

THE ROSECALL

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Five times the fun: Alum has quint

A. Gibson, Focus Editor
photos provided by: Katie Schaftlein



Savannah Mae, the firstborn baby



Lucas Randal, the second born baby



Sofia Grace, the third born baby

When '09 grad Katie Schaftlein (previously Clark) found out she was pregnant with quintuplets with her husband Lucas, she was shocked but very excited. She thought she was going to have multiple, but she didn't expect five. Her excitement was shut down, though, once her fertility doctor said that the best chance of her coming out healthy was to terminate all or half of the babies. He didn't let the young couple hear the babies' heartbeats or even give them an ultrasound picture. The parents wouldn't even think about getting rid of their babies and left that doctor. They then went to a high risk obstetrician who explained all the risks but was overall confident about the pregnancy because of Katie's health and age.

Katie knew she was going to be put on bed rest around week 18 of her pregnancy, which is around the time a women carrying one child would start showing. She told her immediate family as soon as she found out but waited until she couldn't hide it anymore to tell her extended family and friends. She started preparing as quickly as possible by having a baby shower and started looking for used clothes and cribs on different websites for soon to be moms.

Katie found out at 18 weeks that she was having four girls and one boy. She has had a list of names since she was young, and this included Savannah, Scarlett, and Sofia. They had already decided to have the boy be named Lucas Jr. They decided to name the last little girl Sadie, so she would have an "S" name like all her sister. They are named Scarlett Ann, Sofia Grace, Sadie Belle, Savannah Mae, and Lucas Randal.

Katie then went in the hospital at 22 weeks to be monitored closely from then on. Katie's first goal was to make it 24 weeks before delivery because it is then considered a "viable pregnancy". She then passed the 26-week mark and was hoping to get to 28 weeks so their lungs could function with only minimal support when they were born. She then gave birth on November 11th, her 26th birthday, at 29 weeks 5 days.

After they were born, two of the babies had to be intubated, a few needed Oxygen, and all used a CPAP for at least a short time. They



Scarlett Ann, the fourth born baby



Sadie Belle, the fifth born baby

also all had a feeding tube for a majority of the time they were in the hospital. Katie was discharged three days later but came to the hospital each day to be with the babies. Her family also came most days to help with feeding and to bond with them. Almost two months later on Monday January 2nd two of the babies came home. One day later, another went home, and then on Wednesday the final two babies came home.

Since being home, the parents have been adjusting to life with five little ones. Luckily all of the babies were off all machines, so they did not require any equipment to be brought home with them. Katie said the babies get fed every three hours and it takes a little over an hour to feed them all. The parents then have about an hour and a half before the first one wakes up to be fed again. They have family there most of the time to help feed and change diapers so they can sleep. These new parents are adjusting to their new "normal" and are excited about this new adventure.

The new year rings in new changes

E. Haupt, Social Media Editor

It's a new year and Assumption has come in ringing with new changes. Over Christmas break, the school office received a complete makeover. What was before plain and monotone is now detailed, vibrant, and radiating with school spirit and honor.

Some of the new changes include new chairs, specially built cabinets for office staff, new hardwood floors, two murals, and some behind the scenes office renovations that most students might not see (including a new refrigerator!)

These new changes have not only changed the environment for those that work in the office, but for all Assumption students, staff, faculty, and alumni.

Trisha Walker says, "Everyone that comes in the office is more lively. It has made the office more up to date but still cozy."

All of these changes have created a new sense of freshness to the school, and have put a smile on the faces of everyone that walks in.



photo by: Caitlyn Raver

Students continue to study while enjoying the newly renovated main office.

Locker Break returns

C. Raver, Photo Editor

The new year brings back old traditions. Locker break is back on the schedule, which gives students and faculty an extra five minutes to get their business done.

Dean of Studies Theresa Schuhmann said originally locker break was implemented for students to actually go to their lockers to swap or store books. The faculty began to notice that the majority of students were using locker break to hangout or sit around, so it started to seem purposeless.

Once they made the change to remove locker break, though, students and teachers didn't have time to do the things they previously could. Teachers were in a rush to get homeroom activities organized, take attendance, and the students were unable to run errands. Also, neither teachers or students had time to go to the restroom. Schuhmann stated the easiest solution was to bring locker break back!

Locker break will now be on the schedule every day. The consequence is Rocket Time is five minutes shorter. Schuhmann doesn't think it will affect the productivity of Rocket Time. With the added time for personal business, homeroom activities should run more smoothly for the entire community.

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photo by: Reid Carter
The newly constructed East End bridge was dedicated to President Lincoln.

Alumna talks about time at White House

L. Newport, Editor-in-Chief

On January 12, Katherine Klem '04 visited Assumption and talked to various government classes about her time working in the White House under the Obama Administration. After graduating from Assumption, Klem attended the University of Virginia and then went onto the Harvard University Kennedy School of Government.

Working as the Senior Policy Advisor with the White House, Klem describes her job as being "similar to a consultant". She served as a policy adviser, authored the White House blog, planned events and helped create programs to fund successful non-profit charities.

During her service at the White House, Klem helped create a program called Pay For Success in which the government funds investors to support non-profit charities that showed a certain margin of success each year. This way, the government can ensure the programs that it maintains are contributing to disadvantaged people nation-wide.

Klem has begun the leave of her position at the nation's capital as the new Trump Administration will take claim of the White House beginning January 20. Reflecting back on her time at the White House, Klem said, "it was a once in a life time opportunity that I am glad to have experienced."

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Aid for Aleppo:
What is going on in Aleppo and
how can we help?

A. Gibson, Focus Editor

We have all seen the horrific images and videos that have surfaced from Eastern Aleppo. The images of crying children have made us angry but more helpless towards the situation. We feel two worlds away, and it seems like we can't make a difference. Aleppo, which used to be one of the most thriving and successful cities in Syria, has been divided since 2012. Many don't know that West Aleppo, which is controlled by the government, is living life normally while the rebel East is getting bombarded by airstrikes.

The last functioning hospital, which housed hundreds of victims, exploded on November 18th. The people had little food, water or medical equipment to survive. Negotiations between the rebels and the government took three months, but on December 13th, they finally made plans to evacuate Eastern Aleppo. The evacuations then took place on December 16th. The government has recently regained power in the Eastern half of the city, and civilians are returning. The struggle now is to rebuild their city in these freezing months. Many houses have no windows, doors, or ways to keep their houses warm in any way. These people will be rebuilding their livelihoods from piles of rubble to a new city for many years to come.

There are many ways that we can help, even though we are so far away. One way is to donate to the hundreds of charities that support refugees and are helping rebuild this city. Some charities aiding Aleppo are Islamic Relief USA, American Refugee Committee, International Rescue Committee, and UNICEF. Another way is to spend time with refugees near you. By donating your time to just talk with them or play with the kids, you are helping them adjust to their new home. Lastly, educate yourself and others about the issue. Tell others the things that are happening, so they have the passion to make a difference as well.

