comes to business. I’m also inspired by one of my friend’s aunts, who was a graduate from NYU. There’s really a bunch of people I look up to business wise. I’d like to be as successful as they are one day.

What do you have to say to students that also want to pursue a career in business?

I’d say definitely try different programs like I did because I was totally confused before all these programs. Take different classes for a bunch of different fields.
What brought you to Mary Help?

Well, the short version is, as Sr. Lise always says—Mary brought me here. The long version . . . I was on a business trip to India, travelling with a lawyer named Don Bosco. Our first stop was Mass, since it was Sunday. A few months later, I left that job and ran into a friend from college who was working at Mary Help. He asked if I would come help with scheduling, and while doing that, Sr. Kim offered me a job, so here I am.

Why do you like history, and what is your favorite part of it?

I like history because I think that there is much to learn from the past. It’s interesting to see how technology has changed, but in many ways, people really haven’t. I enjoy learning about all different time periods and events, but I would say the American Civil War is my favorite. I’ve visited quite a few of the battlefields, and I learn something new on every visit.

What is the most interesting thing that has happened to you?

This is a very difficult question to answer. I have had many adventures, some interesting, some funny, some that were both . . .

What other kinds of subject do you enjoy?

I enjoyed teaching English and Literature very much. As for subjects I enjoy learning about, I’m open to almost anything, especially anything related to the arts and social sciences.

What advice would you give to your students, especially those deciding which career to pursue?

My advice would be to try many different things before you lock into a strict path. Also, I think it is important to pursue things that you are passionate about. Career trends change rapidly so it’s best to do something that fulfills you as a person rather than following the current “in demand” trades.

What is your favorite thing about Mary Help?

The students!
Memes, slightly altered images of historic or well-known events, have rapidly surfaced on the Internet, especially with the disappointing news regarding NBC’s most watched news anchor, Brian Williams. Brian Williams has had a long and luxurious career in journalism, as well as in politics. According to NBC News Nightly, he is a New Jersey native who began broadcasting in 1981. Eventually, he became a member of NBC News, which included positions such as NBC’s principal White House correspondent, and later anchor and editor of MSNBC and CNBC in 2004. His coverage of many world events such as Hurricane Katrina, presidential campaigns and debates, nominating conventions, and elections, have garnered him much praise and awards.

However, his credibility has taken a severe plummet after he admitted to embellishing certain facts about his experience on an American helicopter during the invasion of Iraq in March 2003. As reported on the World Socialist, over the years, it became apparent that Williams’ recollection of the event had changed, becoming more histrionic. He has since taken himself off air, and has been suspended without pay. Now, his past reportage and commentary of events, especially of Hurricane Katrina have been placed under much scrutiny and called into question. Embellishing the truth should come as no surprise in the world of news coverage and journalism, unfortunately. Nevertheless, memes have proven not only to be an amusing online trend, but also a punishment from the court of public opinion.
LACROSSE: AN OPTIMISTIC OUTLOOK  BY STEPHANIE SIOK

As spring sports start up again (man, that came quickly!), both the softball and the lacrosse teams are having optimistic feelings about the upcoming season. It is the lacrosse team’s fourth year in operation, and this is the second year it is being coached by Shaila Camilo, the school’s volleyball coach who bravely took up the task of learning and coaching lacrosse last year. The seniors this year, and the parents of the team here at Mary Help, are seniors Catherine and Elizabeth Livi who, in 2010, had a dream to make a lacrosse team here. Elizabeth Jordan is also a senior who is eager to have a leading role this year. Catherine says of the team, “This will be the fourth year for Mary Help lacrosse, and we are looking forward to a strong season focusing on fundamentals, game IQ, and fitness.” She says that, as a senior, she is “excited for a solid season and looking forward to representing the Blue Jays on the lacrosse field.” Here’s to a great season, girls!

