

# TITAN TIMES



Photo by: NDHS Media

The sun sets behind the Observatory during XLT on Sept. 20.

## XLT: A NIGHT OF PRAYER

By Frances Cramer (12)

A time for prayer and worship. A place where we could come together as one family and open our hearts to God. This year's XLT, we had Angelica Cortez (class of 2021) give an inspiring speech. It was moving and really made others, (and I) personally question the quality of our faith in God. We held adoration, where we prayed in the presence of Jesus Christ. We asked Ariana Gonzalez (10) what her favorite part of XLT was, and she said it was when we all sang together. "It made us feel like family, and it was a really good atmosphere to be a part of." I hope that everyone had a great time, and I can't wait to see everyone back again next semester!



Photo by: NDHS Media

Fr. Paul Schmidt leads students in Adoration of the Blessed Sacrament during XLT.

## WHAT'S NEW

By Elyza Lansang (11)



Photo by: NDHS Media

### What Just Happened?

Notre Dame students enjoyed their first XLT night, with Adoration, food, and more!

Last week, we also celebrated Grandparent's Mass, where students spent time with God and their loved ones!



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### Coming Up This Week

**9/27:** Notre Dame is having a MOD Pizza Fundraiser! Come on out to support your school and have a slice of pizza!!

**9/28:** During TAC, all student iPads will be reviewed for maintenance.

Parents are invited to the Notre Dame Athletics Association and Notre Dame Performing Arts Association Meetings on 9/27 (athletics) and 9/28 (performing arts).



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### Bible Verse

"For the spirit God gave us does not make us timid, but gives us power, love, and self-discipline"

2 Timothy 1:7

# Voice of the Campus

By Valerie Arredondo (11)

Valerie Arredondo: "Mr. Ponce, tell me about your opinions on the new schedule...honestly?"

Mr. Ponce expresses his sincerity regarding the new school schedule as an adjustment for not only students but for teachers and staff as well. He describes his time with the new arrangement as a challenge within his teaching methods as to how to educate efficiently with the time provided. He states how breaking up assignments and assessments is difficult because one period may be up to date, yet another period will be



behind or not yet prepared for whatever is next in the class. "I feel like I have to break up my lessons and half of my students are getting the lesson and so into the work but the other half doesn't get the same time."

# Sports Feature

## Athlete of the Week: Deon Jordan

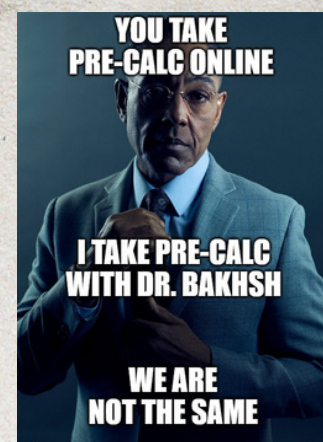
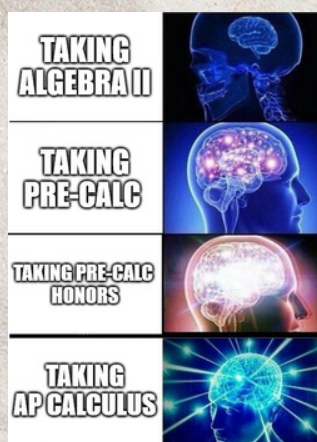
By Serena Waked (11) & Lubianca Gaitan (11)



A good student and a hard-working football player, Deon deserves every last bit of recognition for all the effort he puts into being superb in every aspect. No one could've said it better than him: "Playing football, being on the field with my teammates, depending on them and my teammates depending on me, building relationships and bonds (with my coaches and comrades), sacrificing time, working hard, staying disciplined, and playing

multiple positions are a few things that keep me having an extremely high athletic drive! I keep this drive going because I don't want to disappoint anyone." If you see him around school, make sure to give him a high five, he deserves it. Keep up the hard work, Deon. We can't wait to see how many more things you accomplish this season!

## Laughology





Artist: Valerie Arredondo  
Photo by: Ms. Stemmann



Artist: Lubianca Gaitan  
Photo by: Lubianca Gaitan

# The Arts

By Rubi Alvarez (12)

This week we are highlighting pieces coming to us from the AP Art department! Starting with artist trading cards made by Valerie Arredondo, including one that's interactive that looks like a sardine fish can regarding marine life and biology. Our second piece made by Lubianca Gaitan, featuring Morticia and Gomez Addams.

Here's some exciting news involving NDHS's Art Club—the Art Club is working to design a mural dedicated to the class of 2024!

