

THE LION'S PRINT

In Case You Missed It:

On Friday, October 17, Ursuline celebrated its 78th annual rally. It was a fun filled day for all the grades where they finally got to show off

Rally

what they have been preparing for since the start of the school year. All the classes did a fantastic job and congratulations to the winners!

Origin of Halloween

Lyric Mitchell

The Spookiest time of the year, Halloween!

Have you ever wondered where Halloween came from- the costumes, trick-or-treating, pumpkin carving, and ghosts? Well I'm going to tell you! Halloween dates back all the way to 4000 B.C in Ireland. It was known as the Celtic festival of Samhain, which marked the end of summer and the beginning of fall. The Celts believed that on the night of October 31st ghosts returned from the dead and back to earth; which they believed made it easier for Celtic priests to make predictions about the future. Also during the Celtic festival, the Celts also wore costumes such as animal heads to help with other fortunes. Hundreds of years later, the tradition of trick-or-treating comes into place. Trick-or-Treating began in the late 1800s when America made the move to bring the community together, and encourage that neighbors get to know each other. In result to this, for centuries Halloween parties, games, costumes, and fun foods became a tradition, creating a fun and festive atmosphere for all. Now that you know the history of Halloween, next time that you put on a costume or ring a doorbell for candy, remember you're celebrating a holiday with a strong history and spooky night filled with fun festivities. Happy October and Happy Halloween!

In This Issue:

Rally 2

NIL Deals 3

Social Determinants of Health 4

Student Spotlight 5

Club Spotlight 5

Pink Game Overview 5

Art Spotlights 6

Lunch Review 7

Kimberly Akimbo 8

Upcoming At Ursuline 9

Words of the Week 9

Fun and Games 10



"I'm amazed my class was able to put aside their differences and come together to make our first Rally a blast. We were able to avoid conflicts and genuinely have fun! We were even able to win second in relay which just makes me even more proud of what my grade achieved this year. I'm so thankful to my classmates and everyone who supported us throughout it all!"

- Mollie, Lep '30

"Rally was a success for the Red Feathers even if we didn't win! So proud of our class and their spirit!"

- Maddison, Red Feather '29

"Everyone worked so hard and we built a stronger community as a class"

- Scarlett, Red Feather '29

"Rally brings the best out of our class and unifies us as a class instead of just separate friend groups"

- Bailey, Skip '28

"I had a GREAT time, and I thought our class did really well!"

- Dani, Skip '28

"Being together through all of Rally day was really the most special part. From the very start of the day at mass to the final moments of the afternoon, I was surrounded by people who were just ready to show their spirit and have the most fun possible."

- Elle and Addison, Macs '27

"I am immensely proud of our class. I am so grateful that the teachers saw how much we were able to come together and am proud that we were awarded the megaphone for our spirit day. We were able to have so much fun the entire week of Rally and managed to have a blast at our last Rally"

- Isabella, Nix '26



"Merry Macs Will Rock You"



"Skips Steal the Spotlight"



"Feathers Fly to NYC"



"Lepchella"

Results:	1st	2nd
Volleyball	Macs	Skips
Relay	Macs	Leps
Mascot	Nix	Feathers
Poster	Nix	Macs
Exhibition	Macs	Nix

Spirit Day: **Phoenix**
Spirit: **Merry Macs**



"Phoenix Final Rodeo"

NIL & the Sanctity of College Sports

Estella Holland

College athletics is a practice many fans hold sacred. From the tailgates during football season to March Madness, rivalries and competitiveness run deep. Historically, student-athletes have only been paid for their performance in whatever amount was taken off their tuition, and many have benefited both academically and athletically. For over one hundred years, college athletes have not been paid during their time playing for their universities, but over the last three years, the resources college athletes have gained with the use of NIL (name, image, and likeness) has virtually turned the field of college athletics into a showdown between the biggest schools and everyone else because of the lack of regulation regarding the manner in which the deals must take place. Ultimately, without regulations and checks being put into place, integrity and sanctity of college athletics, school loyalty, and pride are in danger.

