

The Gates

thegates@ndapa.org

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Bling!

Sydney Dalton '23
On Friday, April 22nd, Notre Dame juniors celebrated Ring Mass with their family, friends and peers. Our celebrant was Father Kevin Gallagher. The ceremony marked the juniors transitioning from lowerclassmen to being the student leaders of ND. It brings together prior and present experiences of current ND students and bonds them with previous alumni. The school seal is engraved on the side of the ring, bonding together the legacy and the sisterhood of ND. The junior class received their rings during a mass, alongside their fellow students and their parents. After the distribution of the rings, the juniors headed over to the Mansion lawn and enjoyed donuts, coffee, and of course, taking many pictures! The day was filled with joy and excitement as the juniors knew the importance and meaning of Ring Mass.



Quinceañera vs. Sweet 16

Celestia Nutt-Romero '28

In Latin America, we celebrate the “Quinceañeras,” while in America, we celebrate the “Sweet Sixteen.” Celebrating Sweet 16 in America can be either a casual or a formal event with friends and family. It can take place in a party room, hotel, restaurant, or at their own residence. The birthday girl’s party dress does not have to match her guests’ attire, and there are few required rituals, apart from the birthday cake! However, in El Salvador and in many other Latin American countries, the age of 15 is very important for girls. It means she is changing from a girl to a woman, a young lady. Latin families celebrate their daughters by planning big parties, and inviting lots of people.

As girls, many of us dream of this unforgettable moment, imagining our huge parties, majestic dresses, the food, the guests, the flowers, the hairstyle, the cake, and the color of the dress of the 14 godmothers (or *damas*) attending, which must be perfectly coordinated with the dress of the quinceañera. Some use a court of 7 boys and 7 girls, but my cousin Fanny (pictured at left) had 14 *damas*. Any boys attending also dress according to what the young woman envisions for her day. It’s not just a party but a religious event as well, celebrated first with a mass of thanksgiving. The quinceañera



enters the church holding hands with her father. At the altar, she receives a blessing of lifelong protection. Later, her first dance at the party will be with her father.

It is also a time for reflection and mature decision-making. As my friend Gabriella says, “Fifteen years means a girl starts a new stage in her life, and this celebration [preserves our] culture.” Gabriella has her quinceañeras in July in El Salvador, but some ND girls had their celebrations this year. Freshman Valentina Giraldo (pictured at right with her dad, and with a dancing robot!) celebrated hers in October 2021. And sophomore Sophia Bramley (pictured below and at bottom right) had hers this past Sunday!



This is a traditional and grand celebration of girls becoming women. When I turn 15 and 16, I know that I will honor those special moments in my life. But for right now, I can only dream of the times to come.



Father-Daughter Dance

Charlotte Lignowski '22
 On Saturday, March 26, 2022, ND welcomed fathers and other special guests for a Class of 2022 Mansion dinner as well as the annual schoolwide Father-Daughter Dance in Aimee Willard Gym. MS and US girls alike enjoyed a chance to spend quality time with their dates—while many dads and their daughters also enjoyed the fact that the Villanova basketball game was playing on the big screen during the delicious dinner (the Wildcats won, qualifying for the Final Four!!)



Teachers-Seniors Basketball!

Ava Pastore '22
 With the heat of March Madness engulfing every television screen over the past month, the approach of the Senior vs. Faculty basketball game was definitely long-awaited. This has been a tradition at Notre Dame for many years, and the Class of 2022 was extremely excited to participate. Being a starter for the game, I was looking forward to running onto the court with my classmates.

On Friday, April 1st, the bleachers of Aimee Willard Gym flooded with students and faculty. The sound of the buzzer went off, and the game began. The teachers took a surprising lead in the first half with the seniors lagging behind. As the first half dwindled down, the seniors saw the faculty's lead growing with speed and started to worry about securing their victory. As the first half ended, the teachers were still maintaining their lead.

