

FOX TALES

Quarterly

A STUDENT PUBLICATION



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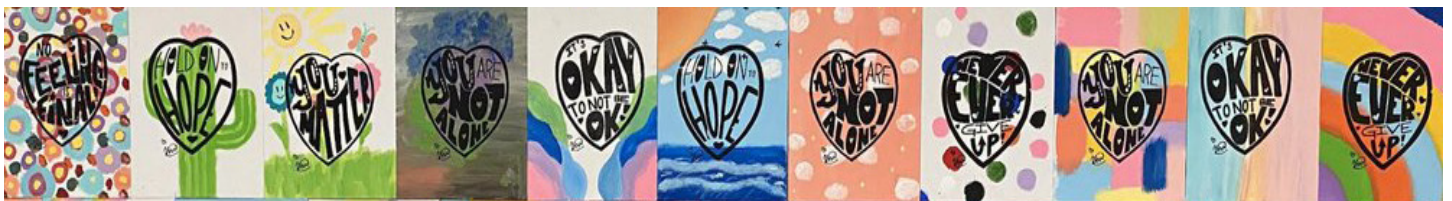
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Annual Telethon Raises \$95,638 for Fox Families Care

By Leah Kenyon



The Fox Chapel Area High School's 33rd annual Telethon season started on December 1st, 2022. Many fun activities occurred the entire month of December, leading up to the actual day of the Telethon, December 22nd, the last day in school before winter break started. On Telethon day, students had the option of attending different events instead of class. All profits made during the month were donated to this year's chosen non profit organization — Fox Families Care, an amazing organization that works to bridge the gap between the needs and resources of families within the Fox Chapel Area School District.

The season started with a dodgeball tournament, sponsored by the class of 2026, where students formed teams and others watched the fun during QRT. As the month progressed, clubs and student organizations held their own fundraisers during lunches and/or QRT. Through bake sales, raffles, homemade ornaments and student designed jewelry, students had many fun opportunities to contribute to the Telethon fundraiser.

The festivities picked up as 2022 was winding down. Every day there were new, engaging booths and activities. Why sit through QRT when, with a donation to the Telethon, students could instead watch a movie? The DESI Club and Asian Culture Club were both very popular when they offered delicious catered lunches from local businesses. The National Honor Society sponsored car smash was a smashing success. QRTs also worked together in the door decorating contest; doors were voted on via

likes on Instagram. In addition to the creative fundraising opportunities, students could purchase tickets for events taking place on Telethon day. Through all this excitement, students were still working hard in their classes.

A huge winter storm barreling across the country threatened the scheduled Telethon day. To ensure the school's tradition was continued, Telethon day was rescheduled to take place one day earlier. The day started with a bake sale in front of the auditorium and the showing of a favorite and sweet holiday movie — Elf. After the movie, students had the opportunity to watch the Seniors vs. Teachers basketball game in the gym. After a hard, well fought battle, the Seniors took the win with a final score of 47- 45. During lunch, baked goods, hot chocolate, popcorn, and ice cream were for sale in the commons area. There was also an opportunity to take pictures with Santa and Mrs. Claus. The day ended with the very popular Fox Fest — a great show put on by the school's talented Busking club. Swift Fox Media was busy live streaming Fox Fest to all of the viewers who weren't attending in person. The show ended with the presentation of the check and the day was wrapped up by the Telethon hosts.

FCASD's 33rd annual Telethon raised an impressive total of \$95,638 for Fox Families Care. Generous donors as well as fundraisers from every school in FCASD helped make this possible. Thank you to all who helped coordinate Telethon activities and donated money in support of the community. The next Telethon is less than a year away!



Accolades for "Arsenic and Old Lace"

By Annalese Bartolacci



This past November, members of the drama club put on a fantastic production of *Arsenic and Old Lace*, and presented the incredibly funny story of the Brewster sisters as they take on murder mishaps and the personalities of their three nephews. Having prepared for nearly two months, fourteen cast members and twenty one crew members worked incredibly hard to bring the story to life.

The play depicts spinster sisters Martha Brewster (Laura Carter) and Abby Brewster (Sophia Rike), who are known in their community for their kindness and generosity; however, they are hiding a dark secret: as a "service" to society, they poison old men, who the sisters believe have nothing to live for. Their three nephews, who are very different from each other, but equally entertaining in their own ways, keep Abby and Martha busy: Mortimer (Lincoln Baldwin) is a very practical drama critic and is engaged to Elaine Harper (Stella Hays), Teddy (Ben Werner), who believes he is Teddy Roosevelt, charges in with gusto wherever he goes, and Jonathan (Ghost Synder), who ran away from home long ago, is a criminal that

shows up unexpectedly at the Brewster home. In the play, Mortimer discovers a dead body in the windowsill and learns of Abby and Martha's habit. Meanwhile, Jonathan and his assistant, plastic surgeon Dr. Einstein (Jonah Davis) have returned to Jonathan's childhood home to bury a dead man of their own murder, unbeknownst to everyone else. Between avoiding the cops, protesting Jonathan's notion that he can take over the Brewster residence for his criminal headquarters, finding a place to bury two corpses, and keeping Teddy occupied with fake presidential duties, the sisters have their hands full.

The masterful deliverance of the characters by

each actor, along with the witty script and a fabulous production team made this production one of the best yet. The above actors, as well as Nathan Moore, Ryder Smith, Faye Muller, Joseph Weber, Grace Gouwens, Aadil Pattada, and Marina Dunham were supported by an amazing crew of students and teachers

running the show from behind the stage. The success of the play was largely due in part to the hard work of stage



director Kristianne Josephs, set construction team lead by Joe Gass, costume director Marybeth Dixon, lighting and sound directors Ben Murray and Eric Amsden, stage manager and program designer Kaylee Dunham, assistant stage managers Kathleen Krebs, Marcelia Fraga Ruiz, and Ava Condrón, costume coordinator Sofia Liberto, poster artist Stella Hays, sound crew Ben Fiedler and Vie Filar, lighting crew Matt Fiedler and Kaylee Dunham, hair and makeup crew Marcelia Fraga Ruiz, Alina Stiger, and Lily Clump, and set construction crew Fayth Johnson, Mira Owens, Ellie Nawrocki, Alexa Zacharias, Darren Jayratnam, Ava McCaffery and Caterina Wu. Great job to everyone involved!

Not only do countless hours spent rehearsing bring this group together, but another special part of the fall play is having a small cast. When asked what their favorite part of this particular play was, Lincoln commented that the community was his favorite part, and Stella commented that while the fall play is “different than the musical, [she preferred] how close the cast is.” Laura’s advice for anyone interested in doing the fall play next year is “to be friends off stage, and be serious on stage” for the best experience. Director Kristianne Josephs explained that what makes this year’s play unique is that “there is constant movement and

constant dialogue, and when someone exits, someone else enters,” which kept the audience entertained for the entirety of the show. Judges from Prime Stage Theater, a prestigious

Pittsburgh Playhouse and production company, judged high school performances from around Pittsburgh and felt the same way. In fact, Fox

Chapel was nominated for several awards. In addition to being nominated for best overall production for *Arsenic and Old*

Lace, Fox Chapel students earned the following nominations:

- Best Acting in a Lead Role: Ghost Snyder (senior), in the role of Jonathan Brewster

- Best Acting in a Lead Role: Sophia Rike (junior), in the role of Abby Brewster

- Best Acting in a Supporting Role: Ben Werner (junior), in the role of Teddy Brewster

- Best Acting in a Supporting Role: Marina Dunham (sophomore), in the role of Lieutenant Rooney

- Best Costumes: Sofia Liberto (junior)

Best Stage Manager: Kaylee Dunham

(junior)

The final showcase is scheduled for April 24th at 7pm at Prime Stage's New Hazlett Theater. Best of luck!





Photo: princetonreview.com

By Swati Mylarappa

Technology Student Association (TSA), Future Business Leaders of America (FBLA), and Forensics are all popular clubs at Fox Chapel Area High School, but sometimes, they're overlooked because of the title.

TSA is a national student organization aimed to help students enhance their skills and allow them to be better prepared in their chosen career through competitions. At first glance, the club may give the impression that it is only for students interested in majoring in engineering. However, TSA is for everyone. We live in a world run by technology. As students, technology is a major aspect of our lives. TSA's motto is "Learning to lead in a technical world". TSA's competitions reflect this and revolve around certain careers. For example, in the biotechnology event, participants are given an annual topic and prompted to invent a solution. A lot of diverse talents are needed for this, such as artists, writers, and readers. For example, in the geospatial technology event, I had to research the history of our very own Steel City. This event is great for people interested in a career related to history! There is also an event in photographic technology, which is great for people interested in photography. Competitors create a portfolio of photos related to the annual topic. The list goes on and on! If interested, stop in to see Mr. Gass (room 155), Mr. Palucis (room 163), or Mr. Papariello (room 161) for more information and to see if there's a competition related to YOUR interests.

