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Songs for a New World

By Maddie Muller

The spring musical this year was much different than what it has been for so long. Instead of having live audiences for three nights in a row, this year the musical was recorded and meticulously edited together by an outstanding production team. The musical, *Songs for a New World* composed by Jason Robert Brown, was a very different pick for a musical as well. While most musicals tell a story, *Songs for a New World* presented a collection of songs only related through one theme: how “the moment of decision” (the moments in life that seem perfect when, in a flash, everything changes) affects everyone differently. It told each character’s story individually. There were no main characters, no plot, and each song introduced someone new and their issues. The only similarities were the struggles faced by each character. The composer, Jason Robert Brown, described the show’s storyline as: “about hitting the wall and having to make a choice, or take a stand, or turn around and go back.” The cast for this wonderful production is as follows, but keep in mind that no character is named. In such a confusing and abnormal year the musical remains constant.. It took many minds and teams to make this show what it was so the production team, crew, and pit deserve major congratulations as well!



A Little Literature:

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

By Shriya Krishnamurthy

TODAY'S TOPIC: A Leap Back In Time (to 1690...)-- Presenting...the Newspaper!

When I was much younger, around 3 or 4 years old, I loved to watch one of the many music videos of “The Wheels on the Bus.” Even though it has been ten years since then, I still distinctly remember lyrics that went, “the daddies on the bus, they read their papers”. Even now, my father reminisces over memories of his grandfather, my great-grandfather, sitting in his wicker chair in India, reading a newspaper in the local language. Newspapers are not as popular as they once were, prior to Internet, the smartphone and the tablet. We all use news apps to get our news, or the adults watch it on TV. I am not saying this is bad, but sometimes online newspapers do not provide the full experience as that of reading a real newspaper. Unwieldy as it may seem, a physical newspaper brings a unique experience.

One example can be seen with the newspaper my family gets, the Wall Street Journal. WSJ has an online web-paper (on a website) and an app with the latest news. The online editions do not have the weekly News Quiz and the daily column with really interesting stories that are almost unexpected and are hard to find! One story I read was about how millions of Americans (of all ages) have been going on major Squishmallow hunts to find certain exclusive “squad members.” Some people have even traveled across three states, just to buy a single Squishmallow from a Target store – the ones nearby were sold out. The other day

I read an article about a seven-foot tall peacock that lives in Pigeon Town, Louisiana. Apparently, Mr. P, as he is called, showed up in the area after Hurricane Katrina, and has stayed there ever since. After his roost was destroyed during another hurricane, Mr. P took to living on residents’ porches. These articles are fairly short and they are great to work into conversations! The weekend physical (paper) version of the Wall Street Journal



includes a weekly News Quiz, which most definitely cannot be found on the app (trust me, I’ve tried). This news quiz highlights the events of the past week – it also comes with knotty puzzles, games, and Ask Dan Ariely, most of which are not on the app (with some exceptions). You have to explicitly “search them up” (as my

little brother likes to say) and it is not as much fun. The News Quiz actually motivates me to read the paper, so I can get the most questions

Reading newspapers is a good habit. Many include a section for book reviews, which actually partly inspired me to write this blurb. However, these reviews are not just for adult readers; in fact, there is a special section just for childrens and teens! If this article convinces any of you to check out a newspaper, the Cooper-Siegel Community Library is where to head first!

In my honest opinion, the physical newspaper is by far the best, because it not only rests your eyes from the screen (which I think we all need, especially NOW), but it also transports readers back in time to the days when newspapers were the biggest source of information!

Regional Science and Engineering Fair Achievements

Ten Fox Chapel Area School District students recently won awards at the virtual Pittsburgh Regional Science & Engineering Fair (PRSEF) and two students qualified for an international science and engineering fair.

Fox Chapel Area High School junior Zoe Lakkis and sophomore Arvind Seshan were named two of seven overall winners and qualified to participate in the virtual Regeneron International Science and Engineering Fair (Regeneron ISEF) – the Olympics of student science competitions. Judging for the international competition will take place May 3-6, 2021, via video conferencing, and hundreds of students from nations across the world will



Junior, Arvind Seshan, won first place in the Computer Science and Math category. The title of his project was Enabling High Accuracy Human Activity Recognition with Fine-Grained Indoor Localization.

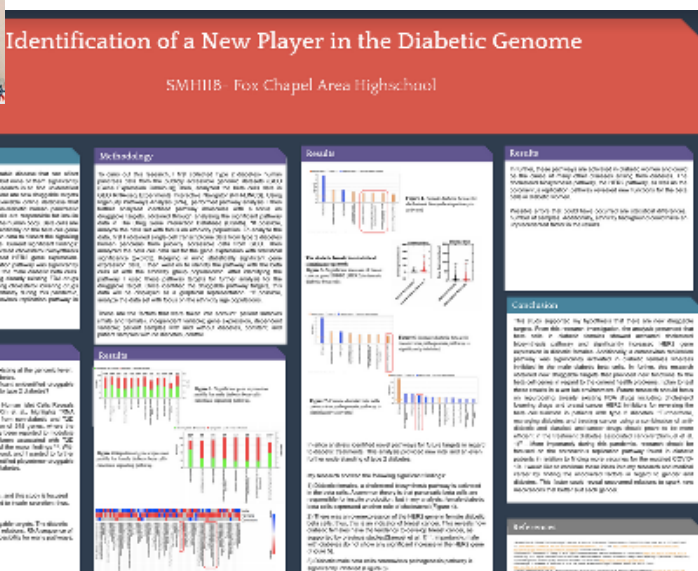
compete for prizes worth millions of dollars. Official Regeneron ISEF events will take place virtually May 16-21, featuring distinguished panels, the finalist exhibit hall, a career hall, the ISEF college fair, and a STEM experiential hall. Additionally, Arvind won first-place in the senior division computer science/math category; sponsor awards from FedEx Ground and the National Institute for Occupational Safety and Health (NIOSH); and an associate scientist perseverance award. Zoe also won the second-place award in the senior division computer science/math category, a Princeton Alumni Association of WPA sponsor award, and an honorary scientist perseverance award.

Freshmen Lakshanya Rajaganapathi was named the first-place winner in the senior division medicine/health/microbiology category. Junior Siddharth Yende won second-place in the senior division physics and astronomy category and an affiliated sponsor award from the U.S. Metric Association. Junior Janise Kim was named a fourth-place winner in the senior division computer science/math category, won a sponsor

award from the Society of Women Engineers, and received an honorary scientist perseverance award. Senior Sanjay Seshan received sponsor awards from Carnegie Mellon University – Leonard Gelfand Center, Eaton, and the Pittsburgh Intellectual Property Law Association; an affiliated sponsor award from the Office of Naval Research, U.S. Navy and U.S. Marine Corps.; and an honorary scientist perseverance award. Freshman Adhitya Thirumala received a junior scientist perseverance award.

Dorseyville Middle School award winners were eighth-grader Etash Jhanji who won first place in the intermediate division medicine/health/microbiology category, as well as a Spectroscopy Society of Pittsburgh sponsor award; eighth-grader Alex Kim who won FedEx Ground and Society of American Military Engineers – Pittsburgh Post sponsor awards; and sixth-grader Param Thawani who won Eaton and FedEx Ground sponsor awards. Additionally, as a place-winner, Etash was also nominated for the national Broadcom MASTERS (Math, Applied Science, Technology, and Engineering for Rising Stars) program.

