



FOX TALES

Quarterly

A STUDENT PUBLICATION

IN THIS ISSUE

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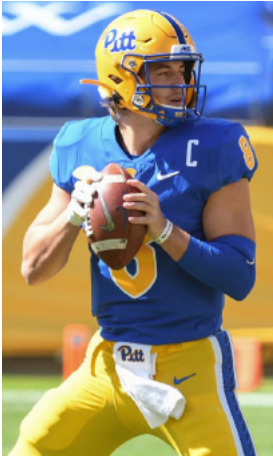
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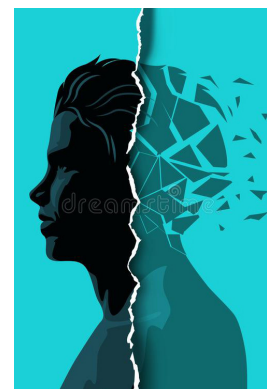
The use of whitening steroids is a beauty trend that carries a tremendous cost.

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ORDER YOUR TICKETS NOW!

Fox Chapel Area High School Music Department Presents



Seussical™

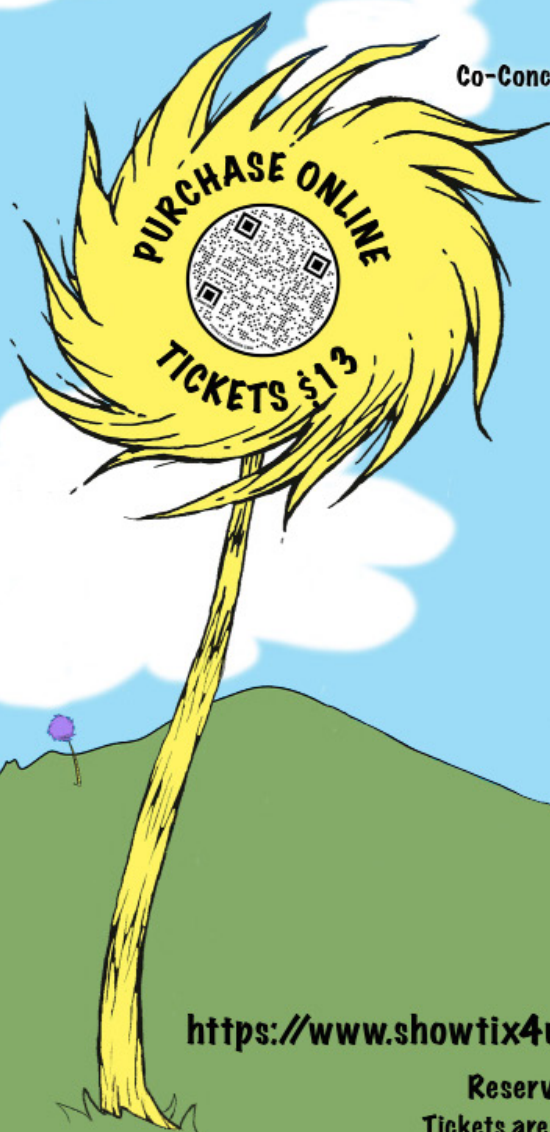
Music by **STEPHEN FLAHERTY**

Lyrics by **LYNN AHRENS**

Book by **LYNN AHRENS & STEPHEN FLAHERTY**

Co-Conceived by **LYNN AHRENS STEPHEN FLAHERTY & ERIC IDLE**

Based on the Works of **DR. SEUSS**



MARCH

3rd, 4th, 5th - 7p.m.

6th - 2 p.m.

Fox Chapel Area High School Auditorium

<https://www.showtix4u.com/events/fcahsmusical>

Reserved seating

Tickets are non-refundable

Seussical is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI www.mtishows.com

A Little Literature:

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

By Shriya Krishnamurthy

TODAY'S TOPIC:

Sticky Stories and Ideas (with some other stuff too)

The word storytelling evokes ideas of grand tales that span generations of fairy tales and fables. I don't know about you, but I sure do love a good fairy tale or fantasy novel myself. However, stories are so much more than magic, talking animals, or memories. They are a way to connect and garner interest for so many people – and they are also a great way to pitch an idea!

Stories that Stick by Kindra Hall

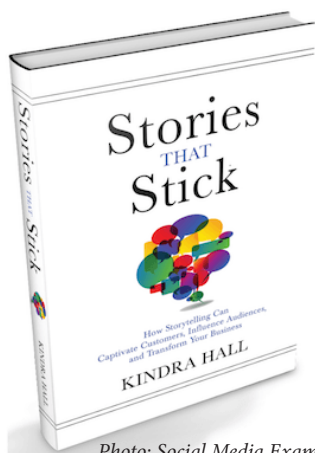


Photo: Social Media Examiner

Kindra Hall, a professional storyteller, started her book out with an anecdote. It was about a trip she and her husband took to Slovenia. Okay, you're probably thinking, "Of course she started a book about storytelling with a story. How cliché!" The truth is, that story really got me interested in the book. Normally, I shy away from reading nonfiction books,

but this book really caught my attention. So, I started reading. From referencing Budweiser ads to discussing the four main stories to tell, Kindra Hall dives deep into the backbone of storytelling. Although *Stories that Stick* is technically meant for businesses, this high school sophomore found it to be incredibly helpful. Have you ever had to give a big presentation or speech, or sit in a job interview? During such a time, were you nervous that your message would not get across to the audience? For me, the answers to both questions would be "YES!" Quite recently, I had to pitch a project idea about stepping outside one's comfort zone in front of a large crowd. I was really nervous, and at first, I stumbled over words and seemed really unsure of myself. It started out as a boring presentation, but when I told a 'story' about how I stepped out of my comfort zone, the audience started paying attention! My story really interested the audience, and I got a round of applause when I finished. To conclude, this book is a definite winner. There are storytelling opportunities every day. If you do not know what book to reach for next, this is the one!

Made to Stick by Chip and Dan Heath, and *The Back of the Napkin* by Dan Roam

These two books almost go hand-in-hand, even though they are completely different. *Made to Stick* is another book on storytelling, but focuses more on, "Why Some Ideas

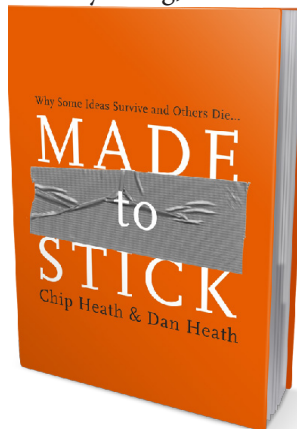


Photo: heathbrothers.com

Survive and Others Die." Once again, the book begins with a story, this time with one of the most successful urban legends, the Kidney Heist. There is a reason why stories or ideas like this legend stick – they follow the SUCCEsS algorithm (A Simple, Unexpected, Concrete, Credible, Emotional, Story). SUCCEsS is what makes a successful idea. But here's

the thing, when do ideas become useful? Probably not anytime soon, but, imagine that in a couple of years (or even next year) you are going to be in college, maybe doing an internship, where you are required to present a successful

idea. I am positive that this book will definitely be handy! How will you present this amazingly successful and unique idea? A presentation? A speech? Will you model this idea through graphs? I would draw a couple of stick figures and smiley faces. I am imagining the surprise that you felt when you read that last line. But it is true that sometimes presentations just make things worse. This is where *The Back of the Napkin* comes into play. Before I explain, think about this – how captivating are graphic novels? Many would respond that they can be very captivating because of all the pictures. Why not use pictures to present an idea? Maybe smiley faces and stick figures are not your thing, but arrows, shapes, lines, and objects can really help your audience to visualize and understand your idea. Even if you can't draw, I suggest checking out this book, along with the other two mentioned in this blurb, so you can get a head start on doing great things!

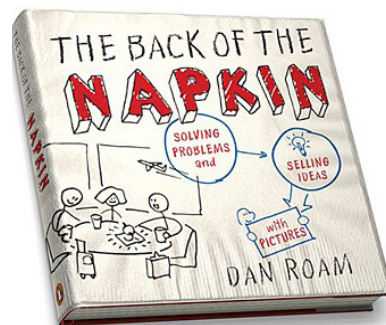


Photo: medium.com



Hard Work Evident in Fall Play

By Ann Yonas

Ben Fiedler, and sound manager Andrew Risinger.

