



FOX TALES

Quarterly

A STUDENT PUBLICATION

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Fox Chapel Area High School, Pittsburgh, PA

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*Identify the signals, reach out, inspire hope, offer help,
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Chief of School Police Named Treasurer of National Organization

Fox Chapel Area School District Chief of School Police/School Safety and Security Coordinator Joseph Kozarian has been named the treasurer of the National Association of School Resource Officers (NASRO). Mr. Kozarian will be sworn in at the conclusion of the 2022 National School Safety Conference in July.

Mr. Kozarian has worked for the Fox Chapel Area School District since October of 2018. He was previously the director of school police and facilities management for the Brentwood Borough School District for 16 years. He was also a police officer in the Mon Valley for 15 years. He is currently a part-time police officer for Blawnox Borough. Mr. Kozarian is a longtime member of NASRO, which he served as Region 3 director, and he is currently a NASRO instructor. In addition, he is a Certified Physical Security Specialist, a designation that he received through the Department of Homeland Security and is also an emergency medical technician. Mr. Kozarian has earned the NASRO Regional Exceptional Service Award, Police Academy Letter of Commendation,

County of Allegheny Certificate of Achievement, The Chapel of Four Chaplains Award, and the NASRO Chief Nicholas C. Derzis Safe Schools Leadership Award. He is also a member of the Alpha Phi Sigma National Criminal Justice Honor Society.



Officer Joe Kozarian will be sworn in as the treasurer of the National Association of School Resource Officers in July.

The National Association of School Resource Officers is the global leader in school-based policing and has members from around the world. It is a not-for-profit organization founded in 1991 for school-based law enforcement officers, school administrators, and school security and/or safety professionals who work as partners to protect schools and their students, faculty, and staff members. The National Association of School Resource Officers is dedicated to making schools and children safer by providing the highest quality training to school-based law enforcement officers. The National Association of School Resource Officers

takes great pride in being the first and most recognized organization for law enforcement officers assigned to school communities.

Friendships – Worth the Risk

By Safiya Stewart



Photo: dawn.com

Whether you're an introvert or extrovert, it can be a struggle to make friends and build lasting relationships with your peers in high school. From your first year to your senior year, most students' lives are packed with expectations and goals. Surrounding

yourself with good people whose interests align with yours can be the last thing on your mind. Many students keep to themselves, struggle to make friends, and talk to people that they aren't necessarily close with. During virtual learning, the majority of people lost the opportunity to make friends, and communicate with peers. Not everyone has an interest in others, but for those who do, fear of embarrassment, wanting to stay inside a particular friend group, or just being shy is enough to avoid reaching out to others.

Friendships made in high school can benefit you for

the rest of your life. Making friends that can support you while having each other's best interests in mind can be beneficial for students still trying to navigate their futures. Friends can be someone to talk to when you're struggling, or when something good happens that you want to share. Surrounding yourself with people who bring joy and improve quality of life is something in which everyone should participate.

Now that we are back in the building, students have more opportunities to communicate with each other face-to-face. One way you can socialize with others is by joining clubs that you're interested in because you'll already have something in common with everyone in the club. Don't be afraid to start conversations with the people in your classes. Getting to know the people around you through questions can be a great icebreaker. Try sitting with someone who is by themselves and start up a conversation. Remember to be patient, and know that you're not going to be able to get along with everyone, so if it isn't working out, that's okay!

A Little Literature:

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

By Shriya Krishnamurthy

TODAY'S TOPIC:

Around the World - Books that were originally written in a different language.

I have a feeling that all of you have taken a foreign language class at some point during your middle school and/or high school years. I admit, learning a new language is hard, and I bet that most of you have used a translator app during your language class. The thing is, Google Translate doesn't always do the trick, distorting the meanings of full paragraphs. In fact, my experiences with translator mishaps may be the reason why I used to think that translated books weren't the best. Well, here are some pretty amazing books that HAVE been translated and they are so good that they are hard to put down!

The Mirror Visitor Series

by Christelle Dabos, translated by Hildegarde Serle



Photo: annabookbel.net

Originally written in French, this series encapsulates all the best parts of fantasy novels. With an intriguingly complex world, French writer Christelle Dabos brings to life a saga like no other, that follows a young girl into the dangerous world of politics and scheming machinations. Book 1, *A Winter's Promise: On the Ark of Anima*, resides a girl by the name of Ophelia, who possesses two gifts, both of which are fairly rare. The first gift is that she can read objects - that is, see their pasts. This is particularly useful, as she spends most of her time assisting her great-uncle with their family museum (especially the archives). The other gift is that she can travel through mirrors, literally, which makes it extremely convenient for Ophelia to escape conversations regarding marriage and betrothals with her extended family. Then comes the news Ophelia's been dreading: a promised marriage to Thorn, a member of the powerful Dragon clan, who resides on an ark, far far away. As Ophelia steps into her role as a fiancée, she is often left alone, as her

emotionless husband-to-be is constantly away at work. Left to her own devices, Ophelia uses her mirror-visiting gift to explore, which not only puts her at risk, but also gets her out of Thorn's good graces. With a fast-paced plot filled with conspiracies and suspense, the four-part *Mirror Visitor Series* is definitely the next good read for you!

The Precious Stone Trilogy

by Kerstin Gier, translated by Anthea Bell



Photo: wanderingandwhimsical.com

Originally written in German, this series presents the idea of time-traveling in a new and intriguing way. As a 16-year old teenager living in London, Gwen only needs to worry about school, boys, and other such worries. That is, until she starts making sudden leaps into the past. It was always supposed to be her cousin, Charlotte who inherited the time-traveling gene. Charlotte was the one who got all the secret information about time-traveling within the family, so Gwen was always out of the loop. Gwen had been prophesied to not have the time traveling gene, so of course she was completely unprepared to travel to the past during school. Now the center of attention, Gwen is struggling with her random jumps to the past. Not only that, she now has to partner with an insufferable time-traveler, Gideon, who always flaunts his experience in her face. Little did Gwen know, her parents had long ago set a plan into motion, a plan that could save the world, or result in the destruction of everything and everyone Gwen loved. This book is not only written in German and translated from the language, it has also been made into a German movie (with English subtitles available). If you like time traveling, this book is definitely for you.

Although I have not read the original versions of these books, there is little in the translations that looked off, so don't hesitate to try these books! As an aside, I heard that the very well-known book, *The Girl With the Dragon Tattoo*, was in fact, translated from Swedish!

A Fantastical Seussical



By Justine Eng

From opening night on March 3rd to the closing show on March 6th, hundreds of parents, teachers, students, children, and adults watched the Fox Chapel Area High School's fantastical musical dazzle. This year, the music department decided on producing *Seussical*, a musical compilation of Dr. Seuss classics. "We wanted a show that could have a large ensemble so that we could finally start to get back to a place that was similar to what the musical was before Covid. After the past two years, everyone deserves to have a fun and upbeat show. From costumes, to makeup, to music, to dancing, to lighting, everything is so bright and happy and brings a renewed energy back to Fox Chapel musicals," senior stage manager Anna Szymanski said.

Seussical, originally written by Lynn Ahrens and Stephen Flaherty, begins with Jojo (played by sophomore Emily Harajda) finding a magical hat which belongs to none other than the Cat in the Hat (played by senior Jack Lorence). The adventures unfold as Horton

the elephant (played by senior Simeon Owens) hears a small sound from a dust speck. Determined to save and protect the small people of Whoville, Horton goes through troubles brought on by the Wickersham Brothers; the dramatic Mayzie LaBird (played by senior Maddie Dick) puts Horton in charge of her egg; and the one-feather tailed Gertrude McFuzz (played by senior Gabby Bell) finally musters up the courage to get Horton's attention. Through this entire journey, many famous Dr. Seuss stories such as *The Grinch*

(played by senior Ashley Good-Lang) and *Green Eggs and Ham* are also woven into the story.

This unbelievable production was a result of the enormous effort of the cast, crew, pit, production

team, and volunteers. From the beautifully painted set, to the fun and unique costumes, to the stunning lighting, to the beautiful orchestral music, singing, and dancing, the time and talent of all involved in this year's musical came together beautifully for an absolutely phenomenal show! Mr. Benjamin Murray (producer/music director, stage director, sound), who has directed the musical for the past nine years, worked with many other



Suessical, continued...

members of the adult production team which included Ms. Stephanie Reilly (production assistant), Ms. Cara Coulter (assistant stage director, assistant choreographer), Mr. Dennis Emert (orchestra conductor), Ms. Kathleen Fisherkeller (choreographer), Ms. Mary Jo Montgomery (set design/painting coordinator), Ms. Anne Englert (costume/prop coordinator), Mr. Joe Gass (set construction), Mr. Eric Amsden (lighting), Mr. Daryl Lesnik (sound), and Mr. Benjamin Bliss (rehearsal accompanist). Working alongside the adult staff was the student production team who managed the stage (Anna Szymanski, Lily Adamo, Carolyn Caracciolo), ticket sales (Ellen Gray, Sasha Hainan), costumes (Sydney Inglis), ushering (Sasha Hainan), treasury (Delaney Asbury), and program/poster artwork (Esther Nawrocki).

