

# THE VISTA

NOTRE DAME ACADEMY-3535 W. SYLVANIA AVE. TOLEDO, OHIO 43623 VOL. 58 ISSUE 2 OCT. 29, 2009

## Mayoral Election Sparks Student Service

### PAIGE SHERMIS

Senior Johannah Lujan found herself at the University of Toledo's opening football game holding a sign not rooting the Rockets to victory, but one supporting Toledo mayoral candidate Mike Bell.

Sound surprising? To Johannah, one of many Notre Dame Academy seniors giving up their time to volunteer for causes and candidates for this fall's multiple elections; this was just another way to get involved in local politics.

NDA girls are required by Government classes to complete ten hours of government-related service, and this year's local elections provide many opportunities for students to help.

Government teacher Mrs. Susie Huffman said one of the main purposes of requiring hours is so girls can see government in action and participate in it, not just learn the laws and history of it in a classroom environment.

"There cannot be democracy without the involvement of the people," Mrs. Huffman said.

NDA girls fill their hours by volunteering for an array of different causes, including advocating for individual candidates, specific issues that will appear on the ballot and for entire parties.

Senior Paige Sopko got a sense of the local political affairs by volunteering for mayoral hopeful Keith Wilkowski.

"I like being involved in politics," Paige said. "It's especially a good experience for me because I want to major in international affairs."

Mrs. Huffman said that outside of the required times, she rarely sees girls outside of family members of candidates assist with elections.

"Government hours are a good opportunity for students to experience politics and get involved [politically] in college, as well as providing a great service to the candidates," she said.



Independent Mike Bell



Democrat Keith Wilkowski



Seniors Olivia Operacz, Meghan St. John and Laura Venzke make calls for Keith Wilkowski's campaign at his downtown Toledo headquarters. Photo by PaigeShermis

### Bell Promises Progress

Mayoral candidate Mike Bell's platform is rooted in what he believes to be important changes for the city of Toledo, including job creation, construction of a safer environment and stabilization of the current financial situation.

Running as an Independent, Mr. Bell is a graduate of Woodward High School and a longtime Toledo resident. He served 27 years as a firefighter and was appointed State Fire Marshall by Governor Ted Strickland in 2007.

Mr. Bell prioritizes the creating of more jobs for Toledoans in the current economic situation, stating Toledo needs to become more competitive toward developers. He has an idea for an initiative for business owners to open businesses in impoverished areas.

Mr. Bell also wants to improve the Toledo Public School system, saying it is "important to our survival as a city."

"I feel I can fill a void," Mr. Bell said, referring to his communication skills.

### Wilkowski Vows Careers

Democrat and mayoral hopeful Keith Wilkowski's main focus is expressed in the phrase on all of his signs: bringing more jobs to Toledo.

A lifelong Toledo resident and Woodward High School grad, Mr. Wilkowski has served as president of the Toledo School Board, as well as Lucas County Commissioner.

In addition to creating more jobs for unemployed Toledoans, Wilkowski wishes to improve the safety and security aspects of Toledo and offers a plan to combat violence against women. He said that, if elected, he would create a women's commission.

Mr. Wilkowski said he would request for a U.S. Patent office in Toledo, implement a tax credit to help bring investors to the Toledo area and lobby for health care reform. He also advocates alternative energy sources.

"I have a specific plan... to turn our economy around," Mr. Wilkowski said.

TEACHERS, BLAST FROM THE PAST P. 5

IN THIS ISSUE  
LONGER SCHOOL YEAR P. 6

GARAGE BANDS P. 10

# NDA News Briefs

COLLEEN SMYTHE

## Halloween

A pumpkin-decorating contest will take place during homeroom today. Fri., Oct. 30 students will be allowed to wear Halloween costumes to school. Masks, costumes that obstruct the hallways and costumes that prevent students from participating normally in class will not be permitted. Students will also have time to trick-or-treat between homerooms tomorrow.

## Appalachia Gift Collection

The gift collection for the Appalachia Christmas service trip begins Mon., Nov. 2 and will continue through Fri., Nov. 13. Students are asked to bring at least one new toy and one new article of clothing for their class' assigned gender and age group. The gifts should be wrapped so they can be given to the impoverished children of Harlan, KY as gifts from Santa. Students can deliver their gifts to their advisors.

## Father-Daughter Dance

The annual Father-Daughter Dance will be held Sun., Nov. 8 from 6 p.m. to 9 p.m. This year's theme is "Rock Star." The bid price of includes dinner in the dining hall. Freshmen and sophomores are asked to bring desserts for 12 people, while each junior or senior should bring a two-liter bottle of pop. T-shirts can be pre-ordered for \$10 each, and souvenir photos will be taken in Alumnae Hall. Each attendee is asked to bring a canned food item to be donated to local charities.

# Swine Flu Puts Girls on Guard

EMILY HOSTETLER

The recent outbreak of the H1N1 influenza has affected a number of girls at NDA, but with a new vaccination available, missing school may no longer be a necessity.

"I cannot stress enough that girls need to wash their hands. Each girl should also carry a small hand sanitizer in her purse or book bag," Ms. Cousino said.

Proper hygiene is a great way to stay healthy; however, there is a way to supplement frequent sanitizing.

The H1N1 vaccine is much like the seasonal flu shot many people receive every year in the U.S. It is provided in two different forms: a shot and a nasal spray. The shot contains the inactivated vaccine with a killed virus while the nasal spray has live, weakened viruses. Those who are over the age of 10 will need one shot, while those who are younger will need two doses.

Some severe side effects for the H1N1 shots have been reported, but the Centers for Disease Control and Prevention states the symptoms should be the same as the seasonal flu shot, includ-

ing soreness, aches and a small fever.

NDA will be offering the H1N1 flu shot as soon as it becomes available.

"The first shipment of doses will go to the healthcare providers, then the preschool children, elementary schools, junior high and finally high school students," Ms. Cousino said.

There are only so many doses available, so when Lucas County is given a supply of the vaccine, high-risk people are treated first. Eventually, the vaccine will make it to the high school students. It could be January by the time doses are available.

