



Inside The Academy Courier

LONG GOODBYES..... 2



REFLECTIONS..... 2

SENIOR YEAR SKETCH 2

THE COUNTDOWN TO GRADUATION..... 3

YOU ARE BEAUTIFUL DAY 3

800 DAYS OF LEARNING: MY DUOLINGO JOURNEY 3



MISS SHAMROCK..... 4

HOLLYWOOD BEACH, FLORIDA..... 4



A JUNIOR GLIMPSE AT THE COLLEGE APPLICATION PROCESS 4



NAVIGATING NEW BEGINNINGS: STARTING HIGH SCHOOL MID-YEAR..... 4

Sisterhood That Lasts A Lifetime

BY COLLEEN CAREY

The thought that my time as a student at Holy Names is truly a bittersweet feeling. This school has become a second home to all of us created from long-lasting unique traditions to the memorable friendships we look forward to enjoying every day. Although a chapter for the seniors is closing, our traditions and friendships will follow us as we embark on the future. Holy Names has given me the chance to build an unbreakable sisterhood full of support that will last a lifetime.

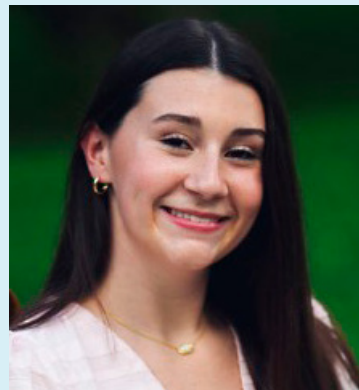
Since arriving at Holy Names, I have had the opportunity



See **SISTERHOOD THAT LASTS A LIFETIME**, page 7

Senior Year Highlights

BY CAROLINE BROWN



With some long-lasting traditions and others that just began this year, senior year is full of many memories. Academy of the Holy Names has an amazing community that brings everyone together for the best. Senior year can be busy applying to colleges, choosing which school to

See **THE COLLEGE PROCESS** page 7



A Foundation in Journalism

BY ISABELLA CIPOLLO

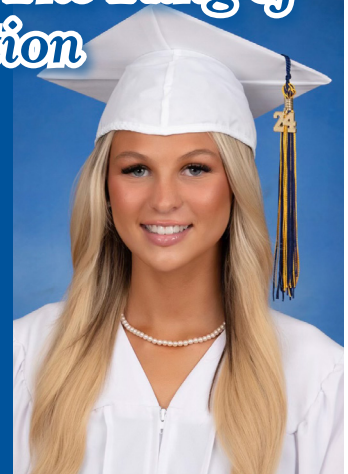
For as long as I can remember, I have had a true passion for journalism. I realized from a young age that I had a talent for writing and a voice for reporting. I knew that I would grow up and attend college for Broadcast Journalism, and I would cover stories in a city that I love. The Journalism elective taught by Ms. Leonard at Academy of the Holy Names

See **A FOUNDATION**, page 7

Sisters' Bonds: The Ring of Unity Introduction

BY ALEXA GROSS

In our junior year, a cherished tradition unfolds as we receive class rings from our ring sisters engraved with "Esse Quam Videri," meaning "to be, rather than to seem." These rings symbolize more than just a moment in time; they represent the unbreakable bond of sisterhood within the community and remind us of the values instilled by Academy of the Holy Names.



See **SISTER'S BOND**, page 8

Long Goodbyes

BY SARAH CROSBY

Over the first three years of high school, one does not think about goodbyes. The focus is on your grades, homework, and making friendships. Yet, when the last year enters, it is very bittersweet.

The realization becomes clear in leaving all of these memories, friends, and this school behind as we begin a new chapter of life. There are grateful wishes to thank the teachers who mold their students into a future writer, scientist, mathematician, and historian. Moreover, it is necessary to



give much thanks to your parents and your friends for their love and support.

It is extremely exciting to graduate and complete high school, yet the realization of life beyond Holy Names is bittersweet. Throughout the years, one is grateful for the people that are in your life. Four years seems like a long time, but as time passed, one may be wishing it were a little bit longer. Saying goodbye to those girls who have shared laughter, fun, joy, and stress is so much more challenging than one could imagine.

I am very thankful that I have so many special people who have entered into my life that make “goodbye” one of the most difficult things to say. 🌸

Reflections

BY KENNEDY GAINOR

During our experience at Academy of the Holy Names we looked forward to so much. During elementary school, field day was fun, and in middle school the last day of school was great. In high school, I would pass seniors in the hallway hoping to be them in the future.

