

# THE CATHEDRALITE PRESS

The Arbutus  
May 2023



## School Events Spring 2023

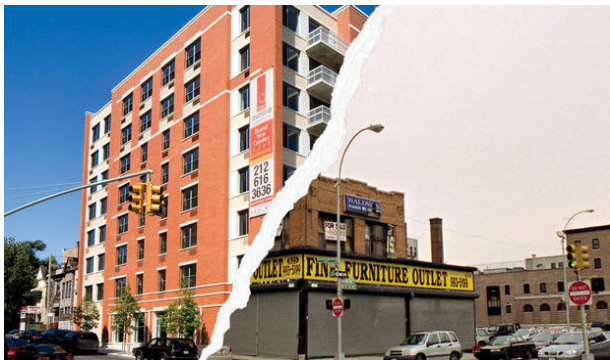
### The Multicultural Show

Last year, Cathedral High School held a Multicultural Show that represents the diversity in Cathedral. This year, on April 5th, CHS was able to keep this newly adopted tradition alive. This show puts on display the true diversity in the Cathedral. This included the different cultures from all over the world, from India to Chile. These are some of the many countries that make up CHS.

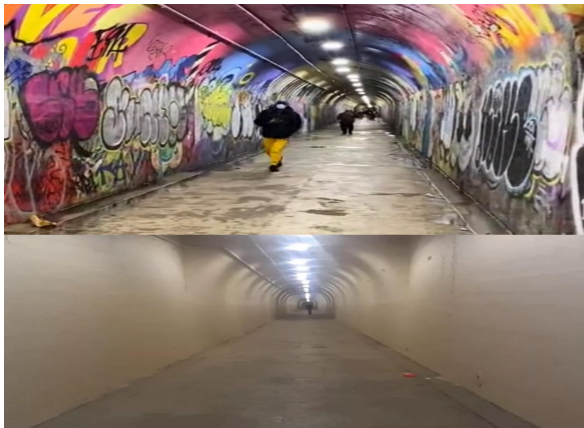
The Multicultural Show this year was a collaboration between Ms. Finlayson’s Cathedral Constellations Dance Company, The Majority, The Step Team, and other girls who wanted their culture represented. The show was organized by Ms. Salcedo along with the CHS administration. The show’s layout was made to seem as if we were traveling throughout the regions of the world, and we did so with our MC, Jeferly.

The show opened with an introduction by Faith informing the audience about the difference between cultural appropriation and cultural appreciation, so that everyone can become educated on how to appreciate cultures while remaining respectful.

## The Gentrification of Upper New York City



The Bronx, Harlem, and Washington Heights are a part of upper New York City known for its POC communities and overflowing, powerful culture that can leave a stunning impression on anyone. A rapid wave of Hispanics and African Americans rushed into the Bronx when many European nationalities moved out in the 1940s. Since then, the Bronx has been cherished for its origins of hip-hop and rap music and exploring the art of graffiti. Harlem, a main puzzle piece in African-American history, became the home to many African Americans during the Great Migration. United, they embraced their heritage in music, literature, fashion, politics, and more. Today, every area in Harlem has its own distinct ambiance, with lively greenery and delicious food. After the assassination of the dictator Robert Trujillo, the Dominican Republic lost its political and social stability. Large numbers of Dominicans fled to Washington Heights, creating their own “Little Dominican Republic”. Now, there is a bodega on every street, a variety of items lined up on tables on sidewalks, Spanish-language schools, and Hispanic restaurants. You may question: “How does this relate to current events today?” Gentrification is a common issue in major cities where wealthy newcomers settle, and new costly projects, and renovations are introduced in poor areas. In New York City, gentrification is nothing new, but the current effect is alarming displaced residents, who are packing their belongings to move somewhere more affordable.





From there, we traveled to North America. Here we opened this region with a look into deaf culture and a song interpretation from the senior ASL class. They were able to really give the crowd a look into the beauty of ASL. Along with performances following the ASL interpretation. The Dance Company highlighted the core of New York culture with their Hip Hop dance. They performed the song “Empire State of Mind” by Jay Z and Alicia Keys. They gave each girl on the stage their spotlight with small solos embedded into the routine. Of course, The Step Team performed and they did a phenomenal job, as always. Right before the marvelous performance of the step team, there was a poem recited about heritage. Through this poem, it was clear that heritage is something everyone must cherish and care for no matter the circumstance of which they live in. Overall, this portion of the show really displayed the rich and dynamic culture of our home, New York City.



From the US, we traveled south into Mexico and the Caribbean. The Dance Company opened this portion of the show with a sensual Bachata to show the heavy Latin influence at Cathedral. Bachata is a form of music that can be heard all the way from the coast of Peru to the island of Puerto Rico. Therefore, although it may originate in the Dominican Republic, bachata represents more than just one country, but collectively symbolizes all hispanic countries in the Americas. Next from Central America we zoomed into Mexico. Girls ranging from 10th to 12th grade danced Cumbia. Cumbia is originally from Colombia but has a large popularity amongst the Mexican people. Cumbia is a form of dance that you will see at any Mexican birthday party, and you saw it on stage at Cathedral. Of course, you’ll also see dances like salsa. Angelique Campos, co-captain of The Dance Company, brought Puerto Rico to Cathedral High School with a beautiful Salsa solo dance in gorgeous attire.



