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On the cover:

The entire school gathered for Ash Wednesday Mass on Feb. 26 in the Welch Activity Center.

Tutor in the house

The O'Briens welcome Guzman from Spain as T.J. benefits from having a native speaker to help him with his Spanish class homework and assignments. BY JACOB LANGDON

This year, junior T.J. O'Brien and his family took on a major responsibility. They decided to host an exchange student for 10 months. Agustin Guzman, also known simply as "Agus" or "Guz," joined their family last August from Madrid, Spain.

Guzman said, "I think I wanted to be an exchange student because learning English is so important for the future and also because I wanted to meet new people and have new experiences."

His bold decision to go outside of his comfort zone was not easy. Guzman admitted that "the biggest change was the school. The first day was hard for me because we don't change classes (in Spain)." He also said that "the language is kind of hard for me because when I am tired, for example, it is hard for me to talk with people."

He added, "I miss, of course, my family and my best friends. Also I miss going to the soccer stadium."

Guzman said he had been to the United States on several previous occasions because his father is a pilot.

He cited two benefits from his year on the Hill. He said, "I am making a lot of new friends and also I am improving my English skills."

The early discomfort has led to him gaining a greater appreciation for the United States. When asked what his favorite part of his experience was, Guzman said, "It's a great opportunity to experience foreign culture and meet new friends."

About what O'Brien values from the experience and he said, "Probably the friendship we've made. He taught me a lot about soccer and Real Madrid. He taught me a lot about the culture."

Guzman finished by saying that he is "so happy to be here. I am with a great family and I also get to know a lot of nice people. It was a good decision "

O'Brien said having Guzman as an in-house tutor was a positive influence on his Spanish skills. He said, "(Guzman) taught me a lot of Spanish. He will help me if I have any questions if I have any about my Spanish homework."



Headed south for service

Seventy students will travel to South Carolina to give back to the community by helping out at a parish church to provide assistance to those in need.

he annual spring break mission trip to South Carolina is on for its 20th year, as students who are participating attended an information meeting during flex on Feb. 24. All 70 spots for the trip are filled.

Staff and chaperones will include Fr. Jeff Godecker, Mrs. Charlene Witka, Mr. Howard Fogel, Mr. Mike Miller, Mrs. Beth Wissler, and Mrs. Sara Bozzelli-Levine, and Mrs. Colleen O'Brien-Teasley. Cathedral parents are Mr. Mark Levine, Mrs. Jacque McNulty, Mrs. Lisa Pluckebaum and Mr. Richard Pluckebaum, led by Mrs. Shannon Fox '80.

Chaperones will select work groups and work right alongside the students. Other tasks the chaperones will be in charge of are participating in evening reflections, helping supervise students during free time and socializing with students during community time. Fox said, "it's a long week for chaperones, but a great chance (for) connecting and really getting to know students." The biggest change this year is that the volunteers will work with a different parish. Fox said, "We are very excited to volunteer with the Paraclete Foundation that is part of Holy Spirit Parish on Johns Island, South Carolina." The Witchgers, a Cathedral family, have been involved with this parish for several years.

Fox recommends going because by the end of the trip the students will be surprised by how much they get out of the trip and not just service hours. Students also form new friendships with other students and with those with whom they volunteer. They will also experience Southern culture, and spend down time at the beach.

Since Fr. John Zahn's passing, it has been four years since a priest has attended the mission trip. Fox said she is excited to have Fr. Godecker in attendance. There will also be 21 seniors going on the trip, including Katie Darragh, Anne Getz, Jack Khonwai, Jack Lindner and Caroline Steiger, who will finish out their high school experience as four-year spring mission trip participants.



Seeing the light

After taking every photo course in Cunningham, senior Izzy Arney showcases her wide range of talents in an independent study class. BY ANDREW DE LAS ALAS

fundamental aspect of the high school experience is discovering a form of self-expression that can be used to communicate your thoughts and transform the more untouchable components of your life into the physical. Art, in its multitude of forms, stands out from other activities for its appeal to the onlooker's senses.

While the curriculum offers an opportunity to realize a passion for visual expression, sometimes a student will pursue a higher level of understanding in order to build on some of the introductory skills learned in the first few art classes. Senior Izzy Arney has been able to build upon her artistic studies through her independent study class.

Arney said that one of the main reasons she sought to continue her artistic education is because "art is something that I was consistently good at my entire life." Arney said, "I started in darkroom photography, moved to digital photography and then moved to independent study this year."

During alpha period, Arney will walk into Cunningham to her independent study class taught by Ms. Joellen Desautels. Seniors Lily Wagoner and Gabriella Bunting are also enrolled in the class. Arney said, "(Usually) I'll go and edit photos that I'm working on, tweak a few things or update my Weebly blog."

Desautels said that these blogs provide written background on a piece of art and "give some three dimensionality to who (students) are as an applicant." It affords art students a portfolio, as well as demonstrating critical thinking skills for non art students, and can even show that an applicant might be "a bit of Renaissance person," said Desautels.

