



THE CAMPEDE

SECOND ISSUE • JULY 2009

Chapel Chat: Mount Calvary parishioners move into BMHS chapel for daily morning mass

BY MEGAN ARDOVINI '13
MANAGING EDITOR

With its stained glass windows and beautifully designed altar, the new chapel of Bishop McNamara High School is sure to make anyone who visits feel warm and fuzzy inside. Thirty to forty people gather every day to celebrate mass and adoration of the Holy Eucharist from 8:30 to 9:30 in the morning.

"It is something new," describes parishioner Patrice Neely.

Previously, these services were held next door at Mount Calvary Catholic Church. The Bishop McNamara chapel gives mass-goers more room than their old chapel and the acoustics are great so they don't even have to use microphones.

Parishioners say they are learning to adapt to their new environment and enjoy being part of the Bishop McNamara community. Parishioner Willi Wilkson said "There are dis-

tractions, but we are working through them. It is the mass we come for." Those who attend the mass are very interactive in the celebration, whether it is through readings, song, or other parts of the mass.

Father Micheal Salah is the priest who serves at these masses. "It is really nice to celebrate at a Catholic high school," said Fr. Salah. He enjoys holding mass in the bright and cheery chapel, and is excited about this new opportunity. "I am looking forward to celebrating masses here for years to come," he said.

In addition to Mt. Calvary parishioners, many members of the Bishop McNamara family are rendering it a great place to connect with their savior. Bonnie Joy, a Bishop McNamara clerical assistant, tries to stop by the chapel every day to visit with Jesus. Students, teachers, and staff can stop by the chapel for a moment and talk to God about what is going on in their life.

Everyone we have talked



Father Salah, center, leads parishioners of Mount Calvary Catholic Church who have recently begun attending daily mass in the new chapel of Bishop McNamara High School. Photo by Emily Magruder, Campede Photographer

to loves the chapel and all of the celebrations within it, but don't rely on their opinions

alone! Check out the chapel yourself and take a few moments to thank God for all the

great things we have - including the great Bishop McNamara chapel.

In the Shadow of Jackson

Two Stars Forgotten with the King's Sudden Death

BY ELIZABETH ALLEN
CAMPEDE STAFF WRITER

Many people know Michael Jackson, the music phenomenon, died last week. But do they know William "Billy" Mays or Farrah Fawcett died, too? Some do not, including Caitlin Ford '12, who said "I didn't even know [Billy Mays] died!"

Why do people not know about their deaths? Because Michael Jackson died the same week and he was a music role model for many.

When my journalism class visited the Washington Post they told us that they had a front page layout for their Style section designed of Farrah... and then Jackson died. Her story got either pushed back or thrown out.

When asked about how much attention Farrah Fawcett's death got, Luciana Rodrigues '11 said "I don't think it was underexposed, but a



It was this photo of Farrah Fawcett that helped make her famous.

little more would be nice."

Billy Mays was known to be in commercials for Oxi Clean, Orange Glo, Kaboom, and Mighty Putty, among others. He died on June 28, 2009 from a heart attack, as recently reported. He was found at home, in Tampa, Florida, by his wife Deborah. He left behind two kids,

Billy, 22 and Elizabeth, 3. He was 50. Sophomore Breonna Cooke said "Any death is sad, but you should celebrate it."

Farrah Fawcett died on the morning of June 25, 2009 in Santa Monica hospital from cancer, which was first diagnosed in 2006. Fawcett was born in 1947 and grew up in Texas. From the time when she was a freshman to when she was on TV, people admired her. She got married to Lee Majors in 1973, then divorced six years later. She had a romance with Ryan O'Neal and they had one kid, Redmond, in 1985. Fawcett struggled to help her son who went to jail earlier this spring. She filmed a documentary called "Farrah's Story." Bookstore manager Mrs. Leimbach, speaking of Farrah Fawcett's death said, "I think she fought a hard battle with cancer."

Obama Update

Historic presidency brings mixed feelings in first six months

BY ELIZABETH JOLLY
CAMPEDE STAFF WRITER

The world was in a frenzy when the first African American president was elected last January. He's accomplished a lot in his first six months. He went to other countries making unities, he got a new dog, and he tried hard for a stimulus package. Has he been doing too much?

It's only the beginning of his four-year presidency and he is working for change. Why are some people not pleased?

Some people say he's doing well. Ms. LaSandra Hayes, a teacher at Bishop McNamara High School, said "He's showing others an example of democracy. It's a great start."

