

# The R.E.A.L. Deal



## The NHA Art Show

"On May 22, 2019, New Hope Academy had its 19th annual art show..."

Events 2

## New Hope Academy's Spring Talent Show: Springfest

"New Hope Academy's annual Springfest talent show featured over fifty participants..."

Events 3

## MUSICAL OPINIONS

Senior Nevaeh Bess explains how her tastes in music helped her discover herself.

Entertainment 7

## NHA PRESENTS CHICAGO!

The Broadway show hits the NHA stage



By JOE MARKLEY ('20) & JAMIE LUBOV ('21)

APRIL 26TH, 2019

A look inside the amazing NHA spring musical production of "Chicago."

Each spring, the New Hope Academy music department puts together a musical featuring talented student actors, a live pit, and professional level experience with the set, lights and sound equipment. This year's show, the high school version of classic Broadway hit, "Chicago," took place in Music Mountain Theater on Friday April 26th and Saturday April 27th. In this dark comedy, Roxie Hart (Maddy Tumpowsky) murders her lover, Fred Casely, (Chris Martin) in a moment of passion, leading to a whirlwind of trials and prison, from the murdering mistresses of "Cell Block Tango" to defense lawyer Billy Flynn's

(Jaylan Lambert) greasy tactics to get Roxie off of death row. Velma Kelly (Kailey Banks) is a fallen Vaudeville star looking to reclaim the spotlight, and after a tumultuous relationship with Roxie, the two girls end the show with a vocal duet and energetic dance number. This tale of debauchery and



A scene from the showstopping "Cell Block Tango"

deception takes the audience on a wild ride thanks to the blood, sweat and tears to the show. After months of rehearsals, with the pit joining in the month before the show, the fruit of everyone's efforts impressed and

amazed each audience who came to the show. "Chicago" was directed by Eddie Honan in his fifth show with New Hope Academy. Costuming was done by Jordan Brennan and choreography by Louis Palena. Stage crew overseen by Andrew Hay pulled off very well done shows despite unforeseen technical issues, and the set was built and decorated by the following small army of teachers: Bob Woerner, Cameron Stahl, Jenna Parrilla, Jeanne Nahill, Jen Miller, and Colleen Kaufmann. All four music teachers (Jenna, Cameron, Chris

Cinalli and Lindsay Groft) had endless contributions to the success of the show, but the students were the shining stars of the production.

Thank you to all of the seniors who have dedicated their time and talent to NHA's musicals over the

## A TEACHER'S END OF SCHOOL YEAR THOUGHTS

PUBLISHER'S CORNER — KATHY ROSSO-GANA

Another school year's over, God,  
And I still have my sanity.  
I've learned a lot and changed some lives  
In spite of my humanity.

But now I need to be recharged;  
I want to feel your healing peace.  
The children's voices bring me joy;  
But now I need it all to cease.

No one but You could understand  
How tired and how drained I feel.  
I've been in a vicious cycle;  
Please, stop the turning of this wheel.

The summer's breeze will dry the tears  
I shed when I could not do more.  
The ocean's scent will clear my head  
Of seeing teaching as a chore.

In September I'll be stronger;  
I'll be ready to start anew;  
I'll see each child as a gift,  
Each one I will know is from You.

For now I'll take the time to rest;  
I'll swim, and I'll play, and I'll read.  
And come the new school year next fall,  
As teacher, I'll follow Your lead.

krossogana@newhopeacademy.net

Copyright © 2019 Kathleen Rosso-Gana. All rights reserved.



Kathleen Rosso-Gana has had a national reputation for over 30 years as an educator, author, motivational speaker, academic and workplace skills trainer and a consultant for business and education. As founder and president of Motivational Educational Training Company, Inc. and New Hope Academy, Kathy Gana has appeared on television and spoken on talk radio over the past three decades.

years- you will be missed! And to all the underclassmen who are debating participation in next year's drama department- it is a worthwhile and fulfilling experience, and we look

forward to seeing what the Drama Department will do next!

jlubov@newhopeacademy.net  
jmarkley@newhopeacademy.net

## NHA GOES HOLLYWOOD!

By: JEM MORRIS ('22)



Students and staff strike a pose on the dance the floor

When I was a child, prom was something I envisioned attending. It would be held at a fancy hotel, with a winding staircase that I would walk down, fashionably late, of course. After eating dinner, a highly choreographed dance would take place in the ballroom. I know, I had quite the imagination! Although my freshman year of prom was not exactly

the way that I imagined it as a child, I couldn't have asked for anything more. I was with people that I felt safe around, that I knew cared about and supported me. All my life, I have been looking for an environment like this, and I can't be any more thankful for all of the opportunities it has given me.

(continued on page 2)



# NHA's ART SHOW

By JAMIE LUBOV ('21)

Each spring, New Hope Academy holds an art show, which takes place in the Yardley campus. In the show, nearly every student has at least one work featured, with more prolific artists displaying multiple pieces. Any type of art can be featured - 3D modelled images, 2D or 3D animations, photography, digital art or media, sculpture, pyrography (art burned into wood), paintings and traditional drawings with mediums such as pens and pencils. The caliber of talent displayed this year was exceptional - this small school show was reminiscent of the Bucks County Community College art show. Students were able to view their works throughout the day on Wednesday, May 22 2019. Parent Night took place that evening, and the students with multiple works in the show were allowed an exception to the "no students



Stepanie Garafolo poses in front of her painting

at Parent Night" rule. Not only could the parents admire the selection of art, but a large quantity of the pieces had prices marked for sale. Nearly every marketed piece sold, either to parents and family or Kathy and the school. While the students' talent was the focus, the art teachers are the unsung stars of the NHA art show. For weeks, I witnessed them collecting pieces, sizing them to matte boards, and arranging the displays to form a gradient of themes. Without Jen Miller and Jeanne Nahill, this art show likely would have only showcased minimal works. These ladies, however, made sure everyone was appreciated. They also moderated the sales, enabling students to profit from their hard work. The art teachers put together quite a large show this year, with student pieces covering nearly every wall



...the caliber of talent displayed this year was exceptional.

in the East wing. Several of Jay Miller's students put forth beautiful photography or digital art, as well as a few 3D renders from Andrew Hay's students. Greta Carlton and Colleen Kaufmann's student work adorned the walls as well. Ever humble, when congratulated on their job arranging the art show, Jeanne and Jen simply deferred the success over to the students who participated, thanking them for being creative and allowing their art to be displayed. Well done to anyone who participated in the 2019 NHA Art Show!