"I am on the fence about the H1N1 vaccine. There is not a lot of information about it and some doctors believe it has not been tested enough," school nurse Mrs. Amy Horst said.

According to the Centers for Disease Control and Prevention, over half of America has an active flu virus making people sick.

"We have bright girls at NDA. It is important that they talk with their parents and become educated," Ms. Cousino said.

# NDA Merit Students Soar

PAIGE SHERMIS

Eight Notre Dame Academy students have been honored by the National Merit Scholar program for their achievement on the PSAT.

Seniors Anne Glaza, Ellen Guisfredi, Sally Itawi, Jessica Kusina, Elizabeth Lemon, Catherine Mouch and Amy Zavell all were given the title of Commended Students by the program.

Senior Colleen Smythe was selected for advancement to the semi-final round.

"Being a merit scholar makes students stand out to colleges. It is definitely a bonus for students who have been honored with it," Notre Dame Academy college counselor Mrs. Adrian Meier said.

In order to be eligible for the Merit Scholar program, students have to take the PSAT their junior year of high school and plan on enrolling in college the fall after they graduate.

Notre Dame Academy has a tradition of having many Eagles being named as National Merit Scholars. In the past 23 years alone, 79 NDA girls have been honored as Commended Scholars, Semi-Finalists or Finalists.

"To know if they made it to the next

round, students take the test and wait for the results; that is all they can do," Mrs. Meier said.

Students named as Commended Scholars cannot advance to the semi-finalist or finalist rounds, but they are in some cases eligible for corporation-sponsored special scholarships.

Generally, these scholarships, all with varying stipends depending on the sponsor, are given to children of employees.

Semifinalists are given the opportunity to advance to the Finalist round, where about half of students are awarded the \$2500 Merit Scholarship based on state representation.

"In order to become a Finalist, those Semi-finalists must take the SAT and write an essay," Mrs. Meier said.

Finalists are not only eligible for corporate scholarships and the Merit Scholar award, but also for separate College-sponsored Merit Scholarships. These scholarship awards from \$500 to \$2000 in amount.

"Make sure to prepare for the PSAT and take it seriously. Students have some great opportunities with this contest," Mrs. Meier said.

# Bullies Threaten School Safety, Students

LIZ GUHL

Notre Dame is a safe environment, but even the place that many girls consider their home away from home is not immune to threats and bullying. Girls must learn to protect themselves and help each other outside and inside school.

Recently a few Notre Dame students were pushed and kicked outside of "Chainsaw Creek" in the Westfield Mall area, just down the street from Notre Dame.

This incident shows that while girls feel protected in the school's "bubble," they must stay conscious of their surroundings and keep themselves out of harm's way.

An important step in protecting oneself from physical violence is to be aware. Girls should be mindful of surroundings and know the people they go out with. They should also know the places that are hot spots for risky behavior and avoid them.

"I go [out] in groups because going alone makes you vulnerable. Do not put yourself in a situation where you would go against your beliefs," senior Rebeca Aguilar said.

This advice should be taken seriously, but at Notre Dame physical violence is not prevalent. The type of abuse that occurs in school is generally verbal and emotional, but it is just as damaging.

"Here at Notre Dame, it is very rare to see physical violence," Executive Student Council moderator Mrs. Jean Walker said. "It is going to be more mental. There is a lot of drama and hurtful words."

Many girls have the mistaken idea that because they go to a school like Notre Dame, bullying does not happen here. The truth is that it happens everywhere, and if there is ever to be an end, students must be aware that it is happening and how to help stop it.

"Awareness is the issue. We cannot isolate or insulate ourselves from the violence," Mrs. Walker said. By arming students with knowledge, those who are bullied may one day see an end to their suffering.

"We need to let [girls] know they are not alone, and people are there to help. If they do not tell anyone, then the cycle will not be stopped," Mrs. Walker said. This advice is good, but it can be difficult to follow.

"These girls feel too inferior to stop it," Rebeca said, "but you can see the girls who are victimized just by the way people



Two police officers check out the activity at a St. John's football game. Photo by Jessica Vogel

look at them. You hear what is being said."

If a student knows what is happening, there are different routes to take.

"I would try to talk to the girl who was being bullied and ask her how she felt. If there's a problem, I would tell her there is something she could do. I know you get looked down upon for being a 'snitch,' but you should express how you feel to a teacher," Rebeca said.

"If a girl is being abused, [the faculty has] a system where we tell the counselor because they are trained to recognize needs," Mrs. Walker said.

"Mainly, we want to make sure that everyone affected is okay emotionally from whatever occurred," counselor Mr. Jim Sulier said.

"Our concern is with the individual. [We hope] with the help of supports around them, like parents and friends, that [students] are able to get through it, learn from it and most importantly, be able to move forward," he added.

In November, Jodee Blanco will be coming to Notre Dame to speak to students.

"Her coming has been in the works for about a year," Dean of Students Ms. Judy Cousino said. "She is a nationally known speaker who talks about bullying and female aggression."

Aside from educating students, Ms. Blanco will also be working with teachers to help them discover the silent things girls do to hurt each other.

"She will raise the level of awareness to a point that girls do not often think of. Many girls do not know what it is like to be a victim, and inspiration to stop the cycle will come from this awareness," Ms. Cousino said.

## Signs a Girl Is Being Bullied

The symptoms of bullying can take many forms. The website [www.boardingschoolforgirls.com](http://www.boardingschoolforgirls.com) provides tips to help friends and family notice when someone they love is in need of help.

- Constantly worried or anxious
- Overly concerned about appearance
- Loses interest in activities she once enjoyed
- Develops frequent physical ailments and uses them as an excuse to stay home from school
- Has trouble sleeping or demonstrates loss of appetite
- Seems to socialize with friends less and less
- Has clear signs of physical harassment, including cuts, bruises and/or torn clothing

## Tormented Girl

*Please Stop Laughing at Me* is the story of a girl, Jodee Blanco, who was viciously tormented and abused during her time in school for simply standing up for her beliefs. She continues to help people today by going on book tours and holding workshops for parents and teachers to discuss how to recognize the signs of bullying and how they can help put a stop to it.

