

THE BLOTTER

Law requires schools to have phone policy

By Isabella Kelly

On March 11, just before the start of Spring Break, a new law in Indiana was signed into effect; Bill 185 requires schools to have a policy banning cell phones during the school day in Indiana. It passed after bipartisan support.

The bill was authored by Senator Raatz from east Indiana, and he started pushing it after becoming the chairman of the Senate Committee on Education, according to *GovTech*. There are very few exceptions to the law, like if there is an emergency or if a phone or device is necessary for health, but all schools have to create a new policy in their handbooks pursuant to the law by July 1, according to *Wave3*.

“I believe it’s worded almost exactly like what our policy already is,” principal Dr. Michelle Ginkins said. “Maybe, if there are adults [in the building] who aren’t enforcing it, maybe a few more will feel like they have to because now it is state law. If people are following the [current] policy, it’s pretty much the

same.”

Dr. Ginkins, who was updated about the law before students even knew through the Indiana Association of School Principals, says she has been tracking the law for a while now. The law, as she states, is almost identical in wording to the current policy, which has been in place for around seven years, coinciding with her becoming principal in 2016.

The current policy states that any communication device “during school hours is prohibited unless authorized by a school official. these devices should be powered completely off.” Although she says the law is a step in the right direction if it is enforced more now, she says there are useful ways to incorporate phones for education purposes in a classroom setting.

Gina Chapman has long since been a teacher that has had to deal with phones, as she has been teaching algebra for 15 years. She says it is hard for the law to even be enforced when the current

policy has been ignored by students.

“[The new law] is pointless. There’s no teeth, there’s no consequences,” Ms. Chapman said. “There’s nothing behind it to make it happen. It is the same as the policies that have been written,

there is not going to be any difference unless districts start putting some consequences to taking out your phone.”

Teachers often say phones are the number one distractor in the classroom since students can’t concentrate on what they’re doing, even if the device is in their backpack. Although Chapman’s view of the law is critical, the law was supported by Indiana’s Teachers Association and the school boards, according to the *News and Tribune*.

“In earlier years, from freshmen and before, I believe [the law] can lead to some success,” senior Anastasia Gast said. “It’s teaching kids in elementary school that education is important and it also gives them the opportunity to process information with their hands.”

Grant points out that there will be a significant difference between the different age groups for the law, despite all NAFCS schools having the same phone policy. It will be beneficial for younger students, as she says, as they learn not to use their phones in the future. However, older students have already gotten used to phones. According to Grant, she

New Indiana phone law

What is the new phone law with schools, and is it needed?



What is the law?

The law, called Bill 185, was proposed by Senator Raatz who is the chair of the Indiana Senate Committee on Education in January, according to *GovTech*. It received heavy bipartisan support, and was passed on March 11th, according to *IGA*. The gist of the law is that all schools must adopt a cellphone policy that governs the usage of them except in emergencies or if it is needed in a program, but it is in the end up to the district. The law goes into effect on July 1, 2024.



77%

Of schools ban cellphones in non-academic usages (AP)

97%

Of students use their phone during school (Education Week)



uses her phone half the class in every single class, just so she can see updates on things like social media when she is bored in the classroom.

Although the current policy has consequences for using a phone, like on the first offense the electronic device is confiscated, then it progresses to detention and later SAL, this is not followed consistently throughout the building.

“Even if it makes a few more people take things seriously or [realize] the importance of controlling phones, that’s great,” Dr. Ginkins said. “[Phones] shouldn’t negatively impact education.”

What's with this weather?

By Ela Kays

With tornado season starting off strong with tornado warnings and watches in Southern Indiana, it causes people to think back to all the weird times the weather has messed with them living in Indiana.

On April 2, NAFCS had a sudden early release due to increasing bad weather, leading to tornado warnings in parts of New Albany and Floyd County.

McKenzie Stargel, a senior who prefers a mix of cold and warm weather, relies on the weather every day.

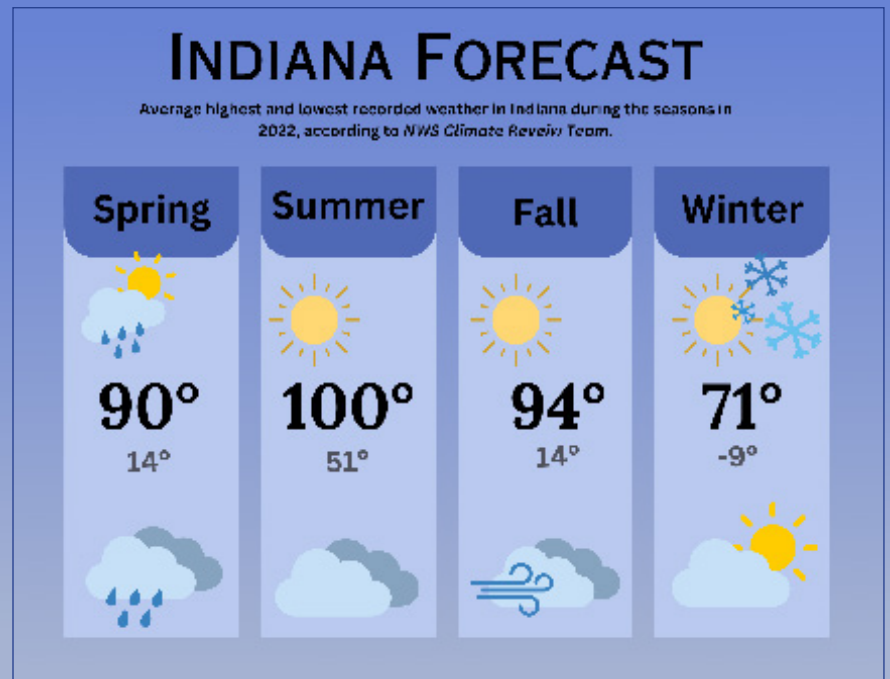
"I wish I knew what the weather

was because I dress according to the weather so if it's gonna rain or something I'm not gonna go outside without a rain jacket on," Stargel said. "If it's sunny I want to wear my good clothes. So I always look at the weather before I come to school or go anywhere just so I know."

