

THE URSULINE



Exams canceled due to excessive calamity days

BY MONICA RUMA

The cancellation of exams seems like something students could only dream about. This year, for the first time at St. Ursula, Term 3 exams were canceled due to the 13 calamity days after Christmas break.

"There will be a gain of instructional time, especially for the 18-week courses," read the e-mail.

"Sophomores can focus on the OGT instead of term exams [and] students will gain an additional two days of learning," said Flores.

"The decision to cancel Term 3 Exams was made [on Feb. 25] when I was meeting with the Academic Advisory Council, which is our team of department chairs," said Principal Mrs. Nicole Flores.

"Knowing that we had lost so many academic days in one term, I had to be

creative with the time that was left in Term 3. I proposed this idea to the team, and all members were in agreement."

One of those team members was English teacher Mrs. Christina Rode. "I do think that some classes had little to examine because of all the calamity days," said Rode. "I think the cancellation is beneficial because if teachers really want to give a final, they can give a test that is worth so many points that it is tantamount to a final."

"The decision was really made in the best interest of the students," said Flores. "The teachers at SUA are amazing and so supportive of the students."

Mon., March 17 and Tues., March 18, the dates exams were originally to be held on, will be full school days, and Term 3 will end on March 18.

Boosters aim to raise funds

BY CHRISTINA SULLIVAN

March Madness Monte Carlo night, a fundraiser hosted by the athletic boosters, includes casino-style games and sports-themed events. A big screen to watch the NCAA March Madness tournament, food catered by Ferdos and a silent auction for Flynn & O'Hara gift cards and a Josten's Class Ring will be featured at the event.

Mrs. Jennifer Schaefer-Gatewood, Director of Advancement at St. Ursula, is a committee member for the Monte Carlo night. Between 2012 and 2013, the event raised an additional \$10,000. "Each year, we always hope for an increase in profit" Mrs. Schaefer-Gatewood said. They hope to exceed the \$25,775 raised last year, but their stretch goal is \$50,000.

Students are also being asked to sell five raffle tickets at \$10 a piece as a part of the fundraiser. There will be weekly drawings for students who have already turned in tickets, giving them the chance to win \$10 gift cards. There will also be one ticket drawn that allows a student and her

lunch table to win a catered lunch from either Chipotle, Panera or Chick-Fil-A on the following Friday. If the school sells 2,000 raffle tickets, only four per student, all students will receive a catered lunch.

The event, which will be held on Sat., March 22 from 6:30 p.m. to midnight in the Field House, is an effort to raise money for SUA athletics. A percentage of the proceeds is divided among all the sports teams, which they are free to spend however they choose. "The bulk of the proceeds stays with the athletic boosters," Mrs. Schaefer-Gatewood said. The boosters have used the money raised in the past to renovate the weight room, build new trophy cases and introduce the Hall of Fame.

The tickets for the Monte Carlo night fundraiser are \$35 per person and can be purchased on the school website or in the main office. Admission to the event includes one \$10 raffle ticket, which will put guests in the running to win a grand prize of \$1000, a second prize of \$500 or a third prize of \$250.



Photo: Tab Hinkle

Seventh graders Maggie Nenan, Hannah Decker, Alana Packo and Addison Hinkle enjoyed dancing with their friends and fathers.

JA Arrows' first dance with dad

BY SABRINA COFFMAN

The Junior Academy Father-Daughter Jamboree, organized by JA mom Mrs. Debbie Packo, was held in St. Ursula's gymnasium and featured "grub," games and dancing for the father-daughter duos who attended.

The students and their fathers were taught square dancing by Mrs. Packo, and line dances by Sister Margaret Ann from the Ursuline Center.

"The mood was set, the gym looked fabulous and dads and daughters came in their cowboy boots, hats and western attire," said Packo.

The dance dinner was catered by Tony Packo's, and highlights included a Sweet Shoppe with soft-serve ice cream and toppings, a lighted dance corral and a constructed jail for photo opportunities.

"I got to hang out with my friends and my dad, and we had a really fun time," said JA student Addison Hinkle.

There were also games for the cowgirls and boys to play at the dance such as Pin the tail on the donkey.

"It was a great evening with dads and daughters dancing, laughing and spending an evening of quality time together," said Packo.