The PRSEF is open to students in grades 6-12 from 21 counties in Western Pennsylvania and Garrett County in Maryland. More than 400 students from approximately 70 schools competed for cash prizes and scholarships. All of the students who participated in the virtual fair conducted individual science research, prepared a project report, and video conferred with a committee of judges.



At the 82nd Annual Pittsburgh Regional Science & Engineering Fair (PRSEF), Lakshanya Rajaganapathi won a First Place Category Award in Medicine/Health/Microbiology (senior). The title of her project was Identification of a New Player in the Diabetic Genome.

National Technical Honor Society Inductees



Emma
Bernesser

Meghan
DeLuca

Amelia
Herzer



Justin
Friday

Jenna
Rubican

Five Fox Chapel Area High School and A.W. Beattie Career Center students will be inducted into the National Technical Honor Society (NTHS) this year. The Fox Chapel Area students are senior Emma Bernesser – Veterinary Sciences Technology; and juniors Meghan DeLuca – Health and Nursing Sciences, Justin Friday – Health and Nursing Sciences, Amelia Herzer – Health and Nursing Sciences, and Jenna Rubican – Advertising Design. The students will be honored as part of a drive through ceremony and also via a special video produced by 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. The NTHS provides scholarships for ongoing education and works to improve the skilled workforce.



District Named One of the Best Communities in Music Education

The Fox Chapel Area School District has been named among the 2021 Best Communities for Music Education. This is the 10th year in a row that the district received this prestigious designation! Fox Chapel Area is one of 109 in the state of Pennsylvania and one of 686 school districts in the nation chosen for this honor that recognizes outstanding commitment to music education.

The districts were selected through a program sponsored by the NAMM (National Association of Music Merchants) Foundation which recognizes outstanding efforts by teachers, administrators, parents, students, and community leaders who have made music education part of a well-rounded education and who help ensure access to music for all students. Designations are made to districts and schools with innovative and resourceful music education programs in the United States and the communities that support them.

To qualify for the Best Communities for Music Education designation, Fox Chapel Area music teachers responded to a detailed survey with questions pertaining to funding, graduation requirements, music class participation, instruction time, facilities, and support for the music program and community music-making programs.

Research into music education continues to demonstrate educational/cognitive and social skill benefits for children who make music.

The NAMM Foundation is a nonprofit that advances music-making across the lifespan by supporting scientific research, philanthropic giving, and public service programs.

GOOD NEWS

Students Selected for PMEA All-State Music Ensembles



Four Fox Chapel Area High School students were chosen to perform with 2021 Pennsylvania Music Educators Association (PMEA)

all-state ensembles. Senior Joey Wang was selected to perform with the PMEA All-State Wind Ensemble. Senior Nathaniel Hines, junior Jack Lorence, and sophomore Salvatore Smith were selected to perform with the PMEA All-State Chorus. The students are rehearsing together virtually and will be submitting individual videos of them playing their parts or singing. These videos will then be compiled together for a virtual performance.

The all-state ensembles are selected by audition and feature the best musicians and singers from across the state of Pennsylvania.

FC Represents at State TSA Conference, Two Qualify for Nationals

Three Fox Chapel Area High School seniors recently won awards at the Pennsylvania Technology Student Association (TSA) State Leadership Conference which was held virtually April 14-17, 2021. The Fox Chapel Area first-place winner was Michael VanDemark in the coding category and Victor Yang won third place in the IT fundamentals category. Michael and Victor have both qualified for the virtual 2021 National TSA Conference that will be held in June. Additionally, Evan Butler placed fifth in the state in the PA logo design category, and Michael and Victor also took sixth place in the computer systems troubleshooting category.

The TSA is a national organization of students engaged in STEM (Science, Technology, Engineering, and Mathematics). The group supports STEM-education goals through high school and middle school competitions, leadership, and teamwork activities for students. The Fox Chapel Area High School TSA advisors are teachers Joseph Gass, Mitch Palucis, and Justin Papariello.

Ashton Monroe Named Community and Career Leader



Fox Chapel Area High School senior Ashton Monroe was named a winner at the 2021 Pennsylvania Family Career and Community Leaders of America (FCCLA) State Leadership Conference. Ashton, a culinary arts student at A.W. Beattie Career Center, was awarded a first place and a silver medal in the PA Table Service category. She was also

awarded a \$12,000 scholarship to Sullivan University in Kentucky which is ranked as one of the best culinary schools in the nation. The FCCLA State Leadership Conference was held virtually March 23-25.

Additionally, Ashton also qualified to participate in the Promotional Bulletin Board category of the 2021 SkillsUSA virtual state competition

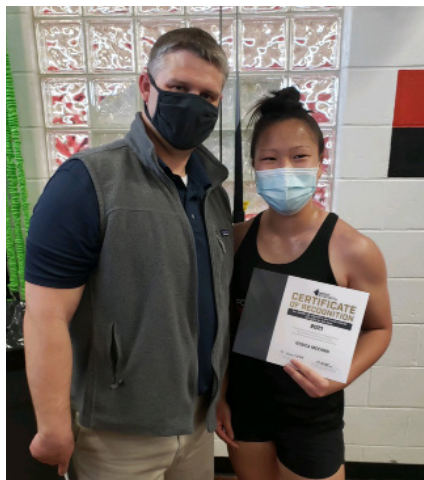


Students Honored by Fox Chapel Rotary

The Rotary Club of Fox Chapel Area honored ten graduating seniors May 19th. One senior was chosen by each academic department in the high school. The selected students are: Zoe Boychuk (Science Department), Alexa Correnti (Physical Education Department), Meredith Francis (Technology Education Department), Robert Gillner (English Department), Isabella Krisky (Music Department), Jose Morales (World Languages Department), Abigail Rickin-Marks (Social Studies Department), Vivian Shao (Mathematics Department), and Kaylee Werner (Business Department). The students were selected for exemplifying the following Rotary-like criteria: based on these Rotary-like criteria: love of the subject, good citizenship, work ethic, willingness to help others, wonderful student to be around, and positively adding to the class environment. Additionally, the Rotary's annual Service-Above-Self Scholarship was awarded to Maria Demotte, who will attend Robert Morris University in the fall to study statistics and data science.

McCann Named All-American Strength and Conditioning Athlete of the Year

Fox Chapel Area High School senior Jessica Jing McCann was named an All-American Strength and Conditioning Athlete of the Year. The honor, given by the National Strength and Conditioning Association (NSCA), recognizes high school and collegiate athletes whose athletic accomplishments reflect their dedication to strength and conditioning. The athletes are also recognized for their academic and personal accomplishments, as well as their integrity as student-athletes. Jing, a thrower on the track team, was recognized for her accomplishments in the track and field category. She has committed to continue her academic and athletic career at Seton Hill University this fall.



Senior Jessica Jing McCann with strength and conditioning head coach, Mr. Brandon Peifer.

Jing was nominated by Fox Chapel Area High School social studies teacher and interscholastic strength and conditioning head coach Brandon Peifer. He describes Jing as an “exceptional athlete” who has been committed to her offseason strength and conditioning training. He also knows her as a very accomplished student and national award-winning artist.

“Jessica truly embodies everything we believe a student-athlete should be,” Coach Peifer says.

Founded in 1978, the National Strength and Conditioning Association (NSCA) is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world. The NSCA exists to empower community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world.

