

*Gut
Buster!*

*You know you go
to SHA...*

Compiled by
Erica Maylee and
Maria Sych

when your school
goes into
"lockdown" when a
car backfires.

if you've referred to
the school lunches as
"brain food."

when you know your
classmates so well
that you are capable
of producing a
complete report on
them for the CIA.

if you raised over
\$20,000 in
elementary school
for a single casual
Friday.

if you look forward
to Mass days because
all your afternoon
classes are shortened.

if you are familiar
with Phil Durocher's
daily sports
analogies.

if you drove the
white Astro Van in
Driver's Ed.

if you've ridden the
school's short bus
(with pride).

if your priest wears
Air Jordans.

if a tornado drill
involves walking to
the Church.

if you've been in the
tunnels.

The Heart

December '08/January '09

The Best of 2008

By Liz English, Andrea Graytingco, and Alexandra Maldonado

As the crazy, exciting and historic year of 2008 came to an end, we did a complete overview of the year's pop culture highlights. From music to Olympic moments to school hot lunches, we asked some members of Sacred Heart High School's student body to tell us how they felt about the Best of 2008, and this is how they answered:

Best Movie:

1. *The Dark Knight*
2. *Twilight*
3. *Hancock*

Best Song:

1. *Viva La Vida* by Coldplay
2. *Love Story* by Taylor Swift

Best Read:

1. *Sports Illustrated*
2. *People Magazine*
3. *Breaking Dawn* by Stephenie Meyer

Best Sports Moment:

1. Giants upset over the Patriots in Super Bowl XLII
2. USA's defeat over France in 4x100 m freestyle in the Beijing Olympic Games
3. Kansas beating Memphis in March Madness.

Best TV Show:

1. The Office
2. One Tree Hill
3. Lost

Best Olympic Moment:

1. Picture Perfect- Michael Phelps wins 100 m butterfly by .01 seconds against Milorad Cavic, caught in the frame-by-frame photos taken of the finish.
2. Usain Bolt's 100 m dash earning him a gold medal and world record.
3. USA's battle with China in the Women's Gymnastics final, resulting in a silver medal for the USA.

Best Video Game:

1. Tie between Rock Band 2 and Halo 3.
2. Grand Theft Auto IV

Best Restaurant in Mt. Pleasant:

1. Buffalo Wild Wings.

Best Album:

1. Lil Wayne's Tha Carter III
2. Coldplay's Viva La Vida
3. Taylor Swift's Fearless

Best School Hot Lunch:

1. Spaghetti and Meat Sauce with Breadsticks
2. Chicken Strips with Chicken Herb Rice

And that, Sacred Heart Academy, is your Best of 2008.

From '08 to '09... A New Year's Resolution

By Sigourney Seybert

Every year around this time, it seems that people are making resolutions. Whether the resolution is to lose weight, work harder, or complain less, everyone is thinking of ways to live better in the upcoming New Year.

According to an article on about.com, the top five teen resolutions are:

1. get physically fit
2. volunteer
3. study hard
4. say no to drugs and alcohol
5. lose weight

Some may say that these are unrealistic and only for the "perfect person". But what does SHA have to say about resolutions?

"I will do less laundry by wearing more deodorant," said Paul DeSalvo. Both Julia Wagner and Biffy Hunter said they don't like resolutions because, "I can never complete them anyway."

Biffy once tried to give up chocolate but only lasted a week. Garrett Schafer would like to stay in shape for football, and feels that New Year's resolutions are a good opportunity for people to "do something different and live a better life."

Like many students, Kelly Jaksa intends on keeping her grades up in the New Year. Mr. Taylor feels that resolutions are a "good intention, but people don't stick to them." He would like to spend more time with his family in 2009.

For many people, New Year's resolutions are unattainable goals for a perfect life. For others, they are ways to better their life, if only in a small way.