The presence of other students in her independent study course is an opportunity for additional feedback. Arney said the other girls give another set of eyes on a piece, and that they frequently will offer advice and help to each other.

Each semester, Arney and other independent study art students will select a theme that serves as a central focus and will be present in some way in their projects throughout the period. Last semester, Arney chose the theme of light. Arney said, "I wanted something that could play into everything but then also stand out. I chose light because it's a huge part of photography. A whole picture is based off of it. There are so many ways to change the mood or theme of a picture. I wanted to see how much it affects each picture."

Students will be assigned a project that can be viewed through the lens of the chosen theme. Arney said that some project categories she's worked on are centered around doorways, typology and film noir. For her film noir piece, Arney took a flash photo "with a neon sign to give it an old timey feel."

Desautels said Arney is "fantastically creative" and is "fearless when it comes to being creative." Her film noir project stands out. "She wasn't afraid to grab a friend and say, 'Let's go to

> Broad Ripple,' grab a camera and take some shots, whereas some students might stay at home and take pictures where they feel safe," said Desautels.

> One of Arney's favorite projects involved typology, which is a presentation style that features multiple pictures with a similar theme all together on one board. Arney, using her theme of light, incorporated multiple pictures of fire and when grouped on a poster, she said, "It turned out very nicely."

> Arney said, "Whenever we're given an assignment, we'll create a list of ideas and look at Pinterest or Google. We get an idea of what works and then put our own spin on it."

For second semester, Arney chose nature to be her theme. She said, "I really love landscape photography. I wanted to do something with nature because it's all around us, and I wanted to capture what people miss out on, especially because we're building on about every piece of green land."

For the abstract project assignment, Arney took a picture of mud, sand and snow and then altered the images on Photoshop. Arney said this distortion is a key part of abstract design, and that it can stimulate questions surrounding the transformation from the initial image to the final outcome.

The versatile and open nature of a chosen theme allows for an exploration of creativity. The class offers potentially redefining moments where students can use their prior artistic knowledge to plunge deeper into new techniques and concepts.



Initially, Arney didn't know about the independent study option until learning about it from some other students in her digital photography class last semester. She realized she wanted to continue learning, but there was no higher traditional level class. This class gives her an opportunity to carry on.

Desautels said that independent study will depend on a student's availability, but if they are able to fit it into their schedules, the individual student will create a curriculum with her. Entering into an independent study gives students a chance to explore and see "what you're made of creatively," she said. Arney said, "If you're really into art and you've taken the classes and you know the base of what you need to know, you should do independent study because then you're able to expand on what you already learned." Arney said that a teacher can go beyond a curriculum and "push you further and force you to look at things differently."

Next year, Arney plans to study art education and photo image making at Colorado State University. Desautels provided inspiration to pursue art education, and Arney said that she's come to realize that "I like being able to share my knowledge of art with other people and see outcomes in their work."





"If you're really into art and you've taken the classes and you know the base of what you need to know, you should do independent study because then you're able to expand on what you've already learned." Senior Izzy Arney

Coronavirus concern

Two students from China comment on the situation in their country and their hope for their parents to be able to attend their high school graduation.

ust over two months ago, the Chinese government began to alert the World Health Organization to cases of an unusual pneumonia in the port city of Wuhan, which has a population of around 11 million.

Since that time, more than 2,000 deaths due to the coronavirus have been reported just in mainland China. For many Americans, those are just statistics. But for two students from China, those numbers mean much more.

Even thousands of miles away, the crisis has significantly affected several members of the student body, particularly two individuals from China who took the time to reflect on their personal experiences and reactions to the virus: seniors Harry Huang and Reed Huang. "I was worried about the timing because it was so close to the Chinese New Year," Harry said. "Since many people would be traveling between cities, the virus could be spread very easily.

Reed said he had a similar reaction when he first heard the news of what his homeland was dealing with. "I was shocked and terrified because we have already withstood a similar intensive pathogenic assault, the outbreak of SARS, which claimed over 900 lives worldwide and caused a terrible tragedy in China in 2003," he said. "I was scared that something similar would happen again."

Many travel bans similar to those introduced by Indiana colleges and universities have been proposed on a national level, which could affect both Reed and Harry's families. The United States has warned its citizens not to travel to China, and China has warned its citizens not to come to the United States. "The virus did not affect any of my plans traveling to China," said Harry. "However, my parents may not be able to attend my graduation because of the 14-day travel restriction that (President) Trump imposed."

Similarly, Reed worries that his parents "might not be able to come to my graduation due to the flight bans. It is uncertain whether or not I will be able to go back home during the summer since all of the flights have been canceled," he said.

Neither Harry nor Reed had planned to go back to China during the upcoming spring break, they said, so spring travel will not be an issue for them.

No one that either student knows has been affected by this virus. "The increasing number of confirmed cases concerns me, of course," said Harry. "I do not know anybody personally that has gotten the virus; most people have been working from home or studying online."