A big factor in Indiana weather is its proximity to the Great Lakes, only being 498 miles from New Albany. This could cause something called the lake-effect snow. This phenomenon can affect people living in southern Indiana. Lake effect is where cold wind from Canada moves over the warm waters of the Great Lakes, according to the National Weather Service. This can cause snow at a lot of weird times of the year and make them so sudden.

Meteorology teacher Bryan Jaquemai, has been teaching students meteorology for 12 years.

"Our geography and location allows different air masses to reach us at different times of the year," Jaquemai said. "We get all loads of weather basically



throughout the year."

An explanation for the random rise in heat could be that there are a lot of Pacific Northwest states, including Indiana, that get a lot of random heat waves, according to *IndyStar*. A lot of the hotter temperatures are connected to climate change. Indiana specifically is faced with a lot of extreme heat during the summer as a result of climate change. So much so that the CDC has extreme heat as the most life-threatening weather hazard for people living in Indiana.

Climate change alone can continue to alter Indiana's unpredictable weather and increasingly hot days to be a common occurrence. This could cause droughts, floods, and a massive decrease in crop fields in Indiana, according to USDA.

Junior James Knox doesn't particularly enjoy Indiana weather.

"It's confusing because one day it's raining, then it feels good one day, then

it's snowing one day," Knox said. "I depend on the weather because I wake up and check through my phone and what I wear depends on [the weather]."

These bad weather occurrences don't ruin the reputation of the weather in Indiana though. Some people can enjoy the change of pace with the unpredictable weather.

Sophomore Laynie Trobaugh says she would rather live in a place with warmer weather throughout the year, than in Indiana's seasonal weather.

"The best thing about the weather [we get in Indiana] is that we get to experience both the cold and warm," Trobaugh said.

The weather in Indiana is unpredictable at any time of the year. The best things people in Indiana can do is check the weather throughout the day to stay prepared for sudden or extreme changes in weather; and to stay educated on how the weather in Indiana changes throughout the months.



"The weather itself isn't bad, it just needs to pick where it's going. Because it's all over the place right now and I ain't trying to deal with a tornado cause those things freak me out."

McKenzie Stargel // 12

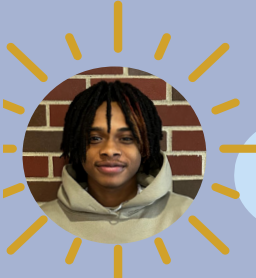
"[Someone would need to depend on the weather] for certain plans. If I've got to walk somewhere or something. [It helps knowing] like if I need to put a jacket on."

Darwenn Gober // 11



"[The weather] is just dumb because one day out of the blue it's 80 degrees and the next day it's like 60."

Jacoby Malone // 11



COVID LAB LEAK: CONFIRMED?

BY
TJ HARDIN

WHICH WAY DO YOU SWAY?

DAYTON IMPELLIZZERI // 11



"I DO BELIEVE THAT THE POSSIBILITY OF IT COMING FROM AN ANIMAL EXISTS, BUT I ALSO BELIEVE THAT IT COUD'VE COME FROM A LABORATORY DUE TO A FAILURE OF SAFETY."

WILLIAM DENSFORD // 12



"THE VIRUS WAS FOUND TO BE NEARLY IDENTICAL TO THE BAT VIRUS. SINCE THEN, NO EVIDENCE HAS SHOWN THAT THERE WAS A DIFFERENT VIRUS THAT COVID-19 WAS RELATED TO."

SAM HERNANDEZ // 11



"I THINK IT CAME FROM A LAB. THE EVIDENCE PROVIDED FROM ARTICLES IS WAY TO COMPELLING FOR IT TO NOT BE TRUE, AND CHINA HAS A HISTORY OF NOT REPORTING CASES."

In 2019, one of the worst known viruses of the last century allegedly broke out in a seafood market in Wuhan, China. According to a classified report presented to the White House, the U.S. Department of Energy has confirmed they believe the COVID-19 originated in Wuhan's Institute of Virology.

The speculation of where COVID-19 came from has varied since the outbreak, as many believe that it did come from the seafood market as China reported it, but others believe it came from other places. One of the most popular theories that has recently been proven to be likely true, was that it originated in WIV and broke out as a result of a lab breach.

When reports originally started in February 2020 following the large-scale outbreak, WIV researchers originally stated that SARS-CoV-2 was a bat-derived coronavirus.

"I still don't think it came from a bat but I don't know where else it would've come from," junior Dayton Impellizzeri said.

Months later in July, the *Times of London* newspaper reported that the virus the researchers compared the SARS virus to was found in a Chinese copper mine in 2012, citing that six of the workers were hospitalized by viral-caused pneumonia. Three of the workers eventually died, causing field workers at WIV to contain, store and study the virus at their laboratory.

"It's kind of sketchy how they had it contained and they tried to deter it from the lab," junior Sam Hernandez said.

2020 was full of mix ups of evidence and accusations. A researcher from WIV by the name of Shi Zhengli said it was impossible that anyone at the institute was infected, continuing "to date, there is zero infection of all staff and students in our institute." This was in response to Donald Trump claiming the virus originated in a WIV laboratory.

However, later in the year many American scientists published reports supporting the questioning of the virus's origin, citing that the Chinese origin story was missing many key details, specifically the time, place, and original transmission of the first infection.

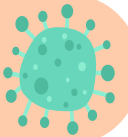
A report from the U.S. State Department from January 2021 mentioned that in the fall of 2019, multiple employees were hospitalized after falling ill with symptoms practically identical to those of COVID-19. This led to a full investigation by the U.S. Department of Energy in tandem with the FBI that concluded that COVID-19 leaked from a laboratory at WIV.

LAB THEORY

TIMELINE

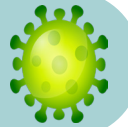
1. DEC. 30, 2019

First reported cases of SARS-CoV-2 allegedly appear in Wuhan's Huanan Seafood Wholesale Market. Wuhan Municipal Health Commission issues an "urgent notice."