New bridges bring tolls to commuters

L. Newport, Editor-in-Chief

The long waited anticipation of the opening of the East End bridge finally became a reality on December 18, 2016. For years, traffic throughout Louisville has been notoriously horrendous, particularly in Downtown when trying to commute from Southern Indiana to Kentucky.

After the closing of the Sherman Minton bridge in 2011, the need for a better transportation routes and availability became apparent and the Ohio River Bridges Project became a vision. The first piece was completed in 2015 when the cable-styled Abraham Lincoln Bridge opened downtown, replacing the Sherman Minton bridge. After the completion of this piece of the project, The Lewis and Clark bridge, or the East End bridge, opened to connect Prospect, Kentucky with Jeffersonville, Indiana.

Even though the Abraham Lincoln Bridge opened over a year ago, implementing tolls on three of the Ohio River bridges was held off until ten days after the opening of the Lewis and Clarke bridge in December. These tolls have been a topic of controversy as there have never been bridge tolls in the city of Louisville and are coming at a steep price. The cost has been set at \$4 for every crossing, unless you have a RiverLink account which knocks the price down to \$2 a crossing.

Daniel Hamm, a communications teacher at Assumption, resides in Southern Indiana and commutes daily to Kentucky for work. Hamm says, "Since my family has a RiverLink account, it is \$2 to cross, but if you cross more than 40 times in one month you get \$40 back." Although this may seem like a

good deals Hamm explains that if you want to get the \$40 rebate, that means crossing five days a week for every week of the month.

Another Assumption patron, Senior Reid Carter, also commutes from Sellersburg, Indiana to Assumption every day. Carter has started to limit her frequency to Louisville, going only sometimes just for school. Carter notes that the new bridge experience has generally been what she expected, but it is having some unexpected consequences. Carter says, "I feel bad for having friends over and them having to pay the tolls when they come."

Both Hamm and Carter agree that even though the toll prices have a real possibility of becoming a financial burden, the bridges were desperately needed. Carter says, "Opening the new bridge has made a difference and has lessened the traffic for the time I cross."

Hamm sees the necessity in the new tolls but says, "People whose occupation is across the bridge are shouldering more of the expenses than anyone else, but ultimately makes sense." Carter, along with many other people who are utilizing the bridges, have a similar viewpoint that although the tolls are inconvenient, they are needed.

The tolls are expected to last until 2053, but WDRB reports that based off the financial plans from last year, citizens should count on the tolls until 2068. The tolls will be removed when the construction debt for the project is paid off completely. Even with the tolls bad reputation and controversy, both Southern Indiana and Kentucky are running much more smoothly.

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Winter style doesn't have to be difficult

E. Haupt, Social Media Editor

Have you ever wondered what to throw on during those cold winter days, but you struggle to find a balance between an outfit that's cute and an outfit that also keeps you warm as you endure the freezing temperatures? Have you ever struggled to stay comfortable and cozy on snowy days? Here are a few of our favorite winter style tips to help you get through the upcoming cold months.



Tip #1: 1.The key to look cute yet being able to stay warm is LAYERING!
You can never go wrong with putting on your favorite short sleeve top and throwing a sweater or jacket overtop. You can also have fun xperimenting with different patterns and colors. Check out an example to the left!

photo provided by www.forever21.com



Tip #2: Boots are your new best friend.
There are numerous different styles, colors, heights, and other various. types of boots...choose your favorite! Throwing on a pair of these is going to elevate any outfit while keeping toes warm in the chilly weather. See some of our favorites to the left and below.

photos provided by www.forever21.com



Tip #4: Last but not least, don't forget to invest in a great pair of jeans.
All in all, you can never go wrong with throwing on a pair of jeans, boots, and a sweater to keep you fashionable and warm. They're easy to dress up or down and you can find them in so many different variations. Check out the classic denim above.

photo provided by www.forever21.com



Tip #3: Always accesorize!
Never be afraid to throw on a cute scarf, hat, or gloves. These effortless additions to your outfit will give you needed pops of color and coverage to fight the cold. You can change up layers depending on the weather. Also, you can find these staples in just about any color to match your outfit. We've added a couple cute options to the right and left!

photos provided by www.forever21.com



Make snow days simpler

Here are 5 life hacks to make chilly weather a little bit easier

R. Bartley, Features Editor

- 1. Frozen Locks**
Putting a heat rub, like the stuff you would use on sore muscles, on a frozen lock will loosen it.
- 2. Sticky Shovels**
If you spray your snow shovel with non-stick cooking spray before you take it outside, snow will not stick to it.
- 3. Frozen Windshield Wipers**
Cover your windshield wipers with old socks overnight to keep snow from sticking to them.
- 4. Stranded in the Snow**
Stuck in the snow? Use kitty litter to create traction under your tires.
- 5. Icy Stairs**
Rubbing alcohol and dishwashing liquids can melt icy stairs and sidewalks as well as salt can,

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The new teenage language:

An attempt at restructuring the social norm from using hurtful descriptors to more positive characteristics

A. Rogerson, Opinion Editor

If being a teenager in the 21st century has taught me anything, it is this: people have ears that can hear, but they don't always listen. Whether it is in an auditorium filled with 300 students in a big city or the hallways of a small town high school, teens everywhere are using offensive language thoughtlessly. Many reasons for derogatory language to remain prominent in society come from an acceptance of evil, more specifically ignorance, negligence to other's feelings, or apathy.

So, what words fall into this category and why?

Retarded is a wildly misused term in to-day's youth. Despite peoples' habit of making retarded synonymous stupid or dumb, the word's true meaning is less advanced in mental or physical capability than others of the same age. As language has morphed and grown, so has the definition of the word retarded. Dictionary.com has begun to recognize the slang use of the word gay, listing a second meaning, foolish or stupid, which they plainly label as informal. Clearly, this shows the effects of how newer generations have adjusted their perspective on the weight that words have.

There is absolutely no doubt in my mind that somewhere in a high school hallway there is a kid making a comment in regard to a homework assignment along the lines of, "That's so retarded," or, "That's so gay."

Gay has two literal meanings: exuberantly happy or a person who is homosexual. Although one of the meanings of gay is old fashioned, it doesn't mean that it needs to be replaced by a new one. Gay is not a synonym for lame or undesirable. As a species, humans have made great strides in recent years to become more accepting of the LGBTQ community. For example, more people are fighting for their rights and making sure that they are treated in the same manner as a straight person would be. Yet,

there are people who don't think twice before using a very serious word in an incorrect way.