Students Place in State FBLA Competition, Eight Qualify for Nationals

Twenty Fox Chapel Area High School students placed at the 2021 Future Business Leaders of America (FBLA) Virtual State Leadership Conference, and eight qualified for the FBLA National Leadership Conference. Seniors Allison Carey and Zoey Zoschg won first place; seniors Katherine Caracciolo, Rachel Chang, and Emily Li won second place; and seniors Erin Doherty and Isabella Liberto and junior Margo Levenson won third places. All eight of these students qualified for the FBLA National Leadership Conference to be held virtually June 29-July 2. Other top 10 state place winners were senior Kaylee Werner; juniors Brooke Bowman, Noah Bradley, Thomas Healy, Sydney Kennedy, Alex Zatman, and Ryan Zatman; and sophomores Nathania Lingam, Thomas Selwood, and Sophie Shao. Additionally, placing in open events were juniors Isabella Geraci (first place) and Margo Levenson (second place) and seniors Erin Doherty and Vinisha Sant.

The FBLA State Leadership Conference was held in March and April and approximately 3,500 students from high schools across the state participated in the virtual competition. The Fox Chapel Area High School FBLA sponsor is business education teacher Christina Congalton.

Students Place in State HOSA Competition/Qualify for International Competition



Six Fox Chapel Area High School students earned first through third place awards as

part of the 2021 PENN HOSA (Health Occupations Students of America)-Future Health Professionals State Leadership Conference. Juniors Claire Hamilton and Ava Vita each won first-place gold awards; junior Sangmin “Tim” Park won a second-place silver award; and senior Nishi Thawani, sophomore Dylan Srodes, and freshman Seoyoon “Heidi” Lee all won third-place bronze awards. All six of these students qualified for the HOSA Virtual International Leadership Conference that will be held June 23-26.

The PENN HOSA-Future Health Professionals State Leadership Conference was virtually held April 5-7 and included online exams, as well as video and photography submissions. Nearly 600 students from high schools across the state participated in the competition.

Superintendent Receives University of Pittsburgh Distinguished Alumni Award



Fox Chapel Area School District Superintendent Mary Catherine Reljac, Ed.D., is a recipient of a University of Pittsburgh School of Education 2021 Distinguished Alumni Award. She was awarded the Departmental Distinguished Alumni Award from the Administrative and Policy Studies department. She was one of 13 esteemed educators selected by the

Pitt School of Education to be honored this year.

"In their work and through their studies, our alumni and student award recipients represent the highest ideals of the Pitt School of Education," says Michael B. Haas, the school's director of alumni and development. "They are leaders who are propelling their organizations forward and helping the communities they serve through their commitment to innovation, equity, and justice in education."

Dr. Reljac received her doctor of education degree in administrative and policy studies from Pitt in 2016. Among other things, Dr. Reljac serves as a facilitator for the Pennsylvania Department of Education's Pennsylvania Inspired Leadership Program, working with administrators from across the state. She is also regularly asked to serve as a presenter for various workshops and programs.

According to Dr. Reljac, "What I learned from my professors, colleagues, and the studies in the University of Pittsburgh School of Education were instrumental in my development as an educator, professional, and person. Little did I know when I entered the program just how life-changing my experiences would be and how they would prepare me to take on such rewarding roles and responsibilities in my professional career."

Established in 1992, the Pitt Education Distinguished Alumni Awards are granted annually to outstanding alumni and students in the fields of teaching and learning; education policy; and health, wellness, and human development. All of this year's winners were honored at a virtual ceremony March 25. Dr. Reljac was previously honored with a Distinguished Alumni Award by the University of Pittsburgh School of Education's Pre K-12 Educator Award in 2017.

Support Small Businesses!

By Ann Yonas

It has always been important to shop local, whether to support our friends and neighbors, help the environment, or bolster a critical sector of the economy. Small business owners need our support to keep their dreams and missions in motion. The pandemic has had an exceptionally negative impact on local businesses, which is why it is important, now more than ever, for all of us to make a conscious effort to buy from these groups. Here are some local businesses to keep in mind the next time you or your family members are looking for places to spend your money.

Nota Bene

Nota Bene is an adorable stationary boutique in Aspinwall that is perfect for invitations, greeting cards, and all types of gifts.

A Brush of Whimsy

This unique antique store has an array of furniture, jewelry, and artisan goods, also in Aspinwall. Make sure to check it out the next time you're looking for birthday or homecoming gifts!

Dovecote

Dovecote is a boutique full of artisan goods, antiques, and skin care products. It is situated in Aspinwall and the perfect dose of vintage.

A Guiding Light

This interior design hub in Aspinwall is known for its incredible light fixtures. Check it out for your next interior design project!

ESSpa Kozmetika

The Aspinwall spa is the perfect place for a relaxing day. Get a facial, manicure, pedicure, massage, and more all from this adorable escape.

Second Harvest Thrift

Second Harvest Thrift was recently opened in Sharpsburg. It is the perfect community thrift store for vintage and recycled clothing.

Seaton Three

This newly launched, woman-owned, mercantile business sells a collection of clothes, jewelry, baby clothes, and home goods. Their cute and affordable items are too good to pass up! Visit seatonthree.com to start shopping!

Fluff

Fluff is a pet salon located in Blawnox. It has a range of products and services, including cleaning and haircuts.

NICHE

Located on Dorseyville Road, Niche is an adorable boutique filled with antiques and local artisans. It is the perfect place for all kinds of gifts!

Be sure to swing by some of these wonderful shops around Fox Chapel! They could really use your help and are sure to be worth your time!

Bradley Chosen for Prestigious Stamps Scholarship



Senior Melina Bradley has been named a recipient of a Stamps Scholarship (valued in excess of \$160,000) through the University of Pittsburgh.

Fox Chapel Area High School senior Melina Bradley has been named a recipient of a Stamps Scholarship through the University of Pittsburgh. The scholarship, valued in excess of \$160,000, is offered to five incoming first-year Pitt students and covers full tuition, mandatory fees, and room and board. It also includes an allowance for books and supplies, transportation expenses, and personal

costs, as well as access to an enrichment fund that can be used to pay for other meaningful academic experiences. In order to be eligible for the scholarship, students must demonstrate leadership, scholarship, service, perseverance, and innovation.

At Fox Chapel Area High School, Melina is the president of the student government, the vice president of the Future Business Leaders of America (FBLA), and a co-founder and co-chair of the student diversity council. She is also a member of the National Honor Society, community outreach, and Best Buddies.

In the past, she has participated in both girls soccer and track.

Melina, who plans to major in human resources management, is particularly excited about the national networking opportunities being a Stamps Scholar will provide.

"I am looking forward to being a part of an organization with so many like-minded students who are passionate about leadership, service, and shaping the future of this country," she says. "I am also very appreciative of all of the support I have received over the course of my education at Fox Chapel because I know that I would not have received this scholarship otherwise."

Melina's scholarship is offered in partnership with the Stamps Scholars Program, a nationally prestigious merit scholarship program and community that helps exceptional students become meaningful leaders throughout society. Scholars receive annual awards that range from \$5,400 to \$75,000 (four-

year awards total an average of \$21,600-\$300,000) with additional funds for enrichment activities such as study abroad, academic conferences, and leadership training. The Strive Foundation and partner schools evenly share the costs of the awards.

STAMPS SCHOLARS

Scholarship, Leadership, Community

PA residents who are U.S. citizens and have demonstrated leadership, scholarship, service, perseverance and innovation are eligible to be considered for the Stamps Scholarship.