Lent: time to sacrifice or serve?

BY EMILY DAY

The best way to celebrate the season of Lent is by forfeiting what is important to you. The purpose is to set aside time for reflection on Jesus: his life and resurrection. Ash Wednesday is the first day of Lent, which lasts 40 days and ends on Easter Sunday. As someone who took part in fasting on Ash Wednesday, I was able to personally experience the emotions and temptations that are brought upon with it.

The whole point of giving up something for Lent is to relate, however minimally, to what Jesus felt while in the desert.

Jesus prayed and fasted for a whole 40 days. When Jesus felt tempted to eat, he turned to God to give him strength. Without the distraction of food or media, we can approach God empty and in need of his help. Fasting forces us to rely on God to make us feel full and turn away from temptations.

"I have been giving up certain food for Lent since I was young. I like Lent because it forces me to pray more," said sophomore Maddie Wheeler. Sophomore Jessica Ebraheim agrees that it makes her feel closer to God. "I like the feeling of being able to complete a whole Lent without giving in. It gives me a sense of pride and closeness to God," she said. They both have been participating in Lent since they were young and see it as an event that their whole family can participate in.

The process and outcome of fasting can be different for everyone. In my experience, however, it did make me feel closer to God, even if that was just for the day. On a normal day to day basis I forget to pray often, but when fasting I felt called to pray whenever I felt I needed strength or was close to giving in to food, and God always provided extra encouragement for me when I wanted to give up.

Fasting put me into a whole different perspective about how strong God's powers are. God gave Jesus the will to fast for 40 days straight. I had to keep reminding myself that if Jesus was able to fast relying on God alone, then I can at least do it for one day. Fasting proved to be very challenging for me. Nevertheless, it taught me a lot about what God is capable of and I am glad I did it.

Fasting or other forms of "giving up" will serve as the most effective strategy to renew yourself during Lent.

BY MADELINE STERLING

For many people, Lent means fasting or giving up a bad habit. While this process is meaningful, celebration of Lent should focus more on giving something of oneself, not giving up something.

Lent has always been a time to give up something. Lent's origins date back to when those seeking to become Christian would undergo an intensive preparation for 40 days before their baptism at Easter. Eventually, it became an open chance for all Christians to recall the ceremony of their baptism.

The feeling one experiences when he or she does something good has no comparison. One new trend many students seem to be starting for their Lenten journey is doing one good deed a day. From holding open a door for someone, or lending someone a pencil,

the smallest actions can make someone's day.

Sophomore Allie Johnston says she tries to make someone's day at least once a week. "I try and give someone a compliment or help someone out in any way that I think I can. It makes me feel better when I know I made someone happy."

Theology teacher Mrs. Martinez agrees. "I've tried to do extra things. I make sure I do something that is hard for me to do, something good. I used to give up things, but now I find that I like to give something instead. I try to tell myself to take a step back, and look to find a character flaw and try to make it better," Mrs. Martinez said.

Many of those who give up something end up broadcasting it to everyone, bragging about how much weight they lost or their ability to no longer eat a certain food. Lent should not be about how much you gave up, or how hard it was for you, but more so about how it made you feel. Giving up a food may give you temporary satisfaction, but the feeling you get when you do something truly good will last much longer.

Something else one could try would be giving a little of your time each day to help those in need. Toledo is filled with service opportunities, from Cherry Street Mission to donating your time with St. Ursula and St. John's Labre. Whether it be volunteering or just helping someone with their homework, the feeling of giving a little of yourself is far more rewarding than that of giving something up.

Face Off



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Design: Nadia Ayad



Prom bids will be sold during the week of March 17 (\$50 single, \$100 couple).

Perks of Prom

BY JANET STENGLE

"When in Rome," SUA Prom 2014, will be a "classy Italian evening," promised Student Council Vice President Nadia Ayad. Upperclassmen should be excited to go.

Held at the Premiere on April 5, the last high school dance for the Class of 2014 will not disappoint. DJ Scholar will be back for another night with the Arrows.

SUA alumna Marissa Fernandez attended prom as a senior last year. "The most memorable part about Senior Prom was getting on stage with all my fellow SUA seniors and singing the alma mater together," she said.