FBLA is another national student organization aimed to inspire students to become community-minded business leaders in a global society through relevant career preparation and leadership experiences. Contrary to what some may think, this club isn't just for those who want to enter the field of business. FBLA creates experiences

through competitions that allow students to be more prepared for the real world. For example, the broadcast journalism event is targeted towards students interested in a career in journalism. In that event, competitors are prompted to create a video of a live news report. Other event categories include data analysis, animation, graphic design, and public speaking. Stop by room 122 to meet Mrs. Congalton and determine if there's a competition related to YOUR interests!

Forensics is a collective term for both speech and debate. This club builds confidence and empowers the voice of participants. Participating in Forensics will build skills in communication, collaboration, critical thinking, and creativity. Forensics is not just for people who want to become lawyers. There are a ton of competitions unrelated to debating. A few examples include humorous/dramatic/duo interpretation, prose, and poetry. All are performance events for those interested in a career in acting. Participants are able to choose ANY topic (show, movie, book, etc.) and create a 10-minute performance piece to perform individually or with a partner. If you have a movie that you know all the lines to because you love it so much, stop by and try this event! On another note, one of my favorite events is impromptu, particularly because it requires no preparation and still allows one to build skills in public speaking as well as quick thinking. Afraid to commit to forensics because of lack of time to prep? Have no fear, impromptu is here! All you need to do is be yourself in this event. If you're someone who wants to improve your communication and speaking skills, stop by to meet Mr. Matusiak in room 204 to explore competitions related to YOUR interests!

Clubs Help with Community Service Projects

Two Fox Chapel Area High School clubs recently participated in local community service projects.



Members of the Fox Chapel Area High School History Club helped to clean up Duncan Heights Cemetery in McCandless. From left to right are senior Elijah Conklin, teacher advisor Eric Norberg, and seniors Arvind Seshan, Paul Kullmann, and Caleb Hahl.

•The Fox Chapel Area High School History Club participated in a cemetery cleanup at the abandoned Duncan Heights Cemetery in McCandless Township. Club members seniors Elijah Conklin, Caleb Hahl, Paul Kullmann, and Arvind Seshan, and Fox Chapel Area High School history teacher and club advisor Eric Norberg gathered at the cemetery to cut grass, clear weeds, and reopen a trail on the property. The cemetery, which is currently unclaimed, is home to the graves of a number of

World War II veterans, and has not had a burial since at least the 1960s. A group of cemetery neighbors has also been working on the property, and the Fox Chapel Area High School History Club partnered with one of the group leaders to assist in the rehabilitation efforts. The event was organized by Arvind, who is also the president of the high school's history club.



Fox Chapel Area High School juniors Jack Lynch (left) and Gavin Rosswog help restock fish in the Pine Creek Watershed.

•The Fox Chapel Area High School Fishing Club recently partnered with the Allison Park Sportsmen's Club and the Pennsylvania Fish and Boat Commission to stock trout in the Pine Creek Watershed. They placed trout

in the delayed harvest stretch of the creek located between Bryant Road and Mt. Royal Boulevard in Allison Park. Fox Chapel Area High School counselor John Baxter, and social studies teachers Scott Karavlan and Eric Norberg, are members of the Allison Park Sportsmen's Club, and helped to coordinate the stocking effort. Fox Chapel Area High School Fishing club members juniors Jack Lynch and Gavin Rosswog helped with the trout restocking.

Cheerleading Competition Squad Earns Bid to Nationals



For the first time in school history, a Fox Chapel Area High School varsity cheerleading squad has earned a bid to compete at the National High School Cheerleading Championship (NHSCC) to be held at the Walt Disney World Resort in Orlando, Florida, February 10-12, 2023. The competition is the most prestigious high school national championship in the country.

The squad will compete in the small varsity non-tumbling division, and will be judged on the difficulty and execution of cheer, partner stunts, pyramid, jumps, and dance, crowd leading, and overall performance.

Members of the Fox Chapel Area High School competition squad are seniors Kathryn Billings, Anna Li, and Isabella Stipetich; juniors Fiona Brown, Mia Pietropaolo, and Sophia River; sophomores, Maurena Cilenti, Mary Ann Frauenholz, Gretchen Shelestak, and Alexandra Vita; and freshmen Catherine Conway, Trista Jackson, and Emma Kurtz.

Another Win for Powering Pittsburgh



Fox Chapel Area High School students (left to right) Arnim Kuchhal, Etash Jhanji, Rohit Velankar, and Varad Sant pose with their award from the Powering Pittsburgh competition at Acrisure Stadium on November 9.

A team of four Fox Chapel Area High School sophomores were named second-place winners in the high school division of the Powering Pittsburgh competition. The team members were Etash Jhanji, Arnim Kuchhal, Varad Sant, and Rohit Velankar. As part of the contest, the students were asked to reimagine the way the City of Pittsburgh and/or Acrisure Stadium are powered. The Fox Chapel Area High School team, “The Mean Greenes” (named after legendary Pittsburgh Steeler “Mean” Joe Greene), developed a unique way to power the city of Pittsburgh in an environmentally-friendly and renewable way, as well as making the stadium more efficient to promote green and renewable energy. This is the second consecutive year that this group has won an award in the Powering Pittsburgh competition.

As winners, the Fox Chapel Area High School team received a \$2,000 donation to further STEM (Science, Technology, Engineering, and Mathematics) education at Fox Chapel Area High School.

The contest was held at Acrisure Stadium November 9, 2022, and was sponsored by FedEx Ground, Shell Polymers, U.S. Steel, and the Pittsburgh Steelers. Competing teams were from Allegheny, Beaver, and Washington counties. The team’s sponsor was Fox Chapel Area High School gifted support teacher Lisa Gibson.

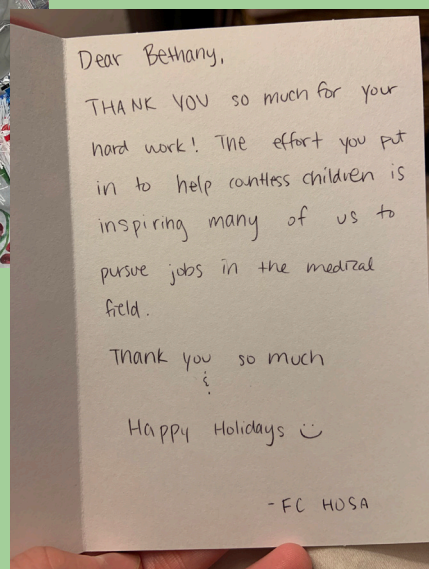


During the holiday season, the HOSA (Health Occupational Students of America) club held a meeting to write thank you cards for ER nurses at the UPMC Children’s Hospital. A lack of nurses is prevalent among hospitals, which can create damaging issues in both speed as well as availability of service. To combat that shortage, nurses are placed on longer shifts, often caring for patients for hours without break. HOSA members wanted to recognize the nurses’ hard work in the ER, whether that be in saving lives or advising families on their roads to recovery.

I’ve visited the Children’s Hospital several times, but I’ve only been in the ER waiting room (as a patient) one time. While I definitely got the medical attention I needed, the time I had to wait to see a doctor was around an hour or so, and this incident happened a few years ago. Now, children seeking medical aid often have to wait at least a few hours on a normal day for the help that they

HOSA Gives Back to ER Nurses

By Mia Costello



need, even with nurses working as efficiently as possible to get patients in and out of rooms.

HOSA obtained a list of over one hundred nurses from the Children’s Hospital, but there are many more nurses deserving praise within the UPMC system. Yet, with a focus on one hospital and the help of volunteers, we were able to handwrite

a letter to each nurse and attach a basket of snacks to fuel them throughout the day. We did not give students a format to write letters, only a general message to get across. This way, the nurses would sense the authenticity of the gratitude we have for health care providers.

Thank you to those who volunteered to help write notes - we hope that these nurses started their holidays on a positive note with their cards!

All About DEI

By Nia Lingam

As the first semester of the 2022-2023 school year draws to a close, Fox Chapel's Diversity, Equity, and Inclusion Council has been busier than ever! Now in its third year of running, DEI continues to work towards creating inclusive and equitable spaces at FCAHS, amplifying the voices of students of all backgrounds, and much more. With the graduation of DEI's original founders, the baton has been passed down to the next class of leaders, and we have been working towards expanding DEI even further.

Starting off at club week, DEI was able to show off the newly relocated "Diversity Den", now set in room 169 near the cafeteria. Over the past few months, the Den has been able to host official DEI meetings, Environmental Club teach-ins, and many other school-sponsored events. While the Den has only been open for lunches on Mondays and Wednesdays in the first semester, it will now be open for ALL lunches in the next one!

DEI's biggest event from last year, the Ceiling Tile Event, was brought back again this year! This year's theme was "celebration", and many school clubs came together to create around 30 tiles to be hung up in the cafeteria. Soon, details about voting will be released, and peers will be allowed to vote for their favorite tile and award \$100 to the winning club. Two lucky runners-up will also receive \$50, so keep an eye out for more information and may the best tile win!

On the Friday after the Ceiling Tile Event, the DEI

Council invited a special speaker to the school to recognize Indigenous Peoples' Month: Miguel Sagué Jr (pictured teaching on the left). As an indigenous activist, teacher, musician, and leader, Sagué Jr. had much to teach us about the history and cultures of the indigenous people native to the area of Pittsburgh. I'm sure that others who attended the event will agree with me when I say that his reteaching of the French and Indian war from a native perspective was very refreshing and eye-opening.