As our high school days end, we will miss the memories of our great experience. I realize that as a class we are thrilled to begin the next chapter of our lives. For the remainder of senior year, I encourage everyone to absorb every small moment, slow down, and enjoy it.

See [TRADITIONS](#), page 8



Senior Year Sketch

BY ANNA NICHOLS

Although there are many traditions throughout one's experience at Academy of the Holy Names, the senior year contains the most memorable ones. Seniors participate in every year's traditions, and it is always exciting.

Every experience we shared as senior is more emotional, and more fulfilling engraved in our hearts and memories. As we indulge in our last months as seniors, we reminisce on some of the most exciting and enjoyable traditions

yet. From song contests to senior retreats, we enjoy our last moments as AHN students.

Traditions are important because they create a sense of belonging and connection with our past Holy Names sisters, fostering community and identity. Traditions unite communities by encouraging shared experiences, forging bonds, and deepening relationships through common values and rituals.

When we participate in these unique

See [SENIOR YEAR SKETCH](#) page 8



THE COUNTDOWN TO GRADUATION

BY MARY MASTERSON

The countdown to graduation is a journey filled with a mix of emotions. From the anticipation of moving on to new adventures to the realization that the familiar halls of high school will soon fade into memory. Now, that I have time to take time to soak everything in and reflect on all the good times and memories made throughout high school, my best advice is to cherish every single moment, as it goes by way faster than you would think. Be grateful for every moment and have fun, do not let time go to waste. In these final days, it is super important to remember one thing: soak up every moment.

See **THE COUNTDOWN TO GRADUATION**, page 8



You are Beautiful Day

BY MAGNOLIA VALENCIA

God created each one of us to be beautiful in our own essence. Holy Names dedicates a special day for women to embrace what makes us different in our unique ways is called You Are Beautiful Day. You are Beautiful Day is a day of self-love, reminding others they are loved, and uplifting the important women around us. Holy Names is an all-girls' school and sometimes, we need a reminder that we are all beautiful in our own way. What makes us different is what makes us unique. It is a fantastic way to celebrate



and appreciate the differences in each of us. The day also serves as a reminder that self-love is especially important. Embracing and celebrating our uniqueness as women unites us all together, but loving yourself

See **YOU ARE BEAUTIFUL DAY**, page 9

800 Days of Learning: My Duolingo Journey

BY RILEY SCHMITZ

Many things have changed in my life over the past 800 days, but one thing has remained consistent: my Duolingo streak. As a result, I have become a bit better at the French language.

I started Duolingo in seventh grade when I woke up during a sleepover before everyone else and was looking for something to do. I had a trip to Paris planned, and I had heard good things about the application, so I decided to try it. The game app was great, and for the rest of the day when I got home, I enjoyed more lessons on the app.



See **800 DAYS OF LEARNING**, page 9

Miss Shamrock

BY KATHLEEN MURPHY

The Miss Shamrock 2024 title in East Durham, New York marks a wonderful moment during my senior year, resonating deeply with my passion for embracing and celebrating my Irish heritage. Moreover, it was a great honor to receive the Miss Shamrock 2024 title.

Being from Irish decent, this achievement represents more than just a crown; it symbolizes a connection to my roots and to Irish culture. Growing up immersed in Irish traditions, music,

See [MISS SHAMROCK](#), page 9



Hollywood Beach, Florida

BY RYLEE APICELLI

Along the sandy shores of the Atlantic Ocean, Hollywood Beach, Florida warmly welcomes me with its sunny beaches, vibrant atmosphere, and perfect blend of relaxation as well as entertainment. I traveled to beautiful Hollywood Beach and met a coastal haven with sun-kissed sand and loud, crashing waves. The iconic boardwalk and the glitzy beachside shops



See [HOLLYWOOD BEACH](#), page 9

A JUNIOR GLIMPSE AT THE COLLEGE APPLICATION PROCESS

BY PATRICIA WHALEN

The college application process is very stressful for high school students. This winter break, I decided to visit colleges in Boston in order to better understand which qualities I should look for in a college, and acquire a firsthand view of some colleges as well. I toured three colleges: Boston University, Boston



