

The Gavel

Beyond the Classroom: What students in the Publications class has recorded in the month of February!

AN INSIDE LOOK ON WHAT HAS BEEN GOING ON AROUND THE WORLD FROM THE PERSPECTIVE OF STUDENTS.

Around the school:
Check out what has been going on around school with:
The Drama Pandas
Winter Sports Clubs

Follow up on the Service Learning Project

PROFILES:
HIGHLIGHTING THE GREAT SENIORS AS THEY REMINISCE ON THEIR FOUR YEARS BEING AT NOTRE DAME ACADEMY

*Flashback:
A survey from 2003 to see just how romantic you are. check it out!*

Check out what your horoscope says about your love life on the back page!



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Beyond the Classroom

Classes

“I want to take a Science, no I want a study hall, nahh I’ll take PreCal...” The chatter around the school this week is all about classes for next year. Everyone wants a challenge, but they don’t want the work load. Classes will soon have to be chosen on Power School. It’s bittersweet for the Juniors because it is our last time picking classes for high school, but it means college is right around the corner. I’m excited about the classes I’m taking. Senior year looks like it is going to be a good year. Go class of 2013!

By Nicole Zembrodt

Change for Lent

It is the time of Lent and students have been pondering what their sacrifice will be this year. It is very common for students to give up sweets, soft drinks, Facebook, television, etc. Some students are giving up meat this year; not just on Fridays but for the entire 40 days. But sacrificing something concrete is not the only way you can honor Lent. Another option is to give up your time to bake cookies or meals for the homeless. You could also vow to forgive every person you might have an altercation with during these forty days. So instead of doing the usual “no...” try doing something that will benefit yourself and others.

By Aly Rauen

Teens for Jeans

This past week, our school participated in a jean drive to help those in need. You could bring any jeans of any size, to help with the drive. Everyone has a pair of jeans that they don’t wear anymore, so they brought them in for a good cause. If our school had brought in the most jeans than any other school, we would have won a new pair of jeans for every student at Notre Dame! We had a great turn out, thanks to all of our generous students, and even if we didn’t win, we still helped to contribute for a greater cause.

By Olivia Ryan

Movie Review

“The Vow” came out last Friday. It opened in 2,958 theaters and averaged \$13,929 delivering the sixth best February debut ever. I would definitely go and see this movie. There were about 40 NDA girls at the premier Thursday night. The thing that hit me the most about this movie is that it is a true story. It is based on the true story of a newlywed couple recovering from an accident that puts the wife in a coma. She wakes up with severe memory loss and can’t remember any of her life with her new husband. So, he has to fight to win her heart all over again. This was the best movie I have seen all year, and can’t wait to see again!

By Carley Jones

Fine Arts Showcase

On Thursday February 16 through the 18, Notre Dame theater program presented their Fine Arts Showcase. The girls along with boys from Covington Catholic sang and danced to different songs from classic Broadway Shows. Songs such as "For Good" from Wicked and "You Can't Stop the Beat" from Hairspray, were performed. The dance team and pom team each performed a number, along with Bella Voix and Ms. Schaffer's chorus class. There are solos by Michaela Kamer, Emma Parks and Lindsey Franxman. Emma Parks and Michaela Kamer sung a duet together and Sarah Ritter sang a duet with Eric Torres. Sammy Borgmann along with Eric Torres were the hosts for this event and kept the audience entertained during set changes. This show was formerly known as Cabaret, but was changed to the Fine Arts Showcase for this year. The reason for the change is that there were no longer skits in this show, but there were plenty of comedy and upbeat musical numbers to keep the audience entertained. Congratulations to the girls and guys for outstanding performances!



Interact/Environmental Club

The Environmental Club oversees the school's recycling of aluminum cans and paper, and plans activities to help promote environmental awareness. Interact Club is part of Rotary International, which is comprised of business and community leaders world wide. Interact focuses on community service and promoting international cooperation. Interact members have opportunities to pursue scholarships and foreign exchange programs while engaging in service.

Interact Club this month went to the heights to visit the sisters they gave valentines and celebrated Valentines Day with them. Environmental Club this month has been continuing the recycling program which seems to be going very well with all the students and seems to be a very effective program.

