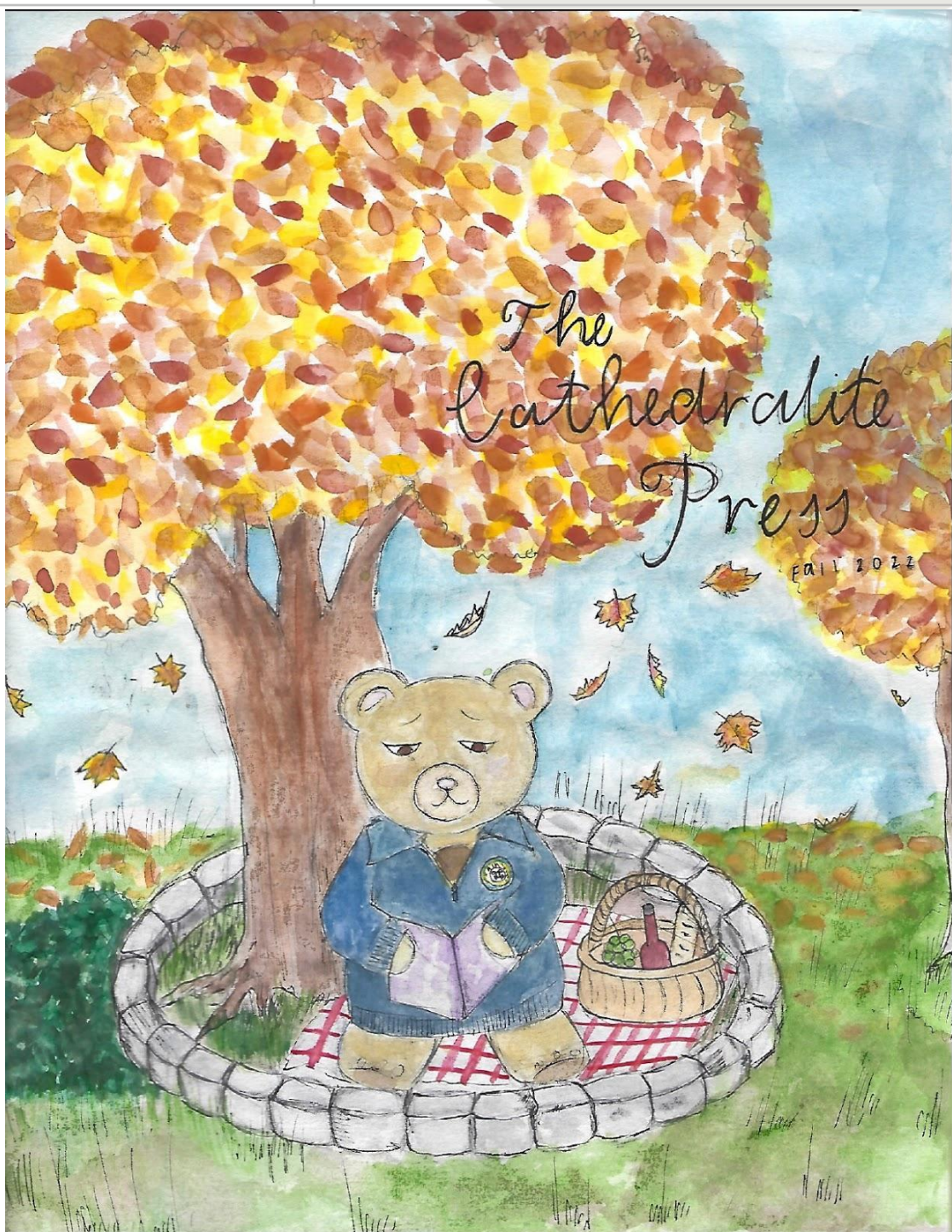


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Servin' Up Sports The Cathedral Volleyball Team

The Cathedral High School Varsity Volleyball team has come back for the 2022-2023 school year with a great title to defend. With ending the last season as reigning champions, the pressure is on as they work their way through another amazing season. Each and every opponent brings something different to the court, causing the Bears to step up their game tremendously and utilize different tips and tricks to keep them motivated.

The team is off to a great start with a total of 11 wins within the 14 games they have completed. As athletes, it is presumably challenging to keep up with this reputation as many times games can bring lots of pressure and stress. We sat down with a few members of the team, Capts. Sunshine Brown and Kayla Popaj, and seniors, Yumilka Rivera and Karla Luna, to gather insight on how the Cathedral Varsity Volleyball team works together and navigates through tough situations.

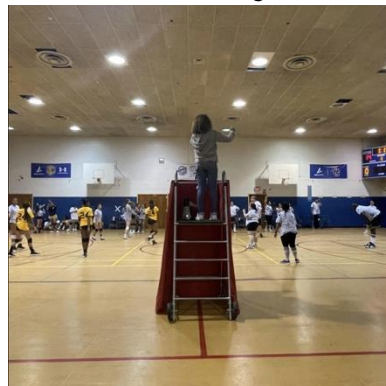
The members on the team have quickly created a space to destress, and feel comfortable around each other to play their best. "I started Junior year actually, so kinda late, and the team was sort of new so everyone was just meeting each other," says Karla Luna, a senior. "It was mostly freshmen, and I feel like it's grown into a family and I am really sad that I am going to be leaving this all. And I've seen you all grow a lot as people because of volleyball." In volleyball, like other sports, you improve when you are passionate, and passion is one thing the team is never lacking. "I'm passionate about volleyball," says Yumilka Rivera, a senior, because "it has changed me as a person." She continues by saying that she "used to be very shy and it was very hard for me to make friends...it helped me learn to get along with different types of people on the volleyball team."

School Events Fall 2022

Pep Rally: Last month our school had quite a lot of intriguing and exciting events. We had our very first pep rally, which we are so happy is now back in full swing! All four grades and even teachers had the chance to bring out their competitive side and participate in fun games such as musical chairs, relay racing, and tug-of-war. All classes and teachers put forth an amazing effort during these games and made this an amazing experience. At the pep rally, we also had our wonderful step team show their first performance of the year to the school.



Their theme surfaced around Dora the Explorer and the typical adventures she goes through in the classic show. At the end of the day, the school held a teacher vs. student volleyball game. The game ended up being won by the teachers, but we congratulate both teams for their great effort.



