

# Cardinal



March Edition  
2019

## Female Empowerment

### WOMEN'S HISTORY MONTH



*"Remember no one can make you feel inferior without your consent."*

- Eleanor Roosevelt



*"I don't fear being outspoken. The only thing I fear is losing my sense of integrity or losing sight of the values on which I guide my life. So I don't think it's particularly brave or unusual for me to speak out."*

- Constance Wu



*"For me, it really is about the self-acceptance... the more time that I spend really accepting and allowing myself to be exactly where I am, the faster it is I move towards what I wanna be doing."*

- Tracee Ellis Ross



*"Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it."*

- Oprah Winfrey



*"Let us make our future now, and let us make our dreams tomorrow's reality."*

- Malala Yousafzai



*"Nothing is absolute. Everything changes, everything moves, everything revolves, everything flies and goes away."*

- Frida Kahlo

#### Newspaper Contributors

**Editor-In-Chief** - David Matos

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*This edition is also available at [www.lasalleacademy.org](http://www.lasalleacademy.org)*

# WOMEN'S HISTORY MONTH

It's finally March which also means it's finally that time of year when we honor and appreciate the women of the past that made history and the women of the present that are making history. Women have, unfortunately, not given the importance they deserve in our history lessons for decades. It's important therefore that we take this opportunity to really remember and educate ourselves on different notable and honorable women who have made valuable contributions in this world. This month we recognize women for their successes and highlight the fact that women are just as strong and inspirational as men. Women have gone through and continue to go through a lot and we would not be the men we are today if it weren't for a certain woman/women in our lives. In this month's edition we are remembering several women of the past and present that have influenced this world in music, sports, literature, science, & at La Salle. All these women made an impact in this world and deserve to be acknowledged. I encourage everyone reading this edition of the newspaper to really consider the hard work and perseverance of these important women.

- David Matos



# WHAT DOES THE WORD “WOMAN” MEAN TO YOU ?

For Women’s History Month 2019 I thought it would be interesting to go around La Salle Academy and ask the female staff a simple, yet powerful question. That question was the following:

What is the first word you think of when you hear the word “woman”?

Here are their responses...

Ms. Toney : “Respect”

Ms. Ritziu: “Motherhood”

Ms. Bu: “Azul”

Dr. Guerriero: “Mom”

Ms. Santiago: “Boss”

Ms. Lipovac : “Strong”

Ms. Sanchez: “Femininity”

Ms. Morales: “Elegance”

Ms. Santos: “Mother”

Ms. O’ Mara : “Strength”

Ms. Cernaro: “Resilient”

Ms. McNamara: “Independent”

Ms. Fields : “Power”

Ms. Masullo : “Man”

Ms. Giancaspro: “Roar”

Ms. Cernaro: “Resilient”

Ms. Perrone: “Persistence”

Ms. Carlsen: “Empowering”

After hearing all the responses from the women of La Salle Academy I have come to the conclusion that women, as a whole, are best described in my opinion as “superheroes”. They do it all and are the world’s underrated and true superheroes who grace the world with their many gifts and powers. Be thankful for all the women in your lives. Happy Women’s History Month!

- Steven Dumeng

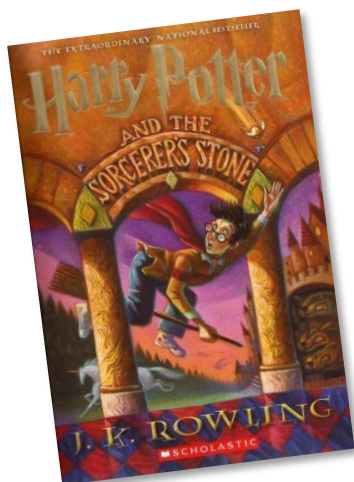
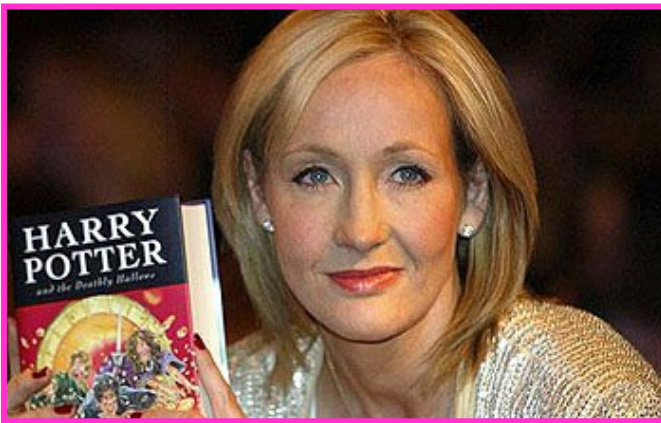


