

THE BLOTTER

Beauty and The Thespian Festival

NAHS selected to perform newest version of Beauty and the Beast

BY// ABBY MOUTARDIER

Starting November 12, NAHS Theatre Arts will be the only school in the nation performing “Beauty and the Beast” and potentially take it to International Thespian Festival.

“A couple years ago in 2019 we were asked to pilot a new version of ‘My Fair Lady’ and had that adjudicated,” Theatre Director Amy Miller said. “It was selected for the festival, but of course it was all virtual because of Covid. We had gotten that first try to prove ourselves and so that called back and said they had a new version [of Beauty and the Beast], we’re looking for a special school to work on and wanted us to do it.”

NAHS is the only school in the nation performing this show, and if the show pleases the judges, the entire cast and crew will be invited to the International Thespian Festival.

“This show is a Disney pilot,” senior Michael Mingus said. “That means that Disney asked us to do this version of ‘Beauty

and the Beast’. We’re trying to take this show to the International Thespian Festival held in

Bloomington. Only 10 shows get to go to this festival and perform. This is like the Nationals of theatre, like going to state; it’s like winning a championship to go there. Everything has to be perfect, everyone has

to know their stuff.”

Senior Shelby Brown and Mingus say they are very happy to have the opportunity to potentially attend the festival again.

“‘My Fair Lady’ was bittersweet,” Mingus said. “We got it, we got in, we were the first show of the whole festival, that means that you’re the best one, that you’re the opener, and that’s an honor, then that got taken away from us due to Covid. That was a

very humbling experience but also it’s a great motivator. To be like ‘we are going to do this again, we are going to work our butts off to get us there again, to get us to that opportunity.’”

“It was literally the best thing ever when we got the news,” Brown said. “I didn’t think I’d be able to go to the Thespian Festival. Whenever I found out, I was like ‘oh my gosh’ it’s amazing.”

NAHS has a long history with “Beauty and the Beast”, piloting the original high school version of the musical in 2004, and taking it to the International Thespian Festival. In 2016, the show was performed a second time. As with all pilots, this is a new and different version of



Seniors Olivia Driggers, Kate Daniel, and junior Emily Cooper rehearse as Silly Girls. The three were part of the “My Fair Lady” cast; COVID caused last year’s Thespian Festival to be virtual. “[The opportunity to take Beauty and the Beast to the festival] just means a lot knowing that we’ll have this opportunity again,” Driggers said.

the show.

“They’ve actually cut a few things to tighten it up,” Miller said. “I like to call it trimming the fat. Some of the scene work is shortened up a bit. There’s a couple of songs they’ve cut out and some things they’ve put in. There are lots of alternate things you can choose to do or not to do. Some scripts don’t always give you that flexibility.”

Another difference with piloted shows—the finances. Any show is expensive; the base cost for a musical being anywhere from \$20,000 to \$40,000, according to Miller. That money is generated through ticket sales, sponsors, and special events such as this year’s ‘Princess for a Day’.

Continued on page 3

NJROTC named Area 3 Most Outstanding Unit

BY// JAMES M. ZIPP II

For the third time in NAHS history the NJROTC program has won the Area 3 Most Outstanding Unit Award.

“So this was a huge deal to us,” senior Chelsie Glover said.

Even though 2020 was slow amid the pandemic, the cadets were never short of motivation.

“No matter how grueling it was to work around quarantines and masks, we never failed to stay hard at work,” Glover said. “From uniform inspections via Google Meet and socially distanced team practices.”

“One of the things I love about the NJROTC program is there is no ceiling, each year sees a different combination of students and leaders,” Commander Micheal Cluver said.

The unit beat out more than 50+ schools across 13 states to win the top award.

“Our unit never failed to miss any important community service events or team competitions,” Glover said. “Our motivated, self-disciplined, and tough cadets plowed through the year with only a few minor setbacks and dilemmas.”

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Bigger & Better

More than 90 students join Anchor Club in its second year

BY// KATELYN HIGGINS

Anchor club is back and bigger than ever with almost twice as many members as last year.

Science teacher and sponsor Stephanie Lone helped launch the club last year.

“Last year about 45 people completed an application and about 35 participated throughout the year,” said Lone. “92 people have signed up this year.”

With the addition of WINN this year there are no clubs during the school day, which may be part of the reason for the increase in membership.

“Since we have so many members doing so many service hours, I can’t wait to see all the great things we accomplish,”

Lone said. “I also expect us to have an Anchor Club dance this winter - think of a semi-formal/homecoming style dance. We also plan to have the Senior Dinner Dance again.”

Lone says the club allows her to see students in a different light.

“I love getting to know students in a different setting and getting to know their hearts to serve others,” Lone said. “I have been so impressed with the

are a lot of changes.

“For starters, we are trying to balance more community efforts and school-based service,” Sekula said. “Our anchor club is all in person this year and has tripled in size! Because of that we are able to do a lot more in a year and have a bigger outreach.”

With so many members organization is time-consuming.

“The hardest part of Anchor Club is definitely keeping up with all of the members and organizing enough events in time to have them a month out,” Sekula said.

Despite having to work out the logistics the group has managed to plan many events.

“We do a lot of community outreach when planning events and sometimes we have to rely on others to get back to us which doesn’t always happen,” Sekula said.

“We are hoping to do a lot this year! We are planning monthly visits to a nursing home (to do whatever is safe

at the time), we are going to Bicknell Park one Sunday a month to partner with We the People to feed the homeless in our area, placing blessing boxes in our greater school community, planting a memorial garden for Ms. Givens, partnering with fourth grade classes and so much more! We are hoping to have more than a few events per month,” Sekula said.

Senior Austin Miller joined Anchor Club this year.

“I expect a lot from myself when it comes to the Anchor Club,” Miller said. “I just love the people I’m doing it with and I expect to have fun while doing it.”

Senior Ke’Shaw Jones is the director of Membership.

“I think it is different from last year because we really get to connect more,” Shaw said.

Anchor Club is helping celebrate the life of Assistant Principal Ms. Nancy Givens October 1st by planting a garden near the NJROTC building.

“I love getting to know the students in a different setting.”

**Mrs. Stephanie Lone,
Anchor Club Sponsor**

them so passionate about doing good for others.”

Senior Abby Sekula is the club’s president and says there

tration, and scripts and the logo.”

Though pilots take away the cost of rights to the show, if the show is selected for the Thespian Festival, the students are hit with an additional cost.

“We fundraise a lot more for this one than we would for a normal show because everyone in the cast is hoping we will be taking a trip to the Thespian Festival when this is adjudicated,” Miller said. “The kids have about an \$850 trip so most of their fundraising efforts are going towards the trip and the adults and I are working on some events and other ways we can help

raise money for the show.”

An adjudicated show also adds pressure to everyone involved. Freshman Holden Faith is playing the Beast, and says it’s nerve racking about having such a large role as a freshman.

“I have to show that I can have that type of role with my age,” Faith said. “I’m very proud I got [the Beast]. I’m excited to work with all my friends in a bigger stage and setting.”

Beauty and the Beast debuts November 12, with tickets at \$6 a student or \$10 for adults and can be purchased through

ANCHOR CLUB TOP 5 FAVORITE EVENTS

1

Planting the garden for Nancy Givens

2

Feeding the homeless

3

Positive sticky notes

4

Writing letters to fourth graders

5

Writing letters to struggling students



My'Asia
Earsery, 12

Beauty and the Thespian Festival

Continued from page 1

“When we get into big Disney shows like this one that have flying effects, costumes that are a little more elaborate, things like that, costs kinda go up from there,” Miller said. “[Disney] doesn’t pay for anything. How it works with a pilot we get the rights to the material to the show - that’s the free part. Normally we would play so much per performance to do the show, for orches-

NewAlbanyTheatreArts.Org or by emailing amiller3@nafcs.org. The adjudication is on November 20 at 7:30, and Miller says she would love for students and families to come and pack the house that night.

“It’s a story that everybody knows,” Mingus said. “We’re one of the best theatre programs nationally, one of the best in Indiana. We have Broadway level shows, and that’s not coming from me, that’s coming from one of the judges that adjudicated ‘My Fair Lady’, and said it was one of the best things she’d seen in 10 years.”

Spreading awareness

Area coffee shops partner with Know Homelessness to spark conversation

BY// ABBY SEKULA

Perhaps you've visited a local coffee shop and noticed the yellow cups and signage that says "Know Homelessness".

Know Homelessness is a Kentuckiana organization seeking to change the perception of homelessness through prompting conversation.

The company has taken to local coffee shops to promote their message.

Mickey Ball is the owner of local coffee shop Mickey's coffee shop and bookstore, located in New Albany. Ball partnered with the organization after a friend reached and told him about the campaign.

"I agreed with their philosophies," Ball said, "[Homelessness] needs to be better understood than judged and I gladly became a part of the group."

The campaign benefits the community.

"I think it benefits the shop because we want to be the space where our community can gather and have their voices heard," Ball said.

In January 2020 580,466 people were experiencing homelessness in America. Out of that number

3,688 were from Kentucky and 5,258 were from Indiana, according to the National Alliance to End Homelessness.

"KNOW has taught me a lot about just how widespread homelessness is in our community," Ball said. "I believe that any-

time a person or community is better educated than society as a whole benefits."

At many coffee shops the campaign uses a variety of items such as pamphlets, cups, pins and stickers to advertise for the movement.

One of the primary ways the company plans on prompting conversation is through yellow hot coffee cups with complementary facts about homelessness, including:

- 50% of women and children experiencing homelessness are fleeing domestic violence
- 15-20% of the homeless population in Southern Indiana are children
- 80% of people experiencing homelessness are temporarily homeless due to sudden changes in their lives
- 30% of adults experiencing homelessness have worked within the last 30 days

"I believe that anytime a person or community is better educated society as whole benefits."