Shortly after Sagué Jr.'s visit, the Den hosted a film festival on "Indigenous Stories", a series of five short movies focusing indigenous communities. Student leaders in DEI gave presentations on and led interactive discussions for the central topics of each film. The turnout was amazing, so thank

you to all who could make it!

For our annual Telethon, DEI did its part for fundraising and held a hot cocoa bar in the Den! Students who bought a cup of cocoa could also stay back and watch "Raya and The Last Dragon," played during third period.

Looking to the future, DEI has much planned for the next semester. From the budding "Words Matter Collaboration" with both the Jewish Student Union and the Black Student Union, to special speaker events, DEI will be just as busy in 2023! Be sure to follow us on Instagram (@fc.diversitycouncil) so you don't miss out on any of the fun! We're so excited to see what this new year will bring, and hope to see students continue to get involved with DEI!



Above, students gather in the Diversity Den for a teach-in hosted by the Environmental Club.



One of the many ceiling tiles displayed throughout the high school's hallways.



Indigenous leader Miguel Sagué, Jr. educates students on the history of Indigenous peoples native to the Pittsburgh area.



Senior DEI Council leader, Ishaan Acharya gives a supplemental presentation for the Indigenous Film Festival.

Breaking Down the Wall



By Shriya Krishnamurthy, Devon McDonald and Andrew Wagner

On November 9th, the German department at the high school celebrated the 33rd anniversary of the fall of the Berlin Wall. In both Frau Koller's and Herr Richard's classes, students decorated "bricks" to resemble parts of the wall covered with art. The students were told to design their bricks as if the bricks had been covered in graffiti. Throughout the mid-to-late 1890s, an underground urban street art scene began to grow in the area of Berlin. People used artwork to show their anger and grief surrounding the topic of the Berlin Wall. While some artwork was peaceful, with the intention to make people happy, others portrayed the anger which filled German people who were blocked off from possibly their families or loved ones along with the rest of Germany in general. All the graffiti on the Berlin Wall was classified as a political statement, despite the meanings behind them.

On the day of the celebration, The class made a wall out of each students' bricks dividing the class into two sections, one side resembling communist East Germany, and the other side resembling the free west. When students in Frau Koller's class entered the room, they were prompted to sit with a partner on the east. A very meaningful and fun activity ensued, the goal being to learn important history about the wall, answer questions according to what they learned, and use these answers to "crack the code" and get to the other side of the wall. By the

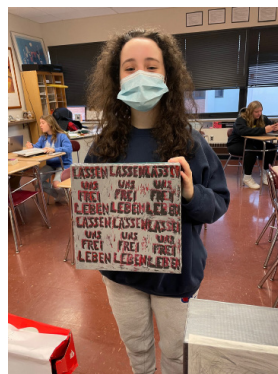
end of the class, most of the students made it to the west side of the wall.

The following morning, FC's German club had a meeting during QRT to "tear down the wall," a great moment in German history. All were welcome, and students enjoyed knocking down the symbolic barrier. Although not quite to the scale of the actual event, the club got to experience the amazing moment on a personal level.

Junior Ava McCaffrey shared, "I believe this activity was a good way to connect with the event, rather than just watching videos about the wall." Sophomore Devon McDonald said, "I found it very interesting to learn about the people who tried to escape East Germany, some succeeding and some not. It was both fascinating and scary to learn about the ways in which the Germans were forced to stay inside the borders of the wall, including the "Death Strip," making it very hard for people to cross.

Overall, I thought the experience of taking down the wall was very powerful, as it symbolized the freedom which East Germans now had."

The memories made during such a symbolic knock-down, by both FC students and by those who experienced the actual event in 1989 will remain for years to come. If you are interested in keeping this awesome tradition alive, keep an eye out for next year's announcement!



Junior, Ava McCaffrey, shows off her completed Berlin Wall brick.



Deconstructing the American Dream

By Helia Hamidi

The World Affairs Council of Pittsburgh is a non-profit organization with the mission of connecting people through the exploration of global issues to build a competitive, thriving, and inclusive Pittsburgh community. The World Affairs Council of Pittsburgh hosted its third annual summit on November 16, 2022 at the University of Pittsburgh. The theme of this year's summit was Deconstructing the American Dream through the lenses of immigrants and refugees. The summit featured a keynote address, cultural showcases, and interactive sessions that explored refugee resettlement, belonging, implicit bias, as

experience. I was able to listen and communicate to people with stories both similar to and different from mine. I attended different breakout sessions, including a photography class in which I witnessed the beauty of the country of Haiti through pictures. I gained a deeper understanding of world issues and was also inspired to share my own story."

Nathania Lingam – "The part that I really liked was the table discussion during Track 2. We got to meet some other really cool students and share our own stories/experiences. I liked how although we had all just met, we could find similarities among ourselves and connect through mutual interests and stories."

Rachel Persichetti – "During our first breakout, my group talked about how to be deep listeners. This included facing a stranger and listening to them talk about their life.

We were instructed to really process what they said and not to make it about ourselves. After that, my partner and I were allowed to have a conversation about our common interests. We quickly became friends, and even set up opportunities for the clubs that we run at our schools. Because we deeply listened to each other's interests and facts about our lives, we were able to have a stronger conversation. I also find that remembering what we talked about is easier because of our active listening. Through this experience, I have learned to listen with intent – do not interrupt the person, do not make connections to yourself, and make sure the person knows you are listening."

If you think you might want to attend a World Affairs Summit in the future, be sure to join the QUEST email list so that you will know when the opportunity is available. All you have to do is email Lisa_Gibson@fcasd.edu.



This year's attendees of the World Affairs Summit were, back row left to right: Zehra Ozkaya, Lisa Gibson (sponsor), Rachel Persichetti, Ishaan Acharya, Aura Chuck-Hernandez, Helia Hamidi; front row left to right: Annalese Bartolacci, Shriya Krishnamurthy, Gaon Jeong, Nathania Lingam, and Swati Mylarappa.

well as cultural competence and humility. The goal of the summit was to educate attendees on current data and trends surrounding immigrant inclusion as well as to encourage attendees to consider their own assumptions, values, and habit patterns to support meaningful local action. The summit was open to business leaders, community leaders, and educators. Thanks to the sponsorship of the Fox Chapel Rotary Club, 10 students were able to attend this year. After the summit, students were also invited to attend an FC Rotary Club meeting to share what they had learned. Here is what some students had to say:

Helia Hamidi – "The event was overall a wonderful



Above, senior Nathania Lingam addresses the Fox Chapel Rotarians about the challenges and triumphs her family encountered on their pathway towards attaining the American Dream.

TEACHER'S PET

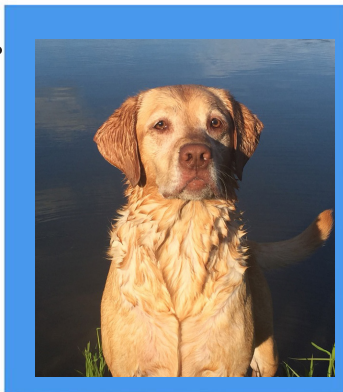
Can you match them all?

1.



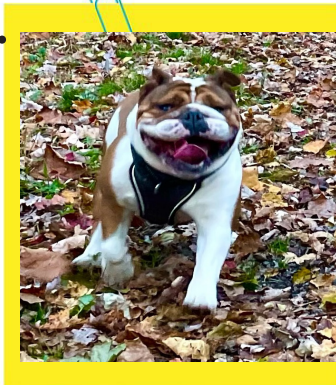
"Jack & Luna"

2.



"Molly"

3.



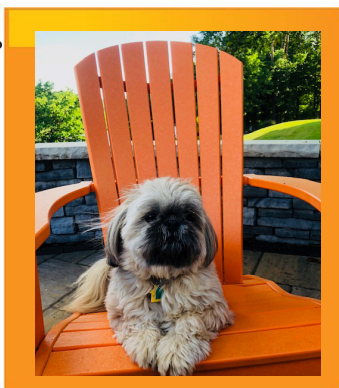
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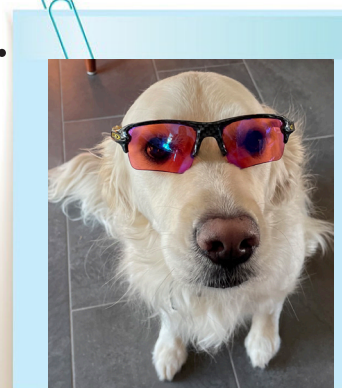
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Henry"

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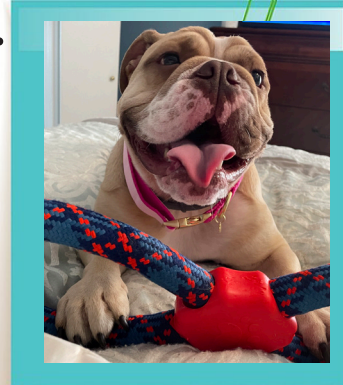
"Toby"

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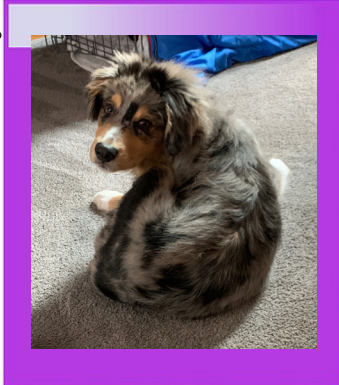
"Luna"

7.