So much hard work goes into these fall plays, resulting in the impressive productions. When asked what the most rewarding part of being in the fall play is, senior Simeon Owens (Matthew Cuthbert) explained that, especially with this play, it was, “making people laugh. *Anne of Green*

Gables was a really funny one, and hearing audience laughs from on stage was very rewarding and satisfying after all the work we put into it.” This play was especially funny, which was refreshing after having had such a serious past two

years.

For students who are interested in participating in the fall play but may be feeling a little hesitant, senior Gabby Bell (Anne Shirley) has some wise words to share. “I almost didn’t do fall play

freshman year because it seemed so intimidating, but it was so much fun and it was such a good way to meet people. Even if you don’t want to perform on stage, there are so many other opportunities to help out with lights, sound, and stage crew. There is truly something for everyone so don’t hesitate and just go for it. You will probably surprise yourself!” Students who want to know more about getting involved the fall play and other performance-related clubs, classes, and organizations can stop by and see Mrs. Dixon in QRT 257.

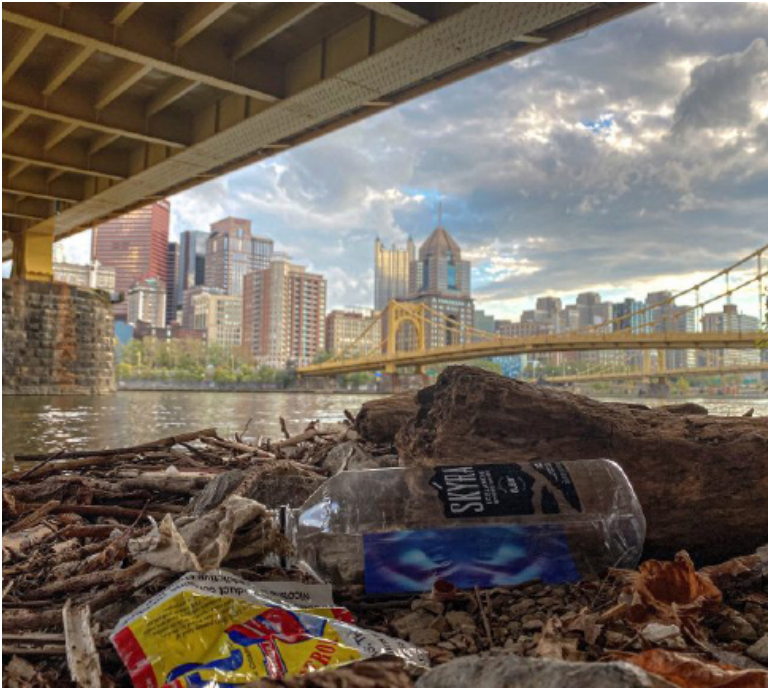
Be sure to look out for the Fox Chapel’s next production: this year’s spring musical of *Seussical*, which will be presented March 3-6!

The annual fall play is a chance for students interested in acting and performing arts to be a part of a small cast and team to put on an outstanding performance. This year, eleven cast members and twenty crew members did an incredible job presenting the play *Anne of Green Gables* on November 4, 5, and 6.

The play depicts orphan Anne Shirley (Gabby Bell) who is adopted by Matthew and Marilla Cuthbert (Simeon Owens and Ellen Gray). Her uncontrollable imagination and intense optimism get her into all kinds of trouble, including with characters Mrs. Lynde (Maddie Muller), Gilbert Blythe (Salim Bastress), and Josie Pye (Cali Johnson). The amazing energy brought to the stage by the above actors, as well as Ashley Good-Lang, Sophia Rike, Ava Condrón, Emma Kim, and Adi Pattada, made for an entertaining, whitty, and delightful performance. Of course, the show could not have happened without the efforts of director Kristiann Josephs, technical director Joe Gass, costume director MaryBeth Dixon, stage manager Iain Condrón, assistant stage managers Ava Condrón and Austin Kelly, set and run crew members Janie Stone, Rohit Velankar, Caterina Wu, Alexa Zacharias, Percy Starz, Kathleen Krebs, and Sasha Hainin, front of house manager Tonja Condrón, make-up and costume committee members Marybeth Dixon and Sydney Inglis, lighting crew members Swati Mylarappa, Matt Fiedler, and



Her Lens is Focused on Litter



Fox Chapel Area High School junior Zoe Broyles was named a first-place winner in the 2021 Gene Capaldi Lens on Litter Photo Contest. She won \$500 in the student category for her photo titled, “Rachel Carson’s Dream.” The photo shows litter strewn under the Rachel Carson Bridge with a picturesque Pittsburgh skyline in the distance.

The contest is sponsored by the Pennsylvania Resources Council and was open to students and adults from across Pennsylvania. The purpose of the competition is to remind everyone about the environmental and economic problems that litter can cause. The photos help to heighten litter consciousness by showing how it threatens public health and safety, scenic beauty, property values, and pets and wildlife. The co-sponsors of Lens on Litter 2021 are Carolyn Capaldi, Robert and Mary Capaldi, Wawa Inc., Sheetz Inc., Wegmans, and the Warren County Visitors Bureau.

Students Selected for HOBY Leadership Seminar

Four Fox Chapel Area High School sophomores were selected to receive Hugh O’Brian Youth Leadership (HOBY) recognition. Annalese Bartolacci, Amelia Costello, Lakshanya Rajaganapathi, and Abraham White have been chosen to attend the Pennsylvania-West HOBY Leadership Seminar June 17-19, 2022.

In order to be considered for selection, the students submit an essay detailing what they feel would be the most challenging and rewarding aspects of being a leader in their school and/or community. They also go through an interview process.

As part of the seminar, the students will explore and discover their personal leadership potential and strengths through inspiring leadership

development programs. The interactive seminars, held on college or university campuses, follow HOBY’s leadership development curriculum which allows students to discover leadership from a personal, group, and socially responsible perspective – building a network of positive community change-makers.



Four Fox Chapel Area High School sophomores were selected to receive Hugh O’Brian Youth Leadership recognition. They are, from left to right, Lakshanya Rajaganapathi, Amelia Costello, Annalese Bartolacci, and Abraham White.

For more than five decades, HOBY has inspired young people to make a difference and become catalysts for positive change in their home, school, workplace, and community. As America’s foremost youth leadership organization, HOBY has a long and impressive history of successfully motivating young people to develop into outstanding leaders. HOBY aims to inspire and develop a global community of youth and volunteers to a life dedicated to leadership, service, and innovation.

Student Publications Win First-Place National Awards

Two Fox Chapel Area High School publications won recognition in the 2021 American Scholastic Press Association Annual Review and Contest Awards for scholastic yearbooks, magazines, and other publications. The 2020-2021 literary arts magazine "Tapestry" received a first-place national award. The high school's newspaper, "Fox Tales Quarterly," was also named a first-place national winner for the fall 2021 issue.



(head of submissions), Alexa Berman, Nina Busch, and Audrey Mah; 2021-2022 juniors Ishaan Acharya, Mikhail Ion, and Sophie Shao; and 2021-2022 sophomore Kaylee Dunham. The students' advisor is Fox Chapel Area High School English teacher Jessica Green.

The 2021-2022 student staff members of "Fox Tales

"Quarterly" are seniors Justine Eng, Russell Fenton, Kaylee Uribe, and Ann Yonas; juniors Andrew Begg, Helia Hamidi, Trevor Katz, Leah Kenyon, Nathania Lingam, and Mahitha Ramachandran; sophomores Annalese Bartolacci, Katherine Haas, Shriya Krishnamurthy, Safiya Stewart, and Abraham White; and freshmen Josie Giguere



The 2020-2021 student staff members of "Tapestry" were 2021 graduates Molly Dean (layout design) and Divine Eyth (editor-in-chief); 2021-2022 seniors Carlie Barnett

and Paris Ricketts. The students' sponsor is Fox Chapel Area High School gifted education facilitator Lisa Gibson.

The "Mean Greenes" Claim Top Prize

The FCAHS Powering Pittsburgh team, known as "The Mean Greenes," claimed first place in this year's competition!

Freshmen Arnim Kuchhal, Etash Jhanji, Varad Sant, and Rohit Velankar were asked to develop unique ideas to power Heinz Field or the city of Pittsburgh in the future using renewable sources. They presented their prototype of a



Freshmen Arnim Kuchhal, Etash Jhanji, Varad Sant, and Rohit Velankar celebrate winning first place at the Powering Pittsburgh competition.

device that would harness energy from the flow of the three rivers. This hydropower was achieved through modules sold by a company called Waterotor. Their specialty is turbines designed for slow-moving river water that has little to no effect on aquatic life and boat traffic alike while still being surprisingly effective. 24/7 generation would generate about 150kW.

