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D.A. ALL DAY!

Mezzanine Magic: Paris Takes Over the Spring Fling

By Elnaz M.

On Friday, March 28, the Mezzanine, normally quiet and still, was transformed into a lively Parisian night spot. Student council members worked tirelessly to turn the space into “A Night in Paris,” the theme for this year’s Spring Fling. Freshmen and sophomores were invited to dance and spend the night with their friends in the most magnifique space.

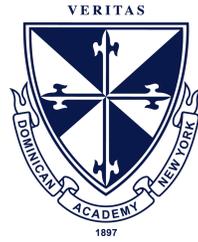
After students had checked into the cafeteria, the fun began. The atmosphere was full of excitement, and the sound of pop music was playing everywhere. Students were enjoying listening to their favorite songs played by the DJ, such as “Beauty and

a Beat,” by Justin Bieber, “Only Girl (In the World),” by Rihanna, “Espresso,” by Sabrina Carpenter, and “FEIN,” by Travis Scott. Alice M., ‘28 said that her favorite song was “That’s My Girl,” by Fifth Harmony, because Ms. Finlayson, the dance teacher, taught the freshman a dance to the song. Many sang along to the familiar tune, moving their bodies with the rhythm. My favorite part of the dance was everyone moving along to the “Cha Cha Slide” because it is easy to follow and encourages everyone to dance.

Tables in the MPR were covered with white tablecloths and topped with little Eiffel Towers. Each student stepped through gold and silver streamers to enter the MPR or Auditorium. When I asked Alice what her favorite part of the dance was, she said, “I loved the lighting near the windows because it was a good place to take pictures.” When not boogying, students could enjoy vanilla cupcakes, pretzels, chocolate chip cookies, and Rice Krispies treats. For refreshments, there were water and sodas, such as Coke and Sprite.

A particularly memorable moment was seeing Dr. Serpagli and Ms. Oing showing off their dance moves and joining the other students. Their presence made the dance even more enjoyable. Emilia G. said, “I thought it was really fun! It was surprising to see them start dancing.” Even upperclassmen from STUCO, who were helping with the event, joined in the merriment.

As the night flew by, people created new friendships as they talked and laughed



with each other. Alice said that her favorite memory of the dance was “just getting to dance with friends and have a great night.” This year’s Spring Fling left behind memories of laughter, dancing, and a surprising display of teacher participation, making it a night to remember.

A Stronger and Empowered D.A. Community

By Ysabela S.

What would you do if you were in a dangerous situation walking home from school? In an effort to educate the rest of the D.A. community on keeping themselves safe, Women’s Empowerment Club hosted our first self-defense class in St. John’s gym, led by Female Fight Club NYC, a fitness gym exclusively for women. Over 60 students signed up. The reason for this event was to highlight Women’s History Month, which is celebrated in March.

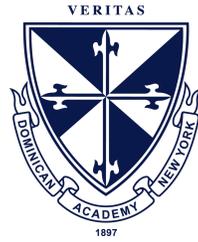
At St. John’s gym, the students were first introduced to the three basic strategies to protect themselves:

1. **Be aware:** Pay attention to your surroundings (people, potential dangers, etc.) If you have earphones or headphones on, it is best to keep one ear open in case anything goes wrong.
2. **Maintain space and de-escalate:** If you sense that something’s wrong, stay calm and trust your instincts. Keep a distance between yourself and the other person—this makes it more difficult for the attacker to harm you.

3. **Plan escape:** If you are attacked, use the self-defense methods to break free and escape immediately. It is more effective to yell “Call 911” when in danger, rather than screaming, as it will attract more attention and alert those nearby. Self-defense gadgets such as personal alarms or flashlights are also recommended.

The students were then taught three different methods of breaking free from an attacker— the single wrist grab, the double wrist grab, and the bear hug. After the instructors finished demonstrating each move, the students took turns practicing with their friends, which many considered their favorite part of the event.

Ms. Lawlor, the moderator of Women’s Empowerment, states, “Self-defense is incredibly important, especially for women. In today’s world and in New York City, having the knowledge and skills to protect yourself can be empowering and life-saving. Beyond the physical aspect, it also builds confidence and awareness, which are crucial in preventing dangerous situations.” She later shared her personal experience, “When I was a senior in high school, I participated in a self-defense class that my school offered. Instead of scaring me, it provided me with confidence and tools for navigating a college campus. I’m grateful that our graduating seniors can take what they learned with them.” The club’s co-president, Zosia K., ‘26, also shares her thoughts on the importance of being able to protect yourself.



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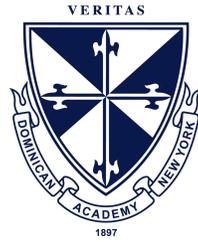
“Having a self-defense skill, no matter how small, could be key to feeling confident doing things as simple as walking outside. As a runner, I go outside a lot in leggings and an athletic top. For some reason, this outfit has led to multiple occasions of catcalling and being followed. This is a sad reality that many women and girls go through on a daily basis. After going to multiple self-defense classes and boxing, I am still cautious when these things happen, but I find comfort in the fact that I know I would be able to defend myself. My hope for this class is for this to be the first of many through which D.A. women will develop the skills needed to feel safe on the street.”

This month of celebration provided the Women’s Empowerment Club with an opportunity to educate others about topics such as gender equality and empowerment, as well as women’s history and achievements. Co-president, Eileen W., ‘25 states, “We did several things and ran events to empower women in the D.A. community. We made announcements during homeroom on International Women’s Day and at the end of Women’s History Month to keep D.A. updated on the importance of March and its role in helping to celebrate women! The club held an extremely successful self-defense class in which we invited instructors from a fight club in the Bronx to give us important tips and instructions on defending ourselves.” Zosia adds, “This month, the club prioritized showing off the amazing accomplishments of women throughout history. In our meetings, the

board created presentations about Women in Sports. We bridged Black History Month and Women’s History Month by presenting on black women in different fields who have impacted our world. We used these presentations to educate our club members on women whom they may not have heard of.” On the 31st, Women’s Empowerment Club held a women’s history and empowerment trivia event in collaboration with Student Council in the cafeteria after school.” In addition to these activities, D.A. has been sharing “Conversations With Captains,” which are interviews between the captains of each varsity sports team, where they discuss their favorite aspects of being a part of these communities and the bonds they formed through them. Zosia states, “With these events, we hope to give the women at D.A. a sense of pride for their gender while also giving them the opportunity to feel safe.”



According to Eileen, the club focuses on the disparities in achieving equal rights for women to raise awareness about the importance of gender equality. She states,



“Our meetings are open to everyone and provide a safe space for discussion. We address topics such as women in sports and the significant contributions of African American women to the feminist movement. Our main goal is to empower our members and inspire them to empower other women in their lives.”

The rest of the D.A. community can continue to celebrate women’s history beyond March by learning about female innovators, supporting women-owned businesses, sharing the stories of inspiring women, or joining the next Women’s Empowerment club meeting! Follow *@dawomensempowerment* on Instagram to stay updated with future events!

On the Way? But to Where? The In Via Retreat!

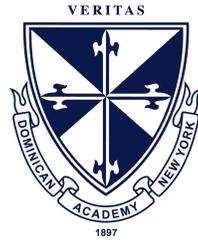
By Tricia R.

In late March, the class of 2026 was lucky to experience one of D.A.’s most beloved traditions - the In Via retreat. In Via, which means “on the way,” is a path for the junior class to grow in faith, friendship, and a deeper understanding of themselves. This opportunity allowed us to unplug from the world, as well as deepen the bonds that we hold so closely to our hearts. Moments of personal reflection during the almost three days of retreat allowed students to examine their relationships with God and what it means to have God as a leading force in life.

