



# OLMatters



“To educate the Whole Person for global Understanding”



*Ms. Heloisa Carvalho* was a teacher at Our Lady of Mercy School for over 15 years. She brought with her a sincere dedication towards her students and her profession. Heloisa loved her work and cared deeply for her class. Shakespeare once said that “all the world’s a stage and all the men and women merely players and each has his role.” Ms. Carvalho’s role was teacher, and she fulfilled this with joy. Heloisa will be missed profoundly by her students, colleagues, families and school staff. May God be with her on her journey. *Charles R. Lyndaker*



“Life is a box of chocolates, you never know what your gonna get.” *Forrest Gump*

This was a favorite phrase of my friend and teaching partner for several years, Heloisa Carvalho. I would also venture to say that this phrase also described Heloisa.

Beyond the reserved teacher that most people knew, there was also a person who loved movies and traveling. Heloisa was also an animal lover, especially dogs. Only an animal lover could understand and share my tears when my dog and cat passed away. She was an avid reader and chocolate lover.

As a teacher, she passed her love for reading and Rohl Dahl on to her students. She made language-learning fun through the songs she made up in class.

As a friend, Heloisa was a good listener. Many times her words brought me comfort. Heloisa’s early passing was a shock to everyone, but like she said: “Life is a box of chocolates...” and that’s why we should live each day, one day at a time because we never know what were gonna get.

Heloisa, beloved teacher and friend, will be missed dearly by all of us. *Ms. Angel Biggers*



# OLM ALUMNI COCKTAIL



On December 11th, 2009, OLM hosted its annual **Alumni Cocktail**. During the event, classes '69, '74, '79, '84, '89, '94, '99 and '04 were honored for their graduation anniversary receiving a commemorative pin as a gift from School.

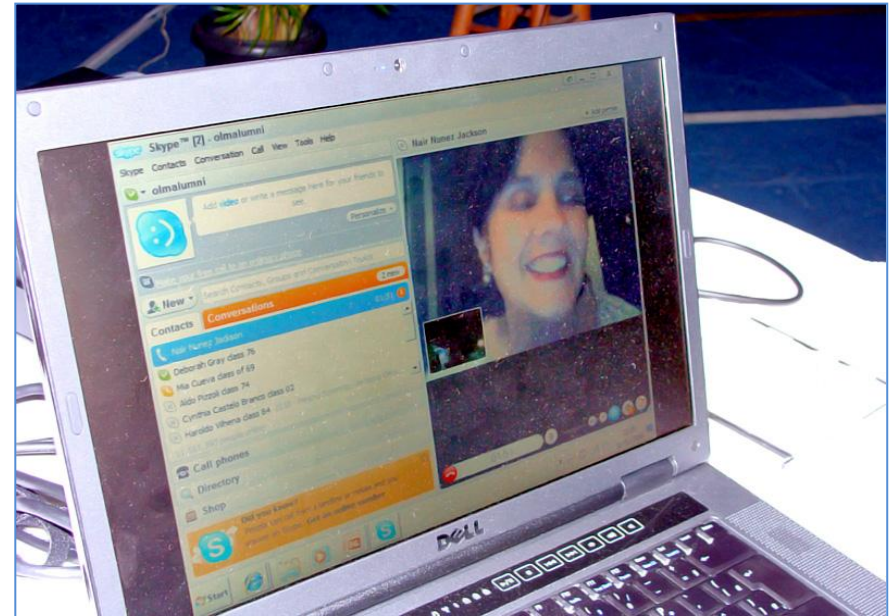
Joining OLM that evening for a stroll down memory lane were: Aimée Amber Fisch '69 (40th anniversary), Ingrid Quarless, Luciana Mendonça, and Grainne Burke '79 (30th anniversary), Haroldo Vilhena '84 (25th anniversary), Leonardo Ammirabile Gonçalves '89 (20th anniversary), Christiane Lustosa '94 (15<sup>th</sup> anniversary), Rafael Souza '99 (10th anniversary), Andrei Monteiro, Dulce Coutinho, Fernanda Ramos, Francisco Rezende, Gabriel Saboya, João Marcelo Souza, José Luiz Correia, Leonardo Woo, Marcelo Vieira, Murillo Neto, Natassia Nascimento, Niaze Neto, Carlos Figueiredo, Lara Pacielo, Renata Carvalho '04 (5th anniversary) and many more alumni, teachers and staff from different years. People just as special as those honored that evening.



For the first time, *SKYPE* was used to include those unable to make it in person, giving them the chance to participate and chat with their classmates and school friends during the event. In 2010, OLM will be honoring classes: '70, '75, '80, '85, '90, '95 and '05 for their graduation anniversary.



*Dr. Lyndaker and Susan Serrano*



*Technology connecting long time friends - Nair Nunes Jackson online*



*Ingrid Quarless,  
Luciana Mendonça,  
and Grainne Burke  
Class of '79  
receiving pin*

*Omar Wabed,  
Dr. Lyndaker,  
Ingrid Quarless,  
Luciana Mendonça,  
Daniel,  
Claudio and Tarek.  
70's & 80's together*





## AND THEY MET...NOT MUCH BY CHANCE



*from left to right: Philips Scott, Mary-Annie Guerrero Cairns, Marina Mirner, Charles Townsend('72), Margaret Henke Ribeiro, Henrique Cortborn and Victor Saler.*

It was truly a great pleasure to be able to “touch base” with our “alma mater” after 37 years, even more so for the opportunity to enjoy these moments with former classmates who had also shared the same experience. Touring the school grounds in your friendly company was a walk down memory lane which brought back many cherished moments, though some may have warranted an extra “poke” from one or another!