People who belong to the LGBTQ community use "gay" as a self-identifier; this is similar to the way that a person might describe themselves as being white or black. Using "gay" to make fun of or express dislike for something is offensive and, to those in the LGBTQ community, degrading. Calling an assignment gay would be comparable to trying to use "white" or "black" to label it as lame.

Ghetto is another commonly abused term. This word is not a substitute for done in poor fashion or tasteless. As defined by Dictionary.com, ghetto simply means "a part of a city, especially a slum area, occupied by a minority group or groups." Using this word is insulting to those who live in the ghetto and are struggling to get out or rise economically.

Any time a new dance starts trending because of a popular song, it is referred to as ghetto. If a monster truck drives by with wheels taller than a NBA basketball player, someone might say that the tires are ghetto. However funny it may seem to use the word in these contexts, it isn't.

As teenagers, we often behave rashly and speak thoughtlessly. It is easy to ignore the effects that our words have on others. I have never thought that youth's use of slang language had more to do with intentionally being malicious than simple lack of consideration. The language that we choose to use is a direct reflection on the culture that surrounds people born any time after 1995. As a generation, we are more selfish with an escalated drive for success. Along with that need to rise to the top is the tendency to step on anyone we have to in order to get there.

People follow the cliché that "sticks and stone may break my bones..." We all know how it ends but the point is that it is false. While words may not put people in casts, they are, if used without care, as dangerous mentally as getting dropped off a skyscraper is physically. Words do not leave bones that reset or cuts that heal,



cartoon by: Joanne Logazo

they leave thoughts that are on permanent loop through our minds.

When we were children, we ran around the playground at recess and sometimes we would accidentally trip another kid and hurt them. That kid would spend the rest of the day upset but then be right back to normal in a few days when the wound had healed. Words do not work this way. Despite people's desperate attempts to do so over time, words can not be scratched out or erased with ease.

The next time you go to speak, be sure to remember that the slang meaning of a word is not always the correct one and that more often than not, the incorrect version of a word is offensive, even if it isn't to you.



"I want to get A's in all of my classes so I can avoid taking any finals at the end of the year." -Kendall Jenkins '17



"My new years resolution is to live a healthier lifestyle with more vegetables and less processed food." -Bailey Masterson '18



"I want to get my first job in 2017." -Claire Hellman '19



"On every off day from soccer, I want to run a mile." -Lyndsey McAllister '20

Rocket Roundtable

What is your new year's resolution in 2017?



"I hope to stop falling asleep on the couch and pack a healthy lunch every day." -Jenna Brumleve



"I want to limit my intake of diet coke each day." -Martha Tadesco



"My resolution is to drink more water and lose 20 pounds by my 20 year anniversary trip to Jamaica." -Laura Burnam



I want to be more open and positive about the future 2017 has to bring." -Beth Hicks

photos by: Sara Magers

The veil of Human Trafficking:

How big events bring an increase of sex work

Staff Editorial

The horrors of Human Trafficking in all parts of the world, including the United States, have been one of the best kept international secrets. With recent attention being brought the issue, a strong correlation between high profit events and a rise in Human Trafficking has developed. Events like the Super Bowl, Kentucky Derby or any NCAA playoff sports games can triple the rate of Human Trafficking during these times with little to no acknowledgment of this fact.

Even though these events create a temporary increase in Human Trafficking standards, it is not the organizations that sponsor them that is creating the increase, but the people who attend. An increase in the number of people in one place creates a greater desire and potential risk for things like commercial sex. Larger events like the Super Bowl or the local Kentucky Derby creates an opportunity for traffickers to take advantage of the opportunity of a larger audience to make more money.

Although large profile events create short term spikes of Human Trafficking, it is not the cause of it. The cause of Human Trafficking is rooted in our accepting culture of the sexual exploitation of others, poverty, and a capitalist economy looking for cheap labor and goods. Humans are seen as renewable commodities that can be sold over and over

again, whereas things like drugs and guns are considered one time profits.

As a Mercy Sponsored School, Assumption is rooted in the same values of that as the Sisters of Mercy, which includes the critical concern for exploited women. We have a duty as a Catholic community to speak against this injustice and reject it as a part of our culture. We must start categorizing the pandemic of Human Trafficking in the same realm as other widely accepted issues like Drug and Gun Trafficking. Even though these types of organized crimes seem more prevalent, Human Trafficking has links to both and is a direct crime against a vulnerable population.

As citizens of this earth, we each have a responsibility to be concerned with the wellbeing of the other people that populate it. The next time you find yourself sitting in a stadium cheering on your favorite teams or placing bets on a lucky horse, think about the hundreds of men and women forced into unwanted sexual relations in celebration of these events. Any kind of large gathering is typically surrounded by good times, but it inevitably comes with dark secrets even if you yourself are not taking a part of them. If you ever find yourself stuck in a situation like this or become aware of someone else who might be, contact the Human Trafficking hotline at 1-(888)-373-7888.



photo provided by www.abcnews.com

The Kentucky Derby is one of the biggest attractions for tourist interested in utilizing the services of Human Trafficking, along with events like the Super Bowl or NCAA playoff games.

Hacking scandal undermines the Electoral process

L. Newport, Editor-in-Chief

The 2016 election was arguably the most unpredictable and untraditional elections in United States history. The entire election season was filled with unexpected turns, most of them surrounding the new president, Donald Trump. After beating the Democratic candidate, Hilary Clinton, by 74 Electoral College votes, evidence that the election might have been hacked surfaced.

The number one suspect of this influence is the Russian Federation, led by controversial President Vladimir Putin. Since the election, the United States government has not only announced that they are not only “confident” Russia orchestrated the hacking but that the hacks were an attempt to help Trump win the Presidential vote.

The biggest question now remains is if Trump would still have been the President-Elect without the believed hacks. Many Americans who voted for other candidates believe that to be true, referencing the 4% national lead Clinton held in the pre-election polls saying it was too big of a gap for Trump

to have filled.

In addition to the election tampering, another hacking took place where additional emails were released from Clinton’s private server scandal that unfolded throughout the election season. Many supporters, including Clinton herself, blame the release of those emails to be the biggest reason for her defeat. Former President Barack Obama declared that the United States would retaliate against Russia’s actions, but would occur “on its own time” as his presidency comes to an end.

Even if the election hacks hold no truth and even if Trump would have lost the presidency without them, the United States democratic system should feel threatened. As the biggest model of modern democracy, it is discouraging to nations around the world where elections are consistently rigged that there is no hope for true freedom.

Having the right to vote should be honored, even if your candidate loses. Trump supporters should be just as concerned as

any other political supporter because even if their candidate benefitted, the democratic right to have a popularly-elected president has been violated. The United States was founded on the idea of democracy, and allowing other countries to control who is the leader of the country undermines the value of freedom it has worked to create.