Each year, the Campus Ministry Department, along with a group of hard-working senior leaders, begins planning the retreat far in advance, though

closer to the retreat, weekly meetings are held to plan logistics. As leaders begin to decide on what the theme of the year should be, they also begin to formulate ideas for speeches and activities. These leaders, who were chosen by Ms. Gibilaro, have the responsibility to make the retreat as memorable as possible. They are also meant to offer helpful insight into developing a stronger relationship with God. When choosing the leaders, Ms. Gibilaro looked for people who could definitely help the juniors grow in their relationship with God and who could offer helpful advice. Our theme this year was *The Princess Diaries*. Before watching this movie on the first night of the retreat, leaders Annie M., Ivanka B., Claire F., Simona F., Sam S., Ana A., Bela P., and Niki L. discussed the themes of perseverance and finding oneself, even in hard times. The following days were packed with various fun and meaningful activities such as speeches by our senior leaders, group discussions, and crafts.

These days, carefully planned out by Ms. Gibilaro, provided countless opportunities for growth in all types of relationships. There were many times when I had discovered more not only about myself, but also about some of my closest friends. When talking about some of my personal experiences, I realized that I was not alone in these situations, and that other people in my class have gone through similar experiences. This was a comforting reminder that no matter what, no one is truly alone, and God is always there to accompany us in the bleakest of times.



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Going into this retreat, I was unsure of what the days ahead would be like. As rumors of the retreat circulated, tensions on the bus rose as we approached the destination: Immaculate Conception Seminary. About five minutes before, our phones were taken away, leaving the junior class even more anxious. Day one was filled with jittery anticipation and excitement as we settled into our rooms and learned what the next days would entail. Day two was packed with emotion and bonding, and exploration. As the retreat came to an end on day three, a more somber tone filled the air, as everyone wanted just a few more days. The ride back to D.A. was filled with reflection, many even expressing how we didn't want our phones back!

This experience was a life-changing one for many of the juniors. The next year of SATs, college applications, and the end of high school will be a challenge for many, but In Via has taught us that with the support of God and each other, we can accomplish these daunting tasks. In Via definitely lived up to expectations, as throughout the halls of D.A., you might hear juniors already talking about how much they miss the retreat. I know I do.

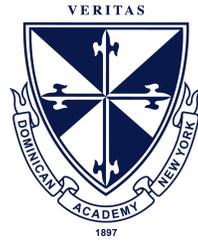
As Time Goes By: A D.A. School Ring's Journey By Sophie N.

The warm, golden, and deep black circle, with Veritas and 2026 inscribed on its sides, is submerged in complete darkness. Through the obscure blackness, it can hear voices. It cannot make out what they say

exactly, but the murmurs are filled with anticipation. The voices become clearer as a soft light comes into view. It sees a hand that opens its box, and it recognizes that this hand belongs to Ms. Rossi. The inviting D.A. lobby greets it as it becomes aware of its surroundings. There are girls in their best dresses, huddling and smiling, talking about the long and exciting day to come. A few of these girls come up to it and admire its beauty. As soon as it makes sense of the scene around it, its protective box is snapped shut.

A few hours later, it feels the chilling February breeze as it is lifted and transported somewhere outside. It is only outside for a short period of time, a few blocks, it assumes. Within a matter of minutes, it is in the warmth once again. A hand gives it its senses yet again, and it has traveled on a silver platter to St. Vincent Ferrer Church. It is near the front altar, and it sees families and fellow D.A. students praise their daughters and sisters with adoration.

Then, time slows down. The juniors of Dominican Academy process down the center aisle with grace and maturity. They have had a long journey beyond the two-block walk to St. Vincent Ferrer. They started as nervous and eager freshmen, developing their bearings around the adorned building and in life, coming of age and finding lifelong friendships. A year passes, and they are sophomores becoming more certain of the direction in which they want to lead their lives. Now, three years after their start, they are accomplished and



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intelligent juniors. Halfway through their third year classes, they have experienced the most rigorous academics D.A. has to offer and persevered through it all.

The gold sphere has realized what it is, its purpose, and what it symbolizes. The junior class ring is blessed by droplets of holy water, and it is placed on the ring finger of an intelligent woman, a true D.A. girl. The ring each junior wears with pride symbolizes the hard work they have done, and the community they have loved and served. As each junior received their ring from their classmate, a heartfelt event occurred. Each classmate hugged the giver of their ring, and then embraced the classmate whose ring they passed on. This occurrence shows that the class of 2026 is more than just a class, but a tight-knit sisterhood.



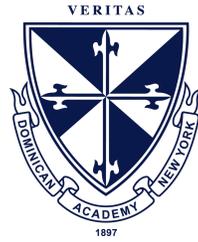
After the rings were passed on from classmate to classmate, another honorary tradition followed. The Natalie Frankowski Scholarship is named after the 2014 graduate who, unfortunately, passed away a few days after her graduation. Her life was and continues to be a fixture in the D.A. community because of her academic rigor and service. This year's scholarship was given to Noreen W., '26, who is the living embodiment of Natalie's spirit for the junior class.

The well-deserved scholarship came as an initial shock to Noreen. "When Ms. Weil said my name, I was shocked. I didn't

think that my name was actually said. Once I realized what had actually happened, I felt honored. I am so thankful that the faculty thought of me as someone who embodies Natalie's attributes." When asked how she lives out Natalie's spirit at D.A. and beyond, Noreen shared the admirable services she does for her community. Noreen is an altar server at both D.A. and at her parish, where she is also a lector and a Eucharistic minister. She shared that she leads her fellow Tigers in prayer before softball games and practice. Even on a smaller scale, Noreen tries to greet everyone she knows in the hallways as a gesture of kindness. Just as Natalie did in her lifetime, Noreen makes D.A. a more hospitable and accessible haven. To Noreen, her ring resembles her open arms embracing the D.A. community and is a testament to her generosity.



The sun has set, and Manhattan has come alive. You enter the lobby you have become familiar with and encounter a setup for a professional photo shoot. You are set to be the focal point of the photo, as you are the embodiment of a bittersweet fact. It is the beginning of the end of the long and winding road that is D.A. Right now, that stirring thought can wait, as there are so many exciting festivities surrounding you! The Junior Ring Dance was nothing short of spectacular. The second floor was converted into that of a Y2K rave. In the MPR, a fun photo booth commemorated a dance to remember. The dim Auditorium was



illuminated by neon glow sticks around the juniors’ necks and arms. Hit songs from the early 2000s filled the room with cheers and laughter. The main entrée of the night was the catered food: D.A.P.A. surprised the grade with an entire meal featuring jumbo shrimp, pasta salad, and even chicken nuggets from Chick-fil-A!

All in all, Ring Day was both a commemorative event as well as a reminder that the junior class’ time at D.A. is starting to come to an end. This very special day would not be possible without the help of Dr. Egler, Dr. Petit, Ms. Gibilaro, Ms. Rossi, and D.A.P.A.!

D.A. Goes Green! ~ St. Patrick’s Day Celebration 2025

By Katie B.

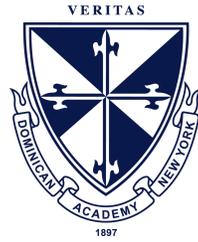
For the third year in a row, D.A. students, faculty, and families celebrated St. Patrick’s Day in style: marching in the 264th annual St. Patrick’s Day Parade! Fit with matching hats and an extravagant school banner, members of the D.A. community proudly walked up Fifth Avenue in celebration of Irish culture. While listening to the nearby bagpipes and marching bands, many of our participants spotted friends and family along the way and were sure to greet them with a wave and a cheer. While the parade ended on 79th Street, the festivities did not stop there.