[jlubov@newhopeacademy.net](mailto:jlubov@newhopeacademy.net)

## Six Flags Trip

By: MICHAEL RIEHL ('19)

Recently, the NHA math department organized a trip to Six Flags Great Adventure for students in physics, calculus, and pre-calculus classes from both campuses. After using roller-coasters as word problem examples all year, we were finally able to recognize that the math we did all year has real world applications. There were lots laughs (and lots of screams) as we rode all of the best roller coasters in the park. The weather was perfect for this kind of trip - an overcast sky but there was not so much as a drizzle. Luckily for us, this deterred the average amusement park patron. I personally only rode Nitro once. However, being a fan favorite of the math department, there was a good amount of people who were able to ride it twice due to the relatively short lines. I was even able to ride Kingda Ka, which always has a notoriously long line due to its record as the tallest roller coaster in the world.

We sat down for lunch at around 12:30, and the teachers handed out a amusement park-themed math packet for us to complete. Sitting in the Yum-Yum cafe, we had a great time going through and circling which ever answer looked right. Afterwards, the group split so everyone's favorite rides could be visited. All in all, I was able to ride four coasters total, which was more than enough for me. I'm not alone when I say that I had a great time. We were able to get back to the school at around 4:15 with our feet sore and our hair wind-blown. This was a highly anticipated trip for all the math classes and it surpassed all of our expectations. It was bittersweet for me personally, knowing that this was likely my last field trip of my high school career, but I would not have had it any other way.

[mriehl@newhopeacademy.net](mailto:mriehl@newhopeacademy.net)



## NHA PROM NIGHT 2019

(continued from front page)

Prom took place at the Sheraton Oxford Valley on April 12th, 2019. Stepping out of the car and into the hotel brought back my childhood memories, making it hard to keep the uncontrollable smile from spreading across my face. In all honesty, I was unsure what the night would bring, but I knew I would look back and remember it for the rest of my high school years.

After everyone arrived and located their table numbers, we headed into the main ballroom. The doors opened, revealing twinkling lights and gold stars on the wall. It was beautiful. At that point in time, I really appreciated all of the work that the staff did to prepare prom. While some people headed onto the dance floor, most took their seats.

I was eager to not waste any time so I went straight to the dance floor.

Tiffany Trunell came out and made sure we were all seated after a while. She explained to us how the evening would go, and informed us about the giveaways at the end of the night. After that, the night was a whirlwind of dancing and chicken parmesan. Everything I could ever have wanted was crammed into four hours. Despite my full belly after eating the delicious food that was being catered, I was on the dance floor the entire night. It was more than obvious that everyone had a great time.

I think the best part of the night was seeing everyone--really seeing them. I was able to connect with people on the dance floor that I have never even talked to. Prom was not just prom; it was a reminder of why I love New Hope Academy, and all of the people in it. It was nice to see that everyone can come together and have a good time. That was my favorite part of prom. It truly was a night to remember.

[jmorris@newhopeacademy.net](mailto:jmorris@newhopeacademy.net)



# Springfest 2019

By JAMIE LUBOV ('21)

MAY 18TH, 2019 - A look at the acts responsible for Springfest's successful show this year!

This year, a fantastic spectrum of talent was presented at Springfest within solo acts, ensembles and choirs. An exceptional amount of students participated, as was evident by the Large Choir during their emotional performance of hit song "Shallow" by Lady Gaga. The show began with a cheerful, musical-style song performed by the Small Choir in the evening, and a calming (and impressive) display of Yoga by Monica Welsh and Kaeli Lobo-Kluge's students. Several solo acts then took place, including a beautiful duet between senior Maddy Tumpowsky and teacher Jenna Parilla and a whimsical rendition of "Cherry Wine" by Adrianna Aponte. Some other notable solo acts were Elisabeth Roger's dreamlike "I Don't Need You" and Neveah Bess' empowered "Mother Tongue". Several group acts were also quite enjoyable, including the Jazz Band playing "Caravan", an incredibly well-put together dance routine by Ebony Crosdale's Crew 6, and "Ham 4 Ham", a feminist take on the opener of the Broadway musical 'Alexander Hamilton'. A pairing of seniors - Mike Riehl on guitar and Oliver Dwyer on vocals - shocked many students and staff with their previously unbroadcasted talents.



This fest included some unique acts as well, such as Don Plankey's entertaining and enrapturing "When You're Evil" (featuring a terrified Chris Martin) and original songs by both Jaylan Lambert

("Reaching In, Reaching Out") and Jamie Lubov ("Poison"). The night drew to a close with Chris Martin's heartfelt performance of "Onward," dedicated to his late father. A hyped-up performance of "Love the One You're With" by the music department ensured everyone left on a positive note, and once again reminded everyone how incredibly talented all four music teachers are.

This Springfest was undoubt-



An ensemble performing "Old Town Road"

edly a high caliber event, but the smooth presentation was only possible due to several students and staffs' hard work. Andrew Hay and students Mike Riehl, Oliver Dwyer, and Nick Kleeman worked the lights, and music teachers



Jenna Parilla, Lindsay Groft, Chris Cinalli and Cameron Stahl organized the event. Thank you to all the teachers who helped put this event together, and well done to everyone who participated!

[jlubov@newhopeacademy.net](mailto:jlubov@newhopeacademy.net)

## Spring Into Action!

By JOE MARKLEY ('20)

MAY 18TH, 2019 - Joe Markley tells YOU about Springfest and gives YOU advice!!!

I have been in five Spring/Winterfest performances, with ten total acts under my belt. Participating in these events has given me experience working as a team, and really being part of something bigger than myself. Taking one thing away from my experience in the shows, I would say that you should try out for it. Performing is a great way to step out of your comfort zone and build self confidence. You get to meet and interact with some great people from the other campus. You get to prove to yourself that you can do it.

You should perform to show the school that the talent does not just lie in the people already performing. These shows are your chance to leave a lasting impact on your peers, the teachers and the rest of your audience. You should perform to bring to light abilities not always readily recognized. Instrumentalists, poets, actors and script writers are all performers both welcomed and sorely missed in Spring/Winterfest.