"*Please Stop Laughing at Me* is her story; she was a victim. It takes readers through her experiences, and by talking to us, she's trying to stop the cycle," Ms. Cousino said.

All members of Executive Student Council were required to read the book over summer to prepare for Ms. Blanco's visit to NDA.

"Some people have never experienced bullying and do not know how pervasive it is," Mrs. Walker said. "Reading this really helped Student Council understand the problem."

**Name That Teacher!**

PAIGE SHERMIS



- She roots for the Detroit Tigers and used to watch them with her grandfather.
- Candy corn is her Halloween candy of choice
- She enjoys quilting in her spare time.
- Her favorite things about NDA are the girls, being friends with faculty members and sharing her faith.
- She enjoys action-adventure movies, especially the Bourne Trilogy.

*Answer under Roving Reporter*

*The Roving Reporter*

**KARLY RATZENBERGER**

*What is your favorite scent?*

- “Freshly cut grass,” Amanda Saunders, sophomore
- “Autumn,” Olivia Hauser, freshman
- “Strawberries,” Taylor Measles, senior
- “Vanilla,” Sarah Morlock, freshman
- “The Blue Adiddas cologne and new leather,” Kristen Aumiller, junior
- “Fresh baked cake,” Demy Whitaker, sophomore
- “Sugar cookie vanilla candles,” Mrs. Jean Walker, faculty
- “My favorite smell is Snuggle dryer sheets,” Catherine Kime, freshman
- “Cinnamon,” Omaima Ahmad, junior
- “Fierce,” Paige Martin, sophomore
- “Pine Sol,” Lauren Shrader, freshman
- “Marshmallows,” Alex Adamski, senior
- “Cookies,” Courtney Bennet, freshman
- “Black Amethyst,” Susan Dandar, junior
- “Christmas,” Rima Butto, senior
- “Britney Spears Fantasy, or men,” Paige Rigoulot, freshman
- “I like the smell of summer...does that have a smell?” Kenna Lloyd, junior

*Name That Teacher: Ms. Vivian Nelson*

**Thousands Join, Celebrate Faith**

**JESSICA VOGEL**

Seniors may think of their Kairos group, freshmen the human maze and reflection, sophomores of their upcoming service retreat and juniors of past and future retreats. But when the word *retreat* is mentioned, does an arena filled with over 25,000 teens dancing and singing come to mind?

Mr. Robert J McCarty, Executive Director, National Federation for Catholic Youth Ministry says in the NCYC promotion video posted on <http://ncyc.nfcym.org/>, “This is the young church of today.”

Senior Jessie Yeager and sophomore Angela Michael plan on attending one of the biggest gatherings of Catholic youth, the National Catholic Youth Conference.

The conference aims to help teens stay connected with God and spread their faith; it is scheduled for Nov. 19-21. “I’m very happy that Jessie and Angela will be participating in the NCYC,” NDA President Sr. Mary Ann Culpert said.

Pastoral Services Director Mrs. Cheryl Pryor was able to go in 2007. “It is so inspiring for the Church. This generation of young people is the future of the Church; we ‘older’ folks know it is in good hands,” she said.

At the conference, meditation, Mass, opportunities for the sacrament of reconciliation, Eucharistic adoration, recitation of the Rosary and prayer through music are offered each day, according to the website.

“I hope it will confirm in them the sense that there are many young people throughout the United States and the world who are excited about their faith,” Sr. Mary Ann said.

“It is a great opportunity to meet other young Catholics from around the country and learn about faith from the many wonderful presenters,” Mrs. Pryor said.

“I am excited. I think it will be a good experience,” Angela said.

Jessie looks forward to sharing this experience with her younger brother Clark Yeager, a sophomore at St. John’s.

“It allows them to stand together and say, ‘I am Catholic,’” Fr. Jonathan Meyer, Director of Youth Ministry in the Archdiocese of Indianapolis said.

“We really do want young people to walk away with this sense that they are called to be disciples of Jesus and make a difference today,” Mr. McCarty said. The theme this year is CHRIST REIGNS.

**Life in Plaid**



Sophomore Darion Wysoszinski gets her face painted red in honor of Red Ribbon Week. Students paid one dollar for their choice of red face paint designs to show that they are committed to being alcohol and drug-free. The proceeds were donated to Rusty’s House, the school’s charity for this year. Photo by Colleen Smythe

# Faculty, Staff Recall Their Life in Plaid

COLLEEN SMYTHE

It may be strange picturing teachers sitting and listening to a lesson rather than dictating it. But all NDA faculty and staff went through high school sometime, and several of them spent their four years in these very classrooms.

These Eagles left the nest years ago, only to return as adults. Many things have changed since they wore the uniform themselves instead of inspecting it for violations.

Probably the most visible changes are those in the structure of the campus itself. When Mrs. Diane Clark, '75, was in high school, the present soccer field was an apple orchard. Two tennis courts stood where the Eagle's Nest is now.

For many years, very few students drove cars to school and nearly all the teachers were Sisters of Notre Dame who lived on-campus. This left little need for parking; there was no faculty parking lot and a very small student lot.

The newest wing of the school was entirely occupied by the Sisters and was off-limits to students; it carried "a real sense of mystery," according to Mrs. Marcia Holtz, '77.

Sr. Mary Ann Culpert, '75, regrets that there are so few Sisters in the school today. "I really enjoyed them as teachers and got to know them as fun, loving women," she said.



Mrs. Marcia Holtz '77

Until recent years, NDA did not have a gymnasium. Sports were instead played on the auditorium stage, causing it to be dubbed

the "Gymnatorium."

Today's plaid skirt may seem indestructible, but it too has evolved. Mrs. Holtz experienced the phasing out of the old plaid skirts.

"Of course the older girls wore the old plaid with pride, and it made it easy to distinguish who were underclassmen," Mrs. Holtz said. She said that with their uniform, they "had very few choices; you are all spoiled now. We also wore our blazers almost all the time."

Mrs. Clark said students today have many more athletic opportunities available; when she was a student, the only sport was intramural basketball.

"Basketballs used to fly off the stage and into the seats when we played," Sr.



Sr. Mary Ann Culpert '75

for a couple months, and we only played two games," Mrs. Holtz said. "We looked forward to them all year."