The making of the musical started in November with auditions, callbacks, and casting. "Every single week the rehearsals evolved more and more in order to start to form a show," Anna Szymanski remarked. "It started with just standing around the piano as the cast learned their music and pit rehearsals at night. Then blocking was added on stage, choreography soon followed, and when the pit joined us to play along,

it was just a matter of trying on the costumes and adding sound, lighting, and crew until we had a show.

Of course this was

months in the making and took endless nights of long rehearsals and running out quickly to eat dinner, but everyone did a fantastic job at making everything work, and they put on a fabulous production." One of the highlights of the show was the entertaining and well coordinated lighting. With the light colors changing on beat drops in a song and characters hilariously requesting spotlights and sky color changes, the interaction between the lighting and show was extremely entertaining. "Even throughout just a week, the musical evolved so much. Rehearsals would end and Mr. Murray would meet with us in the choir room to go over everything that went wrong and everything that went right. The next day, [any mistakes] would pretty much be fixed," lighting crew member Allison Monroe said. Along with the stunning lighting, the outfits and props in the

show also drew the audience's attention with gorgeous bird costumes and entertaining bucket and basket hats worn by General Genghis Khan Schmitz's (played by senior Tyler Drum) soldiers. "The costumes were truly the work of Mrs. Englert. We wanted to have fun with the costumes and really go crazy with the colors and patterns because we were limited in our decisions for last year's small production. Mrs. Englert sewed all of the Who outfits, made the bird girl dresses, and created most of the main characters' costumes. She put in so much time and effort to create the fun costumes that we got to use, and if it weren't for her I



don't believe the costume department would exist!" senior costume coordinator Sydney Inglis exclaimed. "Watching the jungle animals and dancers especially made me so proud of the work we accomplished and gave life to the costumes."

Working with the production team and crew, the cast on stage put on an amazing show with their on-point acting, cheerful singing and dancing, and lighthearted energy.

"Getting into a character can sometimes be the hardest part of doing a musical," Emily Harajda explained. "It depends on the role, but this year I really relied on trying out different movements and facial expressions until it felt right." The 2022 musical was able to re-energize children to adults alike, putting a smile on the face of each

person who watched. For students inspired and hoping to be in future musicals, Simeon Ownes encourages, "Don't be afraid to take the lead! Whether you're in an ensemble or have a principal part, being confident in what you're doing on stage and singing out all the way will make the show incredible and inspire everyone around you to perform to their fullest as well." As for the *Suessical* cast, crew, pit, and production team, they truly put on an incredible, inspiring show. Through the action-packed musical, the cast taught lessons about the value of imagination, trust, friendship,

Continued on page 13



Hoping to Take it All the Way

By Russell Fenton

Undefeated. Unstoppable. Unbeatable.

Going into the WPIAL Boys' Basketball 6A Championship game, those were words frequently used to describe the 24-0 North Hills Indians. It's easy to see why, with the Indians' list of conquests including Pine Richland, Mars, North Allegheny, Butler, Montour, Upper St. Clair, and even their finals opponent, Fox Chapel (the Indians drubbed the Foxes in the first meeting, 87-57). Fox Chapel was determined to avoid repeating the result of the first game. The Foxes, who themselves carried a 23-1 record entering the game, were seeking to spoil the Indians' storybook season.

The game took place at the Petersen Events Center on Pitt's campus, and a large crowd was on hand for the much-anticipated rematch. North Hills began the game at a blistering offensive pace, taking an early 12-3 lead after three-pointers from seniors Devin Burgess and Will Blass. The Foxes quickly came back, closing the gap to 14-11 at the end of the first quarter and 20-19 at halftime. In the second half, the Indians again started strong, with standout sophomore forward Royce Parham drawing an and-one. After Parham missed the free throw, however, momentum began to shift toward Fox Chapel. Russell Fenton and JP

Dockey scored consecutive baskets to give the Foxes their first lead of the game, and they never trailed again. Entering the fourth quarter, the Foxes held a 25-23 advantage, but the game was quickly tied again on a layup by Will Blass. A back-and-forth ensued for the next several minutes — threes by Colin Kwiatkowski and Eli Yofan were matched

by the Indians, leaving the Foxes with a narrow 33-31 lead. Clutch free-throw shooting and press-breaking, capitalized by a ferocious one-handed slam dunk by Kwiatkowski, allowed the Foxes to stretch the margin to 7, and as the buzzer sounded, the Foxes were victorious. JP Dockey led the Fox Chapel scoring attack with 10 points.

"It was a particularly special win for us because of what happened when we played them earlier in the year," said Foxes standout Eli Yofan, who tallied 8 points in the win. "Also, the game was our last chance to play for a WPIAL Championship, so we weren't going to

let the opportunity pass us by."

The victory gives Fox Chapel its first WPIAL Championship since 1977. After the championship win, the Foxes began competition in the PIAA state playoffs, winning their first-round game against Cumberland Valley and their second-round matchup against Allderdice.



Seniors Russell Fenton, Jake DeMotte, and Colin Kwiatkowski celebrate victory following the WPIAL championship game.

All You Ever Needed to Know About Volleyball



By Abe White

Volleyball is a sport with a rich history and a bright future. Dating back to 1895, the sport was first called mintonette. It took years to develop into the sport it is today. Two teams of six face off on opposing sides of an 8-foot-high net (international men's height). Both teams try to force the ball to the ground on the opposing side. Each team gets three touches to move the ball back over the net. Typically, the touches, in order, go: pass (bump), set, hit (spike). The pass is typically performed by the players in the back row. One designated setter will take the second ball, trying to get a clean ball to the hitters. The setter transitions the team from defense to offense. Finally, the hitter swings at the ball, trying to place it in an area where it cannot be easily passed by the other team. The players rotate through a clockwise serving order: every player must serve. However, teams are allowed to sub in players to serve, take front row, or take back row. When receiving a serve from the other side, players must maintain the "ratios" of who they are standing next to in the most basic serving rotation. For example, a right-side hitter, or opposite, must be directly opposite the setter. As long as that is true, they can move around on the court after the ball has gone over the net from their receive. These substitution and movement rules allow for players to specialize in a specific position, as they can move to that position every point.

There are several positions in which players can specialize. They are split into defensive and offensive roles, with the exception of the setter. On the defensive side, there are three passers. One of these passers can be a libero, or a player only allowed to do defensive actions. Liberos can't attack the ball above the net. Offensively, there are three hitter positions: outside, middle, and opposite (left side of the court, middle of the court, and right side of the court, respectively). These hitters are set the ball by the setter, and they try to force it down on the other side of the net. They can also block oncoming hits. Players in the back row can also hit the ball, with the exception of the libero, by jumping behind the ten-foot line on the court.

William Morgan, a YMCA gym teacher, created the game mintonette, taking its name from badminton, which the sport draws from. Also combined were elements of handball and baseball. The game was split into innings, similar to those used in baseball. Innings evolved to become sets to 25 points, with "win by two" rules. The name volleyball comes from the style of volleying the ball back and forth over the net.

Volleyball began to take shape in South Asia, where ball control began to become more important. The division of the three movements, the pass, set, and hit, took shape as the game was played more. The sport spread to Canada in 1900. As more and more countries started to adopt the sport (partly due to the efforts of American Expeditionary Forces), an official association was formed. Dubbed FIVB (Federation Internationale de Volleyball), the organization organized championships for both men and women. FIVB still regulates most international championships. Volleyball has seen dips and rises in popularity through the years. With the creation of VNL, or the Volleyball Nations League, the sport has skyrocketed in popularity in countries such as Italy and Russia. The Olympics introduced the sport in 1964 and has continued since. Notably, the creation of the VLA (Volleyball League of America) has sparked interest in the United States, where teams can be organized and registered to compete in national championships. Volleyball seems to be on the rise, and it looks like it's here to stay.

Fox Chapel has both a men's and women's team. Women compete in the fall, while the men's season is in the spring. I encourage you to come see our teams play. Andrew Shepard, Fox Chapel sophomore and setter on the men's varsity team, says, "Our team is relatively inexperienced, but with a little coaching we have a strong foundation and the season is looking good." You can see Andrew and the rest of the team play this year, with around 25 games and 3 tournaments currently scheduled.

Way to Go



Three Fox Chapel Area High School seniors, Russell Fenton, Anna Ferris, and Eduardo Weissmann, have been named candidates in the 2022 U.S. Presidential Scholars Program. Approximately 5,000 students from across the U.S. have been named candidates in this year's program, and 156 are from Pennsylvania.



Inclusion in the Presidential Scholars Program, begun in 1964, is one of the nation's highest honors bestowed upon graduating high school seniors. Students are first selected for the program based on their superior academic achievements. They are then also evaluated on their character, leadership and service activities, and the quality and content of a submitted essay.



Approximately 600 students will be selected as Semifinalists in the program, and then the students chosen as Presidential Scholars (up to 161) will be notified this spring.

Ten Fox Chapel Area High School and Dorseyville Middle School students recently won awards as part of the virtual 88th Annual Region 7 Meeting of the Pennsylvania Junior Academy of Science (PJAS). A total of six of those students qualified for the state competition.