Do not stop yourself from auditioning because you are afraid of how you will do on stage- I can say with one hundred percent certainty that the most difficult part of the performance process is the audition. You should not stop yourself for fear of not getting in to the show either. Whoever you are, and whatever your act may be, give yourself a chance and audition for the shows. I will look forward to seeing you on stage next year!

[jmarkley@newhopeacademy.net](mailto:jmarkley@newhopeacademy.net)



Joe performs Van Morrison's "Moondance" at Springfest.

## They See Us Rolling...

By JEM MORRIS ('22)

On Thursday, May 30th, New Hope Academy's dance team, Crew 6, went on an end-of-the-year trip to Rolling Thunder Roller Rink and Arcade. Team choreographer and English teacher Ebony Crosdale planned the trip as a way to acknowledge the team's efforts in Winterfest and Springfest. "I wanted them to have an opportunity to socialize and bond outside of the school setting," Ebony said. Not only was this a fabulous way to connect with peers, but it also served as a sort of send-off to the team's seniors who will be graduating from high school.

Crew 6 headed over to the roller rink at around 11 am. Along with Ebony, Caryn Search and Mark Beuerle accompanied the team, which consisted of Jem Morris, Kailey Banks, Jaylan Lambert, Neveah Bess, Sania Smith, Sean Kelton, Shi'aire Harris, and Adriana Aponte. On the way over, arcade games and skating techniques were discussed. It was clear everyone was very excited. Ebony used money made from earlier fundraisers to cover the entry payments. Along with admission, each person received a slice of pizza and a drink.

Surprisingly, the rink was pretty crowded with other kids on field trips. However, the team wasted no time lacing up their skates and joining the wave of kids on the rink. There's no doubt that everyone enjoyed themselves. With the catchy music, rides, and arcade games, there was not a dull moment to be had. At 1 pm, the crew had lunch. It was nice to be able to enjoy each other's company.

At the end of the day, we posed for a group picture and headed home. "I really enjoyed skating with all of my friends," said Sean. Being a part of Crew 6, I definitely agree with him. The team is like a family and dancing and spending time with my peers is always something I look forward to. This was yet another opportunity to have a good time and make memories that will last a lifetime.

[jmorris@newhopeacademy.net](mailto:jmorris@newhopeacademy.net)

## BCCC: SEE THE ART!

By JAMIE LUBOV ('21)

As an artist, one of the most enjoyable parts of a creative lifestyle is not only creating your own works, but admiring the products of other people in your area. Bucks County Community College held an art show from March 25 through April 10 for local high schools who wished to display their students' works. Since several New Hope Academy students had their works displayed, a series of small field trips were held with art teachers Jen Miller, Jeanne Nahill, Andrew Hay and Jay Miller. For the students, it was incredibly interesting to see what other people their age were capable of artistically. Among traditional drawings and paintings, sculptures, photography, digital art, woodworking and scratch-art were also exhibited. The entire experience was no more than two hours, but the art on display conveyed much more than these words can explain. While we only view the end result and interpret the art on a person-to-person basis, each piece was undoubtedly a labor of at least one artistic skill, whether technically, imaginatively, or physically. Congratulations to the NHA students whose art was featured! Well done!

[jlubov@newhopeacademy.net](mailto:jlubov@newhopeacademy.net)



## CAR CLUB HITS THE ROAD

By ISHAAN LUITEL ('19)

NHA's Car Club loads up into the back of Jeremy Dickerson's Toyota Truck.



On Tuesday, April 9th, 2019, from 11:30am-2:50pm, the Yardley Car Club visited Doylestown. The purpose of our trip was to tell the Doylestown campus how we started a car club in the Yardley Campus, and what a long process we had to go through to start the car club. On the trip, we went in two separate vans. Me, Caryn Search, Michael Riehl, Rachael Becica, Maddy Tumpowsky went in Caryn Search's minivan. I sat shotgun in the passenger's seat. In the school van went Seth Ball, Austin Garnier, Sean Kelton, and Joe Foster.

Once we reached Doylestown, we got lunch at Wawa. I got chicken quesadillas, with two reese's peanut butter cups, and one root

beer. After that, we all went to Doylestown Campus, where we took pictures and the internet connection was very slow. The internet connection was so slow that we had to keep restarting our Kahoot quiz at least 5-10 times.

Everyone did a presentation on their own favorite cars. I did my presentation on the 2019 Chrysler Pacifica Hybrid, and talked about all its features. I talked about its fuel benefits and fuel efficiencies. Seth Ball did a presentation on the Porsche 550 Spyder and talked about all its features and benefits. Maddy Tumpowsky talked about the 2011 Ford Escape. Austin Garnier talked about a Genesis car.

Then I had to talk about what we talk about in the Yardley Campus,

what we do, and how we do it. We also talked about how to make the club better and encourage the car club for people who are interested in cars. I think Doylestown really liked the car club and they will start a car club soon. Doylestown car club will do really well. I told them the car club is really friendly; all you have to do is stop by and enjoy. Once you start the car club, you will have a hard time leaving it.

[iluitel@newhopeacademy.net](mailto:iluitel@newhopeacademy.net)

# CONGRATULATIONS NEW HOP

## SENIOR SPOTLIGHT: BRADLEY SPENCER

MAY 22ND, 2019 - This issue of the R.E.A.L. Deal offers a senior spotlight on Doylestown's Bradley Spencer. Bradley began attending New Hope as a freshman, which means he will have attended the school for four years prior to graduating in June.



Bradley is a senior graduating with NHA's class of 2019.

**INTERVIEW BY GAVIN RECTOR ('19)**

Bradley Spencer, a current resident of Doylestown and a former Central Bucks school-goer, is quite an interesting person to have sat down and interviewed. He has been at New Hope Academy for three years give or take, and his favorite classes at school are history and geography. When he graduates high school, he plans on travelling the world. Japan, Peru, and Morocco are all countries that are high on his bucket list; however, he says he would really like to travel all over. In the meantime, Bradley is working on a documentary on an Autistic internet user by the name of Christian Weston Chandler, something I am really waiting to watch.