College athletes and college athletic programs have been fighting for decades to get payment for the athletes who put thousands of dollars and hours into their training. Those who do it unlawfully have been penalized by the NCAA since the 80s. Recently, however, enough was enough for the athletes and NIL deals have been on the rise. These allow players to make endorsement deals with companies, as well as open up payment to players through collectives funded by alumni and proud athletics supporters. Some of the most notable NIL deals are those between the country's star football players, who have been able to get almost anything from NIL deals. Some examples are Shedeur Sanders, who received 4.7 million dollars in an NIL deal; Ga'Quincy 'Kool-Aid' McKinstry, who got a deal with his nickname's brand; and Bijan Robinson, who while in college, began selling Dijon mustard marketed as Bijan Mustardson (which he still does today while playing for the Atlanta Falcons). These deals are only where it begins for some of the more promising stars of college athletics, but restrictions have been placed on what kinds of deals these athletes can agree to. An article from ESPN addressed this: "Most colleges have policies that require athletes to report the details of any potential deals with their schools, and some must get approval before signing" (Coello). These restrictions have been put into place so that athletes don't promote anything that might prove harmful to them or their schools' reputations. While some of these restrictions may seem absurd to some fans or supporters of NIL, oftentimes the students making these deals are between 17 and 24, and while some may be more mature than others, these measures were put in place to ensure their safety and the safety of all college athletic programs.

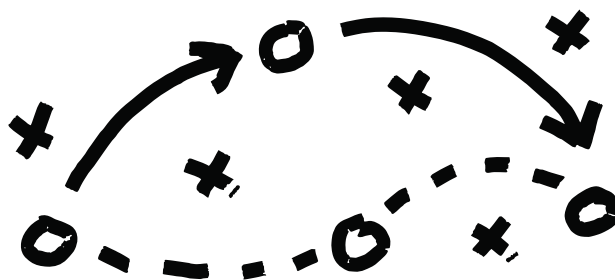
To many, it seems like all of these athletes are receiving huge endorsement deals, but the reality is far from it. The NCAA, in an attempt to make it more clear on what monetary value most NIL deals have, released the 'NIL Data Dashboard' to make the numbers known to the public. In reality, the majority of NIL deals are for less than \$100, with the median being \$72, and the majority of the large deals coming from college football programs. Over half of the deals go to men's sports, and a large number of NIL deals come from athletics not listed in the top 10% of deals made. However, to have more college players paid, the NCAA recently settled several class action lawsuits, with one of the conditions allowing colleges in the Power 5 conferences to pay their athletes, virtually turning college athletics into a wild west of shootouts, leaving players with no alma mater allegiance or assurance on whether they will play their sport.

Texas Senator Ted Cruz has long been tightly connected with the NCAA and college football and has been a large advocate for NCAA restrictions on paying players and NIL, amongst other things.

He made it clear that he supported athletes' rights to use their name, image, and likeness commercially, saying "Athletes spend thousands and thousands of hours developing incredible skills, and in many instances those athletes produce millions and millions of dollars for universities, for conferences." However, he made it clear that an open bidding war for athletes would result in a virtual Wild West that would end with programs such as Texas and Alabama with all of the financial ability to support as many star players as possible, and smaller schools without the resources to keep up even a halfway decent athletic program. He also brought to light the fact that men's sports are much more widely recognized than women's and non-revenue sports, which would likely leave them with little to no funding.

In all of the craziness of settlements and what it means for college athletics now, the students' ages have also been a concern. "There's a lack of information and you've got... young men and women that are 17, 18, 19 years old with very limited information, and it's hard to know what's even remotely a fair market value" (Cruz). Similarly, most of them have no idea what to do with money, and once they've got it they want to show it off and often they hire agents to help them and who end up taking advantage of their naivete. If Shohei Ohtani, who, as an adult playing for the MLB, had over \$17 million stolen from him, what would happen to the kids who don't know what to do? Cruz's main goal, he said, was to protect the athletes' rights while also preserving the competitiveness that is so loved by all fans of college athletics. "I think we want to have an outcome where the NCAA has the authority to set basic rules that protect student athletes, that protect NIL rights, but that also protect what is great about college athletics." While Cruz would ultimately leave these decisions up to the state, because these programs compete at an interstate or national level, the rules need to be imposed, by Congress, at a national level. The large takeaways from an interview with Cruz was that while college athletes should be paid, it should not be at the expense of the school or the fans, and the spirit of the game needs to be preserved. But, at the same time, is that possible in the direction it is headed.

