

THE BLOTTER

Young Voting A new generation of voters set to make their mark November 5

By Janelle Calderon

Did you know that in the 2020 presidential election, 50% of young people voted? That was an 11-point rise from the prior election in 2016, according to Tufts.

“Society’s changing, you can see the change in the young people,” Mr. Dale McCoy said.

Besides being the Choir teacher, Mr. McCoy and Mrs. McCoy, who’s a science teacher, run the Youth and Government Club. In their club, they allow a space for students to learn and discuss about our government. Mr. McCoy has been a teacher here at NAHS for three and a half years.

“People need to decide what they care about for the upcoming election,” Mr. McCoy said. “It’s not about the people that are running, it’s about what is the most important thing to you. That’s how people should vote.”

Mr. McCoy says he believes that this November 5th, young voters should make a list to themselves in which they review what is most important to them. Then, decide who they will vote for, without worrying about who others are voting for.

“Our generation is known to kind of have strayed away from being very political, and I think it’s really important for our generation to actually know what’s going on so we can make informed votes,” senior Ellory Coffey said. Coffey is well-informed on politics and the presidential candidates. While she doesn’t have a political party

she’s committed to, she wants her president to be a knowledgeable and understanding person who can be firm but kind too.

Young voters are the most diverse and intense electorate group in the U.S. Only one in five Gen Z would work for a company that does not have the same stance on an issue as them, according to League of Women Voters. Teens can have such strong feelings on political issues because of the many sources that are accessible through the internet, which can be considered a blessing and a curse.

“**Society’s changing. You can see the change in the young people.**”

Mr. Dale McCoy // Youth and Government Club Co-sponsor

“I believe young people today may be more informed due to the social networks,” Mr. Jim Shannon said. “However, there is a lot of poor information out there,” Mr. Shannon is a social studies teacher who has taught for 43 years, this year is his 27th year teaching at NAHS. He says he

believes teenagers should research several sources of politics.

“The problem is that we also need to analyze policies, and the problem with our generation, they typically don’t actually go out and do the research on their policies and plans,” senior Alan Nugent said. Nugent shows interest in politics and is knowledgeable of many political topics. Nugent says he wants a president who can be neutral on most things and can diplomatically view everything.

In 2019, only 2% of Americans believed the current tax system to be very fair, according to Pew Research Center. The two main presidential candidates have different

policies on taxes. Vice President Kamala Harris wants to provide greater tax benefits for families, especially the middle class, and raise corporate taxes. Meanwhile, former president Donald Trump has stated that he would continue and enlarge the tax cuts enacted back in 2017.

“I want the people that I elect to speak for all generations, not one group that they feel the most common bond with,” Mr. McCoy said. “And I think young people have a really good idea of acceptance and belonging.”

Currently, both Harris and Trump have an equal 50% support, according to Pew Research Center. Today’s teenagers could change that. Young voters are at the forefront of America’s community-based activism, according to League of Women Voters. This is why young people, especially teenagers, care about where politicians stand on social and long-lasting issues and want to do something about them.

“I think a lot of people will say we’re just teenagers, it won’t affect us, we’re not adults, but it’ll affect gas prices, it’ll affect abortion laws and education,” Coffey said.

An issue that’s been impacting everyone, and may continue to, is climate change. Gen Z has been showing their support for a cleaner Earth in these past few years, some

may say even more than other generations. The candidates have different approaches to this issue. While Trump has stated several times that he does not firmly believe that it is a real or directly man-made issue, Harris has called it an “existential threat” that needs to be urgently addressed, according to The Washington Post. Topics like this impact how teenagers and other young people vote.

“It is very important for people to vote because you need a massive turnout at every election, otherwise you aren’t gonna get the leader that you want to represent you,” Nugent said.

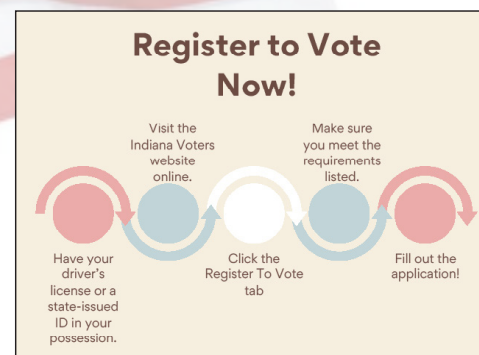
Voting is always important, but some could even argue that this election may be one of the most impactful elections in the 21st century. America could be looking at its first woman president. Many people may

have wondered if their vote matters, but sometimes the real question can be; what would happen if no one voted?