Both Reed and Harry have made a point to keep in touch often with their loved ones throughout the course of the outbreak. "I video chat with my family and friends every week to understand the situation there," Reed said. "The outbreak makes me anxious and worried, but luckily no one that I know has been affected."

As the Chinese government and the rest of the world works to better understand and control the rapid spread of the virus, both Reed and Harry continue to be hopeful that solutions will be found soon. "Based on what I have heard from both my relatives and the news, the Chinese government has been working very hard to stop it from spreading," Harry said.

"I fully believe in our country and our government," said Reed.



Hawaii bound

The Pride of the Irish will take their second semester finals in May and then head to Hawaii to perform, see the sights and hit the beach.

fter second semester finals wrap up this spring, the marching band will take a trip to Hawaii from May 24 to May 30. All band members have the opportunity to attend. The band takes a major trip every four years, alternating between Hawaii and Ireland.

Director of Bands Ms. Kathy McCullough described the trip. She said, "We have a performance near Pearl Harbor next to the USS Missouri. Students will tour the harbor, get to see the ship and get to see the memorial. We'll try to speak with a Pearl Harbor survivor. It's a lot of history, and there's a lot of people there who will get to see us perform outside the battleship."

Students also will tour the battleship. McCullough said that visiting Pearl Harbor is an educational experience for students. "The history there is just phenomenal. Students' grandparents or great grandparents were in World War II. This is really a good way to see the history that is still here," she said.

The band will perform at sites other than the USS Missouri. McCullough said, "We do another performance later that day in Downtown Oahu at a bandstand."

The band will practice for their two standstill concerts once per seven-day cycle until the trip.

Band members will also experience typical Hawaiian tourist

activities. McCullough said, "We'll be on Maui also. We are touring some of the historic towns on Maui, and (students) will get to go snorkeling or swimming."

Band members participate in several fundraising events to raise money for their trip to Hawaii. McCullough said, "We have a booth at Lucas Oil, so for Colts games parents and students over 16 can work and earn money. We had Beefhouse rolls, apple butter and jams sales. Kids who sold raffle tickets got a little bit from that if they (designated) band on it. We had band bingo at the Northside Social Club, where people play bingo and there is a silent auction where people bid money for different items."

By going to Hawaii, the band is giving the opportunity to perform in events other than athletic events, such as football and basketball games. McCullough said, "It's a trip that you don't get to make all the time. I like to give the band experiences where they perform off the Hill. It's great for the kids to see band trips that are big like Ireland and Hawaii."

Not only will band members perform in a different environment, they also acquire travel experience. McCullough said, "When I was in high school we traveled. We went on a trip every year, and I just loved that. (We are providing) the opportunity to give the students to travel on an airplane, in two different cities, in hotels, to plan and save money. It's learning how to do real life things in a safe environment with your friends."



No secret code

Miss Ria Pereira instructs computer science and coding classes, and in doing so is changing prior notions of the typically male dominated industry. BY ANDREW DE LAS ALAS

he future holds exciting promise. Advances in medicine, space travel and technology await the coming decades. All of these components of a shining future rest on a single unifier: computer science.

For a substantial increase in enrollment by girls, the school has earned the College Board's AP Computer Science Female Diversity Award. Miss Ria Pereira instructs computer science and coding classes, and in doing so is changing prior notions of the typically male dominated industry.

Pereira's own experience enables her to empower other students. She explained that in Kuwait, where she attended a high school with an Indian syllabus, students were not granted the same kind of flexibility in class choices until their junior year. When the time came, a student had a choice of four tracks. Pereira said that she didn't have an interest in commerce or the medical field, and so she entered into the computer/math track.

"I loved it," said Pereira. For the next two years, Pereira learned the computer language C++ under a person she called "a great teacher" who reaffirmed her track of choice. For university, Pereira said, "I knew I didn't want to let go of computer science," so she chose to major in electrical engineering, where she could apply her computer science knowledge to circuits.

Later, Pereira would work as a software engineer as an

international student in the United States. "It was a good job, but I knew it wasn't what I wanted to do," said Pereira.

Pereira said "God led me," and she turned toward education. Cathedral was the only school she applied to. She said initially it was much different from anything she had done before because she had studied with more of an engineer's perspective than a teacher's mindset.

Today, Pereira has come to teach an array of classes, from beginner level Visual Basic to more intermediate classes, such as AP Computer Science A. AP Computer Science Principles (APCSP), the class that earned the school the award under Pereira's guidance, is designed "so that a freshmen could take it," said Pereira.

One freshman does take it, Jade Zhao. "You learn to create and include sources into code, learn algorithms and debug solutions, plus many other tasks. Basically, (APCSP) gives students a better understanding of practices and data," Zhao said.

As a class without any coding or computer science prerequisites, APCSP provides an excellent display of the potential of computer science. Students learn about image sharing and encoding, data encryption, the behind the scenes mechanisms of the Internet, and a bit of code. Pereira said the information can be applied to all kinds of industries, from commerce to fashion. Having a background in computer science can help streamline a process and enhance a work experience overall, she said.