Salsa is also popular in South American countries. South America has a rich and lively culture, just like North America. A continent full of diversity in every aspect. Rosa Olan sang a beautiful song in Spanish to showcase the beauty of the language. In a way, she prepared the crowd for the fascinating Chilean Native dance by Victoria Torres. Victoria put on a beautiful performance in her native Chilean attire. The dance she brought to the stage shows that native roots are still alive throughout the modernization of society. Not only were the native roots brought on to stage but also the African roots of Brazil. The Dance Company, once again, put on an engaging performance of traditional Brazilian Samba. They were dressed in the colors of the flag with every grade of Cathedral High School on that stage.

Gentrification is a highly controversial debate because of its advantages and disadvantages. Opinions on the topic depend on the socioeconomic factors surrounding the individual. The most common form of gentrification in the Bronx is the placing of expensive housing, which can cause a surge in rent costs around the area. This may cause some low-income residents to have to find other places to live, and in the worse case, become homeless. One common defense for gentrification is that it promotes economic growth, but economic development shouldn’t necessitate displacing residents. There have reportedly been occurrences in East Harlem, despite it not being as gentrified as West and Central Harlem. For instance, when landlords use sneaky schemes to evict long-term tenants, they could ignore requests for room repairs, not supply hot water, or create a more costly environment. From 2010 to 2020, Harlem lost about 10,805 Black residents and it has been long since the neighborhood lost its majority of Black residents. Washington Heights used to be an affordable choice of living, but many residents have noticed the change throughout the years. The small businesses that make up Washington Heights’ way of life ultimately fall prey to gentrification. This is how gentrification can directly impact a resident’s quality of life. A chain of stress and pressure is formed among them, which can cause mental health issues in the future. These residents are now experiencing the consequences of gentrification and are no longer watching in silence as their neighborhood or borough is a victim of profit. Residents who have remained in the same place for decades are now protesting to protect the culture that took them years to build.

**Article written by Camila Valerio (2026)**

## America’s True Legacy

Did the Declaration of Independence’s concept of equality truly encompass *all* men and women in America’s early years? Thus, the ‘beginning’ of America was *not* on July 4, 1776, but rather, among its people who fought to preserve their very right to exist.

Ida B. Wells was an African American journalist who dedicated her life to the unjust conditions African Americans and women were facing during the 1890s. She was born on July 16, 1862 - just three years before the end of the Civil War. Despite the said freedom of African Americans, they were still subjected to horrific lynchings (led by white mobs) without being accused of any crime, resulting in the loss of millions of innocents. Wells was exposed to the grief and loss after three of her friends were lynched, accused of opening a grocery store too close to their white competitors. This demonstrates the absurdity and inhumane circumstances they were exposed to by white people. Despite these conditions, Wells became the *first* African American editor and co-owner of a newspaper in the US. There, she directed her attention towards the lynchings and proving the innocence of the men who were almost always accused of rape without any evidence.





Just as there is Native and African origins of these countries, there are also European ones and we go back to Brazil’s origin, Portugal. Anita Andrade recited a Portuguese poem to the audience. The words were smooth and rich just like the culture. Portugal, along with France, have had a huge impact on the world today. France has an alluring and romantic language that has swept over many countries. Marina Ramackers-Vasquez delivered a French poem in which she showcases the intimate language that 235 Million people use to communicate. Rosa Olan, once again, sang a beautiful song from Germany. This song embodied the purpose of the show, that no matter where you are from, you can appreciate the charm of all countries. We also saw the appreciation of culture with the Irish dance by Alyssa Rivera and Mairin Welker. These girls brought something that you possibly have never seen before, the presentation of Irish Dance. Although they’re the first ones to do it, they will be the ones who have done it best. It was a pleasant moment when they began but as they preceded it became more and more engaging.



As we travel from West to South and East we go into Asia. In the segment of the show, the Philippines and India were on the stage and they performed beautifully. Alessandra Alejandro sang a song, which was truly delightful to hear. Alessandra sang a song in Tagalog that had the crowd swaying from left to right. To spotlight more Filipino culture, Jhudiel Gersano and Victoria Torres performed a traditional dance. They danced Tinikling, which is a folk dance with bamboo sticks. It was almost as if their feet and the sticks put together a beautiful song along with the instruments of the music.

Lynchings were often glorified and used as a source of public amusement. Wells wrote two pamphlets, *A Red Record: Lynchings in the United States*, and *Southern Horrors: Lynch Law In All Its Phases* to expose its barbaric and animalistic nature; in response, the white mobs threatened and even burnt the offices of her newspaper down, forcing her to flee to New York City. Despite this, Wells continued the fight against segregation, lynching, and the Jim Crow Laws, as a founding member of an interest group known as the NAACP, or the National Association for the Advancement of Colored People. Apart from her efforts towards securing rights for African Americans, Wells also fought for women’s rights by co-founding the National Association of Colored Women, where she worked with other women's activists such as Elizabeth Cady Stanton and Susan B. Anthony. Wells believed there was a correlation between women’s suffrage and racial inequality, and she used her platform to advocate for both causes simultaneously.