Big Sisters Club

Big Sisters from NDA are matched with Little Sisters from the Kenton County Boys/Girls Club and the Big Sisters act as mentors to the Little Sisters. One or two different groups are formed and different activities are scheduled throughout the school year.

Big Sisters Club this month went to the Boys and Girls Club to spend time with their little sisters and even went on a trip to go bowling.



WINTER SPORTS

Basketball

Senior Night
February 2, 2012

Meet the Seniors:

Chandler Clark: A four year varsity player for both basketball and soccer. She plays point guard in basketball, and center mid-fielder in soccer. She will be attending Western Kentucky on a soccer scholarship.

Payton Schilling: A three year varsity player for basketball, playing at the shooting guard/small forward position.

Jourdan Rahshulte: A three year varsity player for basketball, playing at the shooting guard/point guard position.

Lizzy Brannen: A three year varsity player for basketball, and cross country for four years. She plays at the power forward/center position in basketball.

Megan Yung: A two year varsity player for basketball, playing at the power forward/center position.

Good luck with the rest of the season Basketball Pandas!



Swimming

Senior, Caitlyn Forman, had an outstanding senior swimming season. Throughout the season she won many events and contributed to many of the relays. On February 11, the swimming pandas went to the regional swim meet and Caitlyn took first place in both of her events and in all of her relays. Caitlyn ended the meet as the “girl swimmer of the meet” and will be traveling to Louisville for the state meet. After high school, Caitlyn will be attending Auburn University on a swimming scholarship. We hope for the best for Caitlyn as she continues her swimming career.

Diving

Senior, Carly Scheper, also had an outstanding senior season on the Notre Dame diving team. Carly also led the diving pandas to the regional diving meet and placed third overall. Carly Scheper will become a War Eagle at Auburn University after high school, where she will be attend on a diving scholarship. Scheper is going to Auburn on a diving scholarship. We hope for the best for Carly as she continues on with her diving career and going onto college.

Service Learning Project

Ms. Staggs freshman classes were studying topics such as domestic violence, rape, peer pressure, and other very timely high school issues. They wrote articles on the topics from a woman's perspective. Those papers were shared with an all boys school in New Jersey and the boys also sent articles to share with us, giving us a male perspective. Here are some of the articles reprinted from their newspaper, *The Delbarton Courier*.

Am I to Blame...

I once read a quote stating, "By not coming forward (about rape), you make yourself a victim forever." Victims often do not speak out on the fact that they were raped for two reasons: they fear the person who raped them will harm them further, or they feel they are to blame for the rape. Attackers leave a lasting effect on their victims after the act is done. This effect causes issues for the victim's future relationships with others and self-esteem. However, rape victims often forget the most important thing to remember: it is not their fault.

I first heard about rape/domestic violence victims when my mother worked as a Probation Officer in the Domestic Violence Unit. She would come home with stories of not only women, but of men who have been raped and abused. One of the things that stuck out to me was the fact that the victims were harmed by their partners or/and someone they were acquainted with. People often think when someone is raped, it is by a stranger. My mother told me that when the victims come in some still have the bruises from their attacker. One of the main questions the victims is asked is, "Why has it taken you this long to come out against your attacker?" Victims are asked this question to assure the Probation Officer that they are ready to press charges against their attacker and/or file a restraining order against them. Victims often respond with, "I was afraid of what he/she may do to me," "It was my fault," "He/She said he would kill me," or "I was ashamed." The answers display the fact that victims are left vulnerable long after the rape and/or domestic violence incident occurs. These replies shocked me because of the amount of fear that was pierced into the victims' heart. They were afraid of what happened during the rape and after. My mother's depiction of the victims led me to believe that when one is raped, they are affected both physically and mentally before and after the act.

The most important thing I learned from my mother's message was how important it is to speak out. Not speaking only allows for the attacker to either continue attacking his/her victim or pursue others. You are authorizing the attacker to win, in a sense, once you do not speak. So many incidents involving rape or domestic violence can be avoided if one just speaks out against it, whether with a parent, teacher, or someone you feel comfortable telling it to. Human's most powerful natural weapon is their voice. You can use your voice to fight against the battle on rape and domestic violence to prevent it from continuing.