Bradley's hobbies include research of animals with complex brains and social structures, like elephants and chimpanzees, with brains that function similar to humans. His other pastimes include

watching "It's Always Sunny in Philadelphia", a show he strongly recommends.

I asked Bradley a pretty weighty question. If he could meet any famous/historical person, who would he pick. He answered he would want to spy on Jesus when he thinks he is alone, just to see what his life was really like, and compare it to his Biblical account.

Bradley is a fascinating person when you sit down and get to know him. He is prob-



ably the most interviewable person in the whole school, and his contributions to any conversation are always valuable and thought-provoking. [grector@newhopeacademy.net](mailto:grector@newhopeacademy.net)



Back row (from left to right): Arsh Jorhi, Michael Boddy, Ishaan Lutel, Michael Riehl, Gavin Rector, Christopher Martin, Oliver Tenney, Tim Hay, Joe F... Middle row (from left to right): Austin Garnier, Messiah Smith, Sophie Bostock, Jesse Tomko, Max Lang, Jordan Salerno, Naz Hawthorne, Kailey Ban... Front row (from left to right): Ciara McInerney, Hannah DiCostanzo, Emma Claire Tate, Jenna Markman, Nevaeh Bess, Jenna Kohlke, Amanda Malizia

## ADVICE FROM THE TEACHERS OF NHA TO THE STUDENTS

MAY 29TH, 2019 - We asked teachers all over NHA, from both Yardley and Doylestown, to answer two questions: "Can you share some advice for the seniors graduating and going out into the world?" and "Can you give us one fact about yourself that you think everyone should know?"



**JEANNE**  
Jeanne's  
Put your  
anymore,  
Jeanne's



**MONICA**  
Monica  
Get your  
make the  
Monica  
back an



**KATHY ROSSO-GANA, PRESIDENT AND FOUNDER OF NHA**

*Kathy's advice for seniors:*

Be kind and stay filled with Hope. Surround yourself with people who are positive and productive. Try UNTIL you reach your dreams and goals. If you truly want, then truly work. Be your best self but forgive yourself when you are not at your best. Then do better!!

*Kathy's advice for underclassmen:*

Follow the REAL Honor Code. Then you will be a good human and have a Skill Set to Succeed at anything you want.

*Kathy's random fact:*

Once long ago when I was afraid of doing something, someone said to me, "If you think you can't, then you must." I have lived by those great words many times. That is how New Hope Academy was created and continues to change and grow each day.



**JEREMY DICKERSON, DEAN OF STUDENTS**

*Jeremy's advice for seniors:*

It's not what you take when you leave this world behind you. It's what you leave behind you when you go.

*Jeremy's random fact:*

Although I am a lifelong Toyota Truck loyalist, my dream vehicle is a 2019 Chrysler Pacifica Hybrid minivan.



**CARYN SEARCH, ASSISTANT DEAN/ENGLISH DEPARTMENT CHAIR**

*Caryn's advice for seniors:*

There's no timetable to your life. Everyone moves at their own pace.

*Caryn's random fact:*

I have never eaten a Philly cheesesteak.

# THE ACADEMY'S CLASS OF 2019!



Host: [Name], Devon Hamilton, Bradley Spencer, Shari Silverberg, Oliver Dwyer, Jaylan Lambert, Mary Ziff, Julie Birkland, Emelia Adu, Rebecca "Aria" Lee, Grace Gomez, Stephanie Garafolo, Madeleine Tumpowsky, Karla Cooper

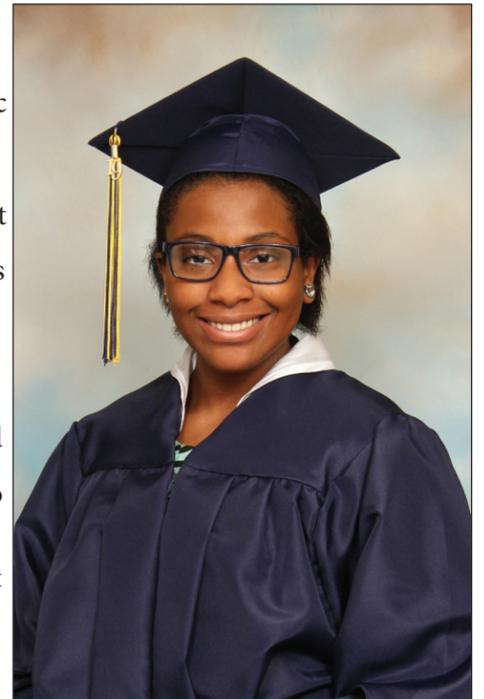
## SENIOR SPOTLIGHT: NEVAEH BESS

**MAY 22ND, 2019- Artistic, musical, with a sunny disposition, Nevaeh impressed peers and teachers her senior year at New Hope Academy!**

INTERVIEW BY JAMIE LUBOV ('21)

Nevaeh Bess is an artistic student who has flourished over the past year and a half. Starting last year as a junior, she wasn't involved in many activities due to starting late (as well as being shy). This year, however, Nevaeh displayed a wide array of skill by joining NHA's dance team Crew 6; both small and large choir; and Diplomacy Club - a far cry from only the 3D club and lighting crew from her junior year! Nevaeh states "It's brought me out of my shell and exposed me to a lot of different things." Through these activities, she has become a model NHA student and is friendly with everyone. Additionally, she is involved in theater, participating as a merry murderess in NHA's 'Chicago' as well as performing solo acts during the seasonal fests. When asked about her fondest or happiest memories of events, trips, or experiences at NHA, she smiled and asked "How many memories can I give?"

Other than the arts, Nevaeh also enjoys academic classes such as Precalc, Honors Physics, and Honors English. Nevaeh's participation in art shows, ensembles and dancing paves the way for her double major in college - Social Work and Fine Arts. Another aspect of NHA which will push her along is "Just remembering how the teachers treated me and how everything was based on structure it taught me to be generous to others, kind to others, and have structured



schedule when it comes to real life things." Though the college she will attend is currently undecided, Nevaeh has a strong sense of justice and passion, and with her conviction there is no doubt she will carve her own path in life.