“If no one voted, well, there is your answer,” Mr. Shannon said.

When America chooses its next president on November 5, it

will be the first time voting for many young people, including many NAHS students. For this reason, when choosing who to vote for, many will have to think about the impact their vote will have on the future of our country.



Fall has arrived

By Jeremiah Renner



Harvest Homecoming Parade

The opening of Harvest Homecoming starts the whole week of Harvest and is one of the biggest parts of the event. With floats, vintage cars, and loud bands, the parade kicks off at 3 pm from NAHS, marches down Vincennes Street, then takes a right on Spring Street, and ends on Bank Street. You and your family can have a front-row seat if you set up your spot right.

Senior Cole Grinar watches the parade yearly and sets up his camp with his family right by the high school.

"It brings joy to me because I can see all the different attractions and creative ways our local community can make their parade," Grinar said. His favorite two groups to go across the streets are the NJROTC and the classic cars.

"I like the classic cars because since my uncle had a '96 Mustang we would always go to these car shows and every year when I see the cars drive by it reminds me of that time," Grinar said. "The NJROTC is fun to see because I can see some of my classmates walk by."

Booths

The booths are the main reason people are excited for this event to occur. For some, it can signal the change into the new season and what better way to celebrate than to take your family or partner downtown and check out all the street vendors trying to spice up your fall.

Booth Hours

Thursday, October 10: Noon - 9 pm
 Friday, October 11: 9 am - 10 pm
 Saturday, October 12: 9 am - 10 pm
 Sunday, October 13: Noon - 5 pm

Harvest Baking Contest

On October 5, the Harvest Baking Contest will take its turn in one of the many Harvest Homecoming events. The contest entries for homemade pie, cakes, cookies, or bread should be dropped off between 10-11 am at Sweet Stuff Bakery. The managers of this contest do ask that no professional bakers enter this.

Senior Tori Snider will be entering the baking contest this year.

"I've been baking since I was a kid, probably around 6 years old", Snider says, "Once I was able to use the stove, however, my baking skills have just been going up and up."

Snider will be making pumpkin rolls and pumpkin pie in this year's competition.

"My favorite dessert of all time is pumpkin rolls and since it is fall time and you need to enter a fall-themed dessert what better food to choose than my favorite one", Snider says, "I've also made pumpkin pie very frequently since I give some to my extended family every year so I am pretty experienced in the pumpkin flavored baking world."

The judging begins at noon and winners will be announced at 2 pm. Contestants may not enter more than two items per category. Entries must be fully baked and submitted in disposable containers. Each entry must include a separate paper with the name and ingredients of your baked good and the ingredients used. For scoring, each contestant will be assigned a number for judging. The managers also ask that you do not put your name on any baked entry. The entries will be judged on taste, appearance, and original use of pumpkin and/or fall fruits and vegetables.

Prizes

1st prize - \$50 Sweet Stuff Bakery Gift Card
 2nd prize - \$25 Sweet Stuff Bakery Gift Card
 3rd prize - \$10 Sweet Stuff Bakery Gift Card

Hoco: a night to remember

By Ariana Hamilton

Homecoming is a classic high school milestone - it's the night to have fun, let loose, and dance. The dance is a fun tradition that is popular in a lot of high schools around America. On September 14 more than 500 students showed up for NAHS's homecoming dance, which was sponsored by Student Council.

That morning many of the girls were up at six a.m. to do their makeup, hair, take pictures, get changed and so much more. On the other hand, many of the guys are slept. For the typical high school male, the prep work is minimal: shower, get changed, then head out the door.

The weeks leading up to homecoming can be a stressful time for everyone. Some are scrambling around to find their outfits, shoes, hair stylist, nails, makeup, etc. This can create a lot of anxiety for one person. They want to look perfect for everyone from every angle so they tend to stress out about it a bit more. Then there are other students who don't really think too much or care necessarily about homecoming.

A recent trend is asking a date to the dance in a creative way. But that too, requires some planning.

Finally, the day is here and it's time to have some fun.

Freshman Aniah Hunter



"[Being on homecoming court] was a cool experience. It was very scary and cool at the same time because I was in front of a lot of people, but it was still fun."

Sophomore Reece McKee



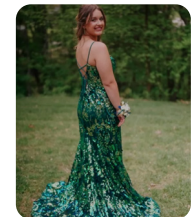
"I would say it took me about 45 minutes [to get ready]."

Freshman Wyatt Kiesler



"[The dance] was good, but the music selection could've been better."