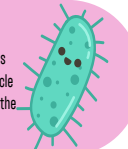
2. JAN. 5, 2020

Earliest tweet suggesting China created the virus, citing a crime 18 years earlier saying Hong Kong natives were killed by unreported SARs cases.



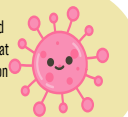
3. JAN. 23-30, 2020

A flood of articles around the world suggest the virus came from a lab. Chinese researchers publish an article confirms some of the early cases were not linked to the seafood market where the virus "originated."



4. FEB. 3-9, 2020

WIV researchers report SARS-CoV-2 was a bat derived virus, citing that the virus was 96.2% identical to a bat coronavirus. China's ambassador begins suggesting on Twitter that the virus did in fact originate from a lab, continuing to hypothesize until Feb 16.



5. FEB. 19, 2020

27 scientists publish a statement condemning conspiracy theories suggesting SARS-CoV-2 was not of natural origin, saying the virus originated in wildlife. 3 of which have since said a lab accident is probable.



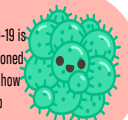
6. MARCH-APRIL, 2020

A virologist from WIV expressed concern about the virus leaking from the lab. Analysis continue to include the lab breach possibility. The DIA begins opening up to the theory and investigating.



7. JULY-NOV. 2020

New evidence from the London Times confirms COVID-19 is 96% identical to similar SARS virus found in an abandoned Chinese copper mine from 2012. An article explaining how the genetic structure of the virus doesn't rule out lab origin goes viral.

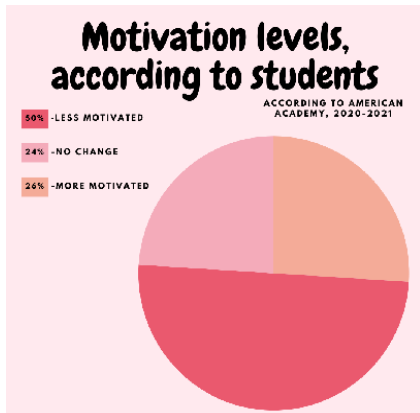


8. JAN. 2021-2023

The U.S. State Dept. reveals many of the staff at WIV fell ill in the fall of 2019, before the first public case of COVID-19, with similar symptoms. The Dept. Of Energy leaks a classified document confirming they believe the virus did indeed come from a lab leak.



Source: The Washington Post



As the end of school approaches, students are feeling burnt out after the long school year

Burnout strikes again

By Charlie Bott

Summer break is 20 days away and the closer it gets, more students are beginning to lose motivation to go to and do well in school. This holds true for junior Serenity Goodlett.

“I feel like kids would be more motivated to come to school if teachers made their teaching more fun and interesting,” Goodlett said. “I have two teachers I think that genuinely make it fun to be at school and make me want to come to school.”

Some students also see a slight drop in grades due to this lack of motivation. Students usually have around an 8% drop in grades in the second semester compared to the first semester, according to ResearchGate.

“My first semester grades are generally better,” senior Gavin Moberley said.

However, not all students feel burnt out this time of year. For example, sophomore Emma Wilson has found things that help her to stay motivated.

“Softball helps,” Wilson said, “because if I don’t have good grades I can’t play.”

If spring allergies are severe, they can also affect how often students are able to come to school, or how

well they perform while at school if they feel well enough to go.

“[My allergies] don’t affect how often I come to school,” Moberley said, “but they do affect my quality of life while at school.”

The closer the end of the school year is, the closer finals and AP tests are. AP testing begins May 6 and finishes on May 17. End of year testing can cause students to worry more and lose motivation. As well as lose focus on classes they don’t have an AP test in, especially if they have more than one.

“Personally, finals and AP tests stress me out,” Wilson said. “They also make me very paranoid, so it kind of makes me study until I burnout.”

Finding ways to stay motivated for students is very important, especially towards the end of the year. These ways will be unique to each student, from sports to getting into their dream college.

“My grades help me stay motivated,” Goodlett said, “because I don’t want to fail. Also being in yearbook, because when I was first starting I was told I can’t keep missing school.”

HOW MOTIVATED ARE YOU?

“We have a lot of issues with the school board using money for other things, and with school not being very well funded and seeing the effects of that.”

SENIOR GAVIN MOBERLEY

JUNIOR SERENITY GOODLETT

“The teachers make me unmotivated, NAHS has a lot of exceptionally rude teachers and they kinda talk to you like you’re their child.”

“Softball helps me stay motivated because if I don’t have good grade I can’t play, I also want to maintain good grades so I can have a good GPA.”

SOPHOMORE EMMA WILSON

Metamorphoses

By Stella Klaus Photos by Avarey Kiesler

In their first straight play in two years, theatre students performed “Metamorphoses” April 25-28. A straight play relies on spoken dialogue to tell the story instead of musical numbers. The play was a creative take on the original “Metamorphoses” that was written in 8 CE by Ovid. It has many recognizable Greek mythological stories in it and is about transformation and changes that each of the characters go through.

“I had to learn how to really be emotional and serious without coming off cheesy or fake.” **Senior Carlee Smith**

“The play takes the audience on a journey that deals with love and loss, but most of all, transformation.”
Senior Gage Stice

“Everyone in the show has multiple roles in multiple stories, which allows all actors to work with each other to make a beautiful show.” **Junior Kaylin Pearl**

“The most difficult part of the play is performing in a thrust, meaning we have an audience on all sides of the stage.”
Junior Jenna Morrison

“It’s engaging to have to dig deep to be able to understand the play and make sure the audience does also.”
Freshman Dashawndre Wright

“My most difficult part about the play is being able to portray multiple different characters. I play four characters ranging from a scientist to the goddess Aphrodite.”
Junior Peyton Brown



Jenna Morrison // 11, Gage Stice // 12, Dan Phillips // 12



Jenna Morrison // 11 & Peyton Brown // 11



Abby Smith // 12



Angie Rieger // 12 & Sam Cospier // 09



Ellis Gregory // 11



Kaylin Pearl // 11 & Ethan Beliles // 09



Carlee Smith // 12 & Dashawndre Wright // 09



WE ARE SO PROUD OF YOU,
Stella

Little Fish to the Big Pond

By Autumn Gullett

Change is never easy, especially when you go from ruling middle school to being the ones who get picked on for being young. High school is already a challenge itself, but when you add in being the youngest and smallest ones there, it becomes a lot more challenging.