"Just remembering how the teachers treated me and how everything was based on structure it taught me to be generous to others, kind to others, and have structured schedule when it comes to real life things"

[jlubov@newhopeacademy.net](mailto:jlubov@newhopeacademy.net)

**MAHILL, ART TEACHER**  
*Advice for seniors:* Turn your cellphones away - there's no pondering value face-to-face interaction.  
*Random fact:* I don't like to eat outside.

**BRIANNA KAIN, WORLD HISTORY**  
*Brianna's advice for seniors:* Do not be afraid to change your mind about what you want to do. It may not feel like it, but you are still young and have no better thing to do than figure yourself and your life out.  
*Brianna's random fact:* I was an award-winning Irish dancer for six years.



**WELSH, YOGA MASTER**  
*Advice for seniors:* Turn your power and find your passion and let things happen!  
*Random fact:* I can move my skull and forth.

**MIKE GRAZIANO, WORLD HISTORY & SOCIAL STUDIES**  
*Mike's advice for seniors:* One of the most important items you can own in college is a can opener. My uncle gave me one before I left for college, and I was super confused, until I was only able to afford canned meals and kept them stashed under my bed.  
*Mike's random fact:* I am a professional paintball player.



**ED PRATOWSKI, MATH TEACHER**  
*Ed's advice for seniors:* Grit and perseverance are the most important keys to success. Keep going. Keep learning. Keep moving forward.  
*Ed's random fact:* I like to play old Pink Floyd songs on the clarinet.



**CHRIS CINALLI, GUITAR GURU**  
*Chris's advice for seniors:* Take a road trip and find yourself.  
*Chris's random fact:* I've taken many road trips and found myself many times.

**RHONDA HICKMAN, COMPUTER SCIENCE**  
*Rhonda's advice for seniors:* Life is like a roller-coaster; enjoy the ride don't stress the downside and go "wheel!"  
*Rhonda's random fact:* I was a software engineer before I started teaching.

**ALYSSA EISENMANN, ENGLISH**  
*Alyssa's advice for seniors:* Don't let your fear decide your fate. By this, I mean do not let your fear hold you back in life. Allow yourself to try new things. Get out there and experience the world, even if you start with something you feel is small, allow yourself to grow.  
*Alyssa's random fact:* I once cried over a Little Caesar's "Pizza-Pizza" meme for approximately 20 minutes.

**LINDSAY GROFT, ENGLISH TEACHER**  
*Lindsay's advice for seniors:* You can't control anybody but yourself, so don't let someone else determine your happiness.  
*Lindsay's random fact:* Senior year, I went all states for regional band and was the top 10% of French horn players in Pennsylvania.



**JACK ALVINO III, PHYSICS TEACHER**  
*Jack's advice for seniors:* Learn to budget your time well.  
*Jack's random fact:* I was in a "Ninetndo Power" magazine issue when I was 10 years old.



**EBONY CROSDALE, ENGLISH TEACHER**  
*Ebony's advice for seniors:* Keep your head up even when you feel like you're drowning.  
*Ebony's random fact:* I love to play Mortal Kombat! And I make the sound effects when I play!



## ROCKING ALL NIGHT LONG WITH KISS

By GRANT LODZINSKI ('20)

When I first heard that KISS was announcing an end-of-the-road tour which would be their final tour ever, I was excited because I knew they would most likely come to Philadelphia.

Suspicions confirmed, I convinced my parents to take me to the concert, which was on Friday, March 29, 2019 in the Wells Fargo Center. When we

first arrived, there was a plethora of people dressed up and with their faces painted like the band members, echoing my excitement level throughout the crowd. Once we got into the stadium, we appreciated our (bargain priced) seats' positioning and sat down. After patiently waiting for what seemed like hours, the lights in the stadium went out... That's when I knew KISS was about to come out.

All of a sudden, all the band members Paul Stanley, Gene Simmons, Tommy Thayer, and Eric Singer were on lifts coming down from the ceiling onto the stage! The well-



timed pyrotechnics gave the stadium a Fourth of July feel. The Jumbotron in the background had footage of old concerts from the 70s and 80s playing.

As they were being lowered, they kicked off the show with one of my favorite songs, "Detroit Rock City". They played many of their classic songs such as "Detroit Rock City," "Shout It Out Loud" and "Deuce." Gene the bass player also has his own song called "God of Thunder," in which he plays his bass solo while spitting blood and fire out of his mouth.

Halfway through the show, a rope came down onstage and the band's lead singer, Paul Stanley, grabbed onto the rope and flew over the audience, landing on a smaller stage in the middle of the crowd. This concert will forever be one of my all time favorites because of the amount of effort the band put into the show. While at the concert, the thrill of finally seeing KISS (as well as their showmanship) made the whole experience seem surreal. For anyone who hasn't listened to KISS, I highly recommend their music because they are such a great band - not only through music and lyrics, but their performance and fanbase.

glodzinski@newhopeacademy.net

## THE 76ERS: END OF THE ROAD

By TIM HAY ('19)

The 76ers had their best season in years, but the way it ended hurt every Philadelphia fan. Whether you like basketball or not, the way the season ended was dreadful, to say the least. The 76er's roster in the regular season was very diverse with the changes that were presented. There were multiple trades to make a run at the title this very season; it was a big risk. Many good players were lost and many great players were acquired. It was going to be rough trying to build the team's chemistry with new players coming early in the season and even late into the season. Everyone knew this, but sadly, the time the final roster had together to build chemistry wasn't enough to make it to the Finals.

Honestly, looking through the regular season, it was great even with the changes that the team went through. The Sixers had some games they should've won but every team has those types of games. There were many moments the 76ers shined with the new players that the team acquired through trade. The 76ers won 50+ games in back-to-back seasons for the first time since 1984-1985. Even with new players not knowing the coach Brett Brown's system, they had elite offense and defense. There were many good things about this regular season, but the Sixers still had a lot they needed to work on.

The Sixers were the third seed in the Eastern Conference with a record of 51-31,



meaning they had home court advantage during the playoffs. Only the top eight teams in the conference make it to the playoffs and the top four teams in the conference gain home court advantage. They had many great games during the postseason but the way it ended broke every Philadelphia fan's heart. After making it a seven game series with the Toronto Raptors and tying it up until the very end, the Sixers lost by one lucky shot. With 4.2 seconds left in the fourth quarter of game seven, Kawhi Leonard made a buzzer beater that bounced four times. That has never happened in the history of the NBA. It truly was a crappy way to end a season that was so hard fought.