The piercing sound of the scoreboard signaled the start of the second half, and the seniors were determined to get back in the game. Despite the students' best effort, the teachers continued to put points on the board. It seemed as though the teachers' practices were paying off as the seniors watched them score basket after basket. The students watched with utter disbelief as the faculty's lead continued to increase with strength. As the clock ticked down, the seniors were beginning to lose hope. They only had a few minutes left to prove themselves and achieve their long-awaited victory.

With one minute left, the seniors gave it their all. As the final buzzer sounded, the seniors were overwhelmed with disappointment. They looked up at the scoreboard to see they had been unable to take back the lead. Although the seniors walked out of the gym with a lower score, they held their heads as high as winners.

Campus Ministry Update

Ashley Kelly '26
 From the end of January to the beginning of February, the Notre Dame community took part in **Mission Week**. Each day during Community Time, there was a special activity planned where students had the opportunity to learn more about the Sisters of Notre Dame and the work that they do. The community was joined by the beloved Sisters of Notre Dame on February 2nd to celebrate the 218th anniversary of the founding of the Sisters of Notre Dame de Namur. A prayer service was held, during which the three Sisters, Sr. Jean Keeseey, Sr. Helen Bellew, and Sr. Patricia Hanway, renewed their vows and blessed the community. This was a very memorable day for the Academy and was also a great reminder to try and be more like Saint Julie and always turn towards God.

Later, on March 1, ND's 7th and 8th-grade students traveled to Malvern Retreat house for their **Middle School Retreat**. The students took a break from the hustle and bustle of school to reflect on the school year so far and the years to come. Students participated in mindfulness activities to reflect mentally on who they are, who they'd like to become, and their goals for the near future. Along with discussing the transition to Upper School, the students took time to encourage and empower each other. They wrote affirmations to each other, discussed in small groups, and towards the end, they took a nature walk to reflect on their experiences at the retreat house. This was a great way for the students to take a break from the stress of school, have fun with their friends, and take a well-deserved mental break.

BSU Lawn Party at the Mansion!

Jordyn Williams '22
 On April 23rd, Notre Dame's Black Student Union hosted their first ever BSU Night at the Mansion party which was a great success! The theme for the evening was "Decades," and the guests were encouraged to dress from the 1970s, 1980s, 1990s, and 2000s! On the dance floor, the DJ played a variety of hits from each decade that made everyone just want to bust a move! In the parking lot, the guests were welcomed with freshly made smoothies from Fruits of Our Labor Smoothie Truck and then participated in games such as life-size Jenga, Guess that Lyric, and Connect 4. It was a fantastic night filled with joy, peace, and soul! The Notre Dame BSU will continue this tradition for years to come. We hope you attend the next one!



They Had a Ball! (A Winter Ball)

Helen Coogan '25



On February 12, ND students and their guests turned out for the annual Winter Ball. The theme was “Night at the

Oscars,” and everyone came dressed to impress. The evening was definitely a fabulous night to remember!



Review of Annie, Jr.

Reagan Parsons, Emma McNeill, Kiersten Bodge '27

This year, the Middle School performed the musical *Annie, Jr.* The show, directed by Mrs. Miller, Mrs. Devenney, Dr. Klause and Mr. Grayberg, was a great success, with the performers especially happy about making new



friends and becoming closer with other ND students. Among the feedback we collected from teachers and students to write this story: “I thought Maeve Herrin [pictured below, in the title role] handled the dog without missing a beat while singing. The dog was pulling her and seemed very strong. She managed it like a professional!” (Mrs. Bonner). “The show was incredible! I wish we could have shows more often! Everyone did an amazing job!” (Avery Holzer). “The

transitions were very smooth” (Kiersten Bodge). “I think it went great!” (Tala Qubain).