On the day of the game, students would go out to breakfast as a class and parade to school with "horns honking and police escorts," Mrs. Clark said.

Our alumni had very different class schedules as well.

Mrs. Holtz had nine class periods each day, one of which was always a study hall. Each day was labeled not Blue or Gold, but rather A, B, C, D, E, or F.

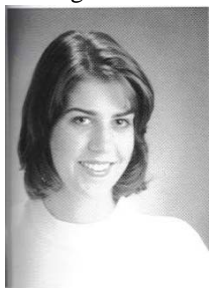


Mrs. Diane Clark '75

Ms. Lindsay Sutton, '01, had seven classes total when she was an Eagle. Students went to Period 3 every day for fifty minutes, while the other six periods were divided between Blue and Gold days and lasted ninety-five minutes.

All technicalities aside, these experienced women of vision had many of their own trends, styles, and traditions that made their high school years special.

In place of Birkenstocks, colorful headbands, and giant purses, their wardrobes over the years included bellbottoms, penny loafers, monogrammed Shetland sweaters, rib-



Ms. Lindsay Sutton '01

bon accents featuring whales, frogs and anchors, glitter makeup, and "pleather."

One prominent style of the 1980s was "giant hair," Mrs. Beth Strbik, '89, said. "A student found my picture and said, 'Señora, you had a fluffy

mullet.' I said, 'Me and everyone else in that photo!'"

Teacher alumni have many fond memories of past traditions. One in particular is the birthday bow.

On a student's birthday, her friends made her a large bow with long ribbons attached. The bow was covered in pieces of candy. The birthday girl wore the bow

all day, eating pieces occasionally and letting her classmates grab a treat as they passed.

Alumni miss a wide variety of traditions, but one thing they all seem to miss equally is their classmates.

"One of my friends from NDA is now my best friend," said Mrs. Huffman.

They also said the student body is more diverse, but has the same spirit as when they were students.

"One thing that I think has not changed is the type of girls we attract to NDA," Mrs. Clark said. "We have great students - academically strong girls with good, kind hearts."

These teachers and staff members are glad to be back.

Ms. Sutton felt "nostalgic - [the school] still has the same smell."

Mrs. Huffman felt awkward about calling her former teachers by their first names, but she said that "being back at NDA was one of the best things to happen in my life."

"Being here has been like coming home to me," Mrs. Strbik said. "Our school has a very special history and a unique culture. It is wonderful to share it with a new generation."

Whether they were "capturing the parakeet in Ms. Denos' room when it was let loose" as Ms. Sutton did, or claiming a class tree on Arbor Day and planting it on the school lawn as Mrs. Clark did, these alumni loved NDA for the same reason today's students do: the laughs, the crazed enthusiasm, and the undying sisterhood of Eagles.

Mrs. Susan Huffman, '85, said. "We bought uniforms and practiced forward to them all year."

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Mrs. Beth Strbik '89

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Mrs. Susan Huffman '85

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# School Year Length Debate Stretches On

## Extension Logical for Student Performance



## Students Need Better Quality, Not Quantity

**PAIGE SHERMIS**

The proposed extension of the school year by President Obama is the correct decision for the United States in terms of test scores and student progress.

The current school calendar is illogically based on the agrarian seasons. With less than two percent of Americans farming for a living today, the overwhelming majority of American children no longer need to help their parents tend to the fields during the summer.

The summer vacation itself also can negate some of the information students learn during the year. It is estimated that from one to three months of information learned during the school year is erased during summer break.

Additionally, United States students are scoring lower in most school subject areas than many of their international counterparts. This can be attributed to the calendar, which has 20 fewer days than the average school internationally.

Lengthier school years would also benefit at-risk students, who would spend less time in dangerous environments in which they could be susceptible to any form of abuse or gang violence and more time gaining knowledge and guidance.

Some students require extra help with writing and speaking English. Additional days would also be valuable for students with learning disabilities or those just learning to speak English, such as the children of the millions of immigrants. More time to grasp certain concepts or more one-on-one time with teachers would allow these students to not only learn and understand more information but to retain it for longer time periods.

The increase of the school year will allow students to receive the highest possible amount of learning so they will have a higher chance of future success.

**COLLEEN SMYTHE**

The relatively small benefits of a longer school year cannot possibly outweigh all the drawbacks of such a plan.

A longer school year requires more money. This is particularly problematic for private schools, as they would have to raise their tuitions. Such an increase would exacerbate the current money strain for private-school families.

Students in other countries do tend to academically surpass American students. But the U.S. is set apart from other countries in so many ways; why should anyone assume that school year length is the deciding variable in the test score equation?

A teacher may reasonably expect to cover about two chapters in these few extra weeks, depending on the course. This is hardly a life-changing amount of information.

However, the price of a shortened summer vacation would be considerable for the economy. Cutting down on summer break means less time for students to get summer jobs.

Less time off school also impacts time spent on vacation. Fewer families would take vacations, and those who still traveled would shorten their trips. This spells trouble for local economies that rely on the support of tourism.

The entertainment industry would also suffer. Summer is prime-time for movie theaters. Removing even a few weeks from their schedule means thousands of movie tickets lost.

If U.S. students are not testing well enough, it is not because they do not spend enough time in school; it is because their learning experiences are not up to par. This can have many underlying factors, including students with difficult home situations and inadequate school facilities.

In any case, Americans should focus on giving teachers necessary resources to do their job well, not on giving students more time to learn in a flawed school system.

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## Editor's Corner

Hey, everyone!

Congrats to the juniors who were inducted last night, and all the girls who signed the Student Statement last week. You're moving up in the school, ladies! Try not to let the power go to your heads.

Nothing makes me happier than the fact that Halloween is on a Saturday this year. Finally, I'm free to spend this holiday as I please!

The first quarter went by in a flash. Just think – we're over halfway to that longed-for 18-day reprieve: Christmas break...that is, if we can make it that far. There were only a few confirmed H1N1 cases at NDA, but an awful lot of people are out of school. Having missed a full week myself, I offer my deepest empathy to anyone who is sick. Take some time to get better, and come back ready to tackle some serious make-up work!