Walkathon: Recently, we had a walk-a-thon to support breast cancer and had games and food after to raise money for the Women's and Children's Shelter. We played many games of bingo first before heading to the walk, where people won prizes. After a few rounds of bingo, we went on the walk which lasted around 45 minutes. Once we arrived back at school, we enjoyed music, food, and games in the gymnasium. A crowd favorite amongst the food was the empanadas and amongst the games, pieing teachers in the face, which drew a big crowd to watch this humorous game.

Article written by Angelique Campos (2024) and Rosemary Rodriguez (2024)

Yumilka also emphasizes that being on the team is a good way for different grade levels to intertwine and learn from one another, and “you still feel like you can become more outgoing and learn more things from different people from different backgrounds that are older or younger than you.”

Most teams have a pre-game ritual that gets them in the right mindset for what’s to come. For the Bears, “We all get food. This is also maybe what I would recommend to every athlete; make sure you eat,” says Kayla Popaj, a sophomore. “Eating is important. Before every game please fuel up because nobody wants to faint on the court. And it’s also a bonding experience.” She continues, by emphasizing how team activities “help to connect you with your teammates when you are feeling overwhelmed.” Rising team star Sunshine Brown, a sophomore, believes that supporting teammates along with supporting the Junior Varsity team are also important. “When we’re watching JV play, we’re usually all together on the bleachers. Socializing and everything is really fun with them. And our practices are really fun,” says Sunshine.

The Varsity team is not perfect, and part of them being such a good team is recognizing their challenges. Kayla Popaj reflected on some of the challenges of being in an intense sport like volleyball: “I think something we face challenges with is endurance because Saint Vincent Ferrer definitely gave us a run for our money. We had to go to five whole sets and you know by the end of it we were definitely huffing and puffing, blowing down houses, even the brick house. I’m not saying I’m a fan of conditioning but maybe we do need it.” Mental blocks also get in the way of the team’s performance: “When we mess up on a point or something, I know that all volleyball players struggle with this, but if you mess up a point, it is okay, it’s really okay, it’s just one point,” says Yumilka. Karla Luna, a senior, chimes in by adding that “ I feel like as athletes, we are already hard on ourselves because we want to be the best and since we’re champions, we gotta keep that up. So it is difficult to not be hard on yourself when you lose a point...”

As a result of an amazing season last year, the team moved up a tier. Moving up a tier means more pressure and higher expectations from the team as well as the spectators. We got a lot of mixed emotions from the girls such as Sunshine and Kayla about this. “I guess all of us were kind of nervous about our first game because it was our first game as a Tier 2 team. We had just won championships and had a lot to defend,” Sunshine argues. “This year, there's definitely more pressure on us because of last year's championships.I feel like after our first game we were pretty confident the [rest of the] way through, we only lost 4 games this season. And we are pretty much going to the playoffs and there’s definitely less pressure now but still it’s really fun.”

The team has played many schools across the boroughs this year, but there are some favorites from the girls. Sunshine explains why St. Vincent Ferrer was her favorite school to play this year and why, “My favorite opponent by far was probably Saint Vincent Ferrer because they were the best competition so it was just a fun game.”

For the girls interested in trying out for the team next year, Sunshine explains what a good player should entail: “If you are trying out for the first time on any team, not just a school team, I would always say be loud. Even if you don’t know what you’re doing, be loud. If you just call the ball every single time to encourage your teammates, then you’re gonna be someone who’s recognized by coaches.”

As we bid farewell to our Seniors, Yumilka had a little bit of advice to give to the Cathedralites on the Junior Varsity and Varsity teams. “You need to always be willing to learn, because even though you may feel like you’re bad now or that you’re not as good as you really want to be, it’s a learning process...When I started volleyball freshman year as well, I was not good at all and I used to be really hard on myself, but eventually, I started becoming more confident in my ability. Be nice to yourself and have more faith in yourself.”

The Varsity Volleyball team is a prime example of what it means to be a sisterhood and family. They navigated through yet another successful season, and created fun memories and bonds along with it. On behalf of the Junior Varsity and Varsity volleyball teams, to the girls trying out for the team next year, Good Luck!

Article written by Claudia Rodriguez (2024), Victoria Ugwudiobi (2024), and Chloe Rivera (2024)

Places to Go in NYC This Fall



Bronx Zoo Holiday Light Show: The Bronx Zoo Holiday Light Show is highly anticipated for New Yorkers every winter season. It features stunning displays of animal shaped lanterns and animated light shows, along with a holiday train and festive treats. It is the perfect place for nature lovers, a family night out, going on a date, or even to take nice pictures. This year, the show runs from November 18th, 2022 through January 8th, 2023. As the name indicates, this highly anticipated light show takes place at the Bronx Zoo, located at 2300 Southern Blvd, Bronx, NY. Tickets are \$24.95 for children and \$39.95 for adults, and must be purchased in advance. More information can be found on the Bronx Zoo official website at <https://bronxzoo.com/holiday-lights>.



Color Factory NYC: Color Factory NYC is an exciting museum based on color. Its interactive exhibits include a colored ball pit, a macaroon conveyer belt, the “Rainbow Room” and so much more. The Color Factory does require a reservation with tickets costing \$38. This is the perfect destination for all ages. To purchase tickets and learn more about their exhibits visit <https://colorfactory.co/>



Little Island: Located at Pier 55, Little Island is a manmade island on the Hudson River. This artificial island opened its gates recently on May 21, 2021. The island includes more than 2 acres of beautiful architecture, gorgeous sights, and free entertainment. Just like most things in New York City, there are a number of seasonal activities on the island. For example, in late October, they hosted a Dia de Los Muertos art activity. A few year-round things offered

A Tribute to Mrs. Lawlor

On June 14th, 2022, Cathedral High School lost one of its greatest members, Mrs. Elizabeth Lawlor. She was the Assistant Principal of Student Life here at CHS, working alongside Ms. Spagnuolo, our Principal, and the rest of the administration and faculty. During Mrs. Lawlor’s hall of fame career as an educator, she gave over 22 years of her life supporting Cathedral High School.