The Trump administration entered into office after the Inauguration on Jan 20, replacing the Obama administration after eight years. No matter what the conditions of Trump’s election, the country must come together to move forward and re-claim it’s right to democracy.



photo provided by www.abcnews.com

Russian President Vladimir Putin is being held responsible for the hacking scandal.

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What does a healthy plate look like?

Healthy eating is the best medicine

Americas Epidemic

America's Obesity Epidemic is at an all-time high. According to the American Health Association, there are over 81 million Americans struggling with obesity. While one in three adults are considered obese, another third of the population is considered overweight.

Being obese and being overweight are not the same thing. Overweight is having more body weight than what is normal for a person's height and body build. Obesity is determined by a height to weight ratio called a BMI scale. A BMI of 30 or over is considered obese.

The digestive system sends signals to the brain, telling them that they are hungry; this is normal and healthy. The real issue is the signals that stem from foods that smell or look good. They send the same signals to the brain even when a person isn't hungry. For example, after eating a huge meal at a restaurant and there's no room inside a person's stomach for more food, the dessert table comes by and all the sudden, it's as if they have enough room to eat that piece of cake.

There are many factors that affect how we eat and why we eat so much. One is that when we are bored and watching TV or laying around the house, we feel the need to be snacking on something we may have in the cabinet. There are also people who eat when they get stressed out. They feel eating something distracts them from whatever they are stressed about. Another large contributing factor to obesity is the price of food. Many times, restaurants price the healthy salad around five dollars, while a burger, fries, a drink, and a dessert all cost add up to the same five dollars.

Based on a census released in September 2016, Kentucky has the fifth highest obesity rate of adults in America. The same census said that over 18% of Kentucky high schoolers are considered obese. This puts Kentucky at third in the nation for teen obesity.

Many doctors say that losing weight doesn't just come from working hard and having will power. These factors are important but keep in mind what will really help lose the weight and keep it off. Eat more filling foods, remove snacks from the pantry, keep track of what keep track of eating habits, get more sleep, and move. While muscle building is helpful, cardio is the real beneficiary in losing weight and keeping it off. More calories are burned by running, swimming, biking, or even walking than by sit ups or lifting weights.

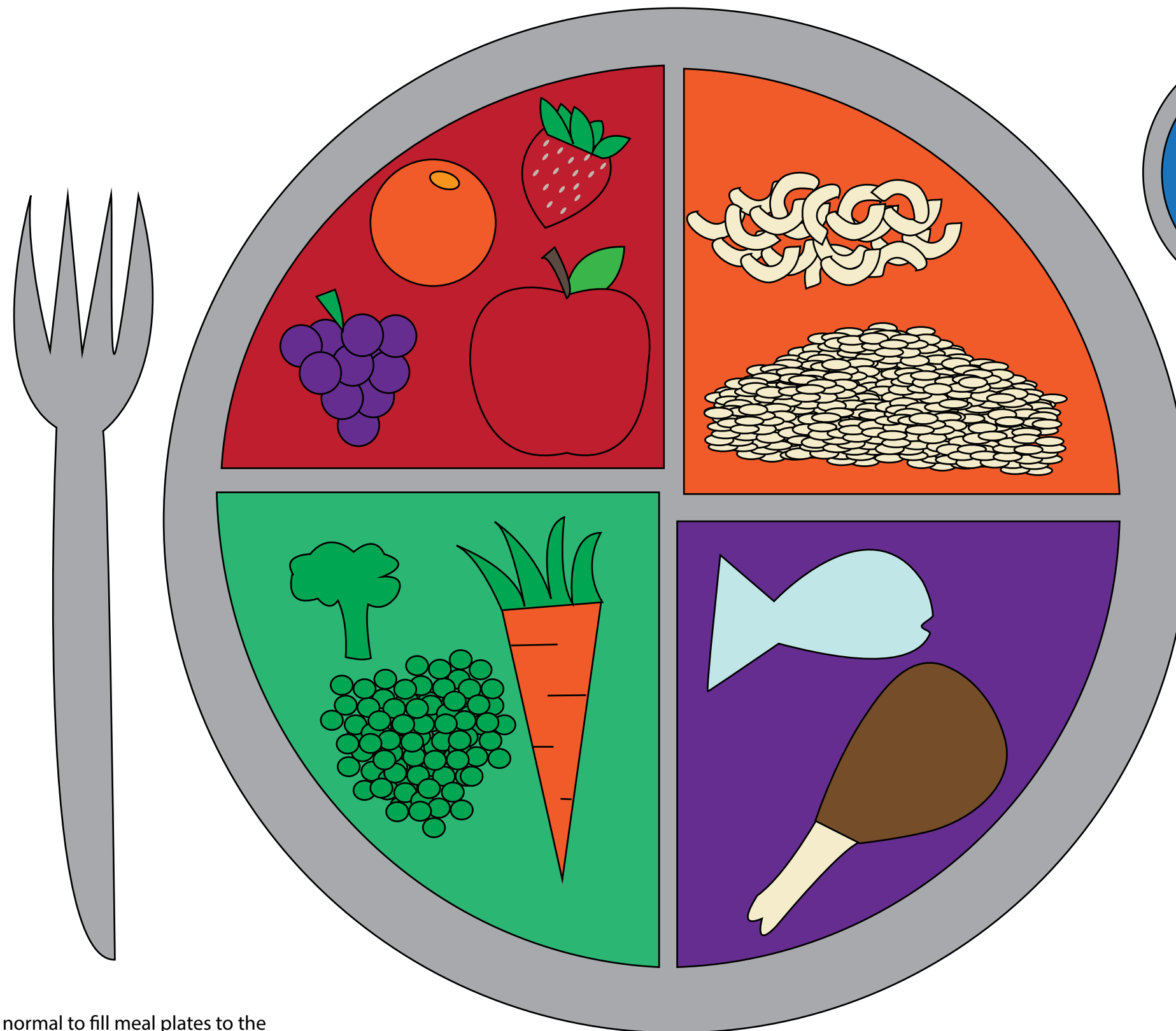
How to Eat Healthier

America is known for having one of the largest portion sizes in the world. It is normal to fill meal plates to the brim and not think twice about what is on it or how much. Every choice made when eating matters, though. When making decisions about food, it is important to balance out the amount of food and how much nutrition it provides.

One dietary suggestion to live a healthier lifestyle is to eat the proper amount of each food group. A normal plate should be 40 percent vegetables, 30 percent protein, 15 percent healthy fats, and 15 percent carbs. Many people believe carbs are only things like pasta and potatoes, but it also includes many fruits, beans, and other grains. Another place of confusion about the healthy plate is the healthy fat section. This doesn't mean 15% cookies, cake or other dessert foods. Healthy fats are things like raw dairy, nuts and edible seeds. Another healthy dietary tip is to drink enough water each day, at least half of a normal person's weight in ounces.