Upon returning to D.A. for the reception supper, marchers were greeted by Dominic the Tiger, who was eager to get the party started! The evening began with an introduction from MC Bay H., and performances from the Irish dancers, talented musicians and singers, and the D.A. band, Green 97. The dancers Lucy S., Eileen S., Mary S., and Lizzi M. brought energy that charged up the whole auditorium, making everyone clap to the beat in excitement. Green 97 and vocalist Nora W. paired up in a performance of “Sean South from Garryowen”, which was angelic enough to make any audience member emotional.

St. Patrick’s Day Performers

<u>Dancers:</u>	<u>Vocalists:</u>	<u>Musicians:</u>	
Lizzi M.	Melissa B.	Hejen, Teddy	Eileen W.
Eileen S.	Nora W.	and Mr. Quinn	Eabha P.
Lucy S.		O.	Mrs. Sullivan
Mary S.	<u>Poetry Reciter:</u>	Izzy P.	Dr. Cagney
	Julia M.	Lizzi M.	Mrs. Bruno
		Mary S.	Mr. Doyle



Afterwards, the supper of delicious corned beef, carrots, potatoes, cabbage, and Irish soda bread was served. People joined their family and friends to sit together and enjoy their meals as they viewed beautiful pictures of the Irish landscape and family vacations submitted by those in attendance. Following the intermission, our gifted performers returned to play polkas and recite poems. The afternoon concluded with servings of tasty rice pudding, and applause and gratitude were given to the extraordinary performers and faculty who made this outstanding day possible. Thank you to those who took part in this celebration, and be sure to return next year to celebrate St. Patrick's Day!

Learning from the First: FIYA's Panelist Event

By Elnaz M.

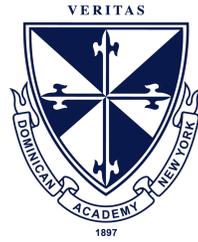
On April 7th, the First Generation Immigrant Youth Advocacy Club (FIYA) hosted a panel event where guest speakers who are first generation in their respective fields came to enlighten participants on their knowledge and experience. All students were welcomed.

As I walked into Room 4, I saw three women: Mary Hom, Jonaki Singh, and Honorable Betsey Jean-Jaques. Mary Hom, Ms. Oing's mother, is the Chief Risk Officer at the New York Housing Development Corporation. This corporation aims to increase the supply of multi-family housing, stimulate economic growth, and revitalize neighborhoods by financing the creation and preservation of affordable housing in New

York. Ms. Hom was born in the Bronx to parents who immigrated from China. Jonaki Singh is a lawyer at Kramer Levin and works in the litigation department. She also enjoys giving back to the community through pro bono work, which is professional work done voluntarily and free to the client. Her parents immigrated to the United States from India. Lastly, the Honorable Betsey Jean-Jaques is president of the Catholic Lawyers Guild of Kings County. She was also elected to the Kings County Civil Court, and her parents immigrated from Haiti after Martin Luther King Jr. died. I was about to sit down when I saw that they had brought gifts for the students. I was astonished by their generosity and thankful for what they did. Some of the gifts included a hat, a reusable bag, a sack, and pens.

The first question asked of the guests was about the challenges they faced when coming to the United States. Ms. Hom said that when her parents immigrated, they did not speak English, so she was responsible for translating what others said or completing forms for her parents. Chinese children are taught to be quiet and not speak much. I could understand, therefore, why interviews were so difficult for her. Finding a job was also difficult because of the way people perceived her. Ms. Hom said, "When people look at me, I am always a foreigner." People would judge her based on her looks and ignore her true character.

Ms. Singh told us, "The knowledge gap is definitely challenging." Both her parents were scientists, and when she



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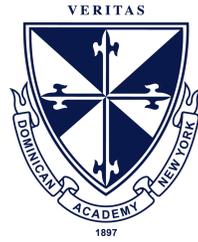
wanted to become a lawyer, there was no one to guide her. However, she did not let this discourage her from succeeding as she told us, “Being first generation is a superpower. It makes you empathetic, and you see the world in a new way.” How inspirational! Ms. Singh decided to do pro bono work because she knew many people do not have the means to find a lawyer, and she wanted to help those who could not access legal services.

The Honorable Jean-Jacques remarked how it was difficult dealing with American values compared to her own parents’ values. When she started high school, her parents believed that after-school activities were an excuse to hang out with friends. Furthermore, her parents worried about her speaking English with an accent, so Jean-Jacques only spoke English at home. She often experienced people making assumptions based on her looks. Moreover, when she was a little girl, Jean-Jacques wanted to be a ballerina, but she realized that she did not have good feet. In fifth grade, she watched a video in school about the judicial system, and she knew she wanted to be a lawyer. Throughout her youth, she considered occupations of scientist, engineer, psychologist, and journalist, but law always stuck with her. This was always her passion, and she said, “I make sure I am treating others fairly and that they are being heard.”

To conclude the event, the speakers shared one piece of advice they would tell their younger selves. Ms. Hom said, “Explore anything thrown at you because

you never know what you will be interested in.” She grew up in poverty, and her parents wanted her to focus on a career that would put food on the table, so Ms. Hom did not have the opportunity to explore her interests. Ms. Singh said, “Never be afraid to ask the questions you have. That is how you grow and put yourself out there.” Jean-Jacques stated, “The difference between a hero and a coward is that the hero overcomes her fear.” She added to this by saying that in life, people will say no to you, but you should not be afraid to persevere nonetheless.

FIYA’s panel event offered valuable insights from first-generation professionals, and those who attended had the opportunity to engage with them. As a first-generation student myself, I related to what the speakers said. I found their words to be inspirational and motivating. Similar to them, I have had to undertake more responsibilities, especially recently when I was trying to choose what high school I wanted to attend. My parents were unaware of the exams I needed to take or what schools would fit me best. Sometimes, their traditions and values can make it tough to connect with friends or do what others do. It feels as though there is a gap between my home life and my school life. Hearing the speakers talk about facing similar challenges made me feel understood. We share this unspoken experience of trying to fit in while also staying true to our roots. Their journeys showed me that even though it is not always easy, it is possible to find your way and succeed.



Letters of Love: NHS Members Deliver Hope Through Handmade Cards

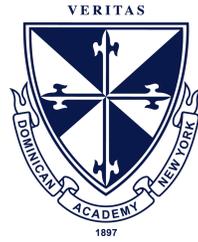
By Elnaz M.

On Friday, March 21st, the National Honor Society hosted a service event to make cards for a non-profit organization called *Letters of Love*. This organization is dedicated to providing emotional support for patients in children's hospitals across the world through handmade cards. Members of the NHS spent their Friday afternoon creating notes to spread joy and hope.

Before deciding on this service event, members of the NHS voted on different ideas for service projects. In the end, *Letters of Love* was chosen because it was accessible and it allowed students to make a meaningful impact in a simple way. Students could help these individuals by using their artistic skills to create encouraging cards for those suffering. To make the cards, many different materials were used to put together visually appealing and whole-hearted messages. In the cafe, rows and rows of students were cutting colored paper and cardstock and embellishing their cards using markers, pens, stickers, washi tape, and stamps.