Senior Ivy Yecker



"I wore a green dress."

Hello Autumn

As a new season arrives, students embrace change

By Kyra Richmer

The cool(ish) breeze rolls in as leaves begin to change color - a sign that autumn has arrived. People, too, are starting to shift from the fun and free summer feelings to warmth and comfort.

September 23 is the first official day of the season; research shows that out of 1,600 people, 45% said of them said fall was their favorite season. The season welcomes and embraces change; it is a time when we say goodbye to

summer and hello to the cooler months ahead.

Wardrobes evolve for fall as the need for more layers in order to stay warm from the cold weather. Everybody has a different style and fashion trends that allow them to express themselves differently, but some common styles to wear include leggings, sweatpants, jeans, or even sweaters.

Fall also welcomes football season and many Americans are eager to watch the games. NFL kicked off September 5

with the Kansas City Chiefs defeating the Baltimore Ravens. Football is the number one sport watched in America and students are into it as well, supporting the Bulldogs under the Friday night lights.

The coming of fall is a period in which people and students are given the opportunity to embrace change that is happening around them and to enjoy the simple things in life. It is an opportunity that allows students to reflect and give thanks to the past year and be ex-

cited for the one that has yet to come. It introduces a very popular sport that is favored by Americans as well as the Halloween spirit of spooking and scaring others for fun.

Autumn also brings new flavors and spices to the food industry. The top five include cinnamon, salted caramel, apple, pumpkin spice, and maple. This is an opportunity to accept change with open arms and to find comfort within.

Tis the season

Wardrobe

"This is my favorite fall outfit because it is very cozy and very chic."
Sophomore
Arie'auna Smith

"I really like to wear Sambas in the fall because they are very Pinterest [style] and they are trendy."
Senior
Ellory Coffee

"My favorite fall outfit is some black cozy leggings and then any kind of sweater because they are just so fall core."
Sophomore
Ella Kennedy

Drink

"My favorite fall drink is a brown sugar, cinnamon latte from Kolkin Coffee because it makes me feel like [it's] fall."
Junior
Madelyn Quillo

"My favorite drink is Red Hibiscus tea over ice from Coffee Crossing because I love the taste of it and it is sweet."
Junior
Ruby Laffin

T.V./Movie

"My favorite fall T.V. show is *Gilmore Girls* because it gives off a fall vibe and aesthetic."
Junior
Dylan Montgomery

"My favorite fall t.v. series is *The Walking Dead* because there is no other show like it and it fits the theme of Halloween."
Sophomore
Deshawndre Wright

"My favorite fall T.V show is *Gilmore Girls* because it has such a good plot line and it gives fall vibes. I have already watched it once and I am rewatching it right now."
Senior
Lila Waters

Football

"My favorite football team is the Miami Dolphins because when I first watched them play, one of the players did a back flip after he scored a touchdown."
Freshman
Tess Chrisman

"My favorite football team is the Pittsburg Steelers because my family are fans and I like to watch them play."
Junior
Richie Weigleb

Watch What You Eat

By Jack Moutardier

Originally, in the 1970s, canola oil was a natural oil, but starting in 1995 canola oil was starting to be genetically engineered and has since taken the world by storm and become the staple oil. In addition to seed oils, artificial food dyes are playing a pivotal role in destroying diets.

Seed oils (canola, soybean, corn, peanut, sunflower and safflower) and dyes are in nearly every food we buy at the grocery store - from snack crackers to snack cakes, to chips. Families buy these without considering the harm oils and dyes cause. But why are they so bad for us?

While mainstream data will find that seed oils are “safe” and even healthy, they are far from that. The basis of what the oils contain like corn and the rapeseed plant is not what is unhealthy, but instead the way they are made and the unrealistic extraction of the plants. Seed oils are made by way of an extreme chemical process in which the oils undergo chemical bleaching, refining, and heating. The oils are extracted mainly by the use of Hexane. Hexane is a toxic gas and can cause problems in the lungs, nose, heart, and more.

To get one liter of corn oil (33.8 ounces) one would need 75 lbs of corn, according

to Quora. To produce this oil manufacturers heat the corn at extremely high and unrealistic temperatures and then extract the oil; this heating process also can oxidize the oil leading to chronic inflammation (interfering with healthy brain development) and degenerative diseases like Alzheimer’s. It also increases oleic acid which opens the door for high levels of benzene and acrolein which can lead to cancer development.