Fox Chapel Area first-place winners were juniors Lawrence Liu and Arvind Seshan; sophomores Lakshanya Rajaganapathi and Adhitya Thirumala; freshman Anna Delale-O'Connor; and seventh-grader Param Thawani. The first-place winners qualified for the state PJAS competition which will be held virtually this spring. Second-place awards went to freshmen Etash Jhanji, Arnim Kuchhal, Varad Sant, and Rohit Velankar.

The participating students (from several schools from Allegheny and Westmoreland counties) researched their science projects for several months. During the competition, each of the students was required to submit a voiceover PowerPoint presentation on his or her science project for a panel of judges. The regional competition was held this winter.

Fox Chapel Area High School sophomore Sophia Rike received an honorable mention in the 28th Annual Shakespeare Monologue & Scene Contest. Sophia was recognized for her portrayal of Rosalind from "As You Like It."

More than 400 students from over 60 schools in grades four-12 from across the greater Pittsburgh area submitted video performances of monologues and/or scenes they had chosen from the works of William Shakespeare. The contest is sponsored by the Pittsburgh Public Theater.



Sophomore, Eliza Davis has been named a winner in the 2022 National Society of Colonial Dames of America Congressional Essay Contest. As a result, Eliza will receive an all expense paid trip to Washington DC to attend the Washington Workshops "Congressional Seminar," a week-long civic-focused adventure in our nation's capital.

The Congressional Essay Contest is run by NSCDA Corporate Societies and Town Committees across the United States. Eliza had to address the prompt, "Choose one of the five freedoms in the First Amendment to the United States Constitution and discuss why it should or should not be changed in today's high-tech global society."

The congressional Seminar will be held June 25 to July 1, 2022.

A Fox Chapel Area High School and A.W. Beattie Career Center junior will be inducted into the National Technical Honor Society (NTHS) this year. Monique Coutu participates in the Veterinary Sciences program and will be inducted into the NTHS. The students will be inducted at a later ceremony at A.W. Beattie.

To be considered for the honor, students must maintain a grade point average of 3.0 or higher on a 4.0 scale, have a grade of at least 93% in their career training programs, and miss no more than five days of school. Candidates also must have a clear disciplinary record and belong to a service organization or participate in an extracurricular activity.

A.W. Beattie Career Center is located at 9600 Babcock Blvd. in McCandless.



Winners of Pittsburgh Brain Bee



Omar
Al-Bataineh



Murugan
Ayyanar



Etash
Jhanji



Arnim
Kuchhal



Prajval
Sreenivas

Freshmen Omar Al-Bataineh, Murugan Ayyanar, Etash Jhanji, Arnim Kuchhal and junior Prajval Sreenivas won first place in the 2022 Pittsburgh Brain Bee! Additionally, Prajval won third place in the individual competition. The Brain Bee is an international neuroscience competition for high school students. This yearly event helps participants gain an in-depth knowledge of the nervous system, the

brain and its functions. This year's event also included neuroscience demonstrations and opportunities to discuss careers with neurosciences-in-training. University of Pittsburgh Center for Neuroscience faculty and undergraduate students host the local chapter in hopes that it will encourage more students to pursue a career in neuroscience.

High-Q Team Headed to Semifinals



On March 9th, junior Eli Conklin (team captain) and sophomores Shriya Krishnamurthy (alternate) and Adhitya Thirumala faced off against Chartiers Valley High School and Albert Gallatin High School in round 2 of the Hometown High Q competition. Junior, Arjun Golla, is also a valued member of the team. The competition was stiff, knowing that the winning team would advance to the semifinal round which will take place this spring. Fox Chapel dominated with a 40-point lead and are hopeful to become this year's champions. Tune-in to KDKA TV on April 23 at 11:00 am or April 30th at 1:30 pm to see the team in action!

Taking the Plunge for a Great Cause

Members of Best Buddies and Student Government were "freezin for a reason" as they participated in the Cool Schools Polar Plunge for Special Olympics. An FC tradition since 2016, several seniors jumped into the pool outside of Heinz Field in an effort to raise money for Fox Chapel Area High School's Unified programs, which gives students with and without intellectual abilities the opportunity to work together in a variety of sporting and academic programs. Over \$17,000 was raised for the cause – more than any other school district!





Photo: thespun.com

By Russell Fenton

It's March, baby! For those of you who think I'm just stating the obvious, you are mistaken. March isn't just any other month (well, technically it is); but for us basketball fans, it is an extra special time of year. In March, the NCAA Mens' Basketball

Tournament begins, characterized by joy, heartbreak, buzzer beaters, and unmitigated chaos. Since first-round games are returning to Pittsburgh this year, let's take a trip down memory lane and rewind a game that is arguably the most historically significant in recent history.

In 136 games where a top-seeded team has played a 16 seed, the 1 seed has won 135 of those matchups.

There is only one exception — the spunky 2018 UMBC Retrievers.

In the 2017-18 regular season, Virginia was a juggernaut. They compiled a remarkable 30-1 record, winning the ACC regular-season and tournament titles. Led by underclassmen Kyle Guy and Ty Jerome along with a cast of experienced seniors, the Hoos were poised to make a run at the national championship game.

UMBC (University of Maryland Baltimore County) came from the opposite end of the college basketball spectrum, failing to win their own conference during the regular season. This forced the Retrievers to travel on the road to Vermont for the America East Conference Championship, but they won the game on a remarkable buzzer-beater by Jarius Lyles (more on him later), granting

them a tournament berth.

Considering that no 16 seed had ever defeated a 1 seed, it had become customary for players and fans to overlook first-round matchups for top seeds. This was

certainly the case with the Virginia-UMBC game, and understandably so — UMBC was an objectively inferior team.

But March Madness struck once again. Over the course of the first half, the Retrievers stayed even with the Hoos. However, there was little cause for concern amongst UVA fans, as they expected Virginia to deliver a knockout blow to UMBC early in the second half.

The opposite occurred, though — the Retrievers began to pull away from

the Cavaliers. The Retrievers were paced by 28 points from Jarius Lyles, who made a series of remarkable shots in spite of stifling UVA defense. Every time the Hoos got close, UMBC seemed to hit a three or make a contested drive to push their lead back to double digits. Finally, as the buzzer sounded, the Retrievers had won, 74-54, in an earth-shattering upset. Not only had they made history as the first 16 seed to win a tournament game, but they had done so in a convincing fashion.

Will there be another history-making upset in this year's tournament? There's no way to know, but if UMBC taught us anything, it is that anything is possible in March!



UMBC players celebrate their victory over Virginia.
Photo: americamagazine.org

- Fox's Chapel - A History You Probably Didn't Know

By Leah Kenyon



Did you ever wonder why we are called Fox Chapel Area High School? Here's a clue – it has nothing to do with the cute foxes that we see running around the local

parks. Despite other families having lived in the area (the Seneca Indians also known as the Mingos were here as early as 1750), the name Fox Chapel comes from a family who settled in the area almost 200 years ago.

In 1831, John Fox came to the United States from Germany and made his way to the Allegheny Valley where he acquired land to farm. When Mr. Fox died in 1889, his daughter, Eliza Fox Teates, donated some of her father's land to the Methodist Protestant Church for a chapel to be built to honor John Fox. The chapel served as a landmark to help travelers find their way and the name Fox's Chapel stuck. To put this into perspective, the Fox Chapel Presbyterian Church at the corner of Fox Chapel Road and Field Club Road now stands in roughly the area of Fox's Chapel. Where the high school currently sits used to be known as Rodgers Field, and was Pittsburgh's airport in the late 1920's. Fun fact – Amelia Earhart had to crash land at Rodgers Field in 1928!

When Fox Chapel Area High School first opened its doors in 1961, students were pulled from community schools in Blawnox, Aspinwall, Fox Chapel Borough, Indiana Township, Sharpsburg, and O'Hara Township. These same neighborhoods still feed into Fox Chapel Area High School. Before Fox Chapel Area High School was established in 1961, the local high school was located in Aspinwall. The Fox Chapel Area School District is comprised of four elementary schools, a middle school and our high school. In total, it covers about 36 square miles and 30,000 residents.

What a Rut in a Field Did to a Plane



—Post-Gazette Photo.
Miss Amelia Earhart, the only woman to cross the Atlantic ocean in an airplane, came to Pittsburgh in a plane yesterday and when she landed her ship was in the position as shown in the top view. A wheel hit a rut in Rodgers Field, the ship swerved and before things were over a splintered propeller, broken wing and smashed landing gear was the result. Neither the aviatrix nor George Palmer Putnam, publisher, of New York, her passenger, both shown above, was hurt.



THAW THREAT SUSPECT HELD

Note Demanded That
\$5,000 Be Left

PITTSBURGH POST GAZETTE, SEPT. 1, 1928

*The land upon which Fox Chapel Area High School currently sits used to be known as Rodgers Field, and was Pittsburgh's airport in the late 1920's.
In 1928, Emilia Earhart had to crash land there!*



The Sweet Sound of Success

Thirteen Fox Chapel Area High School students were selected to perform with the Pennsylvania Music Educators Association (PMEA) District 1 Chorus. The students are seniors Gabrielle Bell, Andrew Byersdorfer, Julia DeMarco, Anna Ferris, Jacob McWilliams, and Simeon Owens; juniors Ryder Smith and Sam Smith; and sophomores Hailey Anderson, Lincoln Baldwin, Kristopher Pizzella, and Micah Shelley. Additionally, junior Lawrence Liu was selected by audition to be the choir accompanist.



