

EDITORIAL: SHIFTING THE CONVERSATION

Our Editorial responds to the recent sexual assault accusations on the national level and provides possibilities on how Malvern can educate students on this topic.

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MP FALL SPORTS REVIEW

Season recaps! Malvern won three Inter-Ac titles during the fall season. Friars currently lead in the Heyward Cup rankings by five points.

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COWS, KILLER RABBITS, AND FRENCH PEOPLE

The spring musical will be a satire of the legend of King Arthur. Rehearsals start in January.

**Monty Python's
SPAMALOT**

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INTRAMURAL BASKETBALL TAKES OVER MALVERN

...and it isn't even the regular season yet.

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WHEN THE VAPOR CLEARS

VAPING IS THE LATEST INFATUATION OF MALVERN STUDENTS. HOW PROMINENT IS IT, AND HOW DAMAGING CAN IT BE?

ALEX HAYLOCK '19, MICHAEL HARRINGTON '19, DANNY MALLOY '18,
LIAM MCKNIGHT '18, BILLY CORCORAN '18
FRIAR LIFE EDITORS, EDITOR IN CHIEF, CONTRIBUTORS

On February 10, Student Council sponsored a Family Feud activity for the upper school in the Duffy Theater. Assistant Head of School for Student Life Mr. Ron Algeo asked the question, "What do Malvern students spend their time doing after school?"

In front of a crowd of teachers and hundreds of students, a contestant calmly answered, "Juul."

The crowd of students burst into laughter, not only because it was a bold thing to say in front of teachers and administrators, but because there was an element of truth to it. That moment solidified the presence of vaping in the culture of Malvern students.

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PHOTOS: A. HAYLOCK, M. HARRINGTON
DESIGN: C. BENNETT

Bowls change to cups in tenth year of ceramics fundraiser

This January, one of Malvern's most notable events is coming back with a new look.

Sean Oates '18
REPORTER

Since December 2008, thousands of student-made pots have filled the Duffy Center gallery for the annual Empty Bowls fundraiser. However, the event will be taking on a new form when it returns this January.

For the past nine years, Empty Bowls has been a popular event involving a dinner where student-made ceramic bowls and other items were auctioned or sold to raise money for charity. This year a similar event is being planned with some changes.

The biggest change is that the work for the event is done primarily by the students in the Art and Advocacy class. This is the first year the class has been offered in Malvern's curriculum, and the first semester of the class is devoted to this event.

One factor in the design of this new class was



COUNTING CUPS • At a recent open studio, senior David Wiener counts cups created by potters. Wiener is enrolled in "Art and Advocacy," a class that is leading Cups for Caritas this winter. / S. O'MEARA

the lack of student availability for Empty Bowls. Due to students' increasingly busy schedules they had less time to contribute towards the event.

"It's not that they didn't want to, but I found that each year it was more and more of a fight to get student leaders to commit... and I didn't want to fight the students," Art and Advocacy

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Sophomore rapper "Tbreck" takes Malvern by storm

This musician is generating a huge buzz in the area, performing at live shows coast to coast and racking up thousands of plays on Soundcloud.

Dan Malloy '18
EDITOR-IN-CHIEF

Sophomore Tommy Brecker is hard to find. During free time, he's nowhere to be found in the cafeteria or in the Learning Commons where most students go.

Instead, if you happen to stumble to the second floor of the Duffy Center, you'll see him in the recording studio, intently making beats with Logic recording software or spitting raps into a mic.

"I'm up here all the time working on stuff," Brecker said.

Most kids know and refer to him as "Tbreck," his stage name. In under a year, Brecker has generated a large following for his music and popularity around the school. He has the stats to back it up, with 210 thousand total plays and 1.1 thousand followers on his Soundcloud account.

Growing up, he always knew he had a knack for music. Brecker said he would write little rhymes in middle school to help take his mind off of things. When he took the Recording Technology class at Malvern offered in eighth grade, Brecker started making beats.

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DROPPING BEATS • Sophomore Tommy Brecker, known also as "Tbreck," works in the recording studio during his open period. Brecker racked up over 210 thousand total plays on his Soundcloud account in the last year. / D. MALLOY



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Mission Statement

The Friar's Lantern is the student-run publication of Malvern Prep. The principal goals of the publication are to provide accurate and relevant information to the Malvern community and to offer a forum for intelligent dialogue on all things Malvern. The reporting for these student publications is conducted thoroughly and edited by student leaders to ensure this accuracy to the best of our ability. In order to fairly provide all points of view, contributions from all members of the Malvern community are welcomed and encouraged through letters of opinion, student reporting, and respectful commentary.

Editorial Policy

The unsigned editorial represents the consensus of the entire Editorial Board. As a team, we agree and stand behind every word. The Editorial Board is a group of students composed of *The Friar's Lantern* editors-in-chief, managing editors, chief investigative reporter, section editors, social media editor, podcast editor, copy editor, a representative of the freshman class, and a representative from the Diversity Awareness Club. The group is meant to include a group of different students so all opinions and voices can be heard.

Submissions

Letters to the editor are encouraged. Any reader may submit a letter via email to mpfrierslantern1@gmail.com. Anonymous letters will not be published. Editors reserve the right to contact writers or edit submissions for reasons of space or clarity. Our staff also welcomes feedback in the comments section of *The Friar's Lantern* online, or via our social media. Each comment is subject to review by a moderator or an editor-in-chief. Commenter's email addresses must be verified, and comments are reviewed for defamation, profanity, obscenity, libel, and invasion of privacy. Not all comments are published.

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At times, online stories will be updated as new information surfaces. Verified inaccuracies will be corrected. When this occurs, a correction will be published at the bottom of the story with the date of the most recent revision and details of the change.

Joining our staff

New contributors are welcome throughout the school year. *The Friar's Lantern* staff meets twice each week at 7:45 AM in Duffy 118. Please contact any member of the staff listed below for the most up-to-date meeting schedule.

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SHIFTING *the* CONVERSATION

Sexual assault is a hot-button topic in today's society. While the discussion may be uncomfortable, the consequences of not starting that discussion could be dire.

Editorial Board

Politicians. Powerful businessmen. Prominent celebrities. Household names, who have a huge effect on our culture, are being accused regularly of sexual harassment. As more and more women come forward, a question arises: how is Malvern preparing us to handle ourselves around women?

We are learning more about assault by reading the headlines. One in five women and one in 16 men will be sexually assaulted in college, according to the National Sexual Violence Resource Center. 91% of the victims of rape and sexual assault are female.

We see prominent men getting accused by multiple women of harassment. Matt Lauer. Louis C.K.. Marshall Faulk. We hope a Malvern alumnus never engages in this behavior or makes this list.

In order to make sure Malvern students know the behaviors and consequences of their actions around women, they need to be exposed to some form of education on sexual assault.

Malvern needs to focus on two important areas where we see a need for growth. First, we need additional and enhanced situations where we work and learn together with young women as colleagues, developing respect for one another. Second, we need regular, consistent education on the definitions and consequences of sexual assault.

EXPOSURE

We believe that Malvern should incorporate an expectation that friars will interact with young women in a collegial context into the school's graduation requirements. This experience could take a variety of routes: a co-educational class, one of the current activity offerings, a shared service project, or other programs. We know that this will be logistically challenging, but we hold that this challenge

should be prioritized.

The question of how we learn to respectfully interact with women is a tough one to answer, and it's also difficult to talk about. It can get dismissed all too easily since we do have many great co-ed activities with our sister schools. We support and praise the Malvern Theatre Society, SpeakUp!, Cups for Caritas, and all other service and activity programs where Malvern and students from schools like Villa Maria Academy or the Academy of Notre Dame share their talents to create amazing results.

However, not all Malvern students participate in these activities. For the students who do not, this limits their interaction with young women to be strictly in a social setting. For those of us who do not sign up for the co-ed activities, we will not get to interact with girls outside of parties, concerts, or dances. And in these formative years, in those contexts, our perception of the opposite sex can become skewed.

When the majority of contexts in which we interact with girls are social settings, often fueled by alcohol and peer pressures, students may be more prone to objectify women. When women are just seen as sexual objects, there is a much higher chance for sexual assault to happen.

The current model of optional activities is not building positive relationships with girls consistently enough, because too often, our discussions are about who is hooking up with whom, and how each girl stacks up attractively. It's seldom about the academic talents of our female peers or their contributions to an artistic group. When most Malvern students do not get to interact regularly with young women in a professional or collegial manner, this is the consequence.

WE SUPPORT THE IMPLEMENTATION OF CONSISTENT, ONGOING EDUCATION ABOUT SEXUAL ASSAULT FOR THE STUDENT BODY.

IT CANNOT BE JUST A ONE-AND-DONE ASSEMBLY THAT HAPPENS EVERY FEW YEARS.

LETTER TO THE EDITOR

In our October issue, the story "Seniors slide, and so do AP scores" reported that many of Malvern Prep's AP scores are on a downward trend.

The Advanced Placement (AP) issue is a complicated one. Three immediate questions that surface for me are: A.) Why do schools offer them? B.) What do they represent? C.) How do students hope to use results from AP courses?

For many schools, AP courses represent the most rigorous course offered within an academic discipline and for purposes of this piece, I'm defining rigor as the top course or courses offered within a progression of learning. Working backward then, AP courses represent the highest level classes students can take at Malvern Prep. And because this is the case, and our students are seeking admission to outstanding colleges who demand the highest level coursework, AP courses populate many transcripts from Sophomore year on.

There is a problem though. The game we subscribe to doesn't always add up the way we want it to. For example, what happens when a student learns that the University he has been accepted to does not accept his AP coursework, regardless of his score on the spring exams? What do we say to these students? Because it seems to be happening more and more.

All of this considered, analyzing AP Performance is an awfully difficult task. Sure there is a surface trend (good or bad), but the AP conversation runs much deeper. The underpinnings of student motivation for taking an AP course are interesting to me, as well as our own AP policy that states that a student must sit for AP Exams. I'm curious where we would stack nationally against other schools with an identical policy. Additionally, I wonder what it would look like to invite only those interested in taking the exam to take it. My sense is that things would change quickly when analyzing overall AP Scores.

APs represent different things to different people. I wonder if there is a way to capture these various motivations leading into a course of study, and if so, what might it look like for a teacher to know that some students are looking to score high on an AP Exam, while others were simply looking to credential internally for the course? Furthermore, what would it look like if still another set of students were working toward college credential for the same course, sans test? I'm hopeful that the college credentialing conversation is one we can continue to push, because it is important and one that extends well beyond APs.

Patrick Sillup
Assistant Head of School for Academics

EDUCATION

Juniors and seniors may remember an assembly about sexual assault two years ago in the spring. It's hard to say if students still can recall or have internalized the lessons from that event since it was so long ago. The Editorial Board believes there should be more exposure to events like these, but in a more effective way.

Topics as sensitive as sexual assault require more individualized and engaging discussions. We believe that talking about sexual assault within smaller groups could be beneficial to educate Malvern students. Opportunities like the J-Term or the AGE block could be used to discuss this topic.

According to Director of Human Resources Mrs. Neha Morrison, Malvern does "Safe Environment" training with the faculty "to bring an awareness of what physical, sexual, and emotional abuse looks like and what to do if any of these behaviors are observed." She mentioned there have been discussions with the Counseling department about bringing a similar type of training to students.

We support the implementation of consistent, ongoing education about sexual assault for the student body. It cannot be just a one-and-done assembly that happens every few years. At most colleges and universities, this conversation is a mandatory one, and results must be evaluated and reported. At an all-boys school, we believe that age-appropriate conversations around sexual assault should begin early and continue on an ongoing basis throughout Upper School.

Ultimately, any additional programming or discussions that Malvern implements will be useless if students are not open to these improvements. With stunning statistics and headlines facing us daily, we cannot ignore the fact that many of us will have a connection to sexual assault at some point in our lives.

Both Malvern and its student body can start now to make sure that we are ready to shift the conversation. ♦

PERSPECTIVE

A farewell to Membean

I'll admit it: I have enjoyed the hours I've spent racking up minutes.

John McGlenn '18

REPORTER

With all but an eighth of my high school career over, we received the announcement in class that my days of Membean have come to an end. As AP Literature & Composition teacher Mr. John Bohannon made this announcement, I realized that I have mixed feelings about the end of this era.

The online vocabulary lessons have been a staple of my English education at Malvern since the start of freshman year. Although my classmates and I have complained a lot in the past four years, I'll admit it that I have enjoyed the hours I've spent racking up minutes.

Over the years, Membean has inflated my grades and, more importantly, expanded my vocabulary. I'm saddened when I hear about underclassmen trying to cheat the system. Membean really doesn't feel all that different from any other computer game that might consume my hours. Trust the process. If you want to finish high school with a better repository of useful words, this game is one of the most useful ones around.

I thought of what could be the most fitting way to make a tribute to Membean and I have decided that it would be fit to use as many Membean words as possible to write one of my final columns.

Malvern Theatre Society to present Monty Python's "Spamalot"

Award-winning musical production promises plenty of laughs.

Rowan Cabahug-Almonte '20
REPORTER

Malvern Theatre Society Director Dr. James Fry, Music Director Mr. Ed Liga, and the rest of the Malvern Theatre Society team are in the early stages of creating one of the Arts Department's biggest annual events.

As announced in late November, Malvern Theatre Society will be performing Monty Python's "Spamalot" during the first two weekends of March. The musical tells the legend of King Arthur and the Knights of the Round Table in a comedic and satirical way. The show includes lots of singing, dancing, and humor.

According to Theatrical Rights Worldwide, an organization that provides schools with musical licenses for their performances, the musical "features a bevy of beautiful show girls, not to mention cows, killer rabbits, and French people."

"Monty Python's 'Spamalot' was based loosely on the movie 'Monty Python and the Holy Grail,'" Liga said. "[Monty Python] started as a television show that [became] more and more popular throughout Great Britain... they were like Saturday Night Live."

The show makes fun of the entirety of English history. King Arthur's character is now an egotistical king that does not even ride a horse. Lancelot transforms from the proud knight everyone knows and adores, to being sensitive and "homicidally brave," according to stageagent.com.

"People of my generation grew up watching Monty Python constantly," Liga said. "It was kind of racy humor. They made fun of everything and everybody"

Senior Patrick Sayers said that he and the rest of the cast like the show that was picked and the change in tone. "It is a lot less serious. This is like a comedy," he said. Sayers was cast as Patsy, King Arthur's assistant/squire.

Spamalot is Sayers's last show with Malvern's theater program. He has done every show since his freshman year, eight in total.

"It's still fun, but it's a little bit sad because I won't be able to do any more MTS shows after this," he said. "This has been the biggest thing I have done in high school for the past four years."

Junior Kyle Leonard was cast in the lead of "King Arthur." Other Malvern leads include senior Christian Franck as "Sir Lancelot," and junior Blake Cunningham

as "Sir Robin."

Last year MTS performed Les Misérables Student Edition. The show had a very serious tone meant to show the horrors of poverty and oppression in the nineteenth century leading up to the French revolution.

"[Spamalot] contrasts to the seriousness of Les Misérables. You know Les Mis was great, but this is going to be more light hearted and fun," Liga said.

The extreme change in tone may have been intentional. "I think it was a consideration. I think Dr. Fry wanted to include as many guys in the show as possible. He wanted something a large group of guys could get into," Liga said.

Another big change this year is that "Spamalot" features plenty of dancing. "Last year [Les Miserables] they literally just stood there and sang," Liga said.

Girls who auditioned for the show have some mixed feelings about the selection.