See [SISTERHOOD](#), page 10

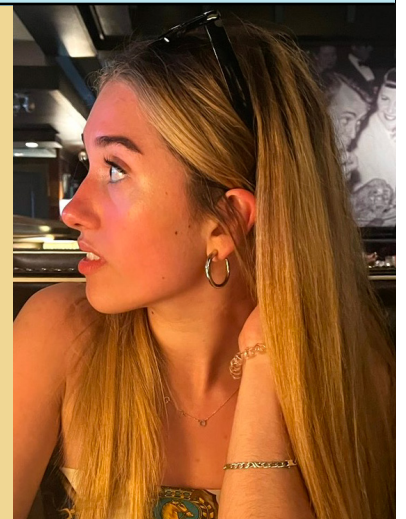
Navigating New Beginnings: Starting High School Mid-Year

BY GIOVANNA BERMUDEZ

Changing schools is never something someone wishes to do, especially in the middle of the year. Honestly, I took a leap of faith when deciding to transfer to Academy of the Holy Names. Transferring to Academy of the Holy Names has been a great experience.

This decision has only benefited me! I was

nervous to start over at another school and leave my friends as well as my comfort level. I decided to transfer because I wanted more opportunities, sports, and extracurricular activities. My advice to a student thinking about transferring to AHN would be to attend events, get involved, and make friends.



See [NAVIGATING NEW BEGINNINGS](#), page 10



Senior Class 2024



Congratulations to
Academy of the Holy Names
Class of 2024!

The Academy Courier Patrons

The Academy Courier would like to thank the following Spring 2024 issue Patrons for their interest and generous support:

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* The Academy of the Holy Names Spring 2024 issue's goal is to create an excellent paper for the students and by the students.

* The Academy Courier would also like to thank The Academy Courier Co-Editors for their help as well as support in terms of the editing process, fundraising, and guidance that allows each issue to come to fruition with success. Also, the Academy Courier would like to thank Blass Marketing for their professional, unique, fresh, and stylish design as well as layout of our newspaper issues. We are very appreciative to Margaret Taranto and Reagan Schwartz for their editing assistance.

The Academy Courier Co-Editors and Staff for the Spring Issue 2024

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The Courier
Co-Editors and Staff work diligently and with enthusiasm to create an innovative, creative, and dynamic school newspaper here at Academy of the Holy Names.



Sisterhood That Lasts a Lifetime

From Page 1

to create extremely strong friendships. Each of us, unique in our own ways while bonded by our love for each other and our school. Whether it is through celebrating one of our decade-long traditions or simply just sitting in the college counseling room during free time, there is always something to look forward to when arriving at school each day.

Wearing the AHN signature plaid skirt each day has become ritual to each student that builds us closer as a community in ways we do not even realize. The skirt will not be a piece of the daily routine next year yet, I will continue to reflect on the sister-

hood meaning. A symbol of our eternal sisterhood is our class ring that I will continue to wear beyond my high school years. The ring, physically exhibiting our connection to Holy Names, symbolically portrays the endless traditions we celebrate together as a school.

Spanning from Holly Ball, window painting, song contests, and new traditions of painting our parking spot signifies how we always unite and do it together as a second family. Even though next year we will not be present at Holy Names and see our friends each day, the memories I have created, along with my sisterhood will stay with me forever. ❀

A Foundation in Journalism

From Page 1

has only intensified my love for this field, and my eagerness to pursue Journalism as a career.

I produced articles for the Courier and created videos for the Instagram page, reported my experiences at news events, met deadlines, and toured an actual news station. I am more than prepared to major in Journalism next year. The skills that this course has instilled in me will be useful in my student years and in my professional life. Ms. Leonard allows us total creative freedom to choose a topic of interest that is significant to us when we write our pieces for the newspaper.

I had an excellent experience interviewing Mrs. Taranto, the new principal of Academy of the Holy Names, for our prior winter issue. The ability to conduct interviews is essential for news reporters. My favorite part of the day is Journalism class because we are a smaller, more intimate group, and our

conversations are amusing, personal as well as engaging. The close-knit relationships that I share with my peers contribute to the comfort of the classroom atmosphere.

Public speaking is a large part of journalism. The class is confident to present because we support and uplift each other. The highlight of Journalism for me this year was our field trip to Spectrum 1 News. Along with the Communications Club, we toured the news station and viewed the behind the scenes of the process of producing a news show. It was fascinating to walk through the different rooms, filled with amazing technology. I read from the prompter and used my "news voice" like a true anchor, and it made me ecstatic for my future. I sincerely appreciate Ms. Leonard pushing me to achieve my best work, and I strongly encourage aspiring Journalists at AHN to sign up for this course! ❀

Senior Year Highlights

From Page 1

attend, doing well during high school, and final high school courses. This process can become overwhelming with many senior year highlights, yet it is very exciting.