Mickey's Owner
Mickey Ball

Sophomore Lilly Nugent is a frequent coffee shop customer; she says that the cups have prompted her to think about what is going on in her larger community.

As these cups have circled through our community they have gained a lot of attention and excitement.

Senior Elliot Qullio is a lead barista at Coffee Crossing on Charlestown Road.

"The conversation surrounding the

campaign has been primarily good and many people have expressed to me that they are super happy that we are involved in it!" Qullio said.

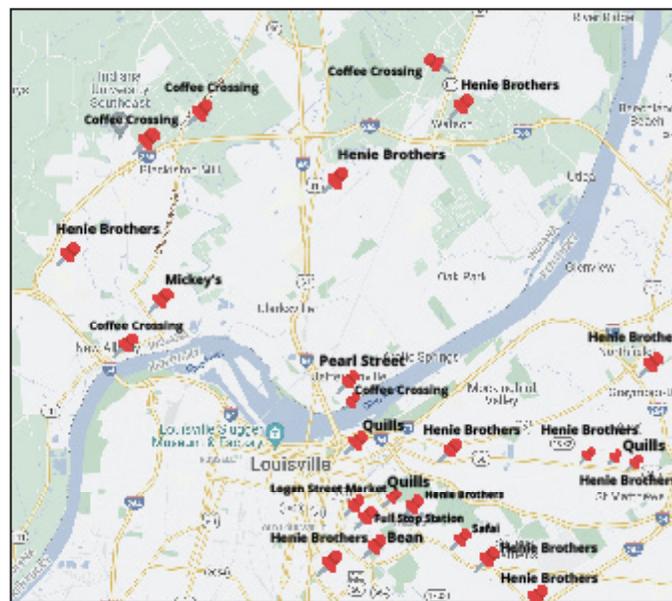
As a barista, Qullio says he has never seen something like this.

"I wholeheartedly believe that this is a great way to start a conversation about homelessness," Qullio said. "I have personally experienced many people get excited to learn about the topic and see how they can help!"

Senior Raymond Herron has engaged with the community through Anchor Club and his co-chair of community service position in Student Council.

He says that as homelessness rates go up it's important to engage in conversation and do what you can to help.

"[Volunteer] in more soup kitchens, donate your clothes and food, and become familiar with local shelters [and organiza-



Area coffee shops partnering with the Know Homelessness Campaign.

tions]", Herron said.

Local charities like Exit 0, 8th Street Pizza, St. Marks and We the People donate and interact with the homeless on a regular basis. To get involved you can visit their websites, buy pizza and make a donation at 8th Street Pizza or bring old clothing to your local Goodwill and direct your donation to Exit 0. You can find more information regarding the coffee cup campaign at knowhomelessness.com.

"Ultimately be kind and respectful because that is what is most important," Herron said. "Treat everyone like a friend."



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Interrupted journey

Class of 2022 faced many obstacles in the last three years due to the pandemic

By// ZACHARY WEEDMAN

A TIMELINE OF

COVID-19



From all-virtual to hybrid to in-person with masks, the 2018-2019 is the last “regular” school year students remember. Of the current student body, seniors are the only ones who have had a normal year of high school.

Over the past 18 months students have contended with mask mandates, ever-changing schedules, and in general much more turbulence than they’ve likely ever experienced before. Because of these changes, seniors haven’t gotten to have “normal” graduations and freshmen haven’t had the “typical” high school experience.

The Class of 2022 has been caught in the middle.

“Things are definitely different now,” senior Lilly Worrall said. “I honestly don’t even remember all that well what it was like before the pandemic. I know things used to be a lot more simple, but beyond that I don’t remember much.”

Seniors now drive, have jobs, and are about to become legal adults throughout the course of the pandemic; the world hasn’t just become more complicated because of the virus - it’s more complicated for seniors in general.

“I would definitely say things are a lot harder now,” senior Hannah Wells said. “There’s just a lot more going on all the time, and it’s hard to balance all of it sometimes.”

In addition to getting a job and driving, Worrall says schoolwork has gotten more difficult. She says it’s harder for her to stay on top of everything as well as she used to, and in general she cares less about doing extremely well in classes.

Senior My’Asia Earsery shares this sentiment as well.

“I used to care a lot more about doing well than I do now,” Earsery said. “It’s not worth trying so hard anymore. There are more things I have to worry about and school shouldn’t always come first necessarily.”

Wells says she has changed dramatically from freshman year, and in general has settled into her personality more.

“The foundations that were once there have cemented their core elements and taken more of a unique shape,” she says.

The same could be said for Worrall.

“My personality is so different from what it used to be,” Worrall said. “I used to be much more loud and I think it had a lot to do with who I hung out with. Even though it’s changed, my sense of humor in particular hasn’t changed all that much.”

During high school students go through lots of development and growth, and overall become more of who they will remain the rest of their lives; this is connected to students’ environments. This can be anything from your friends,

coworkers, parents, other family members.

“My friend group is almost completely different from what it used to be,” Wells said. “There are still some people I’ve stayed friends with, but for the most part it’s stayed the same. I think it’s for the better though.”

Worrall’s surroundings have changed too. After cutting off nearly everyone she knew when she was younger and taking time to reflect on who she really was, she essentially rebooted her life and has since been happier.

“I’m a lot happier now than I used to be,” Worrall said. “I got to figure out more of who I am, and I think in the long run that will help me more than if I stayed in the same situation.”

With all of the change going on in people’s lives, each year and their happenings are bound to have taken on an identity of their own. Wells says her favorite year was her junior year because of all of the personal time and growth she was able to experience and undergo. Earsery however, sees things a little differently.

“Freshman year was definitely my favorite,” Earsery said. “Everything was easier, and I had so much less stress in my life.”



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“Where’d you hear that?”

Anonymous social media accounts spread drama throughout school **BY// CARLEE SMITH**

Out of 106 people polled 56.3% of NAHS students follow anonymous student-run social media accounts.

With social media being part of society it is natural it would become a part of school. However, social media can have a negative and positive effect within the school.

There are a few different types of school based social media accounts. There are accounts solely run by teachers, administrators, and coaches. There are accounts run by students but supervised by a staff member. There are accounts run by students non-anonymously about different topics like sports, events, or clubs. Then, there are anonymously student run accounts.

Many student-run accounts provide information on helpful topics such as; themes for games, college sponsorships/applications, requirements to join clubs.

“There’s definitely a huge difference between the [types of accounts],” sophomore Isabella Frantz said. “Because usually with fight pages they just want to get more people involved in drama. With student-run ones about the community and stuff that’s obviously very positive and it helps bring people together.”

Some students find the school advised student-run accounts very helpful.

“A person at our school has a really positive social media account where they lift people up,” Sophomore Kage Martell said. “Even if they don’t know them they’ll post pictures of them and tell them they’re beautiful and have a wonderful day.”

Martell said what he thought the helpful uses of social media related to school are.

“If you’re in an art class you can follow an art account. If you’re in orchestra or choir you follow accounts that will help you

learn music,” Martell said.

Other students think that school based social media can be harmful.

“[Anonymous accounts] bring attention to things that people don’t really need to worry about,” senior Bella Board said. “I saw an account about scumbags at our school and I was like ‘who cares.’”

Many anonymous social media accounts believe they’re harmless, but some students think it goes too far.

“People think they’re making a joke or they think they’re being funny,” Board said. “Some things people might actually want to see but for other accounts I don’t think people really care.”

While Board thinks that anonymous accounts are harmful she also sees how social media helps school.

“I’ve seen student-run accounts for things like student council so that’s a good use,” Board said. “There was one in middle school about positive things people had done and I thought that was a good idea.”

Senior Ryan Betsch agrees that anonymous social media is harmful to the school.

“[The accounts] portray our school in a negative way,” Betsch said. “Some people think it is funny but I just don’t think it is.”

The attention anonymous accounts get are another reason so many are created.

“A lot of people give attention to them because they think it is funny,” Betsch said.

Some students think that school related social media is harmful and helpful.

“The harmful parts of social media are

that it can be distracting and increase the drama going on in school,” sophomore Bradley Harp said. “The positive aspect is that people can get motivation and talk to their friends.”

There are many different ways to use social media in school which is why it is difficult to decide if it is harmful or helpful.

“The downfall of using social media is it’s distracting,” Harp said. “One person has something on their phone, then the next person sees it. The positive aspect is if there is a sports event or something that has changed, people can spread the word about it.”

Frantz also thinks that social media involving school is both harmful and helpful.

“Some negative aspects are that it portrays students in a bad light,” Frantz said. “Having those posts be up there for a long time means different colleges and schools could see them ruining opportunities for students.”

Frantz shared what some positive aspects are about school social media accounts.

“Some positive things are that you get to see your fellow classmates do fun stuff within the community,” Frantz said. “It can help you stay in touch and make memories.”

However, she realizes there are bad aspects to social media.

“[People create these accounts] because drama is easy to consume and people get lost in it a lot,” Frantz said. “And it’s very entertaining. It is human nature to want to look at drama and know what’s going on even when you’re not involved.”

Many students think that school related social media can be harmful or helpful. However, does the good outweigh the bad or the bad outweigh the good?

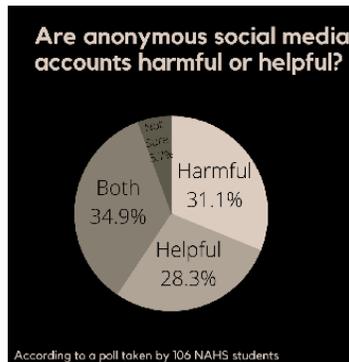
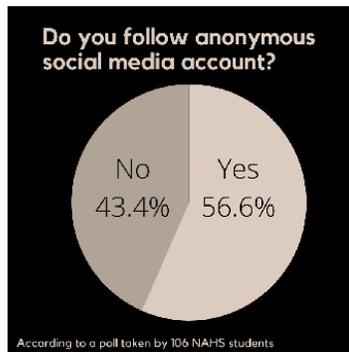
“It is kind of equal,” Harp said. “One way it can be good but one way it can be

bad.”