"In this year's show there is a lot more dancing," Academy of Notre Dame sophomore Alexandra Battisti said. "I think that the shows themselves could not be more different."

The show's cast are mostly male parts and there is only a single lead female part, according to Battisti. "I'm a bit disappointed. We will all be competing for just one part," she said.

This is Battisti's second year of being involved with MTS. She has been doing theatre for five years in total, in and outside MTS.

"We have a ton of talented seniors and juniors, so for me since I'm a sophomore it is a bit of a disadvantage because it is so competitive," Battisti said. "But I'm excited for it. I like how upbeat and humorous the show is."

Liga said Fry has accounted for girls in need of roles. "Dr. Fry is going to allow ways for there to be more than one girl, but literally the way it's scripted there is one female part," he said. "There are girls in the chorus called the 'Laker Girls.'"

Auditions are finished and rehearsals begin in January. Dance rehearsals will be on Saturdays, and Liga will hold music rehearsals on Tuesdays and Fridays. Fry will be working with the cast on days in between.

"It's nice to see a big group of guys and I hope they enjoy themselves, but it's going to be some work," Liga said. "It's going to be a fun time and a different kind of show." ♦

STATE OF THE STUD. CO.



Alex Haylock '19
FRIAR LIFE EDITOR

Student Council President Liam McKnight said that Student Council is actively preparing for the semester to come.

One new program the council plans on is working with one of the charities Malvern usually donates to thought the CARES Walk.

"A couple weeks ago Student Council held a meeting with a representative from an organization called 'Bringing Hope Home.' It's basically an organization that helps pay family's bills who have cancer," McKnight said.

The council is working on creating a fundraising activity. What the activity will be is still a work in progress.

"Some sort of new activity...we're talking about a penny war," McKnight said. "An activity where you get the whole school involved, [but] not like an athletic competition. It's a fun way to raise money for a good cause."

Collaborating with "Bringing Hope Home" is easier because of its regular ties to Malvern, according to McKnight. "They are already a Malvern charity, so it was kind of easy to get them come in to [school]," he said.

Another Student Council event for the new year can be expected in the J-Term.

"Out of the eight days of the J-Term, two of the days (one per week), you're going to have an activity day: freshmen with sophomores, and juniors with seniors," McKnight

said. He and the rest of the council were tasked with organizing the events during these "activity days."

"Student Council was given the responsibility to create an activity with that time," McKnight said. "We might bring back bubble soccer, or a spelling bee, something like that."

For the next activity schedule event, McKnight and the council also hope to bring back an event from last year: Family Feud. "It seemed to be

pretty successful, so we're going back to that," he said.

In the long term, McKnight hopes on turning working with charities into a Student Council tradition, but is focused on organizing their current project first.

"Right now we are trying to get one thing off the ground, with the penny wars, but then if that works out we plan on keeping in contact with them...maybe [plan] one or two more events with them," McKnight said.

McKnight is now halfway through his term as Student Council president. He said that even with major shifts in school leadership this year, the responsibilities of Student Council have remained similar to previous years. "From my two years on Student Council, not much has changed... our job kind of always stays the same," McKnight said.

However, McKnight said that Student Council does work with administration on some programs. "[Assistant Head of School for Academics] Mr. [Pat] Sillup is talking to us, even though it's mostly about the J-Term," he said. ♦

Upcoming Activities:

- Fundraiser for "Bringing Hope Home"
- Family Feud
- Inter-class programming during J-Term

NEWS IN BRIEF

Dodgeball Tournament will create memories

All Upper School grades will compete six-on-six in the annual dodgeball tournament on December 21, the last day before Christmas break. The teams were selected via lottery during a Friday Morning Rally. Teams got to choose from a selection of t-shirt colors during the Friday Morning Rally on December 15.

Upper School Sports Awards Assembly

Athletes were recognized for their involvement in the fall sports assembly during the activity period on Friday, December 15. Parents, coaches, and their fellow classmates watch as the student athletes accepted letters, MVP awards, and other recognition.

Friar swimming falls to Conestoga

In their first meet of the swimming season, the friars fell to Conestoga High School, 86-98. According to Malvern Prep's athletic website, eighth grader Nick Harris set a new school record in the diving event with a score of

332.58. Junior Matt Magness won the 200 free (1:42.51) and 500 free (4:40.86). Seniors John Connors and Isaac White, junior Lou Franzone, and Magness won the 200 free relay (1:28.22).

Rugby competes in Apple Pie Tournament

Over Thanksgiving break, the rugby team and alumni competed in the annual Apple Pie Tournament in Fairmount Park. The tournament was a round robin competition on Black Friday, a perfect opportunity to run off Thanksgiving dinner. The annual tournament funds scholarships to help inner-city kids learn to swim.

Drug and Alcohol AGE Block

All students split into their grades and went to three different guest speakers to learn about the consequences of drug and alcohol abuse on December 13. Seniors learned from an alumni speaker in O'Neill. Juniors and sophomores were in Duffy, and freshmen were in Stewart.

Wrestling ranks top ten in Iron Man Tournament

Varsity wrestling finished in the top ten at the annual Walsh Jesuit Iron Man Tournament in Cuyahoga Falls, Ohio on Sunday, December 10. Senior Michael Beard took the weight class championship at 195 pounds.

Winter Arts Festival awes audiences

Musicians and artists from the upper and middle schools performed and presented work in the annual Winter Arts Festival this December. The band concert took place on Wednesday, December 6, while the choral concert and art show took place on Wednesday, December 13. Highlights included the "Rock Band" featuring freshmen Christopher Krein, Cormac Delaney, Joe Lister, Eric Yablonski, and Micaela Shackelford (VMA); the first-ever collaboration between Malvern Men's Chorus and the Guitar Ensemble on "White Winter Hymnal" by Fleet Foxes, and furniture constructions by Sculpture classes. ♦

A jawn about jawns

The word "jawn" is synonymous with Philadelphia. Malvern students and teachers discuss the acceptable usage of the word on campus.

Steven O'Meara '19
PHOTO EDITOR

On October 4, Merriam Webster sent out a tweet with a link to a website titled "Some Jawn about Jawn."

According to the dictionary's website, the word "jawn" has now been categorized as a "Word We Are Watching," meaning they are increasingly seeing the word in use, but it has not yet met the dictionary's criteria for entry.

The term "jawn" originated from the Philadelphia area, but was derived from the word joint. The term joint means an intersection between where two bones meet. In New York City, the word joint became a regional slang term for a place.

"Jawn" can refer to almost anything, almost an interchangeable puzzle piece in the English language. It is used as a noun, but not as a verb, according to former Editor-in-Chief Tyler Pizzico '17. "That would be a travesty," he stated.

But for some, "jawn" is more than a word.

Senior Christian DiCicco chose "jawn" for an essay for the University of Virginia's application about favorite words.

"I chose 'jawn' because it is unique especially to this area, the Philadelphia area, and I said in my essay that the people who used it, it describes who they are and where they are from, and we take pride in being from where we are," DiCicco said.

Not everyone agrees with the usage of the term "jawn."

MALVERN NEEDS



With the end of the semester and winter break upon us, many students and teacher may be eager for a long winter's nap. These stories may help you to think about sleep as you hit the pillow.

Technology keeps teens awake at night

Students at Malvern and at many other schools in America have one thing in common: they are tired. What is the role of technology in this similarity?

Eric McLaughlin '18
EDITOR-IN-CHIEF

// I am always tired," senior Patrick Keenan said with a yawn. "I can't remember the last time I felt fully awake when I was at school."

Patrick Keenan is a captain of the crew team, a M.E.C.O. leader, and an honors student. One might think that he is always tired because of this heavy workload, but he is not alone. A number of students at Malvern are coming into school more and more tired to start the school day.

One of the possible causes for this constant drowsiness among students is the usage of cell phones before falling asleep.

In a survey of Malvern Prep students, 82 percent said that they use their phones while in bed before falling asleep. Over 76 percent of those students said that they use their phones for 30 minutes or more during this time.

Not only is this causing students to fall asleep later, it could have an effect on the way that they sleep throughout the night.

A recent national study found that the number of U.S. teens who reported sleeping less than seven hours a night jumped 22 percent between 2012 and 2015. Sleep experts agree that teenagers should have at least nine hours of sleep a night, but 43 percent of teens get less than seven.

The biggest change in teen habits between 2012 and 2015? More students own and use smartphones.

More recent studies have linked late-night smartphone use by teens to a decline in mental health, including depressed moods, lack of self esteem, and inability to cope.

Keenan said that his phone is always charging next to his bed in easy reaching distance if he ever wanted it during the night.

"I use my phone every night before falling asleep," Keenan said. "I think it helps me detach from everything else that is going on after a long day."

Keenan said that he gets around six hours of sleep each night, falling asleep around midnight and waking up around 6 a.m. for crew workouts.

Peter Borger is a senior at Malvern on the Cross Country team. He has signed his letter of intent to continue his running career at the University of Richmond next fall. Borger does not use any technology before falling asleep.

"I try to stay away from having my phone near where I sleep as much as possible," Borger said. "I value sleep so much for my school work, and I think it is key for my success in running. If I show up to a meet and I'm tired, there is no way I am going to be able to run as fast as I can."

Borger thinks he gets a lot more sleep than many other students at Malvern.

"I probably get around nine hours of sleep per night. I try to fall asleep by 10 o'clock each night. During the cross country season, I am usually very tired after practices so it is fairly easy for me to fall asleep rather early," he said.

It is much more difficult to learn when you are tired. If you are zoned out and not engaged in class, you are most likely not going to be able to remember anything you were taught that period.

Teachers have begun to notice this tiredness in a number of students. Theology teacher Mrs. Jessica Kenworthy said that her students have been tired for a long time. "They are teenage boys. They're going to be tired whenever they have to wake up at 7 a.m. for school," she said.

Kenworthy said she could see how technology usage is keeping students up at night and making them sleep less.

"When I was in high school and even when I started teaching, being on your phone at night wasn't a problem for students," she said. "Now it is so easy to reach over, pick up your phone, and stay up for multiple hours."

She said that she tries to stay off technology, and also tries to have her children stay away from it at night.

"Nothing productive is really being done when you are on your phone late at night," she said. "The time that students now spend on their phones could be spent sleeping, and that would make them much more productive during the school day." ♦

Recent studies have linked late-night smartphone use by teens to a decline in mental health, including depressed moods, lack of self esteem, and inability to cope.

Insomnia symptoms affect productivity, moods

What happens when sleep is impossible?

Howard Yao '18, Brady Devereux '18
CONTRIBUTORS

It is 3 a.m., and senior Des Papariello is wide awake again.

It is likely he is composing music. "Usually I wake up and can't fall back asleep," he said. "So I choose to work on music. My most productive hours are three in the morning to five in the morning."

For Papariello, insomnia is a lifestyle. He averages three to five hours of sleep each night.

"It ranges from night to night. Let's say I fall asleep around 8, I'll probably be up at midnight or one," he said.

For Papariello, his habit of not being able to sleep started when he was very young. His dad would wake him up very early in the morning and they would both go about their day.

Even today, it's like father, like son. Papariello said that he and his dad will often see each other at 3 or 4 a.m., getting food in the kitchen.

The National Sleep Foundation defines insomnia as a disorder characterized by chronic complaints of unsatisfactory sleep, despite having enough opportunity to sleep.

Surveys have reported that as many as one third of the general U.S. population suffers from insomnia symptoms. Nearly ten to fifteen percent percent of all U.S. adults report severe, chronic insomnia that affects their daytime functioning.

School Psychologist Dr. Dorothy Sayers said that insomnia can sometimes be related to mental health issues. "If someone is depressed, they may have a hard time sleeping. Or they could sleep too much, but it is attached to the mental health issues," she said.

Sayers said that insomnia can also be related to poor sleep patterns.

"If somebody generally goes to bed really late, and they are continuously doing things through the night and not giving themselves time to lie down and relax to let their body go into that sleep pattern, that can cause insomnia as well," she said.

Sayers suggested some changes in habit that could help people facing insomnia symptoms.

"Create a certain time to go to bed. If someone has a really hard time going to sleep and

they don't go to sleep until early morning, or it takes them a while to fall asleep, try to push that back by 15 minutes early each night to get yourself into a better sleep pattern where you can go to sleep earlier and be able to fall asleep earlier," she said.

"And then also reduce caffeine. Don't drink that after certain hours, because sometimes it keeps you awake," she said.

Sayers also suggested that turning off the television, phones and laptops can help someone to get to sleep, as technology within reach can keep your body awake. She suggested that some behavioral exercises, like listening to relaxing music or doing reading exercises, can also help

people get the important sleep that they need.

"If it's after midnight, it's way too late," she said. "Try to push it back as much as you can."

Teens are at an important stage of growth and development. Because of this, they need more

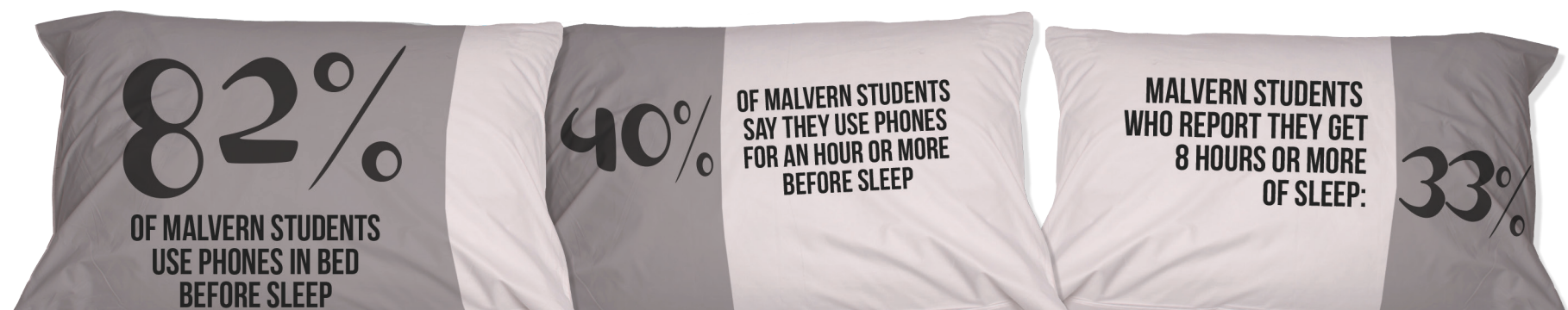
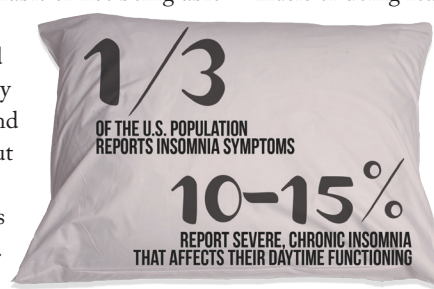
sleep than adults. According to the National Sleep Foundation, the average teen needs about nine hours of sleep each night to feel alert and well rested. Insomnia symptoms can make this challenging.

Studies show that insomnia can negatively affect work performance, impair decision-making and damage relationships. People with insomnia can feel dissatisfied with their sleep schedules and can usually experience symptoms such as mood disturbance. They can also experience fatigue, difficulty concentrating, and decreased performance in work or at school.

Papariello thinks that insomnia relates to his musical creativity. "If I wake up at three and have an idea, than I have to work on it because you never know where an idea could lead," he said.

But while he might be productive at night, Papariello finds that he gets very tired during the school day. "It's tough to be up at 2 in the morning, and then you have to come to school and be attentive for six hours," he said. "It may affect my mood because I am a super moody person."