A Picture of Canola Oil Being Processed

Additionally, the nutrition of seed oils is bad as they are excessively high in Omega-6s and not Omega-3s, which leads to inflammation and imbalances in the body, according to Dr. Axe. In the last 50 years, the amount of Omega-6 found in the body has increased by 200%, according to Healthline. Canola oil is marketed as being high in Omega-3s, but in the deodorization process of the oil which chemically removes the dark color and makes it a yellowish color, a high percentage of the Omega-3s are lost.

Senior Cooper Anderson says he isn’t concerned.

“Seed oils are in nearly every food I eat,” Anderson said. “I enjoy Doritos and muffins a lot, but seed oils won’t change that for me.”

French teacher Mr. Matt Jacobi says he is not concerned with seed oils either.

“Canola oil cooks better than vegetable oil. I don’t usually look at it from a calorie standpoint, but mainly focus on which one cooks best,” Jacobi said.

Business teacher Mrs. Shelby Gliebe prefers to stay away from canola oil.

“I like to avoid canola oil when I can, especially when cooking at home,” Gliebe said

While canola oil may make cooking easier, it is important to understand what it is so that one can best decide if it is the oil they want to cook with.

Along with seed oils, artificial food dyes are detrimental to human health. Primarily used to make

food look more appealing to the buyer, they serve no nutritional benefit.

Anderson loves artificial dyes in food.

“I think that for something to taste good it needs to look appealing,” Anderson said.

“If all flavors of a chip had the same color, I wouldn’t know which flavor to choose.”

One of the primary food dyes used is Red 40. Red 40 and other dyes are artificial dyes derived from petroleum made from crude oil. Crude oil is considered a fossil fuel and as per the Hazard Communication Standard, the oil is hazardous. The oil is a hydrocarbon created from the remains of fossils and remains for millions of years ago. The word petroleum means rock oil and it is what artificial dyes are made from. Red 40 can lead to increased issues of ADHD in children; and as a potential carcinogen, it can lead to cancers, stunted child development, and more.

Another popular food dye is Yellow 1, this dye also contains carcinogens and petroleum and leads to similar long-term risks. Both Yellow 1 and Red 40 are common in grocery stores and in an abundance of items at the grocery store including chips, snack cakes, crackers, pastries, etc.

The harms of these oils and dyes are not often publicized so many are not aware.

Making home-cooked meals can be a great way to enhance the quality of your food. However, it is important to know how to avoid seed oils and dyes.

Anderson loves home-cooked meals but doesn’t bother with the worry of the oils.

When cooking at home, it is best to use avocado oil, butter, lard, coconut oil, or beef tallow. These have a high cooking point and are naturally made. Olive oil is good to use in salads or to dip bread, but due to its low oxidation point of 325 to 375 Fahrenheit, it is not good to use in searing or grilling.

Mrs. Gliebe prefers to cook using oils

OTHER THINGS TO AVOID TO LIVE HEALTHIER

TOUCHING RECEIPTS

Touching Receipts from shopping can leak toxic BSA chemicals into the skin. The receipts are covered in bisphenol coating which when touched leaks hormone disrupting bisphenol’s, this can lead to cancer, pregnancy issues, etc.



HIGH-FRUCTOSE CORN SYRUP

High-Fructose Corn Syrup commonly in sodas is an alternative to regular sugar and increases your appetite, chances of obesity, diabetes, inflammation, liver disease and more.



PLASTIC BOTTLES

Over time the plastic on water bottles will leech microplastics into the water, therefore causing us to consume BPA’s which are carcinogens. In the end, consuming bottled water leads to an increased chance of cancer, increases inflammation, and more.

COMMERCIAL TOOTHPASTE

Commercial toothpaste contains many toxic food dyes and artificial flavorings as well as fluoride that increase the chance of cancer, skeletal fluorosis, birth defects and more.



TEFLON PANS

Teflon pans are loaded with dangerous chemicals to human health and when heated to 300 degrees and above, they can break down and leech chemicals into the food. This can lead to cancers, teflon flu, etc.



like these. “I enjoy cooking with oils like olive and avocado oil,” Gliebe said. “They add a good flavor and are healthier.”

Jacobi indulges in both sides of the story when it comes to oils.

“I will always prefer a homecooked meal over eating out,” Jacobi said. “If I am sauteeing vegetables such as squash I like to use olive oil.”

Athletic Director is newest addition to Bulldog Athletics

By Oliver Dickman

At the 2024-2025 school year, Shawn Garmon was hired as NAHS's athletic director. Mr. Garmon says is looking to make his mark on the New Albany Athletic Department.