~Colleen

# Casino Bill, Big Gamble

For decades, gambling bills have folded their hands as voters reject out-of-state casino hotshots with every ballot. But for the first time in Ohio history, polls hazardously show the Buckeye state might say yes to slot machines, blackjack tables and feathered showgirls.

Issue 3 promises 34,000 new jobs for Ohio workers once casinos begin operation. While the bill mandates \$1 billion in private investments, it promises \$650 million annually for state programs and school districts--money this state has not seen in a long time. During tough economic times, four full-service first-class casinos hardly seem harmful. Right?

Wrong.

Despite overly optimistic advertisements, Issue 3 is saturated with loopholes and vague claims. If the bill is passed, our very own "Toledo Pride" will be one poker chip away from Detroit.

The Las-Vegas style casinos would be a waste of space and local investment, while gaming billionaires pocket the profit. The jobs Issue 3 promotes will most likely go to experienced out-of-state workers; the plan of keeping casino money in Ohio, as the bill states, is improbable. Tax loopholes also make it questionable if taxes would be paid on cash wagers. Over 40 economists say this is the "fatal flaw" of the bill.

Penn National Gaming, one of the companies who sponsor the casinos,

is suspect. A year ago, Penn promised Kansas the same optimistic offer and then suddenly bailed out...after the hopeful state had already spent \$25 million on the project.

While Issue 3 effects the entire state of Ohio, it will hit especially close to home for Toledo. With our city already in an enormous amount of debt, the downtown area in shambles and a number of area citizens unemployed, checking yes on the November ballot will knock Toledo off its feet.

Where will this money to invest in construction come from? The casino will turn what was a family-oriented community into an adult-based environment not meant for schools or early child development.

Numerous Ohioans argue casinos will help the state get back on its feet and make Toledo the industrial boom area it was once meant to be. Instead of jeopardizing what is already at stake with out-of-state casino billionaires, we should look at revenue opportunities right in front of us.

Toledo has multiple transportation outlets; we should construct and prosper on our rivers, our lakes and our highways to create jobs and rebuild our city.

Instead of taking money out of Ohio, other states would bring money in.

While wedding chapels and giant fountains may be tempting, transportation growth is the best deal for Toledo.

# An Eagle's View Manners Should Always Matter

DANIELLE LIMON

We are all familiar with those girls. You know, the girls talking in the movie theaters or talking on cell phones in restaurants. But who are we to judge them?

The rules of etiquette and courtesy have been twisted and distorted into something completely unrecognizable.

The people who interrupt the daily lives of others with their rudeness now seem socially accepted.

The people who point out a lack of civility in others are seen as being rude and stuck up.

Somehow, people in our society have gotten the notion into their heads that money and status gives you permission to do whatever you want.

Does this make any sense at all? People have gotten away with being rude for far too long; some individuals are being downright mean. It has been taken too far.

It should not matter how successful someone is; she does not have the right to pull a Kanye and say whatever she feels with no regard to anyone else's feelings. People's status should have no effect on how they are treated.

There are so many people in the public eye that act like this, but because of their success onscreen or through their music, they are never corrected.

According to the general public, if you do something good for others, then you should get something in return. And if you will not be getting anything from them, then why bother?

This is not a healthy trend for our generation.


My fellow friends in plaid, the girls of NDA must band together and stop the madness! Ask not who will open a door for you, but for whom you can open a door.


Do yourself as well as your classmates a favor and start showing some courtesy. Instead of being frustrated with the girl who just dropped all her stuff, help her. Maybe your kind actions can brighten that person's awful day.


People have always known girls of NDA as polite and caring women of vision. We should not conform to the rules of society and accept the lack of courtesy in the world. Let us show them what it really means to act like a lady.


## Cheers and Jeers


*It's important for NDA girls to keep on top of what's happening today, so here are the best and the worst of some of the most recent current events.*


 Cheers to juniors for going through Junior Induction. Welcome, new upperclasswomen!

 Jeers to rising numbers of texting and driving among teenagers. Watch the road, ladies.

 Cheers to a successful quarter passing and one closer to summer break.

 Jeers to Chicago losing the 2016 Olympics to Rio De Janeiro.

 Cheers to an abducted infant being returned alive to his home in Tennessee.

 Jeers to the rising death toll due to typhoons in the Philippines.

## Off the Field

CHELSEA SHERMAN

**Athlete:** Claire Rigoulot  
**Sport:** SJJ Drum Major  
**Grade:** 12



Claire is the drum major for the SJJ Marching Titans. She also plays the clarinet. Photo Submitted by Claire Rigoulot

### What steps were taken to apply for such a prestigious position?

There was an intense audition consisting of conducting, commanding, and marching as well as an essay, but trying out really starts at day one by respecting others and trying your best.

### Is it intimidating?

It was at first because I expected there to be many people opposed to a girl leading, but so far, almost everyone has been immensely supportive.

### What is your favorite part about being drum major?

My favorite part is getting to know everyone in the band, and having the ability to inspire future girls to believe in their wildest dreams.

### Any funny stories from the season?

A trombone got stuck in a flute player's helmet during halftime while playing "Don't Stop Believin'". It was hilarious!

### How do you feel on the field, leading the entire band?

There is only one word to describe the feeling of seeing the band perform at their best: proud.

## Tailgating Fires Up Spirit

JESSICA VOGEL

When entering a parking lot filled with loud music, grills, hot dogs, chips and cracker jacks, fans are found in the middle of a tailgate.

Tailgating dates as far back as the 1800s. Although war is not a spectator sport, Union supporters gathered with picnic baskets in hand to cheer on their sons, fathers, husbands and brothers in the Battle of Bull Run, the first major conflict of the Civil War. As supporters shouted "Go Big Blue," tension, excitement, suspense and heartbreak were all present that summer day in 1861.

Eight years later, Union supporters were replaced with sport fans. The first ever football game took place in New Brunswick, New Jersey on Nov. 6, 1869 when the Rutgers took on Princeton. Fans rode to the game by carriage and are believed to have been grilling sausages at the tail end of their carriages. Tailgating has been a tradition ever since.