"Ginger"

8.



"Rollie"

9.



"Hank"

Answers: 1. Mrs. Green; 2. Mr. Kirk; 3. Ms. Skillen; 4. Mrs. Glogowski; 5. Mrs. Hollern; 6. Mr. Lesnik; 7. Mrs. Gibson; 8. Mrs. Capek; 9. Mr. Gass



Photo: farmersalmanac.com

Best Friends Fur-Ever

Sometimes the Best Friendships are Four-Legged!



**C.J. Smith
and Gonzo**



**Clara Kelly with
Misty and Purrly**



**Emma and Chloe Kim
with Mochi and Kong**



**Katie Haas
and Lily**



**Molly Ben
and Skittles**



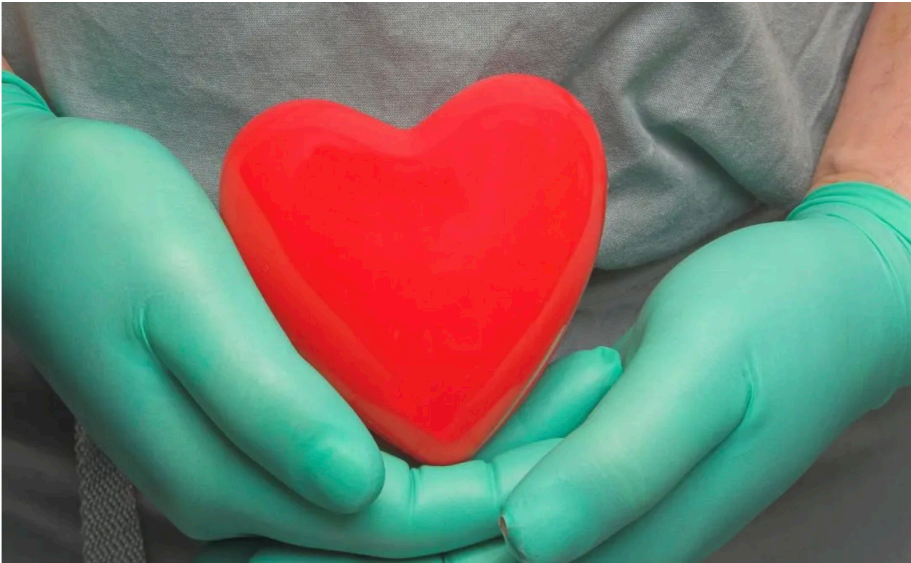
**Payton and Cory
O'Toole with Rudy**



**Sydney Schutzman
and Riley**



**Molly Classen
and Arthur**



Surgery Observation Provides Career Perspectives

By Annalese Bartolacci

It's not every day that high school students get to see the inside of an OR. Nonetheless, a small group of students had the privilege of observing an open heart surgery at Allegheny General Hospital from the overhead gallery. The coronary artery bypass procedure lasted nearly four hours, and students were able to observe every step of the surgery (after the patient was covered and the initial incisions were made).

Because the procedure was a bypass, a vein from the patient's leg had to be retrieved first by a physician's assistant (PA). One of the students on the trip, Camryn Eisner, said that watching the PA perform such a pivotal part of the operation made her realize how much PAs do and that not all of the work is done by the doctor.

Anna Iasella was captivated by the way that the PA searched for the vein in the patient's leg, then removed it skillfully in the blink of an eye. The doctor performing the surgery, attending Dr. Stephen Bailey, entered the operating room after the resident surgeon had prepared the heart and the PA had prepared the vein.

With the beginnings of the operation completed by the rest of the surgical staff, Dr. Bailey was able to begin the procedure. Prajval Sreenivas, another student in the gallery,

thought that "the systematic process and coordination looked like an elegant dance in the operating room." It was an eye-opening experience for all the students to observe so many occupations conducting important roles during surgery. Dr. Bailey wore a camera on his head that was connected to a screen in the gallery so that the students could have a close-up view of the surgical field. Such an

intimate look into the operation prompted students to reflect on if a career involved with surgical operations could be a good fit for them in the future.

After the surgery was complete, students had the privilege of speaking with Dr. Bailey to ask him questions about the surgery and his path to becoming a surgeon.

Surprisingly, Dr. Bailey was a history and economics

major, and did not decide to enter medical school until his junior year of college. He encouraged the students to study whatever interested them, because they can still decide to go into medicine later; about half of medical students he knew did not major in a science in college. His final advice was to work hard in whatever you do, and if you want something for your life, you can achieve it.



A group of ten FCAHS students attended the open heart surgery observation at Allegheny General Hospital.

Congrats to Our Early Grads

By Safiya Stewart



On January 19th, 23 seniors gathered in the LGI to celebrate their early graduation from high school. Proud administrators, teachers, parents, friends and family members packed the room to see them get their diplomas and share their next steps in life. Here is what those in attendance had to say:

- Roman Agurs plans to work at his brother's screen printing business while deciding on college.
- Halina Bell wants to travel Europe with her best friend before attending college and studying law enforcement.
- Grace Coleman plans to study nursing.
- Thomas De San Martin is going to travel, work, and obtain his real estate license.
- Ella DiClaudio will attend esthetician school.
- Collin Donaldson is starting college and working towards future goals.
- Zachary Friedberg wants to pursue college and get a jump start in life.
- Keeley Graham will be attending college to study nutritional science and biology.
- Ashlee Johnson is going to study business in the fall.
- Tyler Lawton wants to attend college to study biology.
- Nabeel Raza is studying computer science at the

University of Pittsburgh.

- Rabia Shay will be going to school in New York.
- Giavona Spadafora plans to travel and go to school for modeling.
- Zachary Sullivan is going to college for business.
- Persefanie Teadermen wants to travel and then start college.
- Jack Visco is taking a gap year to work and gain management experience, then attending a trade school.
- Emma Vlahos is attending college in the fall to study pharmacy.
- Faith Wheeler will be going to Colorado to study political science.
- Addison Wong is not sure about her future plans but intends to make every action count.

Three other graduates, Kayin Ausar, Nathaniel Merriman, and Colton Snow were not in attendance at the ceremony but were nonetheless celebrated by the group. Although the students have officially graduated from high school, they are still invited to participate in the commencement ceremony at Soldiers and Sailors on June 4th.

Congratulations and best of luck to all!



Tips for Stress Management

By Henry Koloc



High school can be an extremely stressful time for students due to the endless list of responsibilities. There is pressure to maintain high level grades, perform well in sports, fit into social standards, prepare for college, and complete many more daunting tasks. Since these responsibilities can often weigh down the mental health of the student body, it is necessary for students to manage their stress and find ways to keep themselves grounded. Luckily, there are a variety of stress reducing options available to the student population.

One of the best ways to relieve stress is meditation. Although there is a preconceived notion that meditation is a long and involved process, this is not always the case. Meditation comes in all shapes and sizes, ranging from organized sessions of visualization to five-minute mindful

study breaks. Either way, the act of letting go for even a short amount of time in order to focus on self-awareness can stabilize your mind in the midst of a chaotic life. A perfect place to practice meditation is the Zen Den. This inviting space near the guidance office was created as a place for students to unwind in a stress free environment with minimal distractions. It is a perfect place to go if you are considering meditation and need a break from a rigorous schedule.

In addition to meditation, there are many other tactics to combat the anxiety associated with school. The American Society of Safety Professionals recommends monitoring hours of sleep, changing phone settings to lower noise levels, and reducing the brightness of colors on screens. These changes can improve focus, increase brain activity, and reduce anxiety. Although these changes may seem minor, they can go a long way towards mental health improvement. Finally, documenting your thoughts and daily occurrences of your life in a journal can help prevent the unhealthy containment of emotions.

Everyone deals with stress in their own way, so not every method may work for you. Trying even just one of these options may pleasantly surprise you with a relaxing sense of tranquility. It is important to attempt to take care of yourself during these stressful times in high school. Even though responsibilities are important, mental health should also be a top priority.

FCASD Named National 'Lighthouse' School System

The Fox Chapel Area School District has been named a 2022 “Lighthouse System” by AASA, The School Superintendents Association. This award recognizes districts that serve as a role model for school systems across the country and for their service to all learners. Specifically, Fox Chapel Area was honored in the “Early Learning Area of Redesign,” also receiving recognition for its “Systematic Approach to Serving the Whole Learner with Strength in Early Learning.” Only eight districts from across the nation were chosen, and selected schools serve as models of positive change in public education.