I think I can safely say that the consensus among us was that it was well worth the visit, with the added satisfaction that we truly enjoyed each other’s company and the realization that we had maintained our basic values through time and become better people for it!

We certainly owe a great deal to the guidance and education we received in our formative years at OLM.

Thank you once again for affording us this very enjoyable morning!

*Margaret Ribeiro ('73)*

**Dear OLM alumni - classes of '72 and '73  
What a wonderful surprise to get together with thee!  
Laughing and joking about the good old days  
Each and every one in their own different ways!  
Now we've begun this turn in events,  
Let's continue this precious friendship w/o any dents!  
Hurray for the classes of '72 and '73!**

*Marina E. Mirner ('73)*

**The Saturday visit to OLM after so many years away from it and my school friends went very well. I see we had at the time (70s) a very good and healthy environment at school, which fostered our friendships in a solid long-lasting way. I hope the school's current admin promotes something similar in current days still promotes the values the Felician Sisters live by. They are universal and healthy.**

*Philip Conrad Scott ('73)*

# EA FAMÍLIA OLM CONTINUA CRESCENDO



E mais bebês estão a caminho ... ☺

*Julio Cesar nasceu as 19h49min do dia 31 de janeiro , com 3,535 kg e 50 cm. Graças a Deus com muita saúde. Simone & Robson*

## PREPARING FOR THE UPCOMING SACS EVALUATION

In keeping with the mission of Our Lady of Mercy School, it is important that the school retain its accreditation as a recognized institution of learning, not only in Brazil but also in the United States. Accreditation is conferred by the State of Rio de Janeiro's Ministry of Education and Culture (MEC) for Brazil, and by the ***Southern Association of Colleges and Schools (SACS)*** for the United States.

Regular visits by authorities and evaluation teams are responsible for deciding if Our Lady of Mercy School offers programs in accordance with national and international norms, and therefore, should be accredited.

Our Lady of Mercy School takes pride in having achieved these goals on an ongoing basis. The next major evaluation scheduled by SACS will occur during the last week in April when three committee members will spend one week in school, walking through our classrooms, reviewing our programs, and examining our documentation in every area.

The OLM Teaching staff will hear the final report that will be presented in the afternoon of the last day of evaluation. We are working to practice showing "OLM's BEST" as of Right Now!

*Claire Collins*

## WELCOME NEW STUDENT TEACHERS

My name is **Amanda Buchert** and I am student teaching in 2nd grade B at OLM this semester. I am from Michigan and study Early Childhood Education at BGSU. I traveled quite a bit in the past, and am looking into a career in international education. After I graduate from BGSU, I plan to work for the Peace Corps, an American organization that sends volunteers to various countries around the world to work for two years as a gesture of peace and good will. The volunteers work many different jobs contributing toward international development, including areas such as education, agriculture, and technology. My job will involve training elementary teachers in the South Pacific region. When I return from the Peace Corps, I will either continue teaching or attend graduate school. Thank you so much for welcoming me into your school!



My name is **Kenny Hyttenhove** and I am senior at Bowling Green State University majoring in Early Childhood Education. I was born in Toledo, Ohio and have lived there, or the smaller towns around it, all my life. I graduated from Maumee High School in 2005. I graduate in May of this year and hope to be teaching in my very own classroom next year. I came to Rio de Janeiro looking for a bit of culture because northwest Ohio area is not nearly as diverse in comparison. So far, I have really enjoyed my time at OLM and the city of Rio has been beautiful. I feel this is a once in a lifetime experience.

My name is **Emily Otte** and I am ecstatic to be teaching art at Our Lady of Mercy this semester. I know it will be a wonderful experience, and I am happy to learn about the art, language, and culture of Brazil! I have had previous study abroad experience in Florence, Italy, where I extensively studied art and art history. After such a wonderful experience, I knew that it was important to continue traveling throughout my studies, to expand my knowledge and understanding of other cultures. I am currently a senior at Bowling Green State University in Bowling Green, Ohio. I am majoring in Art Education with a focus in 2-dimensional printmaking. I have always known that I wanted to pursue some kind of artistic career, and I was happy when I discovered my passion for teaching. I have worked teaching art classes and camps with a business in Cincinnati, Ohio for two years. At this business, I have opportunity to explore, create, and imagine with children of all ages. When I am not making or teaching art, I enjoy running, swimming, snow skiing, and ping pong. After graduating, I hope to continue teaching internationally, so I can investigate, understand, and appreciate the different parts of the world.



# JUDÔ

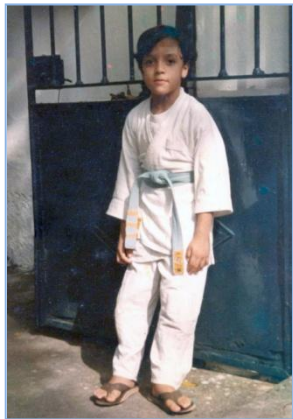
*Eduardo Costa da Silva – Prof. Judô, after school classes*

O judô é uma arte marcial que visa a defesa pessoal. Baseada no combate corpo a corpo, tem como objetivo sempre derrubar e imobilizar o oponente; não há socos, chutes ou golpes para ferir o adversário. Também proporciona um grande equilíbrio físico e mental, além de aumentar o poder de concentração, raciocínio e disciplina, fazendo com que o indivíduo tenha autoconfiança e se sinta melhor integrado à sociedade.