Some things to try and avoid in order to stay healthy is saturated fat, sodium, added sugars, and anything processed. This is much easier said than done. It is extremely hard to cut all of these things out of a diet without any mistakes. That is almost impossible in current society; most unhealthy foods are cheaper and seem tastier. Instead of completely eliminating them, look at labels of foods and stick with foods that are low in these things.

One thing that is not recommended is completely cutting yourself off. It is important to remember to set out rewards or cheat meals; without rewards, it is easier to go back on a diet and back to unhealthy habits. In order to ease into a healthier lifestyle, try slowly working up to a healthy meal each day, and then two and eventually eating almost entirely healthy foods. Eating healthy is not impossible; by knowing the correct foods and conditioning, it can become second nature.



How Weight Effects Our Health

Excess weight has many effects with change in internal health being one of the biggest. People who are overweight are more likely susceptible to heart disease, stroke, high blood pressure, diabetes and more.

Heart disease is the leading cause of death in the U.S. One in every four Americans will die from this. It begins with damage to the inner layers of the coronary arteries, which are arteries supplying blood to the heart. Things that may cause this are smoking, high cholesterol, high blood pressure, lots of sugar and blood vessel inflammation. Simple ways to prevent heart disease include lowering cholesterol, monitoring high blood pressure, being sure to weigh oneself regularly, checking for swelling in your feet, legs, ankles and abdomen, taking all medication as prescribed, and exercising at your comfort level.

Strokes, the result of a blocked blood vessel or bleeding in the brain, are the fifth leading cause of death. One American dies from a stroke every four minutes. It occurs when the blood supply to your brain is interrupted or reduced. After about four minutes without blood supply to the brain, the cells become damaged and may die. Stroke preventions are the same strategies as to prevent heart disease.

High blood pressure is known as the "silent killer" because it is often symptomless. It increases the risk of heart disease and stroke. Risk factors include obesity, drinking too much alcohol, smoking and family history. To avoid high blood pressure, it's important to eat a balanced diet, cut back on salt, exercise regularly, and limit the alcohol.

1 out of 3 U.S. adults has prediabetes, but only 11% are aware that they have it. Diabetes can occur when the pancreas produces very little or no insulin. People with diabetes need to carefully manage their disease to stay healthy.

Actions now could have lifetime consequences, so eat right, get active and live a healthy life.

Here are more health risks that are linked to being overweight:

- | | |
|---------------------|--------------------------|
| -Abnormal blood fat | -Sleep Apnea |
| -Metabolic Syndrome | -Obesity Hypoventilation |
| -Cancer | -Reproductive problems |
| -Osteoarthritis | -Gallstones |

**“Take care of your
body. It’s the only place
you have to live in.”**
-Unknown

Teams prepare for Super Bowl LI

J. McKune, Sports Editor

While baseball is known as America’s favorite pastime, football is the sport most loved by its inhabitants. Every year, over 100 million people tune in to watch as two National Football League (NFL) teams battle to claim the Vince Lombardi Trophy in the Super Bowl championship game. This year, the NFL celebrates 51 years of the Super Bowl championship. According to *Espn.com*, the winners of the American Football Conference (AFC) will face the winners of the National Football Conference (NFC) on Sunday, Feb. 5, at NRG Stadium (Houston, Texas).

Wildcard Weekend kicked off during the weekend of Jan. 7-8. According to *Espn.com*, the AFC had two first-round byes, including the No. 1 seeded New England Patriots and No. 2 seeded Kansas City Chiefs. The No. 4 Houston Texans faced the No. 5 Oakland Raiders, and the Texans won 27-14. The No. 3 Pittsburgh Steelers breezed past the No. 6 Miami Dolphins 30-12. In the NFC, the No. 1 Dallas Cowboys and No. 2 seeded Atlanta Falcons also received a first-round bye. The No. 5 New York Giants fell to the No. 4 Green Bay Packers 13-38, and the No. 6 Detroit Lions lost to the No. 3 Seattle Seahawks 6-26.

The Divisional Weekend continued over Jan. 14-15. According to *Espn.com*, the No. 1 New England Patriots beat the No. 4 Houston Texans fairly easily, outscoring them 34-16. The No. 3 Pittsburgh Steelers barely moved onto the Conference Championship weekend with an 18-16 win over the No. 2 Kansas City Chiefs. In the NFC, the No. 2 Atlanta Falcons soared past the No. 3 Seattle Seahawks with a 36-20 win. The No. 1 Dallas Cowboys fell to the No. 4 Green Bay Packers 31-34. This weekend left each conference with two teams each, four total.

The Conference Championship Weekend will determine the two teams competing in



photo provided by: Twitter @NFL

“And then there were 4... #NFLPlayoffs pic.twitter.com/4XunoAD3n6” - @NFL Jan. 16, 2017

Super Bowl LI. Two games will be held on Jan. 22. At the time of press, according to *Si.com*, in the AFC, the No. 1 New England Patriots will face the No. 3 Pittsburgh Steelers at Gillette Stadium (NE Patriots; Foxborough, MA). In the NFC, the No. 4 Green Bay Packers will face the No. 2 Atlanta Falcons in the Georgia Dome (Atlanta Falcons; Atlanta, GA).

According to *Bleacherreport.com*, the AFC’s No. 1 New England Patriots have 3-2 Super Bowl odds, and the No. 3 Pittsburgh Steelers have 4-1 odds. In the NFC, the No. 4 Green Bay Packers have 4-1 odds, while the No. 2 Atlanta Falcons have 13-5 odds. The AFC’s No. 1 New England Patriots have the best odds, with the NFC’s No. 2 Atlanta Falcons with the next best. During season, the No. 4 Packers met the No. 2 Falcons in Week 8 and lost 32-33. The No. 1 Patriots faced the No. 3 Steelers during Week 7 and won 27-16. Although the two higher seeds both pulled away with wins, the true champion will be determined on Feb. 5.

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Athlete of the Month:
Hayleigh Baugh

J. McKune, Sports Editor

This month, the dance team voted freshman Hayleigh Baugh Athlete of the Month. Baugh, a St. Michael graduate, has danced for eight years. Out of many dance styles such as hip-hop, lyrical, contemporary, and jazz, Baugh states her favorite style is lyrical. She says, “When I’m dancing lyrical I really feel like I’m in a different world, and it truly takes my mind off of all the struggles in life.”

This season, the dance team has already performed during the halftime show at the annual St. Xavier vs. Trinity football game and during the pre-game of the Miami Heat

vs. Minnesota Timberwolves professional basketball game. With only half of the season behind them, the dance team still has major performances ahead of them. “Since I’m still a freshman, there is still so much that I haven’t done while being on the dance team, but I am especially looking forward to Nationals in Orlando,” Baugh says.