Members of the cast and crew also shared their thoughts. “I really like acting and being a part of the cast. Overall, I had a very fun and exciting time in theater!” (Kiley McGowan). “It was a lot of fun and the cast and crew were so nice! Every rehearsal was filled with exciting moments where we could have fun and explore our learning” (Paige Moran). “Being a part of the cast was incredible! It was a great way to make new friends and expand our appreciation of the arts. After our last show it was a little sad because we knew we wouldn’t get to do it again, but everything else was fun. I will never forget my amazing experience doing this play” (Reagan Parsons).

And from the show’s directors...“I love directing middle school students because they have so much energy and are eager to try new things and take on new challenges” (Dr. Klause). “In the arts nothing is ever perfect. You always see and hear movement and music differently each time the cast performs. It will always be a neverending process of changes and improvements” (Mrs. Devenney).

But everyone we polled agrees: *Annie, Jr.* was a hit! The show proved to be an amazing experience for the audience, cast and crew, as well as the directors. The endless hours of practice that went into it were all worth it in the end. We hope you loved it and look forward to new MS productions.



Broadway post-Covid

Maddie Frank '22

When Covid-19 caused a nationwide shutdown, Broadway and live theater was one of the industries hit the hardest. Broadway closed its doors in March 2020 and was one of the last industries in the United States to reopen. In September 2021, Broadway was able to celebrate its return to live theater. Broadway's reopening has not been an easy process, as the theater in particular was hit hard by the Omicron-variant surge during the winter resulting in canceled performances, postponed show openings, and a struggle to stop the spread of Covid among casts.

While Covid continues to be a problem for the United States, Broadway has been able to proceed with canceled performances being relatively rare in recent months. The consistent performance schedule is a result of Broadway's Covid procedures enacted to keep everyone safe. During March 2022, I attended two Broadway performances which was my first experience with live theater since seeing *Waitress* on Broadway in December 2019.

In March, I had the opportunity to see *Chicago* and *Book of Mormon* on Broadway. *Chicago* plays at the Ambassador Theater and *Book of Mormon* is in the Eugene O'Neill Theater. Both shows follow the Covid procedures enforced at all Broadway theaters. To enter the performances, I was required to show proof of vaccination and display a government issued ID to prove that my identity matched that of my vaccination card. The Eugene O'Neill theater insists on wristbands for all those screened, in order to ensure that no one makes it into the theater without being processed ahead of time. Mask-wearing for the audience is mandatory at all times, and ushers carry around signs reminding everyone to "mask up." Staging dooring to meet the cast after shows is not as popular as it was prior to Covid, but some cast members still decide to interact with audience members following performances. These Covid procedures are a small price to pay in order to keep Broadway open for business.

My experience back at Broadway was one to remember! Both shows are vastly different, but I loved the experience of viewing live theater again. *Chicago's* choreography and *Book of Mormon's* comedy will forever be memorable. It is amazing to see the theater alive and well again! New shows are opening and existing shows are once again playing to sold out theaters. Broadway may look a little different and take a little longer to be allowed through the door, but hopefully live theater is back and here to stay.



Editor-in-Chief: Madison Frank '22

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Senior Editor: Jordyn Williams '22

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Senior Writers: Olivia Friess '22, Maureen Maguire '22, Molly McFillin '22, Ava Pastore '22,

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The Gates is the newspaper of record for the Academy of Notre Dame de Namur, 560 Sprout Road, Villanova, PA 19085. Write the Editors at thegates@ndapa.org

The end of the school year is approaching fast. With one final issue of *The Gates* left this year, we want to hear from the Class of 2022. Seniors, email us at thegates@ndapa.org to let us know what is the most difficult thing to leave behind at ND!

The Year in Reviews

Looking for tips on fine dining, live music, new film releases and binge-worthy TV series for some serious streaming? Read on for guidance from our fabulous *Gates* correspondents.