By: Garth Burke

Service Learning Project

The high school experience is usually remembered as the “good ol’ days.” But since when is pressure remembered as one of the best times of your life? Pressure throughout high school is seemingly insurmountable: the pressure to fit in, the pressure to live up to your brothers and sisters, the pressure to get good grades to get into college. Teenagers are faced with decisions throughout their childhood careers that ultimately determine how their life will pan out. Those who fall into the depths of pressure are usually those who over think. Teenagers should be enjoying their lives, but the pressure on their shoulders ends up crushing them.

Most of the time, pressure comes from the ones who love them most. Parents work as hard as they can in order to set kids up in the best position possible to succeed. Teenagers are able to sense that strain and end up putting a burden on themselves. Therefore, the breaking point of pressure comes from the kids themselves. The worst feeling in the world is disappointment. When that disappointment comes from a parental figure, the feeling doubles. All kids want to do is make their parents proud of them, and that is where pressure builds up.

Previous success is one of the worst ways that pressure can take over a teenager’s mindset. When parents or older siblings set expectations, kids fall into a trap. In order to live up to those expectations, teenagers attempt to develop an alter ego in order to live up to the family name. DO NOT DO THAT! Be yourself. The worst thing that a teenager can do is not being themselves. My personal experiences can attest to this. I have two brothers and one sister, and each one of them is extremely successful. One of my brothers recently landed a job on Wall Street in one of the toughest job markets in the world. My sister works at Kleinfeld, which is, as many girls at Notre Dame may know, the same bridal shop on the show Say Yes to the Dress. Finally, my oldest brother set insurmountable standards. He went to the United States Naval Academy where he graduated first in his class. Being the youngest, I put all of the pressure upon myself to try to have greater successes than all of them. I put myself in a hole where I tried to be all three of them combined. It was almost counterproductive when I found that it was impossible. I became discouraged, and realized I would never be able to live up to my last name. When you try to be someone you aren’t and end up being unsuccessful, you forgot who you really are.

Pressure is an unavoidable fact of a high school student’s life. It almost wouldn’t be a real high school experience if one didn’t feel pressure at some point. But the key is to having control over that pressure. Controlling pressure has two key factors to it: do the best you can in whatever you are doing, and be comfortable with who you are. If you are able to look at yourself in the mirror and can honestly say you accomplished those two things, pressure should just be something that you shrug off your shoulders. Don’t be afraid to be yourself.

By: JP Campbell

Service Learning Project

Senior Shannon Keene is taking part in the Service learning project through her spanish teacher Senora Bill. They are going to go to Cristo Rey Parish on Sunday February 26th. They are going to announce their project at mass. Keene's response is, "it is a great opportunity for us to get one on one experience speaking to native speakers." There is a high need for what they are going to be doing, which is tutoring the Latino children whose first language is not English. For most of these children the language spoken at home is Spanish. The only time English is used is when they are at school. Due to the lack of speaking, learning and knowing English they are falling behind in school because they are more familiar with Spanish because that is what they are used to hearing and speaking. So the NDA students participating in this are going to be helping them so that they can keep up with their school work and not fall behind.

They have put an announcement in the Latino newspaper and they are making flyers in addition to the announcement at Cristo Rey Parish.

PROFILES

Get to know the seniors!



Gavel: Where are you attending college next fall?

Genna Cahill: I don't know yet but hopefully UC.

G: What are you going to miss next year about NDA?

GC: Probably just being with all my friends.

G: What are you looking forward to the most about college?

GC: Getting into the nursing classes I guess and experiencing new things outside my comfort zone.

G: Looking back on your freshman year, what were you absolutely obsessed with?

GC: My long hair.

G: Who is your celebrity crush?

GC: Shia LaBeouf

G: What is the most embarrassing thing that has ever happened to you at school?

GC: Playing with a fart machine in Sister's class.

Gavel: Where are you attending college next fall?

Yasmeen Daher: University of Cincinnati

G: What is your favorite memory at NDA?

YD: Dr. Jackson's class freshman year.

G: What are you going to miss next year about NDA?

YD: Being able to wear a uniform everyday and not having to really get ready in the morning.

G: What are you going to study in college?

YD: Neuroscience

G: Looking back on your freshman year, what were you absolutely obsessed with?

YD: Twilight and the Jonas Brothers....obvi.