Despite the systemic discrimination and hostility towards African Americans, Wells was able to maintain her integrity and resolve as a journalist by continuing to defy societal expectations that had limited her because she was a woman. Ida Wells paved an example for future journalists to follow, by recognizing the abuse of power and by fighting to fix it for the sake of others. She remains an inspiration in the fight for equality that continues today, as her hope for a better future lives on.



*"The way to right wrongs is to turn the light of truth upon them."* (*A Crusade For Justice*, 1970)  
- Ida B. Wells, 1862 - 1931

**Article written by Rachel Chang (2025)**





To bring the show to a conclusion, The Majority club represented the cultures that are most heavily found at CHS, Caribbean culture. These girls practiced day and night to put on beautiful performances with dances created by the club's own leaders. They opened with a song sung by Cathedrals golden voice, Hazel De Lara. As always, Hazel sang with so much passion and with so much power that it sent shivers down your spine. Right after the song, girls from all over the school came on to the stage to dance Bachata and Merengue. Even though there was a small mishap, they continued the dance and it came out beautifully. Arianny Rojas, Victoria Torres, Hannah Fernandez and Arianna Arias recited poems followed by a Reggaeton senior dance and another from the popular genre Dembow. To close off the Hispanic culture portion, Sahai Adjo, Victoria Ugwudiobi, and Arlesee Welbeck recited poems, some of which they wrote themselves.

The girls of the club, along with people who wanted to participate, lined up in the aisles and began with a dance from the Caribbean. They strutted down the aisle with their flags in their hands and danced on to the stage. The girls then prepared for a Soca dance by Pick a Side by Errphaan Alves and Kes. Then they danced to Mashup and Buy Back by Lil Rick. The girls then competed in a competition between upper and lower classmen with the song Protocol by 1stClass, Skeng, and Tommy Lee Sparta. A dance to the song Designa followed. These dances showcased the sensuality and allure of Caribbean culture through simple movements. To bring the show to an exquisite end, the club had their own carnival on stage with masks and all.



All these performances magnified some of the many beautiful cultures in Cathedral High School. From the cultures of the current students, to the staff, and even the alumni. Cathedral is full of rich and diverse cultures, many of which were at the Multicultural Show. Hopefully, for many years to come, Cathedral will be able to hold this event. Not only for the students of the past and present, but also for the prospective students to come.

**Article written by Aileen Alberto (2023) and Chloe Rivera (2024)**

# Entertainment Album Reviews

**Ava Taha**

- CALL ME IF YOU GET LOST: The Estate Sale* - Tyler, The Creator**



No Tyler, The Creator album is complete without mentioning newfound love and relationships as the title is an invitation to connect with the artist. His unexpected features like NBA Youngboy, Brent Faiyaz, and Pharrell Williams showcase his malleability as an artist and producer. Tyler’s innovation is constantly elevating with each album, and this extension of the original album, *CALL ME IF YOU GET LOST*, is no exception to his creativity.

- On Top of the Covers* - T-Pain**



T-Pain's album "On Top of the Covers" is a unique project that showcases versatility and creativity as T-Pain's signature auto-tune sound is blended with some familiar melodies, including “A Change is Gonna Come” by Sam Cooke and Frank Sinatra’s “That’s Life,” among others. T-Pain's vocals take center stage, and his unique style shines through, demonstrating his ability to take on any musical challenge. Whether you’re a fan of T-Pain, the original songs, or just looking for something new and exciting, this album is worth a listen.

**Ava Johnson**

- Praise a Lord Who Chews but Which Does Not Consume* - Yves Tumor**



Yves Tumor released his fourth album on March 17th. The album opens with screaming and a cool guitar riff. The sound is similar to Coldplay and my bloody valentine, a stark contrast to his last album. He uses heavenly guitar chords to combine R&B and alt-rock to create this mysterious ambiance. This album was delightful.



# Social and Snacks

On April 21st, Cathedral High School hosted its first ever Latin and Ballroom Social. The social was a fun, exciting, and entertaining night, with a friendly but thrilling atmosphere that brought everyone together. A wide variety of students, family, friends, and school staff members were seen enjoying the various snacks/refreshments, dance lessons, and showings of performances. The attendees were able to view a variety of dance styles including Bachata, Salsa, Samba, Cha Cha, Tango, and the Waltz. In between each performance from the Latin and Ballroom Program, which included girls from Cathedral and boys from Xavier, La Salle, All Hallows, and Regis, the audience were given opportunities to learn brief lessons on how to do the basic steps of each dance style, also including Jive. After seeing such exciting performances, it was difficult not to indulge in some social dancing on the floor. The night ended off with various thank you and shout outs to our amazing dance teacher and coach, Ms. Finlayson, our Emcee of the night Chloe Rivera, all the dancers who dedicated many days to practicing, and our stage crew for helping set up the event and making sure the night went smoothly. The first time event was a success and we hope to see it again next year!