Coming from southern Mississippi, with deep ties to both Mississippi State and Ole Miss, my family views football as a religion. On Saturdays, the big TV in our house is reserved for college football from 9 AM until the last game ends at night. When I was younger I did not appreciate having to sit down and watch it all day, but now it's a part of my routine too, but it's changed a little bit in the last two years. Now instead of dissecting who the players are and how good they are, we talk about how much they're getting paid, and whether or not they will even stay next year. In a society where everything we do is to receive gratification, paying college players could result in a system where some schools have all of the best players, and others are left with the remnants, the college athletics system might never recover.



Social Determinants of Health

Milena White

Does the neighborhood you live in determine your quality of life? According to research done by public health associations, the answer is yes. From walking on the sidewalk in New York City, to frying an egg on a nonstick pan, or even buying a snack from the grocery store, all have the potential to expose you to harmful chemicals that can impact your health negatively. Factors such as pollution, access to healthcare, and other conditions of the environment all have an impact on the health of the general population

Prior to the contemporary beliefs we hold in the age of modern medicine, it was believed that bad health was correlated to bad deeds, genetic predisposition, or not living a responsibly healthy lifestyle. But, as new research has shown, there are many more environmental factors that play a vital role in the health of an individual. Certain environmental factors, known as the social determinants of health (SDOH), are all factors that affect or even pre-determine the health of the environment's inhabitants. These determinants can affect a person's ability to visit a doctor regularly, breathe non polluted air, succeed in education, or even the ability to live past the age of thirty. According to the U.S Department of Health and Human Services, these factors can be identified as five determinants: Economic Stability, Education Access and Quality, Health Care Access and Quality Neighborhood and Built Environment, and Social and Community Context. These determinants address each thing that a human being needs to live healthily. Each of these play a vital role in the wellbeing of citizens around the world, yet, are not easily available or feasible for all.

Children living in foster care are an example of what a deficit in these determinants looks like. Many foster children often do not stay stationary for more than a few months at a time. Foster children struggle the most with absenteeism and receiving a consistent, chronological education. According to an article "How Foster Care Involvement Affects Educational Outcomes," "out-of-home placements increase the frequency of mid-year school transitions and [decrease] the number of days students spend in school during the academic year." This directly affects the quality of education for children and foster care which is a SDOH. This triggers a domino effect that is detrimental to the other SDOHs. While some children in foster care do end up successful (Simone Biles, Eddie Murphy, and even women's fashion pioneer Coco Chanel), many are not as fortunate. Without a proper education and opportunities that schools provide such as sports, extracurriculars, and social exposure, many of these children leave the system ultimately unprepared for the world. Without the resources and knowledge that comes with attending high school, many foster children are unable to get jobs with certain requirements or qualifications which leads them to the cycle of poverty.



According to the Annie E. Casey Foundation, "One in five [foster children] report experiencing homelessness between ages 17 and 19, and over one in four (29%) report being homeless from 19 to 21." A lack of a quality education leads to the decline in the overall health and wellness of these children. Homelessness leads to dangers such as exposure to the elements, street violence, exposure to illegal pharmaceuticals, and prosecution by law officials. These can all lead to health problems such as depression, anxiety, wound infection, tooth decay, hypothermia and other life-threatening diseases. In a study conducted by the National Center for Homeless Education, "young people without a diploma or GED being 3.5 times (346%) more likely to experience homelessness than their peers who completed high school," reinforcing the claim that the SDOHs impact on the health of the general population especially predispositioned minorities.