G: What is your dream prom theme?

YD: Old Hollywood



Gavel: Where are you attending college next fall?

Amanda Nuellen: Hopefully College of Charleston, but if not then U of L.

G: What are you going to miss next year about NDA?

AN: My senior girls!

G: Looking back on your freshman year, what were you absolutely obsessed with?

AN: Ryan Gosling.

G: What is your favorite school lunch?

AN: Salad bar!

G: What is the most embarrassing thing that has ever happened to you at school?

AN: Tripping up the stairs... all the time...

G: Twitter or Facebook?

AN: Neither- Instagram!

THE OUTSIDE WORLD

90 Day Challenge

Can you imagine three months without your cellphone, e-mail, or social media? Jake Reilly started a project he calls, “The Amish Project”. He is a twenty- four year old student in Chicago. He cut himself completely off from the virtual world to see how his life would change.

Reilly started his project by suspending his cellphone service and deactivated his Facebook and Twitter accounts. He never cheated and was never tempted to go back on his phone or Facebook. Reilly says, “Before the project I was reading every single Tweet and I followed 250 people. Then, I would waste a good hour and a half on Facebook. I was sending more than 1,500 texts a month. I never really counted minutes on the phone, but I wouldn’t be surprised if it was 600 to 900”.

He came up with creative ways to communicate with his friends and family. He got a land line in order to talk to his mom, she was his only exception. For others he would write messages on their sidewalk in chalk. If his friends were home they would place a stuffed dog in the window or a fake pumpkin on the ledge of their porch to tell Reilly that they were home. At school there is an elevator that everyone needs to take to get to their classes. By the elevator is a board, which later turned into Reilly’s message board for girls or friends to leave messages for him.

Due to his excess amount of free time he had to figure out what he should do. Now that he didn’t have Facebook to spend four hours on stalking people or seeing what Tweets his friends had posted he now had time to do something else. Instead of riding his bike to work he was now taking bike rides. He would

also go to the park with his friends and toss football, went ice-skating, and sat in the park. These are simple things that people wouldn’t think of doing now, because everyone is too focused on their phones or the internet to think of doing something else.

Reilly got a lot of reactions from adults who heard about his project. “That’s how we lived for forty years. Can you imagine our whole life like that? We managed just fine” was one of the reactions he received. This is how our parents lived. All we have to do is open our minds beyond text messages, beyond notifications on Facebook, and beyond checking every single tweet that appears. Instead of wasting time on the internet doing nothing, do something new, different, and interesting that you wouldn’t normally do.

One day Reilly was with his friends watching a basketball game. While he was doing this he noticed no one was saying anything. Everyone was busy on their phones. So, Reilly asked each of his friends what they were doing. His friends responded with various answers such as, playing Words With Friends, Angry Birds, and Online Trivia. “Nobody’s really doing anything, just sitting quiet. It’s like this was what we were all looking forward to and we’re just sitting here numbing our minds” Reilly states.

After the three months Reilly has noticed some changes in his life since coming back to the objects of social media. Reilly isn’t used to responding to text messages, tweets, or wall posts, as a result his friends are getting upset by how long it takes him to respond to them. He hasn’t been up to the social standards when it comes to how quickly he responds to everyone. Also he has lost some friends who weren’t willing to be his friend since he didn’t have his phone to talk to people. So, those who weren’t his true friends didn’t

take the time to work with him on this project in order to still communicate with Reilly. In doing this project Reilly had rekindled an old flame with a girl he had been seeing. “This whole thing kind of helped us get back together because whenever we were together there was no pressure. It was, OK, we’re just going to enjoy each other right now, because I don’t know when I’m going to see you again. It was just her and I. So we started seeing each other again, and I did a lot of cheesy stuff like writing a big chalk message on the street in front of her office building and sending her a cookie with a message written in frosting and stuff like that” Reilly comments.

As a conclusion I have a challenge for all of my readers. Instead of wasting four hours on your phones, Twitter, Facebook, or any social media. Take a risk and talk to people face to face, go to the park and hang out with friends and play a game, see who your true friends are, and rekindle relationships that have be lost. Perhaps in doing this challenge you will be surprised at how much of a difference there is in your life, perhaps you will realize how corrupted the world is by the objects of social media, and perhaps you might just enjoy the time out of the social media stress. Take a vacation from your phone and enjoy the presence of your friends and family. Take a challenge. Take a risk.