Although Papariello acknowledges that insomnia can be challenging, he has accepted it as part of his life. "I've never really gotten checked out about it. It's kind of just how I live." ♦



72% OF U.S. CHILDREN & 89% OF TEENS HAVE AT LEAST ONE DEVICE IN THEIR SLEEP ENVIRONMENT

Dream Water: Worth the buy?

Want to sleep like a baby? Then read this.

Quinn McCahon '18
CONTRIBUTOR

It's almost winter break. Homework is done, college applications completed, no more stress about intramurals drama. Time to get some sleep, right?

Is it possible to get the best night of sleep ever by drinking a shot of water that costs \$3.75?

Recently, with the support of family and friends, I tested Dream Water to see if the hype around it is real.

I had no idea what I was going to feel like after my first time using it. Would it work? Was I going to pass out on the floor the second I tried it? That's not exactly what happened.

After drinking Dream Water 30 minutes before bed, I felt my head and body get heavy. I started to cuddle up in my blankets and rest my head. Before I knew it, I was knocked out cold and experiencing something I've never felt before.

Usually I struggle falling asleep, but after using Dream Water, sleep has never been better.

I don't remember ever waking up in the night. The morning after, I felt so great and refreshed after my sleep.

I continued to use it each night that week before bed, and found similar results to my first night.

My mom tried Dream Water as well, and she loved it. "It is amazing how quick it relaxes you," she said. "It allows you to fall asleep and the ability to wake refreshed." However, she said she would not allow me to take it on a regular basis to prevent the risk of becoming dependent on it to fall asleep.

Although drinking from these bottles that are readily available [online](#) and over the counter at retail stores might have provided me with the easiest night of sleep ever, experts suggest the drink may be unsafe to use due to some ingredients and lack of FDA testing.

Dream Water uses a proprietary blend of sleep ingredients—melatonin, GABA and 5-HTP—to promote effective sleep. By definition, a proprietary blend is a combination of materials used exclusively by one supplement manufacturer. The Food and Drug Administration does not require manufacturers of proprietary blends to list the specific measurements of these ingredients, so there is no way to know exactly how much you are consuming.



Although there are possible health issues that could occur when taking Dream Water, that isn't going to stop me from taking it.

According to Dream Water's [website](#), melatonin helps govern the body's internal clock that regulates your natural cycle of sleeping and waking. GABA, or gamma-aminobutyric acid, helps you relax and reduce anxiety by blocking the transmission of impulses from one cell to another in the central nervous system. Lastly, 5-HTP, or 5-hydroxytryptophan, helps promote sleep and relaxation and improve the quality of sleep by stimulating the production of melatonin.

Athletic Trainer Mr. William Mills is familiar with Dream Water, but is unsure about the ingredients used. He recommends caution about the use of Dream Water because you could become reliant on it.

"We can not recommend supplements, we can only talk about them," Mills said. "Any kind of supplement you take, you should really have your family physician involved or our team doctor."

Mills emphasized being intentional about your schedule and setting a time where you go to bed every night. He suggested that natural sleep aids can work if used properly.

School Nurse Mrs. Kit McGettigan is hesitant about Dream Water because the ingredient 5-HTP have not been tested or approved by the FDA. The University of Maryland Medical Center states that 5-HTP helps to raise the level of serotonin, a neurotransmitter that helps to regulate mood and behavior. University of Maryland's website [lists](#) a variety of precautions and possibly dangerous drug interactions for 5-HTP.

How does McGettigan recommend a good night's sleep? "No visual stimulation an hour before bed," she suggested as a natural sleep aid. "Also, no caffeinated drinks and other drinks that might keep you from falling asleep."

Although there are possible health issues that could occur when taking Dream Water, that isn't going to stop me from taking it. The product has really helped the quality of my sleep.

What might stop me from taking it is the \$26.99 price tag for a 12-pack on Amazon. I'm a high school student. I don't have that kind of money. ♦

>FAREWELL TO MEMBEAN, 2

I will italicize them as I go as a way of showing my *exquisite* and *expansive* use of my Membean knowledge. I do not want to make this *verbose*, but some may consider it the final *requiem* of Membean for our class.

I have always *stifled* out the thought of doing Membean because I used to think of it as *ponderous* and something that could put me to sleep as I *incessantly* click the correct answers word by word. Recently however, I have wanted to do Membean on my own *volition*. At first, the reason why I made this change *eluded* me, but now as I think about it more, I truly believe that Membean has helped *bolster* my everyday language to new levels. It is not the traditional vocabulary of simple *regurgitating* the words and only understanding them at a *facile* level. I have been able to gain an actual *retention* of almost

all of the words I have seen over the past four years.

From the *repertoire* of videos in the word theater to the *barrage* of words seen in the word constellations, there has been a *tangible* difference for me, not just in my vocabulary, but also in my ability to use those words in context properly. Whether in a *rant* or just *banter* I can use many of these new words to my advantage to better my *repute*.

So thank you Membean, for everything you have been able to teach me over the past four years. The honor is mine to have participated in this distinctly Malvernian tradition. I look forward to *vicariously* passing on my Membean knowledge onto others, and utilizing the 4,575 minutes and numerous tests I spent with you to my advantage.

Membean words used: 2120 ♦

Malvern reacts to first wave of performance updates

Students and teachers have mixed reactions to the first round of written performance updates replacing quarter grades.

Joe Lister '21
SOCIAL MEDIA EDITOR

When performance updates went live for students and parents to read during the first week of November, some students were impressed by the feedback—while others missed the system of quarter grades.

According to an email sent to parents in mid-October, the performance updates were designed to provide "information that extends beyond MyMalvern." Teachers were expected to write KiSH (kind, specific, helpful) feedback for each student, replacing a letter or number grade at the end of the first quarter.

Senior Danny Taylor did not think his quarterly reports were helpful, however.

"They didn't help me too much. I feel like teachers wrote such similar summaries for everyone. They didn't really describe me as a student truthfully," Taylor said.

Freshman Rayce McCool also said that he thought many of his transcripts were similar. "I talked to my friends, and they said that theirs were different than mine, but some were a little bit of the same thing," he said.

McCool thinks that a return to a system with quarterly grades would be better than Malvern's new move to performance updates.

"I think grades every quarter would be better," he said. "Your grades show your participation in class already."

Taylor also wants quarter grades to return.

"I would have made sure I have the best grades possible because I know colleges would see them. With semesters, I didn't make sure my grades were perfect due to the fact that it didn't end until right before Christmas," Taylor said.

Senior Patrick Sayers says that he has mixed feeling about the performance updates.

"I don't mind it," he said. "It puts less pressure on the students if we get a rough start, we have the whole semester to catch up rather than just the end of the quarter."

Sayers also said that while many of his classmates are concerned about how this

will affect their college applications, he isn't worried.

"Some colleges asked for quarter grades for students applying," he said. "There was a bit of a shock to students who thought the schools wouldn't see those grades until after the decision had been made, but really it didn't affect me much during applications."

While some parts of performance updates made sense to Sayers, there is one thing he would change.

"I would take away the requirement for a suggestion on how the student can improve," he said. "For some classes it made sense, but for others, it felt canned and forced."

Some students reported that teachers' notes seemed copied-and-pasted from student to student. Sayers did not report this problem.

"I believe most of my teachers did send individual messages," he said. "But I heard of some students finding they had identical ones."

Ninth Grade Academy leader Mrs. Susan Giordani thought that the first run of performance updates went well. "The feedback we got was great," she said. "The parents loved that personal touch, they felt the teachers really know the kids."

Giordani says that having performance updates is "absolutely" better than quarterly grades because students feel validated and they know why they did things wrong.

"It's like if I gave you a paper, and I would say you got an 'A', you'd have no idea why you got an 'A'," she said. "Or if you got a 'D', and there's no feedback, does that give you any inclination of what kind of student you are? But if I was to give a detailed script ... that would be much more beneficial."

Giordani said that the feedback she got back from teachers was mixed.

"It's a lot to write [that much, but] I think the teachers liked doing it," she said. "Overall, the feedback that I got has been pretty positive."

Giordani says that she doesn't yet know how performance updates will evolve over next few semesters.

"There's all kind of possibilities and different ways you can give feedback," she said. ♦

> JAWN, 3

"Anyone can use the word and anyone cannot use the word. It is more than a word, it is taking pride, and if you don't want to use it, you don't have to, no one is forcing you," DiCicco said.

Junior Claudio Chieffo does not understand the popularity with the usage of the word.

"I don't think it's necessary, I think there are other words to use that sound more intelligent than 'jawn,'" Chieffo said, "I personally do not use it, but I think other people use it referring to either a thing or event. I don't know."

There is also some confusion to whether or not the term "jawn" is an official word.

"I feel like it was not a word but gained so much popularity so that it became a word. If I made up a word right now, but everyone started saying it, it would become a word," Chieffo said.

English teacher Kathryn Wolstenholme offered more insight to the term.

"I think it is useful, so if people in this area use it to communicate effectively with one another or it's something funny, or makes them feel like they are at home," Wolstenholme said.

Growing up and living in the south, Wolstenholme did not originally know what the word meant.

"I have learned it, and I will say I have used it from time to time, it is useful," she said.

As an English teacher, Wolstenholme is intrigued by the regional dialect wherever she goes.

"It is regional, and I'm fascinated by regional dialect in a lot of ways, being from Florida, which is not really the deep south, but then living in the deep south for nearly a decade for college and grad school," Wolstenholme said. "I do appreciate regional dialect and the variances that occur throughout the U.S.. If you were in North Carolina, Alabama, or Georgia, and you used the word 'jawn', no one is going to know what you mean, other than through context clues."

The word "jawn" can be used in a variety of manners, but it's up to the user to decide what it means.

"Well, after we finish this interview, you're going to have to go write this 'jawn,'" Wolstenholme said. ♦

As J-Term approaches, students learn more about it

After five years of planning, the J-Term is nearing.

Jack Guardiola '20, Steve O'Meara '19
COPY EDITOR, PHOTO EDITOR

On November 14, a course catalog and schedule for J-Term was released to the students of Malvern Prep via email.

According to the catalog, students will have access to a maximum of two J-Term courses over the 8-day session, stretching from January 8-19 over two four-day weeks.

For each day of J-Term, students report to homeroom at 8:15 as usual, while the first class of the day begins at 9 a.m. Students will take two 2-hour classes daily, beginning at 9 a.m. and 1 p.m., with lunch and "grade-level experiences" scheduled between 11 a.m. and 1 p.m., according to the catalog.

This catalog includes over 35 classes, which are each taught by one or two teachers. Among these classes are "Lifeguard Certification," "Don't Be Afraid of Death," and "Culture and Cooking."

"I like [the course catalog]. I like the spectrum of types of classes. I know there's one about leadership from Mr. Algeo and then there's all the way to courses about music and the history of music, which I think is really cool," sophomore Charlie Sayers said.

However, the J-Term experience will be significantly different for students who are taking Advanced Placement classes, who will continue their AP courses during the eight days of J-Term.

According to Assistant Head of School for Academic Mr. Patrick Sillup, the biggest difference between an AP student's J-Term and a non-AP student's J-Term is this change in coursework.

"An AP student is extending their interaction with the coursework they're already doing, [In] J-Term you're coming in and interacting with something completely different," Sillup said.

However, the differences between the J-Term experience for students based on whether or not they are taking AP classes doesn't stop there. Their schedules also are different, as some students take more than two AP students classes and therefore need access to more than two class options during the J-Term.

"You're able to take [all of your AP classes]. The AP schedule looks different than the J-Term schedule. What [Registrar Mr. Mike Koenig] was able to do was block thing out where guys can have this exposure and experience with the content, but then also create this hub effect in the LC so if you're not in the APs you have access to these teachers," Sillup said.

During J-Term there is one morning block and one afternoon block. Students with two AP classes will have one class in the morning and one in the afternoon, but

students with more than two AP's will have to utilize the Learning Commons as a hub to communicate with their teachers.

"For them we had to build something that's even more unique, which is 'How are you going to navigate your schedule knowing that two [classes] would run at the same time?'" Sillup said. "So connecting with your teachers, saying which one you're going to today, which one tomorrow [is important]."

However, some AP students feel they need more clarification when it comes to their schedules.

"[The schedule] confuses me. I'm in AP Bio so I'm not sure if I have my class one day and then don't have it the next, or if I have it in the morning and don't have it in the afternoon," sophomore Colin Dougherty said.

Others are disappointed that they will not get to select from the J-Term catalog options. Junior Claudio Chieffo takes two AP classes, so he won't be able to take a class from the catalog.

"I wish [J-Term] was here freshman and sophomore year," Chieffo said. "It's kind of a bummer that I won't get to take one [catalog class], but I understand that it's more important to get college credits and do well in the classes you already have."

Chieffo sees some advantages to the longer AP classes during J-Term. "I think it is a good way for AP classes to get caught up because the amount of days we lose because we have a different schedule than a public school puts us at a disadvantage with AP courses," he said.

Although there are differences between an AP student's J-Term and a non-AP student's J-Term, Koenig and Sillup have been working to design the program to run smoothly despite these differences.

"The old format was that the end of the semester was at January 17, and everyone would come back from Christmas break and hurry up to finish their semester courses," Koenig said. "That time in January was a decent time to put that in there because we found that it's two four day weeks."

Koenig sees J-Term as a break from what students might be doing for the entire rest of the year, and an opportunity to take a class that might be interesting.

"[J-Term can be] a two week period after we come back from break which we learn different types of classes, or we give our AP teachers a different format of class time," Koenig said. "The idea is it is going to work for the AP students and for the non-AP students." ♦

Courses offered in J-Term Catalog

The following classes were listed in the J-Term Catalog that was shared with students on November 14.

A Sporting Difference	Ms. Suzanne Sweeney
American Music Perspectives	Mr. Ed Liga, Mr. Tom McGuire
Apologetics: Defending the Faith	Mr. Drew Zagursky
Augustine, yesterday, today & tomorrow	Fr. Thom Meehan
Building Baseball's Next Team	Mr. Patrick Sillup Mr. Chris LaTempa
Capturing a Moment / Art and Written Word	Ms. Jackie White Mrs. Sue Giordani
Culture and Cooking	Mr. Jeff Carroll Mr. Jason Sammartino
Don't Be Afraid of Death	Mr. Larry Legner
Evolution/Application of Basketball	Mr. Jim Stinger Mr. John Harmatuk
Futurism	Mrs. Jessica Kenworthy
Getting in the Zone	Mr. Mike Rawlings
God, Rocky and Resiliency	Mr. Rick Poce
"Hey, That Sounds Familiar..."	Mr. Rich Roper
Hiking and Journaling	Mrs. Anna Geider Ms. Mary Kate Fisher
How and Why to Become a Philanthropist	Mrs. Diane Zulli Mrs. Diane Giordano
Journo J-Term	Ms. Kate Plows
Leadership	Mr. Ron Algeo Mr. Kurt Ruch
Letters (LGBTQIA+ Community)	Dr. Jim Fry Mr. Stephen Borish
Lifeguard Certification	Mr. Jay Schiller
Malvern Movie Production	Mr. Jay Rogai
Mastery of eDesign: Yearbook Tool	Mrs. Francine Cox Mrs. Laurie Peslak
Mind Games and Movies	Mrs. Korin Folan Ms. Kelley Bittner
Mosaics at Malvern	Ms. Teresa Lohse Dr. Joan Dlugos
Race and Society	Dr. Dorothy Sayers Mrs. Beverly Gordon
Record your Demo CD	Mr. Emanuel Del Pizzo
Religion and Psychology	Fr. Chris Drennen Fr. Jim Cassidy
Seeing the Story	Mr. Tim Dougherty
Songwriting 101	Mr. Ed Liga Mr. Jason Sammartino
Spanish Language Films	Mr. Jim Kirchner
Stage Craft with AV Documentation	Mr. Rob Muntz
The Startup of You	Mr. Kevin Moore Mrs. Pam Whitney
The Study of People	Mr. Jose Sanchez
Things Every Young Man Should Know	Mr. Alex Haynie Mr. Andrew DiDomenico
Web Design	Ms. Shay Quigley
Where Did I Put My Backpack?	Ms. Michele DelGiorno
WWII: The European Theater	Mr. Andrew Burke Mrs. Kathryn Wolstenholme

> BOWLS CHANGE TO CUPS, 1

teacher Ms. Kate Plows said.