Jasmine Culpepper, a summer school student, said "He's doing good in office."

Some people want more from him. "Obama shouldn't exactly do more things,"

speaks Dillin Lyle '10, "but he should strengthen it." Kaysah Teh voiced, "Obama going to other countries is a good cause."

Some people don't want him doing a lot. India Deahl '13 answered, "We shouldn't have a stimulus package. We're in too much debt." Carl Neumann, clerical assistant, said "Yes, Obama is doing too much."

Some think he is bringing change. "Yes, he has offered a positive approach to political issues, reached out to others, speaks comfortably with them, and is respected by leaders," said Bonnie Joy, clerical assistant.

We will see what Obama has to bring. He has more than three years left and will bring plenty more change, may it be good or bad, to our country. We are hoping for good and will gladly anticipate our country's growing new image.

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STAFF EDITORIAL

Makeovers without over-makeup.

AUTHORED BY SAMANTHA FRISKEY, OPINION EDITOR, AND REPRESENTING THE OPINION OF THE ENTIRE STAFF.

When you hear the word make-up, suddenly you think of blue eye shadow, red tamale lipstick, and blush, all on one super model, walking gracefully and beautifully on the television screen. Then you think of the makeup in your bathroom cabinet, calling to you. "You could look like this!" the ads scream. "Just buy this!"

But does glamorous makeup look really good for normal lives? The staff of The Campede feels that makeup doesn't always make an outfit; sometimes, it ruins it.

We suggest just a basic and natural chap-stick or light lip gloss, which shows you are confident about natural beauty. Makeup can sometimes turn people off, making them think you're shallow, insecure, under confident, and uncomfortable with your body. Why want people to think that about you? First impressions are everything, you can't undo them.

The boys of the Campede are attracted to the natural beauty of girls, not the masks made of layers of makeup. Why would you want to change your appearance for a person? If you want a boy to like you, they should like you for who you are, not what brand of lip gloss your boasting.

Makeup, however, does have a good side as long as you are using it to improve yourself, not change yourself. It's true - don't wear makeup just because someone else is. Everyone grows up at their own pace, and different kinds of makeup looks better at different ages.

Does the rise in makeup sales over the years prove that teenagers feel less confident? Are makeup ads that show your less perfect side to blame? And will being natural ever be a trend? These questions should lead our thoughts and decisions before you reach for your red hot lipstick. Maybe next time you'll wear the light pink gloss instead.

OPINION

Fight Energy With Energy

BY DESTINY REYNOLDS
CAMPEDE STAFF WRITER

What's the deal with kids drinking energy drinks? Is it good or bad for them? Most energy drinks, like Red Bull and Monster (just to name a few...) were made for teens and adults. But kids as young as seven to ten years old are drinking these harmful energy drinks.

There are many bad chemicals and loads of sugar and caffeine in these drinks. Over time, these chemicals can stunt a child's growth development or someone can become addicted to the energy drink. Safiya Parker '13 said "A lot of

people drink energy drinks, but I don't really drink it. I think people who drink them rely on them too much for energy."

Personally, I think energy drinks should be consumed in moderation. Many people, not just kids, get hooked on these energy drinks and end up needing one every day for energy. "I don't think you should drink them because there is too much sugar in them," said Margaret Magnaye '12.

Energy drinks aren't always the answer! Natural energy from healthy foods, like fruit, veggies, and proteins, will last for most of the day. After drinking energy drinks, you