## *HISTÓRIA E FILOSOFIA DO JUDÔ*

O judô teve sua origem com o professor Jigoro Kano, um jovem de físico franzino, graduado em filosofia pela Universidade Imperial de Tóquio. Conhecia Jiu-Jitsu e procurava sistematizar as técnicas e fundamentar sua prática em princípios filosóficos bem definidos, a fim de torná-la um meio eficaz para aprimoramento físico, do intelecto e do caráter, num processo de aperfeiçoamento do ser humano.

Em 1882, Jigoro fundou sua própria escola e, para distingui-la de maneira evidente das formas que se identificava o jiu-jitsu, denominou-a de JUDÔ KODOKAN. Essa modalidade destina-se à formação e à preparação integral do homem através das atividades físicas de luta corporal e de aperfeiçoamento



moral. Esse aperfeiçoamento sustentava-se através de princípios filosóficos e de exaltação do caráter, que eram a essência do espírito marcial dos samurais. ([www.geocities.com/colosseum/slope/5202/judohistoria](http://www.geocities.com/colosseum/slope/5202/judohistoria))

A minha história no judô teve seu início em 1982, pois com apenas 5 anos eu somava um total de sete cicatrizes. Todas foram resultado de quedas decorrentes de problemas motores: falta de equilíbrio e percepção de espaço temporal.

Por orientação e sugestão médica, a natação e o judô foram as atividades indicadas no meu caso. Naquela época

“Siga um caminho, não se tornando convencido com a vitória e nem desanimado com a derrota, sem esquecer cautela quando tudo está quieto ou sem amedrontar-se quando o perigo ameaça.”

esses esportes eram considerados importantes para o desenvolvimento motor e educacional.

Desde pequeno eu era um grande admirador de lutas, principalmente as que tinham quimono. Por isso, escolhi o Judô. Meus pais não tinham condições de pagar essas aulas e, através

de um conhecido, conseguiram uma bolsa de estudos em uma academia em Laranjeiras.

No início tive algumas dificuldades; uma delas era a insegurança. Levei dois meses para pisar no tatame. Tinha medo de interagir e de me machucar com as quedas. Um dia o meu professor, cansado de tanto investimento para me

convencer a participar das aulas, me levantou do chão, me segurou pela gola do quimono e me colocou de frente a outra criança para que assim eu pudesse lutar. Chorando e com um pouco de raiva, fiz uma queda que tinha aprendido só em observar os meus colegas. Foi um quedaço!



A partir desse momento, eu me apaixonei por essa arte e me prometi que seria um faixa preta e professor de judô.



*Eduardo e seus alunos no 'after school'*

Depois de um mês de aula, não cai mais! Fui me desenvolvendo física e mentalmente. Enfim, o judô e o meu professor contribuíram para a formação do meu caráter e da minha história.

## DOJO E O BATOM!

Sabem aquela doce *professorinha* do “first grade”, que carrega os alunos no colo, sempre com um sorriso e carinhos imensos? Não se iludam! Por trás dessa aparente fragilidade e delicadeza, encontramos uma lutadora, no sentido mais amplo da palavra. Apaixonem-se, vocês também, pela história que ela nos conta sobre a sua vida com as artes marciais!

Fotos: Pedro Silva



*Chute lateral na manopla*

Sua origem confunde-se com o desenvolvimento da civilização. Com o avanço da onda tecnológica agrícola e com o acúmulo de riquezas e de poder, que despertam a cobiça e a inveja, surge também a agressão. Com isso, abre-se espaço para a profissionalização da proteção pessoal. Hoje, as artes marciais, além de praticadas como treinamento militar, policial e de autodefesa, também são praticadas como esporte.

Atualmente, pessoas de todo o mundo estudam as artes marciais por diferentes motivos: condicionamento físico, defesa pessoal, coordenação físico-motora, lazer, disciplina, interação em um grupo social, e formação de uma personalidade sadia. A prática das artes marciais possibilita extravasar a tensão, harmonizar o indivíduo e, posicionar o ser humano de forma positiva na vida.



*Golpes de boxe na manopla*

As artes marciais são sistemas de práticas para treinamento de combate, geralmente, sem o uso de armas de fogo ou outros dispositivos modernos.

A origem do termo artes marciais é ocidental e latina, uma referência às artes de guerra e de luta. Sua origem é vinculada a Marte - deus da guerra greco-romano. Assim, as artes marciais, segundo esta mitologia, são as artes ensinadas pelo deus Marte aos homens.



*Golpes de Boxe no saco de areia*

Muitas mulheres não praticavam artes marciais por acharem violentas ou exclusivamente masculinas. Mas os tempos mudaram e as mulheres também! Mais decididas, independentes, seguras e fortes elas estão marcando presença nos dojos e academias.

O número de mulheres que procura este tipo de esporte aumenta a cada dia. Um dos principais motivos é testar seus próprios limites e saber como lidar com eles. Quanto mais conhecemos

nossos limites, mais segurança temos. Isto deve ser testado periodicamente, já que mudamos todos os dias. Os esportes em geral proporcionam esse auto-conhecimento, mas nem todos são tão completos quanto as artes marciais.