Machen Named Blood Drive Hero

Fox Chapel Area High School was recently presented with the Vitalant "Blood Drive Hero" award. A plaque was presented to the high school for the efforts shown by students and staff members in continuing to host blood drives and encouraging donations during the COVID-19 pandemic. Fox Chapel Area High School has been conducting blood drives for 17 years and has more than 200 registered donors per year. Despite the pandemic, the high school still held four blood drives during the 2020-2021 school year.

"Our students, staff, and community are true heroes to donate at a time when there are critical blood shortages, especially at our local hospitals," says Fox Chapel Area High School Student Government Community Outreach Sponsor Rachel Machen. "I'm so proud that our district still hosted four blood drives despite the restrictions of the pandemic."

The award was presented to Mrs. Machen during one of the high school's recent blood drives.



Student Government Community Outreach Sponsor Rachel Machen (left) receives the Vitalant Blood Drive Hero award from Vitalant Account Manager Cyndy Funk as part of a recent blood drive at the high school.

The Laws of Physics Have Been Shattered (Maybe?)

By Russell Fenton

The Standard Model of particle physics is a set of equations that have been used by physicists for five decades to describe particles and the way in which they interact, and it has been consistently successful in predicting the results of various real-world experiments. However, a new discovery has the potential to not only refute parts of the Standard Model but also upend our understanding of physics altogether.

The Standard Model has long been considered the most widely accurate model of the field of physics. In other words, because the model is so all-encompassing that it can explain almost every physical phenomenon, many physicists have believed there to be almost no gaps in the model — until now, that is. In early April 2021, Fermilab, an Illinois-based laboratory, released findings from its Muon G-2 experiment. The experiment sought to measure the “g-factor” of muons, which, in simple terms, is the measure of a particle’s wobble when a magnetic field acts upon it. Scientists had previously calculated a theoretical value for muons’ g-factor value to be 2.00233183620. Fermilab’s findings were expected to confirm this value, but after ten years of experimentation, it attained a different value

altogether — 2.00233184122. While most non-physicists may see the difference between the two as negligible, this result sent shockwaves through the scientific community.

If accurate, this experimental value finally proves a discrepancy between the reality of the physical world and the one predicted by the Standard Model. This may indicate that humanity’s understanding of physics is fundamentally flawed — or that there is an entirely untapped and unknown field of physics that has yet to be discovered. “This is such a great example of modeling in science,” says AP Physics teacher Mr. Moul. “Developing mental models of phenomena you cannot observe, based on actual observations. I’m sure Einstein would be pleased with this research. He spent many of his final years in search of a model that would unify the big (gravity) and the small (electromagnetism) but was not able to do so.”

Some physicists have cast doubt on these results, and only time will tell if they withstand the test of scientific scrutiny. If the findings are confirmed, however, take note — it would forever change the way we fathom the complexities of the world in which we live.

Fermilab is America's Particle Physics and Accelerator Laboratory



Fermilab in 2021 (fnal.gov)

What are we made of? How did the universe begin? What secrets do the smallest, most elemental particles of matter hold, and how can they help us understand the intricacies of space and time?

Since 1967, Fermilab has worked to answer these and other fundamental questions and enhance our understanding of everything we see around us. As the United States' premier particle physics laboratory, we do science that matters. We work on the world's most advanced particle accelerators and dig down to the smallest building blocks of matter. We also probe the farthest reaches of the universe, seeking out the nature of dark matter and dark energy.

Fermilab's 1,750 employees include scientists and engineers from all around the world. Fermilab collaborates with more than 50 countries on physics experiments based in the United States and elsewhere.

Fermilab's 6,800-acre site is located in Batavia, Illinois, and is managed by the Fermi Research Alliance LLC for the U.S. Department of Energy Office of Science. FRA is a partnership of the University of Chicago and Universities Research Association Inc., a consortium of 89 research universities. (<https://www.fnal.gov/pub/about/index.html>)

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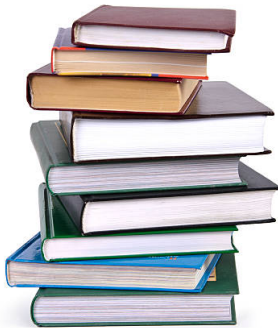
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Sunday, Sept. 26 OR Oct. 31

Noon – 5 p.m.

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Date attending: _____ **September 26th** _____ **October 31st**

Student Name: _____ **Grade:** _____

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

Mailing Address: _____

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

Parent/Guardian Email: _____

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

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

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

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

Relative or Friend: _____ Phone: _____

Relative or Friend: _____ Phone: _____

WESTERN PENNSYLVANIA LEARNING ACADEMY

SAT Boot Camp Program Permission Form

Student Name: _____

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

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

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

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

Emergency Treatment (if needed): _____

Health Insurance: _____

Family Physician: _____ Phone: _____

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

Parent Signature: _____ Date: _____

Cell Phone #: _____ Work Phone #: _____

Isabella Krisky Achieves Rare Accomplishment

Fox Chapel Area High School senior Isabella Krisky recently passed the LEED Green Associate exam. She is the first student in Fox Chapel Area history to take and pass the test. The credential is certified by the United States Green Building Council and affirms a professional's thorough comprehension of green building principles and practices.

According to Fox Chapel Area High School engineering teacher Justin Papariello, "It is also very rare for high school students nationwide to take the exam. In fact, it was only recently opened to students under the age of 18 in 2016."

Isabella says Papariello, knowing her interests, suggested that she take the exam. Once she looked into the subjects that the test covers, such as rainwater collection and natural landscape adaptation, she knew she was very interested.

"The most significant motivator was simply because I truly enjoy that content and wanted to expand my knowledge in a field I hope to be a part of in the future," she says.

In addition to taking accelerated and Advanced Placement science classes at Fox Chapel Area High School, Isabella has also taken an advanced engineering and innovation class that is designed to prepare students to enter postsecondary education in the fields of engineering, architecture, and other STEM-related fields.

"Students are tasked with real-world, hands-on problems that they must solve using digital fabrication

tools like 3-D printers, CNC machines, and laser engravers," Papariello says.

Once she decided to take the exam, Isabella created her own study guide and schedule.

Papariello supported her by providing the study materials, discussing difficult exam topics, and providing solutions through his advanced engineering and innovation class.

"Passing this exam has helped me by giving me a more detailed look into the real-life applications of an environmental engineering degree and careers I could pursue in the future," Isabella says. "Studying for this exam has also helped me prepare for college, as I had to be strict with my time management and study tools to be successful."

Isabella hopes to get an internship this summer with an engineering firm that uses LEED standards. She will also carry this certification with her to Carnegie Mellon University next school year as she pursues a degree in environmental engineering. She wants to someday work with the Environmental Protection Agency (EPA) on hazardous waste sites or within the national parks system.

Papariello sums up Isabella best when he says, "Bella is a fabulous ambassador of Fox Chapel Area High School and its technology education department. During her time here, she exemplified the characteristics of a motivated, intelligent, and ambitious student. In the future, she will be an attribute to Carnegie Mellon University and a superior future engineer."



Senior Isabella Krisky is the first student in Fox Chapel Area history to take and pass the LEED Green Associate exam.