While a lack of education can impede the health of children in foster care, sometimes the antagonist is not an entity, but the landscape itself. In the long strip of land right in between cultural hotspot New Orleans and Baton Rouge lies an area notorious for high cancer related deaths, nicknamed Cancer Alley. With a population of over twenty thousand people, Cancer Alley is home to generations of cancer survivors and the families of those who have succumbed to the disease. Many researchers attribute cancer to an unhealthy diet, genetics, or autoimmune diseases, but for the residents in Cancer Alley it is the air pollution caused by large fossil fuel and petrochemical plants located alongside or near playgrounds, schools, senior centers, businesses, farms, and homes. These fossil fuels are then irresponsibly disposed of, releasing lethal amounts of methane into the air. This airborne methane is then carried by wind into the vulnerable parishes located nearby. This process is known as flaring, which releases benzene (a known catalyst for leukemia) and other well known carcinogens into the atmosphere. The residents of these areas receive cancer treatment but are unable to stop what is causing it. The EPA closed a critical environmental justice investigation into whether Louisiana had failed to protect predominantly Black communities living within Cancer Alley. This not only impacts the health of Cancer Alley's population, it harms their financial stability because of hospital bills, quality of education due to missed days of work and school, sleepless nights due to bad coughs, and the deaths of family and friends. All of these issues are no surprise to the residents of the area because they continue on for generations. And without the investigation, these people are being swept under the rug once again by the local and federal government and will continue to suffer due to pollution.

As a New Orleans native, I have witnessed firsthand the ways my environment affects my health. As a young child, I spent the majority of my time in the hospital or operation room. I had six surgeries all before reaching the age of six years old. I knew something was wrong with my health from a young age but not many doctors would provide answers for my questions. After all of those years of questions unanswered, it left me feeling hopeless. But, this feeling of hopelessness inspired me to take action for medical mysteries like me. Once I began to research communities affected by their given circumstances, I began to notice just how many people in my everyday life had experiences just like me. The homeless man standing on the corner that I pass daily, my numerous friends who have asthma because of the pollution in the New Orleans air, and the greater population of America that struggles with financial insecurity. The more aware that I am of these issues, the more I want to put an end to the feeling of hopelessness amongst these communities. There are many organizations that are dedicated to bringing awareness to these issues but no true progress can be made until they are brought to the complete and full attention of lawmakers. As a local community, and as a country, it is imperative that we come together in order to preserve and improve the health and wellness of each individual.

Student Spotlight

Macy Krebs

Vivian Reece

Vivian is a Phoenix of 2026 and hopes to attend Belmont University after high school!

Involvement: Vivian is the president of our National Art Honors Society. She recently worked on the Scarecrow which represented Ursuline at City Park's competition! Vivian is also a member of the UA soccer team, and ambassadors.

Favorite thing about Ursuline: "My favorite thing about Ursuline is the friends i've found and great teachers i've had. I've met some really great people who make coming to school everyday worth it."



Club Spotlight

Quiz Bowl

Quiz bowl is a club where we are dedicated to gaining intelligence, and using it to compete in a super fun way. We attend many tournaments, and have even qualified for nationals as a team. It's the perfect mix of a team effort and individual growth and knowledge, wonderful for anyone at any level to join.

