

The Beat

Installation of Ms. Cryor

Lauren Palumbo & Kellie McIntyre

The long-awaited installation of Miss Cryor as the sixth Head of the Country Day School of the Sacred Heart occurred this past Friday, September 30th. After many weeks of planning and preparation, the choir started the ceremony with a few songs, including a beautiful rendition of "Ave Maria" featuring Liz Boyle '17. After the crowd was settled and the faculty, staff, and student leaders processed in, several speeches were made. Mrs. Catherine Karrels, Head of Stone Ridge School of the Sacred Heart in Bethesda, MD and longtime friend of Miss Cryor, gave a heartfelt speech which illustrated what our school community is already aware of: how lucky we are to welcome Miss Cryor as the Head of School.

Miss Cryor's speech was one of the highlights of the ceremony. She captured all of our attention with the question, "What would you ask St. Madeline Sophie?" What really caught the Upper School student body's attention was when she mentioned her high school self's desire for... SNEAKERS in the uniform. Could it actually be a possibility that one day we will be able to wear sneakers with our kilts? Stay tuned.

Another memorable moment was when Mrs. Deets sang a call and response blessing while everyone in the gym handed their blessings to Miss Cryor. The installation concluded with the Alma Mater and *Coeur de Jesus*. Everyone then returned to classes, or so Miss Cryor thought! The students lined up on the hill, holding balloons to cheer her on as she walked up the hill. Even though we had to wait in the windy weather while she was in the gym, nothing gets in the way of a Sacred Heart girl's ability to scream at the top of her lungs. The day was topped off with a treat of Lori's cookies! The Installation Ceremony was a great way to welcome Miss Cryor into our school. We can speak for everyone when we say we are looking forward for what is to come this upcoming school year.

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Ms. Kara Rufo

From Abby: Back to School Edition

Abby Loranca & Erin Hanson

As most of you already know, Abby Loranca seems to have a constant dialogue that she both shares with others and keeps to herself. Sacred Heart's very own dear Abby is happy to offer her opinions on various matters. Abby and her classmates thought that instead of everyone having to hear Abby go off on tangents, the newspaper would provide a platform From Abby, where she can share her thoughts and feelings on the latest things that cross her mind. This issue's "From Abby" is all about back to school, and we will be continuing to feature this column in our upcoming issues. If you would like to share your thoughts on possible future topics, please feel free to tell Abby. What's the internal dialogue in your head this week? Here's Abby's:

As the summer came to a close, the back to school ads began to pop up everywhere to constantly remind me of all I have to do to prepare for the school year. I find that each year there are some things I cannot seem to escape:

1. Every time I go to Walmart to get my school supplies, there are always people that stand in front of half the aisle, blocking my view and way to get the supplies I need.
2. Also, the aisles quickly become disorganized, and I end up looking through the same three aisles twelve times, then realize that what I needed was in the aisle that I originally was in, but instead I end up wasting 20 minutes of my life. I find this is actually a common thing that happens to me.
3. Two words: EARLY. MORNINGS. (Only coffee saves me from those scary things)
4. The worst thing about back to school is the back to school commercials. I get that this isn't Phineas and Ferb and that summer will eventually end, but I don't need to be reminded of the stress and sleepless nights to come on my first day of summer break.

Sacred Heart Network Olympians

Caroline Lewers

This past summer the 2016 summer Olympics took place in Rio de Janeiro and there were many Sacred Heart Olympians that had memorable performances. Katie Ledecky from the Class of 2015 at Stone Ridge earned four gold medals and a silver medal for swimming. She attended her first Olympics when she was only fifteen years old at the 2012 London Olympics. She is currently swimming for Stanford University at the age of nineteen. Annabelle Smith earned a bronze medal for synchronized diving. Annabelle is twenty-three years old and she is from Malvern, Australia. Lia Neal also performed in the 2012 London Olympics and she earned a silver medal for swimming. Lia, currently, swims for Stanford University at the age of twenty-one. We are very proud of these Sacred Heart Olympians and all of their achievements.