Plows said that in the spring of last year she was uncertain if she would continue Empty Bowls. This was until former Head of School Mr. Christian Talbot held a meeting with her where they brainstormed ways to keep Empty Bowls alive, and it was here that the idea of the Arts and Advocacy class was developed.

Along with spending time making cups in class and during weekend open studios, the class is responsible for planning and organizing all other aspects of the event. Students are learning about logistics, fundraising, and how to work as a team.

"Our Art and Advocacy class is spearheading the event this year," seniors John McGlenn and Ben Mankowski said. "We basically run all of the meetings, we meet with all of the people that are involved, all the faculty, the development team, and arrange the logistics of the event."

According to Plows, there is much more to the event than making the pieces. "It is definitely not just making cups," Plows said.

The five-student class is made up of seniors John Connors,



Sunday, January 14
Mass 9 a.m. / Brunch 10:30 a.m.
Tickets online at
mpemptybowls.org

John McGlenn, Ben Mankowski, and David Wiener, as well as sophomore John Giordano. In the second semester, the class will be responsible for another project that has not yet been decided. However, the two requirements are that it involves ceramics and has a social justice mission.

The other, more notable change is the name of the event itself. It is now called Cups for Caritas, and according to the crew organizing the event, it was due for some change.

"It's been Empty Bowls for the past nine years, and families who come annually have a bunch of bowls in their house. This year we wanted to change it

up," senior David Wiener said.

Those attending the event have plenty of bowls to choose from. Last year, there were over one thousand bowls made, many costing as little as five dollars. However, as families bought more and more bowls, the idea of cups was a refreshing change.

"We have some families who have been coming to Empty Bowls for nine years, and they have so many bowls at their home that they could probably host their own Empty Bowls

event," Plows said.

The other difference from past years is that the event will be in the morning rather than the evening. Empty Bowls the last couple of years had been held in the O'Neill gymnasium, where a soup dinner was served. Cups for Caritas will run a bit differently.

"It's a morning mass, and then everyone goes to Stewart for a brunch style meal with juice, pancakes, donuts, coffee, and fruit—just like a small communal brunch instead of dinner," Wiener said.

However, two things have not changed about the event. One is the organization receiving money. Bethesda Project is a non-profit organization based in Philadelphia that helps the homeless, and they receive all of the proceeds.

The other unchanging aspect is the principal idea that drives the event.

"I really wanted to be teaching students that when you develop a talent, you develop a responsibility to use that talent in the service of others," Plows said.

And for all of the Eagles fans worried about missing a potential playoff game, the Cups for Caritas team assures there will be no conflict between the two.

"We would love for you to come out to the event on January 14. 9 a.m. is the mass, 10:30 is brunch," McGlenn said. "If the Eagles play, you can come right before the Eagles game. It will be a really fun time. There will be lots of pancakes." ♦

Teacher of the Issue: Mr. Mike Koenig

AP and Honors Physics teacher Mr. Mike Koenig has been teaching at Malvern for 12 years and coaching for 15.



WARMING UP • Physics teacher Mike Koenig is coaching the winter track team after school. During stretching, he assigned events for the upcoming weekend indoor track meet. / M. HARRINGTON

Mike Harrington '19

FRIAR LIFE EDITOR

When walking into Physics teacher and Registrar Mr. Mike Koenig's office on the top floor of St. Rita's, one can learn a lot about the man. He keeps only one chair in the room for himself. He decorates his walls very minimally. Nothing is in disarray, and there is a sense of order in office.

The room reflects the man himself—hyper-organized and hardworking.

"It's not for everybody," Koenig said of the registrar's job. "Some people say that they wouldn't take a million dollars a year to do the job, but if you have a brain that likes to work on puzzles, then this is a pretty natural fit."

He has occupied the registrar position for the last five years. The new development of the J-Term has added a new task to his duties as registrar. Koenig will be assigning course selections, rooms, and rosters for the J-Term.

Although Koenig does love the challenge that the scheduling puzzle of the J-Term brings him, he does have one regret about the experience.

"I was going to run a class called the Mathematics and Psychology of Poker... I have to teach AP Physics during J-Term," he said.

Koenig assumes the class would've been a top choice for many knowing Malvern's student body, but thinks students would have been disappointed anyways to find out what the class was actually like.

"It would have been pretty popular, but I feel like the students who would've taken that class would've been a little disappointed in how academic it would've been," he said. "Because it would've been very math-oriented. I think I would've bored everyone in the room."

Koenig wanted to create this class because of his hobby of playing poker. He also enjoys coaching, spending time with his kids, construction projects, and playing the guitar.

Koenig started coaching in 2002. He started teaching in the winter of 2005 as a long-term substitute, taking the place of the former physics teacher Captain Bob Boyce USN (Ret.) who was recovering from injuries suffered during an automobile accident.

"One of my assistant coaches Mr. Tom Stewart, from the science department, knew that I was looking for a job because I was finishing up my grad school work at the time," Koenig said. "He asked me if I'd be interested in teaching physics, and I had never really thought about it before because I don't have an education degree. But I decided to give it a shot. I liked it so much that they offered me a full time job after that."

Koenig earned an undergraduate degree in mechanical engineering from Notre Dame and a graduate degree in biomechanics from Delaware. Even though he had no previous teaching experience, or a degree in education, he doesn't think this hindered him from obtaining his current job.

"You can get into teaching by getting an education degree, but one of the things an education degree doesn't necessarily give you in that setting is practice. You don't really know what type of teacher you're gonna be until you actually get in front of a group of people," he said.

According to Koenig, coaching also helped him become the instructor he is today. He feels it forced him to improve his public speaking skills and group communication.

"I do feel like coaching helped me be a better teacher because I was able to spend three years perfecting talking to groups of people before I ever set a foot in the classroom," Koenig said. "It felt very natural and easy to start as a teacher and interact with students."

Even though this isn't where he pictured himself ending up, Koenig is happy in his current position.

"I love my job... I really like the people here. I really like the atmosphere. Then there's other things that you can't really put your finger on as to why you like it. It's just a good gut feeling. I got that from the second I drove on campus," he said. ♦

Alumnus of the Issue: Kevin Fitzpatrick '92

Former Malvern Prep student and MTS member discusses his life now as a teacher, filmmaker and enthusiast, and as a father.

Ethan Rowley '18

MANAGING EDITOR, PRINT

After a handful of different jobs in video production after college, Mr. Kevin Fitzpatrick advises a video production program at Great Valley High School. He moderates the school's filmmaking and video production clubs.

"The filmmaking club is dedicated towards analyzing and producing short films," he said. "The video production club is a whole lot of organizations rolled into one."

Every morning, the students that Fitzpatrick oversees put on a news-style broadcast for the school community.

"On a typical morning, students involved in the video production club get in earlier than everyone else. The normal homeroom starts at 7:40, mine starts at 7:20, so it's an extra 20 minutes they have to prepare the show and make sure everything's working properly," Fitzpatrick said.

This show ranges from three to seven minutes in length depending on how much content the club has to have to cover in a given morning. The show isn't the only work that the club does though.

"The other things that we film around the school [include] plays, concerts, [and] National Honor Society inductions," he said. "[It's] those kinds of things that the video production club is responsible for recording for posterity"

Fitzpatrick says that his passion for video production was initially fostered when the TV studio was started during his junior year.

"They came over to the theater department and said, 'we're looking for a few kids who are willing to go on air and help work with stuff,'" he said. "So that's how I got into video production."

Fitzpatrick enjoyed the program from the outset despite its limitations as a brand new organization.

"It was a fledgeling program at the time and we were still trying to figure things out as opposed to being able to robustly do anything," he said.

Fitzpatrick said that production program served as an outlet for multiple facets of his mind.

"It was an outlet for my creativity, but it was also an outlet for my analytical mind," he said. "Working with technology and working with equipment and scheduling and that kind of thing."

According to Fitzpatrick, the young program at Malvern is what gave him the idea of studying video production in college, and that study lead him into his current career.

The production studio wasn't the only place that Fitzpatrick got to express himself creatively while at Malvern, however. He was also an avid member of the Malvern Theatre Society.

"That was really what I woke up and went to school for," he said. "Those times and those moments being on stage opening night, having the energy of the audience and putting on these great plays. I was really glad to be a part of it."

Fitzpatrick says his favorite MTS show as a performer was *Gramercy Ghost*.

"It's an oddball little play set in New York about a ghost that comes to visit and who falls in love with a woman who lives in his apartment. It's a weird little romantic comedy," he said. "It was so much fun and really entertaining."

Fitzpatrick said that as a student at Malvern, English was his favorite subject, and that then-MTS director Mr. Richard Roper's English class was his favorite.

"I was big into the English program," he said. "I read a lot

and was into the plays... Mr. Roper was one of my teachers who really fostered that and really encouraged me... I really vividly remember being in his class."

Fitzpatrick says that current students should do their best to try new things, even if it's beyond their comfort zone, "Try everything you can," he said.

"Settling into a niche is good because then you have a lot of practice in that subject or topic, but try a little bit of everything because there might be something else that you hadn't even thought about that you could get into and

"So many students are focused on, 'I want to do the best' or 'I want to make the greatest,' or 'I want to make the apex of,' not realizing that in order to do the best you need to practice, you need to do it over and over again."

Mr. Kevin Fitzpatrick

really love and be good at," Fitzpatrick said. "Once I found [theater], that's what I did. That's why I say try other things because there might've been other things that I would've enjoyed... trying other things during my time [at Malvern] probably would've benefited me."

Fitzpatrick says that he used to have students who wanted to complete feature length films in high school without realizing the complexities of the process and inevitably leaving unfinished projects.

"I used to get kids coming into my office all the time saying, 'I want to make a feature length film by the time I graduate high school!'" he said. "I'd say, 'Why? That's just not practical,' ...Start

with a three minute film, then a six minute film, then a ten minute and you progress from there."

Fitzpatrick also keeps busy beyond the workplace and is heavily involved in the film community. He serves as the Vice President of the West Chester Film Festival, which brings in over 14 hours of films to show every year from locations as far away as Europe, Asia, and South America.

"It's really cool to bring that kind of art to West Chester and to the community," he said. "They're coming from all over the world, so it's interesting to see these different cultures and their perspectives."

He says that his favorite film is *Braveheart*.

"It's an old one, but it's historical, which ties me to my love of Shakespeare, and the story that was told along with some of the special effects in the battle scenes and fights were so incredible and impressive," he said.

In addition to keeping busy with films, he is the father of three adopted children from Korea ages nine, seven, and four.

"We just adopted my youngest a little over a year ago, so she comes with all of the challenges of being four, and the challenges of being new to everything," he said. "The language, the culture, the food, the smells, the way that people treat her, it's all new to her."

Fitzpatrick's son is a ballet dancer performing in the Brandywine Ballet's production of *The Nutcracker* for the third time.

"I'm really proud of him for doing that. At seven that's not the easiest thing to do, he doesn't necessarily talk about it with his friends but I know he's proud of doing that," Fitzpatrick said.

Fitzpatrick's oldest child is a state champion in Taekwondo and has competed at the world level as well as the state level.

"I'm a state champion in Taekwondo. I brag about that, but my daughter's actually a five-time state champion, so she's better than me," he laughed. "She's really involved in that and we're really proud of that... she's gained so much confidence and experience in meeting people. Going up to someone and hugging them then trying to beat them up two minutes later, and then they hug afterward. It's really cool to see that from a group of nine year olds."

Fitzpatrick's wife also recently bought a yoga studio in West Chester, which he says has brought a host of challenges associated with running a new small business.

"There's been a whole lot of interesting things going on in the last year alone," he said. ♦





>VAPOR, 1

In the stalls of the downstairs Sullivan bathroom, one can walk in and expect the smell of cotton candy or strawberries. But no one's eating in there—it's the smell of vaporized nicotine.

"I have a Juul," *Brian Kilgore said. "I've probably had it for around six months. I like using it, but it's tough to get pods (refillable cartridges) sometimes because of my age."

The "it" *Kilgore is referring to is an e-cigarette, an electronic device that tries to create the sensation of smoking but through the use of a liquid instead of burning. This liquid generates a vapor, which is e-cigarettes are commonly referred to as "vapes."

These cigarette alternatives are rechargeable and come in different flavors like mango, creme brulee, and cool cucumber, which makes them more marketable to a younger audience.

The popularity of e-cigarettes has caused researchers to take a closer look at how they affect the body, especially a young one.

A pediatrician for CHOPCARE in Haverford, Dr. Susan Magargee, said that the usage of electronic nicotine devices (ENDs) can cause negative health effects.

"Nicotine exposure from ENDs can cause increased heart rate and cardiovascular [diseases]," Magargee said.

Nicotine is defined as a type of stimulant, boosting heart rate and raising energy for a short period of time. However, according to the National Institute on Drug Abuse, withdrawal from nicotine can cause irritability, depression, anxiety, fatigue, and the inability to concentrate.

According to the Center for Disease Control, the brain is the last organ to fully develop in the body, continuing until the early to mid-20s. Nicotine exposure during adolescence can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction.

The newness of the vaping industry leaves students, teachers, and researchers without full knowledge of the long term

effects.

The "For Consumers" page of the FDA states that "consumers currently have no way of knowing 1) whether e-cigarettes are safe for their intended use, or 2) about what types or concentrations of potentially harmful chemicals or what dose of nicotine they are inhaling when they use these products."

Junior *David Fischer thinks that vapes have a negative effect—not because of the effects of nicotine, but because of the atmosphere it creates on campus.

"I do think it's somewhat of a negative aspect in the fact that it's creating more disciplinary drama, you know with kids getting potentially expelled, and kind of just creating a culture of fear," *Fischer said.

*Fischer, however doesn't blame it on kids vaping on campus. "It would be hypocritical of me to shame kids," he said.

Nonetheless, teens have become encaptured by vaping, including the ones here at Malvern. In a survey of 107 upper school students, 65% said they have used a vaping device. According to the CDC, more than one-third of young adults nationally had tried e-cigarettes as of 2014.

"I'd say a good 80% have at least tried it," *Fischer said.

While the majority of students have used a vape according to our survey, only 34% of students report that they actually

own a vape. Most students, seem to pick up the habit through friends who have been vaping.

"I started vaping probably sometime last school year," *Kilgore said. "I had friends that were vaping. I tried it, liked it, and ended up buying one for myself, and I still have it."

The most popular brands of vapes among students seems to be "Juul" and "Phix." The differences between them vary from flavors and the amounts of hits per pod.

For students at Malvern, there seems to be a pattern of never vaping before, to suddenly jumping onto the fad when a kid reaches high school. This aligns with freshman *Oliver

Keller's experience.