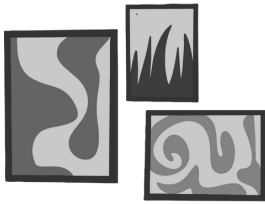
President: Piper Long '27



Pink Game Overview

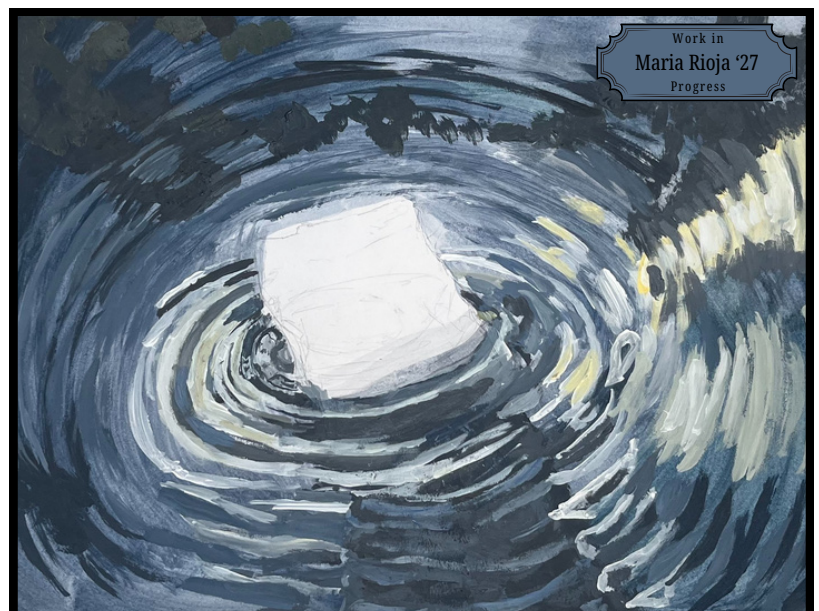
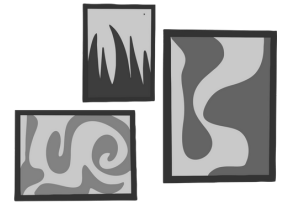
On October 1st, the Lions came together for our 17th annual Pink Game! Pink Game started in 2008 to honor former Ursuline coach, teacher, and administrator Marta Bott and her battle with Breast Cancer. Lions spent the day decked out in their best pink attire, and participated in fun activities such as face painting. At lunch, they were able to purchase foods from the bake sale and buy friendship bracelets and other pink accessories. Then, they gathered in the gym for our Pep Rally, where they played relay games, learned Pink Game cheers, and watched a performance from our Lionettes Dance Team. After school, Lions gathered once again in the gym to watch the games unfold. With performances from our Cheer Team, Lionettes, Spirit Squad, and a special performance from the kids that attend the Junior Lionette Clinic, the Lions had spirit to fill the room. The Volleyball teams put up a great fight, and the Pink Game spirit continues to fight for a great cause!





Art Spotlight

Courtesy of Art Club



Carmela's Lunch Reviews

Carmela Juan

I like food and I'd like to think I have a pretty well-rounded palette, so here are my top lunches of the year so far, rated on a scale of 10.

September 29th

Jerk Pork Loin and Pineapple Salsa - 9/10

I couldn't taste the salsa but this was soo good... the seasoning was nice; I could taste hints of the nutmeg and cinnamon! It wasn't too overpowering. honestly would eat this at a restaurant

Side 1: Mac n Cheese - 8/10

Creamier than usual! Pretty good, just needed some pepper

Side 2: Sliced Boiled Carrots - 5/10

They were just carrots.

October 2nd

Main: Meatball Sub - 7/10

love a good meatball sub... it just needed more sauce.

Side 1: Garlic-Roasted Broccoli- 5/10?

I don't know where the garlic was.

Side 2: Parmesan Potato Chips - 6/10

They were just chips

October 7th

Main: Nachos w/ Ground Seasoned Taco Meat, Refried Beans, Sour Cream, Corn, Salsa on Side - 8/10

You can't really beat this but I was still hungry and wasn't able to get another plate of food.