Music: Dinosaur Jr. at the Union Transfer

Olivia Friess '22

[Previously published in Pleaser Magazine, December 5, 2021]

It's November 18th, a Thursday night. As one who is rather familiar with Dinosaur Jr. and their reputation, as well as a frequenter of Philadelphia's Union Transfer, I knew I had to catch this show. I glance around the pit of the Union Transfer as more and more people filter in, analyzing the crowd based off of their band t-shirts of choice: My Bloody Valentine, IDLES, Sonic Youth, Yo La Tengo, Pink Floyd, and a denim vest covered in a slew of classic rock patches. Nice. The pit floor begins to fill up with a sea of low-top Vans, vintage denim, and plenty of flannel. The crowd evokes a time capsule of the early 90s alternative scene—film cameras, camcorders and all. I am pleasantly surprised to see so many young people in the crowd, with many appearing to be around high school or college age. They later led an active mosh pit that wound up pushing me to the barricade a few songs in (shout out to them!). A bit after 8 p.m., the lights dim and opener Ryley Walker steps on stage accompanied by lead guitarist Bill MacKay, a drummer, and a bassist.



Lead guitarist and vocalist J Mascis

Although his music was previously unknown to me, I quickly became a fan of Walker's indie-folk-inspired rock, accompanied by groovy basslines, fingerstyle guitar, and intricate, jazz-infused drums. During tuning breaks in between songs, Walker made "indie banter" (in his words) with the crowd to kill the awkwardness of adjusting his four-guitar rotation. "Good thing I don't have my twelve-string with me," he joked. What really drew me into Walker's music was its eventual breakdown into loose, free-form post space rock with extended instrumental breaks and melodies that rose, fell, and droned. His performance of "Telluride Speed" off of his 2018 record, "Deafman Glance," was surely my favorite of the night.

About an hour later, Walker and his bandmates wrapped up their set and left the stage. I turned around to see a full house behind me, buzzing with excitement as they awaited the arrival of the night's headliners: alternative-rock legends, Dinosaur Jr. The band's entrance was so nonchalant that it took the crowd a minute to register that they were actually on stage: no "indie banter," no introduction, they just simply picked up their instruments and dove right into "Bulbs of Passion" off of their 1985 debut album "Dinosaur." Instantly, a

(metaphorical) wall of sound ripped through the (literal) wall of Marshall amps on stage—there were nine behind guitarist and vocalist J Mascis alone. They really do live up to their reputation as one of the loudest live bands. The crowd matched the energy instantly, and a mosh pit opened up after just a few songs and persisted for nearly the entire show. The pit wound up pushing me to the front, where I was able to stay for the duration of the show. It. Was. Incredible.

I could feel my ear drums buzzing from the reverb and distortion as Mascis, bassist and vocalist Lou Barlow (also known as Sebadoh founder and frontman), and powerhouse drummer Murph ripped through songs that covered their lengthy discography quite nicely. They dipped in and out of decades, playing songs like "The Lung" and "Little Fury Things" off of their 1987 record, "You're Living All Over Me," to "Start Choppin'" off of 1993's "Where You Been," all the way up to "Garden" and "I Met the Stones" off of their 2021 release, "Sweep It Into Space."

Frontman and guitar legend J Mascis accentuated each song with his signature complex solos, riffs, and improvisations on guitar. His nonchalant affect while pulling off these compositions that distinguish Dinosaur Jr. from the rest of the late-80s/90s alternative scene in comparison to Barlow's jumping and headbanging on bass created quite a juxtaposition of energies on stage—all of it tied together by the incredible force and stamina of Murph on drums.



After an energized, discography-spanning performance, the trio departed the stage quietly—well, they were quiet at least. J Mascis simply took off his guitar, with several of his pedals still activated, and set it to

rest against his Marshall wall. Barlow followed suit and the venue filled with such an intense, buzzing feedback that I felt the floors shake. Their respective instruments remained in this ear-drum-rattling state until the crowd's "One more song!" chants brought them back on stage for a three song encore. For the encore, they dove right into a performance of "I Ran Away" from their 2021 release, followed by "Little Fury Things" and—a crowd favorite—their cover of The Cure's "Just Like Heaven" off of 1987's "You're Living All Over Me."