The most successful movie of 2008...The Dark Knight

when you refer to the school's macaroni and cheese as "rubber and glue."

when you wear a collared shirt 200+ days a year.

when you weren't allowed to run on the playground because it was "dangerous" and you could risk a "head injury."

if going to lunch in the winter involves dressing in a parka and walking to another building.

if you've started, or participated in, a "clap" at Church.

if you sort through every piece of lettuce on the salad bar for a green one.

if you discovered that you had two choices of color combos for your elementary school uniform: red and blue, and white and blue.

if you ever did lunch duty and almost had your face steamed off by the dishwasher.

when the senior hallway is slightly larger than a classroom.

if your school smells like fish for two months every year.

when you feel as though you're going into cardiac arrest every time you make the climb from the art room to the senior hallway.



SPORTS

Dance Team

"The Half Time Show"

By Sara Stack



Despite some funding problems, the dance team is happening this year! Six new faces will be appearing on the team: Freshmen Teresa Bishop, Lindsey DeRoche, Lexi Jarman, Gabbi Utt, and. Also, the only Seniors Tiana Azevedo and Virginia Roedel.

Sophomores returning to the team this year are Kristin Lovejoy, Lindsey Miller, Emma Motz, and Sara Stack.

Alivia Pohl is the remaining junior veteran, who has been on the team for three years. We're looking forward to a great season entertaining basketball fans at halftime!



Gabbi Utt, Lindsey DeRoche, Alivia Pohl, Lexi Jarman, Emma Motz, Lindsey Miller, Tiana Azevedo *Not Pictured* Sara Stack, Teresa Bishop, Virginia Roedel, , Kristin Lovejoy.

JV Basketball

"The Up and Coming"

By Kyle Stansberry

The JV boys and girls basketball seasons have officially begun. December 2nd marked the girls' first game at Shepherd. Although they weren't victorious over the Blue Jays, they showed their talent against the Ashley Bears later that week. The girls' JV team consists of Shelby Ebright, Lauren Fillenworth, Tori Fracassi, Nicole Ganong, Andrea Guytingco, Aubry Hire, Kelly Jakska, Lindsey O'Laughlin, Kelsey Poag, Josephine Sepanski, and Tara Throop. Aubry Hire said, "Our first game against Shepherd was a learning experience, but when we played Ashley and Coleman, I felt we really came together as a team."

As the JV girls kick off a promising season, the JV boys' basketball team is hopeful as well. This year's team is composed of Conor Fermoyle, Eric Fox, Ryan Grinzinger, Beshoy Hanna, Marc Jakska, John McDonald, Matt Mills, Kevin Natke, Josh Neyer, Grant Schafer, and Ryan Szymanski. The boys won their first game of the season against Coleman. Conor Fermoyle said, "It's going to be a great season!" Good luck to the boys and girls JV basketball teams!

Varsity Basketball

"Basketball Teams Hit the Ground Running"

By Jess Hunter

Both Irish basketball teams started their seasons off fast by winning convincingly. The boy's team, then (1-0), opened up by sending the Ashley Bears into oblivion by a score of 66-31. Alex Wood led the Irish with 15 points, while Mike Lilly added 12 and Billy Myler put up 10.

The Lady Irish, then (3-0), opened by beating Shepherd with a victory margin of 9 points. Liz Ebright led the Irish with 9, as Biffy Hunter, Maureen Riley, and Sig Seybert each scored 8. In the next game, the Lady Irish beat up on Ashley, 65-23. Ebright had 20 points and Riley had 15. Seybert, playing the role of Windex, cleaned 11 rebounds off the glass.

During these first two games, the Irish battled turnovers to the tune of almost 30 a game. However, this changed when the Irish impressively defeated the Comets of Coleman 71-29. Chelsea Mills dominated the post with 19 points and 15 rebounds. Seybert also came up strong with 14 points and 7 rebounds. Riley scored 10 and Hunter added 10 assists. The Irish hope to continue their undefeated seasons in a gym near you!