“This recognition reflects significant leadership on the part of the administrative team, collaboration with district educators and support staff, and targeted support for our early learners with interventions at all grade levels,” according to Fox Chapel Area School District Superintendent Dr. Mary Catherine Reljac. “We are

very proud to be considered a district to emulate and a ‘Lighthouse’ district.”

This is the second recognition that Fox Chapel Area has received from AASA. In June 2022, the district was named a Learning 2025 Demonstration System to Watch.

Fox Chapel Area School District is a member of AASA’s Learning 2025 Network, a cadre of more than 120 demonstration districts representing forward-leading urban, suburban, and rural school systems engaged in learning, networking, and working together to drive education policy and ultimately improving student learning. The goal of the network, which was created by the AASA National Commission on Student-Centered, Equity-Focused Education, is to guide Learning 2025 leaders as they chart their progress toward a “Lighthouse” designation in one or more areas of growth.

(Continued on Page 17)

Students Chosen for Allegheny Valley Honors Band

Twenty-one Fox Chapel Area School District students were selected by audition to perform with the 2023 Allegheny Valley senior and junior high honors bands. Seventh-12th grade student-musicians from the Avonworth, Fox Chapel Area, Hampton, North Allegheny, Northgate, North Hills, Pine-Richland, Riverview, and Shaler Area school districts auditioned for the groups, and a total of 200 were selected (1000 for the senior high band and 100 for the junior high band). The students chosen from Fox Chapel Area were Fox Chapel Area High School seniors Elijah Conklin (French horn), Caleb Hahl (percussion), Sonny Hur (bassoon), Silas Owens (alto saxophone), and Ethan Tan (clarinet); juniors Elijah Herzer (bass clarinet) and Chloe Kim (clarinet); sophomores Malik Choset (trumpet), Marina Dunham (bassoon), Lindsay Gould (baritone saxophone), Jude Hasenpflug (trombone), Patton Johnson (percussion), and Varad Sant (French horn); and freshmen Elliott Broyles (trombone), Joanna Li (flute), and Joshua Shah (flute); and Dorseyville Middle School eighth-graders Abigail Jones (bassoon), James Saleone (French horn), and Param Thawani (baritone saxophone); and seventh-graders Steven Hu (tenor saxophone) and Claire Lesnik (trumpet).



The Allegheny Valley Honors Band Festival was held at Fox Chapel Area High School January 5 and 6, and culminated in a public concert January 6. The conductors were Dr. Kate Ferguson, the director of athletic bands at Youngstown State University, and Dr. Brian Norcross, the senior director of instrumental music and conducting studies at Franklin & Marshall College.

("Lighthouse," continued...)

educational systems to serve as beacons of light in key areas of holistic redesign of American education. AASA's Learning 2025 initiative includes more than 120 school systems in 24 states and comprises 1,000-plus educators.

Fox Chapel Area School District participates in the Western Pennsylvania Learning 2025 Alliance, a group of school districts leveraging the national vision and network of AASA's Learning 2025 cohort in combination with direct connections among schools locally. The Western Pennsylvania Learning Alliance is supported by and subsidized by The Grable Foundation. It brings school district leaders together for professional learning from national speakers and provides opportunities for collaboration as a region.

"The work that our 'Lighthouse' systems are doing is an example of providing equity-focused and future-driven change to an educational system to better respond to the

needs of the students in their respective areas," said AASA Executive Director Daniel A. Domenech. "As we emerge from the pandemic, it is critical to invoke positive best practices for the well-being, self-sufficiency, and success of our young learners. I congratulate these districts, as well as all of the school districts associated with the Learning 2025 Network."



Two other Pittsburgh area school districts, Northgate and Shaler Area, were also named Lighthouse Systems. The other districts were from California, Iowa, Missouri, New York, and Texas.

Fox Chapel Area School District will be recognized at the AASA National Conference on Education in February in San Antonio, Texas, and district representatives will also participate in the second annual Learning 2025 Annual Summit to be held in June in Washington, D.C.

The "Lighthouse" award is given in partnership with the Successful Practices Network and Battelle for Kids.



Seshan Named Among Top 300 Scholars in Science Talent Search

Fox Chapel Area High School senior Arvind Seshan has been named one of the top 300 scholars in the Regeneron Science Talent Search 2023. Arvind is one of only eight students in the state of Pennsylvania, and one of 300 students from across the nation – as well as from China – chosen to receive this designation. The talent search is sponsored by Society for Science and is the nation's oldest and most prestigious science and math competition for high school seniors. The top 300 scholars receive \$2,000 for themselves and another \$2,000 for their high schools.

This year's Regeneron Science Talent Search scholars were selected from 1,949 applications from 627 high schools across 48 states; Washington, D.C.; Puerto Rico; and four other countries. Scholars were chosen based on their outstanding research, leadership skills, community involvement, commitment to academics, creativity in asking scientific questions, and exceptional promise as STEM (science, technology, engineering, and mathematics) leaders demonstrated through the submission of their original, independent research projects, essays, and recommendations. The 300 scholars hail from 194 American and international high schools in 35 states and China.

The Regeneron Science Talent Search recognizes and empowers the nation's most promising young scientists who are generating innovative solutions to solve significant global challenges through rigorous research and discoveries. It provides students with a national stage to present new ideas and challenge conventional ways of thinking. Arvind's project was

titled, "An Iterative Neural Network-Based Approach to Automated IFT-20 Sensory Neuron Identification in *Caenorhabditis elegans*."

"Congratulations to the top 300 scholars in this year's Regeneron Science Talent Search," said Maya Ajmera, president and CEO, Society for Science and publisher, Science News. "The enthusiasm and quality of projects

from this year's participants were just outstanding. Each year, I am tremendously impressed by the ingenuity that the students bring to the competition. Their hard work, creativity, and perseverance should be applauded."

"We celebrate this year's scholars for their exceptional work and unmatched motivation to use the power of science, technology, engineering, and mathematics to make a meaningful mark on the world," said Christina Chan, senior vice president, corporate communications & citizenship at Regeneron.

"Through our partnership with the Society for Science, it is our goal that the Regeneron Science Talent Search elevates young scientists and underscores the significance of STEM in solving society's biggest challenges. We commend the scholars' inspirational and thought-provoking projects and look forward to what the future has in store for each of these budding innovators."

On January 24, 40 of the 300 scholars were named Regeneron Science Talent Search finalists. The finalists will then compete for more than \$1.8 million in awards during a week-long competition in Washington, D.C., taking place March 9-15.



The 300 Regeneron Science Talent Search scholars hail from 194 American and international high schools in 35 states and China. They were chosen from an applicant pool of 1,949 students from 627 high schools across 48 states, Washington, D.C., Puerto Rico and four other countries. (<https://www.societyforscience.org/regeneron-sts/>)

Fox Chapel Area High School Music Department Presents

GUYS & DOLLS

"GUYS AND DOLLS"
A Musical Fable of Broadway

Music and Lyrics by:
FRANK LOESSER

Based on a Story and Characters of Damon Runyon

Book by:
JO SWERLING and ABE BURROWS

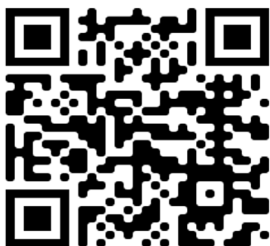
March 2-4, 2023 at 7 p.m.

March 5, 2023 at 2 p.m.

Fox Chapel Area High School Auditorium

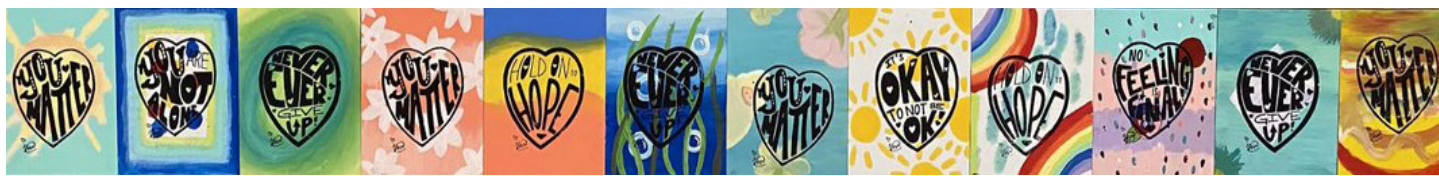
Tickets - \$13 - www.showtix4u.com/events/fcahsmusical

Reserved Seating - Tickets are non-refundable



GUYS & DOLLS
Is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI.
www.mtishows.com





Standing Together with the Positive Painting Project

By Katie Haas

The Positive Painting Project's mission is to encourage discussions about mental health, fight the stigma against mental illness, and provide people opportunities to express themselves by painting different pieces of art. During the 2021-2022 school year, a number of students who wanted to share in this mission joined the high school's Stand Together team. The students involved in Stand Together are tasked with developing multiple projects throughout the semester, all designed to initiate conversations about mental illness and substance use disorders and to remind students that they matter. The Stand Together students are trained extensively on how to serve as a peer coach, to identify someone who might be struggling and to assist and encourage him or her to access the professional support resources that are available in our school and community.