Also no pico again!! :(



Theatre Review: Kimberly Akimbo

Meredith Becker and Olivia Erspamer

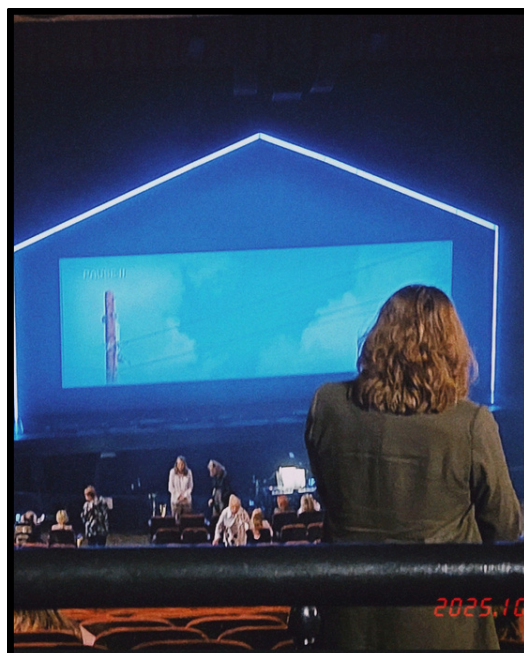
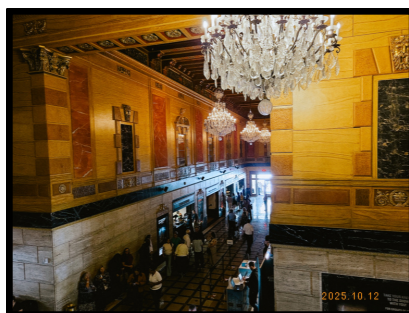
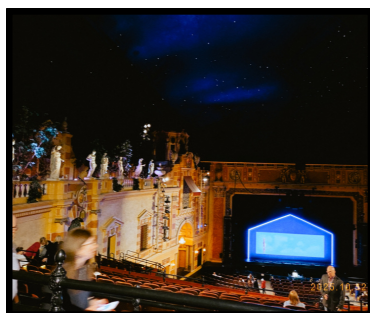
On Sunday, October 12th, we took a trip to the Saenger Theatre to see a musical called Kimberly Akimbo. Going in, we had very little to no expectations of what we would be seeing. As we sat down in the velvet seats under the stars, we were faced with the image of a powerline with a blue-skied backdrop and the glowing blue outline of a house above it. It was unique, and set the tone for the rest of the show: down-to-earth, suburban, and nostalgic.

The plot follows a teenage girl named Kimberly, who has a genetic condition which makes her age four-and-a-half times faster than the average person. She is played by an older woman, usually in her sixties. As the play progressed, I took note of how amazing the woman playing Kimberly's voice was, especially considering her age.

The rest of the cast consisted of Kimberly's parents, Buddy and Pattie; her aunt, Debra; her friend/love-interest Seth; and four other teenagers (Delia, Aaron, Martin, and Teresa) in a show-choir that function as a small ensemble. Not one character is "normal," as Kimberly's parents are narcissists, Seth is an anagram-loving nerd, the show-choir kids are outcasts, and the criminal tendencies of Aunt Debra propel the plot to an akimbo state of morality.

Despite the eccentricity of it all, the plot begins to fill one with anxiety once it was revealed that the life expectancy with Kimberly's condition is only sixteen, and her sweet-sixteen is the Act 1 finale ("This Time") (which includes a very entertaining skating dance break). While the comedic and bizarre nature of the show helps the audience to forget that death is approaching, the meaning of everything catches up as Kimberly's body starts to break down.

For two hours, you lived in Kimberly's shoes. But the experience was not as depressing as it seems. The smooth-rock score fills you with a sense of comfort and acceptance as the audience and Kimberly come to terms with the fact that her life sucked and she was going to die. We're not going to spoil the ending, but it's easy to guess what's going to happen. The fact that we left the show happy, however, is what we cannot reveal, nor explain. One thing we discussed as we left the theater was that the show would make an excellent junior production (with some editing to make it more school-appropriate and add a larger ensemble). The show was on the more simplistic side in the technical aspects and has a very high school feel that plays incredibly well with the overall themes.