Now with the season ending, the 76ers have to worry about the offseason. They made trades for players that could very much go to other teams. That's the risk they took when trading for Jimmy Butler and Tobias Harris. They're definitely better than the players the Sixers lost but they might lose those two players as well. Butler and Harris are great fits for the team, especially Butler, but if they decide to leave, there's nothing the Sixers can do. But let's say they do stay - then they could sign both of those players and go into the luxury tax. If they don't stay though, the Sixers could go for other free agents this summer. There are many great free agents this season like Kevin Durant, Klay Thompson, Kawhi Leonard, Kyrie Irving and many more. So there's still hope for the Philadelphia 76ers next year.

thay@newhopeacademy.net

## SANDY HOLDEN'S RECIPE FOR BANANA CAKE

Sandy regularly delights students with his delectable edible creations which come straight from his kitchen!

This is one of my favorite cake recipes. It has the health advantage of only having 4 tablespoons of butter. Of course, there is one cup of sour cream and it always comes out amazingly moist and delicious. When I have overripe bananas, I freeze them to use later in this cake. Just defrost in the microwave and add them to the batter. Absolutely a winning recipe!

### Ingredients

- 1½ cups of sugar
- 1 cup sour cream
- 2 cups white sugar
- 2 eggs
- 4 tablespoons of butter, softened
- 1½ cups mashed bananas (about 3-4 bananas)
- 2 teaspoons vanilla
- 2 cups flour
- ½ teaspoon salt
- 1 teaspoons baking soda

### Directions

1. Preheat oven to 375 degrees (350 if using a glass pan).
2. Grease and flour a 9x13-inch cake pan
3. In a medium bowl, mix together flour, salt, and baking soda; set aside.
4. In a large bowl, with a mixer, cream together sugar, sour cream, eggs, and butter.
5. Add mashed bananas and vanilla.
6. Add flour mixture and mix well.
7. Pour batter into a prepared pan.
8. Bake at 375 degrees for about 30 minutes, until it tests done.
9. Cool completely. Then frost with either a cream cheese or buttercream frosting.

sholden@newhopeacademy.net



Teacher Sandy Holden is famous at NHA for his delicious baked goods!



## MUSICAL OPINIONS

By NEVAEH BESS ('19)

My "strange" taste in music was born when I first listened to a song by Pierce the Veil, which I still listen to till this day. It was called "Hold on Till May." The melody in the background had a large variety of musical instruments. None of the sounds of these musical instruments were familiar to me. I had never heard anything like it before. I was in awe of what I was hearing through my headphones. The mainstream pop music I was listening to at that point no longer caught my attention. I had no desire to hear the subliminal messages that pop music attempted to project onto me. Their unoriginal melodies no longer interested me. Listening to Pierce the Veil led me onto a journey where I learned and discovered many new things about myself.

My decision to listen to that one song led to me listening to other bands. I soon discovered Sleeping With Sirens, Crown the Empire, and Memphis Mayfire. Pierce the Veil, Sleeping with Sirens, and Crown the Empire were all associated with a genre called Post Hardcore. Unlike the others, Memphis Mayfire was considered to be a different category of rock. It was like a different breed of music. The genre was called Metalcore. I found Metalcore so awesome and I yearned for more. I then found a strange liking in Asking Alexandria. I also grew to love Bring Me the Horizon. I found the meaning behind all their lyrics to be nothing but my truth, leading me to respect the artists and the genre much more.

I remember going to my first placement in Cherry Hill because I was facing some obstacles that I could not find my way around. That was the first time someone asked me about my taste in music. I was asked by a friend at the time what music I found comfort in. I told him that Metalcore and Post Hardcore calmed me down during times when I was struggling to find any peace with myself at all. He immediately started to laugh. Taken aback by his reaction, I asked why he was laughing. He responded telling me he had never heard of a black person that listened to rock music. He then proceeded to impersonate a Metalcore vocalist. At first, I was hurt, until my counselor explained to me that just because he laughed at me

did not mean that it had to be seen as negative. The counselor told me that my taste in music was a very good thing because it meant I was a different and unique individual. I was a little angry at myself because I did not think about the interaction in that way, but I had to admit that she was absolutely correct. From that day on, I promised myself that I would try to recognize that I was a very different person from the others around me. I would soon learn that there were and still are people who are just as unique as I am.

I eventually left my first placement and moved into a different one. I took all of the music that I loved with me and continued to listen to it all the time. However, my music apparently scared the rest of the residents. I was informed that I was not allowed to play my music out loud in the general vicinity. I didn't appreciate that at all. I decided not to follow that rule and I played my music anyways. Because of this, I always found myself in some sort of trouble. I thought it wasn't fair. I didn't understand why other residents were allowed to play their cringe-worthy mainstream music out loud. When the defiance began, the time came for me to move to a different placement.

I was very frightened at the possibility that I would be made fun of or discriminated against for my taste in music. I went into my new program as a quiet person that was very private about my daily living. I didn't want to feel the hurt I felt previously. Time went by and finally a staff member asked me what genre of music I listened to. I told her that I listened to post hardcore and metalcore. She asked me if I had listened to a song called "Face Down." That's when it hit me. She was not judging me at all; she was trying to build a bond through music. I had listened to that song on multiple occasions and sometimes even screamed it at the top of my lungs when I was feeling down and was alone. I admitted that I listened to the song and she said I might like some of the bands that she was into. She gave me some songs to listen to and gave me extra time on the tv to look up the music. I learned that the genre was alternative rock and I

loved the messages behind the music. I really liked the song "Cleopatra" by the Lumineers. The music rejuvenated me in so many different ways that are indescribable. I felt thankful that there was someone who listened to the same exact music as me and was okay with it. She encouraged me to listen to any music that I wanted to listen to.

I have since moved to my final placement and have a hard time because I haven't found that one person who can really relate to me in some sort of way. We are all African American, but I am not a part of the group. I am the outcast because of my taste in music. However, I have now come to terms with it. I can accept that I am a little different.