Eu sempre gostei de artes marciais e meu pai sempre me incentivou. Eu já havia praticado Luta-Livre e Krav Magá, defesa pessoal do exército Israelense.

Em outubro de 2009 eu tive meu primeiro contato com o MMA (Mixed Martial Arts). Entrei no centro de treinamento da RFT (Renovação Fight Team) para conhecer e não saí mais.

A Renovação Fight Team tem como líder o Mestre Cromado, 2º Dan em Luta-Livre Esportiva. Cromado tem em seu currículo mais de 35 campeonatos de Luta Livre, em que foi campeão absoluto em todos eles. No MMA, foi o número 1 no ranking do Shooto Japão na categoria até 70Kg.

MMA é definido como uma modalidade de luta em que os praticantes não precisam seguir um estilo específico de arte marcial. O praticante utiliza golpes ou técnicas das mais diferentes artes marciais como o boxe, Luta-Livre, Muay Thai, entre outras.

Com a prática do MMA eu aprendo a administrar minha própria força, desenvolvo os reflexos e a coordenação motora, treino foco, equilíbrio e explosão. Essa prática tem um sentido filosófico, principalmente se comparada as situações da vida - saber cair e se levantar. Além de tudo isso o MMA favorece muito à saúde, à beleza corporal, à firmeza de toda a musculatura e à postura. Socos e chutes são trabalhados durante a aula aperfeiçoando a coordenação, o ritmo, a resistência muscular, a flexibilidade e o condicionamento cardiorrespiratório, além de aliviar a tensão. Os benefícios são numerosos! Recomendo a todos que buscam uma melhor qualidade de vida. É uma das melhores formas de encontrar o equilíbrio necessário para enfrentar os desafios que a vida moderna oferece. Eu estou muito feliz em fazer parte da RFT; a equipe é maravilhosa, os atletas são guerreiros, não só no ringue como na vida. Tudo o que eu aprendo lá dentro, eu aplico no meu dia a dia. Em suma, RFT para mim é uma filosofia de vida.

*Gisele Costa - 1ªB*



*Joelhadas*



## MARY'S CORNER

*Mary had a role right from the beginning of God's offer of salvation to rebellious humankind: the gift of union in Christ, through Whom we creatures are reconciled with our Creator.*



*Mary was conceived without original sin because God chose her from all time to be the Mother of the Son of God, Who would become flesh by the power of the Holy Spirit for the salvation of humankind.*

*Mary's Divine Maternity is an action of the Holy Spirit of God. Mary is not divine, is not worshipped, but has a special participation in the salvific Will of God.*

<http://cantuar.blogspot.com/2009/12/if-mary-had-no-sin-is-christ-her-savior.html>

Our Lady represents how strong women can be even through the tough times. Mary lived in a world where women did not get pregnant unless they were married and she had to face a lot of judgment and prejudice once she conceived Jesus Christ. Mary gave birth to and raised Our Lord and not only did she have to carry the responsibilities of taking care of God's Son, but she also had to face prejudice that came along. Virgin Mary's brave attitude sets an example for women of today. As women we struggle with a lot of discrimination, but if we use Mary's example of courage, we can face the toughest challenges. Women today struggle to be better or just as good as society says men are, but they end up facing disappointments they must deal with, and they can do this by following Mary's example of success and courage as so many saints have done in the past. *Fernanda da Silva ('11)*

The Virgin Mary most perfectly embodies the obedience of faith. By faith Mary welcomes the tidings and promise brought by the angel Gabriel, believing that 'with God nothing will be impossible' and so giving her assent: 'Behold I am the handmaid of the Lord; let it be [done] to me according to your word' (*Lk 1:37-38*; cf. *Gen 18:14*). Elizabeth greeted her: 'Blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord' (*Lk 1:45*). It is for this faith that all generations have called Mary blessed. (cf. *Lk 1:48*).

(The Catholic Catechism Paragraph 148)  
<http://www.usccb.org/catechism/quizzes/r4.shtml>

Women have contributed to human existence and continue to do so. Women have brought an emotional and sensitive side to any job or influence they give. In any profession men and women have equal capacity to exercise it. I believe, however, that what women have of novelty to bring into the masculine world is an emotional perspective to the world around them. They have a more sensitive side and are able to put themselves into other people's shoes more easily. Mary represents these women from a theological point of view. She was a big part in Jesus' work of salvation and redemption. She was always there for Him because she saw the emotional side of the story, instead of focusing on the impulsive side like Peter. She supported Jesus and since then women are not afraid to show their feelings and do what they really want. By presenting a new side to the masculine one, women can contribute to human experience. *Giovanna Miranda ('11)*



Mary of Nazareth is a symbol of the Church, a virgin woman who raised our Savior, Jesus Christ, and taught Him the values of the world. Mary is known by many titles and referred to whenever we speak of mercy, forgiveness, blessing, etc. Mary is like a bridge between us and Jesus, allowing us to pray to God, knowing we are being heard.