Pereira said that in the first two years of teaching APCSP, she had never instructed some of the students before. "Most of them were seniors who wanted some kind of knowledge in computer science before they graduated," said Pereira. In the 2017-2018 school year, the class was split equally by gender, and Pereira said that in the 2018-2019 school year (which also had a nearly 50/50 split), some of the things that female students created just "blew me away."

As one of their projects, students split up into groups to make a computer-drawn image. A team of four girls decided that they wanted to recreate the ball drop from New Year's Eve. Pereira said, "Even though they had never coded before, they did so well." The scene displays a crowd of people, buildings draped in banners, flashing fireworks, and of course, the dropping ball.

Pereira pointed out that this was an example of how introducing more female students into the realm of computer science can invite more creativity. She also cited junior Madison Ackley's project in Java class, an online shopping calculator. Pereira said that some of the projects created by female students break from the ones of the often male dominant classes she teaches.

Ackley said, "This class was really outside my comfort zone, but I took it and I'm glad I did because it's more than just math. It's so much more interesting. Computer programming I was really more like art."

Junior Lauren Dubbink, who also took Computer Programming I and is currently enrolled in Java, said, "I signed up because I think it's good for anyone to learn a language. I want to go into engineering because the future is in programming. The exposure is really important."

Both students emphasized Pereira's incredible patience. "She cares about her students so, so much," said Ackley.

As female computer science students, the pair said that to encourage enrollment, it starts with current students to encourage their friends to take it. Other initiatives, like early introduction during middle school, can sow seeds of interest for later study in high school or college.

Junior Bill Zhang, an AP Computer Science A student, said, "It's definitely great" to see an increase in female enrollment in computer science and coding classes. Zhang said, "I know it's usually guys who are interested in coding, but that definitely doesn't mean girls are worse at coding. I think everyone should try it." Zhang also said, "Miss Pereira is very valuable. Aside from just teaching people to code, she wants us to be good at it, and to get good grades."

As an experienced female computer science teacher, Pereira is in a position to use her own experience to display her skills to other female students who are even remotely curious about computer science or coding. She said, "I worked on a team being the only lady on site, but it was still a good work culture." There was always the expectation among the team that they all had the same kind of education and essentially the same knowledge.

Pereira said, "There's totally a place for women, and (computer) science can get so interesting that I want to encourage female students to check it out."

Senior (drama) trip

Every member of the Class of 2020 and several English teachers will see "Murder on the Orient Express" on March 12 at the IRT. BY ELLA BUNDY

very year, the senior class goes on a trip to visit the Indiana Repertory Theatre. This year, they will go to the theatre and see "Murder On The Orient Express" by Agatha Christie.

English teacher Mrs. Jennifer Shevlin said, "This is an annual trip and takes the seniors to a professional play. The trip to the IRT helps students see drama on its feet. I'm sure that for every single year of English, they read at least one play. While there is huge value to reading (drama) in its printed form, theatre is meant to be seen on its feet."

Students are told to dress up in the typical dress code, while they may also wear their college sweatshirts. The trip is part of the senior year tuition fees, and students are brought to the theatre by bus. "I think that there is something to be said in the fellowship of going off campus as a Cathedral family. We represent the positive attitude of our school," Shevlin said.

Mrs. Lizabeth Bradshaw, English teacher and director of arts and humanities, said, "It's a senior tradition to have this cultural theatre trip as a capstone of all their English classes."

To make sure students learn something from the experience, Shevlin said that English teachers have the seniors work on a writing assignment as a reflection on what all they learned and did during the trip.

Last year, the seniors went to the IRT and saw the play "Sherlock Holmes." Due to the theatre being a professional one, many of the actors will be the same.

Both Bradshaw and Shevlin go on the trip annually and share their experiences. "I think it's amazing. It can be hard for English classes to get up and out of your seats, and it allows the seniors to do that. Plus, I just love theatre," Shevlin said.

Bradshaw said about the upcoming trip for the entire Senior Class, "It definitely broadens everyone's horizons and allows us to celebrate both the arts and their class. Some people haven't ever been there and some don't go Downtown. So it lets them see all the arts Indianapolis has to offer before the seniors go off to college."

The IRT is on 140 W. Washington St. and seniors will make this year's trip on March 12. Members of the Class of 2020 should keep an eye on the student newsletter for details about buses and schedules for further information.

You can't stop the beat

"Hairspray" cast and crew gear up for spring musical's opening next month, performing a show set in the 1960s but that still has relevance today. BY LIAM EIFERT

Since the end of the school play in November, many of the school's veteran thespians have looked forward to the school musical. The show will be the first musical production of first-year teacher Mr. Tristan Zavaleta (usually referred to as Mr. Z).

The production chosen this year is "Hairspray." Zavelata said, "Hairspray, is a musical that takes place in the 1960s. It's about a girl named Tracy Turnblad who just wants more than anything to dance on TV on 'The Corny Collins Show.' She eventually gets to dance on TV."