The Scoop

if an elementary mandate required you to wear a belt every single day, with your pants pulled up to your chin.

when un-tucking your shirt is a sin.

if you ever received a "Christian Service Award," or felt shunned because you didn't.

if you experienced the joys of Latchkey because a.) your parents forgot about you, or b.) you missed the bus.

If you have a "you know you go to SHA" gut buster for our column, please submit it to "The Heart" by placing it in the box outside the office.



GIRLS/BOYS

3

BASKETBALL II

- *Jan. 13th Boys home vs. Shepherd
- *Jan 15th Girls away vs. Vestaburg
- *Jan 16th Boys away vs. Vestaburg
- *Jan 20th Boys away vs. New Lothrop
- *Jan 29th Girls home vs. Coleman
- *Jan 30th Boys away vs. Coleman



GO GIRLS!

Name that Movie

"When I was in China on the All-American Ping Pong team, I just loved playing ping-pong with my Flexolite ping pong paddle."

*The answer to last issue's movie quote

Deer Season '08 "Buck Fever"

By Katelyn Maylee



During the 2008 deer hunting season, many SHA students set out to get the big buck. While some of them left the woods empty handed, others succeeded with great luck and skill.

Drew Reetz shot a ten point in Rosebush during bow season, while his brother Mitch got a six point during a youth hunt in September and a doe during rifle season. Also, Conor Fermoye shot a six point during the youth hunt and Ryan Grinzinger shot a doe during rifle. Jon Cutler, Richie Flannery, and Gabbi and Anthony Utt also bagged deer. Congratulations, hunters!

Book Review

Private

By Katy Szymula

Private, by Kate Brian, is the first of a series of eight books, which follows the life of Reed Brennan. Reed is 15 years old and is about to start her sophomore year at Easton Academy, an affluent boarding school in Easton, Connecticut.

Once on campus, Reed quickly discovers the Billings Girls, a close-knit group of the most intelligent, beautiful, and confident girls on campus. The moment she sees them, she decides she will do anything to be a Billings Girl.

Reed soon learns becoming a Billings Girl is harder than it looks. Through a series of tasks, Reed tries to show the Billings Girls she deserves to be one of them.

This book may seem straightforward, but as you will soon discover, it is anything but.

Drama Club

The Ransom of Red Chief

By Taylor Sheahan-Stahl

The Sacred Heart Academy Drama Club will be performing a production of O. Henry's The Ransom of Red Chief. The play will be performed during SHAgala of 2009, and there is a possibility of more performances.

The students in the play are Kataya Beverly, Lindsey DeRoche, Randi Fracassi, Alexandra Maldonado, Rob Matevich, Joe McGuire, Andrew Mumford, Jackie Olson, Emily Shaffer, Jon Shaffer, Steven Shaffer, Taylor Sheahan-Stahl, Maria Sych, Zachary Younger, and Jennifer Zuker. The Drama Club invites you to come watch them perform as they act out the kidnapping of Red Chief. More information on the dates and times will be provided as the date approaches.

Check It Out

Morey Courts

By Jen Shaffer

The Morey Courts Recreation Center, funded by private lenders and the Morey Foundation, opened recently, and is a phenomenal facility! It has eight basketball courts, two tennis courts, three racket ball courts, and all of the courts can be made into volleyball courts.

The center also has a full fitness center run by CMCH, an interactive youth center, and a teen room with after school activities starting soon. There is also the Center Court Cafe which features a deli serving salads, subs, and other cold sandwiches.

Morey Courts is located next to the I.C.E. Arena, which is home to the Mt. Pleasant High School Oilers and the Mt. Pleasant Patriots.

Movie Review

By Sara Stack

"And so the lion fall in love with the lamb"

Recently, I saw the massive money-making film Twilight (based off the #1 best seller novel) a love story between a 108-year-old vampire named Edward Cullen (the leading cause of mobs of screaming teenage girls gathering at movie theaters) and an ordinary human girl named Bella Swan.