Even today women are seen as bridges to the future. They bear the young within their wombs till birth and once they're born, they guide them towards a path of justice and righteousness. Every man or woman in our nation and on our planet, great or not so great, was once an innocent child seeking guidance. A mother will never give up on her child; no matter what wrong it might do a mother will always hope her child will see the wrong and change. A mother's love is greatly influential in bringing one off the wrong path to change and a better place. Because of her, women are a symbol of salvation or redemption that help clear up the darkest soul and guide the lost to safety.

*Ivan Varella ('11)*



Mary is the ultimate universal female symbol. Because she carried God's baby in her womb she represented a great breakthrough of possibilities for women and helped catapult women to a greater position. Today women all around the world have a greater freedom to work and engage in whatever activities they desire. They excel in professions that were originally carried out only by men.

*Eduarda Ferraz ('11)*

The Virgin Mary represents feminine nature and its contribution to liberation/redemption. According to the Catholic faith, she is a mediator that humans can rely on, when Judgment day comes. This mediator helps humans be less afraid of God and of eternal damnation.

Like any mother, Mary provides tranquility, serenity and hope for the future. With her feminine kindness she helps us achieve redemption and eternal rest.

*Sandra Forero ('11)*

# LENT & “CAMPANHA DA FRATERNIDADE 2010”



## LENTEN THEMES

### KEEPING LENT'S AS A FAMILY

"During his remarks at the Sunday Angelus on the recent feast of the Holy Family, the Holy Father remarked that *God wished to reveal Himself by being born in a human family, and hence the human family has become an icon of God.*"

<http://subtuum.blogspot.com/2010/03/fr-michael-monshau-on-keeping-lent-as.html>

### THE RELENTLESS GRITTIENESS OF LENT

"Lent is a privileged time for recovering the sight and the commitment that let us see and enter the passion play going on around us."

**L**ent is a season of soul-searching and repentance. It is a season for reflection and taking stock. The Catholic Church encourages her faithful to look at Lent as a spiritual journey that prepares the soul and strengthens the faith in Christ to be renewed at the celebration of Easter, his life and Resurrection, the center of the Christian Faith. By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days. As Jesus overcame temptation, so can each Christian do the same in his every day life?

Because Sunday is the day of the Resurrection, we skip over Sundays when we calculate the length of Lent. Therefore, in the Western Church, Lent always begins on Ash Wednesday, the seventh Wednesday before Easter.

The Catholic Church in Brazil has taken this season as an opportunity to reflect on the new life that comes with Easter to launch the "*Campanha da Fraternidade*" as a way to exercise fraternity and solidarity. The Church wishes that each Catholic be like Jesus and fight against all values that contradict the kingdom of God on earth: Injustice, Hopelessness, Greed, and Violence. This year's campaign is ecumenical because the Catholic and the Protestant Churches are together. They will encourage all to be attentive to our approach to money. Jesus warned us not to serve money. In the Gospel according to Matthew we read: "*No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and money*". (6:24). Doesn't it apply to today's world and its appealing to consumerism?



## STUDENT LOUNGE

*Ms. Ammirabile & Ms. Silveira*



The Student Lounge at OLM is a great success! This new space for our students is finally a reality. A comfortable air-conditioned room that offers our teenagers activities such as many different types of board games, mats for them to sit on, a sound system plus a great place to see people to chat in person!!

We have been receiving as many as 49 students during recess. We are now planning for an expansion and a second room is going to be offered as of Monday, February 8. Ms. Alice Ammirabile and Mr. Wilton Branco are the "guardian angels" of our student lounge.



## A SAFER FRONT ENTRANCE



The new entrance welcomes members and visitors alike with a wide, modern looking outdoor foyer, a plant and a large bullet-proof window. Inside there is a computer savvy receptionist/doorman or two, leading people through turnstiles, like those in mass transport, that are activated by biometric (fingerprint) identification. Staff and students (6th through 12th) were registered in the IT Department. During school hours parents

are registered with photo and thumbprint as they enter the school grounds the first time. Afterwards, they enter and exit from the Main Entrance. All on-time pre-school and elementary students enter through the small blue door at the far end of the wall. Students from the preschool and elementary who arrive late to school enter through the large blue sliding door next to the main entrance. OLM wants to ensure a safe environment for its school community.

## CLASS OF 2010 – UNIVERSITY PROJECTIONS

*Ms. Cristina Machado*

ADERBAL MAGNO CAMINADA SABRÁ FILHO - Vest. For Medicine Public University in DEC. 2010  
ARLINDO BISNETO DA MOTTA - Vest. For Public University in DEC. 2010  
CHRISTIAN DE MENDONÇA DAVIS PEDROSA - Bentley University ( Economics), IBMEC Economics(ENEM)I, Michigan State, Temple University, Iowa State  
CORINE IPPOLITO SCIORTINO - Vest. For Public University in DEC. 2010  
DEBORAH REJTMAN CANEPA - Vest for Medicine Public Univ in Dec. 2010  
ERIK UBING FIGUEIREDO - IBMEC  
FELIPE FONKERT RAMOS - Engineering (PUC) Vestibular  
FERNANDO PAULINO GOMES SOARES DE SOUZA - Vest for Medicine Public Univ in Dec. 2010  
GABRIELLA AZEREDO LOPES - Northeastern University  
GIOVANNA LUIZA VILLANI RAJÃO - Iowa State University, Palm Beach Atlantic University, Nova Southeastern ( Communications)  
GISELE DIOGO VIEIRA - Law (PUC) Vestibular  
JOÃO ANTONIO PINTO DA FONSECA - IBMEC ( Law)Vestibular  
JOSÉ FRANCISCO BUSCACIO MARON - IBMEC ( Law) Vest in Dec. 2010  
KOTARO INOUE - Will study in Japan  
MARCELA LOPES BOASQUEVISQUE - Vest. for Public University in DEC. 2010  
MARIA ISABEL SOUSA ARAUJO ALMEIDA-LIMA - Universidade Católica de Lisboa, Instituto Superior de Comunicação Empresarial de Lisboa ( Communications)  
MARIANA XAVIER DOS SANTOS - IBMEC (Law) Vest in Dec. 2010  
NATHALIA SAAD REBORDÃO PEREIRA NUNES - IBMEC ( Law)  
RAISSA NEJAIN - INT. Relations IBMEC  
VITOR FROSSARD BRANDÃO - Engineering (PUC) Vestibular  
WILLIAM CAVALCANTE PRADA - Administration ( PUC) Vestibular





