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## Mercy Day, Eliciting The Best Kind of Madness

September came to an exciting end with the annual Mercy Day celebration, a Mercy girl's "Christmas" if you will. This Mercy Day defied the precedents, creating exciting new traditions and lasting memories. One of the most significant changes being the freshman school sleepover. The 9th graders came together the Sunday before the two day event to join in a gradewide sleepover in the gym. Despite the 11pm curfew and the fact that the sleeping situation, less than ideal, involved sleeping bags on the rock-hard gym floor, the freshmen seemed to have given the night exceedingly high approval ratings. Mercy Day was already off to a great start before the actual event had begun.

The Upperclassmen rolled up to school in their usual festive attire; for some this meant their tie-dyed tee-shirts and red and gold ribbons, while some of the more "spirited" girls this meant red and yellow tutus and painted handprints covering their faces. Whatever the style choice, the upperclassman all uniformly looked bright eyed and excited - a Mercy Day must. The freshmen, sophomores, juniors, and seniors entered the PAC awaiting the first performance. **Molly Hanson '20** and **Caitlyn O'Malley '20** took center stage, starting off the day with a bang. Maybe it was the morph suits, the upbeat synchronized dancing, or all of the above, but their routine certainly did not disappoint.

What goes up and down? What are some things you fill up with air? Some things you freeze? These may seem like relatively simple

questions, but underneath the stage spotlight and the intimidating stares of the students, seniors and faculty gave some hilarious answers to these in a game of "Faculty Feud". The tension between the seniors and the faculty was, "even greater than when they post our midterm grades on Rediker," some students said. In the air, competition brewed and both teams came ready to play, but the faculty ended up catching the win, putting the seniors back into their place.

Mercy Day never fails to disappoint and this year, the same rule applied. For some what made Mercy Day fun was participating in the hilarious activities, getting to meet Catherine McCauley herself (**Eva O'Melvin '20**), or simply enjoying Brock's mac and cheese; everyone can agree what made Mercy Day memorable, was the overwhelming sense of community and love the students shared that day.









# Features

## Globetrotting Gwynedd Girls Test the Luck of the Irish

Summers contain much excitement for Gwynedd Girls, from trips down to the shore to family vacations. Each day creates new memories that last a lifetime. Every other summer Mercy International Association, an organization of Mercy-minded individuals, hosts a leadership conference for students attending a Mercy secondary high school. This summer, eleven Juniors and Seniors, accompanied by **Mrs. Carty** and **Mrs. Scott '84**, had the opportunity to travel to Dublin, Ireland, for the leadership conference.

From the very beginning, the students and chaperones, dressed in their matching vibrant kelly green shirts, were ecstatic to travel to Ireland where the Sisters of Mercy were founded. After arriving in Dublin, the group travelled to several hotspots for tourists like the Cliffs of Moher, Aran Islands, and Galway City. Following these experiences, the students and chaperones journeyed back to Dublin where they took part in a multi-day leadership conference along with groups from all around the world. At the conference, the attendees learned about Catherine McAuley's ministry and the importance of carrying on her mission. They also toured the original site of the Sisters of Mercy, now Mercy International Centre, as well as the city of Dublin as Catherine



would have experienced it. The attendees also took part in workshops about current issues such as Human Trafficking and personal growth such as Mindfulness. They experienced the local culture at an Irish Caeli and global culture with a talent show during which Gwynedd's own **Maddie Tronoski '21** showcased her gifts as an Irish dancer. The ideas developed, lessons learned, and friendships made at the conference will last a lifetime for these students. Despite several transportation obstacles, the girls and chaperones returned to Gwynedd Valley renewed in their spirit as Women of Mercy.



## Monarchs Fly to Boston and Panama City Offering Assistance

Throughout the year, the Ministry and Service team orchestrates several school-sponsored service events that allow the girls to help people of all demographics in the surrounding area. Ten girls were selected for each of the two impactful week-long trips.



A group of Gwynedd Girls, accompanied by **Dr. Clementi** and **Mrs. Mischler**, arrived in Arlington, Massachusetts to be placed into work groups that went out to organizations or homes for people who needed assistance. They helped with simple tasks, like painting a room, and more demanding ones like

reupholstering chairs. Each day bookended with mass or some kind of religious immersion, with fun activities in between. By going virtually technology-free, the girls were able to interact with people from all over the country. Down in Pensacola, Florida, another group of



girls, accompanied by **Mrs. DeCandido** and **Mrs. Morrissey**, worked to help those affected by Hurricane Michael. Their days started bright and early with 7:00 a.m. mass. Afterwards, the group traveled to the home of a different woman everyday where they honed their yard maintenance skills like cutting down and removing of large trees.

**"I never thought that I would be looking back on that week wishing that I was back in that hot room or waiting in line for an hour and a half for a shower. The overall experience was life changing and I would do it all over again in a heartbeat." - Vivi Campbell '20**

## Gwynedd Community Rallies for the 11th Annual CK5K

The annual Carolyn Keen '10 Memorial 5K Run/1 Mile Walk attracted over 300 hundred runners, mile walkers, and dedicated supporters from the Gwynedd community! This year students from the Music Department started the event with singing the Star Spangled Banner and the Alma Mater. The 5K is held each year in memory of Carolyn Keen who passed away in her junior year in an automobile accident. Carolyn was a member of the Cross Country team. This event raises funds to support the Carolyn Keen '10 Memorial Scholarship awarded each year to a rising Junior who, like Carolyn, has displayed admirable dedication and commitment to her school, and whose family will benefit from the assistance with her tuition.