Garmon took over for Don Unruh who came out of retirement to fill the position temporarily. Unruh spent 20 years leading Bulldog Athletics, who retired after 20 years of being our director.

Students are excited to see what is in store for New Albany Athletics this year, with last year being one of few years that our athletics went without a sectional or conference championship. Garmon has plans to boost our athletic programs.

"This will be the first year that girls wrestling and boys volleyball are sanctioned IHSA sports, so it's exciting to have official tournaments for both of those," Garmon said.

The Bulldog legacy is something the new AD is looking to highlight.

"We are trying to honor the past by bringing back a lot of our former teams and former stars," Garmon said. "We're trying to build the programs back to where it was by winning championships, sectionals, and conference. Last year was one of the first years we went without a conference or sectional championship so we were trying to get back to winning the right way."

Garmon brings an energetic perspective to the department and plans to set the tone.

"I lead by example. I think that I'm constantly talking to our coaches about being present. Whether there at middle school games or out at the little league park," Garmon said. "If I'm not doing that, if I'm not showing up to events and not talking to parents, then I don't know why I would expect my coaches to do it. [I want to] make it known that I am invested in the program and hopefully our coaches follow suit with that."

Students and staff are already recognizing Garmon's influence.

"He's getting a lot of student feedback

and listening to what they want," Student Section Leader senior Kadin Bush said. "He's making compromises between things that students want and what the administration can allow, Garmon is definitely for the students."

Being athletic director is certainly a time-consuming and exhausting job.

"Twenty-four hours sometimes doesn't feel like it is enough when you're the athletic director," Garmon said. "It is a very fun job, but it is also very challenging. You have to constantly be responding to emails, trying to juggle time just like our athletes but when you are responsible for managing 22 sports, it takes a lot of your time so if anything I wish I could have more time."

With leading experts claiming that today's generation is the most distracting and busiest generation of all, students are often having trouble balancing sports along with academics which can be a representation of

athletic performance and educational performances.

"I think that the biggest challenge for a lot of our student athletes is balancing their time between studies," Garmon said. "A lot of our student athletes have to work so it's hard to maintain studies and work, athletics and have a social life, everyone is fighting for minutes of the day so the biggest challenge is managing their time."

Fall athletes are approaching post-season play, while winter and spring athletes are preparing for the upcoming seasons.

"The best is yet to come. This is my second stint at New Albany; I was here for eight or nine years right out of college, took a 15-year break, went into the hospitality industry and now I'm back. I feel like I have a lot of good years ahead of me and I feel like I haven't quite made my mark like I want to yet."



“

The best is yet to come.

Shawn Garmon // Athletic Director

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Dog Pound Student Section



New Athletic Director Shawn Garmon says he has plans to boost the Bulldog athletic programs and highlight the school's legacy.
Photos by Aleigha Ashby

Boomer the bomb dog

SRO Nick Carter brings 18-month-old labrador to school each day

By Tj Hardin

Before School Resource Officer Nick Carter could even open the door, Boomer swung around and smack, he walked directly into the window beside door 1.

Despite his goofy exit from his one of his first days at school, Boomer the black labrador is trained to do some pretty serious stuff. As a bomb dog, he's trained to sniff out explosives and the ingredients that make up these explosives.

"He has about 15 different odors he can sniff out, but it's not just those odors [he can smell]. Other smells that make up triggering odors can set him off as well, for example gunpowder. Gunpowder is made up of nitrates, but so are Sharpies, so that can be a problem," Officer Carter said.

Officer Carter acquired Boomer, who is an 18 month old bomb dog, in December 2023. Although his name is unique, it was just another name that Officer Carter and former NAHS SRO Nelson bounced off each other on the 14-hour ride home from Wisconsin after picking him up.

"I knew whichever dog I got, I would probably name it something else [aside from its original name]," said Officer Carter. "It was a long drive home, Nelson and I were just bouncing names

off each other and decided on Boomer. Boomer the bomb dog."

Boomer's handler, Officer Nick Carter, had two dogs before Boomer. He had Warri, who was an apprehension and narcotics dog. After Warri retired, Carter handled Avi, a dog who focused on narcotics.

"[Boomer is] my third," said Officer Carter. "The department wanted a bomb dog, and whenever they asked me about getting a bomb dog they asked who I thought should handle him, and I told them it should be the most experienced handler, which is me, so they told me to go find myself a bomb dog and that's what I did."

Despite only being 18 months old, Boomer has to train often and vigorously to make sure he doesn't miss anything.