The negative aspects of the movie are that it takes being almost murdered by a sadistic vampire for Kristen Stewart (Bella) to show any emotion on her face and the special effects can be cringe-worthy, especially during the fight scenes.

However, there were also many positive aspects in the movie. Robert Pattinson stars as Edward, the British hottie who can act and convey love, devotion, and bloodlust.

The supporting actors in Twilight almost steal the show, especially Billy Burke as Bella's unaware father Charlie, and Taylor Lautner as Jacob, a human with a crush on Bella.

Twilight is definitely an entertaining movie, putting a twist on both classic vampire movies and chick flicks.



*Around town
Activities*


1/13 *CMU
School of Music
Concert (8pm)

1/13
*American Red
Cross Blood
Drive (1pm-7pm)

1/14 *Art
Reach presents
Brad DeRoche on
classical guitar
(4pm)

1/15 *CMU's
Program Board
presents
comedian Andy
Peters (8pm)

Weather Report

Monday, Jan. 12th
P.M. Snow showers
High 26 Low 15 

Tuesday, Jan. 13th
A.M. Snow
High 15 Low 1

Wednesday, Jan. 14th
Light Snow
High 12 Low 2

Thursday, Jan. 15th
Snow Showers/Wind
High 8 Low -6

Friday, Jan. 16th
Few snow showers
High 8 Low 2

Saturday, Jan. 17th
Few Snow Showers
High 20 Low 17

Sunday, Jan. 18th
Few Snow Showers
High 19 Low 15

Another Look

The Spotlight
Senior Erica Maylee
By Maria Sych



It's common knowledge that many intelligent and interesting students walk the halls of Sacred Heart Academy on a daily basis. I had the opportunity to talk with one of these bright and unique kids, the pending Salutatorian of the class of 2009, Erica Maylee.

In addition to a high GPA, Erica has been active in various extracurricular activities, most notably, Model UN. A speaker for her team, Erica has been active in Model UN for three years in a row, and has enjoyed the success of reaching All-Conference this past year. She hopes to further her activity in this academic sport at Alma College next semester, and is very excited about the prospect.

Erica may be a smart and accomplished young individual, but that doesn't mean she doesn't have time for fun. In her spare time, she enjoys hanging out with friends, and is known for hosting creatively-themed parties such as New Year's soirees and techno-themed dance parties. Her unique alternatives to the typical high school gathering may land her a status as the classiest social event planner in the SHA student community.

When asked what her plans are after high school, Erica told me that she wants to further her education at Central Michigan University, where she has been accepted. The freshman class of CMU can be assured that they will be welcoming one of the area's best and brightest in their admission of this member of the class of 2009.

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Teacher Talk with Ms. K

By Steve Shaffer

Going to Sacred Heart during the last few years means that you have had Ms. K in at least one class. Health, Physics, Chemistry: take your pick, she teaches them all! But in addition to being a teacher for the last 25 years she has accomplished many other things as well.

She was the 2007 Homecoming Grand Marshal, she coached the cheerleading team for 8 years, and she has been the Senior Class Advisor for several years. Her own daughter was a lifer here at SHA.

Her favorite class to teach is Chemistry and her favorite labs to do are the acceleration/velocity labs she teaches in Physics. Her biggest pet peeves are students that speak before they think and those who waste time.

The best part of teaching for her is being a part of the strong curriculum that Sacred Heart offers. She got into teaching because it occurred to her that somebody has to teach, so why couldn't it be her?

In the future she said that she would like to have grandchildren, find a part-time job she enjoys, and play in an orchestra.

One thing she would like to tell students: "I would like to see the day when the students here at SHA realize that they were fortunate to go here."

Study Tips

By Bridget Bennett

- *Start studying early
- *Study often (repeat vocabulary words everyday)
- *Take hour breaks
- *Wake up early to study and review before bed
- *Read section not entire chapters
- *Eat a healthy breakfast before school

Exam Schedule/Days Off!