Students love the fact that dancing is kept cleaner at Prom. "That makes it much more fun," said senior Sierra Sturt.

Fernandez agrees. "I took a fun date and we had a blast whipping out our old school moves and ballroom dancing abilities," she said.

Nervous about taking a date? Single bids are being sold for both juniors and seniors. "Taking a guy friend or just going with a group of girl friends would be a great time either way," said Ayad.

The junior class is well under way with preparations. "The planning is going pretty smoothly so far. Luckily, we have a great group of parents who help raise money," Ayad said.

After-Prom will be held immediately following Prom, featuring carnival games and a hypnotist. Compared to the UT Rec Center, After-Prom at the Premiere is not only more fun, but safer and smarter. "People were much more active playing games or dancing at the Premiere for After-Prom which made it more enjoyable," said Fernandez.

All juniors and seniors should try to attend Prom. "It is definitely a good bonding time with your class as you are given an opportunity to hang out with girls that you may not normally hang out with on the weekends," Fernandez said.

Involvement leads to success

BY SABRINA COFFMAN

Intramurals are a fun and intense experience. The week-long rivalry between classes and the full day of activities and entertainment are more enjoyable if you participate in the action rather than simply coasting through.

"Everybody should try to get involved in Intramurals," said senior Caroline Lewandowski. It is extremely important to support your class and show your competitive spirit.

Whether it's decorating a cake, pelting someone with dodge balls or playing musical chairs, there are many ways to immerse yourself in the hustle and bustle of Intramurals.

"I think the dance is my favorite part because really any student can get involved no matter how well she can dance. The practices take a lot of commitment, but in the end it is amazing to see the dance linked together," said junior Stephanie Cisek.

Not only are Intramurals fun, they're also

a way to get close with your class. "I think it's best to participate so as many girls as possible get an opportunity to feel included and have fun with their classmates. It is a bonding experience," said Lewandowski.

Throughout Intramurals, you can strengthen the bonds with your friends you already have while also forming new friendships.

Some students may worry about how they might appear if they get too excited, or participate in something that they are not the most skilled at.

Intramurals are a day to forget self-consciousness and to just go for it. "Do not hesitate to get involved. It doesn't matter if you look funny," said Cisek.

She also feels Intramurals are a bonding experience. "Intramurals is not a day to care how funny you look. It is a day to bond with the girls in your class," she said.

Intramurals can be fun for everyone. You should leave your comfort zone, support your class and get involved.

OPINION

Sushi: Restaurant trumps grocery store

BY CHRISTINA SULLIVAN

The Domo Sushi restaurant addition to the Somerset Plaza on Central Avenue creates an enticing answer for your next sushi craving. After being closed for a while, Domo Sushi has finally reopened its doors in a new location. If you're looking for exceptional quality and reasonably priced sushi, Domo is the best option instead of just stopping at your local Kroger.

If you want to pay an even lower price, but for barely decent sushi, Kroger is another option. However, the freshness of the sushi at Domo definitely surpasses that of Kroger's.

It is easy to tell that the food at Domo is made fresh to order, while at Kroger it tastes like it's been sitting out for some time. "It's worth paying a little bit of a higher price at Domo because the sushi is much better tasting than at Kroger," said sophomore Nicole Sullinger, who eats sushi about once a month.

The menu offers a wide range of Japanese, Korean and American entrees. The beginner's sushi (\$15.95) features

standard rolls like the California roll.

The freshness of the fish, vegetables and thoroughly cooked rice is pleasantly surprising. It is an appetizing introduction for anyone who is wary of trying sushi.

Since it is a new restaurant, the service staff could be improved, but the modernness and sophistication of the black, white and steel interior gives the place a superb atmosphere overall.

Although it may change with location, the Kroger in Sylvania has just one counter at the side of the store and is difficult to find. They have a significantly less selection than Domo, with only three types of rolls set out and just a few other party trays available.

The rice was sticky and plastic-tasting and the package even advertised the use of "imitated crab meat." The rolls did not taste fresh and, although convenient and easy to take home for dinner, were not worth \$5.

The sushi at Domo is worth every penny spent on it; the quality, presentation, freshness and taste beat the Kroger sushi by a landslide.