BOOK REVIEW:
DEAD MAN WALKING
BY LORETTA GRACEFFO

_Dead Man Walking_ opens as young Sister Helen Prejean is selected by death row inmate Patrick Sonnier to be his spiritual advisor. What follows is a true, firsthand account of both the cruelty of capital punishment in America and the heart wrenching pain of murder victims’ families. It is a book that challenges the reader. We are exposed to the unimaginable evil of Patrick Sonnier’s deeds, and the pain he inflicted on his teenage victims and their families. Then we are asked to look beyond his deeds and see the face of Christ. The story delves into the mechanics of the death penalty and the institution behind it. It also seeks to reveal the cycle of illiteracy, poverty, and racism that lead to the death penalty in the first place. Though the story illuminates a harsh reality, it is filled with glimpses of hope and healing, and it essential reading for anyone who truly considers themselves to be pro-life. Since the book was published, it has been made into an acclaimed movie of the same name. Sister Helen Prejean has accompanied six men to their deaths, and she now travels the country calling Catholics and young people to action. I had the pleasure of meeting Sister Helen Prejean a couple of weeks ago when she gave a presentation at Don Bosco Prep. She was both spunky and inspiring. Her words remind all of us that we can be instruments of social change.
VERSE OF THE MONTH!

“I rejoice now, not because you were saddened, but because you were saddened into repentance; for you were saddened in a godly way, so that you did not suffer loss in anything because of us.” 2 Corinthians 7:9

Happy Lent everyone! Or should I be saying “Repentant Lent” everyone? After all, Lent is the season of repentance, reflection, and fasting. Many sacrifices have been made and promised to and from us to God. Sure, there are times when it feels like we might have sacrificed the wrong food item or app for Lent, but it’s that struggle that will make us stronger, less dependent on the world, and more dependent on God. This is true joy. However, it is important that when we accidentally eat a meal with meat on Friday or forget our own personal Lenten promise, we do not beat ourselves up. This sadness or sense of disappointment we feel towards ourselves is a Godly one. One that will lead to so much more joy and relief, which brings us to reconciliation—one of the most empowering sacraments there is. Therefore, repent, and you shall have your worldly sorrows removed and replaced with God’s grace to perform at His highest standard.

BY AMY MUÑIZ

SAINT OF THE MONTH:
ST. PATRICK
BY ISABELLA VICENZINO

St. Patrick was born in Scotland in the fourth century. When he was fourteen, he was captured by a group of raiders, who took him as their prisoner. St. Patrick was then hauled onto a ship and sold in Ireland as a shepherd. During this time, Ireland was a pagan country with Druids and the occult. St. Patrick adjusted to the Irish customs and learned to speak their language. He knew about their practices, although he himself was Catholic. When he was twenty years old, he escaped when God told him to go to the coast where some sailors were leaving port. St. Patrick was then reunited with his family.

One day, he dreamed that the people of Ireland were crying out to him, “We beg you, holy youth, to come and walk among us once more.” Patrick immediately began studying for the priesthood, was ordained a priest, and later became a bishop. Afterwards, he returned to Ireland to preach the Gospel to the Irish. He began preaching, and thousands of people were converted. One of the most famous symbols he used to teach was the shamrock. He used the shamrock to explain the Trinity. Just as there are three leaves in a shamrock, there are three persons in one God. Saint Patrick preached in Ireland for 40 years, and converted almost the entire nation. His feast day is celebrated on March 17th, and he is the patron saint of Ireland.
5 Beauty Hacks Every Girl Needs To Know

We all love to get done up and do our makeup, but sometimes we need a little help! I have five beauty hacks that will help you when doing your makeup.

The DIY Gel Eyeliner  Don't you hate when your eyeliner on your waterline smudges or wears right off? Well, I have a great tip for you! Take your pencil eyeliner and heat it up using a blow dryer, lighter, etc. Warm up the pencil for about 10 seconds, and then you automatically have a gel eyeliner which lasts a lot longer!

The Concealer Guide  Sometimes, we need concealer to cover up our scary dark circles or really noticeable blemishes. But what's the point if you don't use it correctly? Here's a picture showing you how to apply concealer so that its natural looking!