Students Recieve Governor's Civic Engagement Award

Twenty-one Fox Chapel Area High School seniors and one early graduate recently received the Governor's Civic Engagement Student Poll Worker Award. The students are Zachary Auth, Harrison Calig, Elena Conway, Alexa Correnti, Antoinette Faucher, Emily Fera, Abdullah Ghazi, Isabella Hamm, Ashley Jones, Ava Kazmierczak, Isabella Krisky, David Kronman, Emily Li, Isabella Liberto, David Merriman, Jocelyn Morningstar, Madeline Myerburg, Sophia Oehrle, Elizabeth Schwartzman, Tyler Weinberger, and Kaylee Werner. Additionally, January 2021 early graduate Hayden Rutkowski is also among those being recognized. The students were honored for their work serving as student poll workers for the November 2020 election.

The students were recognized during the Governor's Civic Engagement Award 2020-2021 virtual awards ceremony on May 25. Gov. Tom Wolf and Acting Secretary of the Commonwealth Veronica Degraffenreid both provided remarks as part of the event.

This is the second year that Fox Chapel Area High School has won a Governor's Civic Engagement Award. In 2018, Fox Chapel Area High School students earned the Gold Level of the Governor's Civic Engagement Award for helping their eligible peers register to vote.

Beating Self-Doubt: A Guide to Shifting Negative Thoughts

By Beata Turnquist

How many of you are held back by your own thoughts? Trapped in the chains of your very own mind telling you, “I can’t do this!” or “I’m not good enough”? Trust me, I’ve been there and it’s something that I am actively trying to work on every single day. Although it may seem as though these thoughts are undefeatable, or maybe they seem to be so small that you see no reason to actively waste time to stop them, it is remarkable to see all that you can accomplish once your mind is free from itself. Still not convinced? Well let me tell you a little about myself and my own battle with my own head. I am an athlete and I absolutely love to play. But, as soon as I make my first mistake, I fall into a pit of self doubt and begin to question every decision that I make on the court. After battling this negative self-talk for a while, I was tired of my love of the sport being overshadowed by my fear of making mistakes. So I began to observe how I would talk to myself after making a mistake or missing a serve. With the help of my therapist, teammates, and most importantly, my own self-talk, I began to love every point of the game again, even if I did lose the point. It is possible to escape the chains of self doubt, but it all starts with you.

Although fixing the way by which you think may differ from person to person, making gradual shifts in mentality is a great place to start. Shifting the way you think means being able to identify a negative thought when it occurs and then make a shift away from it. This way, you are consciously stopping an established thought pattern. Once you have re-evaluated how you have acted or chose to think

about a situation, shift this thought and focus on something else or think of it with a different perspective. This is like switching the gears in your brain so your train of thought is not just constantly looping and looping over a negative idea or pattern. For example, if I were playing volleyball and I had badly passed a serve, which had then lost us the point, rather than thinking to myself, “Wow! You messed

that play because you are the worst player!” I would stop and take a moment to breathe and then remove this thought from my head. By shifting away from this thought and acknowledging that making mistakes is okay, I am able to stay in the play and pass the next ball, rather than staying in my head and slowly breaking down. The best way to start shifting thoughts is to identify your most common thought patterns and recognize what situations trigger your negative thinking. Once you are able to automatically recognize a destructive thought, you can then

implement ways to reorient and give yourself the kind and constructive consideration that you need.

How many of your thoughts on a day-to-day basis begin with the phrase, “I should ...”? Sure, the intention behind these words may not be bad, but they are typically a guaranteed way to set yourself up for failure and negative self thought spirals. The word “should” may just seem like a six letter word but in reality it can easily trigger guilt, especially when you do not achieve whatever words or task came after it in your original desire. Another great way to remove negative thinking from your life is to stop leading your statements with ‘I should’. This phrase adds more



Shifting the way you think means being able to identify a negative thought when it occurs and then make a shift away from it. This way, you are consciously stopping an established thought pattern.

pressure to situations which you may have already been anxious about and can lead to a greater buildup of negative emotion surrounding that task. Rather than telling yourself that you “should” do something, take the time to rephrase this thought and determine if there is a kinder, more positive way to state your thoughts. For example, rather than saying, “I should get a 100% on all of my AP History tests this semester” and then feeling disappointed whenever you received a 95%, try to rephrase this statement. Saying, “I will try my best to perform well on all of my AP History tests, but if I do not, I will remember that I did my best.” By identifying this negative thought, restructuring it, and removing the “should” statement, it has become much more positive and much more open-ended. There is now a goal that is achievable and forgiving. With much looser guidelines, reaching this goal will be much easier and just as rewarding as it would have been to reach the more strict and negative goal, but if you were to not accomplish your goal, you would be able to treat yourself with more kindness and leniency than before. Now you practice! The next time you start a statement with “I should...”, identify whether or not this phrase is setting you up for a spiral of negative thinking. If it is, rephrase it!

Now that you have identified your negative thoughts, what should you do? It’s easy to understand that saying, “I suck” makes you feel bad. So how can you really convince yourself that, “You know what... I don’t suck! Just because I made a small error does not mean that I am worthless!”? In order to change negative thinking, you must put your thoughts on trial and test the credibility of them. Once a negative thought makes its way into your head, stop and ask yourself, is there evidence to support this thought? If this evidence is from some past experience, ask yourself if this evidence applies to this new experience. It’s important to provide evidence that is based on facts and credible, not based on feelings or thoughts. Let’s look at an example: Negative thought - I did poorly on my math test. I don’t know anything.

Evidence against my thought - You missed a couple questions. People make mistakes. Math is not your best

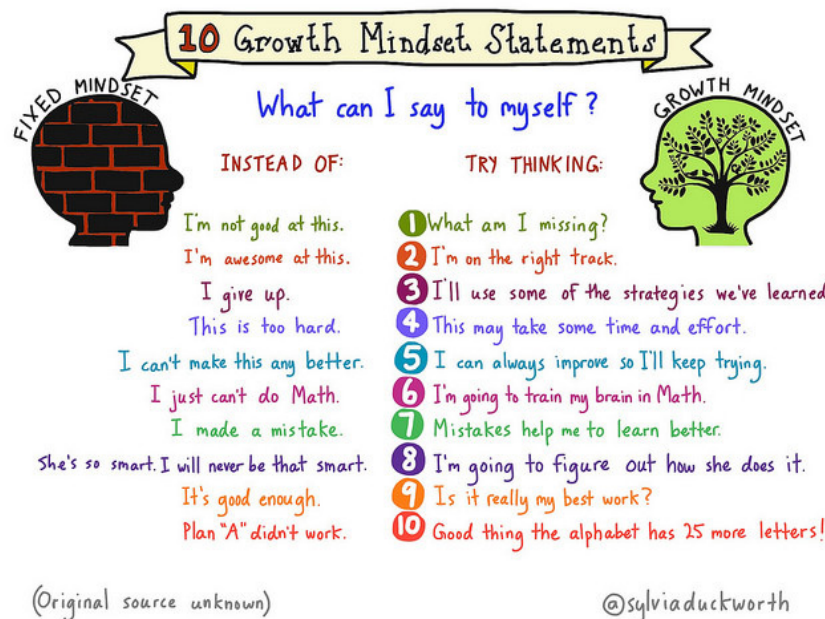
subject; talking to the teacher will prepare you for next time. Your grades in math do not define you, and doing badly on one test does not prove that you don’t know anything.