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

# The Easter Holiday



For generations, Christians and Catholics have celebrated the Easter holiday - one of the most important celebrations of the liturgical year. Not only does this festival bring people together, it also gives them a chance to share traditions with one another, while also carrying on their religious convictions to future generations.

What is Easter, exactly? Easter is a Christian celebration that commemorates Jesus Christ's resurrection. Easter changes from March to April and doesn't have a set date, as it typically depends on the moon; the celebration takes place on the first Sunday following the Paschal Full Moon, which is the first full moon following the vernal equinox. Following Maundy Thursday and Good Friday, Easter Sunday signifies the conclusion of Lent. People gather to feast, go to church, and hunt for Easter eggs as part of the Easter celebration. Many cultures celebrate Easter in different ways - Ethiopian Orthodox Christians, for instance, observe a fifty-five-day fasting period before Easter during which they only have one meal per day in the late afternoon or evening, they refrain from consuming any animal products, and follow a completely vegan diet.

Easter was a pagan festival in the Northern Hemisphere that celebrated the arrival of spring even before Christianity existed. In fact, many feast days in the new Christian Church have their origins in Greco-Roman paganism. The pagan goddess "Eostre" is where the term "Easter" comes from, and the paganism of the holiday is also reflected in the colors of Easter: which are green, yellow, and purple. Hares with eggs are emblems of fertility and new life. As Christianity evolved, Easter inevitably became linked to Christ's

## 2. The Record - boygenius



Boygenius, the band including Phoebe Bridgers, Julien Baker, and Lucy Dacus, released their debut album, *the record*, on March 31st. It has more of a folk indie sound, with themes of self-destruction and failed relationships. They first released three singles, "\$20", "Emily I'm Sorry," and "True Blue," which was later turned into a short film. They produced the album themselves and have grown immensely since their last album. I'll admit, at times, I found it a little dull, however, the album as a whole was an exciting experience.

Article written by Ava Taha (2025) and Ava Johnson (2025)

# Movie Review: The Hunger Games



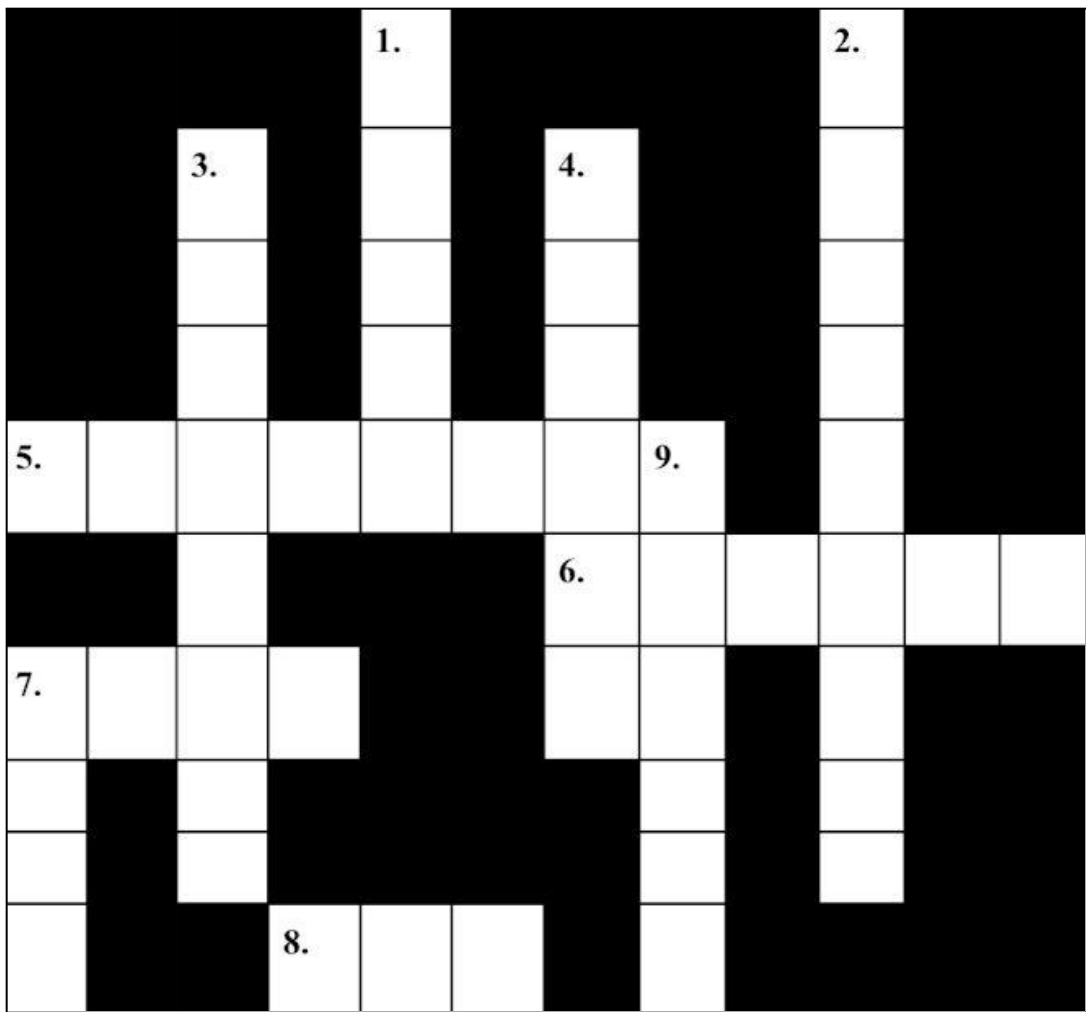
The Hunger Games follows the lives of the people of Panem who are ruled by the Capitol. Panem is divided into 12 districts where two tributes, male and female, are reaped each year to compete in the Hunger Games. In the first movie, the two main characters, reaped from district 12 are Katniss Everdeen, who volunteered for her younger sister, and Peeta Mellark. During the games, the tributes endure excruciating conditions to stay alive. However, there can only ever be one victor. During the movie Katniss and Peeta experience the struggle of keeping themselves alive while also exploring their forming relationships with each other.