The Perfect Defined Lip  There's those days when we want to be fancy and wear bright lipstick! Wearing a bright lip color can be intimidating if you don't apply it correctly, or if you have an uneven line. Here's a visual to help you learn the ways of getting a perfectly defined lip!

Cheekbones Like a Kardashian!  We all know the Kardashians are famous for their contour. In order to achieve that look, you need to find where your cheekbones are! Use a brush to help define where yours are. Begin applying bronzer from the top of your ear and go down diagonally. Now you'll have those beautifully contoured cheeks!

Cat Eye Like a Pro!  Learning how to use eyeliner can be difficult at first so, to make things easier, use tape or a card to help give you that sharp line. This also works for eye shadow!

I hope these help you out! Makeup can be confusing at first, but practice makes perfect.. And so do hacks! See you next time!
What do you do when you and your friend like the same person? Should it turn into a competition or should you just let fate take it's course? What I should do to handle this situation?

This must be very difficult for you, but I ask that you be mature about everything. It should definitely **NOT** be a competition between you and your friend. First of all, the guy in question is not a prize to win, but a person just like you, who wants to be loved. Secondly, if you and your friend really like him, the guy will be the one to make the decision at some point (that is if he is interested in more than a friendship with either one of you). Lastly, do not let his decision affect your friendship, because at the end of the day you cannot control other people’s feelings. Your patience will be tested in this situation, but everything will turn out fine. Best of luck!

**Dear Feathery Friend, when is a good time to ask someone to be your prom date? ~Struggling Senior trying to find a prom date**

The sooner the better. If you wait too long, it would be very unfortunate to find out that the person had already made plans for that day. If you are asking a friend (not necessarily your boyfriend), I would recommend keeping the invitation very simple and straightforward. Don’t stress over it, I’m confident everything will work out. I wish you luck!
**POETRY CORNER**

**BY AMAYA ESTRELLA**

**Truth Be Told**

Lies are told to hide the truth
Hope that they don't realize
Hiding behind a smile and
fake laugh
I hope they see I'm happy to be me
Just stuck inside the "I wish I could have been"
I can't pretend that I don't see what's
Stopping me from being me
Is being afraid to mess up and fall down
Look at me, who else could I be
besides simply being me

**HEALTHY EATING WITH**

**SEAHORSE BY STEPHANIE SIOK**

**Spinach and Egg Muffins!**

I know what you’re thinking...“Is this girl crazy?
Does it look like I’m going to eat a spinach and
egg muffin??!! That sounds gross!” Well, I have
news for you! If you like omelets and spinach
(or even if you don’t like spinach), these are a
great, healthy food to have in the morning!

**Ingredients:**

- Eggs (12)
- Spinach or fillings of your choice! This
could be broccoli, cheese, bacon bits, and
whatever you think will work!

**Materials:**

- A muffin pan
- Spray for the pan to prevent sticking

**Directions:**

- Simply spray the muffin pan with non-stick spray
- Crack an egg in each space. If you don’t want a runny yolk, break the yolk with a fork.
- Add dashes of salt and pepper to each
- Mix bits of spinach or the ingredient of your choice into each!
- Bake at 350° for at least 15 minutes
- Take them out of the pan, let them cool and congeal, then enjoy them! They can be stored and reheated when needed!

**WOMAN OF THE MONTH**

**BY LAUREN ROBERSON**

Malala Yousafzai is a seventeen year old women’s rights activist. She has received nine awards for her efforts, including the Nobel Peace Prize in 2014. She lived in Pakistan for most of her life up until she was shot on October of 2012. That is when she and her family moved to England for her surgery and recovery. Instead of allowing this attempt on her life to stop her, she used it to further her cause. She quickly became a voice to young underprivileged girls everywhere.
A SCHOOL NEWSLETTER ROOTED IN BEAUTY, TRUTH, AND JOY!