

THE URSULINE

When in Rome, dance as the Romans do

Upperclassmen enjoy a night to remember

BY MOLLY LAYMAN

Student and parent organizers transformed the Toledo Premier into a Roman city complete with pillars, Greek figures, and rich red accents. St. Ursula Prom took place at the Toledo Premier on Sat., April 5, immediately followed by after-prom.

Extensive planning took place for the event. It is tradition for the junior class to coordi-

nate everything. "Our student council made decisions on the theme, food and DJ, and created the bids and T-shirts for the events. The night couldn't have been so great without the help of all the parents who volunteered," said junior Nadia Ayad.

"The decorations, food and music were all so awesome," said junior Maggie Fawcett. The night was also full of tradition;

when the dance started to end, the members of the class of 2014 went up on the DJ's stage, and arm in arm, sang the Alma Mater together. During dinner, which consisted of pasta and grilled chicken, DJ Scholar played soft jazz music. Scholar also deejayed Snowcoming and the National Honor Society's Saint Patrick's Day dance. At the end of the meal, he began transitioning into music better suited for dancing. Hits by Katy



Photo courtesy of Maggie Fawcett

Juniors Caitlin Matthews, Lexi Hicks, Kassidy Schneider, Caroline Kelley, Katherine Roach and Maggie Fawcett took pictures with their dates at the Toledo Museum of Art.

Perry, Ke\$ha, John Legend and Dexys Midnight Runners were all popular on the dance floor.

Although there were short dresses at this year's prom, but the majority of girls wore floor-length gowns. Blue was the most popular color choice for girls. The boys at the dance sported handsome tuxedos, bow ties, and suspenders.

When dancing ended, after-prom began, which was inside of the Premier as well. Students changed out of their formal wear and enjoyed food catered by Vito's and Chipotle. There were short, carnival-style games throughout the hall, and a magician at the end of the night.

"We started planning in February, so it was awesome to finally experience it and see students having so much fun," said junior Caitlin Matthews.



Photo courtesy of Shelby Kellar

Seniors Hannah Heffernan, Shelby Kellar, Maya Sabbagh, Angie Jacob, and Maggie Sobeki posed with their dates before heading to The Premier for dinner and dancing.

Class competition breeds fun for all

BY MADDIE BOERSMA

The Junior Academy Jocks, Frozen Freshmen, Sock Hop Sophomores, Jailbreak Juniors and District 14 Seniors dodged, decorated and baked for the chance of victory. The 2014 Intramurals took place on Friday, March 28.

"This year had the most stuff built into it, and I probably cared the most this year," stated senior class president Margaret Rode, who participated in the class video, short film, class dance, dodgeball and decorating the hallway.

"I love how competitive [dodgeball] got," stated freshman student council member Grace Fawcett. "My favorite event is either the hallway or

the class dance," said sophomore student council officer Julia Stengle. "My favorite part of Intramurals would be everyone's out-

favorite] because everyone is up late and hanging out with everyone. It's just exciting, and I love seeing the finished product," stated Rode.

"Right now, I do not know what changes we will make to prepare for Intramurals," stated Stengle. "I think we will work on trying to get more class involvement and interest," Stengle added. "I don't think anything needs to be changed [for next year]. I loved [Intramurals]. It was so much fun, and I loved how competitive it [was]," said Fawcett.

"At the end when we all sing the Alma Mater it reminds me how much I love St. Ursula," she said.



Photo: Zoe Carl

Senior Maya Betts, freshman Katelynn Both, sophomore Hannah Kern and junior Brianna Budd participate in musical chairs. Eventually, the junior class won.

fits," stated junior Audrey Beale. "Decorating the hall [is my

Fair Trade helps small communities

BY CHRISTINA SULLIVAN

Imagine if the chocolate you receive on Valentine's Day could help children in Africa have clean water.

What if the fresh cup of coffee you buy every morning provided school supplies to children in the Philippines?

Various Fair Trade companies were featured at the sale that was held in the senior lounge from April 9 through April 11.

Some items featured at our sale this year included chocolate, purses, scarves, jewelry and skirts.

Fair Trade goods are, well, fair. The farmers and workers who produce the goods are justly compensated, ensured safe working conditions and guaranteed healthy and sustainable lives.

"The sale is a way of showing the power that small individual

businesses around the world have to make a living for themselves in a fair way," said Mr. Shannon.

A non-profit organization, Fair Trade uses the money they receive to teach under privileged communities how to use the free market to their advantage.