Additionally, they included a solar panel system that included arrays on top of the weather shields above the seating area, and expansive, energy-generating canopies over the parking lots that have the added benefit of keeping cars cool when it's sunny and dry when it's rainy or snowing. Both of those primary generation systems would cost a total of 3-5 million dollars and pay themselves back in under 10 years.



As the winners of the regional competition, they received a Steelers Game Day Experience and were presented a \$1,500 donation check towards our school's STEM program on Heinz Field during the halftime of the Steelers vs. Ravens game on December 5th.

A silhouette of a person, likely a graduate, against a bright blue sky. The person is shown from the chest up, with their right arm raised high, having just thrown a black graduation cap. The cap is in mid-air, tilted back, with its tassel hanging down. The person's left hand is holding a rolled-up diploma. The overall mood is celebratory and triumphant.

FoxTales recently reached out to five graduates from the FCAHS Class of 2021. The grads were asked to share any tips to share with rising college freshmen and anything they wish they knew before entering college. Here's what they had to say...

Ethan Werner, Virginia Tech: Don't over-schedule your first semester. You have seven more semesters to take whatever classes you want. The first semester is tough so there is no shame in taking a couple easier classes while you figure out life in college. Your GPA will really appreciate it. Ask upperclassmen if textbooks are necessary for each class, and get the virtual copy whenever possible. I got all the “recommended” textbooks, spent hundreds of dollars, and never opened any of them.

Try to find a similar roommate. If you're going to live with somebody full time, you want to make sure you have similar sleep schedules, organizational habits, etc.

Isabella Krisky, Carnegie Mellon University: While college may be overwhelming, you were accepted to that college because you are qualified and capable of succeeding there. While it might sound cliché, your success comes from having a mindset of success.

Jacques Moye, Carnegie Mellon University: Always try to stay physically active during the year. I never realized how

important it was to strengthen the mind as well as the body until I reached college. It is also important to never fall behind on work, especially when you're receiving a much higher workload than you are used to getting. Speaking from experience...you don't wanna do this. Before my first semester, I wish I knew how important reading the textbook and taking notes for classes were. Most classes will allow you to take notes under your own discretion, which

leaves a lot of room for procrastination. I would start making a good habit of taking notes and trying different note-taking strategies to see what works best for you!

Jose Morales, University of Pittsburgh: Step out of your comfort zone and learn to truly be yourself. It's a whole new environment, so take this chance to be whoever you want to be.

The first people you meet

in your first semester are not necessarily going to be the people you stick with for the rest of your life, so make sure to branch out and take the opportunity to meet new people throughout your first semester.

Ryan Kenyon, University of Virginia: Everything is gonna work out. Despite my mom continuously repeating this to me, I fretted, worried, and stressed about what school I would end up at, what I would be studying, and what I would be doing. Just have fun. Be bold and try something new, whether that be a club or class.



2021 Elections Recap

By Russell Fenton

November 2, 2021 was election day in America, and while this election was not nearly as publicized or widely covered as the 2020 election, there were a number of races that will have significant local and national implications.

The most-watched race of the night was the Virginia gubernatorial election. In his bid to win a second term, former Virginia governor Terry McCaulliffe (D) faced off against Republican businessman Glenn Youngkin, a political newcomer. In a shocking upset, Youngkin defeated McCaulliffe in Virginia, a state that Democratic President Joe Biden won by over 10 percentage points in 2020.

Youngkin centered his campaign on the issue of education, arguing for parents' right to determine school curriculum, and capitalized on President Biden's relative unpopularity in the state. In addition to taking back the Governor's Mansion for the first time in over a decade, Virginia Republicans won races for lieutenant governor and attorney general and regained control of the state's House of Delegates.

In New Jersey, incumbent governor Phil Murphy (D) narrowly survived a tough challenge from state representative Jack Ciattarelli (R). Murphy won his first election in 2017 by a wide margin, so political pundits widely expected him to cruise to victory again in deep-blue New Jersey. However, Ciattarelli, a Republican, performed unexpectedly well and led throughout election night and into the next morning, until votes from the population-dense Newark area pushed Murphy over the top. Though Democrats were relieved to win, the closeness of the race was jarring in a state that they viewed as out of reach for the GOP.

Here in Pennsylvania, the only statewide race was for a spot on the state Supreme Court, a position for which candidates run with partisan affiliations. Republican nominee Kevin Brobson easily defeated Democrat Maria McLaughlin for the seat by an approximately five-point margin. Unlike most statewide positions which have four-year terms, Supreme Court justices are elected to ten-year terms, making every election of paramount importance. Brobson will fill the seat of retiring Justice Thomas G. Saylor of Somerset County.

It was a discouraging day for the Democratic Party,

which was already wary of the national political environment heading into 2022. Were a 12-point shift towards Republicans, which occurred in both Virginia and New Jersey, to occur on a national scale, it would spell disaster for Democrats in the midterms. Not only would such a shift result in Republicans easily retaking a majority in the House of Representatives, but also likely allow the GOP to regain control of the Senate.

Though President Biden will still be in office, Republican control of one or both houses of Congress would, in effect, doom his legislative agenda.

All eyes now turn to the much-anticipated 2022 midterm elections. While Republicans are expected to regain control of the House of Representatives, Democrats hope that the passage of the bipartisan infrastructure package and the yet-to-be-passed Build Back Better Bill will buoy vulnerable incumbents in highly competitive districts. In the Senate, control is up for grabs, with major races in Arizona, Georgia, New Hampshire, Wisconsin, and here in Pennsylvania likely to decide the Upper Chamber's majority party.



*Virginia Governor-Elect Glenn Youngkin celebrates his victory.
Photo: nypost.com*



A Little Treat for Someone Sweet



By Annalese Bartolacci

Valentine's Day is approaching, and as the saying goes, "There is no better way to someone's heart than through their stomach!" Here are three easy recipes to make for and enjoy with your special someone!

Heart Hug Pretzels



Ingredients:*
Pretzels (square or twist)
Hershey's Kisses or Hugs
Valentine's Day M&Ms

*Make as many as you like, so make sure you have the same number of each ingredient.

(Chelsea'sMessyApron.com)

Directions:

1. Preheat the oven to 350 degrees. Do not preheat using convection settings.
2. Line a tray with parchment paper and place the pretzels on the tray.
3. Unwrap the Hugs/Kisses and place them on top of the pretzels.
4. Bake for 1-3 minutes or until the Hugs/Kisses are soft enough to press an M&M into (but not melted).*
5. Press an M&M candy into the center of the hugs right out of the oven.
6. Allow the chocolate to harden.

*Every oven is different, so test one in yours first before making any more. If the pretzel or chocolate crumbles, reduce the baking time for the rest of the batch.

Valentine's Day Popcorn

Ingredients:
12 oz white chocolate
8 cups popped popcorn
1/2 tsp. salt
Conversation Hearts
and/or Valentine's Day
sprinkles

(FamilyFreshMeals.com)



Directions:

1. Heat chocolate in the microwave, stirring every 30 seconds or use a double boiler until melted. Place the popcorn in a large bowl, and pour the melted chocolate over it. Use a spoon to toss the popcorn until it is evenly coated with the chocolate.
2. Spread the popcorn out on a baking sheet covered with parchment or wax paper.
3. Add the sprinkles. Let cool for 10 minutes or until the chocolate has hardened. Break up into small pieces then serve!

Chocolate Covered Strawberry Hearts



Ingredients:
12 oz package of
melting chocolate or
candy melts
1 lb of fresh
strawberries

(OneLittleProject.com)

Directions:

1. Wash and dry strawberries and cut off the stem
2. Cut the strawberries in half from top to bottom
3. Cut off a small portion of one of the halves to help with the heart shape
4. Arrange the halves to look like a heart with the red side up and the inside flat on the surface. Place a toothpick through the 2 halves to keep them together.
5. Line up the hearts on a cookie rack, again with the inside face down.
6. Melt the chocolate in a double boiler or in the microwave. Dump over the strawberries - don't forget to keep a cookie sheet underneath to catch what falls through. If necessary, use this chocolate again if the first covering does not cover all the hearts enough. Using the toothpicks to move the hearts, place them into the chocolate to cover the bottom of the hearts.
7. Move the hearts back onto the cookie rack or another flat surface like a cutting board. Let set. When the chocolate has completely dried, the toothpick can be removed, but this is optional. Another optional addition - drizzle any left over chocolate or other kind of icing over the hearts for a finishing touch.