# J.K. ROWLING

J.K. Rowling is a British author, screenwriter, and film producer. She is best known for writing the Harry Potter series. Her seven novels have won multiple awards, and have sold over 500 million copies, eventually becoming the best-selling book series in history.

Rowling was born in 1965 in Yates, England. She first thought about the Harry Potter series on a delayed train from Manchester to London in 1990. She lived in relative poverty until the release of her first novel, *Harry Potter and the Philosopher's Stone*. Her first novel was rejected twelve times by twelve different publishers, until it was finally published by Bloomsbury, a publishing house in London. The series first had exponential success in the United Kingdom, then it went global, when it was published in over 80 languages. Due to the tremendous financial success of the Harry Potter series, J.K. Rowling became the first billionaire author in history. With J.K. Rowling as film producer and screenwriter, the Harry Potter film adaptation was also a massive hit. All eight films in the series made a total of \$7.7 billion in the box office, winning multiple awards. J.K. Rowling's work has changed the lives of millions across the globe.

- Michael Centeno



THE WIZARDING  
WORLD OF  
Harry Potter™



# MARIE CURIE

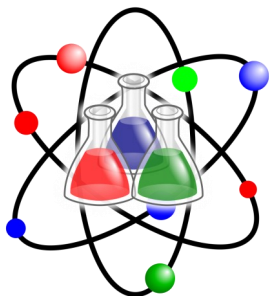
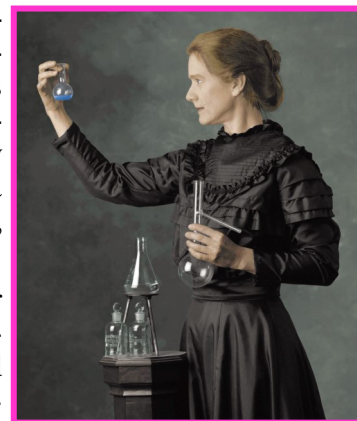
In celebration of Women's History Month, we should take time to appreciate the many different contributions to all aspects of society where women have contributed. They put in just as much hard work and dedication as men do, if not more, and are constantly striving to achieve the most that humankind can reach. One of the most notable women in science, and arguably one of the most notable women in world history is Marie Curie, born Maria Skłodowska. She was a Polish physicist born in Warsaw, on November 7<sup>th</sup>, 1867.

Marie's life was one of constant curiosity and learning, with her father having given her a one-up on scientific training and her general education facilitating her urge to learn more about the world around her. She even decided to leave Warsaw, relatively early on in her life, to travel to other parts of Poland and Russia in order to discover more about herself and find new opportunities in her craft. In 1891, she went to Paris and continued her studies at Sorbonne University, where she obtained licentiateships in Physics and Mathematical Sciences. She was a prodigy in the making, and was one of the best in her class at the time. She later married the Professor of the School of Physics and then succeeded him as Head of the Physics Laboratory at Sorbonne for her merits. Much of her research, conducted with her husband, was performed with very difficult conditions due to poor laboratory arrangements and a difficult livelihood in teaching, but they still held true to their practice. Eventually, inspired by the discovery of radioactivity in 1896, were able to isolate Polonium, which they named after Poland, and Radium. They developed numerous techniques for separation and characterization, and went heavy into the research of their properties and how they can be used to improve people's lives.