I personally find the movies to be a wonderful and accurate adaptation of the book. The movies bring the book to life and capture the dystopian feel of the story. The cinematography was amazingly filmed. A feature that was added was the effect of a shaky camera which made the watcher feel as if they were in the arena with the tributes. It also added the



<p>resurrection. Easter should fall on the Sunday following the first full moon after the spring equinox, according to the decision made by the Council of Nicaea, the first important church council, in 325 AD. The Council of Nicaea, the first significant church council, in 325 AD decided that Easter should fall on the Sunday following the first full moon after the spring equinox.</p> <p>As a result of its rich history, Easter is one of the most cherished Christian holidays. The celebration honors both the accomplishment of Old Testament prophecies and the unveiling of God's plan of salvation for all of humanity. In addition to celebrating the victory over death and the resurgence of hope for redemption, we also commemorate the Resurrection of Jesus.</p> <p><b>Article written by Jaylene Nunez (2025)</b></p>	<p>fear and urgency factor for the viewers. Furthermore, during action packed scenes involving combat, one would typically expect some sort of music to be played during these scenes. Instead of this, the movie opts for using an eerie type of ringing sound or rather no music at all. This, like the method used for the camera work, adds a horrifying and chilling element to the scenes. It can also, at times, represent a character's dissociative state as they process everything happening around them.</p> <p>Another detail I noticed was the costumes. Throughout the movies we are able to see the tributes as well as some of the Capitol dress up. Some outfits, like Effie Trinket's outfits, perfectly portrayed their character and personality. However the outfits most well known are Katniss'. Most of them are made specifically to symbolize her as either "The Girl on Fire" or the "Mockingjay." There is a scene where Katniss wears a dress that catches fire as she spins which perfectly captures her fiery spirit. Another scene shows Katniss with a mockingjay pin representing rebellion. While it is difficult to adapt a book into a movie and incorporate the characters and their appearances, the movies did an exceptional job. They were able to envision and create what the characters wore while also showcasing the importance behind them. Overall, the whole movie and its sequels do an amazing job at portraying the book accurately and bringing readers and watchers together to experience the Hunger Games firsthand.</p> <p><b>Article written by Natalie Chu (2025)</b></p>
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## The Cathedralite Crossword



- Down:**
- 1. The Walter White of Cathedral High School
  - 2. This English teacher reminds us to put a central idea and writing strategy in our text analysis.
  - 3. This teacher has acting in his DNA
  - 4. What teacher doubles as Cathedral's handyman? (He's fully prepared for a robot takeover)
  - 7. What teacher can you usually hear yell "GET TO CLASS!" in the hallways?
  - 9. The dungeon master:
- Across:**
- 5. Long history of talking about pokemon?
  - 6. If you have your AP money, physicals, or absence notes, please give them to me... *now*.
  - 7. Our school mascot!
  - 8. This class has us scrambling for the day, is it D day or A Day?

Answer Key on the last page!



# A Talk With...

## Ms. Colon

**In the Cathedralite Press’ last, but certainly not least, issue we had the privilege of interviewing Mrs. Colon– the health teacher for juniors and seniors and the Director of the Medical Gateways Academy. Throughout this interview, she gave us a glimpse into her world of teaching, organizing, and faithfully leading our Medical Gateways students to success!**

**Then, time to delve into some questions!**



**Q1: Please provide us with a brief timeline and summarization of the work you have done here at Cathedral from the very beginning to present day.**

“I’ve been here for about eight years now. When I first started at Cathedral, I only taught Introduction to Health, so just freshmen. Then, after three or four years, I moved up to become the Director of the Medical Gateways program. Now, I teach the juniors and seniors– which I love. We have gotten many partnerships since I have become Director; we have partnerships with a lot more hospitals. Now we have partnerships with hospitals in Westchester, Queens, The Bronx. We just started interning with NYU last year and The Hospital for Special Surgery this year. ”

**Q2: As a teacher of a mandatory freshman class that is not a common core subject such as math, english, or history, how did you find a way to engage students in a way that compels them to want to continue an education in the health sciences at Cathedral?**

“I personally think that because it is not one of the major subjects that are required, there is more of an interest in it for them. They are more interested in the topics because it involves the things they’re worried about like diet, exercise, reproductive systems, and communicable diseases– especially after going through a pandemic. So I think the students are interested in the curriculum of the subject area and therefore they want to more than they have to.”