In dance, countless hours are spent in the studio each week. Baugh has been dedicated to a dance studio since third grade, so the transition from grade school to high school hasn’t been much of a challenge. Baugh states the hardest part of dance is how time consuming it is and the overall difficulty of the sport. Although the sport proves challenging, Baugh says, “[My favorite part of Assumption dance is] doing what I love to do every day with all of my amazing teammates and coaches who have taught me so much about myself, dance and just life in general.”



photo by: Caitlyn Raver

Baugh dances for the Rockets, spending many hours in the studio each week.

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Kentucky and Louisville reverse roles

J. Askin, Sports Editor

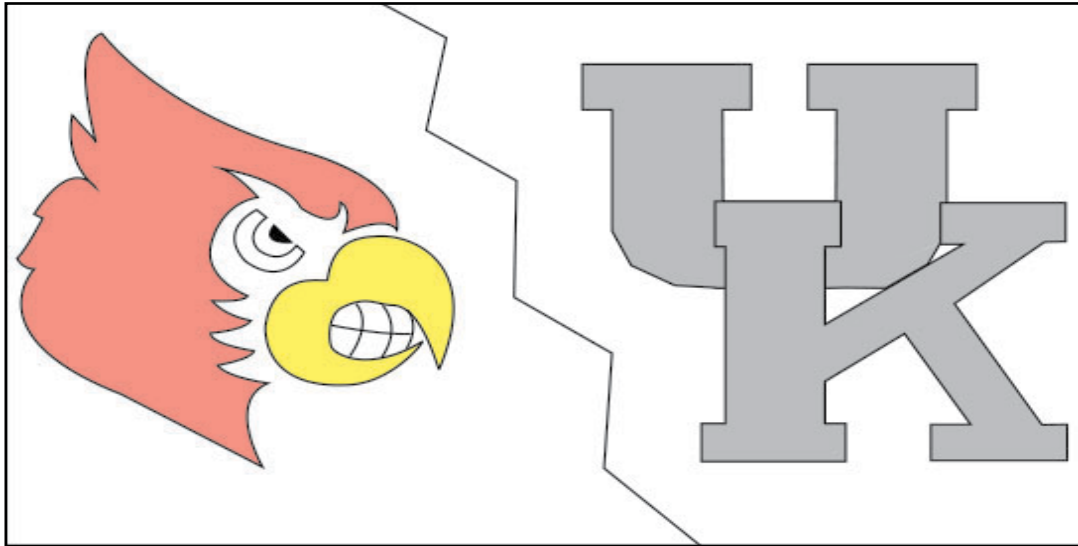


photo illustration by: Reid Carter

Most people living in Kentucky know about the huge rivalry between Louisville and Kentucky fans. Whenever the two teams are facing each other in any sport, everyone is watching, and everyone has a side. It is very rare for a person to be a fan of both.

In past years, Louisville has had the upper hand during football season, and Kentucky has had the upper hand during the men's basketball season. A common phrase heard from Kentucky fans when they lose to Louisville during football season is, "Just wait for basketball season." This has been the norm between the two schools for years.

However, this past year brought a surprise for both Louisville and Kentucky fans. On Nov. 26, the two teams went head to head

in football season for their annual match up. The game was held at Papa John's Cardinal Stadium. Most people assumed Louisville would crush Kentucky in football because they normally beat them. Also, Kentucky had a record of 6-11 before playing them, and Lamar Jackson, the eventual Heisman Trophy winner, was having an epic season, leading Louisville into the top four in the AP Polls.

Shocking the entire state, Kentucky defeated Louisville in football. The final score was 41-38. This was a major win for Kentucky because of the huge rivalry they have with Louisville. On top of that, they beat them in their own stadium.

Louisville, obviously disappointed with the loss, wanted to get their revenge on Ken-

tucky. This is where basketball season comes into play. Kentucky had only lost one game before the game against Louisville, scheduled for Dec. 21. Louisville had only lost once as well. This is always considered a big game, and most people assumed Kentucky would win because they have won in recent years.

Louisville wasn't about to let that happen, especially with the recent loss in football. This was another shock to the fans. Louisville beat Kentucky with a final score of 73-70. This was great revenge for Louisville and made all their fans very happy.

This year held a huge role reversal for Louisville and Kentucky. This added to the excitement of the rivalry because it was different from the typical outcome between these two

schools in these major sports. Who knows what will happen next football season or next time they play each other in basketball, but that increases the intensity and excitement that makes rivalry games so great.

"This year held a huge role reversal for Louisville and Kentucky."





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SPRING SPORTS TRYOUT INFO

J. Askin, Sports Editor

- LACROSSE - Feb. 15 from 4:00 - 6:30pm @ The Green, Feb. 16 from 4:30 - 6:30pm @ The Green, and Feb. 17 from 4:30 - 6:30pm @ The Green
- SOFTBALL - Feb. 15 from 3:00 - 5:00pm @ The Assumption Gym, Feb. 16 from 4:00 - 6:30pm @ Softball Preps (1819 Taylor Ave.)
- TENNIS - Feb. 15 from 3:30 - 5:00pm @ Advantage (4014 Dutchmans Ln. St. Matthew, KY 40207

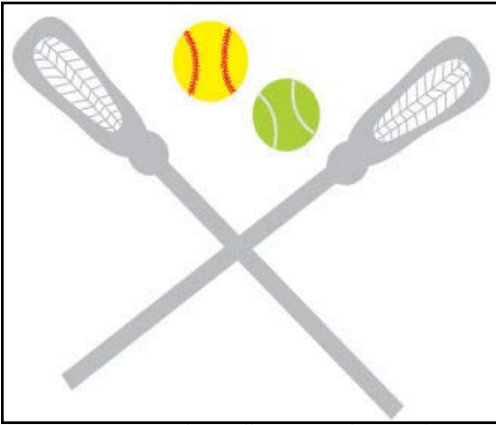


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Moana: Old traditions meet modern beliefs

S. Metzger, Editor in Chief



Photo provided by: www.disneyanimation.com

Looking for a new movie about an untraditional princess? Look no further, *Moana*, based on native islanders in Hawaii, is the movie for you. This movie combines the classic Disney princess with modern day feminist ideals in order to empower young women while also sticking to the essence of Disney. The princess depicted in this story is not typical of past Disney princesses. Not only is

Moana the first princess of an island nation, she is also not shown with the body type of past Disney movies. Also, unlike most princess movies, *Moana* doesn't seek true love; she seeks her identity. This story follows the adventure of Moana, a teenage princess who is constantly driven towards the water, despite her father's many attempts to keep her away. When she finds out her island is cursed, she sets out to find Maui, a demigod who has cursed all islands. With Maui, Moana must restore the heart of Te Fiti, while also finding out who she is. This movie is great to watch with young children because of the empowering message combined with traditional Disney morals. However, a person of any age can learn something from this film and story, so it stands to benefit all age groups.