In 1903, just at the turn of the century, Marie earned her Doctor of Science Degree. However, she suffered a heavy loss when her husband Pierre Curie died in 1906. Rather than sit and grieve she took action and held his place as Professor of General Physics once more, being the first woman to have ever held this position. Later, she and her husband's research eventually paid off in a big way when she and her daughter, Irene, pushed for the use of Radium to alleviate suffering from injuries caused during World War I.

Having listed just a few of her numerous accolades, how could you not respect a woman of such determination, intelligence, and boundless curiosity? Her enthusiasm for science did not stop with just these. We at La Salle encourage all readers to do more research on the many contributions Marie, and other women, have made to the scientific world.

- Joel Dominguez



# RACHAEL RAY

Rachael Ray with her outgoing personality has become a household name – as a celebrity chef, talk show host, television personality, editor-in-chief of her monthly lifestyle magazine called “Every Day with Rachael Ray”, and author of many cookbooks. Many people look to Rachael Ray for quick and easy to prepare recipes they can make at home. From a young age Rachael grew up and helped in her family’s restaurant business and was always exposed to many different types of cooking styles. In her early 20’s she began working at Macy’s Market Place at the candy counter before managing the fresh foods department. Two years later Rachael became a store manager and buyer at a gourmet market called Agata and Valentina, then moved back to upstate New York to manage the pubs and restaurants of a place called Sagamore Resort on Lake George. Rachael then became a buyer at an Albany gourmet market called Cowan and Lobel. There she got her start in her television career and combined her culinary skills and sales background to get the attention of Food Network—a popular cable television station. On the network she hosted a number of programs including “30 Minute Meals” and “\$40 a Day”. Her quick and simple recipes make her an enormous success. Here are a few of the many recipes that Rachael Ray has written and published which I think everyone would like and enjoy making. Enjoy.

## Vodka Cream Pasta

Serves 4

### Ingredients:

2 tablespoons extra-virgin olive oil, once around  
the pan in a slow stream  
2 tablespoons butter  
4 cloves garlic, minced  
4 shallots, minced  
2 cups vodka  
2 cups chicken stock  
2 cans crushed tomatoes (32 ounces each)  
Coarse salt and pepper  
2 boxes of pasta, such as penne rigate  
1 cup heavy cream  
40 leaves fresh basil, shredded or torn  
Crusty bread, for passing

### Directions:

Heat a large skillet over moderate heat. Add oil, butter, garlic, and shallots. Gently saute shallots for 3 to 5 minutes to develop their sweetness. Add vodka to the pan, 3 turns around the pan in a steady stream will equal about 1 cup. Reduce vodka by half, this will take 2 or 3 minutes. Add chicken stock, tomatoes. Bring sauce to a bubble and reduce heat to simmer. Season with salt and pepper. While sauce simmers, cook pasta in salted boiling water until cooked to al dente (with a bite to it). While pasta cooks, prepare your salad or other side dishes. Stir cream into sauce. When sauce returns to a bubble, remove it from heat. Drain pasta. Toss hot pasta with sauce and basil leaves. Pass pasta with crusty bread.





# RACHAEL RAY CONT'D

## 30 Minute Shepherds Pie

Serves 4

### Ingredients:

2 pounds potatoes, such as russet, peeled and cubed  
2 tablespoons sour cream or softened cream cheese  
1 large egg yolk  
1/2 cup cream, for a lighter version substitute vegetable or chicken broth  
Salt and freshly ground black pepper  
1 tablespoon extra-virgin olive oil, 1 turn of the pan  
1 3/4 pounds ground beef or ground lamb  
1 carrot, peeled and chopped  
1 onion, chopped  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup beef stock or broth  
2 teaspoons Worcestershire, eyeball it  
1/2 cup frozen peas, a couple of handfuls  
1 teaspoon sweet paprika  
2 tablespoons chopped fresh parsley leaves