Upcoming at Ursuline

St. Ursula's Feast Day 10/21

Spend a Day 10/23

1727 Day 10/27

Spend a Day 10/28

10th/11th PSAT 10/29

Halloween 10/31

Dad-Daughter Saints Watch Party 11/2

All Saint's Day Mass 11/3

Spend a Day 11/6

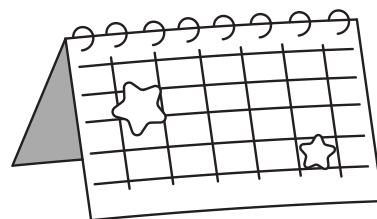
HS Grandfriends Day 11/11

College Visits

10/24 ... Marist University

10/28 ... George Washington University

10/29 ... St. Mary's University



Words of the Week

Sagacious
Wantonly
Conflated

Sanguine
Altruistic
Logomachist

Match the words to the Definition

1. Of keen and
farsighted penetration
and judgment;
discerning

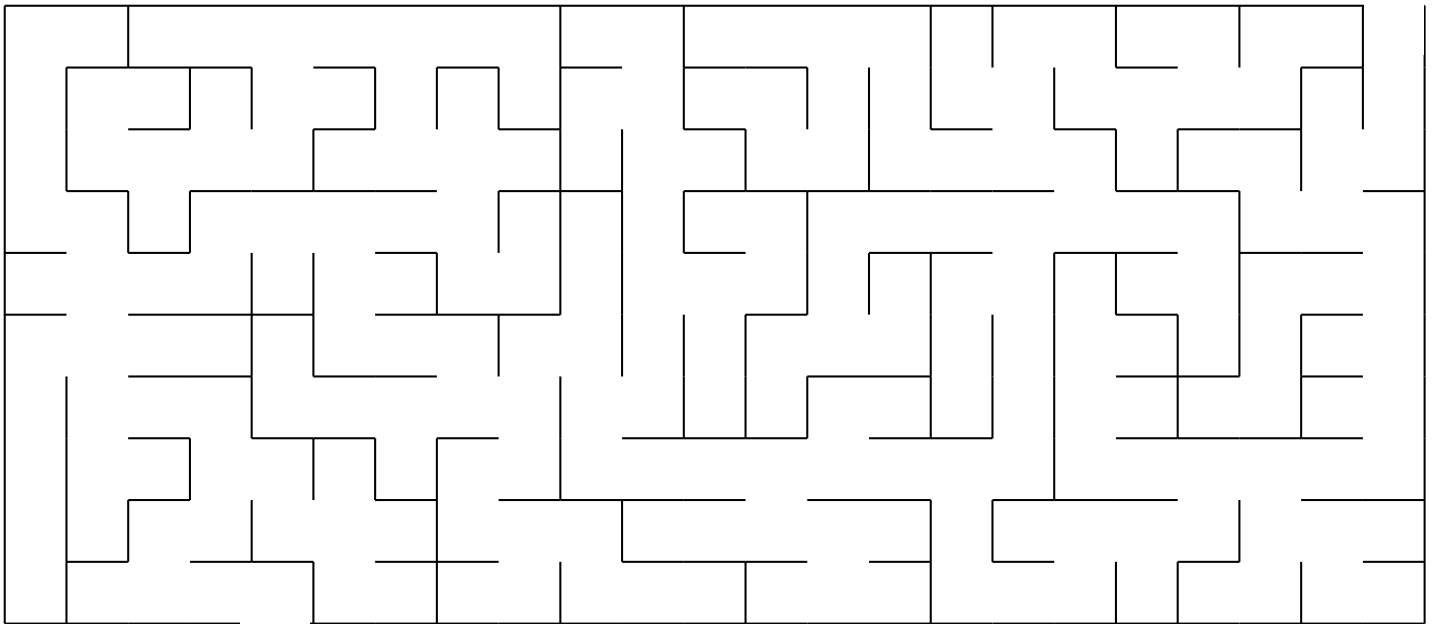
4. In a deliberate and
unprovoked way

2. One given to dispute
over or about words

5. Having or showing an
unselfish concern for
the welfare of others

3. Optimistic or
positive, especially in
an apparently bad or
difficult situation

6. Combine (two or
more texts, ideas, etc.)
into one



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

Word List:

Merry Macs

Phoenix

Skips

Leps

Lions

Ursuline

State

Alma Mater