Recently, Stand Together partnered with the Positive Painting Project for a school-wide painting event. This was an ambitious project for the team. They worked with art teachers from the middle school to secure materials and promoted the event extensively in hopes of garnering a large amount of participation. Their efforts proved to be worthwhile, as over one hundred canvases were painted before they were sent off to be inked with positive messages. At the beginning of each period, Stand Together students addressed the room, informing participants about Stand Together's mission, and letting them know that it is so important to turn to a trusted adult if you are struggling with mental health or substance

use. Informational handouts were also shared that gave advice on what to say to a friend who might be struggling.

The school already had many canvases up in the school, primarily located in the restrooms, where struggling students oftentimes retreat to be alone. Instead of distributing the canvases to bathrooms, the group decided to create one large mural to brighten a hallway

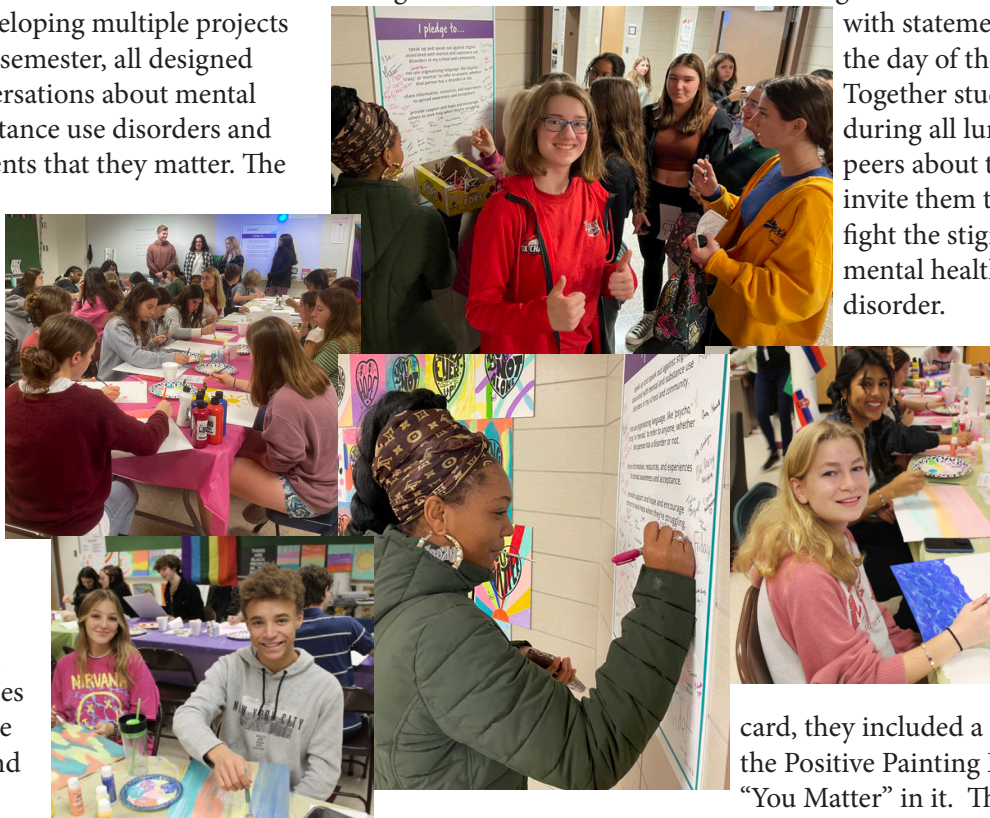
with statements of positivity. On the day of the big reveal, Stand Together students were on hand during all lunches to talk with peers about their mission and to invite them to sign the pledge to fight the stigma associated with mental health and substance use disorder.

Right before winter break, the team followed-up this project with their second initiative of the year. They created and sent hand addressed cards to every student of the high school. Inside the

card, they included a sticker with one of the Positive Painting Project's messages, "You Matter" in it. These stickers can now

be seen on countless computers, iPads, water bottles, and notebooks throughout the school. The team wanted to do this because they know that the holiday season can be very tough for many people. They spent hours hand addressing and preparing the cards so that they would hopefully provide a more personal feel for the recipients.

Stand Together's next event will be a mental health themed open mic (a partnership with the Tapestry club) on March 10th during Super QRT. Students are encouraged to submit pieces of writing in advance. Submissions can be shared anonymously, if preferred. If you would like to submit a piece for this event, please reach out to Lisa_Gibson@fcasd.edu for more information.



Student Spotlight: Darryl Pennix-McElrath

By Karsten Buchert

Meet Darryl Pennix-McElrath. If you don't already know him, this senior truly adds a joyful element to our school. He always makes sure that everyone knows what holiday is coming up and is always eager to participate in many of our school's extracurricular activities. He is a member of the track and field team, attends activities curated by the Black Student Union, and is an enthusiastic participant in the Best Buddies program. The district transition coordinator and unified athletics coach, Dr. Stacie Dojonovic says, "Darryl never misses a Best Buddies social event! The only thing he loves more than hanging out with friends is representing his school on our Unified track team." Darryl's reading teacher, Mrs. Felicia Grana also speaks very highly of him, "Darryl never quits, even when something is really tough for him."

When asked what class is his favorite, Darryl said that he loves Graphics class because there is no homework or studying to do. If you have not already noticed, Darryl is quite the fashionable fellow, so having a class that teaches him to make his own t-shirts is a perfect fit for him. Darryl loves making new friends and talking with them about his experiences. Fellow senior, Mia Nury, shared what she most enjoys about knowing Darryl. She said, "after first period, Darryl greets me with a huge smile and always wishes me a happy holiday with whatever holiday is coming up. I can always count on Darryl to brighten

my day." Another friend, senior Hyunsu Ro, shared that, "Darryl helps people very well when they need help. I think he is a funny guy. He makes me laugh."



Darryl often expresses his love for the city of Chicago. He was born there and has an ultimate goal to move back one day. In fact, speaking of seeing Darryl around, you may encounter him in the cafeteria eating his favorite dish, chicken nuggets and French fries. Darryl's faith is of special importance to him and he stays actively engaged in it through his participation in the many program offerings at the Sharpsburg Family Worship Center. He also finds himself to be an avid sports fan showing support for the Steelers and of course, Chicago's teams! Darryl is very much looking forward to life post-graduation. Aside from moving back to the windy city, Darryl would love a job at Circle K which is conveniently within walking distance of his home.

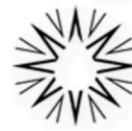
One thing is for certain, Darryl can really light up a room, as many who know him would agree. There is really no better closing comment for this Student Spotlight than what his physical education teacher, Mrs. Welty said, "One of the coolest things about Darryl is his smile! His smile is contagious, and so is his positivity! You can not help but laugh and smile when you are around Darryl." If you see Darryl around, be sure to say "hello" and add a new positive person to your life!

Passing the Torch to Takedown Cancer

By Trevor Katz



LEUKEMIA &
LYMPHOMA
SOCIETY®



VISIONARIES
OF THE YEAR™

Everyone has been touched by cancer. The fact that 1 in 2 people will be diagnosed with cancer in their lifetime means that everyone has a connection. For me, it's my cousin Amy. In 2003, when Amy was 11, she was diagnosed with CML, a chronic form of Leukemia most typically found in adults over 50. Leukemia is the most common form of childhood cancer, and at the time it was also the deadliest. For

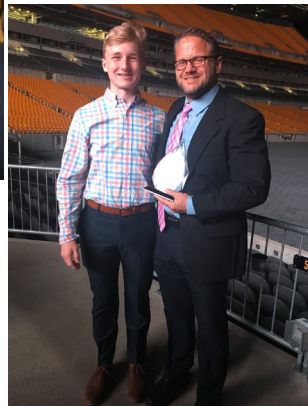
Amy to be diagnosed with a rare cancer at such an early age, the outlook was scary, but then she was offered something that would change her life forever. She was given the opportunity to take an experimental

drug called Gleevec. As my grandfather would call it, 'a miracle drug' that put her into medical remission. Now, 20 years later, she is happily married and hoping to start a family. We have the Leukemia Lymphoma Society to thank for this, who funded the research for the drug.

Because of this, my family has been giving back to LLS for as long as I can remember. My dad and uncles started doing 'Team in Training' bike rides, for which they would fundraise for LLS and train with other people that support LLS. They would travel to Utah, Oregon, Hawaii and many other places to complete 100+ mile bike rides, which all benefited LLS. Over time, our support grew and grew, and my dad decided to undertake the task of running for LLS Man of the Year in 2019. The Man and Woman of the Year (now titled Visionary of the Year) campaign is a 10-week fundraising competition in which all money benefits blood cancer research and supports those affected by blood cancers and their families. It was a long campaign filled with hard work and grit, and my dad won 2019 Pittsburgh LLS Man of the year for raising \$106,000! In 2020, it was my sister, Claire's, turn to carry the torch. She ran for LLS Student of Year, which is similar to the Man and Woman



Ten-year-old me, my dad, and my cousin Amy, who is the driving force behind our efforts to fundraise for the Leukemia Lymphoma Society.



Me and My dad after he was named the LLS Man of the Year in 2019.