"I really got into [vaping] because I had friends at school that did it. I didn't think it was something I would like, but I tried it and I did," *Keller said. "It really started at the beginning of high school. [In] middle school I wasn't really exposed to it, but a good amount of my friends here use a Juul or something like that."

Many students utilize the bathroom as a place to vape in secrecy.

*James Sanders and *Chris Duckworth are two students who can be found in the bathroom vaping. They're into it because of the high. "You get a buzz. [It is] something you can use kind of inconspicuously, without people noticing," they said. "It makes the day go faster, [and] it's easy to hide."

Malvern faculty and staff are now more aware of the vaping phenomenon.

"Last year there were signs. There were empty Juul cartridges around," Dean of Students Mr. Tim Dougherty said. "The vaping addition to the handbook was put in over the summer because we were aware it was a thing."

The popularity of vapes, however, has since skyrocketed. "We didn't know until early this year how widespread it was, and how many people not only do it, but own some sort of pen or vaping device," Assistant Dean of Students Mr. Jeff Carroll said.

A punishment is definite for any student caught on campus with a Juul, Phix, or any vaping device on campus.

"Obviously the vaping devices, cartridges, and vapes are not allowed on campus so we are confiscating them and then giving the kids some detentions and demerits," Dougherty said.

Punishments, however, can vary depending on the details of the student caught vaping.

"We have lots of kids here. We have 18-year-olds where it is legal but not on campus, but we have a lot more not 18-year-olds. Part of the problem is, kids are introducing this to younger kids, and then it becomes a problem, and then parents don't know, and maybe some parents are okay with their kid vaping," Dougherty said. "There are a lot of factors to consider. Selling the stuff to underage kids. If we get wind of that that is a whole other issue of endangering someone else's well being."

Dougherty said he has caught several students on campus using vaping products. Neither *Kilgore nor *Keller have been

FROM THE MALVERN PREP STUDENT HANDBOOK:
Vaping, Smoking & Chewing Tobacco Policy
Students are not permitted to vape, smoke and/or use chewing tobacco on campus. Possession of cigarettes, e-cigarettes, vaping devices, nicotine cartridges, cigars, chewing tobacco or smoking materials is also prohibited at all times. This policy is in force during school, school-sponsored events and class trips.

HAVE YOU EVER USED

FRESHMEN



SOPHOMORES





1 IN 3 MALVERN STUDENTS SURVEYED REPORT THAT THEY OWN A VAPING DEVICE



caught on campus, but *Kilgore is willing to risk it.

"I do use it in school," *Kilgore said. "Sometimes it's just a stop into a bathroom but I try to stay away from it because some of my friends and kids I know got caught."

Because of the sudden jump in numbers, Malvern's administration has taken measures to combat vaping in students.

School Nurse Mrs. Carly Lynch has done research on vaping ever since it has become widespread at Malvern. "Both [School Nurse] Mrs. [Kit] McGettigan and I are trying to figure out what our roles can be for the students," Lynch said.

Other staff efforts include teachers checking student bathrooms on occasion. "Teachers are going into bathrooms they normally wouldn't," Algeo said.

Most of faculty efforts consist of being aware of the signs of a student vaping on campus. "A teacher was walking down the hallway the other day and smelled cotton candy," Algeo said. "Two months ago, if a teacher smelled cotton candy they wouldn't have thought of anything about it, but now, they go into the bathrooms thinking it could be a kid hitting a Juul."

Malvern is also attempting to educate students, teachers, and parents on the issue. On November 10, a meeting open to all parents was held on campus to discuss vaping.

"The conversation was excellent. We informed the parents on the information we knew, and the parents informed us on information that we didn't know," Algeo said.

Carroll thinks that there is more to come in terms of discussing the topic. "It gets the conversation started, but we'll probably have a more formal meeting in the coming months," he said.

During the latest AGE Block schedule, guest speaker Carolyn Fenkel from Center for Families spoke to students about some of the myths surrounding vaping and the use of a variety of drugs.

"The bottom line is we're all here to support the students," Algeo said.

Vaping has exploded not just on campus, but as an industry.

A 2015 market research study reported that the vape industry brought in \$3.7 billion in the United States alone. That study also predicts that the industry will climb to more than \$27 billion.

Popular philosophies of vaping advocates are that it is a healthier alternative to cigarettes, and that they can also be

used to help people kick their smoking addictions.

These beliefs are also held by the owner of Vegas Vapes in Bryn Mawr, Mr. Raffi Farraj.

"We have seen a large percentage of teenage and college smokers switch from cigarettes to vapes," Farraj said. "It's really efficient and effective."

Farraj has chosen his line of work based on his past experiences with smoking. He suggested that vaping led to better personal health.

"I have chosen this line of work, not only because I was already involved in the vaping industry, but because I was a heavy smoker who was having problems with my body. I wanted to find a way to quit smoking and at the same time enjoy the industry," he said.

Since then, Farraj has become an advocate for the benefits of vaping.

"It is an easier delivery system for people who are just starting to vape or people who have trouble learning the technology... it is conveniently packaged, so it is an excellent transition for already heavy smokers," he said.

While shops like Farraj's are helpful to new users, websites like the Electric Tobacconist have sprung up to help new users choose the "right vape for them" and "enhance the user's experience".

"Vegas Vapes" cards everyone that comes through the door to verify that they are eighteen or older, but websites allow some young users to make purchases easily online. The official Juul website has a verification process to assure users are 21 before entering the page. But there is no regulation of how minors can get information about vaping from thousands of other websites.

Since the popularity of vape products extends across the U.S., many new organizations are trying to educate the public, especially the youth, about such a new form of nicotine intake.

The Food and Drug Administration states they are "investing in a number of public education campaigns, such as The Real Cost, Fresh Empire, and This Free Life to help educate the public—especially youth—about the dangers of regulated tobacco products."

These feverish attempts to solve address the problem of youth vaping evoke questions of why the trend grew so fast. Perceptions of how many students are vaping vary among the

student body.

"It's definitely grown since last year," *Fisher said. "Now it's just everyone. Even the kids you wouldn't expect, it's just everyone."

Senior Andre Quintiliani estimates that "probably eighty to ninety percent, give or take, maybe ninety-five" of the Malvern population vape, while senior Howard Yao thinks only 30% of students do "because they are bored."

Interactions outside of school helped to stimulate the popularity of vaping.

"I think it exploded, especially [over] the summer," Fisher said. "Because I knew a couple kids from my homeroom who [already] had one [at the start of the year]."

Carroll thinks that rapid rise may be due to vaping corporations' methods of advertising and marketing.

"I think students are vaping now because it's marketed to teenagers," Carroll said. "It comes in flavors that would appeal to teenagers, and I think there's a misconception that it's safer than traditional cigarettes."

Students have mixed perceptions of the dangers of vaping.

"I think in general the health effects are more positive than negative because they are designed to help you quit other nicotine addictions," senior Ian Cullen said.

Senior O'Shaan Allison thinks around 40% of Malvern students vape, despite the fact that it may lead to health problems in the future. Allison thinks vaping could even cause "popcorn lung," he said, "whatever the hell that is."

Regardless of any research or the rising awareness around it, vaping has become a focal point on campus, both for students and for the administrators and teachers who are trying to combat the problem.

"There's a cultural or social wave that is pretty steady," Algeo said. "Some years it's wearing Timbs, playing Xbox, or owning an iPhone. Things become popular and students feel if they're not doing it they're left out of the loop." ♦

**The names of students sourced with an asterisk are pseudonyms, to protect their identities.*

A VAPING DEVICE?

JUNIORS



SENIORS



Seasons

What Exactly is Christmas Food?

Halloween has candy, Thanksgiving has turkey, even the Fourth of July has its signature BBQ's... but what about Christmas?

Jack Magargee '18
BUSINESS MANAGER

I feel like this needs to be done. There needs to be a definitive list brought about by a consensus which clearly states what is 'official' food which we eat on December 24th.

Think about it, every other holiday, pretty much everyone eats the same foods as each other but Christmas is a different story. Everyone is different and none of them exactly make sense.

Some people opt for the traditional honey-baked ham, I got to admit that this is a solid option, although a safe one. You can't go wrong with it, but it won't exactly turn any heads. And at the end of the day, who doesn't wanna show up their lame cousins with some great food?

Now we hit the bird category, I'm looking at you fans of *A Christmas Story*. I just want to say outright that duck or goose or whatever it is just gross. This should not be an option. I'm not the biggest hater of the meat itself but pheasant doesn't exactly scream Christmas cheer if you know what I'm saying.

Then we hit the Italians. Usually, they blow away the competition when it comes to food, but seven fishes... really? Seven. That's just overkill. I think like one is enough, two is being safe, three is pushing it, but seven is a different breed here. Step it up Italians.

I'm sick of entrees. I failed here. I can't think of a great option for dinner. I would recommend penguin but that just isn't feasible despite its deliciousness.

You know what makes Christmas extra special to me? The desserts. That's the real reason I'm writing

this. I just want to hype myself up for whatever is gonna be coming out around 9:45 on December 24th this year.

Let me just start by saying I know the desserts at my family's Christmas are not orthodox by any means, but, I think they should pretty much be the standard for everyone.

I'm half Italian. That means we don't go full seven fish dinner but we do get one great food: pizzelles. It's basically a type of really thin cookie and it's phenomenal. They're not big but I'm not lying when I say I can down 40 on a good year.

Then we hit the pies. But these aren't your standard pies. There's chocolate mousse pie. There's peanut butter pie. It's a good time start to finish.

We also have some homemade toffee and shortbread which will just hit you in your heart when you first taste it.

I'd be a war criminal if I didn't mention our cookies. I'll admit our chocolate chip cookies need some work. Santa NEVER finishes them but we also make some cut-out sugar cookies that always get finished. I personally think the reindeer ones taste the best but that's neither here nor there.

Let me take a second to say that as great as peppermint bark is, it's just not enough of a food to eat with the others. I also am grossed out by most fruit cakes and don't even get me started on yule logs.

That's about it for me. I do want to wrap it up by acknowledging eggnog as the reigning champion of festive drinks... maybe next time apple cider.*

Each year, the Friar's Lantern staff shares a few of their favorite and not-so-favorite things about the Christmas season. From Christmas food, best and worst traditions, to a DelCo family Christmas, we hope you enjoy our stories. Sit back, grab some eggnog, pull out your Snuggie, and celebrate the Christmas season with a copy of the Friar's Lantern.

Christmas, DelCo, and Pica's

Christmas is a time meant to be spent with family and loved ones. This is just one of my family's traditions that can hopefully start an idea for yours.

Eric McLaughlin '18
EDITOR-IN-CHIEF

I am from DelCo. Well, really I live in Media, and it's basically Newtown Square which is pretty much considered "fake DelCo." However, my dad is originally from the heart of DelCo, Sharon Hill (Mr. Stinger area). Around Christmas time, our whole family gets in the car, drives into the real DelCo, and looks at Christmas lights.

I am the youngest in my family. This means that I get the seat in the car with absolutely no leg room and I am far too close to my brothers than I would like to be, but the experience is always a great one when I look back on it.

We start off by looking at the Christmas lights on houses close to ours in Media. Typically, there are certain neighborhoods who go all out and houses seem to compete against each other to have the best lights in the neighborhood. Our neighborhood is a pretty mellow one when it comes to Christmas lights, so it is always fun to see the houses that look amazing.

We then go through Newtown Square and Marple and look at some more houses en route to the Drexel Hill/Sharon Hill deep DelCo area. There are always certain houses here that put up as many lights as Clark Griswold did in *National Lampoon's Christmas Vacation* and they look awesome, but my favorite lights are the ones when the entire street contributes.

The streets in deep DelCo are much narrower and the houses are fairly close together. This lets the houses connect their lights to the other houses next door. Instead of one house dominating the neighborhood with its lights, the entire street is lit up and there is a sense of pride in having your house look nice for Christmas.

When you make the turn into one of these streets, it is pretty breathtaking. People stop their cars and take pictures. There is no competition on these streets, it is a team effort to make their street look nice.

After this, we drive to the houses my dad grew up in in Drexel Hill, Sharon Hill, and Upper Darby. While some of the Christmas lights on these houses really look like motion detector spotlights, it is cool to hear my dad's stories that he has in each of the houses and see how his life has progressed over the years.

We look at some more lights and then head to the greatest pizza place in all of DelCo and possibly ever. If you are Mr. Stinger, you probably know what I am talking about. If you are not, I am talking about the one and only Pica's Pizza (they recently opened another in West Chester but it's not the same).

Pica's is home to the infamous upside down, square pizza. A lot of people hear the words "upside down pizza" and scoff at the idea. These people cannot even begin to imagine what they are missing out on. Words can't begin to describe just how good a pizza from Pica's truly is. The first bite of a Pica's pizza is honestly a life changing moment, one that you will probably never forget.

As my brothers and I get older and older, this whole night is something that may not seem fun at all. But every time we do it, I look back on it as an amazing experience and a night I will remember for a long time. Even if your parents are not from DelCo, I would highly recommend doing this for a few hours one night during Christmas break. You will get to experience what all of the DelCo talk is about, get some really good pizza, and have a great time doing it. *

Snow days facades for more work

As the winter and Christmas season begins, snow days become a common conversation at Malvern.

Chase Bennett '19
MANAGING EDITOR - WEB

Everyone loves snuggling up with a good blanket and some hot cocoa to enjoy your free days off of school because of Mother Nature, but does aging affect our snow day fun?

After doing extensive research over the past 16 years I've been on this planet, I think I've got a firm grasp of what snow days become as we get older. Nobody wants to admit it, but as we get older snow days do more harm than they do good.

When you're just a little friar, you spend the maximum amount of time sledding on the huge hills down the street from your house. You run outside in the nine inches of snow up to your knees and begin to build one of your trusty snowmen. Only good times can be seen at this stage.

Well as soon as you become an able-bodied child, your parents waste no time putting you to work with the snow shovel. You may be young, but you're in for a world of hurt after countless years of shoveling the driveway. Nobody likes doing it and

you try to argue with your parents that you don't even drive yet, so why do you need the driveway cleared anyways, am I right?

I think our parents use snow days as an excuse to get us to do more work for them. They confuse snow days for more work days instead of more fun days. Snow days are meant to be a way to get away from our homework, not to come home and be smacked in the face with a shovel.

I also am a strong believer that teachers make this mistake too by assigning either: a) more work in preparation of a snow day or b) more work on the day we get back to makeup for the snow day.

We get that we may be getting behind on work, but that is perfectly fine in my opinion. It just means we get to watch you guys struggle trying to get us caught up minus the extra work. When our teachers get really disorganized, it gives us at least a 30% chance that they'll forget to give us a quiz or ask for homework on the given date.

Sounds like a pretty good statistic to me if I say so myself.

I think just about every student would prefer to be behind on work than get double the work. Procrastination is a student's best friend.

I only have a few pieces of advice to try and combat these actions taken by our superiors so use them sparingly.

The first piece of advice is to try and convince your teachers that you won't have a snow day. Using this technique, they will believe they have another day to do work when in reality they will be left hopeless while you are home shredding hills.

My second tactic is to try and milk some cash from your parents. If you're good at something, never do it for free. They want you to shovel the driveway? Not without a cash settlement.

Ask for small sums first to help build the initial trust that you can do a good job. Then ask for a raise when you throw in the "I'll scrape the ice off the cars too" tactic.

These techniques have served me well in the past and I hope they do the same for yourself and I this coming snow season. *

Readings

❄️ Christmas Done the Right Way

Everyone does Christmas their own way, but they're all wrong.