He went on to describe the main conflict in the story. He said, "Since this is the 1960s, TV has not been integrated yet, and she wants to dance with her friends who are African American and that becomes her new goal." He said, "It's a fun show about accepting everyone regardless of their differences."

In relation to the 2007 movie adaption of "Hairspray," Zavaleta said, "A lot of the songs are different, not all of them, but some songs are in the movie that aren't in the musical, and then there are some songs that are in the musical but not in the movie. But still a lot of great songs. All the main, big ones are there."

According to Zavaleta, he didn't actually choose the musical, as "Hairspray" had already been selected last year before he was the theater director. He said, "I don't think I would've chosen a show that's so big to be my first show here, but it's a very exciting, a very fun show."

Zavaleta said that he has able to count on the choreographer as well theater department chairman Mr. Michael Moffatt and choir director Ms. Marian Bender. Moffatt builds the set with the crew and Bender works on the singing portion with the performers. was "a very tough decision. It's probably the most difficult decision in the whole process, and it's my least favorite part of it, but once it's over, we can get started."

Jack Lindner was chosen to play Corny Collins in the musical. Corny Collins is the host of the TV show, the dance show that Tracy Turnblad is so desperate to get on.

As a veteran of CaTheatre shows, Lindner thought that what was different about "Hairspray" was "that it's so widely well known. It's such a great story, and the themes inside of it are themes that are so relevant in today's time, with inclusion and making sure that nobody's ever left out. It's similar to a lot of our core values that we have here at Cathedral."

Lindner praised Mr. Z, as he calls him, saying, "He's been able to adapt so well to Cathedral. He is so professional, he definitely knows what he's doing, he's a recent graduate so he's got all the information fresh in his mind and he loves what he does, you can easily see it. He's such a great figure to have here at Cathedral."

After a bit of deliberation, Lindner narrowed his favorite song to "You Can't Stop the Beat." Lindner said, "Everybody is all included there at the end. We have a bid dance number. Almost every single character gets their own solo. It's a lot of fun. It's a lot of different things all combined in one."

Lindner said he gets his inspiration for his portrayal of the character both from the 2007 movie and listening to the original Broadway soundtrack.

Opening night for the musical will be April 17, with another evening show on April 18, and then a matinee show on April 19.

Zavaleta confessed that choosing actors for roles after auditions

The tickets will go on sale soon. Mr Z said, "Get your tickets fast, because they will sell out."



Welcome home

Teachers who are recent college graduates offer advice on whether seniors should room with a friend during their freshman year or expand their horizons by going random. *BY* WHITLEY WALTON *This article has been edited for length. To read the full article, go to www.irishmegaphone.com.*

s graduation grows nearer by the day, seniors have started to commit to colleges and define their majors. However, the biggest question is still unknown: who will they share a dorm with? Teachers provided their insight for the students.

Math teacher Ms. Mary Ann White '11 said, "I would not recommend living with a good friend for several reasons." White graduated from Wittenberg University in 2015. Rather than attending a large school, she chose the smaller college in Springfield, Ohio, to play lacrosse.

"In college, it's really a great opportunity to spread your wings and meet new people," White said. "Sometimes by living with a friend, it's really easy to stay in your comfort zone and not go try a new club, go to a new meeting or push yourself outside the box." By having a completely different roommate, White said how much easier it is to try something new with someone new. This would allow students to expand their friend circle outside of the connections already made in high school.

Ms. Allie Griffith, English teacher and assistant basketball coach, agreed with White. Griffith graduated from Notre Dame in 2017. During her freshman year, Notre Dame does not allow students to room with a specifically selected friend. She didn't know her roommate's name until the day they met. "I had no idea who I was rooming with until mid-July before my freshman year," Griffith said. "Actually, the girl I was randomly assigned to, last minute, chose a different college, so when I showed up on my first day, it was someone whose name I didn't even know."

Even through this slight mishap, there was some light to shed on the situation. Griffith said, "She was from Austin, Texas and we were very different in a lot of ways. She wasn't someone I would have gotten to know unless we were roomed together, so it was good for me to get a different perspective on what freshman year was like."

Mr. John O'Hara '02, social studies teacher and head track and field coach, said he saw both the advantages and disadvantages of rooming with a good friend. Graduating from Indiana University in 2006, his roommate was a student from Bishop Chatard who he knew from a mutual friend. Although the rivalry between Cathedral and Chatard was present in the early 2000s, O'Hara said, "We worked really well together. We played the same sports and grew up with similar backgrounds. It was good to know someone from Indianapolis."

Regardless if his roommate was someone he knew or if that person was a complete stranger, O'Hara said knowing someone from Cathedral allows you to be aware of how they operate, but rooming with someone new is a great idea to

broaden your horizons.

Theater director Mr. Tristan Zavaleta experienced the best of both worlds. As a 2019 graduate from Ball State University ("Chirp, chirp," Zavaleta said), he randomly got set up with a person from the Department of Theater and Dance, meaning his roommate would be a "fellow theater major," Zavaleta said. While they texted a bit over the summer, these two strangers also had two classes together when their freshman year started.