"We did a basic class that was about six to eight weeks long, and then we do more training one to two days a month just to keep up on everything," said Officer Carter. "In reality, every day is training for him."

Boomer doesn't only work at the school. He's gone through training exercises outside of school to keep up on his abilities.

"During Thunder Over Louisville, we helped the ATF search around over there," said Officer Carter. "Sometimes I have him out at school, and you see

me and I have him on a leash, I usually do some training around the school as well."

Training K-9 dogs is not cheap. According to the American Kennel Club, K-9 dogs cost an average of \$8,000-\$12,000, depending on factors like age, breed, and pedigree amongst other factors without training. According to *Dogster*, the average total cost of a K-9, including training, can vary between \$65,000 and \$85,000, so the training really is the most expensive part.

Outside of his work life, Boomer is a very energetic and playful dog. He loves to play fetch and run around a lot, emphasis on A LOT.

"Usually when I put him out there [in my cruiser], he just paces back and forth," said Officer Carter. "One day I had this collar on him to track how much he walked and how strained he was, and in a matter of three hours he had around 50,000 steps. I have to monitor that because all of that walking will wear out his pads."

Freshman Finley Singleton thought Boomer was a good addition to the school. She thinks having him here will keep the school safer.

"[When he came in] I was kind of nervous because I didn't know what it was going to be like, but it was nice seeing him and listening to Officer Carter," Singleton said. "I think it's nice to have a police dog and officer in the school in case there were drugs or a bomb, they can help us out with stuff like that."

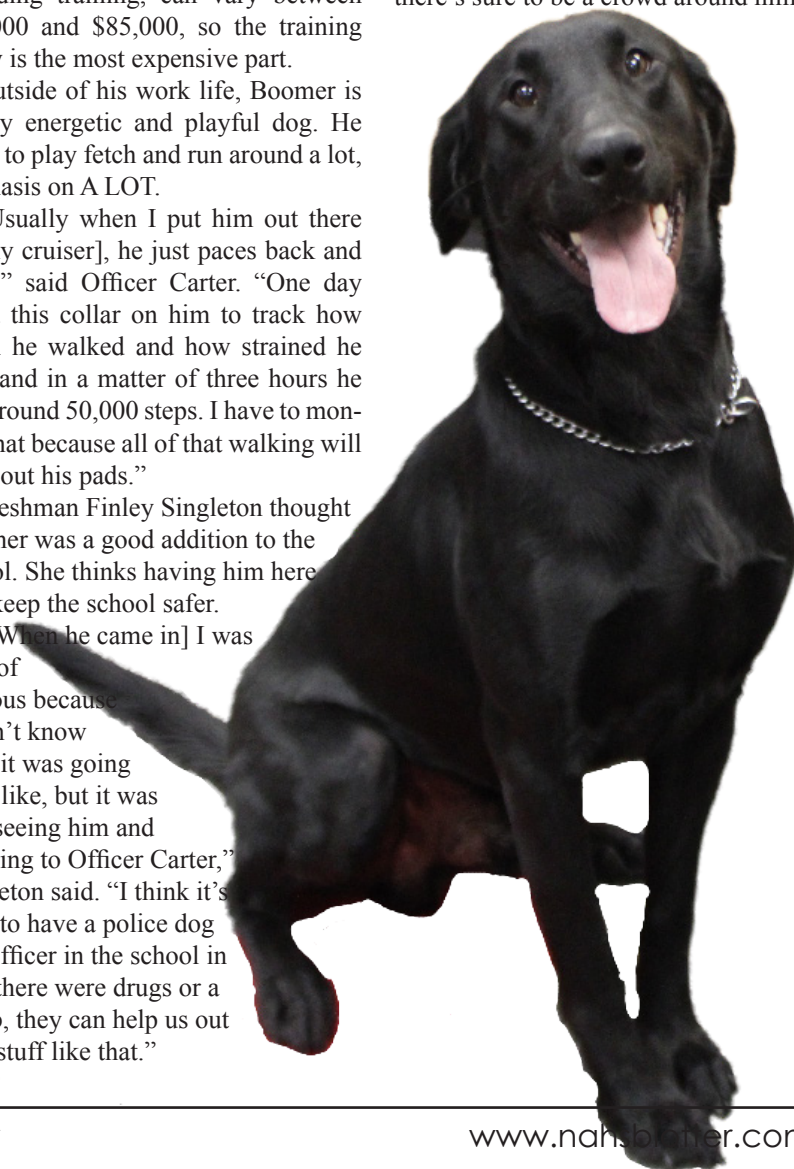
Boomer is with Officer Carter 24/7, and if ever he isn't, he's at home probably roaming around the house like it's his.