Holy Names feels like a second home because of the friendly, caring community ever since I arrived here. I had the opportunity to establish lasting relationships. The students came together for long term or short-term celebrations that strengthened the community. There are many exciting senior traditions like receiving your senior shirt or just eating lunch all together in your favorite room.

The Holy Names community is particularly important to me, and I am savoring it. The class of 2024 participates in wonderful traditions that make it more exciting. When committing to college, the students display the college sign on their

senior locker. It is super exciting to have all your friends support the seniors' commitment to college. A great and new tradition that our class participated in was painting our parking spots. This activity was so much fun, as the seniors designed the parking space, gathered the supplies, and then began painting. The process took about two days to finish my parking spot, but the time was worth it. All of the senior parking spots look amazing, and it dresses up the school!

I would like to thank Holy Names for these wonderful four years with a warm community and amazing senior traditions. Holy Names helped to shape me into the young woman that I am today with a vision of a successful future. ❀

Sisters' Bonds: The Ring of Unity Introduction

From Page 1

As we approach the threshold of new beginnings, these rings become poignant reminders of the lifelong connections that bind us together as sisters, transcending any distance and guiding us through life's twists and turns. As we prepare to bid farewell to Holy Names, leaving holds a touch of sadness, but I take comfort in knowing that I depart with 32 new sisters, bound together by the enduring bond of our class rings and the cherished memories have created. One of my favorite moments was sitting all together sharing the unforgettable memories and traditions we have made at Holy Names.

As we each scatter across different campuses and cities, the significance of our class rings shines brighter than ever. They serve as tangible reminders of the support system we carry with us – a sisterhood that remains forever strong. As we bid farewell to our beloved alma mater, we carry the spirit of Holy Names with us wherever we go. We will honor the legacy of sisterhood that has shaped us into the strong, independent, charitable women we are today. Each of us take comfort in the knowledge that, though our time at Holy Names may be coming to an end, our sisterhood will remain forever! ✿

Reflections

From Page 2

It feels like yesterday, when we read from a picture book. Currently, we find support by our wonderful friends and family upon acceptance into our dream schools. This experience all comes as a shock when you realize you have finally grown up (almost). As we enter upon these last few weeks, we should all embrace the bittersweet realization that these endings

are inevitable, and they are paving the way to new beginnings. Leaving for college is not as much of a physical departure, but more of an emotional journey to new routines, self-discovery and opening the gates of beginning a new life. I cannot believe our last four years at Academy of the Holy Names are flying by so fast. ✿

Senior Year Sketch

From Page 2

traditions at Holy Names, we feel that deep connection and sense of belonging. I appreciate all the memories I have made during my time here at Holy Names, and I hope that all of the tradi-

tions will continue to thrive and new traditions will continue in the future. ✿

THE COUNTDOWN TO GRADUATION

From Page 3

Time seems to speed up as graduation day approaches. What felt like forever suddenly feels like it is slipping away too fast. I learned the importance of taking a step back and appreciating what is happening around you. Take the time to enjoy the little things, the laughs with friends, the funny moments in class, and even the boring stuff that used to annoy you. These are the memories that you will look back on one day with a smile.

Counting down the days until graduation, do not forget

to live in the moment. Most importantly, remember to cherish every second. There are going to be setbacks along your journey. Do not let these setbacks hold you down, and keep living to the fullest. Get out there, try new things, make new friends, and enjoy the time you have, that is my biggest advice as I leave this chapter of my life behind. As the countdown to graduation reaches its final moments, try to remember that the end of one chapter marks the beginning of another. ✿

You are Beautiful Day

From Page 3

is the first step. Being beautiful is not only about your appearance, but also about personality, speaking positively, and boosting others around us.

Beauty comes in many forms. When we come together it serves as a path to healing, a way to empower ourselves, and walk the path of being beautiful internally. Investing in relationships, encouraging our peers, gathering as our group of women on this day, it creates beauty and influences us all.