Throughout the activity, students were encouraged to write cheerful and positive messages to comfort and encourage the recipients. Common themes throughout the cards were love, friendship, humor, and appreciation. Students had an amazing time talking to their friends while going above and beyond to make memorable cards. They included thoughtful drawings, calligraphy, and other creative designs to brighten someone's day. To connect with more people, students incorporated silly knock-knock jokes, powerful inspirational quotes, or even wrote messages in different languages. Maya F. '25 said that, "Doing this work felt incredible, everyone was part of a movement to better the lives of children we don't know. This event was an opportunity to bring love, support, and



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courage to kids who are in these situations and need our support.” The collective effort of all the students showed their dedication to wanting to help others in their community.



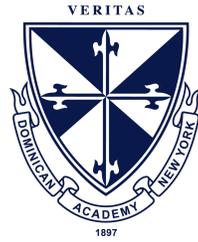
Reflecting on the impact of this activity, Dr. Serpagli, the co-moderator of the National Honor Society, said, “The purpose of making these cards was to spread kindness and encouragement to individuals who may be experiencing extended illness. *Letters for Love* focuses on delivering heartfelt messages to those in need, whether in hospitals, nursing homes, or other care settings. Through this project, students had the opportunity to make a meaningful impact by brightening someone’s day with a thoughtful, handmade card.” Students were

even encouraged to take art materials home to make more cards in their spare time. NHS wanted to make as many cards as they could before sending them to the organization to reach as many people as possible.

While this activity is straightforward, easy, and only lasts for an hour, it makes a huge impact on those receiving the cards. Dr. Serpagli said, “We hope these cards bring smiles and encouragement to those who receive them. Whether someone is feeling lonely, facing health challenges, or just in need of a little kindness, our goal is to remind them that they are valued and not alone. A simple, heartfelt message can make a big difference, and we hope our cards spread love and positivity to those who need it most.”



The smallest acts of kindness can have the biggest ripple effects, showing that a little bit of effort and time can go a long way in making someone feel seen and cared for, especially when they need it most.



ARTS AND CULTURE

The Hidden Talents of Those Around Us: Coffeehouse

By Nora W.



“Welcome to the Coffeehouse...”

“Today I will be performing...”

“We have a special surprise with us today...”

On Friday, March 14th, D.A. hosted its annual Coffeehouse. The Coffeehouse is a day of the year where you get to showcase your hidden talents and work with others, or solo, if you prefer. You can sing, dance, put on a skit, or much more.

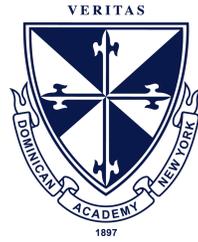
Glee Club started the event off with a performance of “Eternal Flame” by the Bangles. As a member of the Glee Club who is a Soprano 1, I had fun performing this song. Personally, I think this song started off the afternoon strong, as the audience cheered and applauded.

Next, Jaidaly C. ‘25 sang her original song “Defuse” about the hardships of senior year and moving on to college. As an audience member, I felt hooked from the beginning. She was engaged throughout the entire show. While she played the piano, she expressed the love she had for her friends and the simultaneous fear and excitement for the future to come.

After Jaida, the Senior Ensemble, which included Mae C., Olivia C., Asha D., Angelina P., Ryan J., and Lily L., sang the Pentatonix version of “Imagine” by John Lennon. Each member in this acapella group brought their own unique skills to the performance, whether it was their vocal range or their ability to do riffing.

I sang “Before You Go” by Lewis Capaldi. At first, I was rather nervous because I had not sung by myself in a while, but once I started, it was exciting. I experienced all the emotions, such as sadness and fear from the song, but also joy from performing in front of the audience. I also reflected the audience’s emotions at the same time. When I finished, I was eager to experience and enjoy the talents of my classmates in the following performances.

My favorite part of the Coffeehouse was the “Theologian Rap Battle”. Both seniors, Ella C. and Lily L., took their knowledge from theology class to make a hilarious and engaging rap battle between Saints Augustine and Thomas Aquinas, another example of how the Coffeehouse showcases the many and varied talents of our student body. If you want to make a



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theologian rap battle with your friends, you can! In my personal opinion, I think St. Thomas Aquinas, played by Lily, won, but some people may disagree.



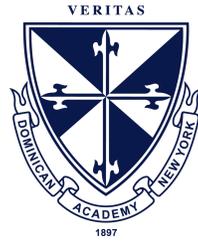
Illustration by Lauren W.

Then, a special surprise came from 84th Street: the Regis Rock Band! I was lucky enough to sing the first song with them, “While My Guitar Gently Weeps” by the Beatles. It was an exciting experience to work with the Regis band. Through this event, we had the opportunity to work and to perform with one another in a casual setting.

I would definitely work with them again. Then they performed another song called “Mr. Jones” by the Counting Crows. It was an immersive experience, and I felt like I was at a concert.

Another notable act was “Wave Crash” by Emilia G. ‘28. Emilia’s original song is about the stress of going to high school and the difficulties of leaving your middle school self behind. She played the guitar, and she brought the audience along on her journey so well that it felt as though we lived her experiences with her. It was a really impactful song, and I am so glad that she performed it.

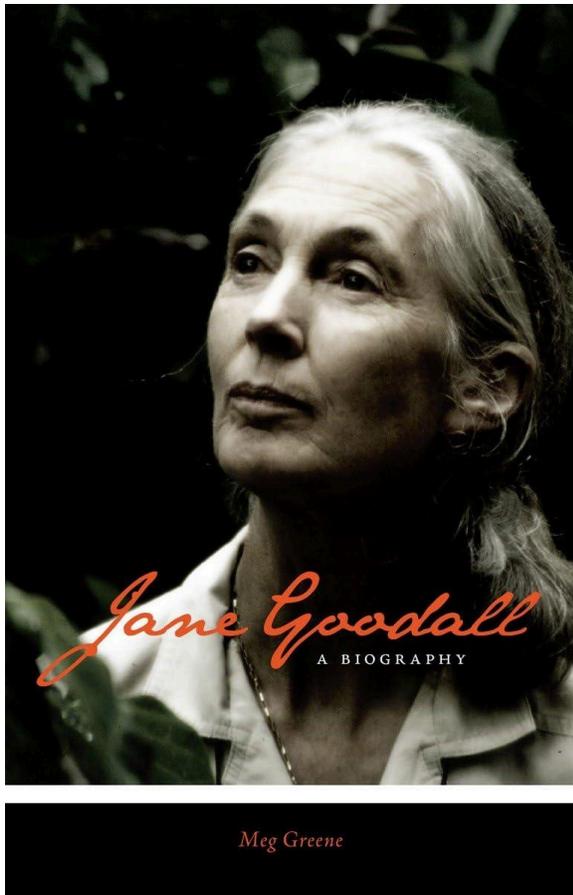
There were so many other amazing acts, such as “Goddess” by Laufey performed by Juniors Angelina M. and Kate M., and many more. If you are thinking about doing the Coffeehouse next year or simply attending, I strongly encourage you to go. It is truly a fun experience to hang out with your friends and see how many musical and artistic gifts the people at D.A. have. Thank you, Ms. Mooney, for hosting this event. It was genuinely entertaining, and I will definitely be going back next year.



COLUMNS

The Woman Who Walked With Chimpanzees: Book Review

By Ana D.