In this edition, our **Science Corner** - a special area dedicated to scientific news developed by our students and supervised by me - is honored to have three interesting articles that were developed after Laboratory experiments in our Biology classes: **Photosynthesis** by Helena Tude Machado ('11), **DNA** by Barbara Padovani ('11), and **Diabetes** by Jessica Marrucho & Carla Cosenza ('14).

*By Ms. Braga*

## PHOTOSYNTHESIS



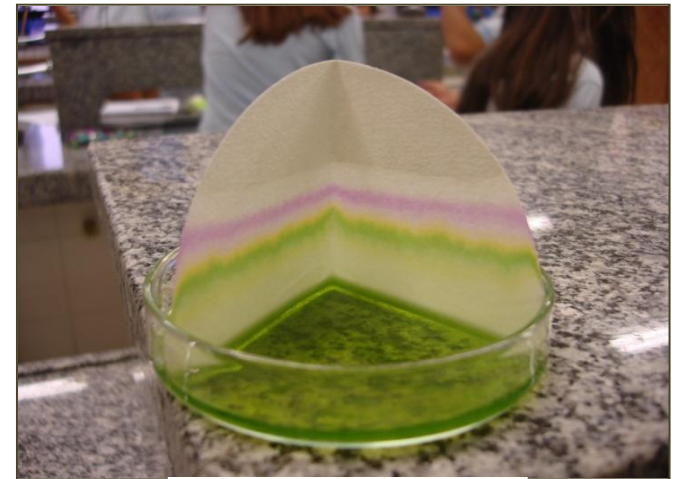
For sure, you have heard of the process of **photosynthesis**, but maybe you do not know what it means exactly. Photosynthesis is a process where autotrophic living things (that can produce their own energy from inorganic compounds) absorb the sunlight and change it to chemical energy - sugar - storing it as starch. This energy is vital for the survival of these living things, which include plants, algae, and many other species. Photosynthesis can only occur with the use of  $H_2O$ , the use of carbon dioxide from the air and, of course, the sunlight. This process occurs in the chlorophyll, which is the green pigment in the leaf responsible for doing photosynthesis.

How is photosynthesis important for us human beings? Plants are autotrophic living things while we are heterotrophic, meaning that we cannot produce our own energy from inorganic compounds. Therefore, we need to eat autotrophic living things or other heterotrophic living things (example: animals), so that we can get the correct amount of organic compounds needed by our body. Also, autotrophs release oxygen after they do photosynthesis, the oxygen we will inhale.

Chlorophyll is not the only pigment existent in a leaf. Areas with definite seasons receive less sunlight in different periods of the year, and therefore different pigments act to absorb this less intense sunlight. These pigments have different colors and that is why leaves in the Northern Hemisphere are brownish in the autumn.

In our Biology class, we went to the lab to observe and detect the presence of different colorful pigments in a plant leaf.

We used a technique of chromatograph. We tested different colorful leaves and we separated the different pigments by weight (the pigments are represented by the colorful lines in the filter paper in the picture) and were able to realize that all plants contain green pigments despite their beautiful and bright colors.



*Chromatography: Plant Pigments*

*Helena Tude Machado ('11)*



## DEOXYRIBONUCLEIC ACID

**DNA**, or Deoxyribonucleic acid, is a macromolecule present in all living organisms that carries genetic material. Its main role is the long-term storage of information, and its transmission. In Eukaryotic cells, the DNA is stored inside the cell's nucleus, while in Prokaryotic cells it is stored in an area of the cytoplasm. The DNA sequences that carry this genetic information are called genes. DNA is also extremely important during the synthesis of proteins. Within cells, it is organized into long structures called chromosomes. Humans have 46 chromosomes.

Chemically, DNA consists of a double-helix structure, meaning it has two bonding strands of simple units called nucleotides, with backbones made of sugars and phosphate groups joined by hydrogen bonds. These two strands run in opposite directions to each other. Attached to each sugar is one of four types of molecules

called nitrogenous bases. The four bases are, Thymine (T), Adenine (A), Cytosine (C) and Guanine (G). It is the sequence of these four bases along the backbone that encodes genetic information.

This information is read using the genetic code, which specifies the sequence of the amino acids within proteins. Each amino acid is formed by a combination of three nitrogenous bases. The code is read by copying stretches of DNA into the related nucleic acid RNA (Ribonucleic acid), in a process called transcription.