Frantz agreed that the bad and good balance each other out.

“It goes both ways,” Frantz said. “[Fight pages] can ruin opportunities for kids, but it can also bring the community together.”

Social media is a really useful thing for school but also has many downfalls, the best thing to do is to be mindful of what you post.



NAFC Educator



//News and Tribune

Journalist Josh Suiter created an anonymous Facebook account to report on NAFC school board meetings. Many parents might not have time to watch or attend school board meetings but they would like to know what is going on. Suiter says he created this Facebook account so that people could get accurate information about the corporation. Suiter says he does not include his own opinion in the posts.

“I never offer any opinions,” Suiter told the News and Tribune. “My opinion doesn’t matter. What matters is am I getting information out to parents where they can formulate their own opinions.”

Suiter says he wanted a place for community members to be able to discuss their opinions freely.

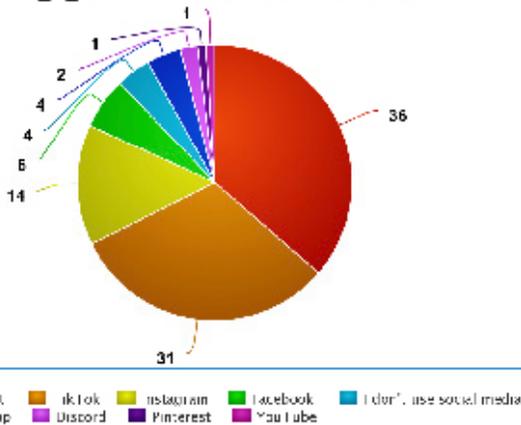
“My hope with this page is that people read it. They either get excited or get fired up about it, they get in front of the board and go ‘Hey, this is what’s going on and I agree or disagree with this and here’s why,’” Suiter told News and Tribune, “For me, it’s to build their knowledge base and have a better understanding so that they see just how great New Albany Floyd County schools really are.”

Social media & mental health

Teens' social media use increased during beginning of pandemic

BY // JONA CARPER

Apps used the most

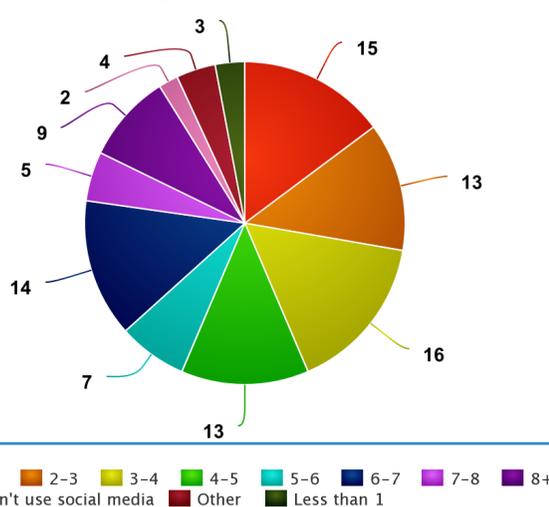


Do you believe social media affects your mental health?

72% YES

43% YES Do you believe social media affects your mental health?

Hours on social media



Once you've been dragged in, it's hard to crawl out of the hole that social media reels you into once you start scrolling and liking.

Students have been used to being at home doing their school work since the pandemic started, which was a great opportunity for social media to grasp a hold of teens and young adults and for them to feel more addicted.

The Negatives

81% of teens and 69% of adults in the U.S. alone use social media. Social media can be fun, but also dangerous in many ways like affecting your mental health and how you see yourself, according to the Pew Research Center.

In a poll taken by 100 NAHS students, the most used social media is Snapchat, with TikTok coming in second, and Instagram in third. The most that students are on social media is three to four hours according to the students that polled.

"Some negative effects of social media are definitely an altered perception of real and fake," junior Charlee Turner said. "A lot of people get so caught up with what they see and they begin to compare themselves to photoshopped pictures or celebrity figures that alter their photos. It's a real self esteem killer."

According to Forbes, social media causes people to be less happy after a while, we tend to compare ourselves to others which leads to an unhealthy jealousy and obsession, and we think that social media is a good thing when in reality, it's not.

Senior Tori Craig says she uses TikTok the most out of all social media, and spends about five to six hours on social media each day.

"Social media can definitely make you feel like you have to live a certain way or look a certain way," Craig said.

Not only can social media be very demeaning and oftentimes fake, it can also be very distracting, especially when it comes to school work.

"Freshman year of high school I was on social media eight to 12 hours daily and I didn't do anything that I was supposed to be doing pertaining to school," Turner said.

The more time that is spent on social media, the more reports there are of people having trouble sleeping and having symptoms of depression, Psycom states.

"Social media is beneficial in the aspect of entertainment. We are in the middle of a pandemic. Who knows when we'll have to go into another lockdown? I rruely believe social media got everyone through quarantine."

Junior Charlee Turner

The Positives

Social media can be beneficial to those who have social anxiety and trouble connecting with people in the real world and socializing in real life, according to Psycom. Teens tend to find comfort within other teens on social media who are going through the same struggles, and feel that they can relate to them easier online where they can hide their identity and stay anonymous.

Sophomore Oliver Trueblood does not use any social media, but he says he believes it has some benefits as well.

"It can be useful to learn new things and spread information," Oliver Trueblood said. "It also is pretty cool that you could communicate with someone who's in a totally different part of the world as you."

Social media is also a good way to keep in touch with your friends and keep up to date on things and events going on in their lives, school events, and the world.

Sophomore Avarey Kiesler uses Snapchat the most rather than other social media apps.

"I do like that I can stay in touch with my friends and I talk to people more than I would without snap," Kiesler said.

According to Smart Social, social media can be beneficial by helping teens learn essential job skills, can be used as an outlet for creativity, and can help motivate people to achieve their goals.

"Some positives about social media is that it's just super fun," Turner said. "I love how social media makes me feel sometimes. A lot of the time I'm smiling and laughing about what I see."

Smart Social also says that social media can help people learn new things like giving them information on things and giving them access to help when it comes to learning new things or a new subject.

"I definitely use my social media most for posting or sharing," Turner said. "Honestly it's my favorite part of it all: being able to share with people."

FOLDER WARS

Students debate color coordination of folders

BY// HALEY SHOCK

Every year when fall rolls around, all students are faced with the extremely difficult decision: What color folders do I get?

For a lot of students, their color choice stays the same for each subject every year.

"I have just had these same colors for each subject for a long time and I was kinda used to it, meaning sometimes the teachers pre-pick colors for their subject and it grows on you a little bit when it is the same every single year," junior Kyleigh Burke said.

Through the years these choices have caused a lot of debate among students, with many people choosing different colors for subjects for different reasons.

"Math is blue because blue is a very straightforward color," sophomore Gabriella Higdon said. "English is red because red is the color of emotions and between the two, English has significantly more emotions than math. I'm not sure why science is green but I feel very strongly about that, and history is yellow OR black, yellow because it's the last primary color and history is a core subject or black because that's kind of a boring color, which matches history."

While many students have differing opinions, there are some subjects that a lot of people agree with 76% of 73 NAHS students polled saying that science is always green.

"I think science, preferably a life science like anatomy or biology because it makes a statement that green equals life," Burke said. "Like when I think of biology, I think green!"

On the other hand, some subjects are much less unanimous, such as social studies. Of the students polled, 27% of people chose yellow, 20% chose black, with the



rest of the answers distributed over nine other colors, making these answers extremely split.

"I even have two options for history, so I can definitely see that being one of the least united colors," Higdon said. "I'm not sure why there's so many options for that class."

Oftentimes, color choices for folders are often primary colors or from only a few simple colors.

"I think that certain colors just make sense for certain classes, but I also think that the colors are probably more common colors, which is why more people think of those colors," Higdon said.

While for the common classes many people seem to use common colors, less common colors are often used for uncommon classes such as world languages and fine arts.

"The core classes also had specified colors in middle school, so what colors we had to use then also played a part," Higdon said. "Pink is fine arts because musical theatre is one of my favorite classes and pink is one of my favorite colors, and language classes are purple, but I also can't explain that one."

According to Color Psychology, colors such as pink and purple hold a very calm, sensitive, and optimistic value to them. Which may be why many people associate the arts with pink and purple.

Thirty-eight percent of students polled chose purple as their favored color folder for the fine arts, with the second highest choice being black with 25%.

For many people, they don't change the color of their folders often, it may be because of personal preference, or many there really is a correct choice in color.

What color goes with each subject?

according to 73 NA students

Science



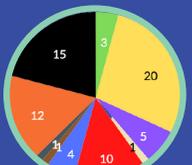
Math



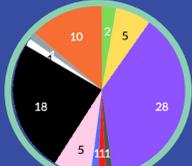
English



Social Studies



Fine Arts



COLOR PSYCHOLOGY

When humans see the color red their reactions become faster and more forceful, however, that boost of energy is often short-lived and in the end, reduces analytical thinking.

Yellow isn't a commonly liked color. Most of the time it's either that you love it or you hate it.

Green is said to spark creativity. There is an association between the color green and regrowth/nature. It can help productivity.

A new pandemic: fast fashion

The negative impact and what we can do to fix it

BY// ALLY LANDGRAF

The rise over time

In the past few decades, clothes shopping went from a periodic thing to a frequent, everyday hobby. Clothes have become cheaper, and trend cycles have sped up. Clothing companies needed a way to adjust to the quick rise and fall of trends, thus creating fast fashion.

Fast fashion is defined as cheap, trendy clothing that samples ideas from the catwalk or celebrity culture and turns them into articles of clothing in stores at dangerous speed to meet consumer demand. The goal is to get the newest styles and trends on the market as quick as possible.

It became effortless to be up-to-date on the newest trends on social media. Fast fashion plays into the idea that once a trend dies, there is no going back. This adds to the overproduction and exhaustion that makes the fashion industry one of the earth's greatest polluters.