"We both auditioned for the theater department improv team, then we both got on the team, and we were the only two freshmen who made the team. They didn't realize we were roommates when they added us," Zavaleta said. "Since then, we've been very close friends and we are still very close."

However, there can be disadvantages to rooming with a friend.

"Even though you're friends because you care about the same things, have similar interests, and you genuinely like hanging out with that person, you may live differently," White said. White has two friends on the opposite end of the scale: one who was a bit messier and one was an OCD neat freak. "Your living styles don't mesh and you don't want that to get in the way of your friendship. A dorm room is a very small space."

Similarly, rooming with a stranger can have its downfalls.

"It can be an awkward first month," Zavaleta said. "There's a lot you have to adjust to, and on top of that, you're with a random stranger."

By starting a new journey in college, you also have to develop social skills. Griffith explained, "You have a little bit more work on the front end of learning how that person communicates and figuring out their habits and their needs. Sometimes that can be tricky when you don't know that person." With her own roommate, Griffith had to initiate conversation due to her roommate being quiet.

Overall, the best thing to do is to be flexible. O'Hara said, "Have an open mind, try new things, and always communicate with your roommate."

"I've been able to have better experiences and keep friends because I was able to start a new stage of my life with new people," White said. "I really encourage the seniors to step out of their comfort zone, even if they're going to a school with some of their best friends. It's super important to do something that makes you uncomfortable. College is really where you step out of your box."

Summertime gladness

Director gears up for another successful Camp Cathedral, explains how the annual program gives participants the chance to experience the school's culture and quality. BY NYA HUFF

he Hill always seems to be busy 24/7, and the summer is no different. Camp Cathedral is a program run on campus over seven weeks of the summer with more than 70 camps for age ranges from kindergarten to ninth grade.

The program started around 2006, with much less variety and quantity of camps. Director of Summer Programs Mr. Anthony Ernst said he has been running Camp Cathedral for seven years now.

Camp Cathedral offers more than 50 enrichment camps along with the immensely popular sports camps. Ernst said the most well-attended camps tend to be the STEM sessions, as they allow campers to experience the academic side of the school community along with the fun side of camp. Ernst said, "Parents are pushing kids towards tech camps," which may be another reason why these enrichment camps like robotics and Minecraft are so popular.

Other camps that are usually full include the safe sitter camps, show choir and drama camps as well.

Like everything on the Hill, the family feel and atmosphere of the school is evident in all they do. Ernst compared Camp Cathedral to Brother Andre Bassett in a way, saying that they open doors up to families just as he did.

The camp counselors are alumni and Ernst said there is no one better to show the campers the Cathedral way and culture. Ernst said with them leading they can "instill the family feel" and culture on campus. Other ways campers have the opportunity to take part in the school culture is when teachers lead programs, providing first hand contact with staff as well as when current students sometimes volunteer.

Ernst said in the enrichment camps, there are typically six or seven alums working as employees. He also said that just because you are an alum it "isn't a guarantee" to work a camp because it's a full application process just "like any other job." Alums working camps are important because Ernst said they're "introducing (campers) to the life of Cathedral and they build bridges out to the community."

Camp Cathedral has a large variety of more than 50 enrichment camps and they seem to be expanding. Ernst said having a variety of camps is important because "the wider the range, the bigger net you cast," meaning that the more variety in your offerings, the larger audience you'll attract. The camps vary from what's big in pop culture right now, such as Minecraft and Harry Potter camps, to student leadership and empowerment camps.

This summer, there is a new minecraft camp being added called "Minecraft Explorers" targeted for the younger campers, grades first through fourth.

Ernst said that the goal for this summer is no different than the goal for any other summer. He wants the campers to be "growing, laughing and learning" in their abilities while having fun.

Ernst said he and his staff look forward to the "top notch programming" at this year's Camp Cathedral. Additional information is posted on the school website at gocathedral.com/ on-campus/campcathedral.







Tame those tigers

Men's varsity basketball team begins Sectional tournament play on March 4 against Crispus Attucks, seeking to avenge its loss in double overtime during the City championship. BY CALEB LAND

The men's varsity basketball team lost to Crispus Attucks 94-91 in double overtime in the City championship game last month. But on March 4 at 6 p.m. at Lawrence Central, they will get the chance to beat the Tigers and move on to the semifinal round of Class 4A Sectional 10.

Despite losing Armaan Franklin '19 to Indiana University, along with several other key seniors last year, the Irish go into tournament play with a record of 18-5, with key wins during the season over Carmel, Ben Davis and Bishop Chatard, among other opponents.

Head Coach Mr. Jason Delaney responded to a reporter's questions about the upcoming tournament game.

How does your team match up against Attucks?

I think that we match up really well versus Attucks because we both play at a high pace. Both teams are ranked in the Top 10 in the state in scoring.