# Dish Diaries

By Bianca Avila (12)

This week's dish diaries will be featuring the meatball sandwich. The meatball sandwich is a French bread roll with meatballs, marinara sauce, and parmesan cheese. The amount of marina sauce was good because it wasn't too much where it was messy to eat, but still enough to give the sandwich a good flavor. The sandwich was really good and I would recommend it to anyone wanting to try something new.



applesandorangesfoodservice



# Scholar

By Lubianca Gaitan (11)

Each week, we'd like to give credit to those who earn it and show their hard work in their classes. For each grade level, one person/group will get a shoutout for their hard work in one of their classes.



Photo by: Joshua Avila

Starting off with Freshman, we'd like to shout out Brian Marqecia (left), Luke Webster (center), Emma Senn (center), and Sophie Bou Harb (right) for their efforts in Mr. Heron's Biology class. For Sophomores, let's give it up for Ana Sophia Ramirez (below) for excelling in AP world.

# Spot-



Photo by: Joshua Avila

Time for juniors, and this week Milo Zreik (right) is our shining star for doing a great job in AP Biology. As for seniors, I don't think it comes as a surprise to see Lily Webster (left) excelling in AP Government. Congrats to everyone! As for everyone else, keep up the hard work for a chance to get featured in next week's issue!



Photo by: Joshua Avila

# Light!

# Gym Rat of the Week

By Serena Waked (11) & Lubianca Gaitan (11)

This week's gym rat of the week is Steven Thomas (pictured), a senior at Notre Dame. Let's delve deeper into his routine now. Steven lifts six times a week, usually hitting the upper body. His favorite body group to target is arms, which mostly consists of doing bicep curls, hammer curls, and barbell shoulder presses. For the chest, he likes to do bench presses, incline benches, and dumbbell bench presses. As for foods, Steven has a protein and



Photo by: Joshua Avila

rice-based diet. Now, some wise words from Steven himself: "As far as gym anxiety, everyone starts somewhere. You just have to keep being consistent as that will lead to results". If you ever want to ask someone for fitness advice, don't be shy to ask him.

# Teacher Feature

By Mrs. Arguelles



Photo by: NDHS Yearbook Staff

A big shout-out to Mr. Shelton and Mrs. Marina Hernandez for taking on the challenge of getting slimed at this year's Holy War Pep Rally Contest! ASB set up a donation race among the classes, and the Senior class emerged as the victors, earning the right to choose two teachers to be slimed. The Senior class spoke, and Mr. Shelton and Mrs. Hernandez were the lucky winners. This was the first time in years that teachers were directly involved in the pep rally, and we appreciate Mr. Shelton and Mrs. Hernandez for sharing their Titan Spirit.

# Advice Archives

**Q: How do I get my friend to stop eating pickles 🤢?**

**A:** You look at them, walk up to a mirror, and think about how wrong you are and how right your friend is.



Pinterest



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**Q: How do I fix my horrible taste in guys?**

**A:** Take some time out of your day to fully reflect on what you want in a guy. Maybe write it down to really set it in stone. Be specific about what you want and never settle for anything that doesn't fit into those standards.

your standards for love are going to make some people uncomfortable, and they will try to make you feel like those standards are too high, but it's because they threaten their comfort zones. what you believe in either challenges how they treat people, or how they've accepted being treated.

*keep them high.*

- butterflies rising

Pinterest

**Q: How do I gain motivation?**

**A:** Realize that no one else is going to do things for you. Your future is in your hands and whether you want to succeed or fail, your effort will show that. Also, try forcing yourself to cut off any distractions that cause you to lose motivation.

## Submit an Advice Request!

## Music

By Lubianca Gaitan (11)



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This week's music rec is OutKast's Ms. Jackson. It is a timeless hip-hop classic that really showcases the duo's lyrical prowess and musical innovation. Some would even say it has an infectious beat. If you ever want a feel for chill music, it's definitely a song you should listen to. Don't forget to check out our [playlist on Spotify](#).

## Film

By Lubianca Gaitan (11)

This week's movie recommendation is "8 Mile", which follows the story of Jimmy Smith, an aspiring rapper in Detroit played by Eminem. The film explores his struggles with poverty, family issues, and personal conflicts as he strives to make a name for himself in the music industry.



Google images

The freestyle rap scenes were what captivated me most as it really creates suspense on who will ultimately win. I recommend it if you like rap and want to watch a story about the hardships in life that shape us.

### Contest of the week: Album Review

Have a music artist or album that you really like? Do you want it featured next week in our **Music** column? Write a review of it [using our link](#) for a chance to win!