Tue. 12th - 7th hour exam

Wed. 14th - 1st and 2nd hour exams (1/2 day)

Thurs. 15th - 3rd and 4th hour exams (1/2 day)

Fri. 16th - 5th and 6th hour exams (1/2 day)

*Make sure to bring all your books home in case of a snow day.

Monday, Jan. 19th No School M.L.K. Day

Movie Schedule

Bedtime Stories

Rating: PG

Run Time: 106 min

12:15, 2:30, 4:45, 7:15, 9:45

Bride Wars

Rating: PG

Run Time: 98 min

12:10, 2:25, 4:40, 7:00, 9:15

The Curious Case of Benjamin

Button

Rating: PG13

Run Time: 108 min

12:40, 4:20, 8:00

The Day the Earth Stood Still

Rating: PG13

Run Time: 109 min

8:35

Doubt

Rating: PG13

Run Time: 113 min

1:30, 3:50, 6:20, 8:45

Gran Torino

Rating: R

Run Time: 125 min

12:45, 3:30, 6:30, 9:30

Seven Pounds

Rating: PG13

Run Time: 130 min

12:00, 3:00, 6:00, 9:00

The Unborn

Rating: PG13

Run Time: 91 min

1:00, 3:00, 5:15, 7:30, 9:50

Valkyrie

Rating: PG13

Run Time: 121 min

1:24, 4:00, 6:45, 9:20, 11:15

Leo Man

Rating: PG13

Run Time: 111 min

1:10, 3:40, 6:05, 8:30

Wrap It Up

The 9/11 of India

By Priya Vedula

Although we live solely in America, it is very important for us to be aware of what is going on around the world. For many, this may affect us in some way or another. On November 26, 2008, a series of coordinated terrorist attacks were set in motion on India's largest city Mumbai; 173 people died, including 164 civilians and security personnel and 308 were injured (9 terrorists were killed). These terrorists blasted restaurants, colleges, hotels, movie cinemas and even hospitals. On the 28th of November, the police had secured all these places with the exception of the Taj Mahal Palace and Tower, and by the 29th all fighting and attacks had come to an end.

So who were these terrorists? What was their ill motive? There were ten terrorists; nine of whom were shot by the Indian police. They were dressed in black t-shirts and jeans. These men were groomed into terrorism secondary to their poverty. Many were from neighboring countries. These ambitious men were not only out to seek revenge, but also to show the world in confrontation what they had planned on their agenda. They were avenging India's suppression of Muslim Kashmir, but they thought they were also making reparations to the crimes against Palestine as well.

India, as well as other countries such as Britain and the U.S, mourns the loss of these innocent civilians who were killed in such an immoral way. In today's world, violence and crime are being used to express inner turmoil. Many innocent lives are being taken. Human beings are killing other human beings. When will we reach a state of peace? Can our children or grandchildren ever live in a world without warfare?

What can you do to help? Log on to HelpMumbai.pinstorm.com to find out more.

Editorial

"Walking the Halls of SHA"

By Jackie Olsen, Editor-in-Chief

Walking through the halls for my fourth year of high school at Sacred Heart, I embrace faces that have touched my life in one way or another. For all of us who have gone to SHA for many years, we have been surrounded by the same faces from day one, and most of the time it seems that we see each other more than our immediate families. This is the unique thing about SHA; you can never seem to get rid of anyone.

It seems funny to me to think that at this time next year I won't be walking down the halls, cramming through the ridiculously small doors that 25 people are trying to get through all at once or even being required to go to church every Thursday. Sometimes these situations don't always bring out the best in me, but they are my comfort.

What I realize most, now that I'm starting to figure out what comes next after SHA, is the fact that I won't necessarily miss the smelly halls and subfreezing temperatures, but I'll miss the friends that I have had since kindergarten. I think that at SHA we beat the odds of "never making long term friends in high school." Although it doesn't seem like it at times, high school is more than just "unbearable," and we should all make the best of what time we have left together.