Does the chance to beat a team in the Sectional to which the Irish lost earlier in the season affect your team's outlook? I think it adds some fuel to the fire because we had to watch them celebrate and they brought an end to our run of city championships.

How does preparing for a Sectional game differ from preparing for a regular season game?

You know that you have been preparing for a year for this time, so the mental focus and physical execution has to be at its best. You build your regular season schedule to give you the best preparation for March.

How will the Irish defend Attucks' top player, Sincere McMahon? Sincere is an extremely talented player that you won't shut down, but you hope to slow down. The key is that the other players don't go above their averages. In the first match up, that is a place that we didn't do a good job.

Who was been among the outstanding performers for the varsity this year?

Honestly, every guy that has played this year has done something to help us win a game. We've battled through so much adversity that it has taken every player that we have to get the job done. They, as a group, have risen to the challenge.

If the Irish win their Sectional opener, they will take on the winner of the Lawrence Central-Lawrence North game in the semifinal. What is your perspective on those teams, given they are ranked in the state's Top 5?

We just have to focus on beating Attucks first and then we'll deal with whomever may be there.

What will it take for your team to beat Attucks? Protect the paint, rebound and execute on the offensive end.

How do you plan on changing your game plan this time around to come out on top?

You look back at the first meeting and we did some things towards the end that cost us the game when it came to execution. We make some adjustments, but you don't change your total game plan.

Having played Attucks before, and unfortunately losing, do you think that helps or hurts your chances to win and advance? I think it helps you become familiar with them. They won the battle, but the war is what you prepare for a year.

Senior Harrison Fagg gets the tip during the men's basketball regular season game against Carmel. The Irish would go on to win the varsity game 63-60 in overtime. Head Coach Mr. Jason Delaney's team opens Sectional play on March 4 at 6 p.m. at Lawrence Central against Crispus Attucks. **Cathedran file photo**.

Three-peat

Irish wrestlers win their third straight State championship at Bankers Life, immediately set goals for next year.

he wrestling team came home with the big trophy once again on Feb. 22, capturing the State championship at Bankers Life Fieldhouse.

The Irish won their third straight State championship with the help of two individual State winners: Holden Parsons and Zeke Seltzer earning the Irish 24 points each; one second place finisher, Logan Bailey, earning the Irish 22 points; one third place finisher, Elliott Rodgers, earning the Irish 19 points; one fourth place fourth finisher, Tyler Wagner, earning the Irish 13 points; and three wrestlers who didn't make it past Friday night but still contributed to the team's success: Evan Dickey, Johnny Parker and Jacob Huffman.



The Irish won the team title with 102 points. Rounding out the Top 10 were Crown Point, 93.5; Evansville Mater Dei, 85; Brownsburg, 63.5; Roncalli, 63; Perry Meridian, 59; Avon, 58; Chesterton, 45; Mishawaka, 45; and Warren Central, 39.

Head Coach Mr. Sean McGinley '88 said, "I think we wrestled the best we could have, left a little bit out there, but couldn't have asked for more from my guys."

But with glory comes drama, and there was plenty of it with a controversial call that reversed Wagner's match that could have sent him to the finals instead of wrestling for a third place finish. McGinley said, "It was a last second scramble. We were down by one (point), time ran out, Tyler was clearly on top of his guy, and the ref signaled a two-point reversal, but went back on his call and made it a one-point escape.

"In my opinion there should've been no in between. It was either no points or a two-point reversal. We definitely let the official hear about it; he knew about our displeasure with the call," said McGinley.

The coach added, "It was unfortunate for Tyler because he was wrestling great all weekend and had a chance to win State, but it was just an unfortunate event for him and the team."

McGinley expects the two underclassmen who didn't make it past Friday night, Dickey and Parker, to be back and close to the top of the podium next year, along with leaning on Seltzer for another year to be the rock for the team that, 48 hours after winning a State title in 2020, was already setting its sights on 2021.

McGinley noted the contributions the senior wrestlers made to the success of the team this year. He said, "You have to mention them as one of the better classes. Obviously, they had the most success out of every class getting third (as a team) their freshman year and then rattling off three State championships. Looking at hardware, you have to put them at Number 1."

But filling in the gaps this class left will be no small task.

McGinley said, "Losing such a great class will be hard to fill in for, but we will just get back to the grind with practices on Tuesday and Thursday, and we hope JV kids will step up for us and hope for a freshman or two to come in and be a contributor."

Senior Tyler Wagner's State Finals match ended with a controversial call that prevented him from going on to the next round and scoring even more points for the team. **Photo by Terrin Wagner**.





s we near the 2020 election, both Democrats and Republicans alike are dealing with an issue that is threatening households and families across America.

You may have seen it talked about on TV, you may have heard about it in your local community or you may have even been affected by it within your own family.

The opioid crisis has blazed through American towns and cities, creating disruption within the lives of many and leaving its mark on communities. It started when these drugs became normalized, when they became too easy to get.

The U.S. Department of Health and Human Services wrote, "In the late 1990s, pharmaceutical companies reassured the medical community that patients would not become addicted to opioid pain relievers and healthcare providers began to prescribe them at greater rates."