Luke McClatchy '19

MEDIA & CULTURE EDITOR

Whether it is several viewings of *Olive the Other Reindeer* (criminally underrated Christmas movie), several more spurts of my mom exclaiming, "Jesus is born!", or just general tomfoolery, the McClatchy Christmas has something for everyone.

Our Christmas traditions have really changed as my two older brothers have gone to college and come home later than we started the traditions in years past, but I'll roll with our modern routine as it is far more entertaining to the masses.

It all starts around a couple weeks before Christmas when my younger brother (that's three bros now, keep track), my dad, and of course yours truly grind it out and set up some zesty Christmas lights in the front and back yard. This is usually done on a Saturday, and the next day, Sunday, we decorate the interior of McClatchy Ranch for Wayward Boys, with the army of Santas we keep in the attic along with my man Frosty who sits on the front porch.

Then there is a bye week to mentally prepare ourselves for the older, less cool McClatchy brothers returning home. During the bye week, the lights crew and mom venture to a far away, distant land called Home Depot, where we grab a big tree. I've dubbed each tree each year "the big boy" but no one else appreciates my comedic mind, so we'll move on.

The tree sits undecorated in our side room until the terrible two show their ugly mugs again and that night we clothe the big boy (yes, I knew you guys would buy in).

"The best part of Christmas for me is setting up the tree. We all stop what we are doing for two or three hours, listen to Christmas music, and enjoy being a family. It's the last decoration we put up and it is definitely the most fun and the prettiest one we have," said Jack McClatchy '17.

After the big boy is clothed, we do this really late with the older two at college, it usually transitions smoothly into Christmas Eve. Christmas Eve is pretty normal for McClatchy standards: my mom and dad pretty much recite the entire script of "It's a Wonderful Life" throughout the morning, I usually tease my dad and brother Max McClatchy '14, about the Detroit Lions because they usually are losing, and are just on the edge of our seats until we go to my grandmother's house for Christmas Eve dinner and gift exchanging.

The time at my grandmother's and with the family is one of, if not my favorite, part of the Christmas season. We usually stay later to help my grandmother clean up after the rest of the family, those barbarians (I kid I kid, maybe) have left. Then after we clean and just spend some

❄️ Thanksgiving isn't Black Friday

It's not a "Black Friday Sale" if it's still 6 p.m. on Thursday

Ethan Rowley '18

MANAGING EDITOR, PRINT

You're probably thinking right now, "Wait a minute, this isn't a Christmas column, but it's in the Christmas column section." And you'd be right.

But since Black Friday comes after Thanksgiving and therefore is part of the Christmas season, I'm deeming it fair game for the Christmas column umbrella.

Before I get into it, I'm not against Black Friday on the whole. Black Friday is a massively important day to businesses across the country, and at this point it's a cultural staple of the holiday season.

We've all seen the commercials and advertisements. Retailers of all types advertising their fire sales of goods storewide in the annual start of holiday shopping. This is all well and good except for one major issue: stores start "Black Friday" on Thanksgiving Day, which is a violation on multiple levels.

Thanksgiving is a day to spend with family and friends, not go out and shop. As my late grandmother never failed to note whenever the subject came up, the irony of starting the year's biggest single day of shopping on a day meant for thankfulness and reflection is quite noticeable.

This goes for both shoppers and employees. Retail employees can have notoriously tough jobs, especially with the excited energy that sometimes turns into belligerence on Black Friday. Everyone should be able to spend their Thanksgiving at home with friends and family, not knocking each other out of the way for a new TV or getting yelled at by unruly customers.

I think stores should open on Black Friday itself at an unnaturally early hour to keep the uniqueness of the day intact, but also to keep things interesting. Several stores open at midnight on Black Friday, which I think doesn't leave enough recovery time from stuffing yourself at Thanksgiving dinner.

In my mind, the solution is for stores to open at four or five in the morning. It's unusually early, so there's still some level of uniqueness, but also it ensures that all shoppers and employees alike can sleep off their dinner and not have to worry about altering their dinner plans drastically.

But perhaps the most obvious issue of all is that you can't call it a "Black Friday" sale if it isn't even Black Friday yet. Black Friday is a famously single-day event. Spilling beyond that 24-hour window flies in the face of the day's name, especially considering that people encroach on their Thanksgiving nights to go about their "Black Friday" shopping. This is why starting several hours into Friday itself is the best option.

Despite my enjoyment of America's holiday for consumerism and capitalism, I appreciate the businesses that are closed on Black Friday, like REI and Nordstrom. I especially appreciate how Nordstrom doesn't even put up Christmas decorations until Thanksgiving is over.

Most of all though, I love Cards Against Humanity's take on Black Friday. They tend to make a joke out of Black Friday, having various special items for sale each day on Black Friday.

Last year they live-streamed their effort to dig a giant hole in the ground with money people gave them, with the digging continuing for as long as people continued contributing money. The campaign raised just over \$100,000. In 2015, they offered customers the ability to give them \$5 in exchange for absolutely nothing, and earned \$71,145. The list goes on, but for the sake of saving both space and your time I won't list them all.

Black Friday is a hallmark of the Christmas season, and I think that there are definitely adjustments that need to be made. Before we worry about that though, let's focus on enjoying this Christmas. *

quality time with my grandma, the McClatchy clan heads home, but the night is just so young.

We usually get home around eight in the evening, and watch our favorite Christmas flick "Olive the Other Reindeer". For the uncultured of you who have no idea what this fine film is about, it is about a pet dog named Olive who ventures to the North Pole to sub in for Blitzen, who has broken his leg. There is so much more to the movie, including a conman penguin and a nefarious mailman, so you really need to see the movie for yourself.

"My favorite part of Christmas is watching Olive the Other Reindeer. Ten out of ten best Christmas movie ever," said Tim McClatchy '21.

After we partake in the viewing of Olive, the gang moves on to the deadliest sport known to man, karaoke. Now karaoke is mostly Christmas music, about 95%, but there are some other jams just too jamming to gloss over like Careless Whisper by George Michael. Although I do not partake in karaoke, just not the singing kind of guy, it's just as fun sitting in the peanut gallery sipping eggnog (the greatest drink of all time, possibly ever).

By the time karaoke is over it's around two in the morning and we slowly fade into sleep until the next morning. We wake up and do what every other family does, we go down to the big boy and open our presents and the morning is filled with, "Haha, I knew you were getting that," or "Luke, stop calling it the big boy you moron."

The day is filled with messing around with whatever we got for Christmas, we're all in high school or college but at least one of us gets something with which we can shoot the other three. After we go to Christmas morning mass, the classic Christmas brunch of creamed chipped beef comes a crankin'. Again, my mother must interject with "Jesus is born!" (You should hear her at Easter—same situation, but she says "Jesus is risen." Never really calms us down.)

After we spend Christmas Eve with my dad's side of the family, we spend Christmas night with my mom's side in a much more casual manner. Meaning, me wearing my classic 76ers sweatshirt and the McClatchy clan preparing every finger food you could ever think of.

"My favorite part about Christmas is helping mom prepare the finger food buffet and getting it all set up bellowing out cheesy 80s tunes," said Max McClatchy '14. "Just how casual it is and who we have over just really makes it my favorite Christmas tradition."

So after Christmas night and eating enough to make another me, we say goodbye to my aunts and uncles and it's back to normal. Or at least as normal as we can get until New Year's rolls around... *

❄️ Best things to do over Christmas break

Here are some tips on how to spend your time during the Christmas season.

Chris Ayres '21

CONTRIBUTOR

Christmas break is the longest break of the school year until summer vacation. Here are some of the best things to do over the time off.

Step one, relax. You have more than two full weeks off of school. Slow down, unwind, and catch up on lost sleep. This year, since the first day of Christmas break is the last day of the first semester, some classes might not give as much homework. Take advantage of that time.

Hang out with friends, start reading a book, buy some new music, go out and see a Sixers, Flyers, or Eagles game, or do whatever makes you happy and relaxes you. There is plenty of time to do anything you want.

The holidays bring people together, and the holidays are meant to be shared with family members. Whether your family hosts Christmas, or you have to travel to another state, you can enjoy the holiday time with your family. For some, this is one of the few times their whole family will be together this year because they live far away.

I have cousins who live in Leavenworth, Washington, so I don't get to see them much. But on Christmas, I always make sure to talk to them and my aunt and uncle, and I wish they lived in Pennsylvania so we could see them more often.

The holiday season makes everyone happy, and Christmas and New Year's add to the excitement. Stores and houses are decorated for Christmas, everyone is happy, and there is Christmas music blaring in every car, store, and home. Not only is Christmas day fun, but the days after it still feel like Christmas.

Promising year for Malvern Basketball

While the buzz last year was all about the plethora of young talent, there is a new and more ambitious feeling for this year's basketball team.



STANDOUTS • Sophomore Deuce Turner shoots a free throw during a highly competitive game against Phelps School. Turner was one of the standouts last year on a strong underclassman presence on varsity basketball, but he knows it will still be a tough year. "Come out to the games, and we will succeed this year, no doubt," Turner said. / G. HALLINAN

Kyle Leonard '19 and Garrett Hallinan, '19

SPORTS EDITORS

In the weeks leading up to tryouts and the beginning of the basketball season, Friar basketball had quite a scare.

With no seniors on the try out list, it looked as though for the first time in Malvern Prep basketball history there would be no seniors on the varsity team.

At the last minute, however, seniors Billy Corcoran and Brady Devereux elected to return to the floor for their final season.

"Billy and I talked a lot about coming back, and we were not sure if we were going to," Devereux said. "Then, we decided to play because it is our senior year, and we cannot let the team down."

Head Basketball Coach John Harmatuk was very pleased with Corcoran's and Devereux's decision to play.

"They realized that they would be missing something special," Harmatuk said. "With these guys, winning the Inter-Ac is within our reach."

Including Corcoran and Devereux, there are two seniors, five juniors, five sophomores, and one freshman on this year's varsity basketball team. Compared to last year's team, which had more freshman than seniors, this year's team is much stronger physically and mentally.

"Everyone's gotten bigger and a lot better," Harmatuk said. "All the freshmen from last year have gotten a lot better. Bill and Brady started out of shape since they were not expecting to have to prepare, but have really come into their own."

Junior Connor Leyden, who had contributed quality minutes last season before fracturing his right hand, is also optimistic about the team's development.

"Not only are we going to be a better team, but we will have better team chemistry," Leyden said.

Sophomore Deuce Turner likes the way the roster has come together.

"I feel real good about it. We are definitely going to be a lot better this year than we were last year, with a lot better leadership," Turner said.

As the seniors of the team, Corcoran and Devereux have done a great job in assuming their leadership roles. What makes them a great pair of leaders is the fact that they lead in different ways.

"Brady plays with such energy and such passion, he is such a competitor," Harmatuk said. "He ups the intensity in practice every single day. He knows our system, what's expected of him, and communicates well."

Corcoran, on the other hand, leads by example in more of a reserved way.

"He is more of the quiet type, but he cares. Billy's reason for coming back was not about himself; it was about the team," Harmatuk said.

As one of the leaders, Devereux's biggest piece of advice for the underclassmen is that playing together is important to make the team the best they can be.

"Most of the [players] are really good, and they do play for each other, and I think that is the biggest part of

our team, making sure that everyone is selfless," Devereux said. "Billy and I both really try to hammer in that we really need to play together and that playing for each other is the best way to win."

Corcoran uses his experience to guide a bright future with the many talented underclassmen on the team.

"A lot of the younger guys are better than me, so it's not hard to be their leader," Corcoran said. "In times where they need it, I go up to them and tell them if they need to calm down, and if there are points in games where they're really good, I tell them 'You're unstoppable right now.'"

When it's clicking, Malvern's offense is nearly impossible to stop, especially when they're shooting well from the three-point line. Harmatuk believes that the three-point shot is one of the most efficient ways to score the basketball.

"Free throw line, layup, then 3 pointer [is the sequence we believe in]," Harmatuk said. "You have to design your offense before you put the ball in the basket, and the three-pointer is a good shot."

The players seem to buy into Coach Harmatuk's system, and they focus on taking the rights shots at the right time.

[The three pointer] is worth more than a layup, and if you have the right guy shooting it, then it will go in a pretty good percent of the time," Leyden said. "I think that we still would take an open layup if we have it, but we still have a lot of guys who can shoot."

While Malvern has gotten a lot better and has high hopes for the season, the schedule in the Inter-Ac will present a challenge, according to Harmatuk.

"Haverford has everyone returning. EA has three returning starters but lost a ton of experience and talent. Penn Charter returns a lot of players. GA looks different and seems to lack talent. Chestnut Hill is also up and coming," Harmatuk said.

Despite the tough slate, the players and coach alike will #DemandMore of themselves every practice and game, as their slogan for the year states.

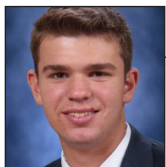
"We could get away with things last year because we had the excuse that we were young," Leyden said. "This year, we have had punishments in practice, like more running. [Harmatuk] is definitely demanding more from us because he knows what we can be."

The combination of leadership, talent, accountability, and passion all contribute towards the team's shared desire with the two seniors at the helm: winning an Inter-Ac title.

"When I came here, I remember seeing the video of the 2012 team winning the Inter-Ac. That was a really cool environment, and I think we can do it this year," Corcoran said. "That's what was in my head when I came back."

The team can't do it alone: they're looking for the Malvern community to rally around them, according to Turner.

"Come out to the games, and we will succeed this year, no doubt." ♦



BILLY CORCORAN '18

"A lot of the younger guys are better than me, so it's not hard to be their leader."

Squashin' away the old and rebuilding the new

After last year's fruitless squash season, players and coach share their thoughts on what to expect from this year's new and improved team.



SEASON IS WARMING UP • The squash team warms up for a game against Springside Chestnut Hill on Thursday, December 7. / S. O'MEARA

Garrett Hallinan, '19

SPORTS EDITOR

Throughout any team's existence, there is always a point in time when rebuilding is necessary. This stage can be caused by injuries, incompetence, or lack in commitment. But Malvern's team had none of these issues. Their weakness, instead, was a lack of experience.

"For the first time since I have been coaching here [at Malvern], we have a very competitive roster," Head Coach Imran Khan said. "All the players are really interested in working hard and making a difference every time they step on the court."

Part of this year's competitive roster is seven upperclassmen, three seniors and four juniors. Compared to last year's team, which only had four upperclassmen, this year's team has more experienced players.

Senior Louis Margay agrees that this year's team has improved and believes in the team's harmony. "We have a lot of juniors who are really good. Hopefully, we [the upperclassmen] will be able to come together as a team," Margay said.

The squash team's talent extends to their younger players as well. With four sophomores and one freshman, Malvern squash will only continue to get better.

"It comes down to how much time you put into it," Margay said. "Sophomores Jimmy McCullough and Patrick Cabone played a lot in the offseason. Squash is not a sport of athleticism, it is a sport of technique."

Squash is also different, like golf, in the sense that it requires a player to think when a certain shot should be hit. "Most of the players have the fitness to do well," Margay said, "but the strategy of the game is what Coach Imran mainly focuses on with us."

Khan, who was once ranked top ten in the World Doubles ranking, has coached Malvern squash for the past five years.

"When I came to Malvern Prep in 2012, the squash program was up and coming," Khan said, "and I wanted to make a difference."

Among having fun and working as a team, Coach Khan's goal this year is to, "improve brotherly love amongst the teammates and learn how to be leaders."