College football fans are no longer the only ones tailgating. Tailgates happen before SJJ and SFS football games. Fans listen to the marching bands play and eat a variety of foods. Tailgating has even come to NDA. Before the Eagles took

on the Arrows in volleyball, a group of seniors got together in the NDA parking lot for a tailgate.

Senior pep club captain Kristin Long said the tailgate got everyone's blood pumping and ready to cheer their hearts out at the game.

"We painted our cars, played ping pong and corn hole, ate snacks and listened to music," pep club captain senior Paige Sopko said.

"Tailgating is such a great way to get pumped up for a big game, especially one against SUA. We arrived at the game pumped and ready to cheer," senior Nada Abouarrage said.

Kristin believes the tailgate gave everyone the opportunity to get rowdy and spirited.

Paige said it has become a competition to see who is the most spirited. "Spirit is so important because it causes everyone to be excited during games. It also pumps up the athletes who are playing to hear all the cheering fans," she said. "Come springtime, I am planning on having some more tailgates. It was a lot of fun."

Tailgating is for all ages; it encourages fans to support their teams and have fun.

## Sugar Not Always So Sweet

CHELSEA SHERMAN

*Niacinamide, dextrose, monocalcium phosphate, pyridoxine hydrochloride.* These words may seem foreign, but they are actually common ingredients in a Kellogg's Pop Tart.

From the produce aisle to the candy bars at checkout lines, many provisions are made with artificial flavors and calorie-free sweeteners. But how much is too much?

"Our bodies were not created to digest man-made chemicals; people are more concerned at looking at calories a food has instead of sugar content, when it should be the opposite," Senior Haley Phillips said.

Products such as NutraSweet and Splenda provide a guilt-free way to enjoy most sugary desires. However, many include controversial ingredients that have been battled by health articles, books and experts alike.

Aspartame was denied eight times before FDA approval in 1973. When digested, one of aspartame's ingredients, methyl alcohol, changes into formalde-

hyde and is a deadly neurotoxin. Aspartame also contains phenylalanine, which can lead to depression, seizures and even schizophrenia if too much is consumed.

Approved by the FDA in 1999, sucralose was discovered while used to create a new insect repellent and is treated with numerous man-made chemicals, making it very distant from its ascendant of table sugar, sucrose.

However, some products are almost harmless. Sugar alcohol, which is neither sugar nor alcohol, is found in many chewing gum brands and is considered a nutritive sweetener.

The sweetener saccharin does not raise blood sugar levels and is considered the safest sugar-free product on the market.

While it is okay to have a favorite processed treat once in awhile, girls should remember, "Natural is always better. Bad health is not a bargain, it is very expensive. You are what you eat. If you don't eat healthy now it will catch up with you later," NDA Food Administrator Mrs. Sharon Ketcham said.

## Eagle Sports Talk

# National Anthem Deserves Honor

KARLY RATZENBERGER

“Please stand and remove your hats for the playing of our national anthem.” The music starts; however, the chatter from the student section continues.

The playing of our national anthem at sporting events is no longer taken as seriously as it is intended. Laughing and singing loudly or purposely out of tune during the playing of our national anthem is disrespectful and embarrassing.

Almost everyone knows that our very own “Star Spangled Banner” was written by Francis Scott Key as he looked on to the assault by the British navy on Fort McHenry; however, the emotional story behind the protection of the flag that stood “so gallantly streaming” is often left out of the text books.

As Key sat in captivity on a ship looking on to the fort, he noticed that the flag was tilted at an awkward angle. After the battle was won, Key went into the fort and witnessed an awe inspiring sight.

Under the tilted flag pole was a pile of dead soldiers. As the brave men noticed the flagpole drooping, they ran to keep it high. As the bombs and bullets showered down upon them and their company fell around them, the heroic men stayed to save the symbol of freedom that was still flying above their heads. These soldiers died keeping the flag aloft and the spirits of the troops soaring.

Since that historic day, millions of men and women have died protecting the United States and what our stars and stripes stand for. The least we can do is show them reverence by respecting the song that they fought to protect. Our liberty and freedom is symbolized in that triumphant battle cry we call “The Star Spangled Banner,” and behaving disrespectfully during the playing of it is a slap in the faces of our founding fathers.

As Americans, we may have the right to freedom of speech, but if that freedom results in disrespecting national icons, we might as well not have the right in the first place.

Part of living in the “Land of the Free and the Home of the Brave” is respecting and loving our freedom and country. Interrupting your important conversations about weekend plans for our national anthem is a small price to pay for the sovereignty and justice from which we benefit every day.

# snaps



Pep Club captains seniors Paige Sopko and Kristin Long and junior Katie Malczewski lead students and eighth grade visitors in a cheer. Planning pep rallies, making signs and emphasizing school spirit are some of their many duties. Photo by Emily Hostetter

# Superheroes Sport Jerseys

DANIELLE LIMON

Anyone can be a hero. In sports, one's hero could be the fastest, the strongest and the best. Or he or she could be the most charitable, the nicest and the most compassionate.

Many athletes at NDA have their own sports heroes, and have many reasons for looking up to these particular individuals.

Freshman tennis player Kerigan McNamara looks up to retired tennis player Andre Agassi.

“I look up to him because he was very dedicated and hard working. He never gave up and he is a really good person,” Kerigan said. “He is also very generous and set up a foundation which built a school for the poor children in his hometown.”

These heroes are becoming a source of inspiration for young athletes everywhere, and are encouraging them to be better people.

“I don't really have an athletic hero so to speak, but if I had to pick one I would probably say my older cousin, Hannah. She is 20 years old and plays hockey,” senior lacrosse player Alison Figliomeni said. Alison's cousin grew up playing hockey on all-boys teams. She now plays in an all-girls college league.

“That takes a lot of guts to play such an aggressive sport like that and literally be one of the guys,” Alison said. “She really had to work hard to earn their respect and was constantly targeted.”

“My athletic hero is my little brother,

David,” senior tennis player Meghan St. John said.

“I want people to be able to look up to me and think, ‘I want to be just like her!’” Meghan said.

“I know that growing up, when I used to play volleyball, my younger cousin used to look up to me and desired to play the sport just like I did. Now she has, and she loves it and works hard,” Alison said.