### Directions:

Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and pour them into a bowl. Combine sour cream, egg yolk and cream. Add the cream mixture into potatoes and mash until potatoes are almost smooth. While potatoes boil, preheat a large skillet over medium high heat. Add oil to hot pan with beef or lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. If you are using lamb and the pan is fatty, spoon away some of the drippings. Add chopped carrot and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently. In a second small skillet over medium heat cook butter and flour together 2 minutes. Whisk in broth and Worcestershire sauce. Thicken gravy 1 minute. Add gravy to meat and vegetables. Stir in peas. Preheat broiler to high. Fill a small rectangular casserole with meat and vegetable mixture. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned. Top casserole dish with chopped parsley and serve.

- Andrew Cabram



# MAYA ANGELOU

If we were to talk about famous women who have impacted this generation, it would be a grave sin if Maya Angelou's name was not in the conversation. Maya Angelou was born on April 4, 1928. She had a rough childhood, which influenced many of her books. Her parents split up very early in her life, and she was sent to live in Arkansas where she faced first hand racial prejudice and discrimination. When she was 7, she was raped by her mother's boyfriend. She told someone, and as a result, her uncles murdered the man. When trauma kicked in, Maya Angelou stopped speaking, and lived her life as a mute for years. Her career as an actor took off in the 1950's; she had a Tony Award nomination and an Emmy Award nomination. Maya Angelou was a civil rights activist, poet, singer, and an actor and what was truly impressive was that she was exceptional at all three. She is mainly remembered for her poetry, and written word. Some of her best works of poetry were "Just Give Me a Cool Cup of Water" & "Fore I Die." Both of these poems were nominated for a Pulitzer Prize. Another great work of poetry by Maya Angelou was "On the Pulse of Morning", she recited this poem at President Bill Clinton's inauguration, which marked history because it was the first inaugural recitation in over 30 years. This poem later went on to win a Grammy, for its vocal rendition. It seems like Maya Angelou wrote about things that were very influential in her life like; books about equal rights, poetry, and even cook books. She died in May 28, 2014 when she was 86. Her funeral featured a lot of familiar, and powerful faces. People like Bill and Hillary Clinton, Barack and Michelle Obama, and Oprah Winfrey attended her funeral service.

- Kughan Gunaratnam



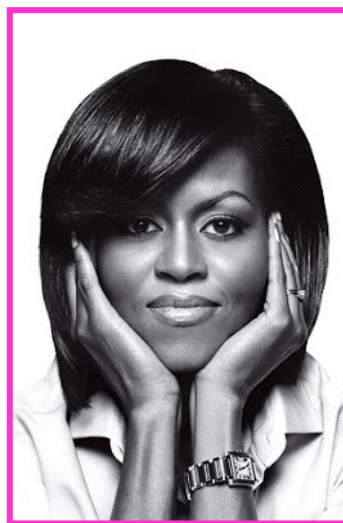


# MICHELLE OBAMA

There have been many women throughout history who contributed to society through their actions and words. Countless times women have made their voices heard even though they were silenced. Women's History Month celebrates all of the women in our lives that have made a difference in the world. A woman that I admire is the one and only Michelle Obama. Michelle LaVaughn Robinson Obama is an American writer, lawyer, and university administrator who is the former First Lady of the United States and the wife of our former president Barack Obama. Euclid Avenue in the Southside of Chicago was not only her stomping ground but was a launching pad for writing that “together, in our cramped apartment on the South Side of Chicago, [my family] helped me see the value in our story, in my story, in the larger story of our country,” This motivation led her to be become a success. She inspires everyone with her powerful speeches about many topics like racism and women rights. Her beauty, style, down-to-earth sensibility, and grace in the face of a constant barrage of racist and sexist remarks have made her a strong woman. She uses her platform in a really good way by forming the Reach Higher initiative to inspire young people to explore higher education and career-development opportunities.