Junior Sammy Schutz has taken this message to heart and looks to improve on his attitude while on the court.

"Squash is not just a sport, it teaches you valuable life lessons," Schutz said. "A personal goal for me is to be more positive on the court as I am easily irritated when I am playing an amazing player."

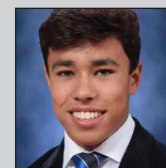
Times can be tough for Friar squash, especially when they play Inter-Ac teams, whose players are nationally ranked in the country.

"Inter-Ac teams are some of the best in the country," Margay said. "They just have higher caliber players than us. We can compete with teams like St. Joseph's Prep, Radnor, and Conestoga."

Sammy's idea of competing with better and stronger teams revolves around good self control.

"We definitely want to make sure we are making the smartest shots we can and not simply overpowering shots because that usually leads to mishits," Schutz said.

Ideally, Friar squash is looking to improve their Inter-Ac standings and overall game, but it is always reassuring to know that, "No matter the outcome we always enjoy being together," Schutz said. ♦



LOUIS MARGAY '18

SENIOR CAPTAIN

"It comes down to how much time you put into it... Squash is not a sport of athleticism, it is a sport of technique."

Fall Sports Review

With three teams winning Inter-Ac titles and multiple out-of-league championships, the fall season was a successful one for Malvern athletics.

Ryan Maher '19
REPORTER

There are five Malvern sports teams that compete for an Inter-Ac title in the fall: soccer, water polo, football, cross country and golf. All of these teams were successful this season. Here's a quick summary of their achievements and memorable moments from this season.

Soccer

To start off their preseason, Malvern soccer took a trip to Italy to play matches against many tough international teams. Co-captain Jake Hodlofski describes this experience, saying, "Our chemistry grew really strong throughout the trip".

Finishing with a record of 5-4-1 in the Inter-Ac, soccer fell just short of an Inter-Ac title, placing third overall. However, Hodlofski points out that the team made it to the quarter final of the state championship, which he saw as hope for the future. "We won many very close games and exceeded expectations in many people's eyes. We let up the least amount of goals in the Inter-Ac and just fell short of our goal."

The team loses 13 seniors, but has hope in their future squad. "There are many talented juniors returning next year for the team," Hodlofski stated. "I am going to miss these guys and I look forward to watching them play next year."

Water Polo

Winning the Inter-Ac title for the fifth year in a row, and capping off a 24-1 total season record with an Easterns championship win,

water polo had one of the best seasons in the program's history.

The team was led by five co-captains: Steve Salle, Isaac Salinas, Jack Leyden, Seamus Glynn, and Sean Oates. These senior leaders led their team to an undefeated Inter-Ac record of 8-0.

Next season, the team loses 10 seniors. However, senior Isaac Salinas points out that the team is still looking strong for the future. "We all have hope in our younger players that they can continue the success of the team," Salinas said.

Football

"We went out as champions, and that's all you could ever ask for," senior co-captain Cole McCabe said. "We will remember that moment for the rest of our lives."

Malvern football had an incredible Inter-Ac season, posting an undefeated record of 5-0 in the league, and coming away with an Inter-Ac championship by defeating Springside Chestnut Hill by a score of 52-21.

The team had a patchy start, beginning with a record of 1-4. However, the team continued to push, coming away with five straight wins. "We would of liked to win more out of league games but yes, the ultimate goal was to win the Inter-Ac, and we successfully did that," McCabe said.

Cross Country

After coming away with many accomplishments, the Cross Country team sees this season as a success. Led by seniors Peter Borger, John Powers, Dan Malloy, and Nick Villano,

the team reached an undefeated record of 6-0 in the Inter-Ac, winning the league outright.

Along with placing first at the Inter-Ac championship meet, Malvern Cross Country also competed in the PAISAA state championships, where the team placed second.

"We definitely accomplished everything that we wanted to and more," Borger said. "I feel like as a team, we really connected well and pushed each other with a lot of support so that everyone had a great season."

Golf

The 2017 Malvern Prep Golf Team, led by Head Coach Mr. Gary Duda, ended the year with a 6-1-1 non-league record. In the six league Inter-Ac tournaments, Malvern ended with a 16-14 record, which totaled for a final record of 22-15-1.

Although Malvern came up short in winning the Inter-Ac title, losing to Haverford, the team came away with the PAISSA State Championship Golf Title, beating all of the Inter-Ac schools. The four golfers that came away with the PAISAA title were Matt Davis, John Updike, Andrew Curran, and Kevin Hagan. "Although we did not win the Inter-Ac, winning the PAISSA was a great way to end of season," senior captain Matt Davis said.

The golf team has plenty of hope for success in the future, and looks forward to next year's competition. "Although we lose six seniors, we will have a ton of depth next year, which is key," Davis said. ♦

> BEST THINGS TO DO, 11

Then there is New Year's Eve, almost everyone stays up until after midnight to watch the ball drop and kick off the new year. On New Year's Day, you have an excuse to sleep in until the afternoon.

Aside from Christmas movies, there are also a lot of other movies you can watch that come out around the holidays. There is usually a Star Wars movie that comes out in December, as well as other comedy, horror, and action movies. My dad, my sister, and I always see the latest Star Wars movie before Christmas, and already have our tickets for the newest movie coming out.

Most people have at least one Christmas movie that they watch every year, either by themselves or with their families. For me and my family, it's "How the Grinch Stole Christmas," and I have a lot of memories of watching it before Christmas.

The best feeling at Christmas for me is when I buy a gift for someone and I know they are really going to like it. It is a great feeling to watch someone open the present you bought for them and see that they are really excited. Not only does giving presents to family and friends make you feel good, but donating toys and money to those in need is just as important. Every year, each person in my family takes a tag from the Giving Tree, which is where less fortunate families can request items to be bought for them, and we buy something for people in need.

It feels good to know someone is getting a present this Christmas that they wouldn't normally have had. ♦

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Intramural basketball season is back, and better than ever

After a long anticipated return, intramural basketball is finally upon us... but with a new twist.

Stowe Milhous '19
CONTRIBUTOR

During the start of community times this December, a huge flock of Malvern students can be seen shuffling over to the O'Neill or Dougherty Centers to watch and participate in one of Malvern's most cherished traditions: intramural basketball.

Due to a new change, the 4-vs-4 school-wide basketball competition is back much earlier than it was in previous years. Instead of having a set of round-robin games within groups than a tournament with the remaining 16 teams, there is just one big tournament before students leave for break.

Intramural basketball gives students who like to play basketball competitively, but not at the level of a varsity sport, a chance to do so. This has been especially true this year, as over 190 students are playing.

Junior Jack Boyle of the intramural front office believes a strong social media presence and a number of other factors have had a heavy impact on the excellent participation this season.

"We also try to make it exciting with the rules," Boyle said. "We go out of our way to make everyone feel involved. It's just about the brotherhood, the competitive nature around here, so we just try to use that."

Not only does the competitive nature attract a large amount of participants, but intramurals being a departure from the normal way that sports are conducted does this as well.

"It's an activity where you don't have parents involved, you don't even have coaches involved, so it goes back to the pure love of the game, of playing with your peers," Intramural Sports Moderator Mr. Andrew Burke said. "It's kind of like going back to the playgrounds of your youth, where you're playing pick up. So I think that's what's appealing to kids. There's no pressure associated."

The inaugural Christmas tournament this year has added some excitement to intramural basketball. Boyle said the intramural committee chose to have this tournament because the long Christmas break and J-Term combined caused bad timing for the

typical season format. So, they came up with a plan to combat this problem.

"We thought we could just have two separate tournaments. So, right now is what we are considering the summer league, which is not really the big tournament, it's just to get everyone acquainted with the rules," Boyle said. "We just wanted them to be able to do something. We didn't want them to wait another two months for basketball."

The Christmas tournament may still be competitive right now, but after Christmas break is when the competition will really start to heat up. A regular season, which will end up being played in another tournament format, will begin after students return from Christmas break.

"We wanted to get the league started and have fun," junior Tim Mitchell, both a player in the tournament and part of the front office for intramural basketball, said. "Then we'll dive into a real serious league after the break."

The intramural front office has also come out with their intention of making a video production that follows an individual player throughout the intramural regular season called "Plan A." This production, which has been heavily advertised on the @mpintramurals Instagram page, is directly modeled after a major basketball media production company, 8Eye Media, who documents moments of rising basketball stars' careers.

In early December, 8Eye Media's Instagram account, which has over 68 thousand followers, liked their Instagram post about Plan A. This was very exciting for all those involved in creating this video documentary.

"That was the peak of our intramurals account thus far," junior Billy Carlini from the front office said. "It was really cool to see a well-known brand that we kind of base our account off of do this. It just kind of shows how much we've made it from nothing to this. So it's cool to see."

In recent weeks, the intramurals account has conducted numerous polls in a contest to see who should be selected as the player that will be followed for Plan A. Some of the players included in the poll were sophomore Rory Searing, junior Tim

Mitchell, junior Luke Digiacobbe, and senior Griffin Kennedy. Excitement was building up to hear the announcement, and while the intramural front office originally planned to reveal the player they would follow over Christmas break, an announcement was made on Friday, December 15 that Griffin Kennedy will be the spotlight player. The intramurals Instagram account posted a video for the reveal.

As almost all students are looking to see how Plan A pans out, the creator himself, Carlini, is very excited. He said that he is most looking forward to making the Plan A video of all the things taking place this intramural basketball season.

But there is much more action taking place around the league this season, including the battle between the junior teams of the Adelaide 36ers and Tim Mitchell, and Les Aigles de Carthage and Charlie ("Chuck") Andress. These two have had a bitter, ongoing feud ever since Andress tried to take over the intramural football team that both were part of.

"I'm looking forward to the championship game. I really want to beat Chuck," Mitchell said. "If I run into him, it will be a physical game."

And it was. The two faced off in a tournament game on Thursday, December 7. After numerous highly-physical battles in the paint between Mitchell and Andress, the outcome was not one which Mitchell enjoyed. Andress's team, Les Aigles de Carthage, led by a stellar performance from junior Chris Kapikian, defeated the Adelaide 36ers. This feud is not over yet, as these two teams will most likely meet in the regular season, where Mitchell thinks his team will do very well.

"Honestly, we're probably the best team in the league," Mitchell said with a lot of confidence. "No one really comes close." Mitchell later went on to say that his team is like the Christmas of all the holidays.

While some may say this is just over-confidence coming from Tim Mitchell, others may say this is just a true competitive spirit and a pure love for the game, something that has been needed to make Malvern intramurals what it is today, as Jack Boyle had elaborated on. Mr. Burke recognizes this completely, as well.

"What makes intramurals successful is just the students and the type of people they are," Burke said. "They can go at it at one-hundred percent, full tilt, pushing and shoving, but it's all done in good fun. You know at the end of the day, they walk away still friends... I think the key is students make it successful, you just have to create the right environment where they can feel free to have fun and engage in a positive way." ♦



PLAN A • Senior Griffin Kennedy is the focus of a series of Instagram videos that follow an individual intramural player this season. @mpintramurals

> "TBRECK," 1

"I got Logic for free, then I started the whole production side of [the music]," Brecker said. "Then one thing just led to another."

One of Brecker's friends from middle school, current sophomore Tommy Bevevino, took the class with him that year, and he knew Brecker had a special talent.

"He was just insane at it," Bevevino said. "I couldn't do anything, and he would always do my projects for me."

Brecker began putting beats on Soundcloud the beginning of freshman year to see what the response would be. Then Bevevino and a few others found his account.

"Beginning of freshman year, I asked him for a beat for some project, and he said, 'Yeah, I have an account,' with all of these different things before he was even rapping over them," Bevevino said.

Brecker didn't want anyone to know about his Soundcloud account at first.

"[Bevevino] would listen, then I said, 'Hey, don't tell anyone.' Because it's kind of bold to be putting out music I feel like," Brecker said.

He began rapping over the beats, releasing a song every few weeks. Then, in May he released his most popular song to date on Soundcloud, "Pray," and it blew up.

"[My friend] put it on his story, then other people put it on their stories, then that's how the actual music part of it got started," Brecker said.

The song gained 50.5 thousand plays on Soundcloud and 67.5 thousand plays on Spotify to date.

Some of the new added attention was negative, however.

After the release of "Pray," Brecker noticed a student at The Haverford School was commenting frequently on several

of his songs praising him and his music. However, Brecker soon received an odd request from him.

"He texted me and said, 'Can I say, 'F*** you, TBreck' at the beginning of one of my songs?'" Brecker said. "And I was like, 'Sure, go ahead,' because it really didn't bother me."

Brecker heard the song and wasn't impressed.

"I honestly gave him feedback, like 'You need to change your flow, the beat is boring.' I was just trying to help him out," Brecker said. "And he just started talking a bunch of smack, and one thing led to another."



DES PAPARIELLO '18

MUSICIAN, 'WALKABOUT'

"We work together on everything now, basically. Everything new of his [Brecker's] I've heard."

The Haverford student, under the stage name "Nava Ho," released a 'diss track' to Brecker called "We Back" in October. In the song, Nava Ho called Brecker a "has-been" and said Brecker was mad because Nava Ho was relevant.

Brecker followed up with an aggressive response. "Wait" garnered five thousand more plays and 201 more likes on Soundcloud than Nava Ho's song.

Brecker doesn't just release music—he's already had experience performing, too. His first concert was in Eugene, Oregon, in September. He got the gig when an Oregon-based rapper named "PlugintheOx" offered him the opening act for his show.

"The main reason I went out there was that once you do one show, other venues want to see proof of performance history, so I was like, 'This is a free ticket, I should just do this' and that's what helped me get the show in Philly with Token at the Trocadero," Brecker said.

Brecker was an opening act for rapper Token at the Trocadero Theatre in Philadelphia on November 7. Bevevino

and other Malvern students showed out to support him.

"It was pretty cool. It was a small venue, and there was a bunch of young rappers there but he was the youngest by far. He was great, and everyone seemed to enjoy him," Bevevino said.

For the show, Brecker needed a DJ, so he reached out to senior Des Papariello, another up-and-coming musician with the stage name "Walkabout."

"He [direct messaged] me," Papariello said. "He slid in my DM's."

Papariello said he knew about Brecker last year, but he never approached him about collaborating since the two have very different styles. However, they started talking, and within a week they finished a new track together called "Count 'Em Up."

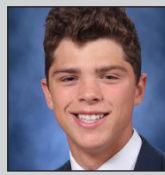
"He recorded the vocals for 'Count 'Em Up' at his house and sent them to me," Papariello said. "I had the production done like a year ago for a remix, but the people I made it for didn't like it. So I just took the vocals out and sent them to Tom."

Brecker said this was his favorite song to make, because he got to collaborate with someone who shares his passion for music.

"I usually do all the production myself, but with Des doing it on 'Count 'Em Up,' it was fun to work with someone in real life," Brecker said.

The two became friends quickly. They spend a lot of time now in the recording studio at Malvern, helping each other on new projects.

"We work together on everything now, basically," Papariello said. "Everything new of his I've heard. I'm helping him on stuff and everything new of mine he's up here saying



TOMMY BEVEVINO '20

FRIEND

"We give him a fair amount of ball busting because he's always in the studio with Des. But everyone seems to be supporting of it."

Athlete of the Issue: Davio Badalamenti '21

Davio is excelling in his field outside of the Malvern community with little recognition.

John McGlenn '18, Garrett Hallinan '19, Kyle Leonard '19

REPORTER, SPORTS EDITORS

Going into his fifth year as a gymnast, freshman Davio Badalamenti is a gymnastics star and receives very little recognition on campus because he competes outside of the Malvern community.