Freshman Jaycie Dunn is a pitcher and second baseman for the softball team, and her favorite class is her English class.

“When I was first coming into my freshman year of high school I expected there to be a lot of big, scary seniors roaming the halls,” Dunn said.

Oftentimes there are movies made beefing up what the high school experience is going to be like for the incoming freshman. *High School Musical* creates the persona of school out to be singing and dancing with little to no actual school and that everyone likes everyone.

Freshman Claire Belcher played volleyball in the fall and is now a member of the softball team, and her favorite class is radio.

“Coming into my freshman year I didn’t expect it to be like the over-hyped movies, I had heard from people older than me that it is nothing like the movies,” Belcher said.

Upon entering freshman year there are many goals and expectations that the freshman themselves will give themselves as well as receive from others.

“A goal or expectation I had for myself was to get good grades and to keep up with the workload of high school and to stay on top of the workload,” Dunn said.

There are the traditional aspects of high school that continue to bring people together that are enjoyable and memorable for most.

Freshman Donovan Taylor is a member of the football team whose favorite part about coming to high school was being a part of the football team.

“My favorite was summer football practices because it was something I enjoyed and more people came out to watch,” Donovan Taylor said.

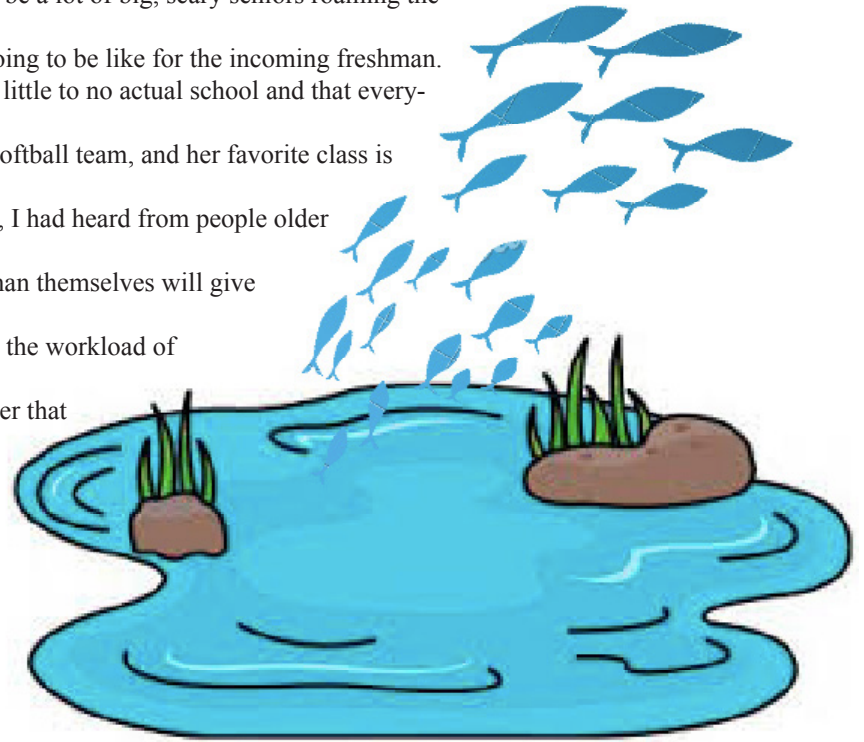
However when there is the fun time that people enjoy and look forward to, there are also aspects of school that people dread.

Freshman Dante Taylor is on the baseball team and participates in orchestra.

“My least favorite part about high school is going to classes that just don’t interest me much,” Dante said.

When change is upon people there is often advice they are given to be prepared themselves for an upcoming situation.

“A piece of advice I’ve learned from my freshman year is to focus on yourself and to just do you,” Donovan said.



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SAYING GOODBYE

As graduation quickly approaches, seniors reflect on their high school careers and all their goodbyes.

By Crimson Baker

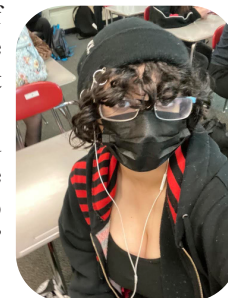
“I’ll be happy about saying goodbye to stressing over tests.”

FINNEGAN RAILEY



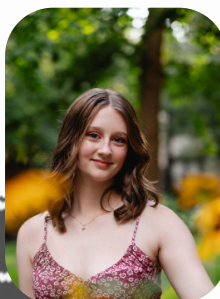
“I’m gonna miss a lot of the classes here because I’ve learned a lot about myself taking them, taking meteorology and astronomy helped me learn that I’m really into astronomy.”

AMARYS DELEON



“I’ll be sad to say goodbye to all of the friendships I’ve made throughout high school when it’s over.”

LANE DEMOTTE



“I’ll be happy to say goodbye to the people because I’m excited to meet new people in college!”

ANNA WALTON

“I will be sad to say goodbye to my underclassmen friends and my teachers who over the years I’ve grown so close with.”

RUBI BARBOUR



“I’ll be happy to finally get out of school and move on with my life.”

ROWAN BIR



“I’ll be happy to not have to get up early anymore or do my homework.”

BRADEN COLLINS



“I’m sad to be leaving everyone in band, I’ve loved being a part of this program for the past four years and I am going to miss it.”

BENJAMIN CAUFIELD



“I’ll be happy to say goodbye to the schoolwork and stress of everything.”