Thirteen Fox Chapel Area High School students were selected to perform with the Pennsylvania Music Educators Association (PMEA) District 1 Chorus.

The PMEA District 1 Chorus featured students from across the Pittsburgh area. The festival concert, hosted by Fox Chapel Area High School and Riverview Junior-Senior High School, was held at the Pittsburgh Shrine Center in Cheswick February 11. The guest conductor was Dr. Susan Rice, the director of the Heinz Chapel Choir at the University of Pittsburgh.



Several Fox Chapel Area School District students were selected by audition to perform with the 2022 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 160 were selected (80 for the senior high band and 80 for the junior high band). The students chosen from Fox Chapel Area were juniors Elijah Conklin (French horn), Caleb Hahl (percussion), Sonny Hur (bassoon), and Silas Owens (saxophone); sophomores Elijah Herzer (clarinet) and Chloe Kim (clarinet); freshmen Malik Choset (trumpet), Marina Dunham (bassoon), and Varad Sant (French horn); eighth-graders Elliott Broyles (trombone) and Joshua Shah (flute); and seventh-graders Max Choset (flute) and Rachel Kim (clarinet).



The Fox Chapel Area School District students who were chosen to participate in the Allegheny Valley Honors Band Festival.

The Allegheny Valley Honors Band Festival was held at North Hills Middle School February 14 and 15 and culminated in a public concert February 15. The conductors were Robert Traugh, a Pittsburgh-based freelance music creator and composer and area coordinator of the composition for media degree at Duquesne University, and Scott Rush, team lead for the “Habits” series published by GIA and the conductor of the Charleston Wind Symphony in South Carolina.



Seven Fox Chapel Area High School students were chosen for two Pennsylvania Music Educators Association (PMEA) 2022 honors bands.

—PMEA District 1 Honors Jazz Ensemble – Three Fox Chapel Area High School students were selected by audition to perform with the PMEA District 1 Honors Jazz Ensemble. The students are seniors Dino Iasella (guitar) and Miguel Quemado (trumpet) and junior Silas Owens (alto saxophone). Students from the 90 school districts across District 1 – which includes the counties of Allegheny, Fayette, Greene, Washington, and Westmoreland – audition for the ensemble each year. The PMEA District 1 Honors Jazz Ensemble performed at Seton Hill University February

Sound of Success, continued...

5 under the direction of world-renowned jazz performers and composers Clint Bleil and Joe Scheller.



Three students from Fox Chapel Area High School were chosen to perform with the PMEA District 1 Honors Jazz Ensemble. The students are (from left to right) Silas Owens, Miguel Quemado, and Dino Iasella.

—PMEA District 1 Band East – Four Fox Chapel Area High School students were selected by audition to perform with the 2022 PMEA District 1 Band East. The students are seniors Jonah Hertzman (oboe) and Lawrence Liu (flute), junior Elijah Conklin (French horn), and sophomore Chloe Kim (clarinet). The band was comprised of 120 of the best student-musicians from 35 high schools from Allegheny, Fayette, and Westmoreland counties. The PMEA District 1 Band East concert was held January 28 at Belle Vernon Area High School. The guest conductor was Dr. Jason Worzbyt, associate director of bands at Indiana University of Pennsylvania.



Four Fox Chapel Area High School students were selected to perform with the 2022 PMEA District 1 Band East. The students are (from left to right) Jonah Hertzman, Chloe Kim, Lawrence Liu, and Elijah Conklin.



Suessical, continued from page 13...

and inclusion. When asked about a lesson she has learned from Dr. Seuss, Gabby Bell answered, "Every person and part is important, especially in a show like *Seussical*! There were so many props, costumes, and set pieces. *Seussical* would not have happened if we didn't have an amazing team. Everyone stepped up and did their part, no matter how small it may have been. 'A person's a person, no matter how small!'"

While the cast performed on stage, the pit orchestra, conducted by Mr. Dennis Emert, played the wonderful accompaniment music to the acting and singing. The pit consisted of 25 student musicians who set the mood for each of the scenes and acts. Whether through the dramatic dynamic changes, precise intonation, or beautiful solos, the Fox Chapel pit orchestra truly showed their immense talent and dedication. Concertmaster Annie Yonas said, "I have so many great memories, but one of my favorites is definitely the first sitzprobe each year. It's so rewarding getting to hear the pit come together with the singers, and everyone gets super excited for the show after it!" The six hour rehearsals after school paid off as the pit orchestra performed spectacularly and with impressive coordination with the singing and dialogue on stage.

For many of the graduating seniors, *Seussical* was also a throwback to their elementary school performance of *Seuss on the Loose*. Listening to the cast sing "It's Possible" and "How Lucky You Are" brought back many memories of the start of our journey in Fox Chapel. As the performers take their final bows, the audience rise for a standing ovation, and the curtains draw to a close, "don't cry because it's over, smile because it happened."



The Navajo Water Project

By Nathania Lingam

When we think of a water crisis, we never envision it within our borders. The Navajo Nation, a 27,000 square mile reservation located in northeastern AZ and northwestern UT is home to nearly 200,000 Navajos. 30-40% of these Navajos have no access to running water and 1 in 3 lack indoor plumbing. Rising climate change calls have ruled bottled water out as a solution to these people, so they must walk miles to water pumps to fill up buckets and bring them back to their homes. However, a change is being made right now.

The Navajo Water Project is an Indigenous-led initiative that aims to bring water directly to the homes of the Navajo people. The unfiltered truth is that COVID has ravaged the community, and their lack of running water has only perpetuated the situation. But today, hundreds of Navajo homes have received clean, running water, thanks to the efforts of Indigenous leaders and donors all over the country, even from Pittsburgh!



an estimated \$200,000 going to the Navajo project.

To delve deeper into APC's involvement with initiative, I spoke with Sarah Graefe, the director of APC's children's program. "We recently learned of the need for water in the Navajo Nation through a partnership with both WorldServe International, who seeks to bring water to communities around the world, and Pastor Jackie Holgate who pastors Mountaintop Church in Flagstaff AZ", she said. Pastor Holgate is a leader in the Navajo Nation who, through his work in the project, helped bring running water to 300 Navajo homes. His main work involves bringing "essential items to the Navajo community including water, medical aid, food, and hygiene items.", according to Sarah. In her words, she highlighted, "It is our goal not only to support by fundraising but by listening to and learning from the Navajo community in the process."

Avenues to the Solution

Giving a home, much less an entire community, clean, running water is a complicated and expensive process, but luckily, the Navajo Water Project website breaks things down. On the first page, it lists items that can be "sponsored" by donors. These items range from smaller elements like sinks to larger home water and solar power systems for a few thousand dollars. For example, a sink and faucet cost \$90, a one-month water delivery will cost \$53, pipes and fittings: \$52, and so on. The transparency of the website shows how any amount of money donated will be put to good, practical use. Anybody can be part of the solution.

The Pittsburgh and Navajo Children

APC's giving caught my eye not only for its dedication and monetary pledge to the foundation but also for the emotional and cultural investment APC is making by getting involved. Sarah Graefe herself facilitates regular communication between a Navajo church and her own, bridging the Pittsburgh children to the Navajo children. "It needs to be said that Mountaintop church has helped



The Navajo Water Project is an Indigenous-led initiative that aims to bring water directly to the homes of the Navajo people.

Photo: navajowaterproject.org

Pittsburgh Leading Change

Allison Park Church is a local Pittsburgh church that has committed thousands to global humanitarian projects through its "Kingdom Builders" campaign and has set its eyes on helping out the Navajo people as a more recent initiative. The local church raised, overall, more than \$900,000 in 2020 and more than \$1.2 million in 2021, with

us connect with children in their community to bring education to children in Pittsburgh about Navajo culture, language, and family.” She says that she believes in the importance of children learning about the world from other children.

Sarah also shared that the APC children have become friends with two brothers from the Navajo Nation, Jericho and Micah, 11 and 12 years old, respectively. These brothers gave their first-hand accounts of their situation by sharing that “it’s a team effort” for them to get water to their family, a journey that entails traveling 7 miles one-way from their home. Despite their challenges, the boys enjoy life on the reservation and share their love for playing Call of Duty, football, riding horses, and eating tamales as well. Their struggles have led them to want to dedicate themselves to serving those they love. Jericho shared that “if I could change anything about where I live, I’d get water to my grandma, my friends and my nephews and anyone who lives around here.” Micah shared that he looks up to his father, with whom he and his brother travel to get water, and wants to become a heart surgeon when he grows up. Even though I never got the pleasure to meet the boys, I could see pure generosity, a key pillar of the beautiful Navajo culture, flowing through them.

Getting Involved

The involvement of APUs children demonstrates that anybody of any age and financial status can get involved in the Navajo Water Project, beyond monetary donations. Sarah believes that education is a big step in making meaningful contributions, and encourages those who are interested to personally research the crisis and other organizations involved. She cited DigDeep as a good starting place! She also highlighted the importance of seeking to honor and understand Pittsburgh’s Indigenous history and recommended checking out the Council of Three Rivers American Indian Center. Finally, if anyone is interested in creating a partnership or fundraising project of their own, Sarah recommended contacting WorldServe International through their website.