After the intensity of Dino's performance, I can now see why my dad referred to their show as a "Bucket List item." It is definitely a show to experience, and an incredible, influential band to add to your playlists, record, CD, or cassette collection if they are not there already.

Music: 2 Friends

Ava Pastore '22

As a passionate concert-goer, I can confidently say that I've been to my fair share of bad performances, but the recent "2 Friends" concert was certainly not one of them. This DJ/Producer duo not only had the crowd jumping for the entirety of their set, but they were also able to engage with the fans. The concert took place at the Fillmore in Philadelphia, which is a relatively smaller venue compared to the Wells Fargo Center. However, I think that the choice of venue is what added to the high and spirited energy of the concert. Being so closely surrounded by others adds a more personal touch to the experience and allows the sound to vibrate through the entire venue. I could not only feel the beaming excitement of the crowd, but also the radiant enthusiasm of the artists on stage.

Throughout the two hour set, their energy did not waver. From start to finish, this concert was certainly a rollercoaster that had no stopping points. Every time the crowd seemed to be beginning to settle, 2 Friends would know how to bring them right back into the beat. Along with the animated performance, the lighting production and sound quality also added amazing fervor to the concert. The lighting consistently matched up with the intensity of the songs and the sound quality allowed the crowd to feel the bass through the floor.

Overall, not only was 2 Friends able to keep the pure zeal of the audience in their grasp throughout the entirety of their performance, but they also ensnare to leave with memories that they would never forget.

Dining Out Reviews

Cheezy Vegan (Woodlyn)

Cameron Landers '24

Having been vegetarian for nearly five years, and vegan for six months, I have found it increasingly difficult to find sustainable meals that are not too dull. Many restaurants are still extremely unvaried or lacking in their vegan-friendly options. Places that do offer plant-based foods are often described as “disappointing” or “unflavorful,” leaving vegans accustomed to being content with mediocrity. The standards for vegan



cuisine are far too low, contributing to the misconception that plant-based diets are inherently bland and unexciting.

The Cheezy Vegan, a small family-owned restaurant in Woodlyn, Pa., is nothing of the sort. Their surprisingly

extensive menu, with everything ranging from pineapple upside-down pancakes to cauliflower and seitan wings, is eminently enticing. The high quality food and overall experience is accentuated by the hip artwork and welcoming



staff I was slightly skeptical of vegan bacon, but these doubts were instantly resolved. The avocado BLT wrap (pictured, top left) was smoky with a sweet edge. The coconut bacon, though not an identical replica, was crispy and flavorful, and a surprisingly satisfying alternative. The lettuce and

tomatoes were fresh, however it was the agave mayo that pulled the wrap together, demonstrating Chef Reeky's impressive ability and talent to transform ingredients into a wonderful compilation. The apple spice muffin (above), scented with warm fall flavors and finished with a crunchy brown sugar topping, proves this establishment truly does serve top-tier vegan comfort foods. The bold ingredients do not overpower each other, but rather complement each other beautifully.

At the end of my meal, I received a complimentary confetti cake (pictured, below), which truly was one of the best vegan desserts I've ever come across. It is not often that a completely plant-based cake is as light and fluffy as this.



Impressive in variety, beautifully unique in flavors, and with the most welcoming service, Cheezy Vegan exceeded my expectations in every way. The food is delicious and reasonably priced, the restaurant is modern and clean, and the staff incredibly helpful. Vegans and non-vegans alike can now enjoy cruelty-free meals without giving up their favorite comfort foods.

Photographs by Cameron Landers.

Vic's Sushi (Rosemont)

Marisa McKaige '24

The other night I picked up two sushi rolls from Vic's sushi in Bryn Mawr, about 5 minutes from my house. Vic's has been my family's go-to Japanese spot for about a year now, and frankly, they never disappoint us.