Low-cost fashion started to become the main source for consumers. In result, global chains and companies now dominate fashion stores, especially online shopping sites. With the great accessibility to shop for on-trend clothing whenever consumers want, the grip fast fashion had on the industry grew almost overnight.

The impact

How exactly does this affect the workers in these clothing companies, the environment and animals, or even the consumers?

Environmental

Fast fashion's impact on the planet and its organisms is vast. The demand and pressure to speed up production and reduce costs results in lack of empathy for the environmental factors of manufacturing. The negative impact of this includes use of toxic textile dyes, cheap textiles, and low quality items. Senior Shelby Rodriguez shares her concerns for the unethical means of production.

"Things like toxic chemicals and dyes already pollute water, and burning huge

amounts of plastic contributes to global warming," Rodriguez said.

The vast amount of water and materials needed for fast fashion also creates the danger of droughts, and competition of resources.

"I've always wanted to be a marine biologist, so I also worry about marine life ingesting chemicals and plastic," Rodriguez said.

Wild animals, both on land and in the water, are more susceptible to ingesting chemicals and microfibers in waterways. Senior Madison Scalf is also concerned.

"So many people throw away clothes every year and they just end up in a landfill," Scalf said.

The demand for clothing as trends rise and die out leads to more clothing being thrown out and discarded, contributing to the already growing waste problems in the world. The speed at which products are made also results in low quality items.

"The environment shouldn't have to suffer so we can wear low quality clothes at faster rates," Scalf said.

Employees

The harmful impact is also set on the people who work under these fast fashion companies. More often than not, the working conditions are extremely dangerous and difficult to work in. When required to work at the speed they are, they're more prone to workplace accidents.

"I've read articles about workers getting hurt, and it makes you think how are we allowing this to happen," Scalf said.

The toxic dyes and chemicals these hands on workers deal with can really negatively affect both their physical and mental health. Many of the workers in these companies are also paid low wages, and are without fundamental rights.

"It really makes me sad that these things still happen these days," Rodriguez said.

Everyone

Lastly, the impact on consumers them-

selves are just as bad, if not worse. Fast fashion encourages the incredibly quick pacing of trends. It uplifts the idea that consumers must keep buying clothes to stay on trend, and throw out the "out of style" clothing they had just bought not even a week prior.

"Clothes go out of style and in style so fast lately and it is very hard to keep up," Scalf said.

It creates a constant need. The speed at which trends emerge has only grown with social media, and fast fashion companies use this to their advantage.

The solution

Younger generations, such as Generation Z, have shown concern for non-ethical means of production in their clothing, the exploitation of companies, and the destruction of the environment. There is a growing wish for inclusive, sustainable fashion. Small businesses are a great way for consumers to buy clothing, and support the growth of hard working individuals. Small business owners can be found anywhere, from online to shops in your city. Online platforms such as Depop and Etsy, are popular for small creators or retailers.

"Depop is a social shopping app, which allows you to sell clothing or something you've created to people who are interested, and I love using it to thrift online," Rodriguez said. "Etsy is also really good for handmade sweaters and clothing."

Other great places to find clothing that are not fast fashion companies are thrift stores. Shopping second-hand decreases the demand for new retail goods, and it keeps unwanted clothing out of landfills.

"I go to Goodwill and Salvation Army when I can so that I avoid fast fashion, and I always find really good stuff," Rodriguez said.

When shopping at a thrift store, you're more likely to shop at your own judgment, rather than shopping for what is on trend. In addition, shopping second-hand does not



nearly cost as much.

Giving love to the clothing you already own is also another great solution. Going through your clothing allows you to remind yourself of what you have. Instead of throwing out your unwanted clothes, think of making them into something new, or donate them to thrift stores in your area.

"When clothes don't fit me anymore and I still like them I try to go get them tailored," Scalf said.

Everyone can make a difference in the negative impact fast fashion has made in the industry, and it can all start from your closet.

Does your vote matter?

Award show voting brings controversy

BY// ABBY LEWIS

Behind all the glitz and glamour of award shows, like the MTV VMAs, there is disappointment from fans whose favorites don't win. Many believe that voting for artists is unfair.

"Olivia Rodrigo should have won [artist of the year at the MTV VMAs] because she released her first album this year and broke a bunch of records with her songs on the charts," said junior Sarah Chapman. "She's only 18 and it's her very first album so it is kinda impressive."

Instead of Rodrigo, fellow music artist Justin Bieber came out on top and won the title as Artist of the Year. Chapman says that she personally believes Olivia Rodrigo releasing her first album, *SOUR* and garnering as much recognition as it did proves that she deserved the award.

"Justin Bieber released 'Peaches' while other artists released whole albums that were much better than his one song," said Chapman.

Chapman is not the only person who says that her opinions aren't in the majority, or even heard at all when it comes to the results of competitions like these. This can be explained by the fact that there are different voting methods that are used across the different types of music award shows.

"I would say that award shows don't really represent my opinions at [the] least," said freshman L.E. Blanchard. "But, I have never taken the opportunity to vote."

As Blanchard said, public voting is one of the ways award shows determine their winners. This method, in theory, not only engages the public but gets them to tune into the program, which boosts sales. In the end, many people don't end up actual-

ly voting, so the winners of shows judged in this fashion are determined by a smaller audience who actually cares to vote.

"I've never taken the opportunity to vote," said Blanchard. "I feel like no one really takes the time to vote on anything like that."

In a world where many places are still shut down, due to the pandemic, voting on things such as which celebrity gets a statue of an astronaut to put on their shelf can seem unimportant and a waste of time. However, for super fans, or "stans" of certain artists or groups it can become the most important thing in the world. This is where the problems in bias come into play, with the smaller audience voting and no way to enforce voting regulations, votes can become inflated.

"I definitely think that people abuse that power," said Blanchard. "If I had the time to vote, I probably would too."

Other students, like freshman Phillip Cheney, believe that the public's vote is the only way to go. It gives all of the power to the people and affirms that the fans are a celebrity's main audience.

"I personally don't like award shows because I think they are demeaning to [celebrities] who worked so hard to get where they are to rate them through other people who have also worked hard," said Cheney.

"I think [award shows] should definitely be based on people's votes instead of other celebrities. Celebrities have beef with each other, but people can only have personal opinions and those can't affect [celebrities] unless [the people who hold the opinions] meet them but that doesn't really happen."

The Grammys have recently reformed their voting due to a boycott be-

cause of a secret meeting, according to *VanityFair*. Now there is a body of 12,000 voting members who nominate and eliminate artists until they are down to five. The decision is made from there.

"It is all based on popularity [when the public votes]," said Chapman. "If the VMAs or any other award show were fair awards they would be based off of artistry, which includes lyrics, my goodness."

Chapman says that she is also tired of seeing the same people win over and over again. However, Cheney disagrees.

"If somebody keeps working continuously hard throughout the years, or even harder, and they just have the best stuff, number one trending, number one song, number one everything, I feel like they deserve that award," said Cheney. "Depending on if people agree with it, you shouldn't have a cap on how hard you are allowed to work based on other people's eyes."

One drawback that Chapman and Blanchard both point out is that with public voting is that there aren't strict regulations or any way to enforce them.

According to TikTok user, "@beladelgado10" when Taylor Swift was up for her first video music award, he sat in front of his computer and created new emails to vote over and over again.

"I spent over eight hours making fake email accounts that I never used again just to keep voting Taylor Swift to win this VMA," said Delgado.

Even though these votes don't technically matter as much as other elections, like for the government, it still means a lot to celebrities and fans. People like Blanchard, who do not vote for awards like these are in a majority. Since a smaller number of people actually vote for the awards, the results can end up being somewhat-skewed.

"When somebody wins a VMA or a different award it is not always well deserved," said Chapman. "Most of the people who vote are voting because they love that person and it's not a vote or general consensus."

...AND THE NOMINEES ARE...



Longtime-active musician, Justin Bieber won Artist of the Year at the MTV VMAs. He was one of six nominated, and the only male of the six.

ARIANA GRANDE

Ariana Grande has been a professional performer since she debuted in "13: The Musical" in 2008. More recently, she has released an album titled "Positions" on October 30, 2021.



DOJA CAT



On June 25, 2021, Doja Cat dropped her newest album, "Planet Her" which featured 14 tracks including the song, "Kiss Me More". This is her third studio album.

MEGAN THEE STALLION

Megan Thee Stallion released her first studio album "Good News" on November 20, 2020 after releasing 3 EPs, being featured on 14 other tracks, and releasing 23 singles.

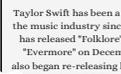


OLIVIA RODRIGO



Olivia Rodrigo got her start as an actress, but proved her skills in singing by playing "Nini" in the Disney+ original "High School Musical: The Musical: The Series". On May 21, 2021 she released her first album "SOUR".

TAYLOR SWIFT



Taylor Swift has been a massive influence in the music industry since 2006. Recently, she has released "folklore" on July 24, 2020 and "Evermore" on December 11, 2020. She has also begun re-releasing her previous albums, starting with "Fearless" on April 9, 2021.

Bieber has now received seven MTV VMAs.

THE ACADEMY

The academy, like for the Grammys, or other membership based awards shows are voted by members of a committee. Sometimes you have to pay a fee to participate. Examples of this voting method would be the Grammys or Country Music Awards (Round one of voting).

FAN VOTING

This voting method is by far the most popular. This is where the public votes through websites affiliated with the award show. An example is the American Music Awards.

STRICTLY NUMBERS

This voting method does have nominees, but the actual winners are voted off of strictly numbers. This would include views, streams, and purchases. An example of this kind of voting is Billboard Music Awards.



The decline of the **big screen**

Movie theaters see less traffic, streaming services pick up the slack

BY// OLIVIA HEAD

Quick! Hurry! See, the Regal is closing down!