For updates on APC’s involvement in the project and the children’s learning journey, check out @apckidszone on Instagram!



Lakkis Named Among Top 300 Scholars

Fox Chapel Area High School senior Zoe Lakkis has been named one of the top 300 scholars in the Regeneron Science Talent Search 2022. Zoe is one of only six students in the state of Pennsylvania, and one of 300 students from across the nation – as well as from China, Switzerland, and Singapore – 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 schools to be used to inspire young people to engage in science.

This year’s Regeneron Science Talent Search scholars were selected from 1,804 applications received from 603 high schools across 46 states; Washington, D.C.; Puerto Rico; and eight other countries. Scholars were chosen based on their exceptional research skills, commitment to academics, innovative thinking, and promise as scientists as demonstrated through the submission of their original, independent research projects, essays, and recommendations.

The Regeneron Science Talent Search provides students with a national stage to present original research and celebrates the hard work and novel discoveries of young scientists who are bringing a fresh perspective to significant global challenges. Zoe’s project was titled, “Data Mining to Identify Therapeutic Targets for Transplant Rejection.”

“Amid an unprecedented and ongoing global health crisis, we are incredibly inspired to see such an extraordinary group of young leaders who are using the power of STEM to solve the world’s most intractable challenges,” said Maya Ajmera, president and CEO of Society for Science, publisher of Science News, and 1985 Science Talent Search alum. “The ingenuity and creativity that each one of these scholars possesses has shown just how much intellectual curiosity and passion can thrive, even in difficult times.”

“Congratulations to this year’s 300 Regeneron Science Talent Search scholars for their remarkable contributions and discoveries in the STEM field,” said Christina Chan, senior vice president, corporate communications & citizenship at Regeneron. “We are honored to celebrate this new generation of problem solvers who have demonstrated the depth of their innovative thinking, commitment to continuous learning, and ability to tackle global challenges in creative ways.”

Society for Science is dedicated to the achievement of young scientists in independent research and to public engagement in science. The vision of the nonprofit is to promote an understanding and appreciation of science and the vital role it plays in human advancement.



Stigma Stings – The Power of Words

By Beata Turnquist

Stigma is one of those buzzwords that people love to toss around these days. Whether it's the title of an Instagram post or the caption of an influencer's tweet, everyone seems to be obsessed with stigma; but beyond a trending hashtag, what is stigma? According to Jenev Caddell, PsyD., stigma is defined as negative attitudes or discrimination displayed towards someone based on their skin color, mental illness, health condition, or disability. Not only is having a mental health condition, a different skin color, or disability difficult, but stigma makes it even harder for a person to be confident with their differences.

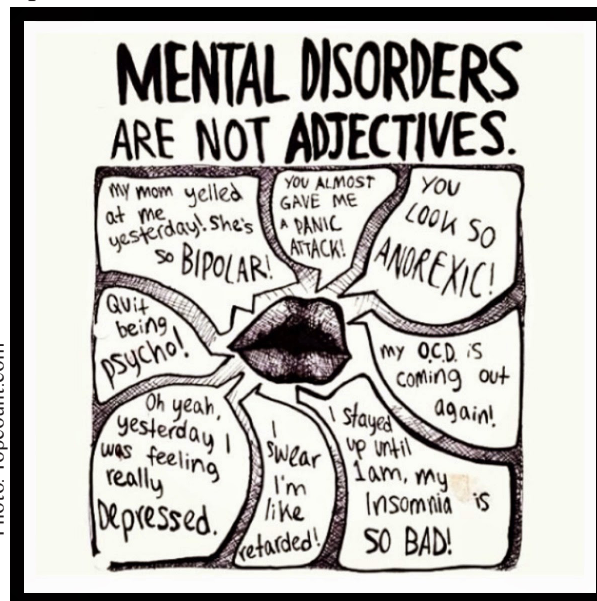
Common stigmas include: *People who are mentally ill are dangerous, mental health problems do not affect children, teens, or males, people can "snap out" of a mental illness, addiction is not a disease – it's a lack of willpower and respect for oneself.*

These misconceptions continue to fuel the stigma that already exists in society. In order to understand how to stop stigma, people should understand how it began. Over time, stigma has arisen out of fear and misunderstanding. Many believe that people who suffer from some sort of mental illness, disability, or have an addiction are "different" or more unusual than the rest of

us. It's part of our human nature to fear or explain what we don't understand. Rather than trying to honor and accept our differences in society, many people choose to speak negatively about them. This then motivates others to believe these negative opinions and criticisms, thus producing stigma. For example, in the news and other media outlets, it is often expressed that people who suffer from a mental illness are violent, out of control, and disabled. As this perception grows and becomes more widely accepted, the discrimination towards these groups of "different" people grows.

Stigma also affects the way by which a person is treated, since it often leads to a delay in treatment and reduces the chance by which a person with a mental health illness will receive appropriate and adequate care. For example, many people who suffer from eating disorders who have a larger body are not treated. Instead, their physicians turn them away from the help that they need, their friends congratulate them on their weight transformation, and society praises their new figure. Stigma, and the false perceptions of these individuals, further motivates more negative attitudes towards people with disabilities, mental illnesses, and

Photo: Topcount.com



Stigma makes it even harder for a person to be confident with their differences.

who are different ethnicities.

The big question is, how can we end stigma? The most important step towards combating stigma is to stop the spread of false information and criticism of others. Stigma can not develop and harm more individuals if it is never spoken in the first place. If you overhear someone misguidedly talking about something or someone make sure to correct them and help them understand the right information. Educating others is a great way to make sure that more people are aware of certain resources and information regarding mental illnesses and discrimination. Another way to end stigma is to be more conscious of your own language. Try to stop yourself from saying things like, "I'm so OCD! I always have to have my room super organized!" or "Wow! My mom is crazy! She told me to be home by 10!" Certain phrases like this can harm people who suffer with these mental illnesses and it creates more false information that can be spread. By being aware of what both you and your friends are saying, you can make your school and community a safer place.



The most important step towards combating stigma is to stop the spread of false information and criticism of others.

Stand Together is a program that was founded in 2013 and aims to bring awareness towards mental health and addiction to schools and communities. One of the program's main goals is to end stigma and prevent the spread of negative talk or discrimination. In our high school, a group of students were selected for a series of interventions and lessons that educated them on mental illness, addiction, and awareness. After learning more about these topics, the students were challenged to create some projects for their own school to help spread the message that Stand Together stands for. Our group chose to host a series of events during the week of April 25th-29th. One of these events is called "Stigma Stings" which describes the effects that stigma has on an individual with a mental illness or addiction problem and how you can take the first steps towards ending stigma. As a group, we hope to make Fox Chapel Area High School a stigma free community and spread awareness amongst both students and staff.

A 1 in 4 Reality Check

By Katie Haas



One in four people will be affected by mental illness or substance use disorders at some point in their lives. I don't know if the people writing

this stuff intended for this to be a mind blowing statistic, but I feel like the gravity behind this statement is very watered down. I have experienced firsthand how awful it is to live with or watch someone you care about struggle with these issues. I have also seen a lot of people try and fail to express the weight behind the phrase "one in four." So in these next few paragraphs, I'm about to get a little funky and elaborate on some very boring, but important, data.

The reason why I'm getting picky about the wording in this statement is because it seems so tiny. Out of context, one person doesn't seem like much. I worry that people see the words "one in four" and carry on with their lives, because to them one is a small number and can be easily resolved. So let's look at it like this: around 1400 students go to Fox Chapel Area High School. That's about 350 per grade, 88 students in every class, and about 350 students altogether have been affected by mental health problems and/or substance use disorders. I don't know about you guys, but 350 in 1400 seems like a much bigger problem than 1 in 4 – even though they literally mean the exact same thing!.

Let's talk about more numbers. 334,805,269 people are currently living in the United States. If we follow the pattern of our spicy little ratio, approximately 83,701,317 people in the USA are dealing with the aforementioned problems. Let's do this one more time, for the people in the back: 7,928,445,464 people are currently alive. That means that 1,982,111,366 in 7,928,445,464 experience mental health problems and substance use disorders. That's more people than the populations of Oceania, South America, North America, and Europe combined. People who suffer from mental disorders take up more than four continents. The phrase 1 in 4 doesn't even begin to cover the pain that exists in the world.

If we expanded this ratio, to make the exact same set of data seem more pressing, would more people care? The phrase 1 in 4 is easy to use, and has become a staple of several mental health organizations. I'm in no way trying to diss this statement, but I think it's important that people understand the larger picture, (the numbers behind the numbers, to sound fancy and philosophical) if we're to continue to bounce around the simplest form of the same statistic.



Unified Bocce

By Ann Yonas

The winter sports season is home to many intense activities, including unified bocce. The team is a Special Olympics team, which promotes inclusion by having people with and without intellectual disabilities compete together. The team this year was comprised of 18 students from all grade levels: Marin Cusano, Seth Dougherty, Sam Elder, Claire Fezcko, Crispin Galyardt, Emily Hook, Colin Lazzara, Grace Lowe, Hope Matthis, Hyunsu Ro, Sydney Shutzman, Ashton Shutzman, Jake Siddons, Zack Sullivan, Maya Torres, Landon Torres, John Tramontina, Annie Yonas, and Zack Work.