My usual order is a salmon and avocado roll, but recently, I have been yearning to try something new. I was poring over their menu seeking a specialty roll like none I have had before, when I came across a concoction called the “Black Dragon roll.” *Maybe this roll has actual dragon meat in it,* I thought. But then I remembered that dragons aren't real. My curiosity piqued when I read the description: “eel, avocado & cucumber roll, topped with eel.”

For some diners that might sound a little daunting. Especially the thought of an eel, which is an unsettling snakelike fish, or how most of us recall Ursula's minions from the *Little Mermaid*. Despite this, I placed my order for two Black Dragon rolls. They were almost ready.

Vic's does not have a delivery service, which is a pain. I feel this would be vital to their business because Vic's is in the middle of an intersection where there is virtually no parking and no way to get in or out without extreme stress and/or road rage. Inside the restaurant, there are a few small tables and a checkout, consisting of an iPad and a card-reader. But I would advise caution during checkout: on some recent visits, I found the woman at the front desk to be very rude. She was blunt and unfriendly, and she showed no interest in my otherwise delightful visit to Vic's, or in the fact that I'm there all the time.

Those obstacles in parking and checking out notwithstanding, there is something special about Vic's that makes people keep coming back. Dedicated co-owner Benny wakes up at five in the morning every day to travel to New York City to hunt down the best fishes in the NYC markets. His daily ritual also makes me feel a lot better about eating eel or anything else out of the box.

The freshness of Vic's ingredients is unsurpassed in my experience. All the fish tastes uncured and unprocessed, along with the rice and veggies. As opposed to some competing Japanese spots on the Main Line, the sushi does not taste frozen and thawed. The rice is always sticky and recently cooked, while the veggies are always fresh tasting and perfectly ripe. The overall bite is flavorful and pleasant. In addition to the freshness, the combinations of certain ingredients tops off the flavor factor. And with a little bit of eel sauce, the Black Dragon roll is a perfect combination of savory and sweet, creating a perfect bite.

Chick-fil-A (King of Prussia)

Sydney Dalton '23

As a frequent customer at Chick-fil-A, I would like to share my experience on Chick-fil-A's service, meals and the overall full experience the customer endures at Chick-fil-A. Like many other people, I am picky with my food choices especially when it comes to fast food, but I do think Chick-fil-A is the best, most reliable fast food restaurant.

Now, there is a common controversy with the owners of Chick-fil-A's own morals, but for the purpose of this review, I will be discussing the quality of service as well as the quality of the food. The questionable morals are definitely worth mentioning as many people choose to not support Chick-fil-A due to this. Chick-fil-A is known to advocate for Christian principles and values by closing all of the Chick-fil-A restaurants on Sundays. Many people question their morals because of their support for ex-gay conversions as well as their support for groups who advocate for a traditional Christian marriage.

You may wonder how Chick-fil-A has gotten the name of being one of the largest and more superior fast food companies in the United States. Well, Chick-fil-A has gotten this name through their quick service and reliability. Chick-fil-A serves high quality chicken, originally chicken breasts, then breaded and cooked in refined peanut oil. The chicken is juicy with a slight crunch from the breading. It has a nice balance of a soft and crunchy texture. What better way to enjoy your Chick-fil-A than with some Chick-fil-A sauce and a refreshing lemonade.

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The lemonade has the perfect balance of a sweet and tart flavor, which is great to sip on while enjoying the nuggets dipped in their signature sauce. The sauce is a mix of mayonnaise as well as honey mustard, which adds some sweetness to the meal.

Along with Chick-fil-A's delicious food, the service is incredible. Many of the employees are teenagers who are polite and enthusiastic when greeting the customers. The service is quick and easy. Due to COVID, Chick-fil-A has switched to drive through rather than going in store. This may have affected how quick their service has become. As the customer pulls up to the employee, the employee places the customer's order on an iPad and the customer pulls up to pay. Shortly after, the customer's food is out and an employee brings it to the car. This quick service made it easy to "run in and out" and get delicious food to enjoy.