Make this Valentine's Day the best one yet! Whether you cook, spend time together, or buy them an awesome present, let your person know they are special!

Ceiling Tile Event Aims to Promote Unity



By Kaylee Uribe

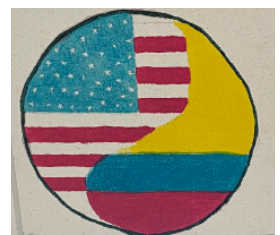
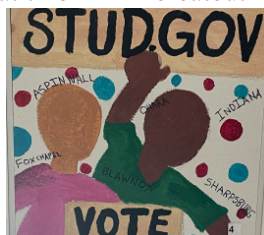
On November 17th, the Diversity, Equity, and Inclusion Council hosted the Ceiling Tile Unity event. All clubs and students were invited to meet after school and take part in painting a ceiling tile in a 1.5 hour time frame while they enjoyed food, drinks, music, and decorations. Students who could not attend the event on the scheduled date and time completed their ceiling tile on their own time and turned it in for submission. All the ceiling tiles painted and submitted were incorporated into the middle of the cafeteria ceiling for all to enjoy. The purpose of the event was to promote and display unity in our school through the creative outlet of art. Additionally, all participants were automatically put into the voting competition, in which the top five clubs and the top individual received a cash prize. The top club won \$100, and the runner ups won \$50. The individual won \$25. The winners were History Club, Book Club, Homelost Club, Fearless Bible Club, Math Club, and Alexandra Sroufe. The funds for the prizes for clubs came from Student Government, and the funds for the individual prize came from the chairs of the DEI Council.

Beside all the participants being involved in painting, they were also able to experience being in an event with fellow schoolmates for the first time in a long time. One student who wished to remain anonymous shared that “it was so much fun to be able to paint with my friends in the club and see other’s tiles.” Another student said that this

event “brought all kinds of different students from different clubs together.” Senior Brett Kaufman shared, “It was a super cool experience to have so many different people in the cafeteria all working together for a common goal.”

A big goal in the Diversity, Equity, and Inclusion Council is to promote a more inclusive environment and atmosphere in our school. The Ceiling Tile Event was just one step in the right direction to achieve our goal. With the support and feedback from more students, we hope to continue this journey through collaboration and more events. If any student wants to become more involved with the council, please reach out to fc.diversitycouncil@gmail.com or Jessica_green@fcasd.edu. You can also reach out to fellow students. The current chairs are Nabeela Islam, Kaitlyn Legge, Gabby Uku, and Kaylee Uribe. We are here with open arms, and would love to see you at meetings in the future. All planned meetings are always announced in advance in the toilet paper, so feel free to stop in whenever there is a meeting happening! Keep an eye out for an Open Mic hosted by the Black Student Union, Tapestry, and DEI Council.

P.S. For a peaceful and heartwarming view, consider sitting in the middle section of the cafeteria during lunch to witness the beautiful artwork our own students have created!





Gabby Uku (senior) puts the finishing touches on the tile that represents the Black Student Union.



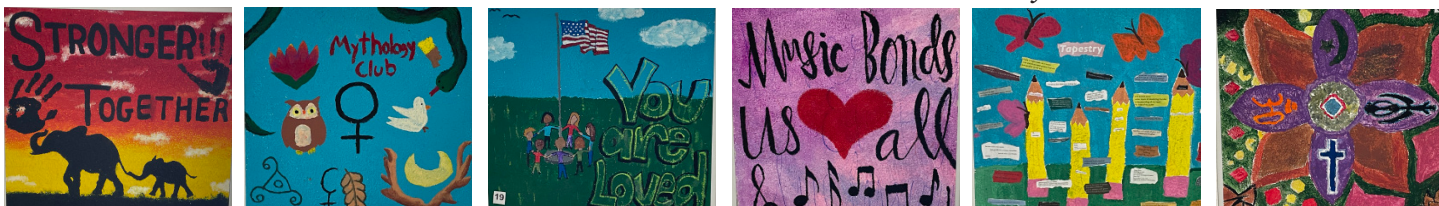
Camryn Eisner, Gabi Urso (sophomores), Francesca Iasella (freshman), Anna Iasella (sophomore), and Olivia Dugan (freshman) enjoyed some fresh air and laughs while they created the tile that represents the Mythology club.



Emily Hook (senior) and Sam Elder (junior) put a great deal of effort into the tile that represents the Best Buddies club.



Mia Cody and Luiza Weissmann (juniors), Carissa Shepard (senior), Delaney Asbury, and Diya Reddy (juniors) take a short break from their work on the tile for the Global Minds club.





A Record-Breaking Telethon Season

By Mahitha Ramachandran

After a school year of online classes and events, including Fox Chapel's annual month-long winter fundraiser, the 32nd Telethon returned to tradition better than ever. In fact, the fundraiser raised a record-breaking \$107,146 throughout the month of December.

Beginning on December 1st, daily sales during QRT and lunches including baked goods, cultural foods, raffle tickets, and others led up to the telethon day, occurring the last day before break. These daily events were coordinated and sponsored by various clubs and student organizations.

One club's fundraiser was an especially big hit among students: with their Asian food sale, the Asian Culture Club (ACC) raised an impressive \$1,136 selling fried rice, fried noodles, Pocky, homemade egg rolls and bubble tea, along with mango lassi in partnership with the Desi Club. "I was really nervous that it wasn't going to sell and that I was going to lug 70 containers of food back home, but it ended up selling really well," senior Justine Eng, president of ACC, said. "It was nice to see people so interested in the food we brought. It was cool being able to represent our culture while raising money for a really meaningful cause."

Along with the freshmen, sophomores experienced the in-person festivities at the high school for the first time.

Meanwhile, juniors were reminded of their first Telethon in 2019, just a few months preceding school closures from COVID while seniors made memories of their final Telethon. From helping their students decorate classroom doors to playing in the student vs. teacher basketball game to getting pied in the face or duct taped to the wall, staff members enthusiastically took part in the fun as well.

While Telethon Day 2021 – this year, on Thursday, December 23 – saw the return of many traditions and

longtime favorite activities, including the student vs. teacher basketball game and Fox Fest, as well as the livestream by Swift Fox Media, there was a new aspect to this year's Telethon: the money raised throughout the month went directly to Foxes Family Care (FFC), an organization partnered with Fox Chapel Area School District. Through fundraisers and coordinated community efforts, FFC provides food, clothing, technology, and other resources

to students and their families throughout the district. "I think it's a great cause because the money will directly help people in the district, and we get to see the difference that we are making in our own community. I think that is really special," said senior Riley McIntyre, Telethon Student Coordinator and Community Outreach Chair.



Media teacher, Mr. Ryan Devlin, gives the thumbs-up to one of the telethon student hosts, Chloé Rongier (senior).

Telethon, continued...

In addition to the cause, another new aspect was introduced for this year's Telethon: electronic donations through apps like Venmo. Student Activities Coordinator Erin Butkovic noted the impact this had on the efforts. "Hopefully using electronic donations sites, like Venmo, will expand during next year's telethon season. We piloted it with a small group of teachers for purchasing class sets to our telethon day activities like the basketball game and FoxFest"

Through the efforts and generosity of many, this year's Telethon not only raised a record-breaking amount of money, but also placed the overall total over 32 years at \$1,025,532 raised for charity by Fox Chapel Area School District.

McIntyre hopes the spirit of this year's Telethon continues for years to come. "The underclassmen haven't had a normal telethon before this, so I really want them to know what it looks like and how exciting it is," she said. "I want them to see and adjust to that so they can have great telethons in future years."



Fox Families Care community liaison advisor Tracey Marsh; president Paulette O'Donnell; treasurer Heather Kennedy; and director of media relations Brooke Guyaux take a break from the festivities to pose with Santa and Mrs. Claus.



The pottery club students sold handmade ornaments to raise funds.



Ms. Meabon's QRT did an amazing job decorating their door for the competition.



The National Honor Society hosted the car smash, which is a popular Telethon tradition. Students donated money to enjoy unleashing their aggression on this car, which was donated by Ferra's Automotive Services in Sharpsburg. Many students claimed it was "the best therapy money could buy!" This activity raised just under \$700 for FFC.



Pie in the face is another favorite Telethon tradition. Above, Simon Shiferaw takes his best shot at math teacher Ms. Ubinger.

The Future of Football at Heinz Field



Photo: Matt Freed/Post Gazette

By Trevor Katz

While the Pitt football season ended on a disappointing note after dropping a 21-10 lead to Michigan State, the future remains bright. Also occupying Heinz Field, the Steelers, who managed to end up in the playoffs after a series of lucky events, face a very similar situation to the Panthers. Both teams, brimming with talent, will lose their starting quarterbacks.