Book of the Issue: *Jane Goodall: A Biography* by Meg Greene

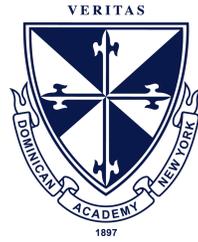
Rating : 🐾 🐾

If you were to find yourself a time machine to take you to the 1960s Gombe

jungles, perhaps you would stumble upon chimpanzees. These inquisitive and resourceful animals may approach you and find you quite strange, poke and prod at you until a young blond woman, who goes by the name Jane Goodall, may call out to you. She would approach you, ask you how you got there, then show you the extraordinary research she was conducting. Luckily, we do not need time machines to understand the extraordinary life and studies of Jane Goodall, one of the greatest scientists of our time. This March, I was able to appreciate the remarkable Jane Goodall and all the work she has contributed to mankind through her biography written by Meg Greene.

As I began to research biographies to read, I came across an unexpected dilemma. Countless retellings of Jane Goodall's life story presented themselves as phenomenal reads; one of the many that stood out was her official 500-page biography, "Jane Goodall: The Woman Who Redefined Man," which I would recommend if you can spare the time. One of the many reasons I chose Greene's biography is for its simplicity. I did not necessarily want to recommend a lengthy and tiresome biography that would prevent readers from continuing. Thus, I began to read Greene's straightforward biography.

The story begins during Goodall's childhood when she first discovers her love for animals and the outdoors. Though her childhood was suddenly disrupted by World War II, her passion for adventure and nature is unaltered. As Goodall grows into a young



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woman, her passion for adventure and animals becomes focused on Gombe, Tanzania. However, her dreams of researching in Gombe become overshadowed by the pressures of a young woman of her time. Marriage proposals, family financial issues, and blatant sexism were clear and upsetting issues that stood in her way. Once she finally reaches Gombe with the patronage of Louis Leakey, the famous archeologist whose work proved that humans evolved in Africa, she begins to spend time with the chimpanzees, studying them and building connections with the chimpanzees. Goodall notoriously gave some of these chimpanzees unique names, such as David Greybeard, who was the first chimpanzee to trust her, and Flo, the subject of some of her most well-known photographs. Her groundbreaking research on these chimpanzees changed the way we used to view the relationship between chimpanzees and modern humans, presenting a unique and compelling story to read.

I enjoyed reading this biography, however, I couldn't help but notice its academic tone. Perhaps since I was entering this biography expecting a calm and light read, I was thrown off by the almost textbook terminology and emphasis. Although this may be off-putting, do not let it discourage you from reading Goodall's fascinating story. Meg Greene does a fantastic job detailing and giving additional background to this well-known story.

Reading about Jane Goodall's legendary experiences and struggles in the

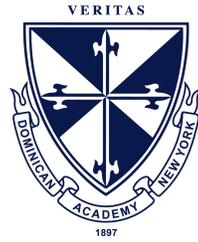
terrifying, unpredictable yet strangely alluring jungles of Gombe was an inspiring read. It is essential to appreciate the extraordinary women who have built our world and give recognition to their overlooked accomplishments. With that, I would recommend this informative biography, though with caution towards its occasional tedious academic tone.



Legend

- Life-changing story, exceptional imagery, impactful narrative
- Great book, interesting and compelling
- Average, nothing particularly noticeable, ordinary reading experience
- Would not recommend, something fell short
- Boring, could not be more glad to be finished with it

Do you have any favorite extraordinary stories? Let me know your favorites or recommendations by emailing me at adelgado2026@dominicanacademy.org.



A Dash of Happiness and a Sprinkle of Gratitude

By Melissa B.

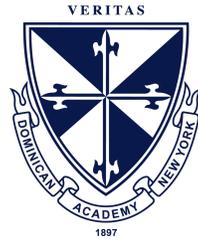
Finally, after what seemed like an endless winter, spring is finally here! March wind gives way to April showers, and hopefully May flowers. I always look forward to the coming of spring. The baseball season always starts with a bang, while the final games of the hockey season before the playoffs always leave you on the edge of your seat. Although the weather constantly changes daily, spring always keeps you on your toes, checking outside to see if you need an umbrella or a light jacket. Even when the days seem wet and dreary, sunnier days are just ahead. With all of that, welcome to April's edition of A Dash of Happiness and a Sprinkle of Gratitude!

Spring, with its longer and warmer days, is the perfect time for reflection. With all of the spring events at D.A., like the Spring Fling and Walkathon, there is always something for which to be grateful. For me, as senior year is creeping closer and closer, spring is starting to look like SAT and AP prep, mock college essays, and resume-writing. With all this hustle and bustle, I get a bit pessimistic about life. In the mornings, I am complaining about last night's work and today's tests. In the evenings, I grumble about today's work and tomorrow's tests. With this mindset, you can really feel like you are stuck in a constant and deepening rut. But do not worry, there is always a solution tailored to you and how you feel. For example, during spring, I always try to get some time outside with my

dog or some weekend golf practice. This spring, especially, things are looking brighter and brighter, even with all of my work.

I am so happy and grateful this month for the opportunity to start playing golf on my club's team. I have been playing golf for more than ten years. Finally, after years of hard work (and a whole lot of complaining about practice), I was invited last year to play for my course's 17 and Under Jr. PGA League. When I got the invitation email, I knew that all my work was not in vain, but I still had doubts if I was really qualified to play on such a higher level of play. The thought of possibly going to tournaments with my team made me a little nervous. A few weeks later, the different teams were released. I saw that on my first team game, I would be going up against one of the best girls in my program. But I realized that I have to be confident in my abilities. We always question our abilities when really, we are better than we realize.

Thank you for reading this month's issue of A Dash of Happiness and a Sprinkle of Gratitude! I will be back next month to report on your good news. Be on the lookout for my email with a link to submit your good news. I cannot wait to see your response. Until then, make sure to add a Dash of Happiness and a Sprinkle of Gratitude to your life!



Upper Eats Side - Food Review: Eat Pretty

By Vivienne S.

Rating: 

Yes, your eyes weren't deceiving you when you saw the weather app showing temperatures soaring into the 70s this month. The anxiety-inducing groundhog did his job for the year, but now I'll take the reins and officially announce that spring is here. For warm-weather lovers and summer enthusiasts, that means endless possibilities. But for you, dear readers, and me, it means one glorious thing: a shiver-free walk to a sunny spot with the perfect lunch in hand. The black puffer jackets, skirt sweatpants, and mini Uggs retreat to the back of the closet, and Central Park's lawns are calling our names. Let's see what new Upper Eat Side discoveries we can bring along with us.

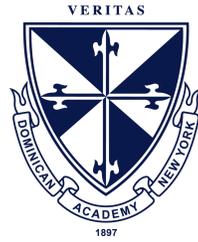
On one of these wonderfully warm days, I ventured to a breakfast and lunch spot called "Eat Pretty." Initially, I was put off by the bold, bossy tone of the name, since no one tells me what to do, but I was willing to succumb to their suggestion for the aesthetic pictures. Located on East 83rd Street, the storefront feels like it's straight out of a "Pinkalicious" book animation. A comically large beige teddy bear rests invitingly on a pink wooden bench near the entrance. The exterior is covered in flowered vines, pink and orange decor, and a chalkboard with Pinterest-perfect lettering showcasing some of the best-selling picks. Inside, the charm continues with floral wallpaper and neon signs flashing phrases like "#flawless" and "you're, like, really

pretty". The space is small but comfortable, with seating both inside and outside, each accompanied by orange, pink, and black and white polka-dot pillows.



The options on the chalkboard menu are a dream for breakfast lovers, featuring an extensive selection of bagels, avocado toast, omelets, wraps, paninis, salads, and quesadillas. The drinks are just as impressive, from classic coffee options to indulgent creations like the Nutella Latte and Biscoff Crème Latte. If this were handwritten, I'd be worried about droplets of drool staining the page as I recount the mouth-watering menu.