Michaela Beechem

Valentine’s Day Bustle

Valentine’s Day is a busy day for florists in general. In the tri-state many places including Kroger saw many last minute shoppers come in to buy flowers and other gifts. Kroger is the world’s largest florist and they extended their hours Tuesday so no one would be in a bind for their last-minute shopping. It is said that a dozen long-stemmed red roses is the best selling flower on Valentine’s Day. So for future reference people will know what flowers to buy. It is also said that about 85 percent of customers wait to buy Valentine’s Day flowers on February 14. At the Hyde Park Krogers, a florist put together a three-and-a-half foot tall candy and flowers arrangement just for decoration. A customer ended up buying this arrangement for \$200, and a large car was used to transport it home. This goes to show how people will do whatever it takes to make this day special. The National Retail Federation stated that about \$1.8 billion was spent on flowers this year. If you do not know what color of flower to get on Valentine’s Day, red is the most popular color because it symbolizes passionate love. Hopefully next year more people will not wait until the last minute and be able to skip all of the hustle and bustle associated with shopping the day of Valentine’s Day.

Bethany Tabeling



FLASHBACK

How Romantic Are You?

Elizabeth Papas 2003

With that special holiday just around the corner, one can't help but let her mind drift to thoughts of Prince Charming, bouquets of roses, and kisses galore. February 14th has long been a holiday for happy couples to express their love to each other and seize the opportunity to woo (or be wooed by) their significant other. But really, just how romantic are you? Take this quiz and find out whether you're a hopeless romantic living in a fairy tale world of happily-ever-afters, or a realist who has come to expect nothing more than a generic Hallmark card from her guy on Valentine's Day.

1. Your idea of a perfect evening with your sweetheart is:

- (a) Watching "Sleepless in Seattle" while you cuddle in front of a crackling fire
- (b) Throwing together plans for a quick dinner and a movie before he has to go to basketball practice
- (c) Getting together with a group of friends and hitting the bowling alley for midnight bowling

2. What do you look for most in a relationship?

- (a) Someone you know will be there for you and tell you the truth (even if you don't want to hear it)
- (b) A short-term fling before you move on to the next good-looking guy
- (c) Someone to pay for you and buy you gifts

3. What would be the ideal gift from your guy or Valentine's Day?

- (a) Give you a soft kiss and smile as you two make plans for the next weekend
- (b) Quickly peck you on the cheek
- (c) Stumble through a nervous, "I'll call you tomorrow," and a sweaty handshake

5. Can long-distance relationships work?

- (a) Of course, if both people really love each other
- (b) Sometimes, but they're pretty atypical
- (c) No way! Out of sight, out of mind!

6. Love at first sight- is it possible?

- (a) Most definitely, fate gives you the special feelings right off the bat
- (b) Eh, it might be, but I am still skeptical
- (c) No. You really have to get to know someone's personality before you know if you "love" them

7. Your favorite childhood story is

- (a) "Cinderella"
- (b) "Snow White and the Seven Dwarfs"
- (c) Dr. Seuss' "Green Eggs and Ham"

8. You two make a dinner date for Friday night. He:

- (a) makes you your favorite dish as you share it by candlelight
- (b) Takes you out to the Syndicate
- (c) Has dinner ready at his house... with his Family

9. Your attitude toward romance is

- (a) Passive until you know he's into you, then you go for it
- (b) Aggressive, you go after the guy you want
- (c) Passive and cautious, you're shy by nature

10. The perfect wedding is

- (a) On the beach in Cancun with your closest friends and family
- (b) The Traditional Catholic wedding and a huge rented out room for the reception
- (c) Eloping in Vegas as Elvis and Mrs. Presley

Hopeless Romantic (mostly a's)

You love to be swept off your feet, but are careful to make sure you don't get involved with the wrong guys. Whether you've experienced it yet or not, your dream guy will shower you with affection and roses, and take every opportunity he can to tell you how much he cares.

Realistic (mostly b's)

While some of those romantic ideals may be on your mind, you know most guys aren't like that and are ready to accept it. All you want is a guy who gives you what he can and tries to make you happy. So long as it's understood that you both care, your relationships are on the way to success.