AUTUMN SMITH



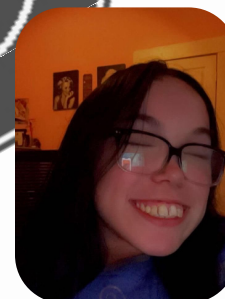
“I’ll miss my friends that are going to different colleges, I’ll also miss some of the local businesses in New Albany.”

EMIL RUTZ



“I’ll be happy to say goodbye to waking up before the sun rises.”

SAVANNAH LANDGRAF



8 Features



Spring is here! Wildflowers are everywhere now!



Wild Violets, also known as Sweet Violets, grow in really in the eastern side of the United States as well as parts of Canada and eastern parts of Mexico. These beautiful purple flowers like rich soil in a damp woods to live in. Once one pops up, your entire yard is completely filled with these tiny purple violets. Some people believe these violets to be weeds because they spread quickly and can take over fast. Also they can withstand extreme drought and are extremely adaptable. Whether people think these are weeds or they are pretty flowers in their yards, they are a very pretty additive and eye catchers in people's lawns.

Stellaria Holostea, also known as Greater Stitchwort. These flowers can be herbally used to cure 'side stitches'. According to the The Wildlife Trusts, one can tell the difference between the Greater and Lesser Stitchwort by the diameter of the flower itself, the Lesser Stitchwort has a smaller diameter that is 0.5-1 cm across from petal to petal, whereas the Greater Stitchwort is a bigger flower, sitting at 2-3 cm across. Wildflowers are a pretty vegetation that grows just about anywhere with relatively any conditions. This Greater Stitchwort is in the wood with an even ratio of shade and sunlight and is all over the forest floor.

NEW ALBANY: WILDFLOWERS

By Kaytlin Cahill

Wildflowers are a huge part of spring and they pop up in the most random parts of our landscapes. They pop up everywhere when the weather gets nice. Some wildflowers aren't so nice for the environment, however. Most animals as well as vegetation can be harmful for the local environments they reside in. In Indiana, honeysuckle used to be more invasive in the northern and central areas, but is now making its way towards the south of Indiana. Honeysuckle blooms in mid-May, and lasts most of the summer months. Like most plants, whether it be honeysuckle or just tiny daisies on your grandma's front lawn, flowers are an important way for our ecosystems and environments to thrive and work as well as they do. Without flowers, nothing would work. Bees move pollen around our cities and farmlands, allowing our farmers to grow our food. Those little flowers in your grass, they matter too.



WILDFLOWERS: THE INVASION

- Wildflowers are a beautiful part of our lawns during the spring and summer months, however; they too can be invasive to our ecosystem.
- 42% of the U.S list of endangered and or threatened species have been declining due to the contribution of these invasive plants (US Forest Service). And 18% of it is a direct cause of their decline.



Fire Pink (*Silene virginica*) is a type of wildflower that grows in fully lit areas with moist soil below them. They bloom for roughly six weeks in the springtime. They are very beautiful and are native to North America.

Stages are set for spring and summer concerts

By Lucy Quillo

As the weather gets warmer, more and more concerts come to town.

The most talked about performance of the summer is probably the Gazebo Festival featuring Louisville’s own Jack Harlow and SZA. This outdoor concert is at the Louisville Waterfront on Memorial Day weekend, so you will need to bring some blankets, or lawn chairs.

Another popular concert will be

the Juice Box Heroes at The Enchanted Forest & Music Hall behind downtown’s Floyd County Brewing Company. This venue has a big stage with many tables. This venue is also outside.

These concerts are all local except Hozier May 28, which is in Noblesville near Indianapolis.

Some tips for concert-goers: Wear a stylish, but comfy outfit. If you are going to be outside, check the weather.

You will most likely be on your feet for a few hours so comfy shoes are a must.

Make sure you have your few essentials, like your ID, phone, cash, and card. Also make sure you have somewhere to keep it all safe.

Be sure to be respectful to those around you at all times, and be kind.

Water bottles are also so important to stay hydrated, it gets very hot and overwhelming sometimes, and water

can help so much.

Waterfront Wednesdays are fun, free little concerts to go to mid-week. There are a lot of different types of music; you can check the line-up to see if it’s something you might like.

Abbey Road on the River, the world’s largest Beatles-inspired festival, is at the Big Four Park in Jeffersonville May 23-27. The outdoor festival features more than 50 bands.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Hippie Sabotage @ Mercury Ballroom 9 pm	3	4
5 Beltane Festival @ The Enchanted Forest 2-8 pm	6	7 Slow dive @ Old Foresters Paristown 9 pm	8	9	10 Led Zeppelin 2 @ Mercury Ballroom 9 pm	11
12	13	14	15	16 Greta Van Fleet KFC Yum Center 7-8:30 pm	17 The Juice Box Heros @ The Enchanted Forest 8-11 pm	18 Dayseeker @ Mercury Ballroom 6 pm
19 Heart @ KFC Yum Center 8 pm	20	21	22	23	24 Chicago @ Louisville Palace 8 pm	25 Gazebo Festival ft. SZA & Jack Harlow Louisville Waterfront 5-11 pm
26 Gazebo Festival ft. SZA & Jack Harlow Louisville Waterfront 5-11 pm	27	28 Hozier @ Ruoff Music Noblesville 8 pm	29 Waterfront Wednesdays @ 5 pm Pokey LaFarge, S.G. Goodman	30	31 Black Water Revival @ The Enchanted Forest 8-11 pm	

Making matches

College-bound seniors start the search for roommates

By Stella Klaus



Amelia Sekula & Lauren Clark



Crimson Baker & Kristel Waingeh



Colin Thurston & Drew McMonigle

As the year comes to an end many seniors are finalizing decisions about what they are doing after graduation. Visiting schools, committing to colleges, getting jobs lined up, and searching for roommates are all things on the top of the senior to-do list.

“Me and my roommate are meeting up between where we both live and we are going to see and meet each other,” senior Avarey Kiesler, who is going to WKU and found her roommate on Instagram, said.