The customer service was exceptional, each worker taking waves of large groups' requests and bringing the orders out in a timely manner. My wise and supreme experience has unfortunately shown me that breakfast spots often focus more on food than coffee, but Eat Pretty



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challenged that preconceived notion. My lovely friend and I both ordered iced lattes, which were that perfect shade of brown you cross your fingers for, and had a great milk-to-espreso ratio. We both decided to listen to the New Yorker call from our stomachs and each ordered one of their bagel options. My guest ordered “The Hungover Bagel” (*this author does not support or condone the circumstances that produce the symptoms suggested by the bagel’s title, take it up with the lovely old man that named the bagel*), which included two fried eggs (yes, two, during the egg shortage), fresh tomatoes, crispy bacon, fresh avocado smashed, and mixed greens. When I asked for her thoughts on it, I got nothing but happy humming sounds and repetitive nods of content as she refilled her mouth, so I took that as a good sign. I instead ordered the “Oh My Bagel,” which was essentially a bacon, egg, and cheese with avocado. When I peeled it open and the strings of cheese kept holding on to the other half of the bagel as I pulled them apart, all I could say was, “Oh. My. Bagel.” The bacon was thin, crispy, and plentiful. The egg was perfectly cooked, not overdone to the point of being dry and chewy. The cheese held everything together and aided in a competition of who could get the longest cheese pull. The bagel itself was fresh, fluffy, and evenly coated in the everything bagel seasoning, for which I opted. A BEC is a classic New York choice, especially on a sunny day, but as classic ‘80s pop band Wham! said, “If you're gonna do it, do it right.” Eat Pretty did it right. Every bite was

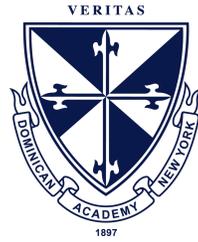
warm, satisfying, and utterly enjoyable until the last one.



All in all, Eat Pretty is the perfect spot to enjoy a delicious, indulgent meal while soaking up the first taste of spring. Whether you're after a stellar coffee, a crave-worthy bagel, or simply a place to bask in the sun, this charming little spot on the Upper East Side has it all. There are so many enticing options to try, cute photos to take, and chats in pastel pink seats to have. So, grab a friend, head to East 83rd Street, and let the new wonderful weather—and even better food—make your day.

Legend

- ☹☹☹☹☹ - extraordinary food, brilliant service, top tier interior design, close location, and clean
- ☹☹☹☹ - tasty food, good service, pleasing interior, accessible location
- ☹☹☹☹ - subpar food, mediocre service, harder to reach area, and little originality
- ☹☹☹☹ - disorganized and uninspired food selection
- ☹☹☹☹☹ - inedible food, unclean environment, and discourteous service



The Benefits of Insurance

By Anna G.

“Safety First! Buckle up your seat belts.”

From a young age, we are taught the importance of taking precautions for problems that may arise in the future. We buckle our seatbelts in case we get into an accident, we buy a fire extinguisher in case anything begins to burn. It is through this advanced planning that we are able to feel secure in our environment. Should anything terrible arise, we have a plan on how to mitigate it. However, sometimes, we are not able to put out these fires ourselves or avoid disaster by simply buckling our seatbelts. For that reason, it is crucial to invest in insurance.

Both corporations and individuals can purchase insurance from an insurance company in return for protection or reimbursement if anything happens to themselves or their property. Insurance agencies, which collect payments from countless individuals, hold a tremendous amount of liquidity. Therefore, if an individual were to find himself or herself in an accident or in a situation where he or she has lost their property, insurance companies will pay for it. The reimbursable insurance companies offer to affected individuals can be much higher than what people originally paid for insurance, making it a worthwhile deal.

The first type of insurance that is principal to discuss is medical insurance. Medical insurance will pay for the cost of any medical-related fees. This includes but

is not limited to hospitalization, emergency treatment, and physicians’ fees. It is paramount to have medical insurance because these costs are very high. The average cost of an overnight stay in a hospital in the U.S. is approximately \$2,883. Thankfully, medical insurance is typically offered to people through their jobs, as it is crucial in helping people remain in a financially stable position.

Another fundamental type of insurance is property insurance. This type of insurance is specifically focused on protecting our belongings and our homes. Typically, property insurance policies will insure individuals' belongings up to a certain value. This means that if anything were to happen to your home or any other property that you have insured, your agency will be able to help you rebuild it.

Lastly, it is important to discuss automobile insurance. Forty-nine out of 50 states, including New York, require individuals to have a state-issued automobile liability insurance coverage to register a vehicle in that state. Automobile insurance covers a variety of issues, including bodily injury, damage to cars, and crash protection. It is also pertinent to note that getting your license at an earlier age and maintaining safe driving habits can lower the cost of car insurance. So, make sure to get your license and drive safely!

While living in the present is valuable, it is crucial to always keep one eye turned towards the future. By creating a safety plan now and insuring yourself against any incidents that may occur, you

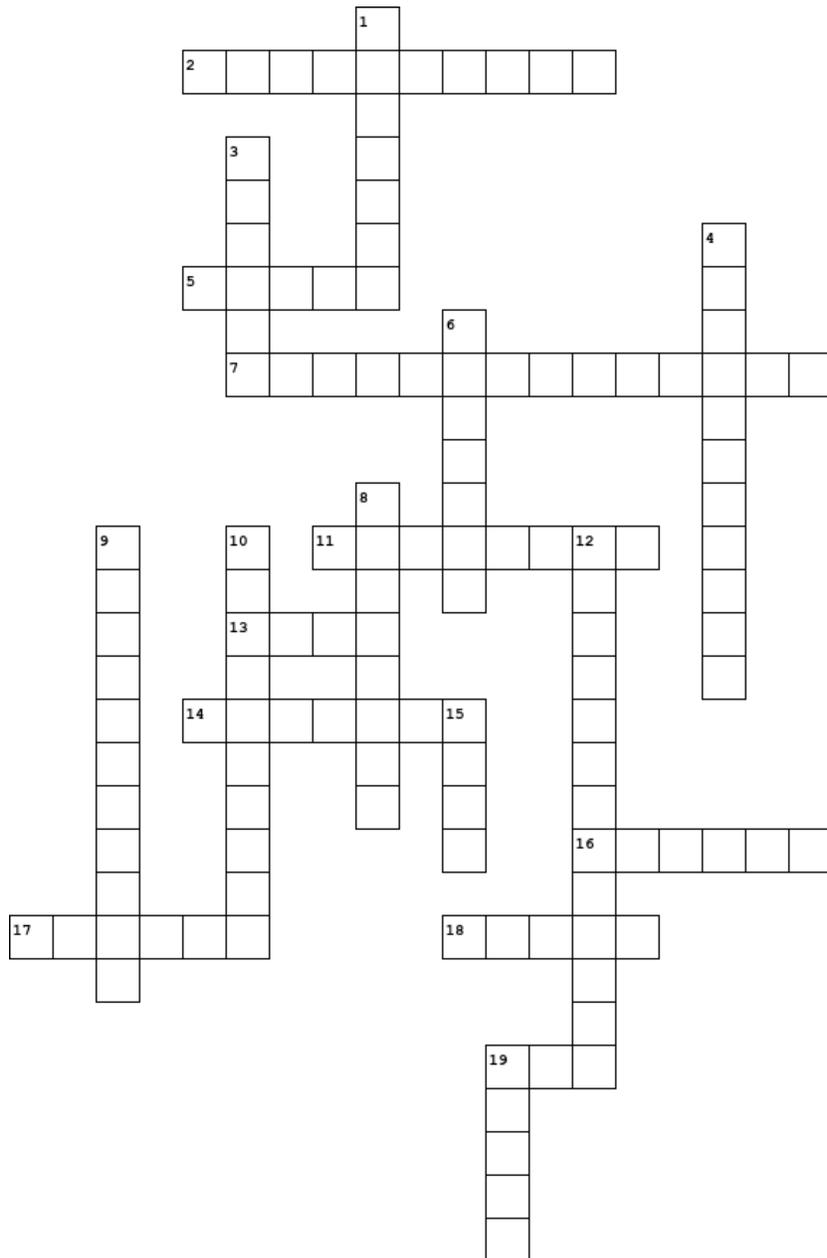


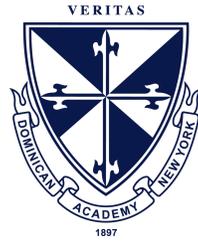
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will not only secure your health and well-being, but also protect your finances.