Kerigan thinks differently. “When I think of sports heroes, I think of famous athletes, and I'm not famous,” Kerigan said.

Everyone has the ability to be a sports hero. An athlete does not have to be the best possible athlete out there.

Many people are heroes because of their actions outside of their sport or how determined they are in their sports.

Alison looks for passion and determination in her heroes.

“If you do not have a personal passion for the work that you do and do not get enjoyment out of it, then why are you doing it?” she asked.

Having a sports hero, whether he or she is a famous athlete or someone close to you, can be very helpful to young athletes striving toward a goal.

Many athletes use their heroes as inspiration to train hard and as a reminder to keep striving towards becoming a better person.

“[David] is a team player on and off the field. He is dedicated, and he never gives up. That is the kind of person I aim to be,” Meghan said.

# Artist Sketch

**EMILY HOSTETLER**

**Grade: 12**

**Name: Mary Claus**



Mary is on the crew team and likes to be with friends in her spare time. Photo by Mary Claus

**Do you plan on continuing art in college?**

Yes, I plan on majoring in art.

**When did you begin art?**

I have been making art for as long as I can remember.

**What is your favorite type of art?**

My favorite is 2-D realistic.

**What is your favorite tool to use?**

I usually work with oil paints and charcoal.

**Do you have a subject you tend to focus on?**

I love to focus on figurative subjects or portraits. People are my main interest. Many of my models are old people because I think their aged appearance is always interesting.

**Have you won any awards?**

Yes, I have recently had three of my pieces entered in the 2009 Focus Show at BGSU.

**Why do you like art?**

I think it is a great form of self-expression. It is a relief from stress and makes the world a beautiful place.

# Music Starts in the Garage

**KARLY RATZENBERGER**

Under all of the sporting equipment, lawn care machinery and transportation vehicles in the seemingly harmless garage hides the birthplace of hundreds of superstar bands and others who did not make it so far.

The garage band is a legacy dating back to the 1960s with the beginning of teen angst and rebellion. Garage bands are notorious for their sulky members and loud boisterous music, the American dream of musical revolution.

Starting a band is a simple process. Finding people with similar taste in music is a good way to start, and usually one may find these people sitting right at the lunch table.

Typical garage bands include at least one guitar player, a bass player, drums, vocals, and sometimes keyboard or other percussion instruments. Learning these instruments is fairly simple and only takes some practice, so grab some friends and rock out.

Sophomore guitar player Sarah Eitel is currently trying to start a band at NDA with a few friends.

"It is a magical feeling getting together and jamming with other musicians," Sarah said.

Toledo is a great place to start a garage band. Many area high schools, including St. Johns Jesuit, Toledo School for the Arts and Northview High School have annual Battle of the Bands in which students can enter their hopeful bands to compete.

Many local radio stations have an allotted time in which they play local bands, and they may even have the bands on the show for interviews.

While NDA does have some potential rock stars, the majority of garage bands with all members attending one school seem to be coming from CCHS and SJJ.

However, many NDA girls are in bands with people from other schools. Junior Megan Schlachter plays the keyboard and sings lead in her band, Every Other Day.

Her band is com-

prised of her brother, a freshman at Southview High School and two juniors from SVHS as well.

"We play a huge variety of different music," Said Megan.

Every Other Day plays both original material and songs from other bands. A great way to see if a band plays well together is to pick a song everyone knows and start playing.

"For anyone who wants to start a band, I would say do not take it too seriously. Have fun, and love the music you are playing. If you love it while you are performing, other people will love watching you," Megan said.

Before newly formed bands attempt to write and perform their own work, playing other bands' songs can be a useful way to gain playing experience and band chemistry.

Garage bands can even specialize in playing only songs written by others; those that fall into this subcategory are known as cover bands.

In addition to getting together solely to create musical fusion and to bring dreams of rock-stardom closer toward reality, garage bands can simply be a way for friends to gather and share ideas. Jam sessions provide a time of relaxation amidst the otherwise busy school day.

Northview High School junior Elliot Grieve was in a garage band called After the Fire.

"Being in a band was fun because I was playing with other musicians and learning how to work together with them in order to write songs. In addition to being my bandmates, they were also some of my best friends," Elliot said.



Northview High School junior Elliot Grieve jams with his band After the Fire. He is the lead guitarist. Photo Submitted by Elliot Grieve

# Great Fantasy and Fiction Novels for Fall

EMILY HOSTETLER



*Sweeping Up Glass*  
by Carolyn  
D. Wall

Whether it was a silver-faced wolf or a barn cat, Olivia was learning alongside her favorite partner, her dad. But when her mother returns, their humble home is turned into an inescapable screaming vortex.

Many years later, Olivia takes on the responsibility of her nephew Will'm and her aging mother who lives in a tar shack next to the house. Besides distractions from her mother and painful reminders of the past whenever she sees her first love, Wing Harris, their poverty stricken lifestyle continues. Until the day the first silver wolf is killed.

*Sweeping Up Glass* introduces complex characters that lead the reader into a surprise twist which puts together all of the puzzle pieces. You do not want to miss out on this read.



*The Book of Lost Things*  
by John  
Connolly

David was just 12 years old when his mother died and the books began talking to him. His mother loved to read books with myths and monsters spewed through the pages. Angry and sad, David found himself retreating to these safe, imaginary worlds created in his mother's favorite stories.

It is not until the crooked man arrives that David realizes what is happening. The war in his country and home is melting into a fantasy where anything can happen.

Filled with mystery, companionship and creatures never known to man kind, *The Book of Lost Things* will definitely keep you turning pages way past your bedtime. You will enjoy every minute of David's fantastical story if you are not afraid to embrace the child within.



*Sarah's Key*  
by Tatiana de  
Rosnay

Julia Jarmond is a journalist living in France when she is asked to write an article for Vel' D'Hiv's 60 anniversary. After researching the event, she realizes her life is intertwined with Sarah's.

It was 1942 and Sarah was 10 years old when she and her parents were arrested during the round-up directed by the Nazis. To keep her brother safe, Sarah locks him up in a secret cupboard and promises she will be back to get him out later.