Contrary to this statement, people actually did become addicted, turning their lives in the wrong direction. The devastating impact of the opioid crisis has developed into one statistic after another, statistics showing the harmful impacts these painkillers deliver.

The National Institute on Drug Abuse calculated, "In 2017, more than 47,000 Americans died as a result of an opioid overdose, including prescription opioids, heroin and illicitly manufactured fentanyl, a powerful synthetic opioid. That same year, an estimated 1.7 million people in the United States suffered from substance use disorders related to prescription opioid pain relievers, and 652,000 suffered from a heroin use disorder (not mutually exclusive)." Even if you personally haven't been impacted by the crisis, the reality of its effects are still real.

The New York Times took a look at a city in Tennessee to see how they were dealing with the effects of over prescribed opioids. Although shocking, children as young as 6 were being taught how to administer Narcan. Narcan, as explained by school nurse Mrs. Courtney Jennings-Sood, is a drug which reverses the effects of the opioid in the event of an overdose. As sad as it is to hear children having to learn how to inject Narcan, it awakens the reality of what many communities across America are experiencing, which is family members dying due to these painkillers.

The article from the Times captured the crisis perfectly writing, "Desperate to save lives, county health officials have embraced a practical strategy for stemming the tide of addiction: Teaching children as young as 6 how to reverse an overdose."

Jennings-Sood said that she also has Narcan in her office and has been taught how to inject it into students in case there is ever an overdose. Although she has thankfully never had to personally administer the drug, she said, "The opioid crisis is real."

Jennings-Sood added that there are community classes that people can take locally to learn how to administer Narcan and that people are then allowed to keep the drug with them in case of an emergency.

If you or anyone you know is struggling with this epidemic, please reach out to health officials immediately. This battle should not be fought alone.



Face off

As we begin our Lenten promises, two students give their opinion on whether it is better to give something up or add something to your life.

Better to give something up

BY LIAM EIFERT

We're always adding something new these days to help us try to put out our fires of self-disgust. We run to new apps, new classes and new lifestyles so we can justify ourselves, so we can change who we are. The whole reason we even make empty New Year's resolutions year after year is to convince ourselves that we have control over our lives.

A Lenten promise isn't just a more impactful New Year's resolution. A Lenten promise isn't even truly about ourselves. Lent is much more than our daily battle for self acceptance. Lent, instead, is a time to simplify our lives, not complicate them with an even tighter net of obligations. We should strive to give something up for Lent because we should strive to simplify our lives, and a new routine trying to perfect our lives only distracts from the true purpose of Lent.

The unbounded complexities of a modern life glare off our smartphone screens. They hold pages on pages of apps used for everything from gaming to journaling. Smartphones often hold a graveyard of apps deserted long ago, a useless cluttering of our digital space. The apps we still open provide us with so many opportunities that the very concept of boredom has changed. We always have something to occupy ourselves with.

Our time to be alone with ourselves and get to know our thoughts has been replaced with aimless scrolling. Our phones busy us without actually giving us anything to do.

This busyness distracts from the kind of self-reflection that Lent asks for. Giving something up for Lent lets us uncover some lost time and use it to slow down and think. Those who are Catholic among us are called to use that time to reflect on the life, death and resurrection of Jesus Christ. Lent is not about focusing on ourselves. It's about refocusing our lives as much as possible on God.

Even for those who are not Catholic, there's something to be said for the value of a little boredom. Boredom is the time to slow down, stop worrying, stop running, stop planning and just be.

Better to add something

BY MADISON SPIEGEL

I think that instead of restricting yourself from something like meat for Lent, you should add something, whether it be part of your daily routine or diet. The "rules" of Lent include that everyone 14 years of age and older (up to the age of 60) must abstain from meat on Ash Wednesday, which is when Lent begins, on Good Friday, and all Fridays that take place during Lent.

I personally don't eat any type of red meat, only chicken and fish, so this is not exactly a hard challenge to follow. Since I already partially follow the so-called rules of Lent, and many other people also abide by these rules, I think everyone should be able to add something.

Personally, I want to add no gluten to my diet because this is something I have been wanting to do for a long time. Other people should be able to choose something they have been wanting to try or something they want to do more. For example, if you don't want to change your diet, then you could add working out for 30 minutes every day, or taking time for yourself by reading a book every night.

If you did want to change or add something to your diet, then you could make sure you drink an ample amount of water depending on your weight every day, or have no more than three full meals per day. Another example would be intermediate fasting, an eating pattern where you cycle between periods of binging food for an eight-hour period and fasting for 14 to 16 hours per day.

The late Fr. John Zahn encouraged such actions, as did Fr. Jeff Godecker during the school's Ash Wednesday Mass on Feb. 26. Both of these men note doing something positive, such as going to 7:15 a.m. Mass. There are many options of adding something you want to try and would be good for you rather than getting rid of something like meat you may not even eat much of anyway.

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