We celebrate this day together in our school in hopes that we can recognize our own beauty, make life beautiful for others, and spread that beauty to all aspects of our lives. Everyone comes together and shows appreciation for all the beauty that exists in our lives, and we all know we could all use a reminder of that. ❀

800 Days of Learning: My Duolingo Journey

From Page 3

My trip to Paris was canceled due to the COVID-19 pandemic, which meant my original reason for learning French was now gone. However, I realized through my Duolingo streak that I had a newfound passion for learning the French language and decided to keep the streak alive. I also pursued new types of French practice, such as tutoring and finding other people who knew the language. Currently, I speak to many people who I met from this experience! After the pandemic, my family rebooked our trip to France, and I was able to guide my family in stores and strike up casual conversations.

My original streak ended due to a lack of Internet connection during a trip, and afterward my interest flourished. Extending my streak is often the first thing I do in the morning or the last thing I do before I sleep, giving me a sense of fulfillment every day. This decision affects my present, and the future, as I hope to minor in French Studies during my university career. I do not know how long my Duolingo streak will last over the course of my life, but I know that the app's influence has changed me for a lifetime! ❀

Miss Shamrock

From Page 4

and activities, the Miss Shamrock competition offered me a platform to show case the richness of my cultural identity.

Through this title, I am empowered to amplify the voices of my great grandparents and grandparents who love this town very much and were important founders of the Irish society here. During the parade, I carry the legacy of generations past, honoring their spirit and unwavering commitment to preserving our Irish heritage. Miss Shamrock 2024 is not just a title, but a testament to the enduring power of community, and the boundless possibilities that arise when we embrace our diverse cultures. ❀

Hollywood Beach, Florida

From Page 4

are a unique blend of beauty and fun that allows it to become a must-visit gem on Florida's coastline.

My perfect day in Hollywood Beach, Florida begins early in the morning. I wake up early before it gets too hot, and go for a run on the boardwalk. During my run, I admire the beautiful beach and take in the ocean breeze before it gets too busy. After my run, I go to Haagen Dazs, a coffee and ice cream shop, and order a smoothie before I hit the beach. Hollywood has the perfect weather for tanning and swimming in the ocean. The beach offers so many different activities such as beach volleyball and parasailing!

Furthermore, the eating options in Hollywood Beach are endless. The upscale seafood restaurants and casual beachfront cafes have something to satisfy everyone. After a delicious dinner, my family and I enjoy a walk on the boardwalk. Usually, there is live music playing almost every night right on an outside stage, which is where we like to end our day.

Hollywood Beach, Florida is a captivating place that offers an amazing vacation experience unlike any other. Hollywood Beach has sunny shores, boardwalk, dining options, and many attractions to offer for everyone. Hollywood Beach certainly delivers with its lively atmosphere and warm hospitality! ❀

A JUNIOR GLIMPSE AT THE COLLEGE APPLICATION PROCESS

From Page 4

College, and Tufts University.

My first scheduled tour was at Boston University, in the heart of Boston. The area was bright and vibrant, filled with swarms of college students walking on the street to their next class. The university is located on Commonwealth Avenue and overlooks the Charles River. It is not an enclosed campus, so the academic buildings and dormitories are spread throughout the street. The atmosphere was very dynamic and full of life, which was an adjustment from the comfortable environment of suburban New York. After my tour at Boston University, I drove down Commonwealth Avenue, to Boston College's Chestnut Hill campus.

In contrast to Boston University, Boston College has a beautiful, enclosed campus, with large historic buildings and courtyards. The environment was a stark contrast to Boston University and felt more familiar and comfort-

able. The next day, I toured Tufts University, in Medford and Somerville. With an enclosed campus and located farther away from Boston than the previous schools I toured; its atmosphere was quiet. The buildings were similar to Boston College, beautiful and historic, yet the atmosphere was similar to Boston University, with an attitude of innovation.

Each college and university I toured had aspects I liked and disliked, and this experience helped me to understand which qualities I am looking for when I begin the college admissions process in the fall of next year. 🌸

Navigating New Beginnings: Starting High School Mid-Year

From Page 4

The event that helped me acclimate and know people better was attending Military Ball at Christian Brothers Academy. Attending this event was a great way to socialize with the other girls who were there, and I had such a great time! The girls and the teachers made my transfer here at Holy Names so seamless and comfortable.

Everyone has been more than accommodating and understanding in terms of helping me with my work, or asking how I am doing, and how everything is going. I have received so much support at Holy Names, which is wonderful. I cannot wait to finish out my year here and graduate high school as a Holy Names Panther! 🌸