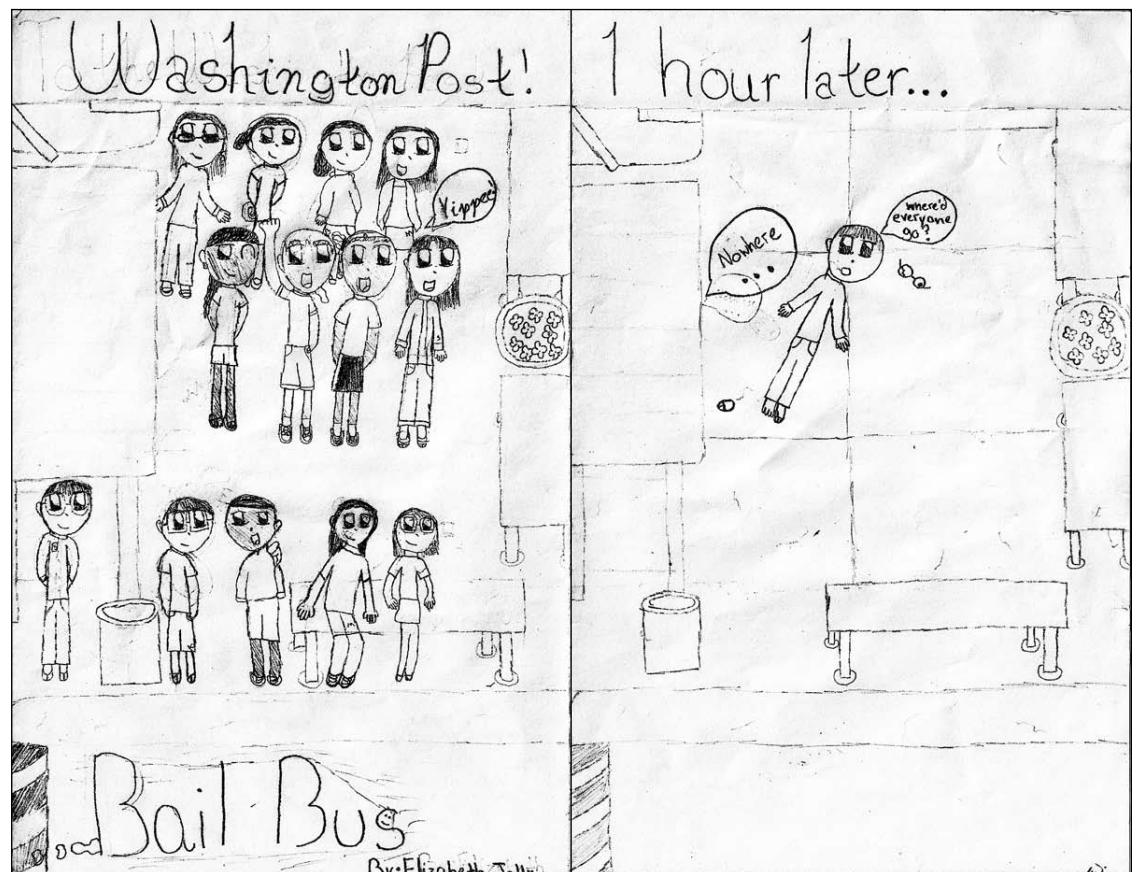
may "crash" or have basically no energy whatsoever. Everyone needs constant energy to stay on task during the whole day.

Some students are able to resist the appeal. "I don't usually drink energy drinks because there is a lot of sugar in them. I don't see them as a good or bad thing. It should be in moderation," says Luciana Rodrigues '12.

Now that you now, don't always rely on energy drinks for energy that you can get naturally. Drink them in moderation. Besides, it's healthier to get natural energy from the foods you need daily.

Staff Trip

Comic by Elizabeth Jolly, Illustrator for The Campede



**Adviser's Note: Special thanks to Mr. Holloman and Mr. Williams for their help solving our bus misfortunes.

OPINION

UNIFORMITY OR CAGED EXPRESSION?

BY DESTINY REYNOLDS
CAMPEDE STAFF WRITER

Many schools are turning to school uniforms to help resolve problems, making everyone look the same. In schools, many problems are occurring, like teasing and bullying about each others appearance. But still, some people find a way to talk about someone else, including their appearance.

"I believe that school uniforms help prevent less bullying and other problems," said India Deahl '13, a soon to be freshman in the fall. Students agree and disagree with school uniforms, but what is the real purpose of having them?

Cori Canty '13, also a soon to be freshman, comments on my question of why uniforms exist. "School uniforms are just there to make us all look the same. I like the uniforms

at Bishop McNamara High School."

As you can see, many students have their own opinions about uniforms overall. Personally, I don't care for them because they usually end up looking unpleasant on me, in my opinion.

School uniforms do help some problems, but cause other ones. Students try to "dress up" their uniforms to add their own freedom of expression. But with strict uniform policies, most students can't freely express themselves. Some get away with it by breaking the rules, risking the consequences of getting in trouble. Others try to stay as far away as possible from any kind of trouble. Uniforms have pros and cons. Schools need to find a way to create a dress code that is appropriate for school, and allows students to express themselves.



(above) Staff of The Campede pose in front of a printing press outside the headquarters of The Washington Post. Photo by Mario Ona / Young Journalists Development Program, The Washington Post

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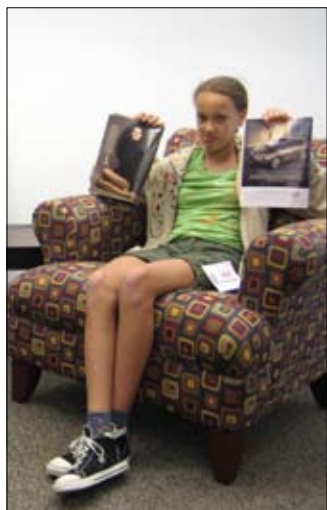
Advertisements: Do We Really Have a Say?