That was all the buzz in New Albany this summer. With the news the Regal would be temporarily shutting down because of Covid-19, the flow of regular movie-goers came to a standstill. Viewers turned to services such as Netflix and Hulu instead, surging a clear 79% in 2019. During lockdown adults spent nearly 6 and a half hours a day watching TV, according to *The Drum*.

Soon enough the Regal was back up and running in early 2021, but the stream of regular didn't all return. To some, watching movies at home just seemed the more natural thing to do.

"When I watch movies at home I can watch and re-watch any time I want," senior Dana Wright said. "At home I can do what I want when I want, and I like that I can be on my phone and send a text message instead of people yelling at me from being on my phone."

Lounging around at home on your own furniture, in your pajamas, and eating your own food can be appealing.

"When you're at home it's literally just you and not a group of other people sitting with you, so you can relax and enjoy the same movie at your own time," Wright said.

Streaming apps and other at-home entertainment tv have added more shows, reality tv, and movies to keep up with the demand. Apps such as Netflix have added over 50 shows this month, according to *Wired*.

"I like watching movies at home because I can have my own snacks," senior Jaden Grant said. "And I don't have to pay at the theaters. I would be more comfortable at home."

Most movie theaters tend to overprice their snacks so the actual movie tickets will be cheaper. It can come down to a complete science, even the popcorn is rigged! It's loaded with extra salt and artificial flavor-

ing that makes it look like butter when it's really not.

"I think you would save more money if you watch movies at home," Grant said. "Tickets are expensive and drinks and snacks are double the price."

For others the price is worth it. The decline of movie theaters has been sweeping the nation more recently due to better streaming quality and the accessibility people have at home compared to in person theaters. By 2019, ticket sales had dropped 22% to 1.23 billion tickets, despite 17 years of population growth, according to *The Collegian*. And because of that, theaters have no other choice to raise their prices.

"They are definitely more expensive but it's worth it because it's more fun," senior Brewer Bennett said. "If there's nothing else to do and being at home doesn't sound good then the movies sound fun."

In 2010 the average ticket price not including popcorn or snacks was \$7.89, according to NATO. But the prices in 2019 rose to \$9.16.

"Movie theaters are expensive," Wright said. "I can save more money considering it if you buy it instead of just renting it and then the cost of a movie for buying it is or not as buying a ticket to only see it once."

While on one hand some people put into play these factors and weigh their options better for staying in the comfort of their own home. Others could

argue that, some prefer the better quality of movie theaters.

"I like movie theaters better because I am in love with movie theater popcorn. I just throw a bunch of butter on there and it's amazing," senior Analiese Hickman said. "And I also love the slushies and I just love the overall experience."

Theaters help us to see a different perspective from our own, Acting Studio Chicago says. It reminds us that we are not alone and we can love movies as much as the people behind us, or next to us can.

"The screen is bigger and the sound quality is better," Hickman said. "I think it's more exciting in person because you're with everyone else who wants to watch that movie."

As more and more theaters are opening back up, experts are hoping for a strong recovery leading into 2022, according to *Variety*. With the release of new and box-office worthy movies they say it will be a positive step forwards for the struggling industry.

"Going in person is better because it

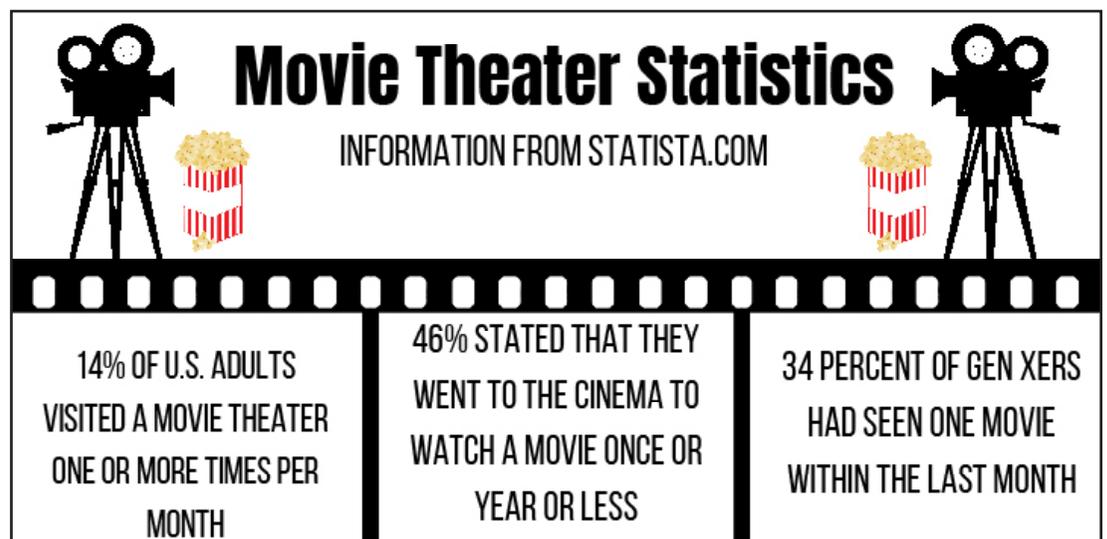
has a better picture and has a really good sound," Bennett said. "I like that you can go with your friends. It's a fun experience with everybody and I like the food."

Though better streaming qualities and accessibility has turned most viewers to in-home watching, movie theaters still provide an extra atmosphere and added fun, claims Bennett.

"Sometimes sitting at home seems better than going out," Bennett said. "But I like theaters because I like how quiet it is, how dark it is. I'm a big fan of the volume too. It's better when it's louder."

Though movie theaters are seeing less traffic, there are still some loyal customers.

"I do think it's sad that theaters are going out of business," Wright said. "As a tradition we sometimes do go see a movie around Christmas time or anytime if there's something good on. But it was sad seeing theaters going out of business because of all these new companies like Paramount and Disney Plus but it is good that we do have those options now."



It's not a labor shortage

Americans want to work, but not for unlivable wages

BY// ABIGAIL KNOOP

If you've been living under a rock these last few months, maybe you haven't noticed the rapid decline in workers almost everywhere.

But, if you've been out and about-you're

more than likely tired of seeing "now hiring" signs. Aren't we all? You might be asking yourself, "Why does no one want to work anymore?" Well, to that I raise the question, why does no one

want to give good pay anymore? An entry level food service worker salary is roughly \$17,000 a year, according to Zippia.com. That's about \$10.00 an hour working full time (30-40 hours a week). But that is usually lower for high school kids under 18 who have fewer choices.

As a high schooler, I don't expect to be making \$15 an hour. It's a bit unrealistic to demand that, to be honest. But that doesn't mean I should settle for the federal minimum wage of \$7.25. The minimum wage in 2008 was \$7.25 and the cost of living in 2008 made that equivalent to about \$15 dollars an hour in today's standards.

Critics say if the minimum wage goes up, so will the cost of living. Newsflash: cost of living has been going up. The minimum wage hasn't- in 13 years!

For a younger high school student, \$7.25 really isn't bad. If said high school student has little to no bills or responsi-

bilities and enough free time to work as many scheduled shifts required now in this ongoing pandemic of "labor shortage"- But older students who pay a monthly phone bill, care insurance, gas, etc. need a higher wage.

In the food service industry, some employees split tips. I support tipping anyone who's giving you a service, but sometimes it's a bit hard to do that when you also rely on tips to give you more than minimum wage.

Just imagine, you're at Subway and you order for the whole family. You spend about \$30, let's say. Then as you go to insert your card it asks you, "Do you want to tip?" and you think to yourself, why would I tip for something they're already getting an hourly wage to do?

Well, you're not alone in that thought. In fact, even employees who are being tipped question why

customers have to make up for their low hourly wage. Instead, the hourly wage should be increased and paid by employers. Corporations can get away with paying less because they advertise positions as "minimum wage plus tips" and it looks better to potential employees. But it comes down to the owner usually not wanting to increase their base pay so they don't have to increase prices or decrease their profit margin.

Take this as an example; A local ice cream shop's base pay is \$7.25. Their ice cream selection has a set price to keep customers happy. The owner can't raise the base pay without raising the price of products or sacrificing a bit of his profit. Neither of those options are very desirable so neither of them happen and the workers continue to be overworked and underpaid.

But then, when the employee even attempts to complain they're ridiculed with,

"Find another job then!" which is exactly how we've gotten where we've gotten. All of these unhappy people are finding new jobs and then they're unhappy with those jobs because of the same circumstances.

It's hard to not criticize business owners when it comes to these circumstances because people are used to blaming it on laziness and zero work ethic, but the truth is, people don't want to work for little to nothing when they can just get government assistance. Because honestly, why would they? To keep giving to an economy that doesn't give back? To keep being overworked and underpaid while their bosses climb higher and higher up the economic ladder?

As someone who has worked in the food industry since I was 14 years old, I can promise you that if I didn't have to- I wouldn't. So next time you see a comical now hiring sign, think about why they need help so badly. Maybe then you'll get over it.



Pumpkin Popularity

BY// EMMA SMITH

Pumpkin Spice is essential to coffee shops in the fall. In 2019 alone, pumpkin spice drinks made a profit of \$512 million.

As a barista myself, these orders come in all the time, especially since they arrived in Starbucks on August 24, a day earlier than last year. S

But are we even giving summer drinks enough time on the menu? The Strawberry Funnel Cake Frappuccino went away right as the pumpkin recipes flew into stores. I was very grateful; frappuccinos are hard to make, and the strawberry drizzle got everywhere.

Many major coffee chains have short summer menus, but local coffee shops tend to keep their menu around for summer longer, such as

Heine Brothers and Coffee Crossing.

Senior Abby Byrnes has worked at Coffee Crossing since February.

"Many people do not realize this, but Coffee Crossing carries pumpkin year round," Byrnes said. "I think it's overrated. So many people order it. I really enjoy our breakfast lattes. They come out right around the time pumpkin becomes popular. The Flapjack one is my personal favorites. However, I tend to get a cold brew with two pumps of whatever I am feeling that day."