Fun-loving (mostly c's)

You're not really into all that romantic jazz with roses and candles. You prefer to live life in the moment and are ready to have a good time with whoever is around. If that happens to be the guy you're going out with, great! If not, that's cool, too. You can have fun with everybody!

What does your Zodiac Sign say about your Love Life?

Leo (July 23- August 22)

Rawr! The sign of the lion likes to be noticed and usually is. Leo is described as enthusiastic people who love to be the center of attention. You likely have an easier time making the first move than the rest of your gal pals, and guys *definitely* notice your confidence. When you land in a relationship, though, be sure not to let that self-assurance become overbearing; your flair for the dramatic can make lovers' spat soap-opera-worthy.

Libra (September 23- October 22)

Libra ladies make great girlfriends and wives, partly because they love relationships so much. You, Libra girl, probably fall into the "serial monogamist" category and find the best cure for a broken heart to be a new romance. The downside? Sometimes you're so committed to remaining in a relationship that you avoid direct confrontation, and your frustration may turn into passive-aggressiveness.

Sagittarius (November 22- December 21)

Sagittarius women born under the centaur are freedom-loving types who often have problems with commitment. You'll most likely stay single until you can find an adventurous guy who gives you plenty of space to travel, explore and try new things.

Virgo (August 23- September 22)

Virgos make the best mates. You don't expect too much, which means your relationships are generally easy going. You're happy with the simple things in life, so men don't necessarily need to pull out all the stops to win you over. You can also look at things logically and without emotion, which can be good when you get into a fight. The biggest dating obstacle Virgos face is that they're notoriously shy, which can make snagging a guy in the first place a challenge.

Scorpio (October 23- November 21)

Scorpios have caution that can make it tough for you to meet men and establish relationships, but once you do, you're amazing at solving any issues that may come up. Scorpios like talking things through and probing deeply into issues. When you and your partner hit a rough patch, you make it your mission to get to the source of the problem as you can fix it.

Capricorn (December 22- January 19)

Capricorns are a "no-nonsense" kind of girl, and you're not going to waste your time on just anyone. Your friends might call you picky, but you just know what you want and refuse to settle for less (though that does narrow the dating pool). That being said, you're not about to bring on the drama, either. Capricorns are patient and say the goat sign won't make waves, so you're likely just fine with waiting for the right guy.

Aquarius (January 20- February 18)

You're not one for wearing your heart on your sleeve, and while that works when you want to send off a mysterious vibe, it can also make you come off as a bit cold. You're great at solving problems with your man calmly and rationally, but you might sometimes seem unsympathetic.

Aries (March 21- April 19)

Aries are independent women. You might find yourself perpetually single, but you're usually OK with that. Even when you do land a guy, it's likely a little more *Gossip Girl* and a little less romantic bliss. Aries loves confrontation, which means plenty of drama.

Gemini (May 21- June 21)

The good news: Gemini girls are super social and have an easy time chatting up the male population. The bad news: You can sometimes be exhausting. This tendency to analyze everything may mean you overthink things, which might be stressful for you and the man you're seeing.

Pisces (February 19- March 20)

Your humility is a plus: Your selflessness and love of helping others make you a great companion and easy to get along with. On the other, your good nature can be easy to take advantage of. Any cheating boyfriends in your past? You deserve better, so steer clear of guys who aren't as good-hearted as you.

Taurus (April 20- May 20)

When you find a man, you hold on tight, literally. This works if your man is touchy-feely too, but if not, be careful not to scare him away- the sign of the bull can get a bit jealous. On the plus side, that same quality will draw men to you in the first place.

Cancer (June 22- July 22)

Cancers are maternal and emotional. You love to nurture others, so men enjoy being with you because they feel comfortable and taken care of. Cancers, however, have a tendency to take things personally- when they shouldn't. So when your man raves about his mom's lasagna, relax- it's probably not a jab at yours (in fact, with your domestic skills, yours might even be better!).

What's coming up in March?

March 2: Early dismissal for Women Making a Difference

March 9: End of the 3rd Quarter

Life Club Dance

March 16-19: Four day weekend thanks to the Bishop!

March 26- 30: Body Image Week