Students search for sources

Progression of academic drive over six year time period

BY SARAH MANNING

The initial motivation to do well in school as a junior academy student or incoming freshman differs from that of an older high school student for a multitude of reasons. As a junior academy student, most young girls feel the pressure to do well in order to set their own standards for future academic excellence in high school. They are encouraged to work hard at a young age so that they can make good study habits and find out how they best retain information.

As prospective freshmen, most stu-



Photo: Sarah Manning

Seventh-grader Jessica Lutz works diligently in Ms. Holliday's Spanish class.

dents are ready to work hard and get good grades in high school in hopes of getting accepted into the college of their choice. However, grades often drop off as soon as students become acquainted with their high school routine. The problem is that all four years of high school contribute to whether a student will be accepted into college.

Some high schools students have a habit of becoming somewhat uninterested in their education as they get older. Furthermore, seniors' motivation only becomes worse when they receive their college acceptance letters. Most colleges are known to look for an increase in GPA rather than a decrease. It makes sense that a student would have to get used to their high school work load but laziness is not a good excuse for a drop in grade point.

"[The reason seniors are less motivated is because] we are ready to move on. We have been accepted into higher level institutions and are just bored," said senior Sydney Pickett. While this is one senior's opinion, there are still students who believe it is important



Photo: Sarah Manning

Senior Zoe Carl works on a graphic design project, her choice of college major.

to continue in their motivation when it comes to schoolwork as a senior.

"I need to keep up my GPA because I want scholarships in college," said senior Kellie Muneio. Another benefit of maintaining a high grade point is being a part of the National Honors Society. Students must maintain a 3.7 grade point or higher in order to be inducted.

There are a number of factors that contribute to the divide between motivation when it comes to junior academy students and high school students. Most of them are due to the fact that high school students become too comfortable with simply skimming through their studies instead of keeping up good study habits like junior academy students are taught to practice.

Science explains factors of determination in school

BY SARAH STAELGRAEVE

Senioritis, junioritis, sophomoreitis AND freshmanitis? As the last term of the school year approaches, some students find themselves lacking a key component to being a successful student: motivation.

According to the AP psychology textbook, motivation is "a need or desire that energizes and directs behavior" (Myers). Students need and desire to get into the colleges they want, which energizes them to try their best in school, get all assignments done on time and receive good grades, but even the best students find themselves lacking motivation.

"At the very beginning of the year it takes students some time to get into a rhythm for the school year.

Also, as long as the weather is bad students tend to stay more motivated," said AP psychology teacher Ms. Hodge when comparing motivation at the beginning of the year to the end.

One of the main reason for students' lack of motivation is good weather. In August, pools are still open and the sun is still scorching which makes it hard to tell the brain it's no longer summer. In April/May, once temperatures hit 60 and above and spring is in the air, everyone can feel the end of the school year approaching. The thought of summer has the tendency to switch students' brains from school mode to vacation mode. "I think that warm weather makes it hard to focus, for students and teachers," said Ms. Hodge.

So, the question is, how do students

stay motivated? Ms. Hodge gave an example of a former student she had. In the class there was a lot of reading so the student would finish the reading and reward herself with ice cream. If she did not finish or do the reading, she did not get ice cream.

Rewards can help students stir up the motivation they don't have. "Keeping assignments relevant and relating them to the students can help make it easier for students to want to do the things," said Hodge.

When it comes to "senioritis," getting accepted into colleges can decrease motivation, but all humans can feel less motivated at times, not just seniors. For those feeling a lack of energy when it comes to school work, remember it's a normal human tendency.

s of educational motivation

Maintaining focus during final months challenges students

BY JANET STENGLE

Students and teachers recognize the drastic difference between motivation in August and May. As the school year begins, students are prepared to perform well in their academics, but as spring rolls around, the drive to study hard drops immensely.

At the start of the year, students are just coming back from a two-month period with hardly any academic focus. The long period of no schooling makes the transition back into school more difficult, demanding focus from students. Teachers are sure to jump right in to material to keep this focus streamlined.

Senior Hayley Williams is motivated by these factors at the start of school. "At the beginning of the year I'm like yay! Notecards! Essays!" she said.