"I keep him at home, I have a [roughly] 10x10 kennel for him in my yard," said Officer Carter. "If it's nice and not too hot I'll put him out there."

So far, the students seem to love Boomer. Whenever he's in the hallway, there's sure to be a crowd around him.



School Resource Officer Nick Carter got Boomer the bomb dog in December 2023. Boomer is a part of the New Albany Police Department; he comes to school with Officer Carter every day.



Hit me baby “one more time”

NAHS Theatre Arts introduces hip hop jukebox musical

By Charlee Rogers

Magical. Colorful. Unexpected. Those are the words choreographer Stephen Vaught, former Broadway performer, used to describe New Albany Theatre Arts' newest production.

“There’s a lot of intrigue, I find, with this show because I think a lot of people are confused by it because they aren’t familiar with it, it was only on Broadway for three months and no one else ever got to see it, until now. I’m very excited for people to find out what this show is with no pre-existing knowledge of what they’re getting into,” Vaught said.

NAHS was the first high school in the country to be asked by Music Theatre International to put on the Broadway show *Once Upon a One More Time*. Though the show’s life on Broadway was short-lived, it was a hit.

The show is a lively jukebox musical blending classic fairy tales with the iconic Britney Spears hits. The plot follows the most beloved Disney princesses who embark on a journey of self-discovery after their happily ever after lives are turned upside down, according to Broadway Shows.

When the Original Fairy Godmother, played by senior Peyton Brown, introduces the princesses to a whole other world where they can be themselves, characters begin to question their roles and what it means to be genuinely happy and empowered. The show is set to Britney’s pop anthems. It’s about finding your voice and figuring out who you really

are but with humor and Britney Spears, according to Theatre Director Ms. Amanda Simmons.

This is Simmons’ second year directing NAHS; she previously directed at other schools for about 15 years.

“It feels great to have someone, because of your reputation and the quality of shows that you do, want you to try something new,” Simmons said. “New work is fascinating because as you’re developing it you can go back to the publishers and say ‘Hey, this moment just doesn’t work,’ and they’re able to go back to the writers and they can adjust whatever is wrong or missing.”

According to several members of the cast this production is going to be much different than anything seen from our theatre program before for a multitude of reasons. It’s going to be a different style, have different music, expenses, be more modernized, the way it’s being directed and choreographed, everything is going to be different.

A show is considered a jukebox musical when most of the songs are known and popular rather than original music no one’s heard before. Last year’s production of *May We All* was a country jukebox and this season’s show is a hip hop jukebox. NAHS has never done a hip hop musical so it’s a fresh change in rhythm for the cast.

This show is much bigger than any past productions and there’s a lot more going on in it. There are 14 different dance numbers and several songs that the more than 40-person cast has to

memorize in time for opening night. When most think of musical theatre they think of *Mary Poppins* or *Music Man* but this show is a lot more modernized and flashy.

Senior Kaylinna Young has been acting since she was about five years old and started because her sister did theatre and her mom loved being a theatre mom. Young always had the option to quit but she fell in love with it and has pursued it all throughout middle and high school. Young worked with former director Mrs. Amy Miller before Ms. Simmons stepped in and thinks that Ms. Simmons’ strategy is very beneficial to the whole cast.

“I worked with Mrs. Miller for a really long time; I love her and her work. I love that she was kind of like a triple threat in the way that she did everything besides the music,” Young said. “I personally like what Mrs. Simmons is doing now because she’s bringing in different people who are really good in each of their areas. I feel like it makes us more well rounded. This show is also insane. We’ve never done hip hop ever, we did a jukebox with *May We All* but this show has pop music, not country music - I feel like it’s a lot more intense and it’s really fun.”