So that the DNA could be better observed, the 11<sup>th</sup> grade students performed the extraction of the DNA of the strawberry in our Biology class. For this experiment, many materials were required, including strawberries, detergent, alcohol, and salt, among others. After carefully following all the steps provided, we were able to extract the DNA of the strawberry cells. It was observed that the DNA looked like a spider web-like structure and a thin chain of white minuscule balls that were linked to each other. It was extremely soft and delicate.

*Biology Class: Sample of DNA extracted from Strawberry cells*

The DNA was visible because the salt and detergent used throughout the experiment were able to break the cell wall and the cell membrane, and also the alcohol separated the DNA from the plant cell, making it float on the water. The DNA is originally invisible to the naked eye; it could only be seen because there were thousands of them that were removed from many different strawberry cells.



*Barbara Padovani ('11)*



## GLUCOSE: OUR SOURCE OF ENERGY

*Jessica Marrucho & Carla Cosenza ('14)*

**Glucose** is the main type of carbohydrate used by our cells. They use it as a raw material in a process that produces energy and is called cellular respiration. Even though it is essential for us, the level of glucose in our blood has to be balanced. One of the functions of the pancreas is to keep this in equilibrium. But what happens when our pancreas does not work?

Diabetes is a disease that is caused when there is a higher level of glucose in our blood. There are two types of diabetes, one of them is when the pancreas cannot produce insulin, a hormone that decreases the amount of glucose in our body, allowing there to be a high amount of it in the blood. This type of diabetes is found mostly on children, teenagers, and that for the rest of their lives, they will have to take insulin. The other type of diabetes is when the pancreas is able to create insulin, but the organism is unable to remove it. This diabetes is found mostly on adults, who are overweighted or do not perform and exercise. Therefore, to prevent diabetes, you have to maintain a balanced meal with less sugar and exercise. Diabetes kills, but there are many ways to prevent it.

In our Science class, we went to the lab to measure the level of glucose in the blood of some 8<sup>th</sup> graders. All the results were from 70 to 80 mg/dl, it means that our volunteers are pretty



*8th grade Science Class: Detecting the level of glucose in the blood*



## DO RÍMEL À SALA DE AULA

A versatilidade de se fazer e de estar presente em diferentes atividades faz das mulheres o que o poeta chileno Ricardo Eliecer Neftalí Reyes Basoalto (*conhecido internacionalmente como Pablo Neruda*) disse em seu poema **Sê**: “*Não é pelo tamanho que terás êxito ou fracasso... mas sê o melhor no que quer que sejas*”  
**OLMatters** homenageia Samantha Campanelli, a delicada professora-manequim (ou seria o contrário?), do *Pre-Nursery B*

by Christian Pedrosa ( '10)

### **OLMatters: Há quanto tempo você trabalha na Escola?**

Trabalho na OLM há 11 anos, porém só vinha à tarde para coordenar as aulas de “after-school”. Este ano trabalho em tempo integral como professora de pré-escola.

### **OLMatters: Como você iniciou sua carreira de professora?**

Minha mãe dava aulas de inglês em cursos particulares onde comecei a dar aulas ainda com 17 anos. Mais tarde fiz faculdade, pós-graduação e uma especialização em Educação Infantil na PUC.

### **OLMatters: Como iniciou sua carreira de modelo?**

Comecei a trabalhar cedo como modelo (14, 15 anos) com contrato e carteira assinados - faixa etária normal para início de carreira de modelo. Tinha um contrato com a Class, uma agência bem conceituada de modelos, que no início dos anos 90 mudou o seu nome para Ford.

### **OLMatters: Teve outras experiências de trabalho?**

Sim. Fiz curso de Licenciatura em Dança e ministrei muitas aulas para crianças. Também morei um ano em São Paulo trabalhando na VASP como comissária de bordo. No ano seguinte voltei para o Rio, comecei a estudar e estagiar em escolas como auxiliar e, em seguida, como professora. Trabalhei em outras escolas e em cursos de inglês.

### **OLMatters: Como professora, é difícil manter essa “pose” de modelo? Eu quero dizer, você costuma vir maquiada e arrumada para o colégio?**

Na verdade, é essa relação que eu tenho com a moda que me faz gostar de me vestir bem, de estar maquiada e andar arrumada. Não é apenas para a Escola que eu venho arrumada. Considero-me vaidosa por natureza, então, mesmo apressada, não posso sair sem dar uma olhadinha no espelho e passar um *corretivo*, quando necessário.

### **OLMatters: O que dizem as pessoas que sabem de suas profissões?**

Na OLM as pessoas sabem há pouco tempo. Quando descobriram me pediram para trazer algum material de trabalho e ficaram chocadas, porque não faziam ideia... A única pessoa que sabia era a Ms. Claire, com quem eu tenho um ótimo relacionamento, inclusive ela é a minha madrinha de casamento. As outras modelos da agência ficam ainda mais chocadas e quando descobrem que sou professora, perguntam: “Como você consegue?” e dizem: “Nossa, isso é muito legal!”.

### **OLMatters: E como você consegue?**

Bem, eu consigo “conseguindo”... Tenho que me desdobrar em mil para conseguir fazer as duas coisas e ainda ter um tempo para meu filho de dois anos e meio. Para tirar fotos, muitos dias saio daqui correndo com a mochila e um sanduíche na mão.