Starting the year off strong has academic benefits. If a student's first term

grades are relatively high, they will serve as a major boost to one's GPA. In every grade, students recognize the impact a high GPA has not only on report cards, but college applications as well.

As the month of March creeps in, however, students start to slack. According to a 2003 National Research Council report on motivation, 40% of students have no motivation and are "chronically disengaged" in school the entire year.

"Lack of motivation is a serious and pressing problem," said James Crotty, Forbes contributor. The percentage only grows in spring.

"By the end of the year I'm just trying to get by," Williams said.

Students have already persevered through seven months of studying and balancing their studies with all other extra-curriculars. As a result of this non-stop lifestyle,

students simply become too exhausted to study as hard as they did in the fall. "I think there's a genuine fatigue," Mrs. Rode, senior English teacher and senior parent said.

As the snow starts to melt and the sun shines a little longer, students begin to long for days of relaxing in warm weather. Especially with 2014's Polar Vortex, students are more anxious for school to end, turning focus away from class.

By the time warm weather prevails, students simply are not as concerned about their grades, forgetting that a high GPA can fall if motivation falls as well. "Once the grade can't move, I feel that sometimes they say, 'Oh well, what's the point in reading this if my grade can only change from a 95 to a 94,'" Mrs. Rode said. As these last few months of school unfold, staying motivated may be a challenge. SOURCE: FORBES

Home-schooled students share motivation tips

BY MADDIE BOERSMA

Some students do not get up and use a car, bus or bike to get to school in the



Photo: Maddie Boersma

Previously home-schooled students Claire Hyder and Beatrice Thaman made the transition to St. Ursula.

morning. Freshman Summer Drees, sophomore Claire Hyder and junior Beatrice Thaman were all home-schooled before becoming a part of the St. Ursula community. For home-schooled students, the motivation for school comes in numerous ways.

"[My mom] motivates [my brother] by doing different activities," said sophomore Tvisha Martin, whose brother, Aiden, is home-schooled by her parents. "Aiden takes classes in different places, like a biology class at The Toledo Zoo," Tvisha stated.

"I never really had a problem being motivated when I was home-schooled," stated Thaman. "Because I learned at my own pace, I knew that the faster I got through the lesson, the sooner I could move on to the next lesson, or do something that I was interested in."

Grades and enjoying learning were motivation for Hyder and Thaman when coming to SUA. "I've always enjoyed learning, so although I struggled at first with the different class pace, I still consistently tried to stay motivated," said Thaman.

"I like to learn about new things, so the material was interesting," stated freshman Summer Drees about home-school motivation.



Photo: Maddie Boersma

Parents also share a big role in motivation for home-schooling. "My parents always stressed how an education is so much more than a letter grade," said Thaman. "My mom always made [home-schooling] interesting," stated Hyder.

A big difference about home-schooling ized. "I preferred the personalized pace," stated Hyder in regards to home-schooling. "When I was home-schooled, there was rarely a minute wasted, and we never had to do busywork or other homework," stated Beatrice Thaman.

"I can't really choose [a favorite] between home-school and regular school because they're both so different," stated Thaman.

A referendum on Crimean secession will be held next week. The new Ukrainian government and its supporters, the U.S. and the E.U., however, reject the legitimacy of this vote.



Crisis unfolds in Ukraine

BY: MONICA RUMA

Viktor Yanukovich is wanted for mass murder. The deposed Ukrainian president fled the country after over 80 people were killed during protests held in the country's capital.

The protests began after Yanukovich voided an agreement that would have led to the strengthening of Ukraine's economic ties with the European Union, but the former president was more interested in sustaining the country's ties with Russia. Yanukovich had also staged a rigged election back in 2004 and was forced to resign, only to win the 2010 presidential election in a surprising comeback.

"An autocratic system is almost by nature corrupt. Everything they do is for themselves," said AP Government teacher Mr. Dennis Maas. Ukraine itself is divided into two halves: the Russian-speaking east and south (where Yanukovich receives the most support) and the Ukrainian-speaking west (where most of the protests have been held). "A divided country is a problem. The people inside don't agree, so democracy isn't a solution," said Maas.