Azie (Media)

Maureen Maguire '22

For my brother James' 25th birthday we went to Azie in Media, for some good Southeast Asian cuisine. We often order Asian food to the house, but rarely go out to eat it. 25th birthdays are a special occasion, but was it worth it to go out?



For someone bland like me, it is often difficult to find something I like at restaurants geared towards other cultures, but to my surprise I found a classic: chicken noodle soup. For just 8 dollars I got the biggest bowl of chicken noodle soup I've ever seen. A soup lover's dream. Why should you trust me on my opinion of chicken noodle soup, you ask? Because I have a private Instagram story I created purely to rate chicken noodle soups I try from different places. Anyway, back to the chicken noodle soup from Azie. Here it is. (Pictured below. Photos by author.)

The first picture is right when the soup was placed on the table, and the second picture is after eating the soup for 20 minutes... safe to say I took home enough soup to last the next two days. The chicken noodle was delicious, with perfectly cooked rice noodles, shaun-taun broth that had a salty flavor, and so much chicken. I would recommend this dish if you want a filling meal with less flavor. If you like a lot of flavor and variety in your meal, then this might not be the best dish for you.

As for my brother, a more adventurous eater, he ordered the Kobe Beef Basil Fried Rice, which included diced kobe, spicy basil, ginger, eggs, lettuce, and scallions. In his words, "It was really good, the sauce was tangy, sweet and spicy. The rice was cooked very well in sesame oil" (James). The only complaint he offered was that the kobe steak—which I would assume was the main attraction to that dish—was "a little overdone." James and I agree, however, that the pork dumplings were an amazing starter. For dessert, the warm banana bread pudding was very sweet and moist, and the caramel sauce was an excellent touch. The vanilla gelato tasted straight off the boat from Italy. Overall, we returned home with full stomachs and two delicious meals for lunch the next day.

That Review of That '70s Show

Molly McFillin '22

When it comes to certain television shows, I know what I am talking about. This applies especially to shows such as *New Girl*, *The Vampire Diaries*, or any 2000's Teen Nick show. This is because when I find a show that interests me, it almost immediately becomes my new "comfort show"—that is, a program that is my go-to thing to watch for entertainment on any day of the week or any occasion. These are the shows you never get tired of watching, the ones you watch when you are feeling any or every emotion, and the ones you put on when you need something to do while you eat a snack, even if it's only on for ten minutes. I end up watching these shows on repeat, multiple times. Oh! I just finished the whole series for the third time in a row...well, looks like I have to immediately start again at Season 1 Episode 1, and continue watching.

My attachment to that routine has led me through the complete breakdown of multiple series, yet a favorite "comfort show" that I never get tired of constantly watching was *That '70s Show*, starring Ashton Kutcher, Mila Kunis, Topher Grace, and others. This show is without a doubt one of the best sitcoms that can be watched. Let's face it, most classic sitcoms tend not to be the funniest, being solely dependent on laugh tracks and television programming that play them non-stop for it to gain their exposure and popularity. However, *That '70s Show* is genuinely funny. It features a wide range of high-school personalities, from the edgy friend who's very opinionated, to the self-absorbed rich girl, the not-so-bright friend who can never read a room, and the foreign-exchange student about whom no one really knows any background (and who never really knows what the current drama is about), and so many more. Every episode includes a new plot, but it is always something very realistic and always entertaining to watch. The jokes are witty and comical. The love relationships and complications are captivating to follow along with.

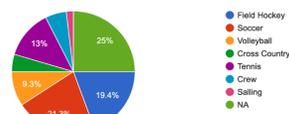
Overall, *That '70s Show* is one of the best television programs I have gotten to watch, and definitely my favorite "comfort show." The only remarks I can make about it is that eight seasons was not enough, and watching it four times all the way through was also not enough for me. Despite this, I still would have been watched five times all the way through if Netflix didn't remove it.