Julia is determined to look into Sarah's past and uncover this little girl's secret and her life becomes consumed with the mystery.

Heart wrenching and beautiful, this story will teach you the value of life and love. Tatiana de Rosnay writes this inspiring French tale with seemingly effortless grace.

## New A Cappella Choir Sings in Key of She

DANIELLE LIMON

The girls at NDA have a new way to show their artistic sides in the new formation of an a cappella choir.

Choir director Mrs. Amy Johns has brought the group together.

Although this choir just started rehearsals, it has been in the making since the beginning of the year.

"[The girls] were selected from singing tests in choir based on who sounds good together and has strong improvisational skills," Mrs. Johns said.

Girls got their letters at the beginning of October, informing them if they made it or not.

This choir, by majority vote, will be named The Key of She.

An a cappella choir is a group that sings without any background music, using harmonies and their voices to create the entire musical number.

This will include some girls singing the instrumental bass line and vocal per-

ussion, while others sing melodies.

"I sing second alto, but I will also be singing some different bass lines" junior Amanda Martis said.

They are planning on performing for events such as Mass, funerals, weddings and at the request of people wishing them to perform.

"It's something Mrs. Johns has been itching for us to put together, and I've seen other a cappella choirs at the University of Notre Dame. I thought it would be so great to be like them," senior Chelsea Gerken said.

The group plans on meeting to practice at least once a week after school and once a week during the second half of lunch.

"[Our first rehearsal] was so much more fun than I thought because we just started singing 'Lean on Me' by Bill Withers and ripping these amazing harmonies and adding some snaps," Chelsea said.

So far there has been discussion of including contemporary songs, as well as more serious pieces.

They are also considering some ideas that will give them an edge and add some variety to their performances, such as beat boxing.

Although Mrs. Johns is technically the director, she is hoping there will be a lot of student leadership used.

"The most important part of a group like this is that they sing well together. Everyone is equally important," Mrs. Johns said.

The Key of She will be performing for the first time Nov. 1 at NDA for the Manhattan Dance Company's recital.

Members of The Key of She include the following: Sam Kisov, Anne Glaza, Corrine Natyshak, Chelsea Sherman, Chelsea Gerken, Jessica Vogel, Jessica Black, Monica Shireman, Hayley Reynolds, Megan Schlachter and Amanda Martis.

# Holy Toledo!

## What's Happening at Catholic Schools around Toledo?

*If you could title your life story what would it be called?*

JESSICA VOGEL



*"Dickendasher by Chris because it describes me."*

Chris Dickendasher, SFS Freshman



*"A Woman with Class, because I like to keep it classy."*

Elizabeth Riddle, NDA Sophomore



*"Rollercoaster of Self-Improvement. I will be devoted to improving myself but a week later I can become the laziest person."*

Evan Harms, SJJ Junior



*"True Life: I can't keep up with it! Because my life is filled with stuff to do and I am always trying to stay on top of things."*

Gabby Trojanowski, SUA senior

## Alum Spotlight

DANIELLE LIMON

Students who see Mrs. Annette Garvin in her office at NDA may not know that she was once one of us.

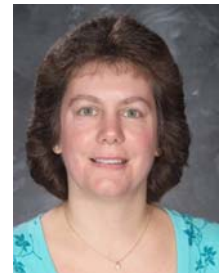
Before she became the office administrator, Mrs. Garvin was at Notre Dame as a student and graduated in the Class of 1981.

Mrs. Garvin was always involved in a number of activities, such as Student Council and many clubs.

"I was in our senior class play, *Little Mary Sunshine*, as an Indian," Mrs. Garvin said.

Mrs. Garvin is now married and has two sons, both of whom have graduated from high school. In fact, seeing her son perform on the stage she graduated on is what encouraged her to apply for a job at NDA.

Mrs. Garvin now does many things for the Notre Dame community and is a main component in making sure everything is running smoothly.



Mrs. Annette Garvin, '81

# Halloween: Tricks and Treats for All Ages

LIZ GUHL

As October approaches its close, mischief, excitement and a small hint of fear hangs in the air.

For children, Halloween is a time for tricks, treats and well-mannered terror, but what makes a holiday that appears so juvenile so much fun for kids of all ages?

Costumes are the most basic part of the Halloween tradition. Pretending to be a princess, a soldier or a gigantic M&M is something children do on almost an everyday basis.

People aged 13 and over pretend to have better things to do than fly around like a dragon during their down time, but Halloween gives them an excuse to let their inner beast terrify the villagers as they soar down the street. Anything not frivolous and out of the ordinary is frowned upon, and for those "too busy" to play with their inner child, this is the perfect chance for some bonding time.

Those high school age and older should

be aware when trick-or-treating that your age makes you a target for angry elderly people to unleash tirades. "Teenagers these days have nothing better to do. They are so lazy. I used to have to walk to school uphill both ways..." and so on and so forth.

The safest way to avoid this is to leave trick-or-treating to the children, but fun can still be had.

Instead of going door to door, each time risking a lecture, most teenagers elect to stay home. The perks of this are you get to pick your own candy and do not have a chance of getting something lame like an apple or a toothbrush from the well-meaning dentist down the street.

You also have the option to scare the bejeezus out of any unsuspecting trick-or-treater who has the misfortune of ringing your doorbell (but please have some decency and scare only those old enough to have made it past the Winnie-the-Pooh-costume stage of their lives).

One aspect of Halloween that makes it more appealing to those graduated from grade school is the partying.

For kids, it is candy grubbing from 6 p.m. to 8 p.m. and then to bed in anticipation of eating their entire bag of candy the next morning.

For teenagers and adults, the party does not start until 8 p.m., and everyone knows it will not end until question mark. This way, you get to spend more time with your friends, feeling the freedom that comes when you leave your neighborhood Halloween night not holding your mother's hand.

Obviously, Halloween is not a holiday meant solely for kids. In fact, many aspects such as haunted houses and scary movies should be kept from children. (Some of those cheesy slasher films should be kept from adults as well.)

This weekend, let your inner beast loose to wreak havoc and party like only the 12-year-old you would approve of.