On Feb. 22, Yanukovich fled the capital and was voted out of office by parlia-

ment. Presidential elections will be held on May 25, but for now, the Parliament Speaker, Oleksandr Turchinov, possesses the president's powers. "[One of my top priorities] is the return to the path of European integration," said Turchinov (NPR). "US Secretary of State John Kerry [visited the capital city] Kiev to meet Ukraine's new leaders and show support for the country's sovereignty" (BBC).

The new pro-Western leadership has caused more protests, this time in the pro-Russian eastern parts of Ukraine and in the Crimean peninsula, the site of a large Russian naval base.

On Feb. 26, Russian President Vladimir Putin apparently ordered Russian troops to display force in Ukraine by stationing them just over the Ukrainian border and, on Feb. 28, on the Crimean Peninsula. "But Mr Putin insisted that pro-Russian 'local forces of self-defense' - not Russian troops - were responsible for taking over official buildings in Crimea," (BBC). The crisis in Ukraine could also lead to a huge global economic fallout. "These things are a long time simmering and there's no quick solution," said Maas.

Parking lot traffic causes confusion

BY: ANA RINGEL

"HONK!" Cars are bumper to bumper in parking lot traffic as snow flies around aimlessly. Teachers attempt to control the general flow to get everyone to and from school safely.

Many have noticed this commotion in SUA's parking area lately. Agitated drivers and riders give the scoop.

Many students offer ideas for relief of the constant traffic. "People need to follow the one-way arrows," junior Cara Pearson remarked. She added that parents picking their kids up need to abide to parking signs indicating where to go.

The motorists sitting outside before and after school are often at a standstill.

The holdup could simply be a result of students' agitation to get to school on time— and leave when school is out at 3 p.m. on the dot, but with all the students rushing to get out of their parking spots and the parents waiting to leave at the other end, the parking lot is jammed for around 20 minutes after school each day.

The weather has also proven to be a factor in traffic issues. Theology teacher Mr. Mark Dubielak helps direct the traffic after school. "Three seniors have had to move their parking spots because of snow mounds," he said.

The situation is likely to improve in accordance with the weather as the snow melts. A smooth, snow-free parking lot could be the answer to the unrelenting sluggish traffic.

Outbreak: Heroin in America

BY: MADELINE STERLING

He was in the possession of five empty bags and 65 full bags of heroin, lying on the bathroom floor unconscious with a needle sticking out of his arm. This is the condition admired actor Philip Seymour Hoffman was found in when he was pronounced dead on Feb. 2. The recent death, possibly caused by a drug overdose, of a highly regarded public figure has shed light on the epidemic of heroin in America.

"Heroin is a very addictive drug refined from the opium poppy plant. Because heroin is so addictive, people use it for a very long time. The typical user injects the drug into his or her veins and over time may collapse or become infected, leading to many complications including heart disease and AIDS from sharing needles," said Mrs. Martinko, SUA health teacher.

Heroin has been an issue in inner cities, but recently it has been showing up all across the nation among all ages and demographics.

The problem with heroin is its shockingly low price. "An 80-mg OxyContin pill can sell for up to \$100, while a five-dose-a-day heroin habit costs less than \$60, according to federal law enforcement officials" (USAToday.com).

In recent years, teenagers have been abusing prescription drugs, but when those run out or become too expensive, they instantly turn to heroin. A deadly mix of heroin and fentanyl has been linked to numerous deaths.

In a suburb of New York City, the narcotic fentanyl killed two people, and in Western Pennsylvania it has been linked to 22 deaths (USAToday.com). Namely, Ohio has seen an increase in heroin use. According to Drugfree.com, "...availability of heroin in Cleveland is considered to be at epidemic levels."

Vermont governor Peter Schulman's State of the State speech was devoted to the issue of heroin addiction. "At the time of Shumlin's address, more than 600 Vermonters were on waiting lists to receive treatment for their opiate addictions" (america.aljazeera.com). To fix this problem, many states are starting to look at drug use as more of a public health issue to better the public's understanding.

DT states rescheduled

BY MOLLY LAYMAN

The OASSA State Finals Competition has been rescheduled for Sunday, March 16 in Bowling Green, and the Saint Ursula Dance Team plans on attending.

Members of the team were disappointed when the original date for their first-ever state competition in Columbus was canceled due to weather.