**Q3: Health and medicine are career paths that many students at Cathedral are passionate about pursuing, and they often begin this part of their career journey in your class. What qualities do your students acquire or utilize in your class that are necessary for a medical professional to have?**

“As far as introduction to health, students learn the basics there. For sophomores, they get a feel for the different careers they have the option to pursue in the future– even if they did not initially have an interest in the career, in the class they may learn something that sparks an interest for them. For juniors, now that they have an understanding of what each career is associated with, now they go through each body system and the diseases and disorders that are associated with each. So, that gives them a better experience while they are in the hospitals one day a week getting the hands-on experience. Lastly, in senior year, students learn about all of the health issues occurring globally: just like the pandemic, which was a large topic for the seniors last year.”

**Q4: Which lesson that you have taught throughout the years do you believe your students will always remember long after they have finished taking your introduction to health class?**

“There are definitely many, but the subjects that I’ve seen students be most interested in and have the most questions about is the reproductive system. Since we are all women, it is easier for me to talk to them about it. They’re just interested in the topic area: being a woman and learning about the best ways to take care of yourself as a woman. ”

**Q5: Over the years, you have developed and successfully implemented the Medical Gateways internship program currently available to junior Medical Gateways students. What are some of the most impactful experiences you have witnessed come from this program?**

“The most impactful experiences include a lot of students who were in the program and loved their internship are either in medical school or are a doctor now. Many of our guest speakers that come back for the white coat ceremony are students who have graduated that are pursuing a career in



medicine. So Medical Gateways is not something they do and forget about, they definitely are taking this with them in their college years and are making something out of it.”

**Q6: One of the many things your students love most about your presence at Cathedral is your iconic fashion sense. What are some of your staple work pieces that you cannot live without?**

“Black dress pants and a basic, light-colored top; you can always switch it up with a blazer or different colored shoes and different accessories! ”

**Q7: For senior Medical Gateways students, the white coat ceremony is the consummation of all their hard work throughout their four years. What do you look forward to most within that event?**

“I enjoy the planning of it because it’s something that’s mine; I wait for this because I know all you girls are interested in the Medical Gateway Program and you view it as such a big accomplishment because this is your senior year you get to go out there and say ‘I’ve done this.’; For me it’s such an accomplishment and it makes me very excited to be able to present something like that to you and your parents that will honor all of the hard work that you girls did.”

**Q8: What aspect of health education was most appealing to you when you first decided to pursue it?**

“I’d have to say the most interesting aspect of health is communicable diseases and it’s honestly one that I love teaching, especially because I feel like there are a lot of questions in ‘why, how, & what’ so the students are just as interested as me. They are definitely more interested in the topic now than before the pandemic; they want to know how you can get a virus, how you can get a bacterial infection, how you can cure them, what isn’t curable, what medicines to use, and what can I do to avoid being sick. That aspect really made me love health even more, especially after that event that affected us worldwide.”

**Q9: “Through the relationships you have established over the years, you have made so many opportunities available to students in the Medical Gateways Academy. In your experience, how did you manage to network with so many people, and what advice would you give students for creating such connections in the future?”**

“Honestly, reaching out. I tell my students all the time: reach out to everyone, talk to everyone, make connections everywhere. It’s the best possible way to just get your foot in the door. For me, going to different events or dinners you meet new people all the time and I’m constantly bringing up my students and what they could use in order to better their education or experiment-wise, environment-wise, internship opportunities, anything. Whatever it is, I definitely want a better experience for my students so I’m always networking. Sometimes I’ll find an email and I’ll just send a message, sometimes they’ll get back to me, sometimes they won’t, but I’ll always reach out and try.”

**Q10: “In the past, if you had been interested in pursuing a different career, what field would you have worked in and why? (If she was interested in working in healthcare, ask what field she would prefer.)”**

“If I could change my timeline I probably would’ve become a gynecologist. It sparks more of an interest for me now that I talk about the female reproductive system all the time. In another lifetime, though, I’d definitely do something in the fashion industry. Fashion week has been calling my name for years.”

**Q11: “Which topics are some of your favorite to teach and which ones are your least favorite? Is there a topic that you feel would be the most important for your students to take away from your class?”**

“The most important topics for my students to take away are my lessons on nutrition and exercise and self-care, mentally and physically. My favorites are the reproductive systems & communicable diseases but I also do really enjoy talking about all the body systems with the juniors and I can’t even pick a favorite because they’re all so important and you can’t really live without having all of them.”