Harry Potter and the Cursed Child Review

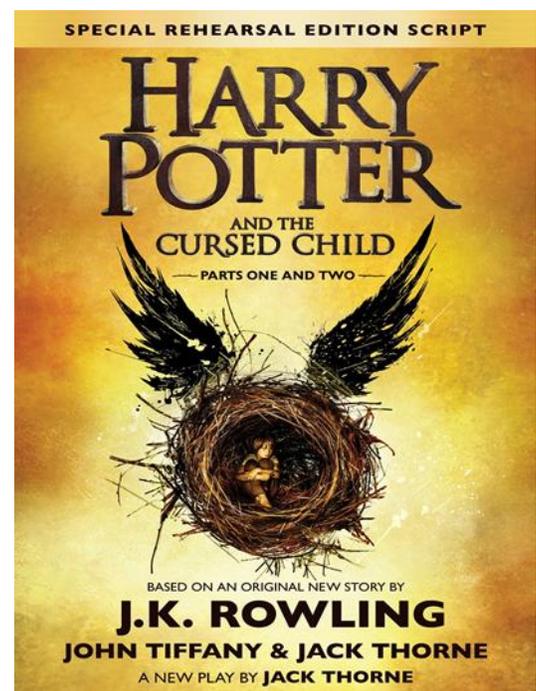
Sarah Conway

On July 31st, 2016, *Harry Potter and the Cursed Child*, the eighth book in the Harry Potter series, was released. Written by Jack Thorne and John Tiffany, with the help of J.K. Rowling, the book was released as a play manuscript. Many Harry Potter fans picked up the book to read over the summer, and most had mixed emotions after finishing.

One of the main highlights of the book is the importance of Cedric. A lot of people enjoyed seeing how Cedric had such a big impact in the lives of all characters. In addition, readers loved how the story of Cedric is continued through this play. Natasha Karnoto ('19) says, "In previous books, Harry had always thought about the death of Cedric, so I loved seeing this story continued." And while Cedric is a main topic in *Harry Potter and the Cursed Child*, Scorpius seemed to be the character many readers favored. Scorpius has a good heart, and readers seem to appreciate the fact that he is not what some call a stereotypical Slytherin.

But despite these timeless characters and other loved aspects of the book, some readers couldn't get into it. The people who did not enjoy the new book as much as others have said that they appreciated the effort put into *Harry Potter and the Cursed Child*, but it wasn't as good as the previous Harry Potter books. While some argue that it was not a surprise that the book was not as good as previous ones, others believe the writers could have done a better job living up to the readers' expectations. And while this may seem harsh, readers argue that Harry Potter books can only be written one way and that J.K. Rowling is the only person who can continue Harry Potter's story.

Regardless, *Harry Potter and the Cursed Child* seemed to be a success for booksellers. A number of readers rave about the book, hoping that Harry's story, and the story of his children, will continue. Unfortunately, J.K. Rowling announced that Harry Potter's story is over, and there will be no more books. So, for those of us still craving more of Harry Potter's story, we will just have to hold on to the hope that the play will come to Broadway in the future. And when all else fails, Harry's story will never leave the books, and we can always return to the characters we have grown to love.



New Faculty Spotlight

Erin Hanson & Annalise Dati

The Beat was sat down with Dr. Lincoln and Mrs. Day this month to get to know them better. Here is what we found out about the two new Upper School teachers:

What school did you work at prior to this? What was your last occupation?

Dr. Lincoln: I was a teacher at Delaware Community College.

Mrs. Day: I worked at Malvern Prep and started my own tutoring business.

What is your family like (spouse, kids, pets, etc.)?

Dr. Lincoln: My husband is from Finland. I have two daughters, one son and a dog named Pip.

Mrs. Day: I am married and have four children; my oldest daughter graduated from Sacred Heart in 2010. I have a son in college at Penn State and two daughters in the seventh and tenth grades.

What is your favorite type of music?

Dr. Lincoln: Alternative rock and 80s

Mrs. Day: I listen to 104.5, and I love Dave Matthews!

What is your favorite food?

Dr. Lincoln: Definitely chocolate

Mrs. Day: This is hard, but I love pasta.

What is your favorite TV show?

Dr. Lincoln: I don't watch as much TV, but I read a lot.

Mrs. Day: I have a lot, but I love Grey's Anatomy, Scandal and House of Cards. My all-time favorite movie is Pretty Woman with Julia Roberts.

What do you like about Sacred Heart?

Dr. Lincoln: All the students!

Mrs. Day: Me, my mom, and my sister all graduated from Sacred Heart, so I guess you could say Sacred Heart runs in the family. This is my first time teaching all girls, but I love it. I love the small class sizes because it allows everyone to get to know one another.

Fall Sports Update

Mary Rose O'Donnell

Fall sports are underway at Sacred Heart! The Field Hockey, Volleyball, Golf, Cross Country, and Tennis teams have been working hard all season, and the results show.

Cross Country has had exceptional performances in the three league meets that they have run in so far. SH individuals have placed first and second in all three meets. SH individuals have also placed first, second, third, and fourth places in two of these meets. The team is led by five juniors, including two-time state runner-up **Emma Seifried '18**, and head coaches Miss Rufo and Lauren Apakian, sister of Emily Apakian '16. The team is looking forward to League Championships and Districts later this season.