This year's team had three exciting matches, along with weekly practices in order to prepare. The first home match against Avonworth, despite a strong effort and great teamwork, ended in a 0-4 loss. However, the team came back to their next home match against Pine Richland and swept with a 4-0 win. The final match against Shaler was a 2-2 nailbiter, but the Foxes unfortunately lost in overtime.

Even though the bocce season has come to an

end, there is still much to look forward to in the area of unified sports. The unified robotics team held its first ever competition in March. This was its first year at Fox Chapel, and many hours of hard work have been put into making sure the team was prepared for their competition. The unified track season will start in April, with many home meets for Fox Chapel Area students and community members to attend.

These great opportunities for inclusion are made possible by fundraisers and donations. A recent fundraiser called the Polar Plunge was conducted across the state. Fox Chapel students raised a total of \$18,000, more than any other school district.

Fox Chapel has shown its commitment to inclusivity through these great opportunities, and there are sure to be many great things to come! Go Foxes!!



Team members (left to right) Landon Torres, Maya Torres, and Annie Yonas worked together to perform Maya's final roll. Coach Anna Hopper stood close by for moral support.



Unified Robotics

By Kaylee Uribe

Our school's chapter of Best Buddies, has always made funding for Unified teams a number one priority. In fact, the Polar Plunge is one of their biggest fundraisers to fund Unified Sports teams. Although Fox Chapel has a Unified Track & Field team as well as a Unified Bocce Team, For the first time ever, Best Buddies was able to form a Unified Robotics Team this year, and it's all thanks to Arvind Seshan.

Seshan, a junior, realized that there was a lack of STEM-related activities in Unified teams available at the school, so he decided to introduce the idea of a Unified robotics team to Mrs. Dojonovic. The only problem was securing the funding for materials. Seshan did not let this large obstacle stop him from reaching his goal. He first got a donation from the LEGO Foundation (charitable arm of LEGO) of LEGO MINDSTORM EV3 sets for the team to use. On top of that, he went through his robotics team, and applied for a grant from Disney and First Robotics to get the SPIKE Prime Robots. When asked about these achievements, Seshan replied, "It was really nice and I'm really happy that we were able to get the robots for the teams to use."

It seems like Arvind has done enough for the team, but he continued to lead this project forward by volunteering to be the team's coach.

Seshan has been programming and involved with robotics since he was six years old. He knew he had the experience and time to coach the new Unified Robotics team. Since mid-January, the team has met every Thursday after school, with Arvind leading each session. Unified Robotics exposes students with and without disabilities to engineering, programming and robotics, while also fostering social inclusion, equity, understanding and belonging. In small teams, students without disabilities who are active



The Unified Robotics students proudly display their awards after completing their competition.

members of Best Buddies work alongside students with disabilities in partnership to build robots. Their hard work culminates in a Robotics Competition. Several members of the team, including sophomore Sydney Schutzman, have said that Arvind makes sure to check in with each member of the team so that they are on the same page regarding whatever activity is being done. Since he is the coach of the Unified Robotics team, Best Buddies sponsor, Dr. Dojonovic and fellow staff have the opportunity to step back and just guide a student-led activity. "We are always seeking meaningful opportunities to include all students. Unified Robotics is truly driven by the students who wanted additional opportunities offered for all students to build upon the already existing monthly social inclusion opportunities and athletic opportunities."

On Competition Day, each team presents their final robot and shares its features to judges. Following the presentation to judges, the five teams compete against each other in a tournament. The robot who knocks down/destroys the other robot wins.

If you are interested in getting involved in the Unified Robotics team next year, your first step is to join Best Buddies. Best Buddies members are always offered the spots first for any Unified team, as there are always limited spots available. Additionally, Best Buddies events are welcome to ANYONE, regardless of club membership. Check out their instagram, @foxchapelbestbuddies or the high school website for event updates, and email stacie_dojonovic@fcasd.edu if you have any questions!



Students gather to eagerly watch a robot enter the ring for battle.

FC Hockey's Season of Bouncebacks



The FC Varsity Ice Hockey team is currently closing in on the end of what has been an outstanding bounceback season; going from a 4-12-1 record and missing playoffs last season to posting a staggering 19-1 record and clinching the first seed in Class A of the PIHL.

Head Coach Cam Raidna credits such a drastic turn around to the consistent leadership the organization has seen over the past four years, saying, "We've gone through some rough patches and lean years, but those things happen when you try to change the culture. Our core group of players have believed in themselves and each other and this year is a testament to how hard these kids have worked to redeem themselves."

The undisputed backbone of the team is senior goalie Nash Wedner. Nash has not only accomplished an impressive season on the ice, leading the league in several stat categories, but he has also played a tremendous leadership role to help bring the group towards achieving their goals. FC's top offensive unit of Mason Heininger, Danny Downey, and Tommy Healy has consistently produced throughout the season, with all three players landing in the top four of points scored in the league. With the second line of Will McNamara, Gavin Gebhart, and Alex Macek heating up heading into the playoffs, the Foxes lineup continues to be a defensive problem for opponents.

Along with the skilled offense, the team's defense, led by seniors Ryan Zatman and Cullen Sunday, leads the league in goals against. The team has also seen some production from the younger classes, such as freshman defenseman Tyler Goldstein chipping in a critical goal to contribute to Fox Chapel's first round playoff victory against North Hills.

This comeback season has not been without its fair share of adversity, most notably the team's Senior Night matchup against Norwin.

The Foxes sold their chance at a "perfect" undefeated record in tragic fashion to fall to 18-1. However, the team has another opportunity for redemption as they face-off against the same Norwin roster at RMU Island Sports Center for the PIHL Semifinals. We are all hoping for the best for our Foxes as they continue the push for the school's first ever Penguins Cup Championship!





By Annalese Bartolacci

*Ready to give it a try?
Here are some of the best
local venues for thrifting:*

Dovecote is a high-end vintage consignment shop in Aspinwall.
20 Brilliant Ave
Aspinwall, PA 15215
(412) 781-1777



Goodwill is never a bad option and has many locations. The one in Gibsonia is a fan favorite!
4101 Gibsonia Road
Gibsonia, PA 15044
(724) 443-2100

House of Thrift in Millvale is on a mission to benefit local communities.
853 Seavey Rd,
Pittsburgh, PA 15209
412-468-0057



Plato's Closet is best for young adults, featuring name brand clothing and accessories.
7219 McKnight Rd
Pittsburgh, PA 15237
(412) 358-0330

Second Harvest community thrift store offers a wide variety of items for all ages.
624 Clay St, Pittsburgh, PA 15215
(412) 252-2364



Thriftique in Lawrenceville is unique and worth checking out!
125 51st St, Pittsburgh, PA 15201
412-742-4951

Thrift shopping, also known as “thrifting,” originally began with the creation of thrift stores in the early 1900s to find new uses for textiles that were suddenly being thrown away as an influx of new items flooded the market during that time. Becoming popular in the early 2000s, thrift stores are now part of a \$14.4 billion industry.

So why do people go thrifting? Thrift stores often sell high-quality goods at low prices. These stores are not limited to just clothes – most also sell furniture, antiques, jewelry, household items, sporting goods and more! Buying second hand items is environmentally friendly because it keeps clothes and other items out of landfills and preserves the water and energy used in new clothing production while reducing the chemical pollution emitted from the same process. Buying from local thrift stores and consignment shops instead of large corporations most actively supports local communities.

Whether you are a first time thrifter or have been doing this for a while, enjoy these tips to make the most out of your experience:

- Before going shopping, sell or donate anything that you do not want anymore to make room for your new merchandise. You can put a little cash in your pocket because thrift stores will sometimes buy items from you, but it is always a thoughtful gesture to donate.
- Shop with cash to avoid impulse buys and stay within budget, it's easy to get carried away.
- Some stores do not have a dressing room, so wear an outfit you can easily wear clothes over top of to try them on.
- Know when your favorite stores restock. Weekend shoppers tend to get to the best items faster, so going on a weekday right after the store has restocked can get you a wider selection of better items.
- As with any store, shopping for off season items means cheaper prices.
- If you want to buy a damaged item because it looks cool that way, you want to fix it or make something new out of it, or it's one of a kind, you can negotiate the price.



Photo: greenqueen.com/hk

The Role of Education in Fighting Climate Change

By Mahitha Ramachandran

When I was 13, I learned about the term climate change. I had heard people refer to “global warming” in conversation and on TV but did not really understand what it meant. The ozone layer and melting glaciers had been mentioned in some science classes, and I knew there were several endangered species, but climate change? That was new. My random tidbits of knowledge about the state of Earth felt, up to that point, isolated and out of reach, as if they were happening on a different planet. When I looked up climate change, though, I was met with a wealth of information describing rising sea levels, increased air and water pollution, and devastating natural disasters; the world of my future suddenly seemed bleak and scary. No longer distant and trivial, climate change became a tangible, real crisis to me, something to panic about. But my parents had never told me that we were destroying the world. Neither had any of my friends or teachers. I learned about it myself, in my room. I was left to panic alone.