“When we found out it was canceled, we were all shocked and upset,” said senior Valerie Joseph, a captain of the dance team. “We were all looking forward to just getting away and being together,” she said.

Since the members of the team come from many different studios, the chance to compete together is rare.

Although they were not expecting to hear such news, the girls did their best to stay positive. “We had a group prayer and even got flowers, which helped cheer us up,” said Junior Lexi Hicks. “No matter what happens, we are a team.”

The girls were concerned that even if the competition was rescheduled, they wouldn't be able to attend. “We have dancers from different companies who attend competitions every weekend, so a new date could have

been hard to work around,” said Joseph.

In order to reschedule the competition, the OASSA has to work with the schedules of over ten different teams across the state. Last week, they officially set the date for March 16.

Mrs. Parseghian, the coach, said the dance team is “very happy” about the new date and is excited to attend.

“The 16th is actually one of the only dates that all the girls are free, so we had our fingers crossed it would end up being that day. All of the girls will be able to go,” Mrs. Parseghian said.

After months of preparation, the team has perfected their numbers in jazz, hip hop and their newest category: pom. They began practicing in August.

The girls will face teams from across the state, as well as local Toledo high schools- Northview, Southview, Notre Dame Academy, and Anthony Wayne are all planning to attend.

The OASSA State Cheerleading and Dance Championships will be held at The Stroh Center at Bowling Green State University this Sunday, March 16, 2014. The team hopes fans come out to support their dancers.

Gymnasts and swimmers attend state tournaments

BY SARAH MANNING

Freshman Corinna Nowicki competed in the individual competition for states which was held Saturday Feb. 22 in Columbus at Hilliard Bradley High School. She received an 8.625 on bars, placing 16th out of 52 girls. “It felt really good to be the first St. Ursula gymnast to qualify for states and it was cool to see all the other girls from around Ohio competing,” said Nowicki.

St. Ursula's gymnastics team traveled to the BGSU Anderson Arena for districts on Feb. 21. St. Ursula gymnasts who competed at districts include freshmen Kyleigh Baird, Abby Garton, Corinna Nowicki, Katie Staton, sophomore Stephanie Johnson, junior Kylie Kuhlman and senior Alli Studtmann. They placed 8th out of 20 teams and freshman Corinna Nowicki placed 6th on bars which qualified her for states.

“I loved it,” stated senior Alli Studtmann as she looked back at her experience on the St. Ursula gymnastics team. “Being a part of the start up of the gymnastics

team my freshman year was awesome and so was being a part of the transformation from club sport to varsity sport.”

Led by head swim coach Dave Eisenstein, the Arrow swim team headed to states after a motivational send-off from fellow St. Ursula students. States were held in Canton, OH on Feb. 22 and 23. The St. Ursula swim team has competed in states the past three years.

Swimmers who qualified include juniors Mikayla Murphy, Zhada Fields, Adrienne Kinor, Alex Grzeszczak and senior Janet Stengle. Among these swimmers, Zhada Fields placed 4th in 100 backstroke and 3rd in 200 free and Mikayla Murphy placed 17th in 500 free and 15th in the 200 IM.

Adrienne Kinor, Mikayla Murphy, Janet Stengle and Zhada Fields placed 12th in the 200 medley relay and 14th in the 400 free relay.

Friends, family and fellow St. Ursula sisters applaud the Aqua Arrows' accomplishments at the state competition.



Photo: Abigail Heldt

Junior Abigail Heldt (center) holds off two opposing players.

Student Spotlight:

Abigail Heldt

BY SARAH STAELGRAEVE

Pounds of padding, freezing temperatures and hand-eye coordination all while gliding on skates. Ice Hockey. As popular as it may be, it is not the most common sport among St. Ursula students. Junior Abigail Heldt is a part of a women's U16 hockey team.

Heldt plays for a Detroit team that practices four times a week. Practices are located at Taylor Sportsplex located in Taylor, MI. The Sportsplex is a sports facility that has four arenas that host a variety of sporting events. It takes about an hour to get from SUA to practice. Heldt's dedication to her beloved sport is shown through the number of hours she puts into it, along with the miles she travels.