Continuing the family theme of her campaign speeches, the first lady has stressed the importance of family life by remaining a diligent parent and she also brought her mother to live with her in the White House. She is recognized for her ability to connect to younger generations by remaining attuned to popular culture. Embracing the use of social media, she encouraged fans to follow her progress on her Twitter, Facebook and Instagram accounts and proved willing to bring her messages to audiences by appearing in humorous sketches online and on television. These are the reasons why I admire her. Anyone who uses their platform in a positive way is truly a fantastic individual. She is able to connect to all people which makes her very influential. I hope we see more of Michelle Obama!

- Jadyn Davis



# ROBYN RIHANNA FENTY

Women's history month is finally upon us: a month in which we celebrate strong and powerful women from the past and in the present. Women's history month is a very important month in every year, because as a society we get to acknowledge women for who they truly are. Ignoring all the typical stereotypes that society places on women. Without women the world would definitely not be as it is today for they contributed more than enough to the planet and humanity as a whole. An example of a woman who has done very great things in our society is a woman known as Robyn Rihanna Fenty, a Barbadian singer songwriter, actress, and business woman who commonly goes by the name Rihanna. Rihanna has won many of awards and nominations including a total of 9 Grammy awards, 12 Billboard Music Awards, 13 American Music Awards, and countless more. Not only does she have a huge impact on the music industry but on fashion as well. She has become a fashion icon becoming the new face of Dior in 2015 making her the first black woman to be the face of the company. She started her now successful company known as Fenty Beauty which focuses on making fragrances. But that's not all, Rihanna had also started a foundation back in 2012 known as the Clara Lionel Foundation to improve health, education, arts and culture around the globe. As of in February of 2017 because of her contributions to improve society, Rihanna was named Harvard University's Humanitarian of the year by the Harvard Foundation. There is also a day dedicated towards Rihanna in Barbados called Rihanna Day.

Rihanna was born on 20 February 1988, in Saint Michael Barbados. As a child Rihanna was raised by her mother Monica Braithwaite, and by her father Ronald Fenty, her siblings include two brothers, two half-sisters, and a half-brother. However, in her family's household there was great turmoil. Her father Ronald Fenty was addicted to crack cocaine, this addiction of his would soon separate the family as her father and mother divorced when she was around fourteen years old. Rihanna was very passionate about music. She grew up listing to Reggae music. A music genre the originated in Jamaica during the 1960s and was popularized by Reggae legends such as Bob Marley and Sister Nancey. Pursuing her musical dreams, Rihanna decided that she would not finish High school in order to pursue a career.

In 2003 Rihanna created a musical group that consisted of her and two fellow classmates, who would all then be discovered by American record producer Evan Rogers. He would then invite the group to an audition and he was very impressed with Rihanna's performance. He asked Rihanna's mother for permission for her to travel with him to America to make demo tapes and send them out to numerous record labels. Her demon type that she recorded was then shipped off to Def Jam, a very powerful and influential record label. Jay Brown was one of the first to hear Rihanna's demo tape. After hearing it he offered it to rapper Jay Z who was at the time CEO of Def Jam. Impressed with what he heard, he invited Rihanna to an audition for the label in New York City. This is when Jay Z believed it absolutely necessary to sign Rihanna at that very moment.

Rihanna would then go on to release her debut studio album titled Music of the Sun, which debuted at number ten on the billboard 200 and was certified gold by the RIAA. In April 2006 she released her second studio album titled A Girl Like Me. The album would be a huge success as it sold over 100,000 copies in the very first week. It would soon then sell over 1,000,000,000 copies making it her first platinum rated album ever. However, Rihanna's lead of her third studio album single "Umbrella" took the world by storm. "Umbrella" topped the charts in thirteen countries and stayed at number one in the UK for ten weeks. The song sold over 8 million copies worldwide and took home the Grammy for best Rap/Sung Collaboration, becoming her first Grammy Award. Her third album Good Girl Gone Bad topped sales at over 2.8 million units in the U.S. qualifying it to be 2 times platinum. Overall the album sold nine million units worldwide. Down the line in 2010, Rihanna was also a part of collaboration with rapper Eminem for the song Loved the Way You Lie

## ROBYN RIHANNA FENTY CONT'D

This song became another huge success for Rihanna as it topped in over 20 countries. The success of the song made her the female artist with the fifth most number one songs in the musical charts. 2010 was a great year for Rihanna because she was not only a part of Eminem's album, but also a part of Kanye West's album "My Beautiful Dark Twisted Fantasy" and was a feature on hit song "All of the Lights".