By challenging your thought you begin to establish an alternative thought to replace the negative one. If finding evidence to negate your original thought is too difficult because you are so consumed by your own self deprecation, pretend that you are trying to help a friend instead. Would you ever tell a friend, “Wow! You got a 70% on your presentation and you had to read off of the slides! You are a failure!”? No. So why would you say it to yourself? Remember that you are your own biggest critic and a good percentage of the world is so nervous and consumed by

their own mistakes and insecurities that they are not even aware of yours. It may seem difficult, but once you begin to identify the negative thoughts and shift your view by negating them or proving them to be false, it becomes much easier to not think negatively in the first place.

Although negative thoughts suck, it is important to acknowledge that feelings exist,

both good and bad. The thing is, it is important to feel both of them. By embracing and identifying that you feel a certain way, whether this be happy, sad, angry, or in love, the first step of becoming one with your emotions is to actually identify that you are feeling a certain way. When it comes to beating negative thoughts, don’t think that everything will be super easy from the beginning. Take it from someone who has been struggling with athletic performance anxiety ever since their first game; it is not easy at first, but if you keep trying, then it will soon become almost second nature. Remember that it is ok to feel sad and it is ok to feel anxious, but once you have mastered the strength of acknowledging these feelings, then take the steps to consider working around these feelings. The more you remind yourself of these things, the more your thoughts will untangle and the faster you will reach the next stage of growth and strength. I believe in every single one of you, and I know that is not a lot, but I hope it is just the right amount to kickstart your own positive thoughts and empower you to begin your journey to shifting your negative thoughts to positive ones.



Class of 2021... What's Next?



Thank you to all who took the time to share their plans with Fox Tales.
We wish all of the graduates nothing but happiness in their next steps in life!

Allegheny College

Colin Elder
Emily Watters
Annabella Zgurzynski

American University of Paris

Mary Thompson

Arizona State University

Evan Butler

Auburn University

William Ernharth
Lydia Oliver

Baldwin Wallace University

Ethan Wilson

Berklee College of Music

Matthew Eschman

Bloomsburg University of PA

Alexis Quackenbush

Boston University

Ian Cohen
Erin Doherty

Butler Community College

Lyndsay McCausland

Carnegie Mellon University

Arda Akinci
Kaya Akinci
Isabella Krisky
Wyatt Krisky
Erika Litwin
Jocelyn Morningstar
Jacques Moye
Jackson Romero
Dong Huyn Shin
Joey Wang

Case Western University

Lauren Himmel

Clemson University

Sara Friday

Colgate University

Meredith Francis

College of Charleston

Paige Theoret
Zoey Zoschg
Matthew Zytznick

Cleveland State University

Faith Holmes

College of William & Mary

John Polcyn

Community College of Allegheny County

Mia Tran
Kayleigh Demuth
Claire Ellermeyer
Dylan Kihn
Braden Marree
Morgan Miller
Mateo Mazreku
Kayla Ohls

Connecticut College

Elizabeth Conroy

Denison University

Isabella Hamm
Emma Wecht
Clayton Wilson

DePaul University

Liam Kerr

Drexel University

Henry Gavazzi

Duquesne University

Samantha DiGregory
Abdullah Ghazi
Joseph Staud
Aaron Turner
Kevin Valdez

East Stroudsburg University

Benjamin Friedman

Eastern Kentucky University

Lucy Ream

Fordham University

Zane Gavazzi

Franklin & Marshall College

John Nury

Furman University

Emma Begg

Gannon University

Nora McDougall

Gap Year

Kayla Kohler
Henry Parker Burlingham
Kylie Rygelski
Kiersten Shiring

George Washington University

Suparna Agrawal

Georgia Institute of Technology

Lucy Markovitz

Grove City College

Nate Kuhns
Britta Lagerquist

Harvard University

Amulya Garimella

Hawaii Pacific University

Tristan Vettier

Indiana University

Garrett Bradley
Emma Burger
Emily Fera
Allison Hager
Nikhil Pattada
Isabelle Uhl
Kaylee Werner

Indiana University of Pennsylvania

Riley Nist
Pearl Pastel

Ithaca College

Nathaniel Kisslinger

James Madison University

Claire Gallagher

John Carroll University

Christine Thomas

Kent State University

Alexandra Catania
Ari Gould
Sadie Simpson

Kenyon College

Margaret Dean

Lawrence Technological University

Saralynn Hagmaier

Louisiana State University

Lauren Marotte

Loyola State University

Antoinette Faucher

Marietta College

Ava Kazmierczak

Massachusetts Institute of Technology

Sanjay Seshan
Vivian Shao

Mercyhurst University

Neena Pietropaolo

Miami University

Michael Tarasi

Miami University (OH)

Sophia Oherle

Muskingum University

Shane Funk
Aiden Mack

New York University

Emily Li
Amara Ostroff

Northpoint Bible College

Rachel Horne

Oberlin College

Abigail Rickin Marks

Ohio State University

Alexa Correnti

Ohio University

Benjamin Wilk

Penn State University

Nathan Anderson
Emma Bernesser
Rachel Chang
Kathryn Chivinski
Ella DeCecco
Hanna Harris
Hannah Jahnke
Madyson Kondel
Mark Puthenpurayil
John Scott
Emma Shiner
Olivia Smith

Penn State University

Elizabeth Stone
Victor Yang
Nathaniel Yerage

Penn State University - Behrend

Elizabeth McKee
Marissa Moretti

Point Park University

Amanda Lisotto

Purdue University

Ryan Doherty
Samuel Lichtenstein

Quinnipiac University

Jayden Bray-Boyce
Marissa Ritter

Robert Morris University

Julianna Caraballo
Brianna Cooley
Maria DeMotte
Ashley Jones
Samuel Zuckerman

Rochester Institute of Technology

Jason Carter
David Merriman
Dylan Stein

Saint Vincent College

Riley Collins
Domenica Delaney
Lucy Nichols

School of the Art Institute of Chicago

Kristian Kerschbaumer

School of Visual Arts

Mini Zuo

Seton Hill University

Jessica McCann

Slippery Rock University

Thirapat Kanokangkoon
Jacalyn Wetmore

Stevens Institute of Technology

Anthony Shin

Syracuse University

Samuel Hirsch
Isabella Liberto

Temple University

Harrison Calig
Leo DiPaolo
Ella Horvat
Alwyn Williams

US Military Academy - West Pointe

David Manelis

University of Arizona

Eliza Auffenberg

University of California

Maximus McQuarrie (Irvine)
Brendan Gladwin (Los Angeles)
Elena Conway (San Diego)
Aiden Ireland (Santa Barbara)
Brooke Ryan (Santa Barbara)

University of Dayton

Zachary Auth
Cora Herceg
Luke Johnson
Julie Veth
Emma Viale

University of Detroit Mercy

Alex Khorey

University of Florida

Kent Baldauf

University of Kentucky

Allison Carey
Katie Eisengart
Lily Zaltman

University of Maryland

Maggie Kelly
Andrew Rich

University of Miami (FL)

David Kronman
Justin Rice

University of Michigan

Xavier Perry

University of Minnesota

Elizabeth Schwartzman

University of North Carolina (Charlotte)

Joshua Higgins
Kenzi Kavalir

University of Notre Dame

Samantha Dunlap
Catherine Heidenreich

University of Pennsylvania

Anthony Nguyen

University of Pittsburgh

Melina Bradley
Ethan Flanders
Ainsley Good
Yusef Kandil
Camille Marshal
Jose Morales
Alexandria Morton
Syed Raphe Pirzada
Kimia Rafiee
Benjamin Rickin-Marks
Cecilia Rike
Vinisha Sant
Nishi Thawani