BY EMILY MAGRUDER '13
CAMPEDE STAFF WRITER

Advertisements have become an unavoidable part of all of our daily lives. Whether they are television commercials or ads in a magazine, companies are always looking for ways to spread word about their products. But what do people think about the constant barrage and recurrence of them?

Most people I interviewed said that the repetition tended to make them annoyed with the product and less likely to buy it or even do further research on it. Dean of Students Reginald Brady had an alternate view. He believes that although they are annoying, they work subliminally and "If you see it enough, it becomes your psyche."

Clerical assistant Bonnie Joy said that if she sees a product being advertised over and over she has in the past gone out and bought it, even something expensive.



Elizabeth Jolly shows her confusion towards the many advertisements that magazine showers us with. Photo by Emily Magruder, Campede Photographer.

When asked what makes a good ad, people said a variety of things. Some said it depended on who was pitching the product or even how it was packaged. Others said they went off of the reputation of the vendor or if someone they

trusted recommended it.

India Deahl, an incoming freshman, said who models the product "and makes it look fun," made her "want to be that type of fun person" and therefore she would be more interested in buying the product. Short and funny commercials seemed also to be a popular way of advertising.

It is clear that advertisements affect whether we buy a product or not. With the death of Billy Mays, a major pusher of Oxi Clean, some people are concerned for the future of the company but student Kevin Parsons said "I think it's gonna go up". Ms. Joy believes that his tactic of advertising works and admitted the she "would try a lot more products he pushed, if my husband hadn't told me not to." Viewers became comfortable with him and trusted that he was pitching high quality products.

So, hate them or love them, ads will always be an influential part of our lives.

Oh My Baby!!! HARMFUL INGREDIENTS FOUND IN SOME BABY WIPES

BY DARIYA BROWN '13
CAMPEDE STAFF WRITER

"No, I didn't know," says Geoff Molchan, a teacher at Bishop McNamara High School. This is the answer most people give when you asked: do you know that some of the ingredients that are used in baby wipes are harmful to your baby?

Baby wipes, most people think that they're safe and harmless to their children. And some baby wipes are. While, other baby wipes have ingredients such as polyethylene glycol and phthalates that

are very dangerous for babies and children. These ingredients can cause vomiting, diarrhea, problems in the central nervous system, and damage the livers, lungs, and kidneys. Crazy... right?!!

According to Safemama.com, there's an ingredient called propylene glycol, which is used in some baby wipes and is made up from natural gas. This ingredient is used mostly because it helps moisturizes the baby skin. In addition, be on the look out for baby wipes with synthetic fragrances. Some baby wipes such as Tushies and Huggies are good

for your young child or infant. There are also Eco-friendly baby wipe brands such as Seventh Generation, Nature Babycare Wipe and Mama's Rose Natural Wipe Packs.

For more information on what to buy for your baby or how to keep them safe, including a recipe for homemade baby wipe solution, go to <http://www.safemama.com>. So think about it the next time you buy for your baby, ask yourself what ingredients are in it. So the next time you hear about this you won't be saying OH MY BABY!!!

Earn It Or Burn It

BY SAMANTHA FRISKEY
OPINION EDITOR

In the hot, summer sun, every throat roars for a cool, icy Popsicle. However, that Popsicle costs you money, like almost every other thing in the world. But how does that money get in your pocket, in your hand, and finally exchanged for that longed for Popsicle?

First of all, you need to make money before spending it. Think about what type of job you want. This depends on your personality, available work hours, and how hard you are willing to work. Asking parents for advice is helpful. They've been through this before, you know!

Once you've decided what job you want, start your career by asking your family if they need your help. This is a suggestion that Briana Gates,

a local student, does. She usually does the dishes for small wages. If you are still unsuccessful, than you can turn to neighbors, friends, and their families for work. If you are old enough, you can also apply for local jobs, with your parents permission.

The last suggestion is to open your own mini business. This could include selling art, tutoring, a baby-sitting group and more. The possibilities are endless.

Now, after working, you probably have a small bundle of money. What do you do now? Do you spend it right away, or save? In interviews, this question was the most debated at McNamara. Out of five people, one-fifth said that they would spend their money more likely than saving it.