Crossword: D.A. in the Spring





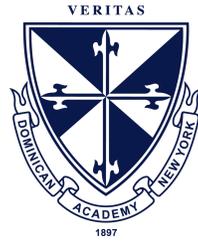
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Across

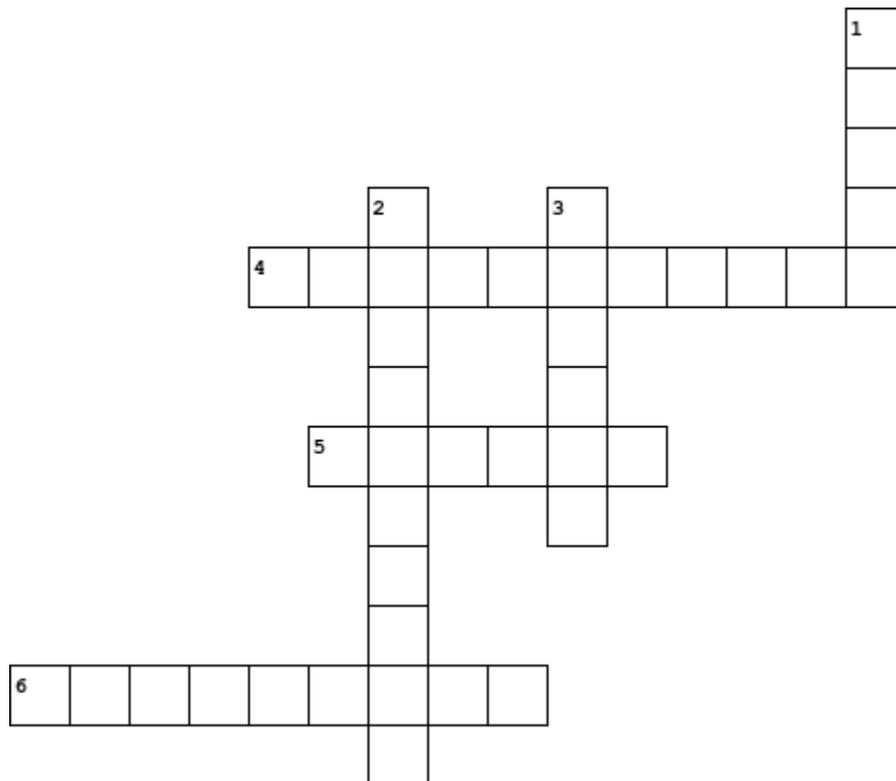
- 2 What comes after April showers
- 5 April 1st: April _____
- 7 Upperclassmen will have a MAGICAL experience at this show
- 11 America's pastime
- 13 40 days leading up to Easter
- 14 This annual event will honor D.A.'s STEM department this year..
- 16 Spring holiday that celebrates the death and resurrection of Jesus
- 17 Flowers that grow on trees: _____ blossoms
- 18 Why the Junior class was MIA three days late this March
- 19 Pollinator insect

Down

- 1 They bloom in the spring
- 3 Women's History Month ended off with a celebration in the form of this game
- 4 Dance held for underclassmen at DA
- 6 A "snow day" in spring for deserving DA students and staff was declared by whom...
- 8 To celebrate Women's History Month, the Athletic Department highlighted team leadership in "Conversations with _____"
- 9 DA is putting on a production of _____ early this April
- 10 Celebration at D.A. on Wednesday, April 16th
- 12 D.A.'s Glee Club performed at this University earlier in March
- 15 Bird home
- 19 Easter animal



DoMINIcan Crossword: The Ides of March

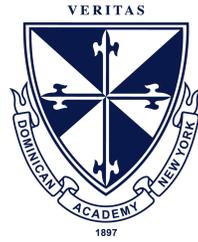


Across

- 4 Playwright who made a play about Julius Caesar
- 5 ____ was assassinated
- 6 Celebrated on March ____

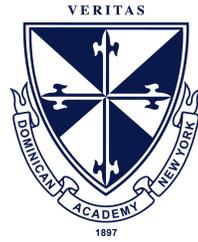
Down

- 1 Et tu ____?
- 2 Julius Caesar's right hand man
- 3 This teacher had her acting troupe perform the play Julius Caesar for D.A. students and staff



CROSSWORD: D.A. in the Spring ANSWERS

1. Easter animal
 - a. BUNNY
2. April 1st: April _____
 - a. FOOLS
3. This annual event will honor D.A.'s STEM department this year..
 - a. AUCTION
4. A "snow day" in spring for deserving DA students and staff was declared by whom...
 - a. DREGLER
5. Why the Junior class was MIA three days late this March
 - a. INVIA
6. Dance held for underclassmen at DA
 - a. SPRINGFLING
7. Upperclassmen will have a MAGICAL experience at this show
 - a. THECURSEDCHILD
8. DA is putting on a production of _____ early this April
 - a. LITTLEWOMEN
9. Celebration at D.A. on Wednesday, April 16th
 - a. CULTUREDAY
10. D.A.'s Glee Club performed at this University earlier in March
 - a. LAWRENCEVILLE
11. To celebrate Women's History Month, the Athletic Department highlighted team leadership in "Conversations with _____"
 - a. CAPTAINS
12. Women's History Month ended off with a celebration in the form of this game
 - a. KAHOOT
13. What comes after April showers
 - a. MAYFLOWERS
14. Pollinator insect
 - a. BEE
15. America's pastime
 - a. BASEBALL

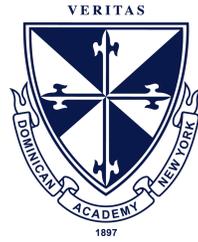


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16. Bird home
 - a. NEST
17. Flowers that grow on trees: ____ blossoms
 - a. CHERRY
18. Spring holiday that celebrates the death and resurrection of Jesus
 - a. EASTER
19. 40 days leading up to Easter
 - a. LENT
20. They bloom in the spring
 - a. FLOWERS

DoMINICan Crossword: The Ides of March ANSWERS

1. Et tu ____?
 - a. BRUTE
2. Celebrated on March ____
 - a. FIFTEENTH
3. ____ was assassinated
 - a. CAESAR
4. Playwright who made a play about Julius Caesar
 - a. SHAKESPEARE
5. This teacher had her acting troupe perform the play Julius Caesar for D.A. students and staff
 - a. MSEGAN
6. Julius Caesar's right hand man
 - a. MARKANTONY

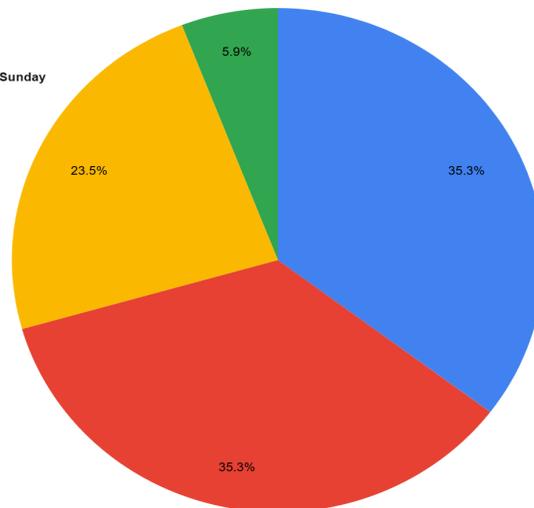


D.A. Students Make Lent Meaningful

With so much going on in a D.A. student's life, it can seem like just another task to shift her focus back to Jesus. But that's just what many of the student body did this Lent. Here's what students had to say about their Lenten practices. [See the end of the article for the winner of the \\$15 Chick-Fil-A gift card!](#)

What was your focus on during Lent?