University of Pittsburgh

Aaron Tien
Michael VanDemark
Tyler Weinberger
Mary Knoblock (Bradford)
Geneva Webber-Smith (Greensburg)
Ahmad Zien (Greensburg)
Makenzie Brown (Johnstown)
Zain Hassan (Johnstown)

University of Rochester

Ravi Hughes
Nathaniel Lazzara

University of South Carolina

Cassandra Denny

University of Southern Maine

Divine Eyth

University of Texas

Zoe Boychuk

University of Toronto

Kathering Caracciolo
Dorian Gomez

University of Vermont

Lexie Wagner

University of Virginia

Ryan Kenyon

University of Wisconsin

Lyle Blaylock
Madeline Myerburg

Virginia Tech

Elena Bradley
Ethan Werner

Washington & Jefferson College

Dante DiMatteo

West Virginia University

Caitlin Carr
Annabelle Cullen

Work Force

Matthew Ebel
Joshua Gill
Hamadi Hamadi
Amir Jackson
Yvette Niyonkuru
Emily Shelestak



Favorite Memories

Arda Akinci: Football games

Kaya Akinci: FC sports games

Eliza Auffenberg: Freshman Year Sadie Hawkins dance

Emma Bernesser: Hanging out with friends in classes as well as holidays and fundraising events.

Marree Braden: Hanging out with different people

Garrett Bradley: Freshman year baseball and people tripping on the stairs next to the end of D wing.

Melina Bradley: During Telethon our freshmen year, our grade level caucus hosted "Smiles and Pies" where students paid \$2 to throw a plate of whipped cream at a teacher during all lunches. We had a huge line and everyone was cheering on the students. We really came together as a school community to raise money for Make a Wish.

Elena Bradley: Signing up for new clubs and learning more about a particular topic while making new friends at the same time.

Evan Butler: Friendships made

Julianna Caranallo: Homecoming

Caitlin Carr: Mr. Bandurski's Freshman History class

Jason Carter: Math Class with Ethan and Victor

Alexandra Catania: Winter Fundraising events

Ian Cohen: Football Games

Elena Conway: Winter Carnival, especially the last day before winter break.

Brianna Cooley: Making a family out of friends

Kayleigh Demuth: Sitting in the hallway, and these kids were making a video for Mr. Devlin and they had these boxes taped together and he acted like he was going to drop it on me but they weren't actually going to fall.

Sammi Dunlap: The overall experience of playing on the girls soccer team! It was always a lot of fun, winning, and bonding.

Matthew Ebel: Having Mr. Gass's class for three years. His class was very fun and we made a lot of cool projects. There was never a dull moment in his class, Gass would say and do a lot of funny things.

Emily Fera: The bus rides going to the away games for football and basketball.

Emma Wecht: Making close relationships with teachers.

Divine Eyth: Band performances, band camp, and English 11 with Mr. Miller

Antoinette Faucher: Lunch with friends

Ethan Flanders: Going to WPIAL semifinals in soccer

Sara Friday: Homecoming football games

Benjamin Friedman: Being a manager for the football team

Shane Funk: Cross Country trips

Amulya Garimella: Sweet Caroline at football games

Zane Gavazzi: Classes with friends

Abdullah Ghazi: After school memories like track

Brendan Gladwin: Eating lunch with friends

Ainsley Good: Being at home because of COVID

Ari Gould: Playing superuno in the band room with my friends

Isabella Hamm: EnSci class with Mr. Schubert and German V with Herr Richards

Hanna Harris: Making it to WPIALs in Field Hockey

Hamadi Hamadi: Hanging out with close friends in the cafeteria at lunchtime hearing a favorite teacher say you have the potential to accomplish great things.

Cora Hecceg: Cheering at Football games (before COVID)

Joshua Higgins: Fox Fest

Lauren Himmel: Smashing a car at the telethon

Sam Hirsch: Time with friends

Hannah Jahnke: Football games

Jing McCann: Being a thrower on the Track and Field team

Amir Jackson: Telethon

Luke Johnson: Band trip to Universal Studios

Ashley Jones: Mrs. Klein's Gov class

Yusuf Kandil: History class with Mr. B.

Ava Kazmierczak: Rowing with Fox Chapel Crew

Maggie Kelly: APUSH

Ryan Kenyon: Coming home from away swim meets and on the bus singing with a hoarse voice along with everyone else

Liam Kerr: Having fun with friends

Kristian Kerschbaumer: 8th grade boat trip

Alex Khorey: Graduation

Dylan Kihn: Too many to choose

of Fox Chapel

Nathaniel Kisslinger: Marching band in Florida

Mary Knoblock: Hanging out with friends during musical rehearsal

Madysen Kondel: Basketball

Nate Lazzara: Preseason Kiski Camp for soccer

Samuel Lichtenstein: Marching Band and Musical Crew

Erika Litwin: Performing for the school, like Foxfest or the musical. All the people involved in those events are some of the best people!

Aiden Mack: Any class in the Art/ Tech Hallway

Lucy Markovitz: Annual Sounds of the Season concerts

Camille Marshal: Every year's musical production since sixth grade, and watching all of the hard work the cast, pit and crew put in come to fruition (Aladdin Jr, Cinderella Jr, The Lion King Jr, Shrek, Les Miserables, Legally Blonde, Songs for a New World).

Lyndsay McCaulsand: Being a part of the musical and having a fun time performing with friends

Elizabeth McKee: Playing on the girls soccer team

Maximus McQuarrie: Walking through the halls with friends

David Merriman: Soccer

Aesop-Elliot Miller: 10th Grade English with Mrs. Capek and Ms. Ryan

Jose Morales: The Foundations race at Hershey for cross country

Jocelyn Morningstar: Getting to make and sell crepes with my friends at lunch for French club.

Jacques Moye: Running cross country, track, and indoor track with some of my best friends.

Riley Nist: Telethon Day

Yvette Niyonkuru: BSU Open Mic

John Nury: Soccer games

Sopia Oherle: When the girls soccer team made it to playoffs

Lydia Oliver: Telethon

Neena Pietropaolo: Football games on Fridays

Syeed Raphe Pirzada: Football and Graphics class

John Polcyn: Summer Work

Mark Puthenpurayil: Singing with Señor Gonzalez on his final day teaching at FC.

Alexis Quackenbush: Cramming a bunch of people around one table so we could all hang out during lunch.

Kimia Rafiee: Orchestra

Justin Rice: Football

Abigail Rickin-Marks: Marching Band trip to Disney

Jackson Romero: March 13th 2020

Kylie Rygelskie: Being in the spring plays

Samantha DiGregory: "Sweet Caroline" at football games

Ellie Schwartzman: Being a counselor and Camp Allegheny

Jack Scott: Sunsets at football games

Sanjay Seshan: Acting as Iago in AP English 12

Emily Shelstak: Telethon and events before COVID

Sadie Simpson: Bowling with the rest of the seniors when we filmed curtain call for *Songs for a New World*.

Michael Tarasi: Telethon

Tristan Vettier: Telethon

Olivia Smith: Being on the field hockey team, homecoming, and football games.