# Student Highlights

Although the 2019-2020 school year has just begun, the talent evident throughout the entire Gwynedd community continues to shine bright each and every school day. Whether you are a member of Student Council, a starting forward on the soccer team, or a vocalist for the liturgies, every Gwynedd girl has the opportunity to share her many gifts, as well as leave an impact on the community outside of Gwynedd. In recent weeks, multiple girls demonstrated their notable abilities and deserve recognition for their achievements. The following are highlights from the start of the school year:

**Alden Bocella '20** scored her 100th high school career goal during the field hockey team's Senior Night game against Sacred Heart.

During the Yale University Invitational Tournament, Speech and Debate participant **Kathryn Tereshko '20** won 3rd Place in Original Oratory, with **Sahiba Tandon '21** placing as a quarterfinalist in the Oratory event and **Isabelle Spirk '21** placing as a quarterfinalist in the Oral interpretation event.



Tennis players **Tess Flanigan '20**, **Bella Kellner '20**, **Bella Bauman '20**, and **Jordan White '21** played in the AACA Doubles Tournament, with Tess and Bella qualifying to represent as the number one seed of the ACAA League in the District 1 2A Doubles Tournament. The tennis team later finished in second place for the District 1 3A championship. After solidifying the second place position in

the regular season, the golf team followed up the with a second place win in the championship. **Molly Gregor '22** contributed with an impressive score of 40, while **Maggie Fleur '20** (43), **Emma Fiore '20** (47), **Reganne Flannery '20** (47), and **Liz Held '20** (55) performed extremely well during the 2019 AACA League Championship.



Receiving outstanding scores on the 2018 PSAT/NMSQT, **Aileen Murray '20**, **Kathryn Tereshko '20**, and **Kiera Thomas '20** were named Commended Students for the 2020 National Merit Scholarship Program.

Nominated for their leadership within the Gwynedd community, **Jordan White '21** and **Alexis Kelerchian '22** were recognized and presented with Gwynedd's Ethical Leadership Award.



These accomplishments are just a few of the many from a school filled with extraordinary talent. Any student can be a part of Gwynedd's highlight reel, and the beginning of a brand new school year provides the opportunity for everyone to get involved.

# Leadership

Leadership, one of the five pillars of the Academy's "**She is the Future**" Strategic Plan, has taken a giant step this academic year in implementing its initiatives around Gwynedd Mercy Academy High School.

15 students ranging from 10th grade to 12th grade have accepted stipened internships with various departments throughout the school. These students will have the opportunity to learn more about fields of interest in a hands-on way. Their efforts will benefit their own development as well the Academy's efforts outlined in the 5 year Strategic Plan.

The 2019-2020 Interns at Gwynedd Mercy Academy High School

## Athletics

*Devon Enoch '20 and Teresa Mitchell '22*

## Counseling Department

*Katherine Denitz '21 and Isabella Trotter '20*

## Culinary

*Juliana Valerio '20*

## Leadership

*Angelena Antenucci '20*

## Marketing and Communications

*Kai McClelland '20 and Peyton Palazzo '20*

## Performing Arts

*Isabelle Bosca '20 and Jordan White '21*

## Philanthropy

*Audrey Keen '20*

## She is the Future Strategic Initiatives

*Natalie Corrado '20 and Megan Panacek '21*

## Technology

*Kiera Thomas '20 and Lynsdey James '21*





# Sports

## Varsity Field Hockey and Soccer Dominate the Turf

In the past few weeks, Gwynedd has dominated the turf, beating school rival, the Mount, in both soccer and field hockey home games. The soccer team triumphed Friday, September 13. Varsity captain, **Mollie Hanson '20** scored the first goal for Gwynedd, tying the score with 6:09 left in the second half. Dragging the game into double overtime, GMA kept the score tied until **Grace Hirschmann '20** scored a strike off the left wing with 9:13 left in the game. Gwynedd soccer won 2-1. Field hockey opposed the Mount the following Tuesday, September 17. In another intense game, **Caroline Sweeney '20** led the team to their first goal and **Alaina McVeigh '22** scored two, with one overtime break-away goal resulting in a 3-2 win over the Mount. The victory puts an end to the Mount's 5-year streak of winning over Gwynedd field hockey.



## Packing the Volleyball Stands With Red for a Cause

Every year the volleyball team hosts a fundraiser during a game to support a cause that hits home for both the team and the Gwynedd community.



This 2019 season the players decided to support the leading cause of death for both men and women in America: heart disease. In fact, every 60 seconds someone dies from a heart-disease related event. Heart disease has hit many Gwynedd families, especially those on the volleyball team. The players are holding this event in loving memory of Mrs. Kathleen Gomez P'22. Volley For The Fight is a fundraiser in coordination with the Gwynedd Mercy - Mount St. Joseph volleyball game this year. In addition to a junior varsity match and a varsity match, the event included a serving competition, bake sale, snack stand, raffles, and more. All proceeds went towards the American Heart Association which funds cardiovascular medical research, educates people on healthy living, and fosters appropriate cardiac care in an effort to reduce cardiovascular disease related traumas.



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