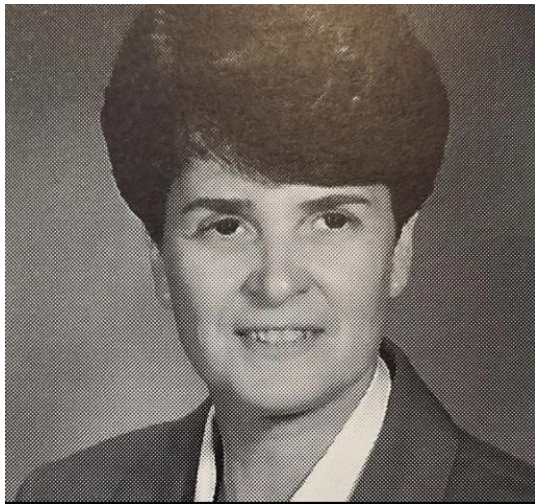


It saddens us all to have lost Mrs. Lawlor, not just as an educator, but as a leader and friend. In the words of Ms. Spagnuolo, Mrs. Lawlor was a “strong woman with a thick skin,” who had “a lot of strength and fortitude throughout her life that helped her become the person we all respected and loved.” Mrs. Lawlor would always support and take care of our students at Cathedral. Ms. Spagnuolo credits many of her own accomplishments as an educator to Mrs. Lawlor and credits the influence of Mrs. Lawlor when she decided to pursue a career in education.

Mrs. Lawlor’s love and guiding presence extended to the administration and faculty as well. Ms. Eivers, our Assistant Principal for Academics and longtime friend and colleague of Mrs. Lawlor, described her as being “loyal to herself, her family, religion, and her school”. Mrs. Lawlor was always respectful towards her family and her friends. She would show interest and listen to what the students thought needed to be done to improve the CHS community and education experience.

Ms. Civitano, the Assistant Principal for Student Life and former Dean of Students, likewise credited Mrs. Lawlor with her decision to start teaching at our school. Ms. Civitano described Mrs. Lawlor as being “strong, fair, and a person with a huge heart”. Ms. Civitano recalled that she “first met Mrs. Lawlor when I was 15 in high school and she was a bit scary, but after being with her for so long, she became one of the adults I could truly respect and trust.” Much of our lives as students has grown with Mrs. Lawlor in the same way as Ms. Civitano. Mrs. Lawlor wanted to see us succeed academically and spiritually and in whatever career path we might choose.

Mr. Philipps, the Campus Minister, and 12th grade Religion teacher, says that Mrs. Lawlor was a friend and colleague, a sentiment shared by most of the CHS faculty. His first impression of her was that she demanded respect from the students but was very supportive towards the students and the people she worked with. During his brother’s cancer treatment, Mrs. Lawlor went to the hospital to pray for him and that showed great consideration and empathy. In his words he says that she “always had this great sense of humor to try to better the situation.” He credits Mrs. Lawlor with teaching all of us how to be generous people in every encounter that we may have with others.



Ms. Jacobelli, one of our English Teachers here at CHS and an alumna, states that “Mrs. Lawlor was the grandmother I never had and she always would be a guiding light to me. Most of the girls here would describe her as a maternal figure in their lives.” Ms. Jacobelli emphasizes that Mrs. Lawlor was the strongest woman she has ever met because she worked hard in what she did and wanted the best for everyone, not just her students. Ms. Jacobelli had a lot of memories of and with Mrs. Lawlor. Her mother worked at Cathedral and Ms. Jacobelli would always see how Mrs. Lawlor dedicated herself towards our community.

on the island are the spinning disc, instrumental performances, and dance chimes. They also offer free one-hour long art activities. The best part of this island is that it’s completely free to enter! Check out more events and programs on Little Island at www.littleisland.org



Universal Hip Hop Museum: A museum located in the Bronx, the birthplace of hip hop, the Universal Hip Hop Museum cultivates the many aspects that shaped the Hip Hop world as we know it today. The UHHM wished to recognize the global impact of Hip Hop as it has grown tremendously over the past 50 years of its existence. The museum is entertaining and educates the attendees about the history of the popular genre of music. They show the hip hop culture of the present, past and future through their wonderful exhibits. You can reserve a ticket today on the UHHM website (www.uhhm.org) and see the culture tomorrow for yourself!

Article written by Aileen Alberto (2023) and Joharis Peralta (2023)

Her favorite memory of Mrs. Lawlor was when Ms. Jacobelli “committed the biggest crime possible... using the elevator without a pass”. Ms. Jacobelli thought she would be in trouble, but Mrs. Lawlor showed sympathy and mercy towards her by letting her go up to the 5th floor with the elevator by saying, “shh this will be our little secret”. Ms. Jacobelli recalls that as a student, she may have seen Mrs. Lawlor as strict, but in truth she had a soft and compassionate soul.

Mrs. Lawlors’ passing saddens us all, but even as our community mourns, we remember and celebrate the amazing qualities of Mrs. Lawlor, and the way she impacted every person she met in the best way possible. Mrs. Lawlor led her life with strength and love for all.

“I hope your memories of Cathedral will be fond ones. I pray that Christ Himself remains by your side all day long and into eternity.” - Ms. Elizabeth Lawlor.

Current Events

Climate Change



According to the Climate Change Clock located in major cities like Beijing, New York City, and Paris we have less than 6 years before climate change is irreversible and the globe’s temperature hits an increase of 1.5 degrees. Melted ice caps, increased drought, and greater amounts of natural disasters are the events to come if humanity allows climate change to worsen. Deforestation, increased fossil fuel consumption, and increased greenhouse gas emissions are among the many factors that contribute to this devastating warming. However, with the power, resources, and attention of federal governments we can work together to reverse this.

American society first became aware of this growing issue in the 90’s with the depletion of the ozone layer. In 2006, with Al Gore’s “An Inconvenient Truth”, Gore publicly created more social awareness on climate change, but it became clear with the public that this issue is regarded as something that can be left on the backburner or a “myth”. However, with Hurricane Harvey, Irma, Katrina, Maria, wildfires, tornados, and the excruciatingly long list of natural disasters that have devastated America with thousands of casualties and left tons homeless, we can no longer ignore this pressing issue. Puerto Rico, a small US commonwealth in the Caribbean, bears the brunt of floods and tropical storms in the southwest with most families receiving little compensation, aid, and support– leaving them with close to nothing. Hurricane Katrina was the first wake up call to the US, as billions of dollars and around 1,800 lives were claimed because of FEMA (the Federal Emergency Management Agency) and politicians in the federal and state government failing to properly prepare for it. When Katrina was declared as a federal emergency, it did not include the coasts of Louisiana nor did the governor at the time, Kathleen Blanco, request those areas for aid despite being on the frontline of the hurricane, causing hundreds to struggle financially. “Climate deniers”, or as we know them: senators, presidents/prime ministers, representatives, and ex-governor Blanco ignore the warning signs of major climate induced storms. Those who do not consider the severity of our world’s climate changing are still in office allowing for the globe to heat to the point of no return–proving to American society time and time again their negligence.