This should not be the case. While youth continue to rise and take center stage in the fight against climate change, it must be acknowledged that many of us were forced to learn, and subsequently panic, about climate change on our own. In fact, according to a Washington

Post-Kaiser Family Foundation Poll conducted in 2019, 46% of teens feel they have learned a little or nothing in school about the causes of climate change, and 54% of teens feel they have learned a little or nothing in school about ways to reduce the effects of climate change. It is foolish to expect teenagers and young adults to care about an issue which they have no knowledge of, and it is terrifying that so many are left uninformed—or even misinformed—about an issue like this one which will not only define their futures, but one that is demonstrating catastrophic effects around the world right now. Moreover, those that decide to learn about climate change on their own are often stranded in a sea of information and anxiety and must learn to navigate through it with little support. Local student-led climate organizations provide a place for these young people to share information and organize fear into action, but this system is lacking in accessibility. Comprehensive climate education must be implemented into all schools; it is a crucial step in informing all students of the causes and effects of climate change while also inspiring and equipping the next generation with the information and tools needed to combat it. Simply put, climate education will ensure sustained climate action.

Climate Change, continued...

An important question arises at this point: WHY isn't this already happening? The science is clear—climate change exists, and we have a large role in its worsening path. It seems obvious that students should learn about these facts in school. An NPR/Ipsos Poll shows that more than 80% of parents in the United States support teaching climate change in schools, and about 68% want to include the effects of climate change on the environment, economy, and society in that curriculum. Teachers also demonstrated overwhelming support for teaching climate change in the classroom. However, many of them also reported that climate change is outside their subject area (though I would argue that climate change is relevant in every subject—from the science and math that describes the crisis to the history of its prevalence in government and media to writing grants and policy proposals related to the fight against it, a discussion about climate change is always apropos.)

There are many other reasons why teachers are unable to teach climate change to their students. There is, of course, its political controversy. That is, the idea that climate change is a left-wing hoax utilized to introduce radical policy and destroy the economy. Even teachers who understand the ludicrous nature of these claims are sometimes forced to abandon the lessons simply to avoid complaints from parents or any sort of similar altercation. In other circumstances, teachers may not have the resources and knowledge to properly teach about climate, considering its breadth. For these reasons, climate education cannot be a decision which teachers are forced to make on their own, and fortunately, in recent years, some states have taken the initiative to adopt standards which include climate education and provide resources for teachers to implement it into their teaching. Though not an ultimate solution, this is an important first step in recognizing climate as an important topic in the classroom.

Teaching climate change in schools widens students' perspectives, allowing them to simultaneously consider the global community and their own communities. It empowers them to learn problem-solving skills and think critically about the issues facing our world. It inspires young scientists to pursue research and young artists to spread awareness. It prevents young people from feeling alone in their climate anxiety. Climate education will define the course of climate action in the years to come; it is undoubtedly a pivotal step in this fight.

Zachary Sullivan Chosen for Disney Dreamers

Fox Chapel Area High School junior Zachary Sullivan was selected to attend the 2022 Disney Dreamers Academy. Dreamers are selected through their answers to essay questions where they share their personal stories and dreams for the future. As a winner, Zachary received an all-expenses paid trip to attend the Disney Dreamers Academy at the Walt Disney World Resort in Florida March 3-6.



FC junior Zachary Sullivan was one of 100 selected nationwide to attend the Disney Dreamers Academy.

A total of 100 high school students from across the United States were selected from thousands of applicants. Zachary was one of only four students from Pennsylvania chosen to attend. The Academy, an educational mentorship program designed to foster the dreams of young leaders, is a four-day event where students are inspired, motivated, and prepared to dream big. The weekend includes educational experiences, interactive career-building workshops, motivational talks, networking sessions, mentorship connections, and introductions to future professional opportunities. Students learn leadership skills, effective communication techniques, and networking strategies. Dreamers meet Disney cast members, celebrities, industry experts, and community leaders showcasing a myriad of career disciplines, and learning activities take place throughout the living classroom of the Walt Disney World Resort.

At Fox Chapel Area High School, Zachary is involved with Best Buddies where he serves as secretary, National Honor Society and carries a 4.05 grade point average, Student Government, Future Business Leaders of America (FBLA), and the WPIAL Sportsmanship Summit. He received the Scholar-Athlete award and plays varsity football and track, as well as Unified Bocce. Zachary also enjoys helping others and volunteering in his community. He will graduate in 2023 with a Fox Chapel Area Business Seal of Excellence Award with Distinction.

"I aspire to be an entrepreneur that advocates for others and endeavors to make the world a better place," he says.

Improvement: A Reflection and Look Forward for FC Wrestling



Photos by Kaylee Uribe

By Trevor Katz

As the 2021-2022 season comes to an end, the young Fox Chapel Wrestling team reflects upon a season ripe for improvement. The Foxes finished with a 10-9 record in dual matches, managing to win, but also lose some very tight matches. As the team goes into next year, losing four talented seniors, Ray Worsen at 138 lbs, Brendan Kost at 152 lbs, James Trageser at 160 lbs, and Jake Patterson at 189 lbs, the team will bank on their depth and experience, but also youth to help grow.

The Foxes only had one junior as a starter last season, Trevor Katz at 172 lbs, who placed sixth at the county tournament and third in the section, finishing with an 18-13 record. With only one senior currently penciled in as a starter, and only two others on the roster, the Foxes will lean heavily on two dominant sophomores, Josh Alexander, and

Alex Kaufmann.

Alex finished fourth in the section, seventh at the county tournament, and third at the Southmoreland Holiday Classic at 126 lbs. He improved mightily from his freshman year, going from 6-4 to 25-11.

With wrestling in his bloodline,



there is no waiver in Josh's dedication or motivation to the sport, something which he plans to use to his advantage to improve for next season. Josh has the natural talent, athleticism, and work ethic to be a force to reckon with in the WPIAL, and a true leader of the team.

Josh's teammate, Alex Kaufmann, continued on his impressive 13-6 freshman campaign with an outstanding sophomore year, finishing with a team best record of 28-10 at 145 lbs.. Kaufmann notched multiple impressive wins this season, including victories over section runner-up, Brayden White of Highlands, and Story Buchanon of Girard who finished with a 30-9 record on the season. One of the most well rounded wrestlers on the team, Kaufmann took advantage of opportunities and a strong work ethic to finish off a phenomenal season. There is no doubt that if Kaufmann continues the streak he is on, he will become a reputable name in the WPIAL, and one of the leaders of the team into the future.

The Foxes success also came in large part from the contributions from their senior wrestlers. Ray Worsen finished with a record of 21-10, finishing third in the county, and fourth in the section. His prowess on top and



As the team goes into next year, losing four talented seniors, the team will bank on their depth and experience, but also youth to help grow.

Wrestling, continued...



strong legs helped the Foxes win many matches over the course of the year. Brendan Kost also finished a stellar career, being one of the main leaders on the team, Brendan was able to use his strength to compete and conditioning to compete with high class competition, and always give a good laugh in the locker room. James “Bruce” Trageser also carved out a role as the starting 160 pounder, always lightening the mood, he was able to start at four different weight classes between 145 and 172, proving to be a valuable asset for the team. Lastly, Jake Patterson, who finished 16-11 and eighth in the county came back hungry after not competing during his junior year. Even being light for his weight class, Patterson was able to compete and hold his own against tough competition in the WPIAL.

With multiple seniors graduating, the Foxes look to lean on their young core of wrestlers, with a promising year from their freshman year. Michael Worsen started the whole year at 106 lbs, finishing with an 18-10 record, and fourth in the section, his high motor and relentlessness against opponents will be a key in future Foxes success. Landon Funk finished a promising freshman year at 113 lbs with a 16-15 record, hoping to capitalize on his knowledge of the sport and athleticism next year. The Foxes also saw major contributions from Luke Ankey, who finished fourth in the section, who uses his flexibility and unrelenting defense to put his opponents in awkward positions. There are also multiple other Freshman such as Milo Chiu, Kyle Ong, and Youssef Abdelsalam, who show great promise for the future of the team.

While not every wrestler may have met their goals this season, the heart of the team could not be questioned. Being one of the larger teams the program has fielded in recent years, even those who did not see great success or mat time deserve recognition for hard work and dedication they showed in the room and supporting their teammates. Those wrestlers include Shane Browell, Timmy Marks, Ben Myers, Franco Pistella, Stephen “Peebo” Provenzano, Victor River, Josiah Rivera, Caleb Shirk, Sam Ummer, Aidan Ortiz, Jack Viti, and Milo Wright. The future looks bright for a young, motivated Foxes wrestling team who hope to use the shortcomings of last season to motivate improvements for next year.



Fencing Recap

By Daniel Thomas

This year, Fox Chapel’s Fencing team got off to a strong start with an undefeated season for the boys and only two losses for the girls, and both teams qualified for the playoffs. Although the team was unable to win the championship, the team captains are hopeful that the team will continue to improve.



Team captain Lawrence Liu noted, “It’s been an amazing season. We can’t understate how much the parents, the coaches, and Chiara Mincin (captain) have

done for us – they’ve put in so much effort and time to make sure everything worked out, and they’re definitely the reason everything has worked out so perfectly.”

This year was also marked by a strong showing from many first-year members, who excelled thanks to their hard work and

commitment. Next year will certainly be an interesting year for the team, as both new and old members will have more experience and

opportunities to improve.