"Fair Trade companies help developing countries build sustainable businesses that positively influence their communities," stated the Fair Trade website.

You, the customer, are able to make a difference with your dollar. "We help people and the planet work in tandem so both are healthy and sustained," stated the website.

The money you spend on buying Fair Trade goods helps provide the farmers and workers in developing nations with the tools to thrive as international business people.

Pantene makes the cut

BY ANNA RINGEL

Snip! Eight inch locks of hair were cut to create beautiful wigs for women who lost their hair from the side effects of cancer treatment. Seventeen students walked into the old gym during seminars A and B to donate their tresses.

"I was really nervous about how short it would be, but it was

worth it," Madeline Shearman said about her new bobbed hairstyle. The organization is called Pantene Beautiful Lengths® and they take at least eight inches of bleach and dye free hair to make wigs for women with cancer whose hair has fallen out from chemotherapy.

"I had really long hair before and I thought I would've felt bad if I did not give it to the people who needed it more," sophomore An-

gil Duran said about her decision.

"I got about 10 or 11 inches off, not knowing I was getting that much off, so it was a total shock. It's very new for me, something I have to accept, but I'm glad I helped someone out there who needed it," Duran stated.

According to the Pantene website women find it extremely difficult to lose their hair.

"It really takes away who you are when you look in the mirror," one survivor of breast cancer spoke out on Pantene's story web page.

Beautiful Lengths® has been in partnership with the American Cancer Society® to make the wigs since July, 2006. SUA has been involved with the program since 2008 and many students every year since then have given their hair.



Photo: Mrs. Pierson

An "after" picture of all of the students who were willing to donate their hair.

Curriculum to undergo changes in upcoming school year

BY SABRINA COFFMAN

Curriculum modifications were made for the 2014-2015 school year in the art, English, science, math and business departments. New classes are being offered and certain classes will not be available. These changes are being made to assist students in accomplishing their classroom goals.

AP Art History is being added to count as a fine art credit, and Photography and Orchestra will no longer be conducted in seminar and after school.

Photography will be a nine week class for half of a fine art credit and Orchestra will be an eighteen week class with commitments after school for the opposite se-

mester. Mrs. Rachel Ellis, the art department chairman, said that these changes are being made to strengthen the art program.

"We believe the consistent daily class time will benefit the classes with more instruction time," said Mrs. Ellis.

Other changes in the art department include the removal of the 2 and 3D Design courses. The material from these classes will now be covered in the Graphic Design class.

Women in Business will be a new nine-week class offered to juniors and seniors next year and will feature a larger emphasis on marketing and advertising. Students will also study suc-

cessful women in business.

Women in Leadership is also a new class for next school year. The course will be offered to juniors and seniors. Women in Leadership will help students uncover and understand the historical perspectives of women leaders, different styles of leadership and the unique challenges and opportunities that women face today in leadership positions.

Women in Health Science is transitioning to a junior class instead of a senior class. Next year, it will be offered to juniors and seniors, and the following year it will only be offered to juniors.

It is not a block class, but is held once a month during

the school day at the University of Toledo. Students must apply to be in the program.

Honors Satellite Remote Sensing did not have enough students who signed up, and will not be offered next year.

However, Mrs. Kane plans on incorporating some of its activities into Geoscience.

Another class that will no longer be offered at SUA is Honors American Literature. Instead, a combination of the AP Language and Composition class and Honors American Literature will be offered to incoming juniors.

This combination will be the only junior English class offered besides the regular

American Literature class.

The JA is adding Math BC to accommodate all learners in the junior high by letting students focus on math concepts at their own pace.

"It fits with what we offer in the high school and we are not sacrificing our students' self-confidence by pushing them beyond their immediate math capabilities," said JA math teacher Mrs. Pam Rudolph.

Because AP Human Geography and AP Comparative Government are alternating courses, only AP Comparative Government will be offered next year.

These changes are an attempt to further the quality of education offered at SUA.

Beloved tradition allows seniors to choose fuel

BY SARAH STAELGRAEVE

"B-dubs, Chipotle, Panera, Chick fil a," food places are chanted through the senior hallway on assigned days. On these days, seniors can leave campus and go to a lunch place of their choice.

"We had been doing this for years as a senior privilege (some class came up with this idea), then it was stopped (liability reasons), but was recently was reinstated when the liability issue was resolved," said Mr. Maas.

"Seniors have been very good at not abusing the privilege (coming back late, causing problems at eating establishments), so I would imagine it would continue if future classes request the privilege," said senior moderator Maas.