Go Sing Along!

M. Smith, Managing Editor

Sing is a great movie for not only children but also young adults. With great humor and fabulous singing, children and parents (or babysitters!) can both enjoy themselves. The movie focuses on Buster Moon, a koala with a big dream. Ever since he was young, he loved the theater and show business. Now the owner of his own theater, Buster struggles to make ends meet. To fix this problem, he decides to hold a singing competition to bring popularity to his theater. *Sing* was produced by Illumination Entertainment, the producers behind *Despicable Me* and *The Secret Life of Pets*.

Featuring the voices of as Matthew McConaughey, Reese Witherspoon, Scarlett Johansson, and Tori Kelly, the film will have the audience at the edge of their seats enjoying the musical production as well as the funny jokes. *Sing* is an all-around great movie to see with children, family, or even friends. It is a great story that can remind the audience to never stop chasing dreams. Join in on the family fun by seeing *Sing* in a theater near you!



Photo provided by: www.singmovie.com

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New restaurant, Double Dogs, coming to Louisville

H. Wurth, Business Manager

A fast paced, casual restaurant is coming to Louisville on January 23rd. Located at 13307 Shelbyville Road in Middletown, this family restaurant with entertainment is open to all ages. With a total of 48 TVs in their 4,339 square foot building, Double Dogs is an excellent location to watch your favorite sport teams competing for a win.

Not a sports fan? No worries. This restaurant offers yummy meals and even a treat for your furry pet! That's right, Double Dogs invites owners and their dogs to enjoy the outdoor patio with special pet accommodations; a dog house and dog bowls are available along with dog treats.

The franchise is owned by Rafferty's. Along with this location, Double Dogs operates in Bowling Green (KY) and three sites in Tennessee. The restaurant chain is planning on continuing their expansion by opening a restaurant in Lexington (KY) in the summer of 2017. Nachos served in a dog bowl, fried dill pickles, chicken wings, pizza and hot dogs are all popular selections from the menu. Make sure and visit this lively restaurant for some fun times and tasty meals.

La La Land is the perfect movie for dreamers

M. Riggs, Front Page Editor

If you love musicals and have dreams of becoming a huge success, then *Lalaland* is the perfect movie for you. Emma Stone portrays the role of Mia, an aspiring actress who works at a coffee shop on a movie set in Los Angeles. Sebastian, played by Ryan Gosling, is a jazz enthusiast and pianist dreaming of opening a jazz club.

Mia and Sebastian continuously run into each other at many locations throughout LA and end up falling in love. However, their dreams interfere constantly. By the end, they both achieve the goals they had worked for.

Lalaland was an outstanding musical film. It brought back to life the unforgotten style of music, jazz. Emma Stone and Ryan Gosling took on the unfamiliar role of being singers, dancers, and pianists and performed them brilliantly.

Although the end is not what someone would expect, this movie is perfect for all ages who love musicals, great actors, and have dreams that seem almost impossible to reach.

Disney confirms theory about Pixar films

K. Goeing, Entertainment Editor

For years, people have been making theories on how all the Pixar films are related. Pixar has officially released a video proving that these ideas are true. Disney posted a video on their Facebook page showing how the movies are connected. They use "Easter eggs" or hidden clues that have been in different scenes. The video shows how Boo from *Monsters Inc.* has a nemo toy, and Lotso,

a bear from *Toy Story 3* is in a child's room in *Up*. John Lasseter, Pixar's chief creative officer revealed that *Toy Story 4* will be the best film yet for "Easter eggs." Lasseter announced, "The champion of all Pixar films for Easter eggs, I promise you, is going to be *Toy Story 4*. We're pulling out [all] the stops to put stuff from all of our films into that. It's going to be fun." Go check out the video to see how all of Pixar's beloved movies are connected to each other!



Photo provided by: www.lalaland.movie

rockin' rosecall

K. Goeing, Entertainment Editor

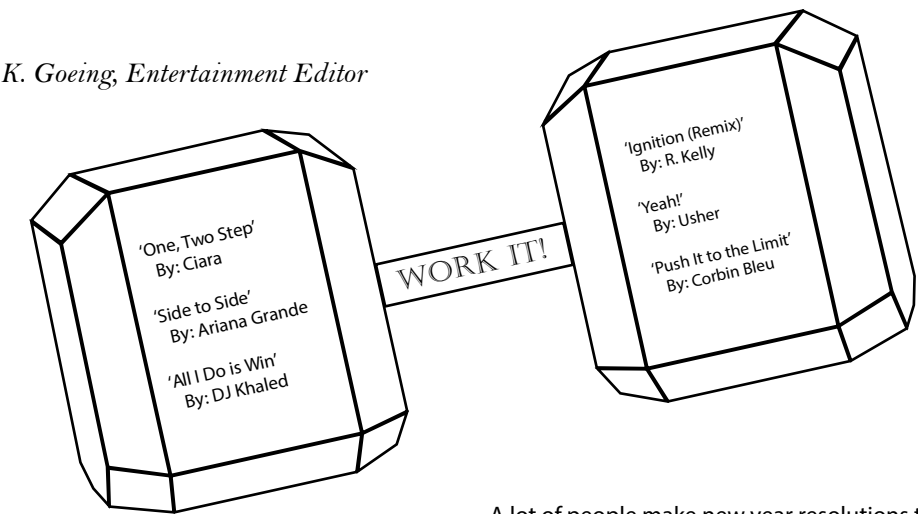


Illustration by: R. Carter, News Editor

A lot of people make new year resolutions to work out more, and we have a perfect playlist for that. Listen to "Workout Playlist" on the Rockin' Rosecall Spotify to get the energy you need to meet your goals at the gym. From The Weeknd to Flo Rida this playlist is full of upbeat music to make your workout fun.

Forbes releases a new list of young adults changing the world

R. Carter, News Editor

Starting a career isn't easy. It takes patience and determination to set a strong foundation to be a successful business person. A notable entrepreneur is fully dedicated to their career whether it be music, healthcare, or retail. Many people spend a lifetime working towards their career and may never be recognized; yet, there is a select group of young business people who have already set their goals high and passed them.

Every year Forbes, a business magazine, recognizes 600 young adults all under the age of 30 for their achievements in their chosen field. These entrepreneurs and artist are filed into 20 broad spectrum categories that cover topics from gaming to laws and policy. One category that is more well known than others is Hollywood and Entertainment.