"I started flipping off the couches at my house and my parents really wanted to sign me up," Badalamenti said, "I went to a camp and the coach there really wanted me on his team."

Davio came to gymnastics at an older age, compared to most gymnasts who have found immense success with the sport. By the time he had started, Davio was already 10 years old, but that didn't stop him from excelling on the mat.

"The training was pretty intense," Badalamenti said. "I trained three and a half to four hours a day, every day except Friday and Sunday."

Competing for Montgomery County out of Harleysville, Badalamenti has been able to travel far for his competitions.

"It has been cool to travel around the country," Badalamenti said. "I have been able to see places like Florida, Michigan and even Oklahoma while participating in large competitions."

One of these competitions was at Nationals in Battle Creek, Michigan. Two years ago, he placed sixth at this competition, which he considered to be his greatest gymnastics accomplishment.

"This was a very nerve racking thing," Badalamenti said. "As a gymnast you know that all the eyes are on you as you step up to compete. With this being my first nationals, I was extremely nervous."

At these large competitions, there are college coaches, who watch the young gymnasts to determine recruitment prospects.

So far, coaches from Michigan, Nebraska, and Oklahoma have expressed interest in Badalamenti.

Badalamenti described the recruitment process. "They [the college scouts] cannot really talk to you until you are a junior, but they will talk to your coach. They will email your coach saying that they want to meet with you, then you can meet with them during nationals, during your day off, or a lot of times they will come to your gym to see how you are training and how much work you put in. Then, they will decide if they want to recruit you, and they will look at your grades and everything."



DAVIO BADALAMENTI '21 • STAFF

"As a gymnast you know that all the eyes are on you as you step up to compete."

-Davio Badalamenti '21

Like any sport, gymnastics is one in which an athlete risks injuring himself. Setbacks can potentially hinder coaches from expressing interest in an athlete.

Fortunately for Badalamenti, he has avoided major setbacks throughout his career despite falling many times. "The falls sometimes look pretty bad, but you just got to keep getting back up and trying again."

The roughest fall Badalamenti has suffered was last year, when he suffered a concussion that kept him off the mat and out of school for a week.

"I missed my feet and slammed my head on the floor and was knocked out," Badalamenti said.

Even with all of the risks, Badalamenti has enjoyed gymnastics, since he first started with it. "I didn't think that I would get as into it as I am. It's pretty cool to do a sport that isn't like the usual," Badalamenti said.

Badalamenti shares a special connection with the sport that has provided him with so many experiences and life lessons. He is now in a position to pass these on to aspiring gymnasts.

"Gymnastics teaches me to never give up and keep persevering through hard time," Badalamenti said. "I give back to the sport by coaching the little kids at my gym and offering my support whenever I can." ♦

Lunchables: a truly unparalleled culinary experience

When eating lunch in elementary school, there was one meal that reigned supreme, Lunchables. I'm going to be taking a look back at the playground meal, and deciding which Lunchable is the best.



ARGUABLY THE PERFECT NOSTALGIC LUNCH • A. WHITE

Aidan White '20

REPORTER

Imagine me, going to Wawa after school with a few of my friends, when out of the corner of my eye I spot something that I haven't seen in years: a pepperoni pizza Lunchable.

Suddenly, I flash back to memories of eating that lunchable at lunchtime all the way back when I was in preschool. I remember how much I used to love eating those stupid boxed meals, and I can't help but wonder, would these meals be as good as I remember them to be?

Quickly, I buy the pepperoni Lunchable and head back to school. My friends look at me like I'm crazy as I try to explain why I'm buying food meant for toddlers. I convince them to try the Lunchable with me.

We sit down and eat the meal, giving our thoughts on what it tasted like, and how we remember it. To me, it was like a breath of nostalgia.

The taste of the sauce and the bread were exactly how I remembered them. I was brought back to a memory when I was seven eating the same Lunchable while talking to my mom about soup. That's when I knew, I had to dig deeper.

Four Lunchables, two weeks, one winner. I was going to try two of four Lunchables each week for two weeks. Each week would have a Lunchable that I deem a winner and at the end of the week the two winning Lunchables would face off and I would crown the one and only "Ultimate Lunchable."

I already talked about my first Lunchable, the classic pepperoni pizza. It completely blew me away, exactly how I remember it. There were a few downsides though, the actual pepperoni was repulsive.

Don't get me wrong, I'm a sucker for the plain pizza, but once you throw that cheap pepperoni pizza on there it goes from "get me mo" to "get me no." The floppy pepperoni flat out doesn't taste like real meat. I mean, it's a Lunchable but they should at least try.

Next up, I tried the "6-piece chicken dunks." I don't really remember trying this one when I was younger, so I went into it blind. Right off the bat, this Lunchable came with a ton of other things.

This came with Kool Aid instead of Capri-Sun, and a package of Pringles in addition to two Hershey kisses. It seems as if some of the new Lunchables come with more extra snacks than some of the original ones.

I quickly ate the side things, and they tasted like Kool Aid, Pringles, and Hershey Kisses always taste like. The real moment of truth was

the actual chicken. I took a chicken nugget out, and took a bite.

I swear to God, that bite of chicken was the most disgusting bite of food I have ever eaten in my entire life. It was squishy to the point of practically being a liquid. I was so incredibly disgusted I could barely swallow.

But, I knew I could not back out. I set out on a mission, I had to prove I was no wimp. I ate the entire chicken nugget. I then promptly threw out the other five. I have no idea how it's legal to feed this to children.

My quest would end up being far more treacherous than I had ever could have imagined. The winner of the first week, by a landslide, was the original Pepperoni Pizza Lunchable.

Week two, and the stakes were higher than ever. For as long as I could remember, the Pepperoni Pizza Lunchable was my favorite. Would any of the following Lunchables have a chance?

The next one I tried was the Ham and Cheese sandwich. I had the lowest expectations for this one, but it actually ended up pretty okay. It was pretty good except for the bread. It just felt off. The actual bread looks like nothing like the box. The bread almost looks like the bread of a twinkie just bigger.

It tastes okay, just not like bread. I don't really know what they were going for. The whole meal just really felt fake. I guess that's okay for a Lunchable, but at least try to make it taste like some kind of bread.

The last Lunchable was the Deep Dish Pizza. This came with Cheez Its and a Fruit RollUp. This was it, the end of my journey, the final Lunchable. I closed my eyes, and took a bite. I never expected what happened next to happen.

This Lunchable was the greatest Lunchable I have ever eaten. It took the foundations of the original pizza and improved on it ten fold. With more bread and way more sauce, you could barely taste the disgusting pepperoni. It was everything I liked from the past amplified.

In the end, The Deep Dish Pizza won in a landslide. Not only was it a good Lunchable, but a good meal in general.

This was kind of a stupid thing I did, but it ended up being a lot more fun than I expected. Eating these Lunchables gave me a ton of nostalgia. If you have anything you ate when you were younger, go back and try it. You may have more fun than you would think. ♦

> "TBRECK," 14

you should do this or you should do that."

Bevevino and other Malvern students are very supportive of Brecker's ventures in music.

"I'll always shoot him a text after he's done a song, like 'Great job man, I like this song.' We're always friendly about it with him. We give him a fair amount of ball busting because he's always in the studio with Des. But everyone seems to be supporting of it," Bevevino said.

In terms of new music, Brecker always has something in the works.

"I'm just always working on stuff, whether it be new beats, and songs and videos and stuff coming out," Brecker said.

"We got like 100 things coming out," Papariello said. ♦

Visit this story on lantern.news to hear songs from Tbreck's Soundcloud



Catching up with ketchup

After 18 years, my run without ever trying ketchup comes to an end.

Eric McLaughlin '18
EDITOR-IN-CHIEF

“How have you never tried ketchup? Are you crazy?”

This is the response I get every time someone asks if I want ketchup and I respond by saying that I don't want it and that I have never tried it. In a matter of seconds, a polite offering of a condiment turns into actual anger and befuddlement.

On Monday, December 11, I fought through my uneasiness with the tomato based dipping condiment and decided to try ketchup for the first time in my life.

The drive to Smashburger is still a blur. I was nervous as I sat there pondering whether or not I would enjoy the ketchup. If I didn't, which is what I expected, it would confirm to me that ketchup is just unnecessary calories. If I did like it, however, I would have to live with the fact that I spent 18 years of my life refusing to ever eat something that I actually liked.

It was a brisk winter afternoon as I entered the greatest burger place in the borough of Malvern. I decided to go simple with my order: one order of french fries and a soda to wash down the ketchup in case I didn't like it. As the Smashburger employee walked over, he had no idea what he was handing me.

As I sat there with my ketchup-phobia, I took deep breaths to calm down. I was persistent on pouring the ketchup into the corner of my tray because I did not want to ruin a perfectly good plate of french fries.

I then went on to pick up the french fry, dip it in the ketchup, and take a bite. Well, really I picked up the french fry, dipped it in the ketchup, and freaked out until I was forced to take a bite by my friends who were with me. After all of this stress and anxiety, the first bite of ketchup was monumental!

This is what I would have liked to say. My experience, however, was much more uneventful. The ketchup really did not taste like anything. I thought that it had a strange texture and did not really add anything to the taste of the fries.

After tasting the ketchup, I decided to look at the nutrition facts on the back of the bottle of Heinz. I found that there are over 20 calories in one serving of ketchup. Add that to another 350-some calories for the french fries, and that is just not a healthy snack. While writing this, I decided to do the math on the caloric intake from ketchup. If a person eats two servings of ketchup every day, they will have eaten 14,600 calories from ketchup alone in one year. I am 18 years old. If someone eats two servings of ketchup every single day for 18 years, they will have consumed 262,800 calories of ketchup. I am happy to pass on the Heinz bottle.

Through this whole trial, I have concluded that people are so obsessed with ketchup because they are the opposite of me. As a child, I somehow fell through the ketchup cracks. I think ever since Heinz tried to make that purple ketchup, I decided to avoid it at all cost. Therefore, I have built up an appetite that doesn't need ketchup for me to enjoy certain foods.

For most other people, however, they have been eating foods with ketchup for as long as they can remember. Their appetite now revolves around the condiment. These people do not know how to judge a french fry solely on the merit of the fry.



THE BIG MOMENT • Senior Eric McLaughlin stares down a french fry covered in ketchup. McLaughlin had never previously tried ketchup in his life. "I think ever since Heinz tried to make that purple ketchup, I decided to avoid it at all cost," he said. D. MALLOY

Looking back on my experience with trying ketchup, I am happy that I was forced to do it. It has helped me improve my argument on why ketchup is not a necessary food item. The wise Sun Tzu once said, "If you know your enemy and know yourself, you need not fear the result of a hundred battles." My enemy, in this case, was ketchup. However, I never really knew that much about it. Now that I have tried ketchup, I know myself in that I do not need it to enjoy food, and with this knowledge I do not fear people telling me that I am missing out on it. ♦

DECEMBER AND JANUARY ATHLETICS

BASKETBALL

Home

January 3, vs. Sankofa Freedom Academy Charter School, 7 p.m.
January 12, vs. Penn Charter, 7:15 p.m.
January 16, vs. Episcopal Academy, 4 p.m.
January 19, vs. The Haverford School, 7:15 p.m.
January 30, vs. Springside Chestnut Hill Academy, 5:45 p.m.

Away

December 19, at LaSalle College High School, 7 p.m.
December 29, Scholastic Play by Play Tournament at Philadelphia University, 2 p.m.
January 5, vs. Germantown Academy at Philadelphia University, 7 p.m.
January 6, at Palmyra High School (NJ), noon
January 9, at Springside Chestnut Hill Academy, 5:45 p.m.
January 20, at St. Augustine Prep (NJ), 5:30 p.m.
January 23, at Germantown Academy, 5:30 p.m.
January 26, at Penn Charter, 7:15 p.m.

HOCKEY

January 4, vs. St. Joseph's Prep at the Skatium, 8 p.m.
January 10, vs. LaSalle College High School at Hatfield Ice Arena, 8 p.m.
January 11, vs. Downingtown West at Ice Line, 7:50 p.m.
January 15, vs. West Chester East at Ice Line, 7:30 p.m.
January 26, vs. Boyertown Area High School at Center Ice, 7:15 p.m.

SQUASH

Home

January 8, vs. Princeton Academy of the Sacred Heart, 4 p.m.
January 9, vs. Episcopal Academy, 4 p.m.
January 23, vs. St. Augustine Prep, 4 p.m.
January 24, vs. LaSalle College High School, 4 p.m.
January 30, MASA Championships, 4 p.m.

SWIMMING AND DIVING

Home

December 19, vs. Unionville, 3:45 p.m.
December 21, vs. Salesianum, 4 p.m.
January 5, vs. LaSalle College High School, 4 p.m.
January 16, vs. The Haverford School, 4 p.m.
January 31, Inter-Ac Championships

Away

January 9, at Germantown Academy, 4 p.m.
January 12, at Penn Charter, 3:45 p.m.
January 20 & 21, National Catholic Championships at Loyola University (MD)
January 23, at Episcopal Academy, 3:45 p.m.
January 29, Inter-Ac Diving Championships at Germantown Academy

WRESTLING

Home

January 5, vs. Penn Charter, 5 p.m.
January 19, vs. Springside Chestnut Hill Academy, 6 p.m.

Away

December 29, at Governor Mifflin Senior High
January 6, at The Hill School, 8 a.m.
January 12, at The Haverford School, 4 p.m.
January 13, tournament at Springfield Township Middle School, 8:30 a.m.
January 14, at Council Rock High School South, 8 a.m.
January 20, Canal Classic at Middletown High School, 8:30 a.m.
January 24, at Smyrna High School, 5:30 p.m.
January 26, at Episcopal Academy, 4 p.m.
January 27, at Sun Valley High School, 8 a.m.

WINTER TRACK

December 29, Burdette Invitational at Lehigh, 10 a.m.
January 6, at Haverford College, noon
January 13, at Haverford College, 8 a.m.
January 20, at Glen Mills School, 10:30 a.m.
January 27, Ocean Breeze Invitational, 9 a.m.

GOOD LUCK FRIARS!

Villa Voices

This month, Villa Maria Academy launches their school newspaper, "The Villa Voice." We hope to collaborate with this new publication on occasion, and we launch this month with an infographic feature that runs in each newspaper on the topic of GHOSTING—written by a ghost writer from each paper. **To see the results of Malvern's ghosting survey, pick up a copy of "The Villa Voice."**

Ghosting: normally a one sided decision to cease conversation, which typically occurs between two people who had a "thing." They disappear, taking not only their presence but also your self confidence. It usually happens via text message, but can also happen on Snapchat. Here's the question, what do people think about all of this?

According to a recent survey of 249 Villa Maria Academy students, 65 percent agree that it is not OK to ghost someone, which is an expected response from a group of teenage girls. What is surprising, though, is that 61 percent of students admitted to ghosting others. It seems hypocritical that even after students said ghosting is wrong, many still admit to it.

There are several different levels of ghosting depending on the social media platform and the stage of the relationship. While different circumstances may occur, blatantly ignoring someone is not acceptable. Relationships are agreements between two people, and are supposed to be a give and take. I think ghosting is cowardly, if you are mature enough to be in a relationship, you should be mature enough to communicate your feelings to the other party.

I'm sure there will be some different aspects of the argument from a boy's perspective. All I can say is that from a girls' perspective, it is evident that more people believe it is not okay to ghost someone. ♦ -VMA