I agree - pumpkin spice is overrated. It is an amazing fall drink, but making it every day, and the other pumpkin items on our menu can be taxing. If you are going to Starbucks, I recommend getting pumpkin cream cold foam being added onto your cold brew or latte. It is a great way to spice up your drink. Also, if pumpkin is not your forte, Starbucks has a new fall drink, the Apple Crisp Macchiato available hot or iced.



MYTH VERSUS FACT	
MYTH	FACT
"Raising the minimum wage just increases the price of goods"	An increase in the minimum wage may lead to a small increase in prices but it will be WAY less than the increase in wages.
"The minimum wage was never supposed to be a living wage"	The minimum wage was created to ensure that people of all skill-levels, could "earn a decent living" off those wages—thus, a living wage.
"Raising the minimum wage will destroy small businesses."	It in no way disadvantages small businesses, if anything it levels the playing field.

Dress codes target girls

BY// ALYSIA BAILEY

Year after year, there's a policy every student must follow: a dress code. If you don't follow it, you will be disciplined.

While looking at area schools' dress codes, most rules only applied to female students' appearances: cleavage, showing one's back, leggings, spaghetti straps, off-the-shoulder and the "fingertip" rule which applies to shorts.

Some argue these dress code violations are "distracting" to others. But girls can't help the way they are created and can't change their body.

Teachers and administrators are expected to enforce the dress code. Are they the problem? Being dress coded for shorts that are too short or showing too much cleavage may make the female feel objectified, sexualized and unheard. Maybe their appearance is not distracting students, maybe it's the teachers because they are the ones pointing it out. And that isn't a feeling anyone should go through when they're simply attending school to learn; they should not be criticized by their teacher about what they're wearing. So why are they looking?

Many students have cultural and religious influences when it comes to their appearances. Some cultures and religions require girls to wear head pieces such as head wraps, hijabs, things to protect their hair or wear a special type of clothing. Schools should respect this. School is a place where students should feel comfortable without teachers and administrators questioning their apparel.

As years go on clothing changes and new clothing trends

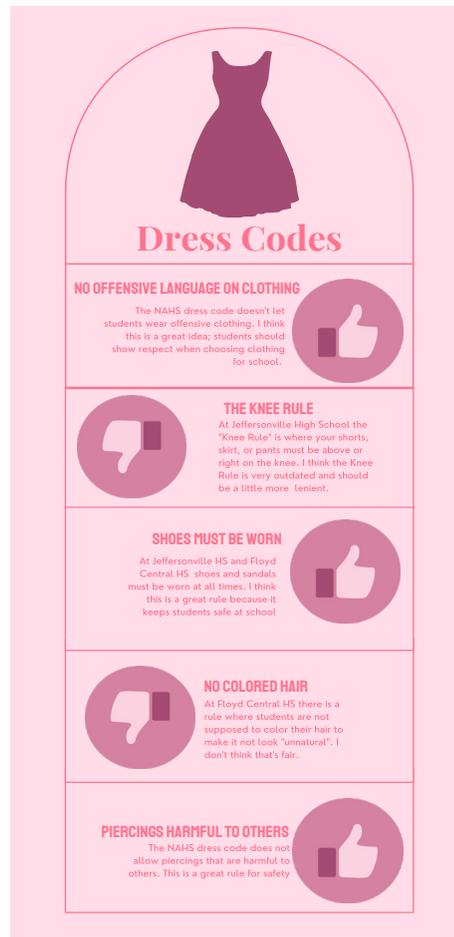
emerge. The finger-tip rule requires girls to wear shirts and shorts past their fingertips. While it seems straightforward, students and parents have trouble finding clothes for their students to wear that fits this requirement. Fashion has changed a lot over the years so dress codes should be updated. The wording of dress codes can be a problem as well; it should not blame females for "distracting" others.

Oversized clothing has been a very popular trend the past few years. For example, oversized hoodies/shirts with shorts underneath. Girls are being dress-coded for the shirts covering the shorts because it looks like they are not wearing pants. This trend is popular and it's not exposing any body part but the legs. Administrators should update the dress codes to make it go with more recent trends that are appropriate for school.

There are, however, some things students wear that should be restricted, like big pieces of clothing that could block the view of others and distract from learning. Students should not be allowed to wear something that has

rude sayings and something that may concern others. With the dress code it should be targeted more towards safety than wearing shorts that don't meet the "fingertip" rule.

Dress codes should not shame young girls. Schools embarrass girls and make them feel insecure when they decide that their outfits are inappropriate for school. It does more harm than good to control what students are wearing to school.



Keeping up while quarantining proves to be difficult this year

BY// JAMIE SULLIVAN

For the first 30 days of school I was only able to be here 15.

Being in quarantine last year was not a big deal, but this year quarantining is a whole different experience.

The world has been slowly turning back to "normal" in the last few months. With stores opening back up and dining in restaurants being available again, many expected school to follow that trend. Students and staff were excited for school to return to "normal", but COVID altered those expectations.

There is no longer a virtual learning option for NAHS students and not every assignment is on Google Classroom either, making it difficult for quarantined students to keep up with schoolwork from home.

While there is the option, students have to commit to the "Virtual Academy" for the semester.

Not many students or parents were interested in the virtual option until cases started rising in mid- to late August.

Since school has been in session, the mask mandate has evolved. At first masks weren't required at all and the social distancing requirement was 3 feet apart. As more cases were confirmed, masks became required inside NAFCS buildings.

I got quarantined August 23, 2021 and returned to school on September 7, 2021. In total, I missed about two weeks of school during my quarantine period. It can be hard to keep up without virtual classes, not to mention it can be hard to keep up in general when you're sick.

Most teachers don't put all of their work online anymore and I've had a lot to do since I returned to school. Some teachers have exempted me from all of the work that was assigned in my absence, while others want me to do everything in order to catch up. It can get quite confusing at times because my expectations vary from teacher to teacher, as well as figuring out which class to prioritize first. Of course being exempt from assignments is great, but I still need to go back and learn the material so I won't be confused with any further work. That in itself can get overwhelming, having to cram in previous lessons on top of making up work for other teachers.

Now that the first nine weeks of school are almost over, I feel like I have missed out on a lot. Coming back to school has been difficult but some things have definitely made it easier. Teachers giving me more time on work, giving me simple re-caps, and simply just being understanding have really helped school easier after quarantine.

It is nice to be exempt from work especially when you have seven classes to take care of, but going back and learning the material is helpful too. I prefer this year's teaching style as opposed to the virtual classes, it is easier to focus, be motivated, and just overall take care of more school related things.

Materials are helpful too. I prefer this year's teaching style as opposed to the virtual classes; it is easier to focus, be motivated, and take care of school-related things.

In memory of Assistant Principal Nancy Givens



“One of the kindest hearted people I’ve ever known.” Mr. Josh Nall // **“Ms. Givens always greeted me with a smile and enthusiasm. She was realistic yet optimistic and believed in the students of NAHS. She genuinely cared and approached students with a compassionate spirit.” Mrs. Pauletta Stewart** // “I remember reporting to work Intersession in March 2020. The world was shutting down. We had no clue what was going to happen next. Ms. Givens and I walked in from the parking lot together. I looked at her and said, ‘Nancy, what are we doing here?’ She simply responded with, ‘I don’t know, but maybe I can be a blessing to a kid today.’ I will never forget her kindness. She was a blessing to all of us.” Mrs. Suzanne Ponder // **“My daughter sang in a concert at U of L last week. The choir sang a prayer set to music. The words were typed in the program and it said it was Mother Teresa’s favorite prayer. As soon as I read the prayer I thought of Nancy.” Mrs. Elizabeth Andrews** // “Ms. Givens had an outstanding work ethic. When she asked you to do something, she rolled her sleeves up and jumped right in to help the process/get the job done. She was always willing to help students, parents and co-workers. She was an excellent listener, and was a very compassionate person. She rejoiced when she saw a student achieve something, and encouraged many students who thought that the impossible was possible. I lifted others up with her positive attitude and her ability to never give up. She wanted students/parents to know that as a Team, we can get through many of the obstacles that students/families face daily. Nancy was one of a kind! She may not be in the hallways daily, but the footprint that she left will forever live in our hearts....we miss her daily.” Mrs. Mary Beth Hackman // **“Ms. Givens was a GREAT advocate for students with special needs!” Dr. Jennifer Miller** // **“Ms. Givens was a crucial part of helping the mental health program get started and become fully integrated into the school. She went above and beyond to work with LifeSpring staff to resolve any issues that presented themselves. Additionally, she was very intune with the emotional and mental needs of the kids she came in contact with and went beyond her job duties to help connect students to mental health services. Without her help, I feel certain that the mental health program would not have grown to the capacity that it is at now. I am forever grateful for her investment in the wellbeing of the kids as this program will continue to serve kids for years to come.” Ms. Jenn Davis** // “We had a great conversation about staying positive even when there’s negativity around us. I also remember her hard work and dedication in getting Prom organized for kids every year. It was always such a great incentive for the kids to do well. Finally, I remember the dedicated correspondence she kept up -- even in the late hours to work with families and keep kids motivated to graduate high school.” Mrs. Becky deFrance // **My favorite memory of Ms. Givens was when we took a group of Bulldog Scholars to Country Lake Retreat. I was nervous to go ziplining and she had always wanted to try it, she talked me into it, and we did it together. Afterwards I was so glad I did it, now years later I am even more happy that I have this memory of her being fearless! Mrs. Kelly Payne** // “She was an exceptional AP - truly cared about the staff and kids. She worked hard, treated people