"I love out-to-lunch days, going out to eat instead of eating at SUA is awesome," said senior Alexia Franco.

Franco went to Buffalo Wild Wings and Balance Grill for the two most recent days.

Food places near the mall area

and on Central Ave. are the most common because they are close to school. A day in Sept., Oct., Nov. and Dec. were the permit-

for the month of April. If all goes well this year, it may be continued in the future," said Mrs. Huebner. This statement means



Seniors Mary Kate Caserta, Patricia Casey, Mackenzie Arbaugh, and Sydney Czerniakowski order their lunch at Potbelly.

ted days for the first semester.

No out-to-lunch days were scheduled for the months of Jan. and Feb. because of weather during the two months.

"When reviewing the request for senior privileges, there is always a give-and-take. In this process, we decided to increase the senior out-to-lunch days to twice a week

seniors have been granted extra days for the second semester.

Students have from 10:55 to 12:10 to go out and eat. If they are late, a detention is given and the next out-to-lunch day is taken away for that individual.

Girls who have a 70 percent or below in a class are unable to participate in the out-to-lunch tradition.



Photo: Emily Day

Junior Olivia Kitcher was born in Melbourne, Australia. This is her first time living in America. Between AUS and USA, the school systems differ greatly. Colleges in Australia are considered to be another secondary school. Most students are 16-18, and university education follows.

AUS to SUA: Olivia Kitcher

BY EMILY DAY

Moving to a different school can be hard, especially if the new school happens to be half-way around the world.

Olivia Kitcher, junior, recently moved to Toledo from Warrandyte, Australia.

She has moved here with her mom and dad for the purpose of her dad's work.

Since moving here, Olivia said she enjoys it, and that everyone has been kind. "[Everyone is] very welcoming and accepting," she said.

This is her sixth time moving and seventh time at a new school. She has lived in Sydney, Australia, New Zealand and even China. "I was expecting everyone to be very loud and friendly, which you all are (in a good way)," she said of the people she has met so far.

She was surprised at what Americans were actually like considering friends back in Aus-

tralia were warning her to be prepared for just about everything.

As far as pastimes go, shopping is currently her number one.

"I haven't had time to do much, but so far going to the shops, or 'mall' is pretty fun," said Kitcher.

Going to Walmart is also a necessity for anyone coming from outside the United States. "We don't have one back in Australia but everyone there talks about it," she added.

Also, Mid-American accents happen to be her favorite. "It's not too strong so it's not hard to understand, like in Long Island; it's my favorite." For someone who has moved so much, she is close to being a professional at adapting to new environments.

School systems in Australia are different. For instance, they categorize their schools as primary, secondary, and senior. School lasts for a total of 13 years before attending college.

SPRING SPORTS

Track

BY JANET STENGLE

Sprinting into the season, track tackles their first meets. Sprint and shot put events have been SUA's strong point.

On Tuesday, April 8, a mini-meet was held at SFS. Junior Danielle Szczesniak placed fourth in the long jump.

Freshman Regency Smith performed well, winning the discus. Both the 4 x 800 and 4 x 400 relays placed third. Sophomore Kate Szczesniak and freshman Rachel Long placed fifth and sixth in the 400, respectively.

"Our goal is to keep improving every week," said sophomore Regina Sullivan.

On Friday, April 4, the track and field team competed at the Knight Warmup held at St. Francis de Sales.

Freshman Grace Fawcett raced in final heat of the 100 m dash, coming in eighth.

Placing fifth, sophomore Tequita Thompson also made it to the finals in her event, the 200 m dash.

In the discus, Smith placed third, and in the shot put, Smith placed fourth. The top finishers in both events were all seniors.

Lacrosse

BY JANET STENGLE

SUA lacrosse attacked the first games of their season. As they look to more area games ahead, the team prepares to keep the energy going.

SUA faced the Ottawa Hills Green Bears on Tuesday, April 8. The team lost 10-12.

On Saturday, April 5, SUA faced Rocky River at home. Losing 7-10, the Arrows are determined to improve.

Lacrosse bounced back with a win over Perrysburg. Running out the clock, the team beat the Yellow Jackets 14-13.

The Arrows fought hard at their season opener on Saturday, March 22 against Olentangy. The Arrows played a tough game against the Braves, losing 8-15.

"Our team is trying to improve on just about everything. We all have things we need to work on," said senior Megan Garrison, four year player.

"My goal for the season is to beat all area schools," she said.

The team's rival game against NDA was cancelled due to rain. SUA's second NDA game will be on April 23 at NDA.