My older sisters, Grace and Claire, with me in 2020 after Claire was named the LLS Student of the year.

of the Year campaigns. It is a seven-week fundraising competition with all funds benefiting LLS. Although Claire's campaign was hampered by the COVID-19 pandemic, she still managed to win the 2020 LLS Pittsburgh Student of the Year, raising \$82,000!

Now it's my turn. I am running in the 2023 LLS Student Visionary of the Year campaign. This is a seven-week fundraising competition running from February 10th to March 31st. The candidate that raises the most money during the seven-week period is named Student Visionary of the Year. My goal is to raise more than both my father

and sister, and with 13 other teams to compete against, this will not be an easy feat. I hope that the team I have built, and support from the community will help me achieve my goals. Doing this campaign and the work

it requires is no easy task. It requires an extreme time commitment, pushes me out of my comfort zone to connect with people to help support the campaign and tests my communication and business skills, but

this is all worth it for me. My goal is not only to raise the most money, but to bring attention to blood cancers like Leukemia, and support the true fighters and heroes through their battles with cancer.

Although the campaign does not start until February 10th, any and all support helps. If you would like to support my campaign, you can donate using this QR Code AFTER fundraising opens on February 10th. Or you can email me at trevortkatz@gmail.com.



Scan the QR code to support my fundraising campaign, which begins on February 10th!

Lean on Green

Knowledge You Need to Make the Earth Clean

JANUARY 2023

Where to Get Involved

Fox Chapel Area Land Trust has recently partnered with the Fox Chapel Conservation Club to preserve and convert local land plots into accessible community spaces. Since 1978, the Land Trust has obtained more than 83 acres of land to protect wildlife and maintain the ecological balance of nature that is threatened daily. This organization is looking for volunteers help preserve these properties and land donations to continue their mission. Getting involved in the community, even just once, can make a huge difference in the effort to protect the environment. For more information on the work of the Land Trust, visit fcalt.org.



Why Action is Necessary

The World Health Organization reports that global heating will soon reach an all time high of 1.5°C due to greenhouse gas emissions from human activity. If humans do not make an effort increase sustainable practices, every additional tenth of a degree of warming will have a serious impact on people's lives and health. Climate change will affect clean air, drinking water, availability of food, spread of disease, and many more aspects of life. The rapid growth and high stakes of global warming makes saving Earth an issue of utmost importance.

Written and Designed By:
Henry Koloc

Latest News in Green Technology



Waste-Water Electricity Generators are taking sustainable energy sources to the next level. This cutting-edge green technology is able to combine microbial fuel cells and reverse electrodialysis to create a system that produces electricity from waste water. This invention was designed by engineers at Oregon State University and is expected to revolutionize reusable energy in the coming years. The generator has the capacity to contribute to power water treatment and the main power grid. The availability of natural resources is an increasing problem in today's world through pollution, deforestation, and urbanization. The use of sustainable energy is a step in the right direction towards a healthier planet.

Easy Ways to be Green

Being involved in an important environmental project is not the only way to help Earth. You can also make a difference through these changes to your daily routine.

- Recycle paper, metal, cardboard, plastic, and glass
- Eat with reusable utensils and plates
- Shut off lights in empty rooms
- Avoid bottled water
- Thrift clothes
- Buy local and organic foods
- Donate used goods



A History of Pittsburgh's Public Transit

By Mahitha Ramachandran

About 164 years ago, in 1859, Pittsburgh's first public transit system, a horse-drawn "Citizens Passenger Railway" system, opened along Penn Avenue. By the 1890s, technology had advanced, and electric streetcars had taken over as the primary public transportation, with the trolley lines for these streetcars expanding across the city and its surrounding townships.

Pittsburgh Railways Company formed and took over operation of the electric trolley network across Pittsburgh in 1902 – the next couple decades saw a peak in transit ridership before

the introduction and growing prevalence of the automobile slowed this spike. However, Pittsburgh's railway system was repopularized during the Great Depression and World War I, when automobiles and gas became a luxury. The end of the war and return of soldiers to their families in the mid-1940s, though, saw the mass movement of Americans into the suburbs, resulting in the rising popularity of automobiles and thus a decrease in the amount of transit riders.

By the 1950s, not only was ridership low, but over 30 other transit carriers had also emerged in the Pittsburgh area and taken over different sections of the transit system, including buses, trains, and trolleys. Each of these private companies operated differently, with their own fares, wages, and unions, but often shared routes. This created traffic congestion, extreme competition and financial strain for each company, and inadequate transit service for riders.

To combat this problem, in 1959, the Pennsylvania General Assembly authorized the consolidation of the 33 private transit carriers, establishing the Port Authority of Allegheny County. The Port Authority centralized transit operations and brought about the city's first unified public transit system in 1964.

In the following years, the Port Authority determined that buses were cheaper and longer-lasting than streetcars. Amidst much controversy, they scrapped a plan for a "Skybus" system, or the Westinghouse Transit Expressway, and began to phase out the railway system and supplant trolleys with new buses, purchased with the help of federal funding. In addition to new busways, Port Authority added park and rides for the surrounding Pittsburgh suburbs and introduced a new alphanumeric system for naming routes.

Work began in Pittsburgh on a new light rail system (the "T"), a kind of modern streetcar, in 1980. Around four years later, the city's first light rail route began operation, and just a year after that, in 1985, the last old-fashioned Pittsburgh streetcar took its final ride. The 1980s also saw the introduction of several new busways including the Martin Luther King Jr. East Busway

Over the next 20 years, T lines continued expanding across the region, and from 2000-2012 several specific upgrade, rebuild, and addition projects were completed, first redeveloping the southern system to be ideal for South Hills residents and later creating a North Shore Connector that was expensive but has since become extremely popular.



Photo: Pittsburgh Trolley Museum



Photo: Wikipedia

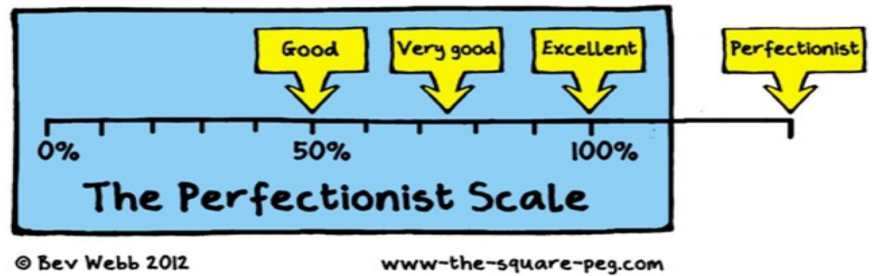
In 2022, Port Authority Transit was renamed Pittsburgh Regional Transit (PRT). Today, PRT maintains 18.4 miles across three busways, the 26.2-mile light rail "T" system, 54 park and ride locations, and more, and their fleet includes over 700 buses and 80 light rail vehicles. As of 2019, PRT provides over 60 million rides a year, making it an integral part of the city's movement and everyday function.

Issues remain in Pittsburgh's transit system and legislation is constantly being proposed and passed regarding public transit in the city. Local advocacy groups, such as Pittsburghers for Public Transit, continue to fight for workers' and riders' rights, working to eliminate transit deserts and increase funding for public transit initiatives in alignment with the idea that a strong and equitable public transportation system is an important component of ensuring racial, economic, and environmental justice in Pittsburgh. The future of Pittsburgh will surely be related to the future of its public transit.

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The Negative Effects of Perfectionism



By Laila Golla

Most students strive to be the best they can be, but some people take these efforts to the extreme. Holding oneself to unrealistic high standards and goals can lead to undue stress. Although it is great to try to do your best, it is important to give yourself some leniency and compassion when you fall short of your goals. Oftentimes, perfectionists measure outcomes as only success or failure, with not much consideration for the lessons present in the in-between. This can produce unnecessary feelings of shame, doubt, disappointment, and embarrassment. Sometimes, people try so hard and consume so much emotional energy on being perfect that they experience burnout. When one is burnt out, it creates a negative environment around making mistakes and makes it less likely they will approach mistakes with a healthy attitude.

If you find yourself falling prey to this harmful mindset, I encourage you to start making small shifts in perspective to combat it. When you miss a shot in basketball or soccer, instead of focusing on that one bad shot, understand that it doesn't always have to be perfect and you aren't failing by missing one shot. Use it as an opportunity to improve and always work on progress instead of perfection. If a point is missed on an easy test, but your grade in the class is still intact, understand that it isn't a big deal and although it would be nice to not miss that point, you will get through and it doesn't make a huge impact on your grade, much less your future.

Fox Tales sought advice from a few of FC's high-achieving students to determine what their strategies are for avoiding burnout and not falling victim to perfectionism.

Here's what they had to say:

Zehra Ozakaya: I believe that getting good sleep and having a good social life is very important. You need a good balance of academic and social aspects, and need to be able to know when it's not worth it and when to just stop and take a break.

Michael Costello: For avoiding burnout, I would say keep a balanced life. Doing too much will cause you to crumble, so only do the things that are most important for your success or that you enjoy the most. No one is perfect and the biggest thing is understanding you don't have to be the best at everything. Focus on the things that are most important, but don't block out everything else.