As we all continue to do the inevitable and grow up, we should try to slow down once in awhile because one day we will be all grown up and SHA will just be a memory.



Did You Know?

The French have a doughnut called "Nun's Fart."

Coca-Cola was originally green.

The state with the highest percentage of people who walk to work is Alaska.

The world's youngest parents were 8 and 9 and lived in China in 1910.

Each king in a deck of playing cards represents a great king from history: **Spades** - King David, **Hearts** - Charlemagne, **Clubs** - Alexander the Great, **Diamonds** - Julius Caesar

The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.

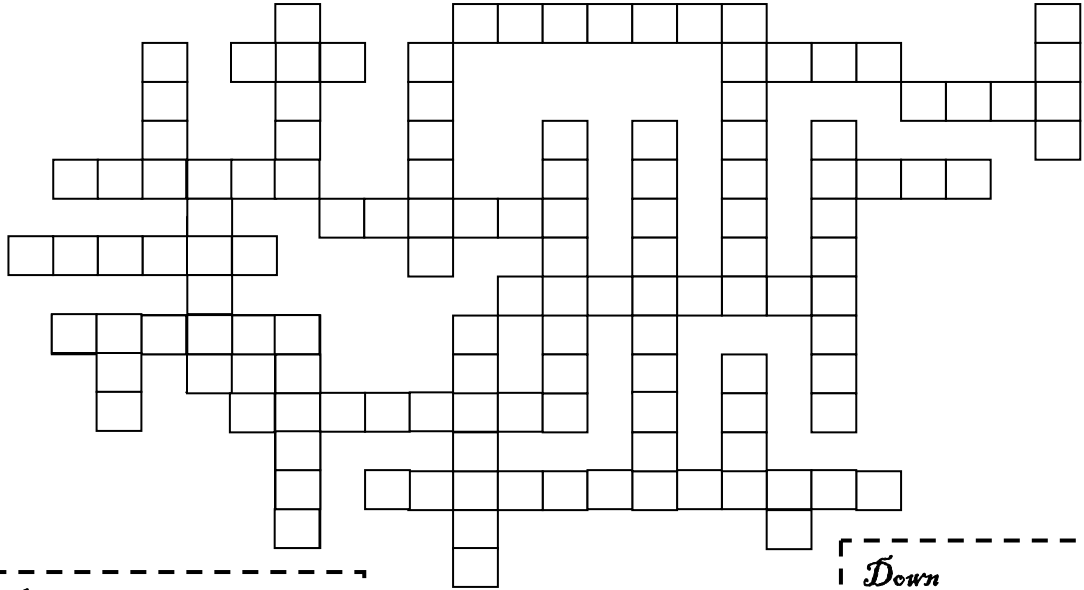
A snail can sleep for 3 years.

A cockroach will live nine days without its head, before it starves to death.

Tigers have striped skin, not just striped fur.

The average life span of a major league baseball is 7 pitches.

Puzzlers



Across

- 2. On Donner and _____
- 7. Illinois Governor _____ Blagojevich
- 9. Local Public Transport _____
- 10. Steve of Apple
- 14. Artist MC _____
- 16. Temporal _____
- 17. Quantum of _____
- 18. _____ of Oz
- 19. Keep your love _____
- 20. Bowling three games
- 25. "The Thrilla in _____"
- 26. City of Brotherly Love

Down

- 1. Father
- 3. Maker of the Wii
- 5. Pinocchio body part _____
- 6. Mia _____
- 8. The Charter _____
- 11. Dwayne Johnson _____
- 12. A1 _____
- 13. Politically corrupt state
- 15. Bond car Aston
- 21. An _____ of Corn
- 22. Ozzy and _____
- 23. These boots are made for _____
- 24. Congressmen Dave _____
- 27. Ho Ho _____

SUDOKU

5				8			4	
	9				5	7	1	
4		7	1					
				3				4
				6			7	
9		8				3		6