Softball

BY MADELINE STERLING

After only a few games into the season, both the JV and varsity softball teams are off to a winning start. The varisty Arrows are currently 3-0 in the league after the 4-3 victory against Whitmer on April 9.

"The ladies played hard and earned every ounce of [the] win...I am so proud," said assistant varsity Coach Chelsea White.

Varsity had their first victory against Findlay with a tremendous lead of 15-3.

Coach Brian Jones has positive aspirations for his varsity team.

"I have very high expectations for the team this year, lead by a great group of seniors. My hopes are to finish at least second in the TRAC."

"This year we're seeing more improvement than last year, and working together more as a team. Everyone seems to really want to win, and I think the motivation is at an all time high." varsity player Kirstin Webb, a sophomore, stated.

Varsity lost their second game against Evergreen 1-4, but won 11-1 against Lima on Wed., April 2.

Renovations, relocations in Toledo

BY MONICA RUMA

When the word "change" is heard this time of year, it is usually associated with the weather. In this case, however, the word "change" is one that applies to the city of Toledo.

ProMedica, Northwest Ohio's nonprofit healthcare organization, will be relocating its headquarters to downtown Toledo. "The move will bring approximately 700 administrative employees together at one central campus" (promedica.org).

The relocation will begin in 2016. "We feel strongly about making a commitment to downtown Toledo and playing a key role in its revitalization," said President and Chief Executive Officer of ProMedica, Randy Oostra (promedica.org).

Downtown Toledo will be home to the renovation of another business this May. "BleakHouse Coffee was originally opened in the Spitzer Building of downtown Toledo in 2012," said Eileen Iannone, freshman at UT and head barista at the coffee shop.

After the last head barista left

in February, Iannone and her partners have been reanalyzing the image of BleakHouse. "We are excited to open and plan on creating an additional community space for downtown Toledo, along with serving the finest coffee around," Iannone added.

In addition, BleakHouse will be hosting local artists' work on their walls and will be having gallery openings once a month, along with musical performances, late night poetry slams and barista trainings.

The Toledo-Lucas County Public Library will also be undergoing changes. According to Toledo News Now, the new building will be constructed at the intersection of King Rd. and Sylvania Ave. and will be at least 20,000 square ft., which would be one of the largest libraries in the country.

"The library system hopes to break ground on the new branch in the spring of 2015" (toledonewsnow.com).

Within the next few years, Toledoans will be able to take full advantage of the relocations and renovations of important local businesses.

OPINION

Extreme tanning and dieting prove harmful to students

BY SARAH MANNING

Most people are aware that tanning beds can cause skin cancer, but what they might not know is they can also cause eye cancer, create wrinkly/saggy skin, and weaken the immune system.

Teenagers, including St. Ursula girls, are exhibiting self-destructive behavior by investing in tanning packages and taking part in extreme dieting in order to look good in a bathing suit.

St. Ursula students are choosing to simply ignore the potential

dangers of spending too much time in the tanning bed. The undeniable fact is that "indoor ultraviolet tanners are 75 percent more likely to develop melanoma than those who have never tanned indoors" (www.skincancer.org).

This blatant disregard for personal health is fueled by a need to look a certain way because it is what's "in."

"I like looking tan and usually go twice a week leading up to spring break," said senior Julia Benore. A widespread rise in popularity

of artificial tanning is sweeping the nation, proving people don't desire to be pale-looking in this day and age. The question is, is it really worth your life to look tan?

Senior Megan Garrison is against the movement. "Both of my parents have had skin issues related to the sun in the past. Therefore, having fair skin and all, I don't want to risk having health issues just so I can get a glow," she said.

Dieting is also a problem among teenagers and can cause serious problems. Surveys done

on college campuses show that 91% of women attempt to control their weight through dieting. "Over one-half of teenage girls use unhealthy weight control behaviors such as skipping meals," according to www.anad.org. This type of behavior can lead to diseases such as anorexia, bulimia and binge eating.

However, there are healthy ways to diet such as cutting out certain food groups that aren't as healthy as others. "I lost 35 lbs from eating no carbs, no dairy and no fruit

for three months. I like dieting because it helps you lose weight fast," said senior Olivia Mancy.

Tanning creates thinning of the skin and makes it less able to heal and dieting can cause "changes in body composition, hormonal changes, reduced bone density, menstrual disturbances, and lower resting energy expenditures" (www.huffingtonpost.com). Keeping long-term health in mind and staying away from these harmful activities will provide the best results for your body.