Rihanna's success did not stop there, as of in the same year Rihanna released her fifth studio album titled Loud. The album dominated the charts in the same way that her previous albums did. Its lead single "Only Girl (In the World)" reached number one in fifteen countries. This song led Rihanna to claim yet another Grammy at the 53<sup>rd</sup> Grammy Awards for Best Dance Recording. Following the release of "Loud", Rihanna released up to three albums that included "Talk that Talk", "Unapologetic" which had the lead hit Diamond, and her most recent album Anti. Some of Rihanna's biggest musical influences include Madonna and Bob Marley. Rihanna stated that she always loved how Madonna was able to constantly able to reinvent herself successfully throughout her entire career. With reference to Bob Marley Rihanna stated that he is one of her favorite artists of all time because he paved the way for countless artists. She has built a shrine in her house to honor him. Janet Jackson, Aliyah, Beyoncé, Alicia Keys, and Lil Kim also influenced Rihanna as well. At a certain point in her career, Rihanna decided that she not only wanted to do music but to venture beyond that. Rihanna was always a person that loved and appreciated fashion, so in 2017 Rihanna launched her cosmetics company called "Fenty Beauty", one of her most spectacular achievements that goes beyond music. Time Magazine named it one of the best inventions of 2017, and as of in 2018 she launched a lingerie brand named "Savage X Fenty"



Rihanna's legacy is that of legendary status. She is often recognized as to be a fashion and pop icon. Recently in August of 2018 Billboard ranked Rihanna as the tenth biggest hot 100 artists of all time, in addition to being the fifth biggest female act of all time. Not only that but, Time magazine ranked Rihanna second in history in terms of pop stardom. Rihanna has influenced numerous artists over the years, including the likes of Justin Bieber, Lorde, Selena Gomez, SZA, and Sam Smith just to name a few. There has never been another woman like the likes of Rihanna, she has stood the tests of time impacting millions of people from around the world with her music. By also impacting the world through acts of charity and love. Rihanna is a legendary woman indeed.

- Cencere Richardson





# STUDENTS' OP-ED

This month we're celebrating Women and are giving them all the recognition that they deserve throughout history. From Michelle Obama to Ellen DeGeneres to Celia Cruz, we celebrate what they've contributed to the world.

## How to participate in the OP-ED:

To participate in the op-ed, you must go to Ms. Toney's room (409) and submit your answers in the submissions box. From there, the best responses will be chosen to appear in *The Cardinal*. Here is this edition's question and students' responses:



**Name a well-known woman from past or present that you admire. Why do you think this woman is an influential or admirable person?**

## Responses:

### Meryl Streep

*"She is an icon in the acting industry. She's been acting for decades and is a headstone for women's advocacy."*

- Nicholas A. Ramirez

### Florence Nightingale

*"She pioneered modern nursing and dedicated her life to medicine"*

- Manny Lopez

### Mae Jemison

*"She is the first African-American woman to go to space. The dedication and perseverance she had to go through as a woman is what inspires me."*

- Bryce Nicholson

### Maya Moore

*"Maya is an influential person because she inspires girls to play basketball and follow their dreams through her amazing career in the WNBA."*

- Elijah Perez-Mendez

This is the second month of the Op-Ed and even more responses have been flooding in! I encourage you to submit your Question of the Month and input your criticism on how the newspaper can continue to improve.

Happy Women's History Month!

- Michael Suarez