**Q12: “In general, what advice would you give your current students for navigating the remainder of their high school years? If you were to give advice or information to underclassmen interested in joining the Medical Gateways Academy, what would you suggest?”**



“So for the students that are interested in joining, I would suggest making sure that your grades are always up-to-par, making sure you’re ready to take on a big responsibility, being able to communicate with people outside of Cathedral, making sure that you’re on time, you’re accountable for your actions and that you can make it to school every day. To my current students, I would say to keep the positive attitude, keep your connections always in good standing, continue to be you and follow your dreams, don’t let anybody stand in your way, and, my favorite, always dance like no one’s watching!

**To no one’s surprise, Ms. Colon has shown us that throughout her years here at Cathedral High School, she has given us medical gateways students much more than just white coats. Under her guidance, Cathedralites obtain extensive health education and wisdom that will inform their career decisions within the medical field for years to come. The Medical Gateways Academy owes its ever-expanding potential to her passion, hard-work, and dedication to the program. We all cannot wait to see what Ms. Colon does next to help make Cathedral an impactful stepping stone for the next generation of America’s medical professionals!**

**Picture of Ms. Colon:**





# A Talk With...

## Grace & Danielle

The two shining stars of the senior class of 2023, Danielle Beauport and Grace Saintval, graciously took time out of their busy schedules to sit with us and provide our student body with some end-of-the-year reflections and wisdom. After executing their memorably successful campaign, Grace and Danielle were elected as student body president and vice president for their upcoming senior year. Since their victory, these Cathedral success stories personified and have been leading our school from the perspectives of students who want the best for their peers. All of their hard work has been made clear in their extensive achievements and organized school community initiatives: all of which are detailed throughout this article!

Now time to delve into some questions!



**Q1: Please introduce yourselves and your respective contributions to Cathedral throughout the years (clubs, sports, leadership positions, etc)**

“Hey, my name’s Danielle Beauport! I’m currently a senior and the Student Body Vice President along with one of the leaders of The Majority Club. Throughout my four years at Cathedral, I tried my best to be involved by participating in as many clubs as I could. Freshman year, I joined the Cross Country team and worked my way up to being one of the captains Junior year. I was also a part of the Book Club and Billiards Club for a little while during this time. Junior year came along and I was able to join new clubs that I wasn’t yet exposed to which included: The Women’s Health Club, Brainiacs, and The Majority Club. To end my high school career I decided to join the Cheerleading team this year as well!”

“Hi, my name is Grace Saintval. I am a senior, Student Body President, and a current leader of the Majority Club. I tried my best to be a part of extracurriculars throughout my years. With that being said, Freshman year I joined the Billiards Club, during my Junior year I found The Majority Club, and Women’s Health Club. For my Senior year, I decided to remain focused within the clubs I joined my junior year.”

**Q2: [For the both] What aspect of your friendship do you believe allows you to work best together? What made you decide to run together for student council?**

**Danielle:** “For me, I think it’s just how Grace and I practically are on the same wavelength. We’re able to communicate and just bounce ideas off each other without it ever getting chaotic. Even though we have our silly moments amongst each other, we know when it’s time to work and get serious. Honestly speaking, it was very unplanned that we would run together. The idea of it sparked as one of our friends mentioned we would’ve been a strong duo, and ultimately we ended up just going through with it and look at us now!”

**Grace:** “I can definitely say that Danielle and I have equal passion with what we do. That is what makes us strong. As a leader, you need some sort of passion to be a strong leader. As Danielle stated, it wasn’t our idea, but it was a great one, I can say it is one for the books.”

**Q4: [To Danielle] You are known among our class to be constantly booked and busy, what is your main reason and motivation for your many extracurricular engagements? Has this reason changed throughout the years?**

“Yes, that indeed is very true! As much as I love just resting on my bed, being busy keeps me in check. I love also being able to participate in different activities as well. My mind is just programmed to think that if I don’t have anything to do with my schedule, something is wrong. I also knew that one of the best ways to stand out in applications whether it be a job, internship, or for college, is what activities you have on the resume. Joining a club in itself isn’t enough, it’s more so the involvement you have and being able to speak about it.”

**Q5: [To Grace] To give you an opportunity to highlight your wise insights, tell us what you believe was the greatest lesson Cathedral has taught you about life?**

“I can say Cathedral has definitely taught me to be resilient. You will encounter some obstacles in life, and that itself may be stressful. But at times you can’t fight fire with fire, you must remain calm to deal with a situation that may be out of your hands. With that being said, you need to learn to be okay with the outcome of a situation even if it’s not what you have yet imagined it to be. I can now say I’m better at handling myself in both positive and negative situations.”

**Q6: Having experienced nearly everything there is to experience here at Cathedral, give the underclassmen and juniors a brief piece of advice that you wish you had heard earlier in life?**

**Grace:** “My piece of advice is to not stress yourself out. This is school at the end of the day, you deserve to be happy; we are just students. If you feel like you’re feeling overwhelmed simply take a deep breath and figure out how you’ll move on from there. I can definitely say to prioritize, and don’t compare yourself to others.”