In recent years, there has been a movement in climate change advocacy with country leaders becoming socially aware and dedicating more of their budget towards the cause. Joe Biden is following other national governments and the Accords of Paris in combating climate change as the people have been growing alarmed and staging protests to further federal involvement. The critical predecessor to several American and worldwide climate

The Fantastic Mr. Fox



The Fantastic Mr. Fox originally lived off stealing chickens from farmers. When he and his wife get captured, she urges him to give up this life of theft. Years after obeying her request, he became bored with his life and began planning his final heist. The movie appears to be the ideal film for fall thanks to Wes Anderson’s imaginative use of a warm and calming color palette. Wes Anderson’s signature eccentricity and distinctiveness are present in the fast-paced, humorous, and sophisticated dialogue that takes place in the film. It was one of the movie’s defining features and perfectly supported the premise of the plot, flawlessly imitating Roald Dahl’s novel. This movie does something incredibly touching that no other movie has accomplished.

Article written by Ava Johnson (2025)

Dead Poets Society

Dead Poets Society is an inspiring movie that teaches people to enjoy life to its fullest. The rich color palette of orange, red, and brown lights up the screen, making it a pleasurable watch during this cozy fall season. Set in a boarding school based on strict traditional values, the students are exhausted from their classes and crave something new. When John Keating, their new and eccentric professor arrives, he teaches them to embrace life’s spontaneity and to enjoy the literature and arts rather than try to analyze it.



When Neil Perry and his friends organize a group called the ‘Dead Poets Society’ - a series of meetings where they would rebel against the rules and read poetry outside at night - they slowly realize they each have their own passions they want to pursue. Bound by strict rules and even stricter parents, each of the students face a decision: should they do what they desire, or what others direct them to do?

Article written by Rachel Chang (2025)

change bills, the Accords of Paris or the Paris Agreement in Paris 2015, legally bonded the countries of the UN to collectively reduce their carbon footprint to achieve net-zero

emissions. 6 years later, Joe Biden signed the Inflation Reduction Act of 2022 into law, dedicating over \$360 billion dollars to cutting down carbon emissions 50% by 2030. This is a landmark law and the most in American history ever put towards reversing climate change.

Meanwhile, France is consistently amending and ratifying new bills and laws regarding energy conservation and several others such as Egypt and the US establishing a nation climate change strategy. Thankfully, more and more countries across the globe are taking a larger stance on climate change with new bills, laws, and amendments compared to 5, 10, 20 years ago following all the greater physical manifestations of climate change and the viral spread of science-based information on the topic.



Speaking about climate change on such a grand scale, the fiscal aspects, nation convocations, and climate strategies are left to those in higher positions of power but that doesn’t necessarily mean you’re powerless in this crisis. Things as simple as eating more vegetables (requires less energy and land), shutting off lights when you leave a room (less energy), taking public transportation, walking, or biking are all slight daily changes that, if done collectively, can make a lasting impact and save the ice caps, forests, lessen temperatures, and overall, create a safer Earth for all.

Article written by Ava Taha (2025)

Let’s Chat!

Meet the New Teachers:

We can all agree that there have been many changes to Cathedral High School this academic year. One drastic change students have been adapting to is the addition of new staff to our school’s community. We will be profiling the new teachers in the next few issues of the Cathedralite Press. We hope that students will be able to read these interviews and discover something exciting about their new teachers.

Mr. Doyle

Q1: Please introduce yourself, what classes do you teach?

“My name is Mr. Doyle. I teach geometry and organization and management in the business department. I’m also the cross-country coach.”

Q2: Where are you from and where did you go to college?

“I grew up in Boston. I graduated from Middlebury College in 1987.”

Q3: What was your job before teaching at Cathedral High School?

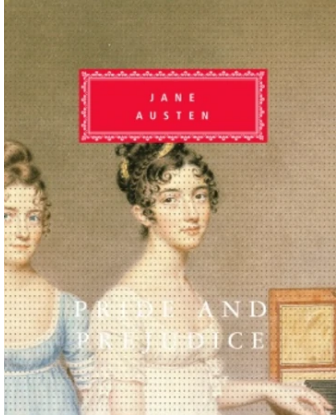
“I worked on Wall Street as a foreign currency trader for 35 years. I also taught finance on the side.”

Q4: How did you hear about Cathedral High School?

“I used to volunteer for the Archdiocese of New York through St. Patrick's Cathedral. I have a personal connection to the president who ended up introducing me to Ms. Spagnuolo.”

Pride and Prejudice

Now that fall is here, curl up with a mug of hot chocolate and a book for the afternoon.



‘Pride and Prejudice,’ by Jane Austen, is a historical fiction focused on the Regency era and is detailed with elegant dresses and ballroom dances. It focuses on a new start in Elizabeth Bennet’s life as the autumn season approaches. This classic pivots around an enemies to lovers trope between Darcy, an extremely wealthy yet seemingly condescending man, and Elizabeth, a woman of lower stature and lively attitude. Follow along as Elizabeth navigates through high society while learning that not everyone is what they seem. The book is filled with comical scenes, making it less intimidating; the main character is witty and high spirited, making the book very entertaining to read, and uncovering Darcy’s true personality is always a surprise. ‘Pride and Prejudice’ is a timeless love story that is guaranteed to make your heart flutter - perfect for the season of autumn.

Article written by Rachel Chang (2025)

Q5: Why did you pursue this teaching career?

“To me, there’s so much beauty in the exercise of learning. To be able to tap into the creative process and to feel that you are truly a part of the world. I think it’s a gift to do it in a way that extends outside of myself.”

Q6: What are some positive aspects of teaching at Cathedral High School?

“Every day I walk in, I get this overwhelming feeling of sisterhood. I felt it before the students were even here. The first time visiting the school I saw art in the third-floor hallway outside of the office. It was so bright, so happy. I knew then and there this was a joyful place.”

Q7: Have there been any challenges so far this school year?

“I think the biggest challenge has been finding a way to connect to my students, especially those who have so many challenges and responsibilities. How do I make learning geometry something that minimizes all that pressure?”

Q8: Are you enjoying the environment at Cathedral High School?

“Yes! They’ve made it easy for me to work here and be efficient. I’m not dealing with defeat; I’m dealing with opportunity.”

Q9: What are your interests?

“I love to travel and meet people. I love reading because it’s a way to travel without getting out of your seat. One of my favorite authors is *Mark Twain*. I love exercising and spending time with my wife and three children.”