“Our games are all over the place. We have gone to Minnesota, Wisconsin and Canada multiple times this year. If we have one showcase, we will have five games in between Friday and Saturday,” said Heldt. She hopes that the hard work she's put into hockey will pay off. Heldt plans on playing in college if the opportunity is presented.

Women's hockey has gained some attention with the 2014 Winter Olympics' Canada vs. USA championship having taken place in February. Heldt explains that women's hockey is similar to men's except women cannot check. Checking is a defensive technique, hitting or slamming the opponent. “Women's hockey is still very physical though,” she said.

Light therapy cures winter blues

BY ANA RINGEL

A thin film of overcast clouds stretches over the sun as far as the eye can see. What little light reaches the ground is cold and harsh. The “winter blues” get to everyone, especially under this endless spell of frigid weather.

The HappyLight®, a type of light therapy from Verilux, offers a cure for winter gloominess.

HappyLight® is an energy lamp that guarantees an alleviation of the “winter blues,” an enhanced mood, well being and improved energy and alertness.

The light delivers the same spectrally balanced light as the sun and makes up for the drastic lack of sun exposure in the winter.

The HappyLight® can also help with simply creating a more positive environment in any space. College counselor Mrs. Carmelita Crocker has four HappyLights® set up in her work area. “Light in the workspace is an important factor in creating positivity, it creates an ambiance of brightness.”

Photo: Ana Ringel



Seventh grader Grace Rotman gets homework help from Ms. Reilly under the HappyLight®.

Crocker researched the effects and necessity of having natural light, and it convinced her to purchase the HappyLight®. She has two placed on the walls in her meeting room near her office. “Natural daylight is important to me,” she stated.

Light therapy. Sounds odd, doesn’t it? It is a recommended treatment for Seasonal Affective Disorder (SAD), or the “winter blues” according to the Cleveland Clinic website.

SAD is triggered by changes in the amount of sunlight or natural light received in a day. Half of the US population is affected by SAD.

When an insufficient amount of natural light is obtained, the “internal clock” in the body is adversely affected, causing sleeplessness, lack of energy, anxiety and fatigue.

Simply sitting in front of the HappyLight® can restore the natural body clock and help with SAD.

The HappyLight® promotes a positive idea and has proven to be effective, and the product costs \$200 for the 19” by 13” HappyLight® Deluxe lamp.

For those unable to purchase the HappyLight®, it is important to keep in mind the fact that winter will soon come to an end and natural daylight will return.

New season brings old trends

BY MOLLY LAYMAN

For spring fashion this year, designers can’t get enough of the vintage vibe. Loose, relaxed dresses, lace tops, tribal prints, and embroidered details are all popular items. Trends from the 60’s, 70’s and 90’s can be found everywhere from Forever 21 to Free People.

“I’ve seen a lot of high-waisted jean shorts and flannels in the stores,” said Megan Hanna, voted “best dressed” in

the senior class. The 90’s look has been all the rage this year, with popular items including graphic tees, jean jackets, and combat boots. Although flannels are typically a fall/winter item, they can be paired with jean shorts to transition from winter to the first few days of warm weather.

Prints and pastels are a classic part of spring fashion. Pair a floral dress with sneakers or sandals and sunglasses for a fun spring outfit. High-waisted patterned shorts look great with a plain tank and a necklace. A pastel shirt or blouse worn with white jeans is a winning combination, and pastel accessories can be worn with a white dress to add a pop of color.

“One of my favorite things to wear in the warm weather is a cute skirt,” said Julia Benore, the other “best dressed” winner. One can find any type of skirt in style this spring. Skirts are available in a variety of lengths ranging from knee to ankle, and they come in many different patterns. A popular look is pairing a skirt with a cropped tank or sweater.

There are also trends in shoes and accesso-

ries this spring. Floppy hats, layered necklaces, and floral headbands can be found in abundance throughout the mall. Round and aviator style frames are both popular choices for sunglasses. Flat or heeled strappy sandals are the sought-after shoe of this season.

No matter what your personality may be, there’s something for everyone this spring. With such a variety of styles, it’s hard to go wrong with the latest 2014 fashion trends.



A strappy pair of heels can be a great addition to a spring outfit.

Photo: Google



Warm weather means more style variety. Accessories like necklaces and sunglasses can be paired with a cute top and patterned skirt.

Photo: Google