The situation for Pitt is much more concrete than that of the Steelers. The Panthers managed to land former USC starting quarterback, Kedon Slovis, from the transfer portal. After stepping in for former five-star recruit, J.T. in 2019, Slovis assumed the starting role. Having his best season in 2019 after the injury to Daniels, Slovis threw for 3,502 yards, 30 touchdowns and only 9 INT's, leading the Trojans to an 8-5 record. Coming into his sophomore season with much hype, Slovis performed well. In a COVID hampered season in which USC only played six games, he led the Trojans to a 5-1 record, while throwing 1,921 yards, 17 TD's and 7 INT's. Expectations were high for Slovis in his junior season, and he did not live up to them. Slovis finished the season with 2,153 yards, 11 TD's, and 8 INT's, a major step back from his previous seasons. This led him to being effectively benched and splitting time with freshman Jaxson Dart. Following a coaching change at USC, Slovis entered the transfer portal and transferred to the school his girlfriend attends, Pitt. Many are hopeful the assumed starter can recapture some of his previous energy, especially with Biletnikoff Award Winner for best receiver in the nation, Jordan Addison, catching passes for him.

The Steelers have Pittsburgh football entering much more uncertainty. Although not officially announced, this season is expected to be the last of 18-year starter

Ben Roethlisberger. With their only current backup being Mason Rudolph, the only QB under contract for next season, many hope the Steelers bring back QB Dwayne Haskins, although neither are considered to be long term quarterbacks for the future. The biggest issue with filling the vacancy is the surrounding team. Boasting a stout defense with young stars like TJ Watt and Minkah Fitzpatrick, accompanied by some older stalwarts such as Cam Heyward and Stephon Tuitt, the Steelers need to capitalize on their extremely talented roster now and not squander the ability to be successful.

This is why many assume that the Steelers will not target a young quarterback in the draft. Although many are clamoring for the Steelers to draft Pitt QB Kenny Pickett, the reality is that won't happen. For one, the Steelers will pick late in the first round, and realistically a top tier quarterback such as Pickett likely won't be available, most likely other top tier QB's Matt Corral from Ole Miss and Malik Willis from Liberty won't be available as well. Although many, including myself, would love the Steelers to pick one of these QB's if available at their draft position, the O-Line seems to be more important at the moment for the success of the team.

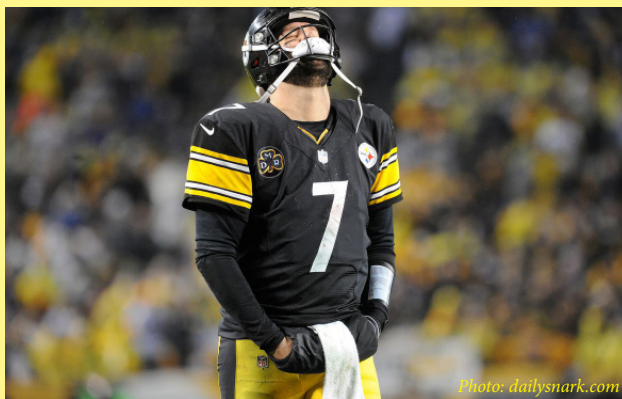
This means the Steelers main option would be targeting a veteran QB either on the free agent market or by trade. Big names such as Aaron Rodgers and Russell Wilson are unlikely to be released and the Steelers will probably not give up the enormous amount of capital required to get one of the players, so they are out.

There are some other QBs available via trade that are more realistic. Vikings QB Kirk Cousins, although with a massive contract to handle, has played well and is in an

Future of Football, continued...

uncertain position with head coach and general manager being fired, so he has potential to take the reins. Although very efficient Cousins does not have the mobility that coach Tomlin has made clear he wants in his QB, this leads us to Gardner Minshew. Recently traded to the Eagles from the Jaguars, he has played extremely well for a sixth round pick, mobile and takes care of the ball, the Steelers would likely be able to get him for a fourth round pick in 2023, and he would have a very serious chance of competing for the starting job.

Finally, the Free Agent Class. A pretty lackluster class, although experienced starters are available. Mobile quarterbacks include Marcus Mariota, Tyrod Taylor and Teddy Bridgewater, who all have starting experience and



"This season is expected to be the last of 18-year starter Ben Roethlisberger. With their only current backup being Mason Rudolph, the only QB under contract for next season, many hope the Steelers bring back QB Dwayne Haskins."

would hopefully be able to handle the team well. Jameis Winston, who is most known for throwing 30 TDs and 30 INTs in the same season, is available after a good season with New Orleans before an injury. Some other long shots include Mitch Trubisky, Cam Newton and Nick Foles, although all are not likely to be a starter on any team.

One thing is clear however, at this point in time there is no obvious heir to the throne of Big Ben, and the Steelers most likely will not have a long term solution, or top tier solution for this coming season. One thing that is for certain is that the Steelers must capitalize on a loaded defense; young talented receiver corp including star Diontae Johnson, who finished the season with over 100 catches and 1000 yards, Chase Claypool along with James Washington and JuJu Smith-Schuster, both of which have contracts expiring this offseason; and young power Najee Harris who broke the Steelers record for rookie rushing yards with 1,200 to go with seven TDs and 437 receiving yards.

Model European Union Diplomatic Simulation and Speech & Debate Tournament Results



Several Fox Chapel Area High School students won awards in a Model European Union diplomatic simulation and two speech and debate tournaments.

- Six Fox Chapel Area High School students won awards as part of the virtual University of Pittsburgh Model European Union diplomatic simulation. Freshmen Etash Jhanji and Swati Mylarappa won an award for Outstanding Position Paper (first place). Seniors Patrick Alexander and Nathaniel Mueller won the Excellent Delegation (second place) award. Juniors Caleb Hahl and Blaz Vavpetic won the Excellent Position Paper (second place) award and an Honorable Mention Delegation (third place) award.

The virtual simulation was held December 10, 2021, and was sponsored by the University of Pittsburgh. Approximately 170 students representing 12 public and private high schools from Western Pennsylvania participated in the competition.

- Members of the Fox Chapel Area High School Speech and Debate Team participated in the annual North Catholic High School Invitational Speech and Debate Tournament. Senior Patrick Alexander won an Outstanding Performance award by finishing in the top five.

The tournament was held in person at North Catholic High School December 11. Approximately 270 students from 27 public and private high schools from Pennsylvania and Maryland participated in the event.

- Two Fox Chapel Area High School students were named winners in the virtual annual Isidore Newman School Invitational Speech and Debate Tournament. In Policy Debate, senior Ian Mackey-Piccolo and sophomore Adhitya Thirumala finished as semifinalists, meaning they were in the top four, in the tournament.

The event was held virtually December 10-12 and was sponsored by the Isidore Newman School in New Orleans. A total of 458 students representing 76 public and private high schools from 26 states participated in the tournament.



Photo: weareteachers.com

By Justine Eng

On a cold winter morning, when that familiar friendly voice on the phone announced, “This is a call from the Fox Chapel Area School District...” I always knew we were in for something good. Whether it was a two-hour delay or a school cancellation, these were some of my best memories of school. Snowy winter morning calls meant we could tuck our feet back into the warm blanket for extra sleep or take the day to play outside till our boots were filled with snow, then enjoy a steaming cup of hot cocoa. With the changes Covid-19 has brought, we perhaps will be the last batch of students to experience the joy of snow day announcements.

With the introduction of remote learning in 2020, the tools for teaching online were put into widespread practice. Platforms for online meetings such as Zoom, Google Meet, and Microsoft Teams sprang up in popularity, and the pandemic forced everyone to learn how to navigate the new technology. Fox Chapel was very lucky in that our teachers had put in a lot of effort and were able to adapt quickly to the new mode of teaching. Although it was definitely a change for the students as well, our generation of students grew up as digital natives. We had computers starting from pre-school and elementary school, and in Dorseyville Middle School, we were one of the first groups of students to be given a personal iPad to use.

Driven by Moore’s Law, which started as an observation but eventually turned into an industry goal of doubling computing performance roughly every two years, computer/information technology has improved dramatically. This exponential growth in computing power has enabled powerful virtual technology awaiting adoption. The pandemic became the catalyst for this implementation, resulting in the accelerated digitization of many businesses as well as schools. As more students are attending school

remotely, this period has also starkly highlighted the social digital divide where access to computers and the internet are essential to education.