Not everybody has an appreciation for musical theatre but this production is a lot different from what people are going to be expecting. There’s the intrigue of Britney Spears and Disney

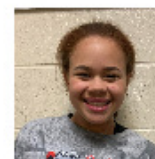
Ups and Downs
of Musical Theatre



Hardest Part of Practice

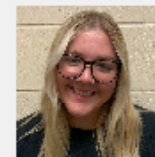


“I think the most difficult part is that you’ve just gotten done with a full day of school and you’re probably tired and then you come here and you’re probably going to have to dance for four more hours but I mean the people here make it fun.”
Lily Archer // 10

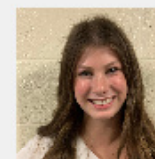


“Usually you don’t get the materials you need until maybe two weeks before opening night so you don’t have a lot of time with what you need.”
Ella Kennedy // 10

Easiest Part of Practice



“Getting along with the people because I know sometimes it can be hard but I feel like the group of people that we have are easy to get along with and that makes the process go a lot smoother and become a lot easier for everyone.”
Kaylinna Young // 12



“For me, going out on stage isn’t the hard part it’s just making sure I know everything once I’m up there.”
Peyton Brown // 12

princesses, but it’s also been compared to *Barbie* by several of the cast members because it shows the journey of women realizing that the way they’re being treated isn’t fair and they can do something to change it.

Sophomore Ella Kennedy plays-Belinda, one of the step-sisters, and describes the show as crazy and fun. Kennedy started theatre in eighth grade year and has been loving it ever since.

“It’s Britney. Yes, she’s a little crazy now, but these are all her good songs and yes, they’re reworded to suit the show. Who doesn’t want to see Britney Spears and Disney princesses?” Kennedy said.

Once Upon a One More Time

November 8 / 7:30 pm

November 9 / 2 pm

November 10 / 2 pm

*More shows the following weekend

Senioritis

AT IT'S FINEST

By Kaytlin Cahill

The sign-in line at NAHS gets longer day by day, but how many of those late sign-ins are students struggling with senioritis?

We are only a fourth of the way through the school year and senioritis is making its appearance. Attendance is an important part of all high school years, especially senior year.

Senioritis can lead to lower attendance rates and lower motivation. Senioritis can sometimes appear when they skip a day just because they can and aren't thinking about how important attendance for graduating.

Seniors want to walk across the stage and say goodbye to their high school career, and more importantly, move forward into their future.

By having a more balanced day, seniors might be able to avoid the senior slump. I made sure to have some electives in my school day to have something to look forward to and break up my daily schedule of harder classes. In Ceramics I-II this year I look forward to working with clay every day.

It doesn't have to be a class, it could be a club or simply just finding a select amount of time to set aside to relax and unwind.

Senioritis is caused by many things including harsh college application deadlines, AP classes, students making sure they have all of their needed credits and attendance.

Three tips FOR SENIORITIS

1. Finding balance in both the school day and at home to encourage better attendance

Whether it be finding an elective to take or simply finding time each day to sit back and relax with loved ones, balance in a senior's school day can help improve attendance. By having a class to look forward to, seniors will want to come to school more often and overall will have better attendance.

With all of the applications and deadlines seniors have to meet, missing school days can cause seniors to miss deadlines and miss out on big opportunities.

Every senior is going to have different schedules and might not have enough time to find that sweet spot to just relax. Even if it isn't a long amount of time, a few moments to breathe and just refocus might be enough.

Starting small with little daily goals can be helpful to some, others might need more time to find a groove.

Post-Secondary Counselor Mr. Eddie Bobbitt gave me advice at the beginning of the year; he told me to pick a day that I could spend half an hour or so on college applications and scholarships, rather than stressing myself out throughout the week, trying to find the time for it.

2. Set smaller goals for the day or week and make it happen

Setting small goals each day can lighten the load. Some seniors have after school jobs, practice or activities that require a large amount of time which may make it harder to get up and do it.

By setting small goals, seniors can make sure that things get done, then they've showed up and already improved their attendance records. To be able to walk across that stage takes a lot of effort from the seniors, and every day matters. Seniors only have so many of days left, and they all count.

Even if it's simply making it to all of your classes on time or leaving the house on time. Setting goals, big or small, can be extremely helpful to keep seniors on the right track for graduation.

Bigger goals could include getting your college applications in before strict deadlines, getting good grades in classes, and being on time to classes everyday.

Getting a calendar to write down a simple goal, or even making a checklist to keep track of your weeks and months to stay focused can be helpful as well.

3. Find a schedule that works

If you're a senior and you still don't want to be here and your senioritis is getting bad, talk to your counselor about an alternative schedule. Based on the amount of credits they have, some seniors might be eligible to have a shortened schedule. This may help with attendance, students might skip fewer days because they only have to show up for a few periods instead of all seven.

With more time in the day, seniors may be more likely to find the balance they need, or simply give them more time to work a job.

Creating schedules and goals for each day or week could help students stay on track.

Deadlines are strict and important so seniors need to keep up with them and make sure they stay focused.

Senioritis can be hard to deal with but seniors need to stay focused and on track so they can walk across the stage in the coming June.