There are many different ways that students can look for a roommate. They can room with a friend, they can search for someone through an app or instagram, or they can get a random roommate assigned to them by the college they go to.

“I did not want to be rooming with someone random,” senior Cassidy Murphy, who is rooming with a friend at U of L said.

Having a roommate who is a friend is a divided issue among college alumni. Many have strongly

advised incoming freshmen to not room with a friend because it could ruin a friendship, however some disagree.

“I feel like we both have good boundaries so it’s not going to be

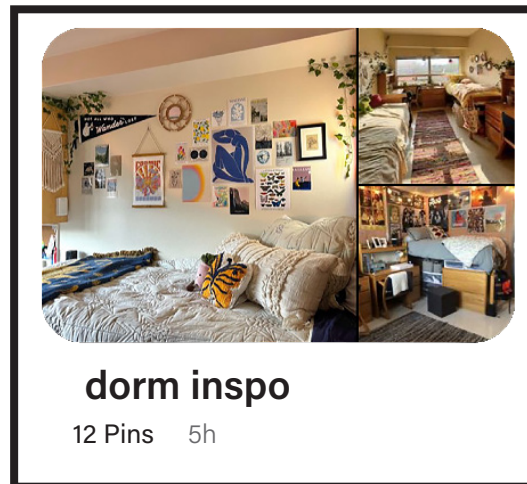
to find those pieces and really figure out what we want to do,” Sekula said.

Having a roommate who is a friend is an easy option, because you already know each other’s living habits so you know how compatible you will be.

“Me and my roommate don’t really fight that much so hopefully if we have a concern we can just talk to each other and be like please do this or please fix this,” senior Kristel Waingeh, who is rooming with a friend at IU Bloomington said.

In addition to just being comfortable with people you already know, rooming with a friend is like living out a childhood dream for some. This is true for senior Colin Thurston who’s attending IU Bloomington.

“I have been friends with (my future roommate) for all of my life,” Thurston said. “I can see how some friendships might end from being roommates with each other but we have been friends for forever, so we might go through ups and downs but



dorm inspo

12 Pins 5h

like how people get super attached just to their roommate,” senior Lauren Clark said.

Clark and senior Amelia Sekula decided to room together at IU Bloomington this year when another friend brought it up to them.

“I’m excited to decorate, that sounds stupid but I think we have similar tastes and so it will be fun

we will still be friends.”

Since many students are reluctant to room with their best friends, a good alternative is finding someone on Instagram.

“So I went on the WKU class of 2028 page and I was looking at other people who posted themselves on there and then I posted myself and I got like 50 new followers and a bunch of people DMed me,” Kiesler said.

You can find Instagram accounts for many different schools and fill out a form about yourself and your interests to get posted on it.

“I was looking for people who had similar interests to me, so I was looking for outdoorsy kinds of stuff, people that like going to concerts, reading, just stuff like that,” Kiesler said.

Along with Instagram, some students have been finding their roommates on an app called Zeemee.

“So with the app you create an account, then you select the college you’re going to, and then you take a quiz which will guide you to finding a roommate that’s suited best for you, then there is a long list of people’s pictures that you’re able to scroll through to see if any of them seem cool to room with and if not you can keep going,” senior Bradley Harp, who is going to IU Bloomington, said.

Finding a roommate this way can

be a good middle ground between rooming with a friend and with a random person if you are unsure what to do. This way you can search for people who you think you could become friends with or would be compatible with and then you can reach out to them, but even if things don’t work out you won’t be ending a life long friendship.

Harp eventually landed on getting a random roommate because of the hassle of getting people to respond.

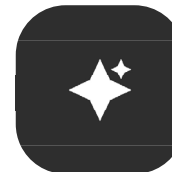
“I think it’s gonna be a fun adventure to get to know who they are but the bottom line is that I’ve always been in my own room so it’s going to be odd to be living with someone random for an entire year,” Harp said.

Having a random roommate seems scary but it can be a good way to meet new people and branch out in college.

“If I get a random roommate I hope they are not from Indiana just so I can hear about their life in a different state,” senior Coco Owsley, who is going to IU Bloomington said. “Hopefully my roommate will turn out to be my bestie.”

Becoming best friends with your roommates would be ideal but no matter what, everyone in college is in the same boat looking for friends and there are other opportunities to find friends.

Roommate green and red flags



More ideas



Organize

4 Pins



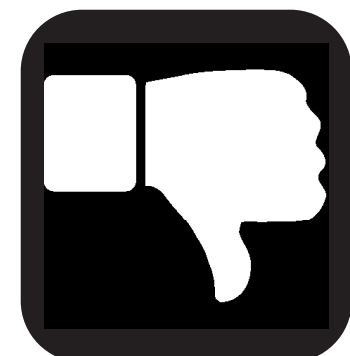
Green Flags



Red Flags



Green Flags



Red Flags



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Bulldog Word Search

M R X H B U R N T O U T A C P R N O T R O M N
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T L J C C H E M I S T R Y P D E R I T E I D L
H Q U C Q N E P S K C A P K C A B Y K N Z C Y
J C L L O K A I S E R O T A L U C L A C E L R
N W N A A N A I D N I N R E H T U O S I N A E
F R D S W G R A D U A T I O N B U Z E L G S D
L I O S Y S A W I N G Q R X F U E X V M L S L
I T G R N L B F A S L L O D L L U B Y Y I N O
D I P O A A Z X R E D N O P X L N C O G S I F
D N O O B N Z U W R E K S I V D T F E C H G J
L G U M L I V E O C D Q K B I O L O G Y A H E
E N N B A F E T N E C N I V Z G G N I W C T I
O I D B W I N G R E D N I B I S L B L A C K P
P W K Q E U L O O H C S K O O B R A E Y O Q M
B D E E N M U L L I S B L O T T E R G N D E R

Find the following words in the puzzle.
Words are hidden ↑ ↓ → ← and ↘ .