fairly, accepted them, and actually cared - that was always evident. She was a model of Christianity but never flaunted it - just lived it. I would classify her as one of those people who are “just good people”. Handled everything calmly and rationally - could deescalate a situation like no one else - she was always so good at that. And I could trust her with anything, she would listen, and make you feel like it would be okay. Even more she was a friend and confidant. We traveled Europe together and attended several concerts over the years. She wanted to take in everything Europe had to offer and experience it all. She loved music - her vinyl collection in her condo was spot on. She was always down for seeing live music around town - didn’t matter the genre, she would enjoy it. She loved to walk the bridge, and have a nice dinner out. She’s been through so much in just the years I’ve known her and you never would have seen it on her face - she always had a smile, positive attitude, and greeted you like a long-lost friend.” Mr. Matt Jacobi // **“From my own personal experience, she was amazing. My favorite memory of Ms. Givens is when she was helping me with my Administration program. We had a great conversation about why she did what she did. She was always so positive and helpful. She showed me the amount of care if required to be good at the job she did. She was special at NAHS because she never gave up on students or herself. She would always explain things clearly to a student and make sure that they knew that they were cared for. Even if that student was in trouble, Ms. Givens wanted them to know that she believed in them.” Ms. Tabitha Vincent** // “Mrs. Givens was always present at prayer time in the morning. She liked to start her day there and encouraged others to do the same. Mrs. Givens once went out of the way to contact a parent for me in a very difficult situation. Nancy was an advocate for students. Her always positive “can do” attitude.” Mr. Tim Ferree // **“She used to always say hi and ask how I was doing when she saw me in the hallway. She was always so kind and nice to everyone. I’m gonna miss seeing her in the hallway and her smiling and saying hi.” Pztaylor** // “Every morning she gave me a smile and said good morning. She was very kind and always a helping hand no matter what. I will miss her radiating smile and kindness. She was an amazing person and will forever be remembered by NA and its students.” Isaac Bays // **“Her personality [made her special], she would listen to what you have to say.” Jayla Cousins** // **“She helped me with my work.” Aiden Hunt** // **“One day we were laughing about the funnest thing ever, I can’t remember what it was about but it was so freaking funny. She was awesome, sweet, kind, and funny. She was different to the other teachers because I felt like she actually cared about us. I will miss how awesome she was and I will never forget her. Gone but not forgotten. Miss you Ms. Givens always and forever.” Korina Miles** // “[My favorite memories are] going to college visits with her for my scholar program. [She could always] make me feel better when I was upset. She was a very outgoing person. She did all that she could to help out the students. She shaped up a lot of students to be great. I’ll definitely miss her smile, her positive vibe and her inspirational character. She has the same favorite color as my mom.” Antwoine Burnside // “She helped me feel welcome and guided me through what

the school has to offer. How helpful and caring she was. It will miss having her around to help me, I didn’t know her for long but I knew that she was a great person.” Logan Chanley // **“Every morning before school would start I would literally talk to her about everything. She would be the positive one and say ‘you’re almost done’. She helped me more than she would ever know; I always was the person that tried to say positive, but I don’t know if she could see through it or what but somehow she always said the right thing at the right time when I was trying to smile through the pain. I still remember one day I was down and I was about to be late to first period and I stopped to talk to her - she said something like ‘I know everything seem so hard right now, but you know if you take it one step at a time it will feel a little bit better’. I know you hear stuff like that all the time but it felt different, like she meant it with her heart. I still keep that with me when I feel like everything is going downhill; I know that I need to breath and take things one step at a time. She made me feel special. I get sad a lot and she was always there to cheer me up; I’ve never seen her sad. She made my day a little bit more manageable. [I will always remember] her spirit and enthusiasm; there was never a time were she wasn’t helping someone out. If I could go back in time I would hug her one more time and make sure she knows how much she meant to me. Also I would want her to know she got me through some challenging days without even knowing it.” Shalandria White** // “My brother passed August of sophomore year after she found out she wouldn’t let me walk away from her without smiling first. There was a miscommunication with a referral that was meant for someone else and she made sure I didn’t serve a detention I didn’t earn. She cared. She actually cared and not only about our grades. She didn’t complain that I had a bad attitude, she asked me what was wrong or how my day was. Her smile and the way she made me smile. Thank you for being my person when I needed you most. We will forever miss Ms. Givens, New Albany will never be the same without you.” My’Asia Earsery // **“Ms. Givens was our number one supporter for the cheer program; she would come to all of our local competitions and support her New Albany Cheerleaders, we all love and miss her so much. She helped me on my first day of school my freshman year find my classes! She loved and cared about each of her students. She was always positive and made students feel supported and loved. I miss her kind soul, she was the kindest person to ever get the privilege to know. We should all be more like Ms. Givens- passionate, kind, and supportive for our friends, peers, and family.” Abigail Swarens** // “Ms. Givens would always talk to me at lunch. She was there when I needed someone to talk to. She has always been there and pushed me to my goals. [I’ll always remember] her smile and her pushing us to our dreams.” Nathaniel Williams //

NFL 2021: Predictions

BY// JACK MOUTARDIER

This month the NFL started. The sport people around the world tune into, with hopes of their team taking home the super bowl that year. Only one out of thirty-two teams can win it, making it a challenge, a very rewarding one at that. But who will take home the trophy this year?

The team who wins it changes so much year to year in big part of the offseason. Every year prior players from seasons can become way better. Then theres the NFL draft which was April 29th this year, and many teams will select franchise players to lead to success and can completely transform a team. Lastly there is free agency, in which players with expiring contracts have the opportunity to go to another team if they want to sign to that team for the offer proposed. Last year the Tampa Bay Buccaneers got Tom Brady in free agency, then went on to win the super bowl, showing the importance of free agency.

Every year teams improve as well as downgrade, last year the Cowboys had their star QB Dak Prescott, get injured and be out for the rest of the season, leading to them missing the playoffs. With him back this year we'll have to wait and see his impact.

Last weekend on Sunday the majority of teams season opens took place. With every team wanting the trophy it'll be a tough task for every team. But who will win? To find out I will interview various New Albany students on their prediction, as well as breaking down every division looking at every team, then deciding who I believe will make the playoffs and most importantly win the super bowl.

Millions of people around the world watch football, and everyone has different opinions and views on teams...

Who has the Best Offense?

Freshman Tyler Hubbard: "The Browns, they have a top five runningback, two top ten receivers and an top five QB."

Freshman Jeremiah Renner: "The Cincinnati Bengals. They have great receivers and offensive line, they have a top five QB even though he hasn't proved himself much."

Freshman Kadin Bush: "100% the Pittsburgh Steelers. Dionte Johnson has great catching abilities, Juju Smith Schuster who always can get the crowd hyped up with his dancing, and "Big Ben" who you just can't say no to."

My pick: The best offense will be the Jets. They have introduced elite play on the offense with Zach Wilson, Corey Davis, and some great offensive linemen. They are set for success.

Who has the Best Defense?

Hubbard: "The Cardinals, their D-line is elite, and their depth chart starting and on the bench is impeccable."

Renner: "I think the Dallas Cowboys. They picked up some good depth at cornerback during the draft and really proved themselves last year as a defense."

Bush: "The Green Bay Packers, they have a great secondary, the way they play the deep ball is insane, their safeties are able to drop into coverage perfectly."

My pick: The best defense will be the Cardinals, they have an elite front seven and started off electric in week one showing their potential.

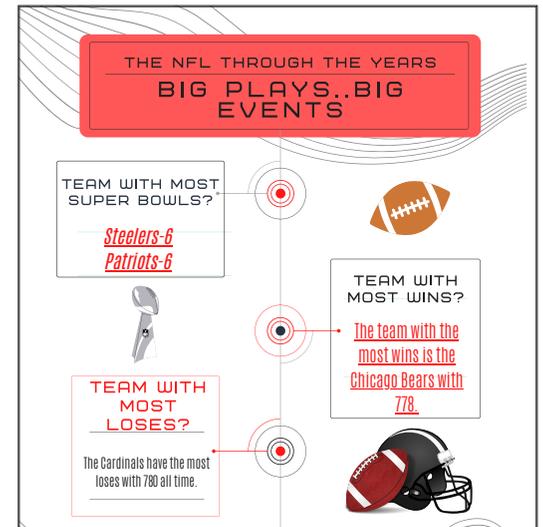
Who's Winning it all this Year?

Hubbard: "I think the Cleveland Browns will win. They have the best offensive line, a top five running back core, and an elite defense."

Renner: "I believe the Colts will win. They have three elite running backs, a great offensive line and Carson Wentz."

Bush: "I'm gonna go with the Chargers. They have great upside a great defense, Derwin James a top four safety is returning, they are winning it all."

My pick: The Steelers will win, as they have the best defense in the league, combined with three incredible wide receivers, an elite rookie running back in Najee Harris and a legendary veteran QB in Ben Roethlisberger.



Who is your Dark Horse Team?

Hubbard: "I think the Jacksonville Jaguars. They picked up Trevor Lawrence, who's easily the best college quarterback, and they have James Robinson a top 10 running back and all around depth on the field."

Renner: "That's a tough question, but I'd say the Tennessee Titans. The way they showed out week one really gives me hope that they can play good."

Bush: "I'd say the Las Vegas Raiders. They have a top 5 receiver in Henry Ruggs, his speed kills defenses, and their QB Derek Carr will have a breakout season, and be MVP this season."

My pick: The Steelers are my dark horse, nobody believes in them, but they are incredible on the defensive side and just need time to improve on offense.

NJROTC: Most Outstanding

Continued from page 1

The NJROTC program has a lot of diversity, but they had one common goal: to win.

"We have a unique combination of students here at New Albany," Cluver said. "Some cadets join to get better physically, some to become better students, some because they wish to join the military, but all come with an attitude of self improvement."

The NJROTC is all about discipline and giving back to the community.

"I wanted to become an involved citizen in the community, as well as become mature and more self-disciplined," Pepper said.

The Rifle Team won in their Sep 18 meeting at Floyd Central 1129-1122

"Seeing Floyd Central always win motivated us to win," Pepper said.