**Danielle:** “Yes, I agree with Grace 100%. As you approach junior and senior year, you tend to get hit with so many realities so it’s important to try your best to keep yourself sane. Take a deep breath and remember to take on any challenges one day at a time!”



**Q7: For us seniors, college is approaching very quickly. What are two things you are excited to experience in college, and what are two reservations you have?**

**Danielle:** “I cannot wait! I’m attending the illustrious Howard University, an HBCU in Washington, D.C. I’m excited to surround myself with like-minded people who want to make change. I’m always really excited to see myself flourish even more. I feel like anxiousness is pretty normal in this situation. I’m going to be entering an entire new environment with no family or even close friends from home, but hopefully I am able to assimilate well.”

**Grace:** “I am definitely excited to dive deep into my major; college is different, you’re able to take classes that really intrigued you. Secondly, I’m excited to spread my wings and grow more as an independent person. I actually have just one reservation, and that’s entering a new bubble. With high school, you are with the same people five days a week, college is extremely different and you must learn to adapt to it.”

**Q8: What is the main impact you both wish to have successfully made at Cathedral that remains even after graduation?**

“Honestly, we both hope we’ve built a form of comradeship. Cathedral faced a major blockage with COVID-19, which caused a strain in our community. The sisterhood bond was broken, and people wouldn’t really open up with one another. With hosting events, and interacting with underclassmen we hoped to have influenced our fellow sisters to do the same.”

**Q9: “The leaders of Student Council tend to face the challenge of balancing all their responsibilities. As President and Vice President, what have been the most challenging aspects of your experience and how have you overcome them?”**

**Danielle:** “I think that Grace and I could both agree that one of the most challenging aspects was the constant barriers that we faced in terms of carrying out everything we initially had planned. Obviously, we can’t always get what we want in life but at least trying to fight for it is what matters. With the support of each other, families, and friends I was constantly reminded that everything is going to be okay. In the end, even though we had our bumps across the road, we were able to do everything we possibly could.”

**Grace:** “One of the most challenging experiences at first was torturing ourselves to please everyone. It is 100% okay if everyone isn’t happy with what's being done. At the end we realized that we tried our very best to make change.”

**Q10: What are some dos and don'ts you would like to share with underclassmen who might be interested in running for your roles in the future?**

“It’s something that definitely takes a lot of courage and perseverance. We hope that whoever is interested in taking on these roles has a good head on their shoulders!

First thing to DO is get a support system, meaning a group of peers that you know would help and support you throughout the entire campaign and even afterwards. This is crucial because doing everything with yourself and your fellow running mate is extremely overwhelming. Another DO is having effective communication. Being able to express and properly communicate ideas is extremely important as well. The constant bumping heads is not going to work in the end.

DON’T take no for an answer without fighting for it first! This happened multiple times in our case, and even though we had ideas and plans that did not go through, we made sure to try for it at least. Lastly, DON’T beat yourself up, just because you took on a leadership role doesn’t mean you aren’t human. You are capable of making mistakes and you shouldn’t shame yourself for it.”

**Q11: With so little time left here at Cathedral, the beginning of our academic and professional endeavors are fast approaching. What do you aim to accomplish in the upcoming years? What goals, if any, do you strive to achieve following your graduation from Cathedral?**

**Danielle:** “First and foremost, I strive on being true to myself and continuing to be perseverant. As I previously stated, I am attending Howard University, so I plan on graduating with a Bachelors of Science degree in Psychology. I definitely want to be able to join different organizations focused on medicine, specifically helping minority women and people of color. This is something that I am very passionate about! Once I graduate college, I will go into Physician Assistant school so that I could become a P.A. by the grace of God.”

**Q12: What advice would you give yourself as a freshman that current or prospective Cathedral students can take away? What significant guidance would you offer students as they approach your current position for navigating the remainder of high school?**

**Danielle:** “If I had to give a piece of advice to freshman year me, I would definitely say to enjoy it as much as you can. In our case, COVID-19 struck mid-year of ninth grade so there were some things I didn’t get to experience. But, with that being said, also make sure to keep those grades up and study, study, study! In the blink of an eye, it’ll soon be time to apply to colleges and transcripts play a major role in the entire application process. Have fun, but also keep those grades!”



For seniors, Danielle and Grace are the mascots of our graduating class, cheering us on throughout our shared journey all the way until the end. There are many Cathedral memories us seniors cherish that can be attributed to the hard work and persistence of Grace and Danielle; the most important of which being the quality time spent together as a class during the many events planned and executed by them. With this, the Class of 2023 expresses our heartfelt gratitude and well wishes to Grace and Danielle. We cannot wait to see all of the great things you both achieve in college!

Picture of Grace and Danielle:



Crossword Answer Key:

				1. B				2. J				
						4. P				A		
				3. T								
				R		A			C			
				O		U			O			
5. E	S	P	I	N	A	L	9. N		B			
		I				6. E	I	V	E	R	S	
7. B	E	A	R				S	E	L			
O			N					V	L			
V			O					E	I			
E				8. G	Y	M	S					