Q10: “What is one thing you would like Cathedralites to know about you?”

“I have only one reason for being here. It’s to draw the students into the beautiful world of learning. I’m also the recipient of an incredible gift, the opportunity to get to know the students here. I want people to know how lucky I feel to be a part of this community and I want to help in whatever fashion I can.”

Fun Facts About Mr. Doyle

When we asked Mr. Doyle what his zodiac sign was, he laughed. “I used to believe in that stuff when I was younger,” he said. “But I’m a Cancer. My birthday is June 23rd. It was always the last day of school and one time I had all my friends come over and we had hot dogs and sodas.”

Ms. Finlayson

Q1: What classes do you teach?

“I teach dance in all grades.”

Q2: Where are you from?

“I’m from London in the UK”

Q3: What was your job before teaching at Cathedral High school?

“I taught dance and P.E. at a charter school in the Bronx.”

Q4: Why did you choose Cathedral High school?

“Loved the community, I remember when I came in for the demo lesson, I just picked up a nice energy. The students, the teachers, and the principal. I felt very welcomed. Even in the demo lesson, I was blown away by the student’s efforts. Everyone was so warm and welcoming, it felt like the right place to be. I also went to an all-girls Catholic school, and I just loved the idea of sisterhood and being around powerful women’s energy. We can uplift each other. I think it’s quite special to come by that these days.”

Q5: What was your experience becoming a teacher and why did you pursue this career?

“I started off teaching workshops and summer camps. I enjoyed it and I loved the feeling that I got at the end of class seeing the students perform dance routines. The student’s accomplishments and the fun they had was very rewarding as well. I came into dance quite late in life, I have a joy for moving and I wanted to share that with younger people.

Gilmore Girls



Gilmore Girls, the early 2000’s comfort show that we all know and love, is centered around the main character, Rory Gilmore and her mother Lorelai Gilmore’s lives. The series is set in a small town, Stars Hollow, where the leaves fall, and the coffee runs hot. The show explores Rory’s life with her mom living the small-time life, experiencing the real teenage experience filled with love, family, and school. Throughout the seasons we see Rory go through her teenage relationships, her friendship with her mother, struggles with her grandparents, and her school life at her prestigious high school Chilton and later on, college at Yale. The show ends with Rory beginning her early years of adult life, discovering new things, finding new opportunities, and living her life.

Article written by Natalie Chu (2025)

Q6: What are your interests?

“I studied illustration. I do love drawing, and I like running. I love traveling. My favorite thing is traveling. When you travel, you’re not just buying the plane ticket, you buy the experience of a new culture, a new language, meeting new people, and trying new foods.”

Q7: What is one thing you would like the students to know about you?

“It’s the same with all teachers, we are here to help. No part of me enjoys giving a bad grade or punishing anyone. We are here to uplift everyone if classes get difficult. I always want students to remember that we are here to help, and we want to see them succeed. I love seeing students succeed. I think it’s also helpful if students do know my background in terms of having come into dance a bit later in life”.

Q8: What do you think you can contribute to the school?

“When I was in school doing dance shows and being in the dance company it was the highlight of my school experience, so I want students to be able to have these performance opportunities.”

Q9: Have there been any challenges so far this school year?

“I only see students once every seven school days, so it’s more difficult to see the progression they make in my class.”

Q10: What are some positive aspects of teaching at Cathedral High School?

“It is a nice inviting community I was made to feel at home very quickly after as much as the first day I felt very welcomed”

Fun Facts:

Ms. Finlayson has been a Harry Styles fan since One Direction!

America’s Healthcare System



Even though the U.S. is regarded for being a leader in biomedical research and cutting-edge medical technology, their healthcare system has serious problems: high costs of care with no universal healthcare coverage for all citizens, low rates of attributable mortality, and the lack of quality of care given to certain communities of color.

According to annual report data from the [Health Cost Institute](#), average healthcare prices have increased each year, with rates that were 15.0% higher in 2018 compared to 2014. Most U.S. citizens have health insurance, but the premiums are rising, and the quality of the insurance policies is falling. Additionally, average annual premiums for family coverage have increased, outpacing inflation and workers' earnings. The lack of health insurance coverage has severe consequences for the U.S. economy: The Center for American Progress estimated that the lack of health insurance in the U.S. costs society between \$124 billion and \$248 billion per year. Despite all the expenses, satisfaction with the current healthcare system is relatively low in the US. According to a Commonwealth Fund survey, patients in the United States are more likely than those in comparable nations to report having experienced a drug or medical error at some point during their care. Medication errors refer to administering the incorrect medicine or dose, and treatment errors refer to people believing a medical error occurred during their treatment or care. In 2020, 12.6% of patients in the U.S. and 11.4% of patients in comparable nations suffered a medical error. For the huge amount of money citizens spend on healthcare, the low satisfaction rates are

Coraline



Coraline, a young girl, and her family move into a new house in Oregon, The Pink Palace, where she finds a world full of adventure. In the apartment upstairs, resides a man, Mr. Bobinsky who is supposedly training a jumping mouse circus. In the apartment downstairs, reside two elderly women, Ms. Spink and Miss. Forcible, an odd pair who used to be actresses in theater. While Coraline adjusts to her boring new home, she finds a small door behind the wallpaper. When she further explores it, she discovers an alternate world, where things seem to be the same, except for her parents who have buttons for eyes, and do everything in their power to entertain and please Coraline. In this world, everything, at first, is magical and perfect; she has the perfect parents who play games with her and neighbors with exciting theater plays, and a real circus. But not everything is as it seems. Beneath the button eyes, are ulterior motives leading the movie into an mysterious action packed plot. Coraline’s adventures lead to her realizing her life is perfect just the way it is.

Article written by Natalie Chu (2025)

coming to light. This is forcing many citizens to push for reforms and forcing them to take their health care into their own hands.