Fox Chapel Area schools have been fortunate enough to afford investments into technology and training over the years which enabled the transition to online learning, and later, hybrid learning. While in online school, we logged onto our meetings at the specified class times, completed work and

tests at home, and checked Schoology for assignments. This novel way of schooling slowly became a daily routine, and now that we have gone through more than a year of virtual learning, it has almost become a new normal. This new normal may be implemented during inclement weather which could mean the end of snow days forever. Now, when the physical school may be closed, we may be expected to show up as usual in our online classes.

"With the changes Covid-19 has brought, we perhaps will be the last batch of students to experience the joy of snow day announcements."



Photo: pennlive.com

There are conflicting opinions relating to traditional snow days and virtual snow days. Looking at the argument for virtual snow days first, many argue that snow days weren't really days off in the first place. The days that were missed in winter had to be made up later in the year. Additionally, with Covid-19's disruption to education, many educators believe that students would benefit from more consistent classes. Many school districts had already been planning to get rid of snow days, and the online tools enabled the possibility. In our own experiences in middle school, snow days were already changing. Even though virtual classes weren't held during snow days in Dorseyville, we were still required to check Schoology for assignments in many of our classes.

Looking at the argument for traditional snow days, perhaps the best argument is the challenge of technology access. Virtual classes assume that all students have immediate access to personal computers and reliable internet at home. This is not the case for many students around the country and within our district. It would be difficult to anticipate and proactively provide computers and wifi-hotspots to students. There is also the difficulty to concentrate when snow is falling outside, particularly with younger students. Supporters of traditional snow days also argue that these days happen so rarely that they are not much of a disturbance to consistent schooling, making it unreasonable to take them away. These spontaneous days of school cancellation are a time to let go of our stress and re-energize. In fact, snow days brought so much joy to students and teachers alike that many people and companies even started initiatives to save the tradition, with one of the more notable ones being Campbell Soup's "Save the Snow Day" initiative.

Just like with so many things in life, there are always multiple perspectives to any argument. But for now, on an upcoming cold winter morning, the message on the phone may say, "This is a call from the Fox Chapel Area School District. School will be held online today due to the snow. Please remember to check Schoology and log onto your first period at 7:30 am for attendance." Now if you'll excuse me, I have to go locate my codes for my classes.

Studying Do's and Don'ts

By Shahed Hamada



Photo: oxfordlearning.com

Raising your grades sometimes can be very difficult but here are some tips to help you. There are many different ways of studying. Many students struggle to find the way they learn best but I am going to give you five do's and don'ts to help you study. First, and most importantly is to space out your studying. DO NOT study a day before the test/quiz. Make a schedule for yourself, space apart sessions throughout four days or more if you need it. Second, don't just reread books and notes. In the book *Make It Stick: The Science of Successful Learning*, the author McDaniel says, "Rereading is like looking at the answer to a puzzle, rather than doing it yourself. It looks like it makes sense. But until you try it yourself, you don't really know if you understand it." Third, test yourself. For example, you can cover up the definitions in your notebook. Then try to recall what each term means or make a quizlet/kahoot. While testing yourself, check to see if you were right, then look at what you got wrong so that you can focus more on them and make sure to find the answer to the ones you don't know. If you don't find out what the answer is, you're kind of wasting your time. Fourth tip is to use pictures. Pay attention to diagrams and graphs in your class materials or if there aren't any, create your own, it can be really helpful. Also form a mental image if you have a concrete example of something. Fifth tip is to get some rest. Don't get less than seven hours of sleep the day before an exam. Exhaustion helps no one perform their best. Your body needs rest, so getting enough sleep is important for memory function and that's part of your schedule when spacing out your studying because it reduces the temptation to stay up all night. Make sure to set a goal the night before an exam to get seven or more hours of sleep. Good luck!



Photo: shutterstock

Fairness Steroids: India's Whitening Epidemic

By Nia Lingam

There's absolutely nothing fair about India's centuries-long obsession with fairness, or how it came about. Today, creams, powders, and even topical steroids are the leading enablers of India's whitening epidemic.

First off, what is colorism and where did it come from? Colorism is, by definition, prejudice against people with darker skin. But over the years, I've been taught that it means more than disdainful remarks about my complexion from my relatives. It means being conditioned to always hide from the sun, rubbing my face with lemon juice and baking soda (don't do this!), being told I'll never be beautiful, being called awful names, and so much more that I don't have enough room to detail.

In India, society has been infatuated with fairness ever since colonial times. Proximity to lightness – and by extension, whiteness – has always meant being more attractive, powerful, and rich. Although my experiences with colorism were bad, they're telling of my privilege being here in America, as those with darker skin in India experience systematic discrimination in all sectors. Lighter-skinned people are always preferred in the media, for job positions and in marriage ads. Here in America, people are normally focused on the flip side by planning tanning appointments or wanting to tan in the summer. To put things into perspective with the cultural barrier, in 2020, the global tanning market was valued at \$789.2 million, and in the same year, the global skin whitening market was valued at about \$8.6 billion. 50% of India's skincare market is comprised of whitening products.

Generational favoritism has pushed darker-skinned people to the edge where they have even been willing to

abuse topical steroids. The main culprit? Betamethasone: a prescribed topical steroid used by psoriasis patients to treat inflammation, redness, and itching. But how did this steroid find itself in the hands of perfectly healthy, young women in India? One very uncommon side effect is hypopigmentation or skin lightening. In the less pretty fine print, the warning reads that continued abuse of these creams has caused many cases of TSDF, or Topical Steroid Damaged/Dependent Face, which is associated with itching, acne, and overgrowth of facial hair. But what keeps people going back for more isn't just the false promise of fairer skin: it's the wave of acne, redness, and irritation that accompanies quitting this addicting cream.

The public's misinformation and tunnel vision aren't the only ones to blame for the mass consumption of these creams, it's the legal ambiguity of their sales and



Photo: prescriptiongiant.com

"In the less pretty fine print, the warning reads that continued abuse of these creams has caused many cases of TSDF, or Topical Steroid Damaged/Dependent Face."

Whitening Epidemic, continued...

government inaction to properly regulate pharmacies. Staffers at pharmacies selling these creams don't even know that the creams need prescriptions, and those that do just sell them anyway. The government finally addressed grievances with a lawsuit in 2017 calling for the ban of cream selling without prescriptions. In March 2018, the Health Ministry added betamethasone, along with 14



Photo: Anushree Fadnavis/Reuters

"In India, society has been infatuated with fairness ever since colonial times. Proximity to lightness – and by extension, whiteness – has always meant being more attractive, powerful, and rich."

topical steroid creams to a list of Schedule H drugs to be banned without prescriptions. But just changing the names of these drugs has had no little impact as sales continue to rise.

I believed that the odds of winning against colorism had been very, very slim up until a few years ago. Something so ingrained in my community that it managed to touch me here, 8,000 miles away from my grandparent's house in Hyderabad. But the window of change creaked open a little when the Black Lives Matter protests incited protests against colorism, leading to one of the most popular lightening creams, "Fair and Lovely," being recalled and rebranded. The celebration of melanin and the health crisis accompanying steroid creams have attracted even more attention to the fight. There's still a long way to go, and it would take an immense amount of reforms, regulations, and a cultural upheaval to do away with the "white" lies of the past, but with newer generations, we have a pretty good shot.

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Milgrub Earns Scouting's Highest Rank

Jacob Milgrub of Indiana Township earned Boy Scouting's highest rank when he successfully completed the Eagle Scout Board of Review on October 24, 2021. The son of Adam & Michelle Milgrub, Jacob led a team of youth and adult volunteers in constructing and installing a large firepit at Harvest Baptist Church in Natrona Heights. The addition of the firepit to the church property will primarily benefit the youth ministry of Harvest Baptist Church. The church lacks outdoor meeting spaces. With social distancing requirements, an outdoor facility will enhance the socializing and bonding time the youth ministry needs.

Additionally, his team constructed firewood storage racks to be used for the firepit.

A sophomore at Fox Chapel Area High School, Milgrub continues to challenge himself in school by enrolling in accelerated and AP classes. He sees a four-year college in his future with a focus in engineering. He credits his time and leadership opportunities in Scouting as a member of Troop 380 in the Japeechen District for his many interests in outdoors and leadership skills, as well as his

interest in biology, engineering and medicine. He has no doubt those skills will take him far in life.

Getting a young person involved in Scouting is as simple as logging on to beascout.scouting.org



Sophomore, Jacob Milgrub stands by the large firepit that he constructed and installed at Harvest Baptist Church.