Shriya Krishnamoorthy: I try to escape to meditation and reading books. It brings me peace and helps with stressful moments.

Mira Owens: Make time for hobbies and things you enjoy doing that don't have any pressure connected to them. Take time to assess your talents and things you are grateful about yourself so you understand your potential. Doing this can help you understand that not everything you do can be perfect but you try your hardest.

External and internal pressure are both important in driving you to be your best version of yourself, but an imbalance or high amount of pressure often does more harm than good. Instead of focusing on what went wrong, try to focus on what you can do to improve, move forward, and understand that overall, it will not have a large impact on the opportunities you will have access to in the future. In the end, just be you – that is perfection in itself.

How to Overcome PERFECTIONISM

1. Be a healthy perfectionist
(Commit to your goals, but don't let failures define you)
2. Remove the all-or-nothing mindset
(Allow yourself to do things incompletely and imperfectly)
3. Avoid the perfectionist's mind trap
(Don't focus on unimportant information and requisites)
4. Learn to respect and love yourself
(You are the only constant in your world)
5. Use your ideals as guides, not absolutes
(Don't attach yourself to them)
6. Value your relationships
(Allocate time for your relationships)
7. Celebrate the victories and progress made
(Every step is a job well done!)
8. Delegate and let go
(You don't have to do everything yourself)

Photo: infographicsnow.com

A Little Literature:

A quarterly blurb about books you might not have heard of...YET!

By Shriya Krishnamurthy

TODAY'S TOPIC: Mysterious Mysteries

Shots heard in the dark. People falling unconscious. Thievery. All aspects of mystery, right? What better way to spend a cold, snowy day than to curl up by the fireplace and read a good mystery? Since we have a few cold days coming up, here are a few intriguing murder mysteries to spark your interest!

Queen Of the Tiles by Hana Alkaf



Photo: hannaalkaf.com

To all Scrabble lovers out there, if you haven't read this book yet, you NEED to check it out. Set in Malaysia, the Queen of the Tiles follows a Scrabble tournament – not the casual ones you'd play with family or friends, but the real deal, where a slight misstep (such as being called out for cheating) will result in expulsion from the tournament AND the professional Scrabble world. Trina Low, the world renowned Queen of the Tiles collapsed towards the end of one of the final games the previous year. Since then, her best friend, Najwa Bakri, has tried to work up the courage to attend the tournament this year. Outside of Scrabble, Najwa is prone to panic attacks and flashbacks, but she is a cool, calm viper in the hot seat. Beating opponent after opponent, she steadily works her way up towards her goal to be the new Queen of the Tiles. That is, until Trina's instagram starts to post pictures – a year after Trina died. Who is using Trina's Instagram and was Trina murdered? Check out this exciting read to find out for yourself!

A Forgery of Roses by Jessica S. Olson

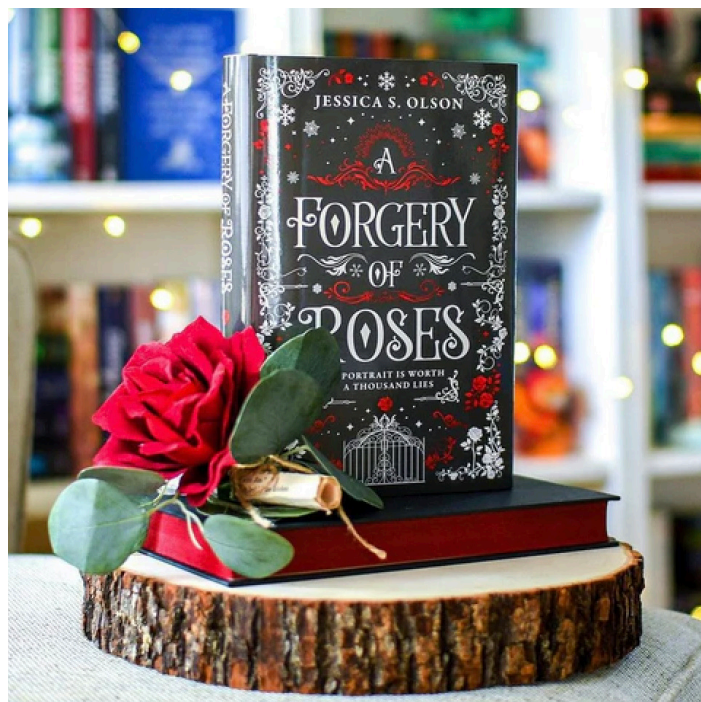


Photo: owlcrate.com

For those of you who aren't much into Scrabble, I have a thrilling fantasy read for you coming right up! Filled with magic, A Forgery of Roses opens up in a painting studio. In a world filled with magic-haters, prodigies like Myra Whitlock are at a high risk of being discovered. Prodigies are artists who can physically change a person through painting the subject's portrait. When Myra is tasked with painting a portrait of the Governor's dog, she decides to secretly heal the dog, attempting to hide her power from the governor's wife. Unfortunately, as in most books, things don't go as planned, and Myra finds herself coerced into solving a mystery. With help from the governor's eldest son, August, Myra begins to search for clues. As she gets twisted up into a plot so dark and dangerous, Myra has no choice but to decide who she wants to save – her dying sister or herself. This thrilling mystery is just dying to be solved. Will you take the daring leap into this novel?

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Noon – 5 p.m.

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Student Name: _____ Grade: _____

Student Email: _____ School District: _____

Mailing Address: _____

Parent/Guardian Name: _____ Phone: _____

Parent/Guardian Email: _____

Please make checks payable to Fox Chapel Area School District (FCASD).

*Submit check and completed registration form (front and back)
either in person (Fox Chapel Area High School room 168) or via mail to:*

Lisa Gibson, Director
Western PA Learning Academy
Fox Chapel Area School District
611 Field Club Road
Pittsburgh, PA 15238

The well-being of any child is a parental responsibility. In an emergency, every effort will be made to contact a parent/guardian. Please list two persons who can arrange transportation and care for your child when you are not available.

Relative or Friend: _____ Phone: _____

Relative or Friend: _____ Phone: _____

WESTERN PENNSYLVANIA LEARNING ACADEMY

SAT Boot Camp Program Permission Form

Student Name: _____

I, _____ give permission for my child to attend the assigned date of the Western Pennsylvania Learning Academy's SAT Boot Camp. In the event of an emergency, if treatment is required and parents/guardians cannot be notified immediately, I give consent for emergency treatment and transport to the nearest emergency room.

Does your child have any health concerns that would hinder participation in the field experience? _____ No _____ Yes. If yes, please complete the following:

Please indicate if your child has any of the following health concerns:

_____ Asthma	_____ Inhaler needed
_____ Life-threatening allergy to bee sting	_____ EpiPen
_____ Life-threatening allergy to food	_____ Benadryl needed
_____ Seizure disorder	_____ Diabetes
_____ Allergy to _____	Other _____

Emergency Treatment (if needed): _____

Health Insurance: _____

Family Physician: _____ Phone: _____

My signature confirms that my child has permission to participate in all activities on the specified dates. Permission is also granted to share this information with appropriate academy personnel.

Parent Signature: _____ Date: _____

Cell Phone #: _____ Work Phone #: _____

MEET THE STAFF



Annalese
Bartolacci



Andrew
Begg



Karsten
Buchert



Mia
Costello



Josie
Giguere



Laila
Golla



Katie
Haas



Helia
Hamidi



Trevor
Katz



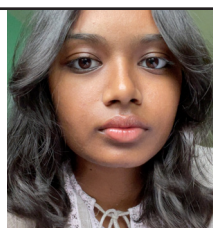
Leah
Kenyon



Shriya
Krishnamurthy



Henry
Koloc



Nia
Lingam



Megan
Mulhern



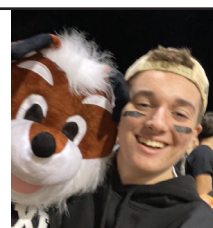
Alex
Navas



Mahitha
Ramachandran



Safiya
Stewart



Abraham
White

SPECIAL THANKS TO HILLS STUDIO PHOTOGRAPHY, GORDON SNYDER PHOTOGRAPHY, BONNIE BERZONSKI, AND JILL LEONARD FOR THEIR CONTRIBUTIONS.

Fox Tales

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Fox Tales is a quarterly news publication created by the students of Fox Chapel Area High School. The mission of this publication is to showcase the many positive happenings in the Fox Chapel Area School District and surrounding community. Fox Chapel Area School District is comprised of six municipalities: Aspinwall, Blawnox, Fox Chapel and Sharpsburg boroughs, and Indiana and O'Hara townships. To contribute articles, photographs, or letters, please contact the Fox Tales faculty sponsor, Lisa Gibson, at Lisa_Gibson@fcasd.edu or 412-967-2479. Letters should not exceed 350 words.



Fox Chapel Area High School
611 Field Club Road
Pittsburgh, PA 15238
www.fcasd.edu
(412) 967-2430

Michael Hower, Ed.D., Lead Principal
Daniel Lentz, Ph.D., Program Principal (A-L)
John McGee, Ph.D., Program Principal (M-Z)