‘The U.S. ranked last on the Healthcare Access and Quality Index (HAQ) in amenable mortality among eight other comparable countries with a score of 88.7, compared to an average of 93.7 for other developed countries in 2016. Amenable mortality measures premature death that is preventable and treatable by effective and timely care. A lower rating suggests more deaths due to a lack of access to proper health care. For example, driven by the COVID-19 pandemic, life expectancy dropped in 2020 to 77.3 years in the U.S. and 82.1 in comparable countries on average. An alternative name for overall mortality rates is “years of life lost”, a marker of premature deaths. “Years of life lost” is measured by adding the collective years lost by those in a population who died before the longest possible life expectancy. For example, a person who dies at age 55 would have 15 years of life lost if the life expectancy is 70. As a measure, it provides more weight to deaths at younger ages. The U.S. and comparable Western countries have made progress in reducing years of life lost over the last 27 years (down 24% and 42%, respectively), although the gap between the U.S. and comparable countries increased over time, standing at 12,724 vs. 8,258 years of life lost in 2019. Statistics alone are proof enough that America is slowly losing progress with unnecessary high mortality rates due to problems with effective and quality care.

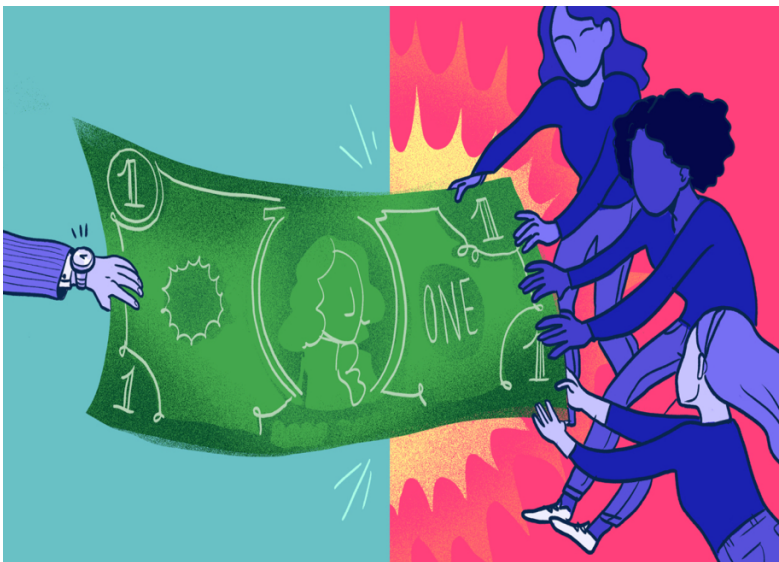
The current US healthcare system has a cruel tendency to delay or deny high-quality care to those who need it the most but can afford it the least. This contributes to avoidable healthcare disparities for people of color and other disadvantaged groups. A few examples are illustrative: infant mortality for black babies remains nearly 2.5 times higher than white babies. Furthermore, the life expectancy for black men and women is nearly one decade fewer compared to their white counterparts. Racism-based social and economic injustices serve as a catalyst for health disparities, thus these disparities must be addressed for social justice and the nation’s general health and economic prosperity.



There are many gaps and inequities in the American health-care system resulting in millions of families having either insufficient or no insurance. Additionally, America possesses unacceptable disparities in resources and health conditions based on income, race, and location. Resources are being misallocated, many communities' health-care infrastructure is inadequate, and our financial support for health-care coverage is fragmented and inefficient. All in all, healthcare is a leading topic in America’s political, social, and economic agenda that needs to be taken care of before many American lives are lost.

Article written by Kayla Popaj (2025)

The Female Fight for Equal Pay



She-Hulk Series

I am a born and raised Marvel fan to the point where I have admired and obsessed over any new project that Marvel releases. Once She-Hulk was announced, I was filled with anticipation and elation. Along with viewing every Marvel movie and series, I have read the majority of their comics. Before watching the series, I made sure to analyze the comic in eager to better understand this amazing persona. However, after watching and completing the series I was filled with dissatisfaction. With having high hopes for She-Hulk, it, unfortunately, fell short of my expectations. The main



character, She-Hulk, conversing with the audience left me in immediate disarray. It is well understood that this show was supposed to be a comedy, however, since it is a part of the Marvel Cinematic Universe, I had assumed that there would be more action and suspense. The beginning episodes of She-Hulk had conflicts and plots that were irrelevant and half-witted. As the show continued, the final plot had little to no significance. In my opinion, many of the characters and events throughout the series would have been better off disregarded. With each episode having a different plot or problem, it came off as childish and undeveloped. Finally, the finale was the trounce out of the entire series. The resolution was chaotic at best. She-Hulk/Jennifer Walters explaining and redefining the conclusion of the series was confused and cliched. With this being said, the entire series was an embarrassment to Marvel's reputation as it was impractical to try to take it seriously. Overall, I would recommend everyone to avoid the series and the callowness it projects.

Article written by Leah Lopez (2026)

For decades, women have been fighting for wage equality. No matter the field they work in, women have had to continuously compete against their male colleagues for fair pay; regardless, if they share the same professional role. Considering recent events, the United States Women’s Soccer Team has officially won its lawsuit fighting against the gender-bias pay gap.

The United States women’s soccer team filed a lawsuit against their executives in March 2019, arguing that they deserved to be paid at least as much as their male counterparts. After two years of going back and forth, the soccer players agreed to a settlement of \$24 million in 2021. A year later, in May, a judge approved the terms of the settlement. Although the team won their lawsuit, it was only a first step in the fight for equal pay for men and women in sports. As a result of the lawsuit and settlement the Women’s United States soccer team has had a significant influence on teams across the globe, as other women have been demanding equal compensation and protections that their male equivalents already had.

In England, the Women’s National Team decided to use their upcoming matches to raise public awareness for a campaign for girls to have equal access to soccer teams at schools, since studies have shown that male participation in soccer is 71%, while female participation is 29%. Moreover, fifteen players in Spain have refused to play until their demands for a better coach and equal pay are met. In Canada, the United States’ largest rival and leading contender to win the World Cup next summer, the Women’s National Team is also dissatisfied with the pay arrangements. The Canadian team’s players refuse to sign any new contracts that do not guarantee fair compensation for men and women. Although the debates over equal compensation in Soccer are narrow in their focus, they have wider implications, and the female wage gap struggle has been long and difficult. For generations, women have been treated unjustly in the workplace. Even today, women typically earn only about 81% of what her male co-worker earns in the same full-time, year-round job. Women all over the world must take action and fight for what they deserve. Whether it comes to their pay or their rights, women shouldn’t accept what is given to them but rather strive for more.

Article written by Alyssa Rivera (2026)

Lifestyle

How to Make the Most out of Your Time

Article by Aileen Alberto (2023)

Most teenagers struggle to balance their personal lives, jobs, and school. It is crucial to manage your time, and this organization skill provides numerous academic and professional advantages and contributes to your overall wellness.