If you want to spend your cash, spend it wisely. Thrift

stores "have cool stuff," said BMHS student India Deahl '13. "Others are pretty wacky, but they're cheap, and good for these economic times," she said. Truly, thrift store outfits are one-of-a kind. The stylish clothing, as India pointed out, is inexpensive, so you get more bang for your buck.

Bryana Rivers '11 said "I like to buy clothes, CDs, you know, teen stuff." Well, how about getting all of that and more for less of your well-earned money? The answer is the sales rack at stores. They offer you the same quality product for less cash.

For saving money, your piggy bank may be convenient, but in the bank your money can grow with interest. Banks are more secure than keeping your money at home.

So I leave you with the three S's: *Save Spend and Secure.*

Learning the Ropes

Advice for incoming freshmen

BY SELINA DONAHUE '13
CAMPEDE STAFF WRITER

Everyone knows what it's like to be the new kid. Your palms are sweating, the butterflies in your stomach are flying a mile a minute, and you're hoping that you won't make a fool of yourself. When you begin school, it's like a fresh start. You're going to start learning in a new environment with new teachers and new peers.

But sometimes you are unsure of yourself. Our parents say that we just have to be ourselves, and people will love us. We need to be confident, friendly, and even brave. It's not that easy though.

Margaret Magnaye '12, who just finished her freshman year at Bishop McNamara High School, said, "I was really nervous on my first day but the teachers and the other students were really nice." This, she explains, is because they know you're a freshman.

As you may know, a new hall (Holy Cross Hall) was made for the freshmen students. This is where the students lockers are. Be warned though, it can get very crowded. Before you come venturing into this area, it's good to make sure you know where your next class is so you can plan the fastest and the easiest way to get there.

Students also carry backpacks with their books in them, so that they don't have to stop off at their locker. It is a good idea to switch out the books you'll need for your afternoon classes before your lunch period. That way you don't have to leave lunch early to gather your books.

Once you have your books, you'll head onto lunch. Just like every new kid though, you'll wonder where to sit at lunch. You may be afraid that if you ask someone if you can sit with them, they'll say no. Or worse, they'll laugh. But do not despair, for here are a few tips that will help keep you from spending your

lunch period alone:

1) Look for someone you know, whether it is the girl who sat next to you in math class, or perhaps the person you shadowed when you were still deciding in the right high school for you.

2) It's better for the person you're going to sit with knows, that way they won't be as surprised.

3) RELAX. Try not to work yourself up you say something wrong or the other person doesn't agree about a particular subject with you.

You're probably thinking, "What do I talk about?" Well, usually you try to come up with a subject that the person, or persons, can talk about too, or relate to. For example, you can start off a conversation by complimenting the person on a hairband or backpack. You can talk about a class that perhaps you both have, teachers, T.V. shows, whatever.

A great way to make friends is to do extracurricular activities. There are sports, plays, and clubs you can join to do after school. You'll meet new people and have new experiences with these activities.

Perhaps you're having a hard time in a particular class and need to bring up your grade. Teachers are usually there until 3:30, and many will stay even later, so if you are looking for some extra credit, it's good to do it then. Simply go up to them and ask if there is some way you can bring up your grade.

Now, I may sound like your mother here, but it really helps when you eat a good breakfast. It puts you in a good mood, and it fuels you for the rest of the day. Even if it's just a granola bar and some yogurt, this will give you the energy to get through the day.

Now remember, the next time the butterflies are fluttering in your stomach, and you're freaking out over making friends, just follow this advice and RELAX.

Locker Tips

As you may or may not know, the lockers have built in combination locks. While it may seem hard to get your locker open at first, soon it will become a second nature, like tying your shoes or writing your name. All you have to do is follow these steps:

1) Turn the dial to the RIGHT to your first number. Keep it at that number for a second or two.

2) Turn the dial to the LEFT past the next number once and then go around and pause it on the second number.

3) Lastly turn the dial to the RIGHT and keep it at the third number.

Weekly Poll: "What is your favorite Michael Jackson song?"

POLL AND INTRO BY JULIAN MATHIS '13 AND MEGAN ARDOVINI '13, CAMPEDE STAFF WRITERS
CRAZY FACTS RESEARCHED BY SIERRA OATES, CAMPEDE STAFF WRITER

Michael Jackson, the King of Pop, passed away June 25, 2009. In remembrance of his work, and the impact his music had on our generation, we conducted a survey to see what were peoples favorite Michael Jackson songs. Out of sixteen songs, Thriller was concluded as the most popular of Jackson's songs, after forty six people gave us their favorites.