With all the groups one is bound to stand out and the NAHS Air Rifle Team stands out. They won Navy nationals in 2013 and 2018. They have

also won the most awards.

"It takes a lot of endless hard work and determination to be a successful cadet," Glover said. "Being able to successfully communicate with others can be a great challenge as well."

New Albany is nationally recognized for being a top NJROTC program.

"We were ranked at the end of last year in the top ten of 540 units in the country and first in Area 3," Cluver said.

**"It takes a lot of
endless hard work and
determination to be a
successful cadet,"
Senior Chelsie Glover**

It's Sectional Time!

Fall sport athletes take on post-season

BY// LILA ENDRES

Volleyball

Junior Reese Stivers is the Libero for the varsity team this year. Stivers received player of the match on September 7 against Bedford North Lawrence. She has served 25 aces this year alone and said the team improved the most when they learned they had to play for each other and not just for themselves.

Biggest Competitor: Floyd/Silver creek

Favorite Memory: The Jeff game because that's the first rival team we've beaten this year.

Biggest Accomplishment: Getting the libero spot.

End of season goal: The end goal for the season is to win conference.

Girls Golf

Kennedy Lee is a senior and is hoping to make it to State with the rest of the varsity golf team. The team placed second in their Sectionals and is playing in the Regional match on September 25. Lee said the team has made many improvements to their game over the course of this season. Lee also added she mainly wants to enjoy her last high school golf match with her team.

Biggest Competitor: Columbus East

Favorite Memory: At Sectionals on the 18th hole. I made an 8 foot putt for birdie and walked off to hug my dad.

Biggest Accomplishment: Our team's biggest accomplishment was earning second place at our conference and Sectional.

End of season goal: The end goal is to go to State.

Girls Soccer

Junior Kaydence Kaiser plays midfield for the girls varsity team and scored the first goal this season. Kaiser said that compared to this past summer the team is much closer and now each other's best friends. She also added that as long as they play as a team they have a shot at winning Sectionals this year.

Biggest Competitor: Our biggest competition for Sectionals had always been Floyd.

Favorite Memory: Getting the first goal of the season.

Biggest Accomplishment: I more or so just have the little victories such as hitting a good shot on my left foot or beating my juggling record overall.

End of season goal: Win Sectionals, but also to just come together as a team.

Girls Cross Country

Junior Tyra Berry is in the top five for the varsity cross country team, meaning she will be a part of the team score to try and advance past Sectionals. Berry has continued to better her 5K time week after week. Berry ran a 24:06 on September 11 and says she is ready for sectionals because it will be a new kind of meet that she hasn't gone to before.

Biggest Competitor: Runners that have passed me before who I would like to place ahead of by the time sectionals happen.

Favorite Memory: Going to the night race and hanging out with the team.

Biggest Accomplishment: On the girls team everyone has become faster.

End of season goal: The goal is to work hard the entire season and see results.

Boys Tennis

Junior John Fulmer plays number one singles and is excited for the pressure that sectionals brings. Fulmer also said they have had some new additions to the team which really helped the chemistry of the team.

Biggest Competitor: My biggest competition going into sectionals is Lanesville.

Favorite Memory: Practicing with the whole team and being together with some good guys.

Biggest Accomplishment: The team's biggest accomplishment this year was beating Providence because we have lost the last few years.

End of season goal: Make it to the second round of Regionals and hopefully further.



Ben Jacobs//11

Boys Cross Country

Ben Jacobs is a junior and has run on the varsity team since freshman year. This year he has dropped 24 seconds off of his time so far, running a 17:16. Jacobs said he is very excited for Sectionals because that is when you get to show what you have been working on for the past months.

Biggest Competitor: Floyd Central

Favorite Memory: Team dinners, I love eating with the team.

Biggest Accomplishment: Winning my race at Brown County.

End of season goal: My end goal as a team is to make it to Semi-State, and personally to get top 15 on the all time list.

Boys Soccer

Senior Chase Walters plays defense and says the team has grown to realize that the team can't be controlled by one or two guys. They need every player to be locked in when it comes to game time. Walters says he is excited for playoffs but you either win or go home so they have to be ready.

Biggest Competitor: Floyd Central or Columbus East

Favorite Memory: Hanging out with all the guys, when we went to the lake for a day

Biggest Accomplishment: Beating Manual, They are one of the best there are and we proved that we are one of the best too.

End of season goal: Make it to Semi State, I fully believe we're able to do that.



Kennedy Lee//12

Football

Number 77 Blake Osborne plays offensive line and says he is looking forward to Sectionals because the team has been working extra hard to beat Jeff after losing to them last year in the Sectional finals. The bulldogs have recently won 42-38 against Columbus East and 27-16 against Bedford North Lawrence. Blake also added that some of the underclassmen had to step up this year making them even stronger.

Biggest Competitor: Jeffersonville

Favorite Memory: Beating Columbus East after losing to them for 20+ years

Biggest Accomplishment: Receiving player of the week

End of season goal: We have had a lot of goals this season but the main one is to win sectionals this fall.

Balancing it out

Athletes' take on academics and sports

BY // SAMANTHA HAUB & JOY ROBINSON

Tips for Time Management

✓ Get a planner

This helps keep you organized by laying out what you have to do at certain times, when assignments are due, and what still needs to be done.

✓ Prioritize

Make a list (mentally or physically) of the most important things that need to be done.

Only do one thing at a time, don't do over do.

✓ Take a break

Taking a break is important to mental health and keeps you motivated.

✓ Set boundaries

Don't do more than you can. If you know something is due right away, don't add on anymore work.

✓ Be productive

Don't waste time on extra things. Set a time limit on your phone if it's a distraction. Listening to music helps productivity

✓ Study in advance

If you know that a test is coming up, start studying little by little. Waiting until the last minute causes cramming making it hard to retain information

✓ Maintain a sleep schedule

Having a steady sleep schedule is hard. Refrain from staying up late if you don't have to.

Giavanna Yowell 12// Volleyball

Post season training: Over the summer I do various workouts in order to stay in shape.

Choosing one: In middle school I tried multiple different sports to see what I liked best and I have always enjoyed volleyball the most. I have just continued to play volleyball all year around throughout the years because I enjoy it the most.

Work: I work at the YMCA [and] they are really flexible with my schedule. I can only work one day a week, Saturday morning, due to my availability.



Trial and error: The best thing I've done would be to do my [school] work early in order to stay ahead in my classes. One way to stress me out fast would be waiting until the last minute to do any work.

Lanie Scharlow 12// Cheer, diving, & track

Schedule: My daily schedule is going to school, coming home for an hour to do homework, going to practice, coming home doing the homework I didn't get done, showering and going to bed.

Working it out: I maintain my academics by time managing and using my time wisely. My downtime usually consists of doing homework, but sometimes I chill or hang out with friends if I have extra time. My coaches are mostly flexible when it comes to overlapping events/practices. That's honestly the only way I can do all three sports.

The spark: I started cheering because I've been tumbling my whole life and I used to be a gymnast. I started track because they needed somebody to pole vault. I started diving because my mom made me try it and I stuck with it.

Tyus Redd 12// Cheer & track



Schedule: When I leave for school I take three water bottles to school because I'm terrified of getting cramps while running. I always eat Chick-fil-A in the mornings because their food [isn't] that greasy. When it's time for practice, I stretch because I'm always injured somehow and then I'll start warm ups. Most of the time I don't leave the school until 7:30-8:00 after all my practices.

Working it out: My parents motivate me to keep good grades. I try to make sure I do my school work anytime I have free time during the day so it's less I have to do when I get home from school.

The spark: I started track because I used to play baseball and coaches would always hype me up for being fast. I started cross country so I could get better in track and stay in shape for the next season. I started cheering because I knew how to do a backflip and wanted to get into the games for free.

Single sport athletes

Aidan Lord 11// Cross country/track

Post season training: Mostly just nutrition year around. I'm always running so [the sports] kind of correlate. I'm just prepared physically more than others. I always hydrate [with] protein [and] make sure I get all the right stuff and calories and placement.



Schedule: I go to school. We have practice right after school so I stay. I go home and I usually like to recover. I use the machine theraguns, sometimes ice bath, epsom salt bath, and I make sure I replace electrolytes and then [drink] protein shakes all after practice. I go to sleep from like 9-10 every night.

Trial and error: I really organize my time and prioritize everything but not just my sports but prioritize my school work over other things, like no video games after practice if I still had to do school work. Definitely make sure you organize, use a planner, organize your time down to the hour. Make sure you set aside your time and take advantage of anytime that you get as freetime.

Priscilla Byrd 10// Cross country/track

Schedule: I go to practice every day except Sunday. Fridays [practice is] in the morning practice. I get up early and go to school, go to practice, and then try to get as much homework done as I can.

Trial and error: Ever since I've done cross country since third grade I always had to do homework first then go to practice but now, practice is after school so it's practice and then homework. I've always known that school comes first and sometimes I have to miss [practice] because I have so much homework.

College: I just want to focus on getting into college and actually enjoying it. [Cross country] is a very strict lifestyle and that's not what I want. You have to schedule your classes around practice times [so] I want to be able to focus on being able to focus on education for my career.



Multisport athletes

William Flemming 10// Soccer & football

Schedule: My daily schedule after school usually consists of going straight to football practice to get my kicks in until about 3:30. I leave to go home to get a bite to eat and work on homework. I then usually have to be at soccer from 6-8pm. After soccer, I go home, eat again, and work on more homework.

Working it out: I work very hard to get my school work completed during the day when I



have downtime in classes. I want to be an A/B student and have been able to hold those grades the last two years so far. **Flexibility:** Practices and games for football and soccer very rarely overlap. I have games for one or the other that makes me miss practice for [one]. Both Coach Dickman—soccer and Coach Cooley—football are very flexible with me missing practice if I have a game for the other sports. Thankfully, there are never soccer games on Friday night which is when all the football games are.