When I was upset one day, a music duo popped up on my youtube homepage called Lucius. I listened to their song "Go Home" and cried. It was exactly how I have felt throughout all my time in placements. I now listen to them as if it is a religion. Today I listen to all different genres in the rock branch. I listen to classic rock, alternative rock, metal (when angry), post hardcore and emo. I now also listen to folk and indie music. The message I am trying to project on to whomever may be reading this is, never lose your flame. You are unique in your own way. Don't ever let someone tell you that you can't be who you are or do the things that make you happy. Don't let others shame you for who you are. There may be your look-alike in the world but that look-alike will never have the same exact mental process as you. JUST BE YOU!!!!

nbess@newhopeacademy.net

PIERCE  
THE VEIL



## A DOG'S PURPOSE

By BRYAN BURKE ('20)

My name is Bryan Burke, and I have lived a pretty exciting life over the past few years. The thing is I was still having trouble in finding what my purpose was in life. I believe we were all given a chance to experience the journey of life on Earth, in hoping to find what kind of a purpose each of our lives would have in store for us or even what each of our purposes are in life.

In the 2017 movie "A Dog's Purpose," directed by Lasse Hallström, a dog named Bailey (voiced by Josh Gad) or as his owner refers to him as "Bossdog," Bailey lives a million lives in search for his purpose in life. Only to find that his purpose was to protect, love, and care for his owner Ethan (portrayed by Bryce Gheisar, K.J. Apa, and Dennis Quaid). Ethan had saved Bailey's life from being overheated and slowly dying. It was then that Bailey vowed that no matter how many lives it took he would always try and make his way back to rightful owner or in this case Ethan.

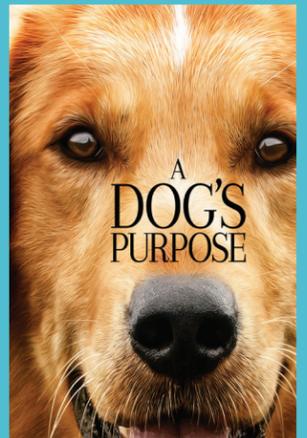
Not long after, movie director Gail Mancuso released the new sequel of Lasse Hallström's "A Dog's Purpose," which was later titled "A Dog's Journey." In this new happy, fluffy-tailed tale of a story, Bailey's journey in protecting Ethan ended and his new purpose had only just begun. Baileys new purpose was to find and protect Ethan's new born granddaughter CJ (portrayed by Kathryn Prescott). Bossdog promised to himself and to his owner Ethan he would always keep a look out for CJ and keep taking care of her, no matter how many names or lives it took.

I saw this movie and I have to say this film was the first ever production I saw that broke me into tears of sadness and joy and made me realize my purpose in life. Like the brief years of high school that we have,

or the very little time a living creature has with its owner like Bossdog, what makes life precious is at some point everybody's journey reaches its end. Trust that I mean every word when I tell you, right now in this moment, though remind us that time is luck. So don't waste your life irresponsibly. Make yours count for something, fight for what you love or what matters to you most. No matter what! Because even if we are cut short what better way is there to live.

I spent half of my journey trying to live my life in other people's shoes and doing what other people thought id be best at. Not what I think I would be best at. Until one day I woke up and realized this is my life I don't need people stories and other things telling me who I am and who I should be. Because I make my own destiny, I go my own way and that's when I discovered that being a writer and expressing my feeling through writing and becoming a film producer was my destiny. Don't let others tell you how to live your life, find your own path and seek out your destiny. As Gandhi once said "Be the change you want to see happen in the world". So I now urge kids and school students of all ages to do the same.

bburke@newhopeacademy.net



## ROCKETMAN: A REVIEW

By JAYMIN SERDIKOFF ('20)

"Rocketman" is about the rise of singer Elton John in the early years of his career. In the movie, Elton has no idea who he wants to be. He begins his career as an instant success. As his career progressed, he began to show everyone that he was a different and kind of weird person, but everyone loved it. The movie also explains how he met Bernie Taupin, his long-time lyricist, and how they instantly became friends. Some songs you may know by Elton John are "Tiny Dancer," "Bennie and the Jets," and "Goodbye Yellow Brick Road."

This musical movie is filled with emotion and love. It's the film Elton John deserves. As I

watched the movie, I realized that I really didn't know the true meaning of the lyrics of his and Bernie's songs. I realized that Elton John was a very important person in the music industry and if not for him, we would not have the music we as people have grown to love.

Elton's drug addiction was severe and the movie shows us how he used drugs because of his parents. He didn't really know who he truly wanted to be. The problem with his parents was that they really didn't care for him and the only person he could truly count on was his grandmother. This movie will make you burst into tears for the sole purpose of Elton John's personal life and his extraordinary rise to fame.

"Rocketman" gives a unique perspective on battling

drug addictions and not being able to come out as gay. If you like Elton John, this is a must-watch film because you get to really know the man Elton John has become.

jserdikoff@newhopeacademy.net



# The Flipside

COPYRIGHT ©2019 KATHLEEN ROSSO-GANA. ALL RIGHTS RESERVED.

FOR PERMISSION TO COPY OR TO REQUEST EXTRA COPIES, CALL 215-493-4200.

FOR INFORMATION ON KATHLEEN'S PRESENTATIONS FOR TEACHERS, PARENTS, STUDENTS, OR BUSINESSES, PLEASE CALL THE ABOVE NUMBER.

R.E.A.L. DEAL | EVENTS | SENIOR SPOTLIGHT | OPINIONS | ENTERTAINMENT | FLIPSIDE

NEW HOPE ACADEMY'S THE R.E.A.L. DEAL | VOLUME 15 ISSUE #4 | WWW.NEWHOPE.ACADEMY

FRIDAY 6.14.2019

## In this issue...

### Fare Thee Well to the Sixers

"The 76ers had their best season in years, but the way it ended hurt every Philadelphia fan..."

Opinions 6

### KISS CONCERT REVIEW

Doylestown student Grant Lodzinski shares his review of the recent explosive Kiss Concert at the Wells Fargo Center.

Opinions 6

### ROCKETMAN

"'Rocketman' is about the rise of Elton John in the early years of his career. In the movie, Elton has no idea who he wants to be..."

Entertainment 7

## WHY ANXIETY

By REBECCA "ARIA" LEE ('19)

Why anxiety? Anxiety is a type of fear or worrying that interferes with daily life. Anxiety causes a feeling of unrest and may even cause a sense of panic. It often goes hand-in-hand with depression and is a symptom or cause of other disorders.