The **Tennis** and **Golf** teams started off their respective seasons on very high notes. The Tennis team beat Catholic Academies League rival Villa Maria 3-2. **Marcella Marino '18** and **Emily Robinson '17** were highlighted in a local newspaper article for their contributions to this amazing win. The Golf team's **Kat Kinslow '18** shot an ace, which is a hole in one. This is considered a once in a lifetime achievement and is amazing for Kat and Sacred Heart Golf. The team has shot some of the lowest scores of the season recently and is looking forward to continuing their improvements for the duration of the fall.

The **Volleyball** team is very young this year. The team only has one senior, **Megan Flatley**, and a new coach, Sam Moyerman. They have been working very hard to continue the success they have had in previous seasons. Juniors **Rachel Bunado**, **Mia Anthony**, **Juliana Michniak**, **Jaycee Webster**, and **Norah Sanoury** have played a major role this season. Freshman setter **Hannah Martinson** has also been a great addition to the team. Volleyball is looking forward to competing for another District 1 title again this year.

The **Field Hockey** team has been at school almost every day since August 15 practicing and improving their skills. Only one player was lost to graduation (Brigid Gliwa '16, now playing at Tufts University), which means the team is still largely intact, boasting over thirty participants this year. The senior class, including captains **Kellie McIntyre**, **Mary Rose O'Donnell**, and **Emily Franz**, have been providing exceptional leadership and have led the team to numerous successful performances throughout their long and hard season. Most recently, the varsity squad defeated Bristol 7-0, featuring standout performances from **Hannah Seifried '18**, **Dani Santora '19**, **Elizabeth Davis '19**, and **Catie Gordon '19**. The team is working towards a victory against Gwynedd Mercy on October 13th, which is also their Senior Night.

Don't forget to support our athletes at their games, matches, and meets! Go Heart!

CSSH Invades France

By: Sydney Young

Thirty-three students, five teachers, three tour guides, ten days and countless memories later, the France trip was considered a success. SHFrance visited the cities of Paris, Joigny and Nice. Looking like tourists in matching purple shirts, we embarked on a journey to live like locals.

Paris: Once we landed, we were all greeted with fresh baguette sandwiches and an astonishing view of the Eiffel Tower. Some were daring enough to try escargot on the first night, while others stuck with bread. After climbing the Eiffel Tower, we took in views from the top of the Arc de Triomphe, spent a few quiet moments in the Notre Dame Cathedral, took a glimpse into a king's life at the Palace of Versailles, and participated in an impromptu community gathering and sing-along on the steps of the Sacre Coeur. Four days later, we traveled two hours south to Joigny.



Joigny: In Joigny, we slept in St Madeleine Sophie Barat's home, which was one of the most humbling experiences. We visited the vineyard where Sophie had spent much of her time. There, after an intense hike, we learned that the nuns were much more in shape than the rest of us! We spent our last night there at a café, cheering on France during a Euro Cup match. Allez Les Bleus!

Nice: After nearly a full day of travel, we arrived in Nice. We spent time in Eze, visiting a perfume factory, and traveled to Monte Carlo to see the Grand Prix and the Prince's Palace of Monaco where Grace Kelly once lived. We spent an afternoon on the beach and shopped until some of us maxed out our spending limits. After a delicious dinner on our final night, Miss Rufo made sure to end the trip on a memorable note when an unexpected event took place. During a photo-shoot, Miss Rufo's purse plunged into the French Riviera. Without hesitation, she jumped in after it while students gave nervous "ahs." Even the tour guide had a look of shock and said, "Oh dear!" Thanks to summers at the shore, Miss Rufo successfully swam to and snatched the purse, where she then threw it up to students before climbing up the ladder, soaking wet. I'm happy to let you know her phone is alive and well. Her travel journal got a little wet, but she tells us that just adds character.

France holds a very special place in our hearts, and if you have the opportunity to go on the Italy trip this summer, TAKE ADVANTAGE OF IT!



Miss Rufo gracefully emerges from the sea.



SHFrance looking nice in Nice.

**IT'S PEANUT BUTTER
JELLY TIME!**



**CDSSH'S ANNUAL PB&J DRIVE
ENDS FRIDAY, OCTOBER 7TH
5 JARS = 1 CSC HOUR
EARN RED & WHITE TEAM POINTS
BENEFITS LOCAL FOOD PANTRIES**

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**We Need YOU for the
Black History Month Assembly!**

The Multicultural Club is getting ready for the Black History Month Assembly. Everyone is welcome to participate & contribute ideas. We want to make this assembly as great as last years!

Contact Jess Atoo or Emmyl Chervil for more info.