A WING	BURNT OUT	D WING	LIDDLE	READING	YEARBOOK
BACKPACK	B WING	ENGLISH	MATH	RED	
BINDER	CALCULATOR	FAULKNER	MORTON	SCHOOL	
BIOLOGY	CHEMISTRY	FINALS	MULLIS	SOUTHERN	
BLACK	CLASS NIGHT	FOLDER	NEW ALBANY	INDIANA	
BLOTTER	CLASSROOM	GRADUATIO	PEN	TIRED	
BULLDOGS	C WING	N	PENCIL	VINCENT	
BULLDOLLS	DOG POUND	GYM	PONDER	VISKER	
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Check yourself (and your screentime)

By Keerah Turner

What do you do the first time you get a free moment? I can't speak for anyone else but I can guess. Instead of doing something productive a lot of the time I open up Instagram and scroll, even with nothing important to look for. I know in reality it's not a good use of my time but it's a difficult habit to stop. However it gets on my nerves, so I'm going to try.

My Habits

Before I talk about how I'm going to try to reduce my scroll time here are a few things you should know about my habits. I deleted Tik Tok because I realized how much of my time it took up, so Instagram is the social media app I use religiously.

I struggle with procrastination. Especially now that it's the end of the school year I find myself looking for every excuse to unwind. It's gotten to the point where I feel like the first thing I do when I wake up is scroll and it's the same before bed. It's really easy to sit back and numb your brain for a little while but it clearly has side effects. For example, I find it harder to finish books, as well as to-do lists, and it makes it more difficult to think creatively.

Okay But..Why Stop?

Scrolling isn't an uncommon habit at all. It is the easiest distraction ever, and I'm not coming from this corny "Ohh your phone is so bad for you" point of view. This is just me realizing that I use this thing to stop myself from doing the stuff that I want or need to do. That's the thing, it may get on other people's nerves but when it comes down to it the only person who is majorly affected is yourself, and holding yourself accountable when it comes to something that seems harmless sucks.

The average daily screen time for teens range from six hours to upwards of nine hours a day. You don't have to stop scrolling, I get it, it's entertaining and it helps time pass quickly. It's the easiest distraction, so if you don't want to stop then feel free to go, no hard feelings. However if you feel like I do, if you get that thought that goes "Uhhggg I need to get stop" we can try.

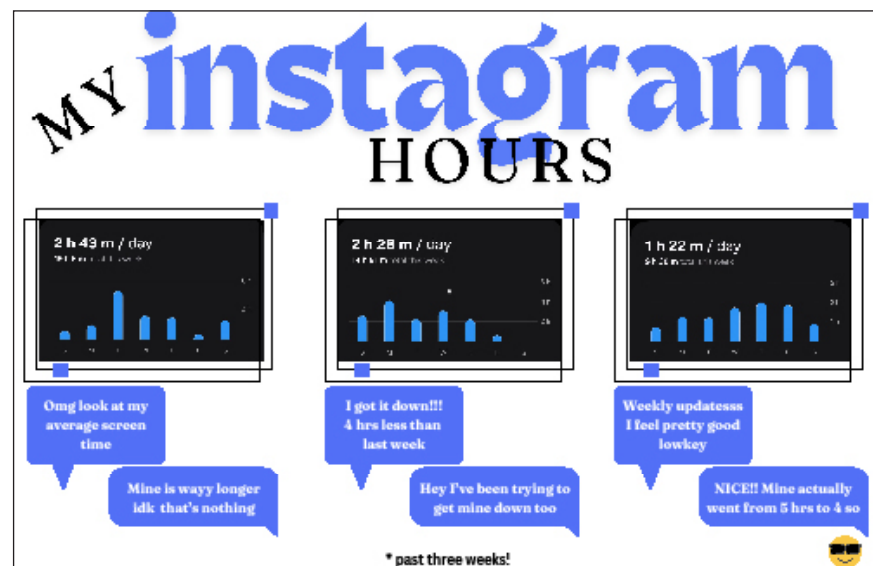
Some Goals

~ I'd like my daily screen time on Instagram to be an hour or less

~ Social media should primarily be used for communication

~ Activity on

my FYP should be to



express interest in specific content creators

~ Promote other habits over scrolling

~ Only look at content that is 10 minutes or longer at a time

It's On You

Alright I've got some terrible news, unless you make someone else come spritz you with a water bottle whenever you scroll this responsibility is fully yours. You are the person who is going to have to set screen limits or app timers, you decide what helps. I saw one person literally stick a googly eye to her phone in a specific spot to stop herself from looking at content, it's whatever works for you.

So you very much need to be the one who is keeping yourself in check. Don't slack on it, because if you say to yourself just five more minutes and you know you're the person who won't follow through just turn it off, flip it over and move on.

If you're doing good, maybe you finish that thing you've been putting off forever instead of scrolling, do

something nice for yourself, get a treat or even be proud of whatever you did. Lastly don't be mean to yourself about it, it's not the end of the world if you mess up. Simply acknowledge you need to try it again.

What Else Can I Do?

So what do you do when you can't get on your phone? I don't know, I don't know you, what do you like to do? Do you like to draw? Do that. Carry a book, colored pencils, one of those tiny little mazes you get at the dollar store, talk to your friends, finish your work. It is fully up to you to decide how you spend your time and figure out what will capture your attention. Be creative, maybe try something new or go back to something you used to enjoy!

If you've made it to the end hopefully your attention span is already improving so good job dude. In all reality please make sure you are spending your time how you want. If scrolling makes you happy do that, but if you'd rather stay here and live in the time, I really hope that it gets easier to do that.



Distance

Unlike the majority of Bulldog athletics, the track team is split into several different groups with different coaches - from hurdling and sprinting to distance, pole vault and other field events.

Sprinters

Senior Dakota Johnson runs 100m, 200m, 400m and hurdles. Johnson qualified for state last year in hurdles and is looking to get back this year. Johnson's pregame rituals are very sentimental to him.

"My pregame routine is very simple, listen to my favorite playlist and get some food after school," he said.

Johnson is also running a new event this year for the school, the SMR. The sprint medley relay consists of two athletes running 200m back-to-back, then passing the baton to another runner for a 400m and the final leg is a fourth athlete running an 800m.