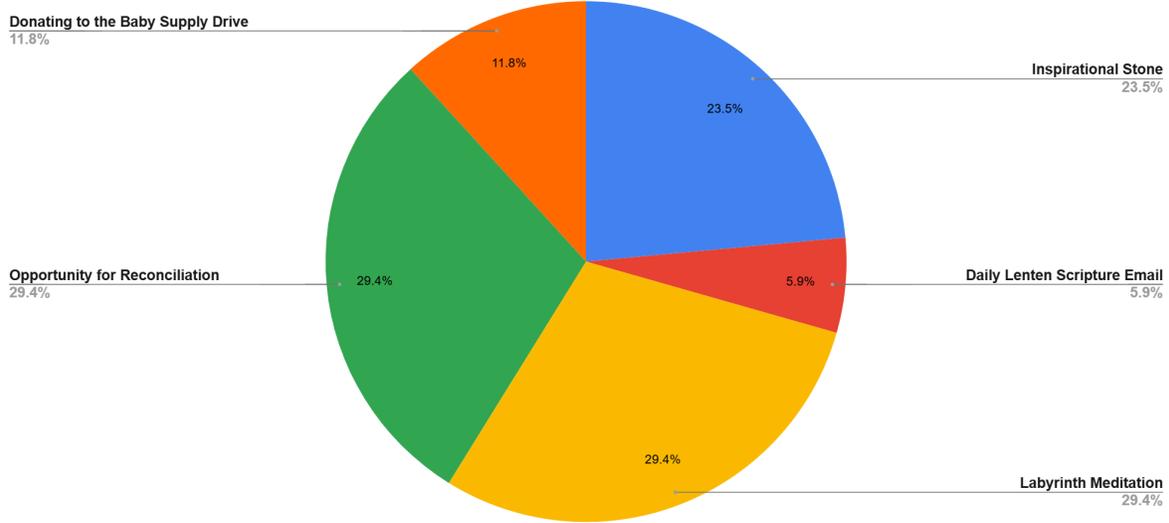
- Fasting
- Prayer
- Almsgiving
- I gave up sugar and I've been going to Mass every Sunday



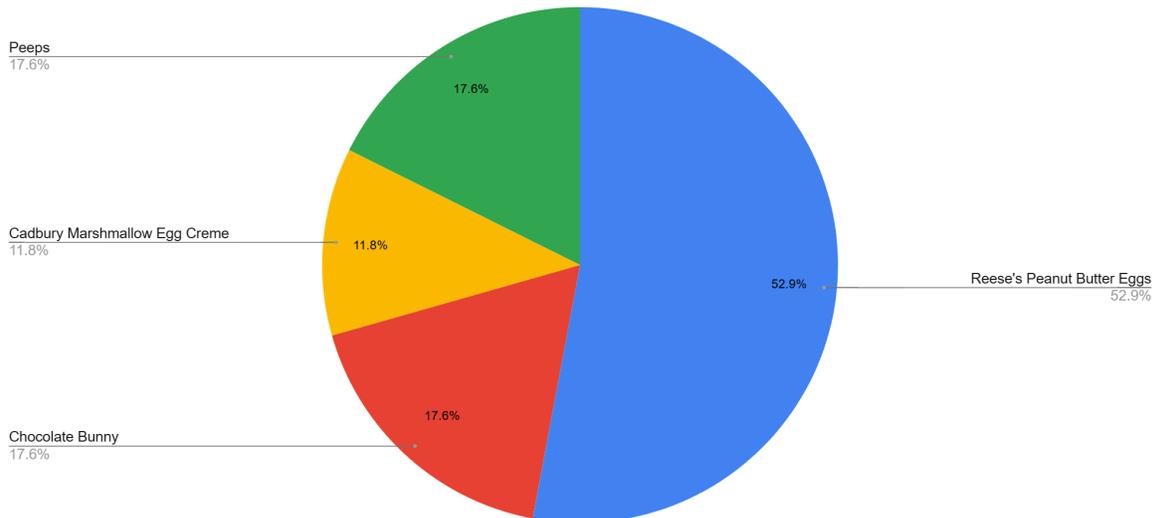


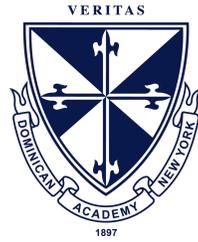
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What is your favorite activity that D.A. has hosted for Lent?



What's your favorite Easter candy?





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How have your Lenten practices helped you in your daily life?

I feel closer to God, happier with how I've been acting.

I feel more disciplined since I gave up something challenging but have stuck with it.

I have felt more inclined to go to Mass more than once a week!

I have been a lot more mindful when praying.

I feel more spiritual and more focused on my relationship with God.

I am so appreciative of my friends and family.

My Lenten practices helped me realize the value of many things that I would normally take for granted.

This Lent, I have learned to appreciate the people around me, and to especially cherish God. I have been able to focus on prayer, and have a stronger sense of discipline through the strength of the Holy Spirit.

I feel like I have deepened my connection with God

What will you take from this Lent going forward?

Be more aware of others.

I'm going to keep up my prayers and kindness to other.

I'm going to be more kind to everyone.

I'm going to try to keep my close relationship with God

I will make more time in my life for reflection and prayer.

I will be more positive and more grateful about my life.

I'm going to try and accept all the things that come at me. I know that I can only change the things that I do, and I have to accept that.

I'm going to continue to tell my friends why I appreciate them.

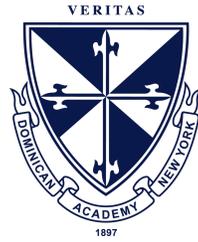
From this Lent season, I will pray more not just when I am facing a challenge or a hardship.

Pray the rosary each week, be gentle with others, and to keep discipline and faith.

I am going to choose to spread kindness and positivity.

I started going to Mass with my grandmother as lent started and I will continue to do so from here on out.

***The winner of the \$15 Chick-Fil-A gift card is:
NINA WOODS!***



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DOMINICAN ACADEMY
Athletic Banquet
and
Awards Ceremony

Tuesday, May 20, 2025

6-9 p.m.

St. John Nepomucene Gym
406 East 67th St., New York City

You are cordially invited to join us for dinner and dessert as we celebrate our sports teams and individual student athletes for their achievements.

Please RSVP by May 14th.

Tickets are \$25 for students and
\$60 for adults.

All are welcome!

Please email Mrs. Sullivan at athleticdirector@dominicanacademy.org
for ticket information.



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