It is critical to optimize the time you have in your day for your projects and your life. We can dedicate our undivided attention to a project if we monitor our time well. This way, you're not scrambling to complete something in time for the deadline, and the quality of your work will be improved. Not just that, but you'll also be perceived as a more credible worker and will be more likely to be offered opportunities in your work/school space. But nevertheless, to become an expert at time management, you must devise a strategy.

Statistically, those with decent time management skills are less likely to feel overwhelmed. Typically, stress causes anxiety, which can be harmful to your mental well-being. Moreover, if you complete your tasks on time, you will have more time for yourself and your private affairs. This is how you do it...

How it can feel after optimizing your time

1. *Establish a SMART (Specific, Measurable, Achievable, Relevant, and Timely) weekly objective.* Setting a goal and a deadline for yourself improves self-discipline and increases the likelihood that you will complete a project. Whether you want to finish all your homework before Sunday or finish a work project before Monday. This teaches you to prioritize things that are more crucial to you. As a result, all urgent tasks are completed within a reasonable time frame.
2. *Time blocking.* Manually writing down when you will finalize your assignments as this encourages you not to procrastinate. In a manner, it compels you to ask yourself, "If not now, when?" When we've set aside time to complete a task, we are more likely to achieve it. This not only improves the quality of your work but also allows you to focus on and think about one project at a time.

Barragan’s SS23 Collection Review

Barragan’s Spring/Summer 2023 collection has left a pungent taste in the mouth of the fashion world. Titled “ Después del caos viene la luz” translating to “After Chaos Comes Light” it was a powerful depiction of consumerism in America at New York Fashion Week this year. Barragan views his collection as a reflection of “seeing a country exclusively run by white people trying to sell the idea of diversity” as a Mexican-American. His collection featured displays of race, immigration, queerness and politics in ways almost alien like to the fashion world. His runways included mainly white passing models in bizarre displays such as port-a-potties, prosthetic lips, and belts labeled as “White tears”. Models walk the runway looking unkempt, often seen being held together through duct tape and counterfeit money surrounding their bodies. We also see slogans as a motif and commentary during his runway to represent the emergence of political slogans no matter how much of a sign of ignorance or bigotry they may be.



While seemingly unorthodox, fashion has always been a power tool to display political messages. The title of his runway refers to positivity after a rough pact, however viewers merely see a dramatized reflection of falsehood; Barragan feels others try to market off of the chaos as the world burns around us fueling consumerism culture. Due to this Barragan has stated he has no intention of participating in Fashion week. As his last piece, the shock value has allowed him to not only go out with a bang, but successfully get his message across.

Article written by Jesslyn McCants (2023)

3. *Taking Breaks!* Resting between each task allows you to be more focused when working on the next. When you’re more focused, you are ten times more productive than if you were to work on assignments consecutively.

4. *Avoid Multitasking.* A lot of people end up multitasking to “kill two birds with one stone.” However, the issue with multitasking is that you are not devoting your time to one task, therefore your work will not be your best because it was rushed and/or you didn’t spend time doing it. Although, sometimes multitasking is inevitable, it is still important to refrain from doing it.

These are just some of the many ways to control your procrastination. There are also some techniques that you can utilize to help manage your time. Some popular ones are the following.

80/20 Method: This rule allows you to organize the tasks that you need to complete. If you complete 20% of your tasks, you will achieve an 80% impact. Your stress levels or even your free time could reflect that impact. These effects may appear minor, but they have a significant impact on your daily life. This method also assists you in determining which tasks have a greater impact on your daily activities. Keep in mind that 80% of the fruit is found in 20% of the plant.

The ABC Method: This method is when you list your tasks on a scale of priority. Tasks listed as a status ‘A’ task would be the most important, heavy loaded tasks you have. An example could be studying for a test or writing a paper for your AP class. While a status ‘B’ task would be a less crucial task that still requires a lot of effort. This could be a smaller assignment, perhaps an essay due next week or a take-home exam. While a status ‘C’ task would be a low priority task that has no effect if not done right away. This could be a Project that is due 2 weeks from the assignment day. This allows you to focus on more crucial assignments or projects; and as you complete them the other tasks would move up in status.

THINGS TO DO:

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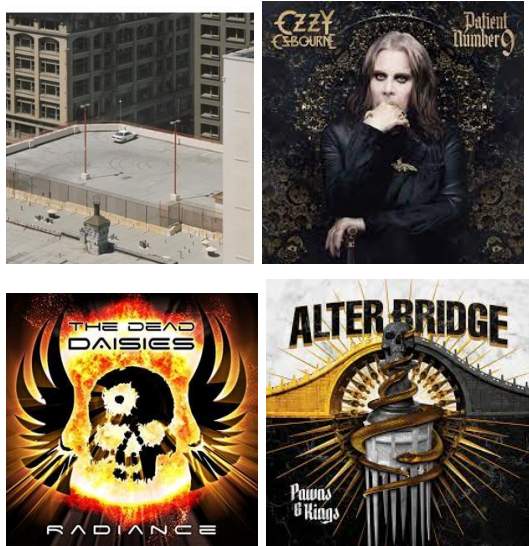
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A way to list your tasks

There are numerous methods for developing a more organized lifestyle. Without a doubt, time management is critical for both school and work duties, resulting in the need to acquire these skills from a young age. According to a 2021 study, those who properly manage their time have seen an exponential boost in productivity, work performance, and even wellbeing. Therefore, it is in everyone’s greatest advantage to become time management specialists.

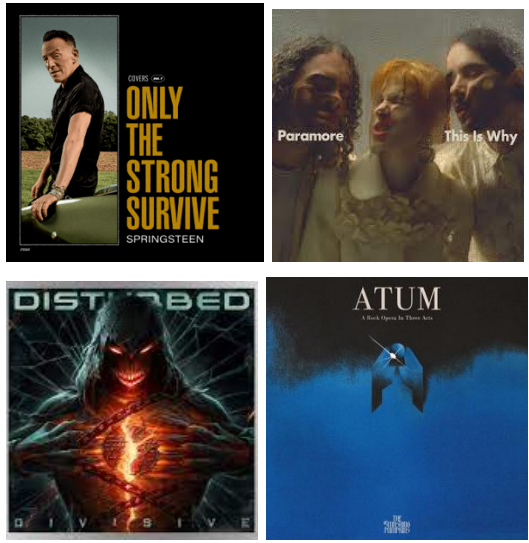
Music Releases, Recs, and Seasonal Essential