"It feels good to represent my school in a new event and hopefully we will have success doing it," Johnson said.

Junior Henry Dixon represents the Bulldogs in the hurdles. Dixon has an aspiration to compete with anyone while running the hurdle events, he has also had a big inspiration in his career.

"Grant Holloway is my biggest inspiration, watching him run the hurdles makes me want to work harder and be like him," he said.

Sophomore Carter Lord has been running his whole life and is locked in for this track season.

"My personal best race was my 2:05 800m time last year in a timed trial," Lord said.

Lord is well aware of the fine line details that contribute to a good outcome.

"Before every race, I always drink a Gatorade Fast Twitch to help get some caffeine intake for my race," Lord said. "I also always listen to 'New Slaves' by Kanye West to get me pumped up for the race."

Lord has already had some great moments this year to remember for a lifetime.

And they're off

"Earlier this season I enjoyed the Corydon Stargazer meet," Lord said. "The vibe of the meet was great and the fans contributed to a great atmosphere in the 800m race I participated in."

Freshman Cruz Anderson PRed last week, running the 3200 in 10:49.

"I prepare for every race by drinking a lot of water and eating a good meal," Anderson said. "About 90 minutes before I race I go through a lot of different stretches for my knee, to make sure it is good to go, then I listen to 'Ima Boss' by Meek Mill to ensure I am pumped up for what is at stake each time I hit the start line."

While the minutes leading up to a race are import-



Zoey Elsea // 11



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Track athletes gear up for sectional

By Jack Moutardier,
Rylan Schrink &
Jeremiah Renner

ant, the hours of practice put in prior is what matters most.

“Every week we practice six out of the seven days at the track,” Anderson said. “This intense schedule has helped me improve tremendously this season.”

Senior Lauren Clark is a leader on the girls team.

“I do the 400m, 4x800m, and 4x400m,” Clark said. “I train specifically for the 400 with a lot of endurance sprint training and long recovery runs for mileage, we spend some time in the weight room doing plyo as well.”

In the hours leading up to a meet, the senior distance runner has a routine.

“I always change my socks before I race and the team usually prays before our events,” Clark said. “My pre-race song right now is ‘Knife Talk’, or anything of 21 Savage. It’s important to have a good beat with running.”

Clark has had a lot of great moments up until this point.

“I don’t really have a PR I’m most proud of, but I’ve made it to state all years of high school so far in track and I won all conference in cross country this year,” Clark said. “Being a senior has taught me a lot about communication and leadership, I always try to set an example of how to work hard and dedicate time to the sport.”

Field Events

Junior Zoey Elsea competes in the pole vault, 100m, and 200m, with a personal record of 8’6, 13.00

s, and 28.99 s, respectively.

“I sometimes find it difficult to balance working a job and running track at the same time,” Elsea said. “Usually I can request off on meet days, but on practice days I go straight to work after practice and sometimes I have to leave early for work.”

Before meets she writes a Bible verse on her wrist to keep her spiritually motivated throughout the day.

“I also listen to Lil Baby to get me hyped up so I have adequate energy,” Elsea said.

She says her most memorable moments this season have been the bus rides home from away meets.

Senior Jake Brown runs distance and pole vaults with a personal best of 5:26 for the mile and 9’6 in pole vault.

“My favorite part of this season has been full commitment in pole vault and seeing how much I can improve,” Brown said.

Brown’s favorite pregame song is “Mile High” by James Blake.

“Before I am about to run or jump, I also take deep breaths to reset myself and sometimes do jumps to get the legs active.”

Brown balances homework and track by completing any work he has after track since the practices are right after school. Coupled with eating dinner and any other activities, there doesn’t leave a lot of room left-over for any other things.

Girls and boys teams compete at the Jeff Inferno May 2. Sectionals is next week.



Henry Dixon // 11



Carter Lord // 10



Congrats
Class of
2024!!!

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On to the next page

As school comes to a bittersweet ending, staff members give advice to incoming, present and graduating students.

By Nicole Richert

Mrs. Carol Fields // Attendance

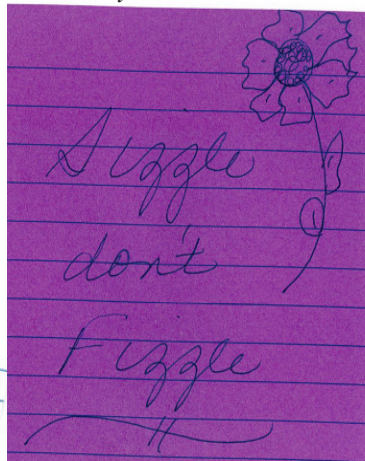
Have good work ethic.



Mrs. Mary Beth Hackman // Counselor

When you have the opportunity, between these walls, you have to take advantage of it.

Mr. Antonio Grubbs // SAL



Be the friend you want to have
- Mrs. Bowley

Work hard and pass your classes, they all carry over to your senior year.

Mrs. Carol Fields // Attendance

Get involved in extracurricular activities and in the community.

Mrs. Carol Fields // Attendance

Life outside of school is harder than you think. You take on a lot of responsibility, so have some fun.

Mrs. Carol Fields // Attendance

Look forward to the future but enjoy the present. Take calculated risks, overcome fears and try new things.

Leah Early // Cafeteria Manager

You want a lifetime of memories not misery //

Mr. Antonio Grubbs // SAL

Take school seriously, this is your future, if you are struggling, reach out, take care of your physical and mental well being.

Leah Early // Cafeteria Manager

Find something that interests you.
Grimy is Dead.
Better than

Jump at opportunities. There's so many that are going to be available to you.
Better than

Don't give up, stay in school, be on time and work hard on passing your classes. Graduation is out there waiting for you.

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BE OPEN!!
Be open to New Experiences
Be open to changing your point of view,
What you want Now may change!

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* Under promise... Over deliver

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Hopefully you have learned some social skills to help you when you get to the workforce.

Mrs. Carol Fields // Attendance