Photo courtesy of Jim Zufall



Students Prepare to Lead the Fight Against Stigma

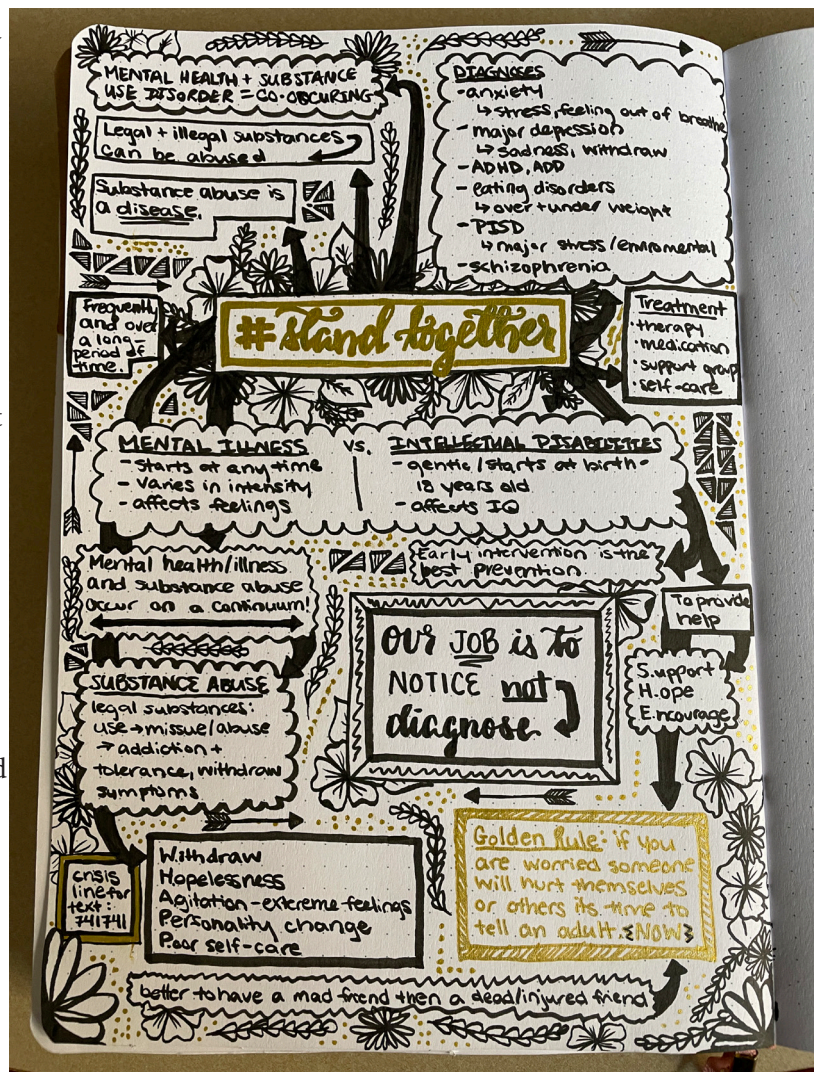


By Emily Hook

November of 2021 marked the launch of Fox Chapel Area High School's Stand Together program, a student-led initiative which strives to promote social inclusion, identify helpful mental health resources both in and outside of the school environment, and increase the spread of factual information regarding mental health and substance use disorders. The Stand Together program was created by the Allegheny County Department of Human Services in 2013, and works with schools and students to develop projects that aim to destigmatize youth seeking help for themselves and others.

The Stand Together team, composed of 23 student leaders, voluntarily completed ten hours of training, where they learned about the negative impacts stigma has on those who are affected by mental health and substance use disorders and what actions can be taken to reverse this stigma. The majority of the training focused on what could be implemented in our school's environment to make the building a safe and comfortable place for all students to share their experiences and reach out for assistance when and if they may need it. The November training only marked the beginning of what the Stand Together team would like to accomplish within the high school and throughout the Fox Chapel Area School District.

The first action towards breaking the stigma was taken just before winter break. Knowing that the holiday season could present many negative triggers for students (and adults), the team created and distributed cards with candy canes attached, listing the mental health assistance lines in our area and in-school resources. These cards with the attached candy canes were provided to every student throughout the



Recent FC graduate, Griffin Kerstetter, organized her notes from day one of the Stand Together training into a creative graphic.

Students Prepare to Lead the Fight, continued...



Sophomore, Camryn Eisner, questions the group about "favorites" as one of the training exercises that aimed to demonstrate the things unexpected individuals may have in common.

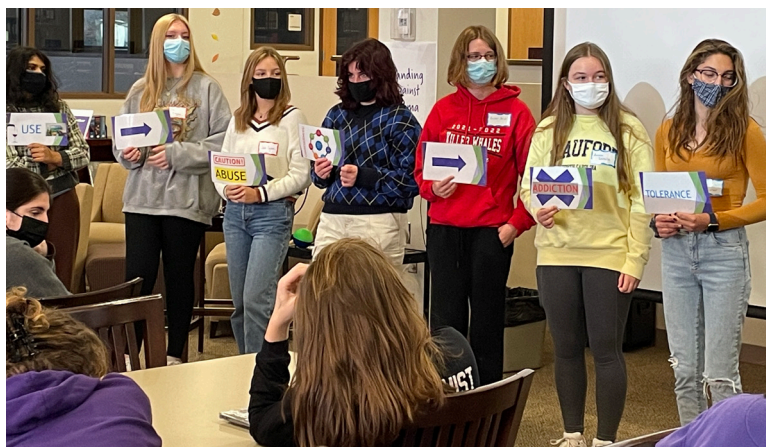
high school as a way to remind them that with the stress and challenges that may arise during the holiday season, they are never alone and help is available for dealing with emotions and struggles. This was the first step of many that the student leaders would like to take in order to help connect students with people who can assist them with their mental health needs.

Moving into the second semester, the Stand Together team is working diligently to be able to create more engaging events and activities for the student body, which will stand with our mission of promoting social inclusion, sharing mental health resources, and fighting the stigma surrounding mental health and substance use disorders. Throughout the upcoming weeks, the team plans

to present information to the faculty, send a special Valentine message to the student body, and host a variety of awareness activities.

They will

also sponsor a booth at the Opportunities Fair on April 27th, so be sure to stop by, show your support, and stand with them to combat the stigma surrounding mental health and substance use disorders.



Stand Together team members demonstrate the path o substance abuse and dependency.

#standtogether

Learn more by visiting standtogether.againststigma.org

Students Chosen for PMEA Honors Band

Four Fox Chapel Area High School students were selected by audition to perform with the 2021 Pennsylvania Music Educators Association (PMEA) District 1 Honors Band. The students are senior Jonah Hertzman (oboe), juniors Lawrence Liu (flute) and Silas Owens (alto saxophone), and sophomore Chloe Kim (clarinet). The band was comprised of 85 of the best student-musicians from Allegheny, Fayette, Greene, Washington, and Westmoreland counties.

The PMEA District 1 Honors Band concert was held on November 21 at North Hills Middle School and was conducted by Dr. Scott C. Tobias, director of bands and associate professor of music at West Virginia University.



Fox Chapel Area High School senior Jonah Hertzman, juniors Silas Owens and Lawrence Liu, and sophomore Chloe Kim (from left to right) were selected by audition to perform with the 2021 Pennsylvania Music Educators Association (PMEA) District 1 Honors Band.

COP26

Sink or Swim?

Photo: demandclimatejustice.org



By Nia Lingam

1.5°C or 2.7°F: The magic numbers that draw the line between our world today and a world stricken by climate disaster in 100 years.

What is COP26?

At COP26, the 2021 UN Climate Change Conference, 120 world leaders met to create new and redeem older climate pledges. This year, a highlighted area of focus was methane, which makes up 20% of greenhouse gases globally and is considered more powerful than carbon dioxide. Over 100 nations joined in signing the Global Methane Pledge, through which methane emissions are hoped to reduce by 30% by 2030 and quantify them going forward. Many countries also declared that they would reach net-zero emissions by 2050, with about 85% of the global population being now covered with these net-zero targets. On top of this, 85% of the world's forests pledged to end and even reverse deforestation by 2030, to tackle carbon emissions. Sure, all of these new agreements sound great and optimistic, but how effective will they be, realistically?

The High Stakes of 1.5°C

Experts say, not nearly effective enough. Analysis from the Climate Action Tracker warned that in 2030, emissions will still be twice as high as they should be for the 1.5°C limit, pledges and all. In fact, CAT predicts that the world is on track for a 2.7°C increase at this rate. But what difference do these 3 degrees make?