Some popular celebrities in the category are Zendaya Coleman, who started in the Disney Channel show "Shake it Up", and Bryshere Gray, who plays Hakeem Lyon on Fox's *Empire*. Both stars of *Star Wars: The Force*

Artists under the Music category vary over many styles of music. Fetty Wap, Pentatonix, and Leon Bridges might not have anything in common musically but each are top paying musicians that Forbes has included in their list. The list also recognizes managers and producers for these musicians.

Along with these entertainment categories, Forbes covers education, law and policy, and much more. The energy category acknowledges 30 young adults all working to make the Earth a cleaner place to live while the health care category mentions people who have done extensive research on fields in cancer, concussions, assisted living, and everyday living.

While all these categories might cover different spectrums of interest, there is definitely one thing they all have in common: this 600 young adults want to change the world. Make sure to check out the full article on Forbes' website to get all the names of the artists and entrepreneurs alike.

Collateral Beauty shows the importance of love, death, and time

K. Goeing, Entertainment Editor

Will Smith stars as Howard Inlet in the movie "Collateral Beauty." Howard is a successful advertising executive, but after his 6-year-old daughter dies, he begins to struggle with his life and himself. He's not as passionate about his job anymore, and his relationships with others are almost nonexistent. To cope he starts writing letters to love, time, and death.

Some of his friends have an idea to make him snap out of his depressing state, but they end up regretting what they've done. Howard ends up becoming more like his old self after a plot twist at the end of the movie. "Collateral Beauty" will make you feel inspired and thankful for everyone you have in your life. This movie is one that would leave anyone speechless and is a must see for people going through a difficult time.

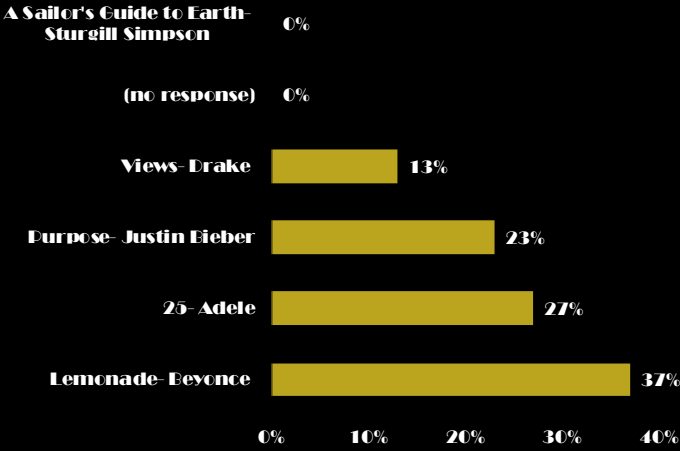


Photo provided by: www.selenagomez.com

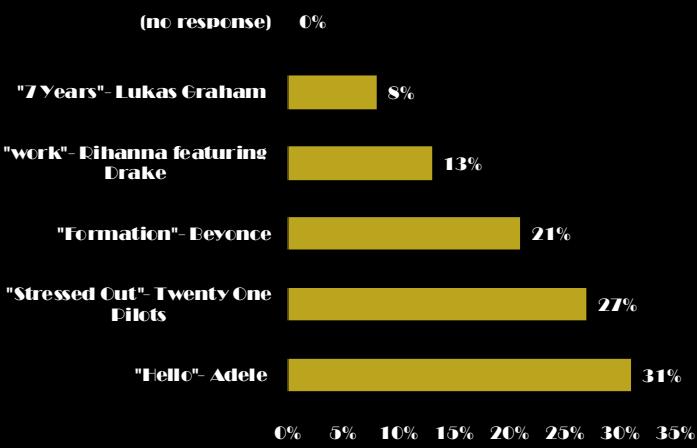
Rocket Grammy award predictions

M. Riggs, Front Page Editor and C. Raver, Photo Editor

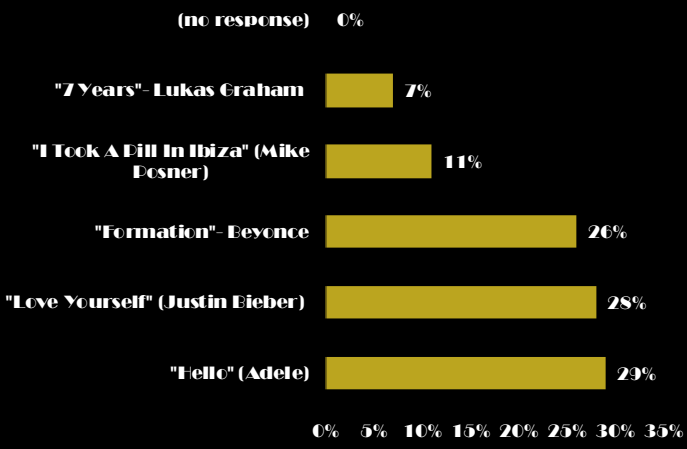
ALBUM OF THE YEAR



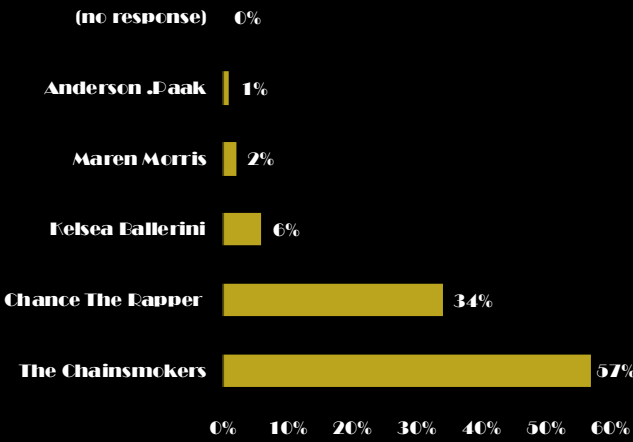
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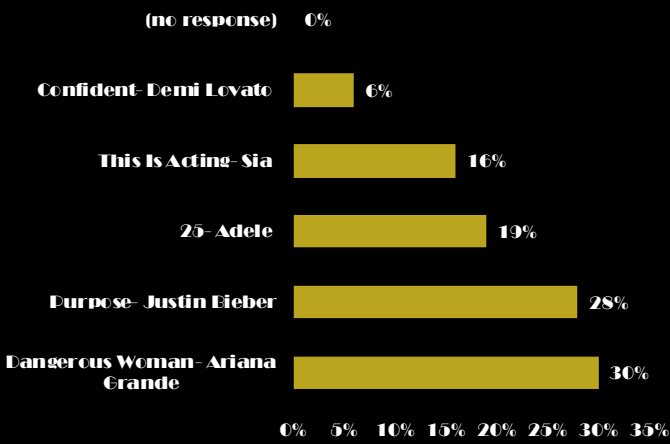
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