If you are interested in joining the team, you can email foxchapelfencingclub@gmail.com. No experience is required, and the team is always looking for new members.



What to Say to Help Your Friend Find a Way



By Josie Giguere

Most people face situations in life that involve their own personal mental health problems or helping someone they love to tackle struggles. It is smart to be prepared and know what to say when a friend or family member turns to you during a personal crisis. Every situation calls for different reactions and feedback that relate most to the topic of conversation. Knowing what to say or how to act could make all the difference in someone's life. Here are some helpful approaches to consider when responding to a situation.

Situation One:

Someone comes directly to you asking for help.

Being in this situation can be tough because the person coming to you trusts you enough with their life and it can be stressful to wonder if you are saying the right thing or not. In this situation, keep in mind that you are their open ear to what is occurring. Put away any distractions that may cause them to think you don't care and quietly react so they know you are involved. Something you should never do

is compare yourself to that person by saying, "I know how you feel." Saying this can make the person feel like you are only trying to talk about yourself and skim past their issues. Instead, say "I can't imagine how hard this is for you," or "I may have never personally experienced this, but I will do my best to help you through it." Remember that it is never your job to diagnose, only listen and support. When they are done talking, calmly respond with a content solution that relates to the situation. If the person is in physical danger or might hurt themselves, it is imperative that you turn to a trusted adult for help. After you and the person talk, remember to check in once in a while and make sure they are ok. Even a simple "Hi" or a "How are you" will make them feel more seen and less of a burden.

Situation Two:

Your friend shows signs of mental health struggles.

When it comes to mental health, there are certain signs that can indirectly point to somebody that is struggling. These five signs are withdrawal, hopelessness, agitation, poor self-care, and personality changes. When these signs are noticed, it is one's job as a friend to intervene before the situation progresses further. An open ear and simple feedback

can greatly help someone to overcome their troubles. It is simple to ask someone if they are ok and help them, but making sure the person is aware that they have someone to turn to and trust can make all the difference. If these signs are not

recognized and addressed, they could lead to something that is much more difficult to handle.

Situation Three:

Your friend constantly jokes about their mental health.

Everyone likes to joke from time to time, but if you notice a friend often joking negatively about themselves, there could be something wrong that they don't know how to share. Before quickly jumping to the conclusion that something is wrong, gently and calmly approach them about it. They may open up to you, and if they do follow the same outline as situation one. There is also a chance they could deny anything is wrong. In this case, don't pester them until they become annoyed, just let them know that you are always available if they need you.



Situation Four:

Your friend has become over stimulated in public.

Overstimulation, also often referred to as “triggered,” is a normal occurrence for many people so it is good to know how to help when you notice, whether it is a friend or someone you pass on the street. Overstimulation can look different for many people. These signs could be anything from ticking, to blankly staring into the distance. For this reason, if you have a friend who you know occasionally gets overstimulated, it is good to understand what this would look like for them. When you notice these signs, there are things you can calmly ask such as, “Are you ok,” “What can I get for you,” “Would you like to step away,” and if they say yes to stepping out you can ask, “Would you like me to

come with you?” By asking questions as simple as these, you can make the person much more comfortable and calm. Sometimes, the person may handle overstimulation best on their own. In this case you should step back and keep an eye on them from a distance. Another thing that would be wise is asking what personally helps them when they become overstimulated prior to an occurrence. Knowing this can assist you in helping them much faster.

When faced with a serious situation, it is important to understand how to correctly react so the issue can be resolved most efficiently. The more you know, the better you can help a friend in need. If we all look out for one another, let people know we care, and respond actively rather than passively, more people might get the help they need.

Here are five signs that someone is in emotional pain and might need help:



Personality changes.

You may notice sudden or gradual changes in the way that someone typically behaves. People in this situation may behave in ways that don't seem to fit their values, or the person may just seem different.



Uncharacteristically angry, anxious, agitated, or moody.

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.



Withdrawal or isolation from other people.

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in a person's typical sociability, as when someone pulls away from the social support typically available.



May neglect self-care and engage in risky behavior.

You may notice a change in the person's level of personal care or an act of poor judgment. For instance, someone may let personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate loved ones.



Overcome with hopelessness and overwhelmed by circumstances.

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them, suggesting suicidal thinking.

If you recognize that someone in your life is suffering, now what? You connect, reach out, you inspire hope and you offer help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to do it alone. There are many resources in our communities. It may take more than one offer, and you may need to reach out to others who share your concern about the person who is suffering. If everyone is more open and honest about our emotional health and well being, we can prevent pain and suffering, and those in need will get the help they deserve. Learn more at changedirection.org.

Nowruz – The Renewal of One's Self and Nature

By Helia Hamidi

Nowruz, or Persian New Year, marks the end of the old year and the start of the new year. Nowruz, means “New Day” and is marked by the time of the Spring Equinox each year. Nowruz dates back some 3,000 years ago, and is celebrated by hundreds of millions around the world today, particularly in Afghanistan, Iran, Turkey, and other Central and West Asian countries. The main theme around this celebration is the renewal of one's self and nature.

Preparation for Nowruz starts almost a month before, in which people take part in spring cleaning and create their “Haft-Seen” table. This table mainly consists of seven items that start with the letter S, which symbolize hopes for the new year. Sabzeh is a sprout or grass symbolizing renewal; sib, or apples, represent health and beauty; senjed is a kind of dried fruit from a Lotus Tree, representing love; seer, or garlic, represents medicine or taking care of yourself; samanu is a sweet pudding which represents wealth; sumac, a spice made from sour red berries, represents the sunrise of the new day; and serkeh, or vinegar, represents wisdom and patience that comes from aging. Although these are the

main items people put on their table, there are also other things people include such as a live goldfish or colored eggs.

The last Tuesday night before Nowruz is known as Chahar Shanbeh Suri. This celebration consists of more extreme activities, such as jumping over fire for good luck and good health. The word “soor” means fire and symbolizes red color. The word “Chahar Shanbeh” means Wednesday.



Photo: https://en.wikipedia.org/wiki/Chaharshanbeh_Suri

The last Tuesday night before Nowruz is known as Chahar Shanbeh Suri. This celebration consists of more extreme activities, such as jumping over fire for good luck and good health.

Once Nowruz arrives, there is a two week celebration in which family and friends visit each other. Gifts and money are also exchanged, especially for children. On the final day, people take their Sabzeh, or grass they have been growing, and throw it out into a natural body of water, which represents releasing the old year.

Nowruz is not just the celebration of a single day, but more a celebration of reflecting from the past year and closing the books on it. It is the hope of being able to start fresh in the coming year.



Photo: <https://surfiran.com/nowruz-joyous-celebration-life-family/>

A typical "half-seen" table set as part of the celebration of Nowruz.

iPhone Quick Tip – Focus Mode –

By Kent Baker

We use our phones for almost everything, both in and outside of school. If you want to reduce the distractions that your iPhone may be causing you at school but still want to get notifications, Focus Mode will help. To access Focus Mode, go to settings, click focus, hit the plus sign on the top right corner. From there you can customize the settings to focus on what you want. There is even a setting that will turn on focus mode as soon as you enter school property and will turn off as soon as you leave school.

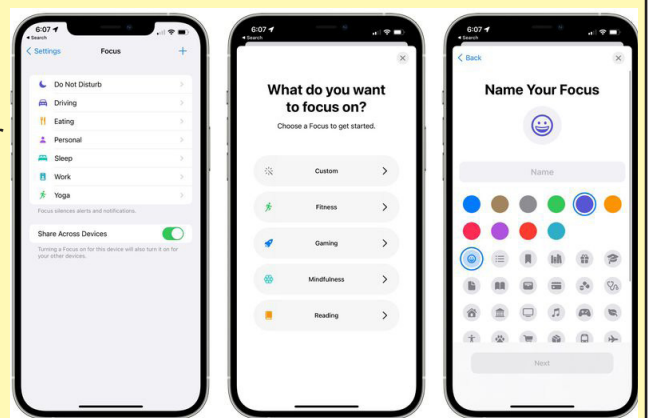
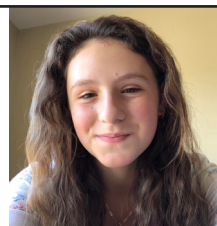


Photo: macrumors.com

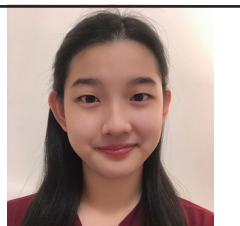
MEET THE STAFF



Annalese
Bartolacci



Andrew
Begg



Justine
Eng



Russell
Fenton



Josie
Giguere



Katie
Haas



Shehed
Hamada



Helia
Hamidi



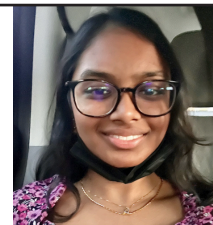
Trevor
Katz



Leah
Kenyon



Shriya
Krishnamurthy



Nia
Lingam



Mahitha
Ramachandran



Paris
Ricketts



Safiya
Stewart



Kaylee
Uribe



Abraham
White



Ann
Yonas

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FOX TALES

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Fox Chapel Area High School

Third Quarter, 2021/2022 School Year

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)