**OLMatters: Como você reage quando sabe que tem um dia cansativo como esses pela frente?**

É 100% disposição. Eu sou ariana, ou eu gosto ou não gosto; não dá para ser mais ou menos.

**OLMatters: Poderia citar algumas vantagens ou desvantagens em ter dois trabalhos tão distintos.**

A vantagem, sem dúvida, é a grande diferença que existe entre os dois. Conviver em meios diferentes é muito bom e não sobrecarrega tanto!

A desvantagem é que os horários muitas vezes coincidem um com outro, aí sempre opto pela escola, que é minha prioridade.

**OLMatters: Você faz outra atividade ou tem algum hobby em particular?**

Eu amo academia. Gosto muito de correr, de malhar... Por mais que eu chegue cansada em casa, eu preciso ir para academia porque é como uma terapia, preciso me concentrar em algo para relaxar. Também gosto de ler, nenhuma leitura especial; agora estou lendo um romance da Marian Keyes - “Anybody out there?”.

**OLMatters: Em algum momento já pensou em mudar de profissão?**

Eu sou muito eclética. Se me chamassem para ser professora de história eu iria amar a ideia... Eu gosto mesmo é de ensinar, é gratificante trocar conhecimento. É o que faz valer à pena ser professora.

**OLMatters: E a família? O que diz sobre as suas profissões?**

Na verdade, o Alexandre [meu marido] foi o meu grande incentivador a voltar a tirar fotos, pois tinha parado em função da gravidez e também havia ficado muito em torno do meu filho, não queria abrir mão de passar tempo com ele por nada. Toda foto, todo comercial, todo trabalho que eu faço ele coloca no computador e é o primeiro a mostrar para todo mundo. E é engraçado porque várias vezes na rua as pessoas param e me perguntam: “Ahh!, você é a mulher do [Alexandre] Campanelli!”. E nestes dias o maior prazer é ele e meu filho irem me buscar.

**OLMatters: Como você se vê daqui a 20 anos?**

Daqui a vinte anos vai ser mais difícil continuar como modelo. Mas sempre tem uma oportunidade, como fazer propaganda para creme anti-rugas da Natura [rsrsrs]. De fato o meu verdadeiro sonho é terminar a minha carreira como professora na OLM.

**OLMatters: O que é mais gratificante em suas profissões?**

Como professora, adoro ver meus alunos crescendo, acompanhando a transição do bebê para a criança, é muito emocionante!

Como modelo, a fotografia é muito legal, pois dá a oportunidade de ser várias pessoas em um “click”. Em um “instante” você é uma moça que passeia na praia, em outro você é uma mulher muito rica, cheia de jóias...

O comercial que jamais vou esquecer foi o que fiz com o Miguel (meu filho). Foi o máximo trabalhar com ele em um comercial de *Dia das Mães*.

**OLMatters: Quais lições você aprende nessa dupla jornada?**

É cansativo. É legal, embora eu precise saber o momento de dizer não. Por exemplo, às vezes estou na escola e aparece um trabalho no mesmo dia, mas eu sei que esse trabalho provavelmente vai virar a madrugada e a minha prioridade é estar aqui. Então, por mais que ame tirar fotos, nesses momentos eu preciso pesar e dizer não. E esse “não” serve como uma imensa lição para mim, porque na Escola eu não posso simplesmente dizer não: ‘não vou trabalhar’.

Por sorte, sempre acontece uma conexão: Um dia por exemplo, eu fiz um “desfile de moda” com os meus alunos. Cada um trouxe uma roupa diferente e a gente fez um desfile na sala de aula!

Com muito esforço e determinação, nada é impossível! Essa é a lição: nada é impossível quando queremos muito!

**OLMatters: Gostaria de nos contar algo sobre você, alguma característica particular que não teve oportunidade de nos revelar?**

Sou uma pessoa determinada, porém sou impulsiva, ou melhor, explosiva! Muitas pessoas olham para mim na Escola e acham que eu sou um *poço de candura*, que eu sou muito calma... elas se enganam: o pavio é curto!

Mas, eu sei os momentos certos para explodir!



*Samantha Campanelli em um momento de explosão de alegria com seus alunos do PN B*



# SPELLING BEE 2010

*By Mr. John Majka*

## THE QUEEN BEE



In every Spelling Bee that **Amanda Esteves** has participated since 4<sup>th</sup> Grade she has been a winner. When she spelled VEXILLOLOGY correctly in the last round of the High

School competition, the 10<sup>th</sup> Grade sealed their victory. It is a record that will be hard to beat.



**Middle School:**  
Victor Perez, Bruna Werneck, and Maria H. Vasconcelos ('16)  
Left - from right to left, second row

**High School:**  
Mr. Majka, Giuliana Nicolatino, Fernanda Merege, and Amanda Esteves ('12)  
Right - from right to left

## CHAMPIONS OF THE SPELLING BEE

The **OLM Spelling Bee** is not just about spelling. It is about the power that words have to communicate within a world where a vast majority of educated people and leaders speak the same language, English. Once again the English and Art Departments, with the help of the IT Department, Maintenance Staff and the Student Teachers provided a stage for OLM students to let their knowledge shine, as they showed their skill in using a second (or third) language easily and fluently. It was fun, sometimes tense, and a learning experience for all who were there. New words are already being saved and the English Department is ready to receive feedback and ideas for next year's even livelier and more exciting Bee.