At just 2°C of warming, all of our coral reefs will disappear. Ice-free summers in the arctic can occur once a decade, and the water that's melted goes on to flood 50

million people. On the opposite end of the world, 28% of the world population (that's 2 billion people!) will be exposed to extreme heat waves once every 20 years. About half a billion people will also be exposed to severe drought by the turn of the century. As if things can't get worse, it's been proven that every half a degree of warming leads to lower crop yields, and thus, famine.

The Bright Side

The good news is that if all of the net-zero goals from COP26 are met, we're due for only a 1.8°C warming, just 0.3°C shy of where we should be. Although this is the absolute best-case scenario, it would require rigorous commitment and financing, but it is doable. For every tenth of a degree that's prevented, the future of drought, famine, and flooding fades a little. This is where it comes down to us. Staying updated on climate change and making our voices heard is the best thing we can do. Let's see if COP26's plans will sink or swim.

Check out organizations like "Nature Climate Change", "Arctic News", "Climatelinks", and more for the latest news on climate change!

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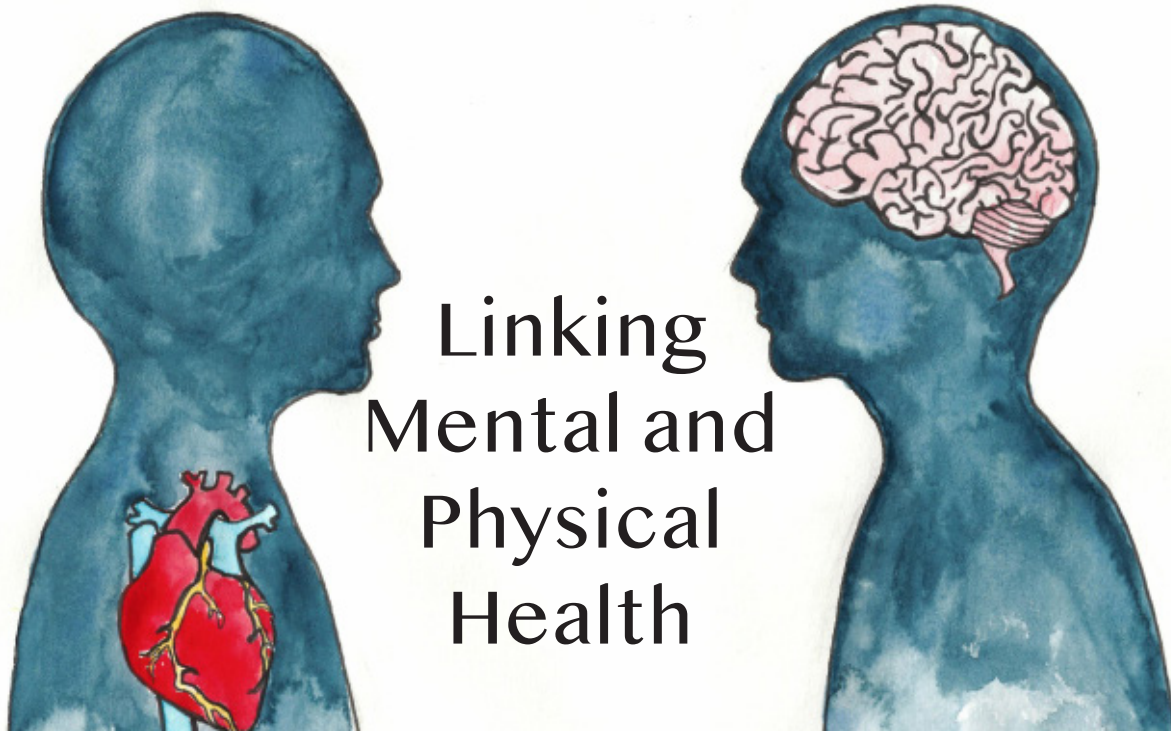
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Image source:

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Above: Climate change protestors express the need for immediate action in the days leading up to the 2021 UN Climate Change Conference. Photo by euronews.com



By Josie Giguere

Mental health, like physical health, is equally as important to prioritize. Individuals cannot obtain optimal physical health without first addressing mental health, and more teens are becoming aware of this. Mental health can be damaged by many factors, including stress, lack of sleep, poor lifestyle choices, and toxic relationships. Stigma can cause people to hide their poor mental health, leading to a buildup of negative emotions. Regular exercise and healthy lifestyle choices can assist in relieving stress and anxiety. The bottom line is, the body needs good mental health AND physical health in order to function optimally.

Today, mental health is becoming less stigmatized, but many people still face the fear that they will be looked down upon if they admit they need help. It is OK to take a break from life's demands at times in order to prioritize mental health struggles. Gymnast Simone Biles demonstrated this in 2019 at the World Championships. Biles was a very successful athlete who had won five Olympic medals and was considered to be one of the best gymnasts. She was about to compete when she stepped off the beam and did not take part in the rest of the tournament. She later shared that the stress was too much for her to handle and she needed to take time to herself to calm her mind. There is no situation in which anyone should place their mental health at risk for others, nor is it ever too late to take a break.

When someone's mental health is poor, they can do things to calm their mind and take a break from the emotions they may be feeling. The National Council for Mental Health and Well Being offer these five tips to help teens cope with stress:

1. Get some sleep. Getting enough sleep helps you grow and develop normally, pay attention throughout the day and maintain overall health. For teens, this means about 8-10

hours each night.

2. Focus on your strengths. Take some time to think about what you're good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

3. Do things that make you happy. Find activities or hobbies that make you happy and incorporate them into your daily life. This might be a physical sport, an artistic outlet or spending time with family and friends.

4. Engage in physical activity. Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park to a bike ride or basketball game with friends.

5. Talk to someone. It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find new ways to manage your stress.

A person cannot expect to perform well when unstable and stressed, that is why taking care of mental health is just as important as physical health. There are many steps and strategies that can be used to keep up with oneself mentally, so never be afraid to focus on yourself and take a break from life's stress. Keep the above advice in mind and give them a try when experiencing stress. There are many support resources right in our school; the school counseling office can connect you with what you need!

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Student Email: _____ **School District:** _____

Mailing Address: _____

Parent/Guardian Name: _____ **Phone:** _____

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

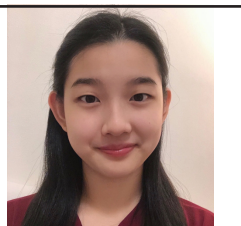
MEET THE STAFF



Annalese
Bartolacci



Andrew
Begg



Justine
Eng



Russell
Fenton



Josie
Giguere



Katie
Haas



Shehed
Hamada



Helia
Hamidi



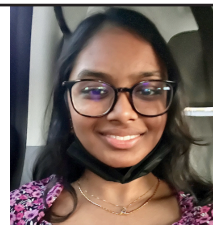
Trevor
Katz



Leah
Kenyon



Shriya
Krishnamurthy



Nia
Lingam



Mahitha
Ramachandran



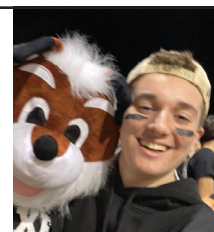
Paris
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Safiya
Stewart



Kaylee
Uribe



Abraham
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Ann
Yonas

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

FOX TALES

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Fox Chapel Area High School

Second 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.



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Congrats, Early Graduates!

On January 13th, members of the first Fox Chapel Area High School graduating Class of 2022 were honored for their accomplishment. It was an amazing day. A special surprise honor was given to Albert Beyer Jr. from Ohio. He was unable to graduate with his FCAHS Class of 1969 because he enlisted in the Marine Corps in 1968. He was in Vietnam when it came time for him to graduate.

The FCAHS class of 2022 early graduates are: Charlee Altenbaugh, Ainsley Baucom, Edward Baur, Kadence Boykin, Deniz Cinemre, Gunes Cinemre, Savannah Donatelli, Cozette Dye, Katherine Eccles, Raniya Gaston, Hunter Geller, Griffin Kerstetter, Audrey Mah, Matthew (Jack) Marquette, Kaitlyn Martinowsky, Addison McKelroy, Ruth Mertens, Cassidy Minton, Garrett Moir, John (Trey) Neal, Shane O'Connor, Zachary Paper, Fania Parlour, Adeline Piper, Sophia Roth, Maddox Rutkowski, Jacob Stahl, David Whitmer, Darius Zaborowski, and Connor Zakin.