Anxiety tends to run our lives, whether we are aware of it or not. In fact, you need anxiety to function. There are always healthy levels of anxiety, for example, when you're late to work, when you hand in papers, or even job interviews. Anxiety is a natural thing that all living things have, it helps us be alert for danger, especially when we are injured.

All animals have a built in, instinctual reaction called flight, fight or freeze. This system helps protect and alert us from danger. For example, when you dodge a flying ball (flight) or you see a bear and stop (freeze). Anxiety triggers this reaction and often happens in harmless situations such as avoiding a party, or when your boss asks you a question and your mind goes blank.

Unfortunately, in this world we are so overrun with information that we are being crippled with anxiety. You shouldn't cry over being late to work, or unable to do anything else as your paper is being graded. Yet, you cannot and should not be rid of anxiety. The lack of anxiety are common signs of psychopathy and sociopathy.

There is a difference between panic and anxiety attacks, even though not well known. Anxiety attacks can progress from a few minutes to a few days. This is often characterized by worry and repetitive thoughts and fears that escalates and overwhelm people. Panic attacks are sudden and often without warning. It can feel like the person has lost control, and is overwhelmed by fear.

A side effect of anxiety is depersonalization, or a feeling that you are watching yourself from somewhere else. Or that your surroundings aren't real. People often call this self projecting, and will most likely not feel in control of themselves. Anxiety can also be an underlying cause of depression, and a side effect of paranoia schizophrenia and any similar mental disorder.

A common Anxiety disorder is Social Anxiety Disorder, where social situations can cause anxiety about social performance and how people can perceive them. This can cause people to avoid social situations. This disorder tends to run in families, although it is uncertain why some family members have it and others do not. This disorder is often mistaken to be antisocial disorder.

Antisocial Disorder is a personality disorder, often referred to as sociopathy or psychopathy. Even though there are a lot of debates about the differences, sociopathy is when something is severely wrong with one's conscious, and psychopathy is the disregard of one's conscious and disregard of the rights of others.

Anxiety can be caused by anything, and is different per person. Anxiety can be caused by high stress levels, in which therapy can often help. When it comes to anxiety, the cause may vary. It is important for us to not undermine the people who come to us, or put them down just because they could not handle the situation as well as ourselves. It is important to recognize personal differences in mental capacity and to not belittle someone as that can worsen their mental state.

Depression and Anxiety often go hand in hand, whether anxiety is caused by depression or vice versa.

OCD can also be cause by Anxiety, or Obsessive Compulsive Disorder. Often misconstrued for things like wanting things to

be perfectly straight or symmetrical, It's often being obsessed with certain anxieties that the person feels compelled to do repetitive ritualistic behaviors to relieve them of this anxiety. Examples of obsessions are a fear of germs or a fear of being hurt. Compulsions include washing your hands, counting, checking on things, or cleaning. With OCD, the thoughts and rituals cause distress and get in the way of your daily life.

PTSD or Post Traumatic Stress Disorder can also cause Anxiety. This is often caused by Trauma from things such as war, assault or even car accidents. Anything that is traumatizing for someone can cause PTSD. It is often characterized by flashbacks, nightmares, feeling alone, sad and guilty, as well as angry outbursts.

Treatment for anxiety can be treated in multiple ways, from therapy to medication or even both. Many attend CBT or Cognitive Behavioral Therapy. It is important to attend therapy and talk about what may be causing your anxiety or what your anxiety may be causing. It is also important to know to be open and honest with your therapist, and to not only tell them things so you'll hear what you want to hear. Everyone should attend therapy the moment you feel overwhelmed, whether it be anxiety, stress or the death of a loved one. Everyone can benefit from therapy one way or another.

Anxiety can be caused by anything, and is different per person. Anxiety can be caused by high stress levels, in which therapy can often help. When it comes to anxiety, the cause may vary.

It is important for us to not undermine the people who come to us, or put them down just because they could not handle the situation as well as ourselves. It is important to recognize personal differences in mental capacity and to not belittle someone as that can worsen their mental state.

Depression and Anxiety often go hand in hand, whether anxiety is caused by depression or vice versa.

OCD can also be cause by Anxiety, or Obsessive Compulsive Disorder. Often misconstrued for things like wanting things to be perfectly straight or symmetrical, It's often being obsessed with certain anxieties that the person feels compelled to do repetitive ritualistic behaviors to relieve them of this anxiety. Examples of obsessions are a fear of germs or a fear of being hurt. Compulsions include washing your hands, counting, checking on things, or cleaning. With OCD, the thoughts and rituals cause distress and get in the way of your daily life.

PTSD or Post Traumatic Stress Disorder can also cause Anxiety. This is often caused by Trauma from things such as war, assault or even car accidents. Anything that is traumatizing for someone can cause PTSD. It is often characterized by flashbacks, nightmares, feeling alone, sad and guilty, as well as angry outbursts.

Treatment for anxiety can be treated in multiple ways, from therapy to medication or even both. Many attend CBT or Cognitive Behavioral Therapy. It is important to attend therapy and talk about what may be causing your anxiety or what your anxiety may be causing. It is also important to know to be open and honest with your therapist, and to not only tell them things so you'll hear what you want to hear. Everyone should attend therapy the moment you feel overwhelmed, whether it be anxiety, stress or the death of a loved one. Everyone can benefit from therapy one way or another.

rlee@newhopeacademy.net

HELLO  
my name is

Anxiety

## R.E.A.L. Staff

### Email:

newspaper@newhopeacademy.net

### Publisher:

Kathleen Rosso-Gana

### Yardley Editor

Michael Riehl ('19)

### Doylestown Editor

Rebecca "Aria" Lee ('19)

### Assistant Editor:

Jamie Lubov ('21)

Joe Markley ('20)

### Lead Advisors:

Caryn Search

Tim Simmons

Alyssa Eisenmann

### Journalists:

Neveah Bess ('19)

Tim Hay ('19)

Ishaan Luitel ('19)

Gavin Rector ('19)

Bryan Burke ('20)

Grant Lodzinski ('20)

Jaymin Serdikoff ('20)

Jem Morris ('22)