Name of Song (with number of votes)

1. "Thriller" (12)
2. "Billie Jean" (6)
3. "Beat It" (4)
4. "Human Nature" (3)
5. "You are Not Alone" (3)
6. "Pretty Young Thing" (3)
7. "Dirty Diana" (3)
8. "I Just Can't Stop Loving You" (2)
9. "Remember the Time" (2)
10. "Smooth Criminal" (1)
11. "Scream" (1)
12. "The Lady in My Life" (1)
13. "They Don't Really Care About Us" (1)
14. "Black or White" (1)

Micheal Jackson + 7 Crazy Coincidences!

- * Memorial Service on July 7th
- * Born on August 29 9 minus 2 equals 7
- * Died on June 25th 5 plus 2 equals 7
- * July is the 7th month in the year and the same month of which he was buried
- * He is the 7th out of 9 children (older brother Marlon had a twin brother who died at birth)
- * Signed will July 7, 2002
- * Billie Jean and Black and white were hits 7 weeks
- * Thriller, Bad and Dangerous each produced 7 top hits
- * August 1958 when he was born 19 plus 58 = 77
- * Micheal and Jackson both of the names have 7 letters in them

SOURCES: TMZ.COM AND BROADCAST NEWS.

Campede Complaint Corner

Writing by Dariya Brown '13 • Photo by Emily Magruder '13



The bigger the bag the smaller the chips. Potato chip bag companies are ripping us off!!! Today in America, the number of potato chips in a bag is slowly decreasing in size. This is a huge problem for potato chip lovers.

Best Recipes Online

By SIERRA OATES
CAMPEDE STAFF WRITER



Photo by Sierra Oates / The Campede

Recipes have been shared all over the world and they were also passed down from mother to daughter or grand-parents to grand daughter and so on. I asked some people were they got their recipes from.

Bonnie Joy, clerical assistant from Bishop McNamara High School, said "I get most of my recipes from my mother that I memorize and for things I don't know I go on the Internet." I think this Internet source is great because you could look up any kind of ice cream and you'll find a website that has it.

Like Mrs. Joy, many of the other people I interviewed also turn to family as a source for recipes. Carolyn Stevens, Dean of Students at Bishop McNamara High School, said "I get recipes from my mother and from my friends and cook books."

Teacher Lasandra Hayes "I get my recipes mostly from my grand-parents who cook southern style foods."

I reviewed the website MarthaStewart.com, a popular recipe source, and found that they should have more cake and pie recipes. Also it would be nice if they had something like red velvet cake, chocolate cake, keylime pie or apple pie. Although Martha Stewart's website might be a good Internet source because you can look up any type of food, it only showed 2 recipes for red velvet cake, while other Internet sources showed 5 or 6.

SERIOUSLY?

Comic by Kevin Glotfelty, Illustrator for The Campede



Think Fast!

Dodge Ball Disappearing from Schools

By KEVIN GLOTFELTY
CAMPEDE STAFF WRITER

Imagine a school gym with kids running around with round rubber balls. Some flying through the air, some rolling on the ground. Trash talking and bickering about who got out and who didn't. They are playing the horrific game of dodge ball.

Suddenly a ball is skewed through the air and smashes against the face of the youngest and smallest child of the group. Now he has a bloody nose and possibly a sprained ankle. Should dodge ball be banned from schools? Is this game safe for your child? Are these schools overacting to the

situation?

"It can be fun and it teaches teamwork, however it can be painful to some kids," said Bishop McNamara High School student William Shelton '11. "Some bullies use it to hurt others. But yes I would like to keep dodge ball."

Red rubber balls? Is this really the cause of injury? A young woman that was working at McNamara, Safiya Parker gave her opinion on the subject, "I like dodge ball. I really do 'cause it releases your anger."

MSNBC recently reported that one school was sued because of harm that was done to its students. But if played properly, can't injuries be

avoided? Teacher and soccer coach Katelynn Chambers said "I think it's played and officiated improperly. Personally, I like playing it myself."

Bullies are a problem to this game. Ten kids in the summer journalism camp were asked whether dodge ball should be banned or not. Eight out of ten said no. The two that said yes thought that the bullies were the biggest problem. Bullies are using harmless games to hurt the other kids.

So the question remains: should we keep the kids safe or teach teamwork instead of dodge ball? There is no answer to this debate, for now.

PHOTO OF THE WEEK

Submitted by Emily Magruder '13