Popular Physical Activities at ND: Analysis

Abbie Hanway '28

We polled the community to see which physical activities were most popular on campus. Here's what we found:

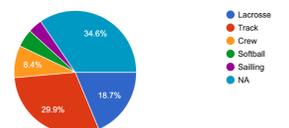
Fall sports
108 responses



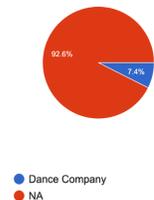
Winter sports
108 responses



Spring sports
107 responses



During the school day
108 responses



Sports Season Updates

Molly Hughes '22

Winter

Basketball has had a great season so far with senior Maeve McErlane joining the 1,000 points club in their win against Episcopal. The varsity team has only recorded a few losses on the season, making a statement with their wins over nearby Episcopal Academy and Agnes Irwin. The team ultimately fell to Episcopal in the first round of the PAISAA tournament, but congrats to all the basketball players on a great season!

The **ND Indoor Track** team has been working tirelessly and braving the cold all winter to best prepare for their several meets this season. At their final regular season meet at Lehigh University, senior Emma McGuinn qualified for states after running a personal best of 9.65 seconds in the 60m hurdles, and the relay team of Maura Brady '23, Liv Barton '24, Kyleigh Calvert '22, and Therese Trainer '23 ran a season-best by over 20 seconds, solidifying the team's state qualification. Congrats to all the runners on a great season!

ND Swimming has capitalized on the well-roundedness of the team this season with swimmers who can compete in multiple events. The swimmers to watch throughout the season include seniors Ashley Kolessar, Natalie Stuart, and Kate Ranaudo, junior Lily Hahn, sophomore Devyn Sargent and freshman Tori Abruzzo. The team competed at Easterns on February 25, 2022, finishing out their amazing season. Congrats Swimming!

Spring

The **ND Lacrosse** team enters the season with three seniors and many returning varsity players, all looking to continue the momentum they built at the end of last year's season. The team is young, but they are working to set each other up for success on the field. Though they have lost most of their games this season, they had a notable win over the Hill School on April 6. The team also played against IMG Academy from Florida and put up a great fight. Good luck to ND Lax!

ND Rowing has had the opportunity to participate in several regattas this spring. They were supposed to compete in the City Championships on the weekend of May 7 & 8, but the regatta was canceled due to dangerous river conditions. While disappointing news for the rowing team, they look forward to the potential rescheduling of the regatta and the opportunity to finish their season strong in the Stotesbury Cup Regatta. Good luck, ND Rowing!

ND Golf is having a great season so far, tallying wins in their matches against Springside-Chestnut Hill, Baldwin, and Agnes Irwin. Though they have had a few losses, the team is optimistic as they move toward the end of their season. The many seniors have served as role models to the younger players as a few members of the team look to compete in the Inter-Ac and PAISAA championships at the end of the season. Good luck to all the golfers and congrats on a great season!

The **ND Softball** team is young this year, so they have been looking to improve the skills of their new players in addition to fine-tuning the skills of more experienced players. With the leadership of the captains, the team has remained positive, and many players have improved dramatically. They will finish with a May 19 game against Agnes Irwin! Good luck, Girls!

The **ND Track** team has had a busy schedule this season and has recently participated in the Penn Relays, Delco Time Trial, and Delco Championships. In addition to these meets, ND track has competed in separate meets against Germantown Academy, Baldwin, Agnes Irwin, and Springside/Chestnut Hill Academy. As the season nears its close, select members of the team have their eyes set on making it to the PAISAA Championships on May 21. Good luck, ND Track and Field!

Parting Thoughts:

"We definitely tried. We had some really good times and did some great cheering. And the pizza and wings were good. We're going to miss Paddle" (Maureen Maguire and Molly McFillin, '22).

"This was a building year for us, and it was exciting to see our season low keep getting lower and lower. We also had young talent on the team that will definitely be fun to watch over the next season" (Sydney Dalton, '23).