NEW RELEASES



The Car - *Arctic Monkeys*
Patient Number 9 - *Ozzy Osbourne*
Radiance - *The Dead & The Daisies*
Pawns & Kings - *Alter Bridge*

ALBUMS TO LOOK OUT FOR



Only the Strong Survive - *Bruce Springsteen* **Nov 11, 2022**

Divisive - *Disturbed* **Nov 18, 2022**

This is Why - *Paramore* **Feb 10, 2023**

ATUM - *The Smashing Pumpkins* **April 21, 2023**

FALL INDISPENSIBLES

- Humbug - *Arctic Monkeys*
- Facelift - *Alice in Chains*
- Disintegration - *The Cure*
- Being There - *Wilco*
- Superunknown - *Soundgarden*
- Zeppelin IV
- Only By the Night - *Kings of Leon*
- Bob Dylan
- Korn (Self-titled)

Article written by Dianna Morales (2024)

A Conversation with Mr. Philipps

Here is an interview conducted with Cathedral’s very own, Mr. Philipps. Mr. Philipps teaches the senior religion course: Social Justice. His course teaches students to recognize and examine issues within our communities while simultaneously incorporating the faith. Mr. Philipps is also a moderator of many clubs including Coffee, Faith, and Justice and World Youth Alliance.

Now, time to delve into some questions!

Q1: Why Cathedral? What is the most compelling aspect of Cathedral that makes you stay?

“I like the sense of community, the diversity, and the fact that since we’re in New York, we’re building the next generation of New York City. I also appreciate the faith of the faculty and their concern for the students here.”

Q2: What do you find yourself learning by teaching Social Justice?

“By teaching Social Justice, I’ve learned about some of the injustices in the world. Sometimes my students teach me– in an essay we did, there were topics discussed that I didn’t know anything about. I knew nothing about the issue of animal testing in cosmetics before that. Also, spiritually, I feel like I’m being challenged because I challenge my students to think about what they can do to make the world better, so I also must ask myself what I can do to make the world better.”

Q3: How has your curriculum evolved over the years? What outside factors have shaped your teaching content and methods? Contrastingly, what has remained the same throughout the years that you have taught?

“Technology has been a big change. I never thought that I could get used to not having a blackboard or using Google Classroom, but now I can’t imagine not using it because it makes everything so much more accessible. It allows me to post different things and update my curriculum in real time, which I have never been able to do before. Those were the biggest changes, the technological ones. What has not changed is that the classroom is a sacred space. More than a church, the classroom is the most sacred space that I know. Also getting to know students by helping them get a deeper understanding of the faith– encouraging them and doing whatever I can to help them build their relationship with Jesus. All those things haven’t changed.”

Q4: In addition to teaching Social Justice, you participate and host many extracurricular activities such as World Youth Alliance and various fundraisers. What do you think is the importance of going beyond the classroom as a teacher to teach and interact with students? What do you get out of it and what do the students get out of it?

“The main thing that I get out of it is getting to know some of the students much better. In the classroom, I see students for only forty minutes and they’re with a bunch of other students, but outside of class the groups tend to be smaller and it’s a little bit more informal after school. I feel good that we try to practice what we preach in these extracurricular activities. So, by helping a student fundraiser and



encouraging people to be generous and to think beyond themselves contributes to community service which is a very important aspect of the faith. With the World Youth Alliance, I think we get more global awareness. We know that what we do here as a community is important, but we’re also connected to a global community.”

Q5: From where or from whom does your teaching style derive from? Why did you choose to conduct your classes in the way you do?

“I had a seventh-grade history teacher who was interesting and taught in a way that made you feel very comfortable– that you can talk to him and joke with him but still learn. He taught me that a classroom can be a place that could be focused but also relaxed. The first thing I was told when I started teaching was, ‘Don’t smile until Christmas’, and I never could do that. I never wanted to do that. So he taught me that what matters is that you be yourself, connect with your class, and show that you care.

The other person was Father Poveromo, who was here–he worked in the chapel and was the chair of the religion department. I had him as a teacher at Cardinal Spellman High School when I was a freshman. It was my seventh-grade history teacher who taught me how to be a teacher, but Father Poveromo taught me how to be a religion teacher. He taught me how to communicate the faith and teach the faith in a way that makes sense to my students.”

Q6: If you had this course as a teenager in high school, what is one thing you would be most interested in learning about?

“Climate change is what comes to mind–what we can do about it, about making this transition. But also, about gun violence– how we as a country can come to grips with the fact that we have a gun problem.”

Q7: What do you find is something that your students have taught you? Was it influential in your life or the way that you taught from that moment on?

“My students taught me to say less and listen more. Because a lot of times, students have wisdom–certainty about themselves and their own situation, and a perspective that only they have. So they taught me to not think that I’m the only source of wisdom in the room, but that my role is more to invite the Holy Spirit in and listen to what *she* has to say.”

Q8: Why is this course important to you? What does it mean to you?

“It’s important to me because I think that within this great religion program we have here with great religion teachers, through the years you learn all of the important facts you should know about the faith, and this course is about how to live it in a community. There is a practical sense to social justice that I think is important.”

Q9: If students could take one thing away from this course, what do you prefer it to be?

“That they are loved beyond their ability to imagine. That one’s easy.”

Q10: How do you feel about students opening up about their opinions in class, even if it doesn’t align with your own?

“I welcome discussion—I think it makes for the best classes when people are interested, asking questions, and expressing opinions. But there is a line. So in other words, your freedom to express your opinions needs to be equal to your willingness to listen to somebody else’s. If people are shouting what they think and not listening to each other, then that’s just noise.”

Q11: What is one piece of advice you would give to your classes now and to your future classes?

“God believes in you, so believe in yourself. Trust that if you do your part in figuring things out, God will do the rest. It’s going to be okay.”

The experiences and long-lasting career of Cathedral’s own Mr. Philipps aids our understanding of how religion and social issues can intertwine. Social Justice is a topic Mr. Philipps has been passionate about for a very long time and clearly couldn’t be more glad to teach. Aside from his daily classes, he plays an active role in our school community through various clubs, fundraisers, and missions; a great way to gain more information about what you can do for your community and how to upkeep your faith. Having been teaching at Cathedral High School for many years, Mr. Philipps has been able to create safe spaces for our girls and demonstrate positive leadership in our community. The students of Cathedral collectively appreciate Mr. Philipps and respect his lessons, efforts to have us more involved in our society, and his common approach.

Article written by Faith Fraser (2023) and Haley Seepersaud (2023)