Joseph Staud: Track and Cross Country

Nishi Thawani: Homecoming Carnival

Paige Theoret: Meeting everyone and creating memories, also winning states in tennis

Mia Tran: Spending time with friends

Aaron Turner: Making great friends

Kevin Valdez: Playing Football

Michael VanDenmark: Marching Band PIMBA Championships

Emma Viale: December Fundraiser

Geneva Webber-Smith: Legally Blonde Musical

Emma Wecht: Close bonds with teachers

Tyler Weinberger: Going to States for Ultimate Frisbee

Ahmad Zein: Making friends



It Takes Perseverance (and a Little Ingenuity)



By Abe White

On February 18, 2021, the Perseverance Rover touched down on the surface of Mars. Its mission: “Seek signs of ancient life and collect samples of rock and regolith for possible return to Earth.” Perseverance is the fifth rover sent by NASA, following Sojourner, Spirit, Opportunity, and Curiosity.

Perseverance is equipped with an array of sensors and tools that will help it to achieve its goals. It will study the climate of Mars to see if microbial life is sustainable or may have existed in the past. It will look at rock records to try to understand what created the Martian surface. The rover is preparing for human exploration of the red planet. It will demonstrate key areas of focus for a manned mission to Mars, such as converting atmospheric resources into fuel and monitoring weather patterns to better aid in NASA’s mission planning.

According to scientists, the first months on Mars have been perfectly smooth for the Rover. “So far, all of this has been going exceedingly well. We’ve had no major technical issues,” said Perseverance project scientist Ken Farley at a NASA Jet Propulsion Lab webcast presentation.

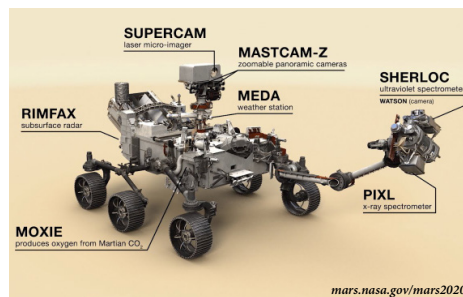
Perseverance did not come to Mars alone. It brought a small robotic helicopter to determine whether rotor powered flight was feasible for future space exploration. The helicopter is outfitted with sensors and cameras, mostly to aid in flight, as well as a set of 1.2-meter-long blades. Resting above these blades are several solar

panels to recharge the flying machine. Its first flight took place on April 19, 2021, lasting for a total of 39.1 seconds and hovering at an altitude of 10 feet. This was a historic moment for all of humanity, as it made aviation multiplanetary, 118 years after the Wright brothers first took to the skies at Kitty Hawk. The concept of aerial rovers is likely here to stay, with a future mission planned around the Dragonfly, a much larger rotorcraft that will explore the surface and atmosphere of Saturn’s largest moon, Titan, looking for signs of extraterrestrial life.

Why bother exploring other planets? To start, space exploration has always jump started thousands of new scientific avenues. Mars will revolutionize energy, through solar panels and chemical conversions. It will aid in our understanding of growing food and recycling materials on other planets, as well as advancing telecommunications technology. But technological progress isn’t the only reason many want to explore Mars. Curiosity has always driven discovery,

and this is no different. Mars can tell us things about the formation of our solar system and life itself.

What does the future of Mars exploration look like? Some, like SpaceX CEO Elon Musk, have big dreams for a self-sustaining civilization on the red planet. Others aren’t sure if it makes sense to go to a place where so many things can go wrong. One thing is for sure: These next few years of Mars exploration are crucial to the space program and the eventual Artemis moon program.



Mission Name: Mars 2020 Rover Name: Perseverance

*Main Job: Seek signs of ancient life
and collect samples of rock and regolith
(broken rock and soil) for possible return to Earth.*

Launch: July 30, 2020

Landing: Feb. 18, 2021, Jezero Crater, Mars

Local Business Spotlight: Katie's Clay Studio



By Katie Voigt

Do you have a passion for painting, creating, and making art? Located only eight miles away from the high school at 3812 William Flynn Highway in Allison Park, Katie's Clay Studio is the perfect place to have fun and make beautiful pieces of pottery and paintings.

Katie's Clay Studio is an art studio which offers pottery wheel throwing, clay hand building, glass art, canvas painting, clay sculpting, glass art, and board/pallet wood art. Customers can choose which activity they would like to partake in during their visit. All activities require either an appointment or reservation ahead of time. Wheel throwing

pieces of pottery to paint and personalize. Customers can decide whether they want to paint mugs, plates, bowls, sculptures, and more.

Don't feel comfortable sitting inside the studio to make art? Katie's studio offers "Art To-Go Kits" so that patrons



Sample To-Go Kit option.

can decorate their pottery safely at home. The pick-up option is a great way to still be able to create art at home if sitting inside the studio is not yet a comfortable option. A variety of summer camps and workshops will be offered throughout

the summer for children and adults of all ages. Katie's offers birthday party packages as well. Currently only 50% capacity is allowed in the studio and social distancing protocols are being implemented.

Katie's Clay Studio offers many artistic opportunities and fun crafts worth exploring. Next time you have a few hours of free time be sure to check out Katie's Clay Studio (katieyclaystudio.com). You won't regret it!



At Katie's Clay Studio, customers can custom paint and take home items such as this unicorn mug.

classes are offered at the studio and invite people of all ages to explore and learn how to create ceramic bowls, pots, and more. Katie's studio also provides customers with pre-made ceramic

France's Ban on Hijabs Under 18

By Helia Hamidi and Nathania Lingam

On March 30th, 2021, the French Senate voted to pass an amendment that would prohibit both minors from wearing hijabs in public and hijabi mothers from accompanying their children on school trips. Ever since the news has hit the international stage, the French Parliament has come under fire for alleged infringements on Muslim rights. This amendment was meant to branch off of France's Separatism Bill

passed earlier this year, which also came under fire for reportedly singling out Muslims, and further intensifying stigma towards the community.

The 51 article French Separatism Bill was passed by the government in February after a two-week, heated debate at the National Assembly, in an attempt to crack down on extremism and "Islamic separatism." The bill is mainly being pushed to protect France's secularism and "free Islam in France from foreign influences," and has been a main issue up for discussion for the past three years (Tidey).

The bill would entail placing restrictions on wearing physical religious items (hijabs, burkas), online hate speech, foreign funding of religious organizations, control of organizations, heightened policing around areas of worship, enabling law enforcement to shut down places for up to two months if suspicion of hate preaching arises (Yeung). Children must be enrolled in the state school system from the age of three. If parents wish to homeschool their children they must register and give a good reason as to why they are doing so. This bill also extends on existing French laws preventing government workers from wearing religious symbols such as the hijab or the sharing of political opinions; now it will be extended to private contractors that are working in the public sector. Natives who violate any of these restrictions could face hefty fines averaging at about \$55,000, varying by violation, or expulsions, whereas foreigners may be deported altogether. Officials claim that the bill does not aim to single out Muslims, but



Protestors against the hijab ban gather at Brussels College, Belgium holding signs.
Photo credit: dailysabah.com

many believe that the restrictions described will mainly affect Muslims, and the recent rise in Islamophobia in general also plays a part in arising doubts.

Although the percentage of Muslims in Europe is quite small, (about 5% as of 2019), Islam is the second largest religion in France with more than 5.7 million Muslims. This figure is estimated to double in the upcoming years, and with laws

like this even in question, there will be a bigger problem facing Muslim men, women, and children (Islam in France). Currently, those who are even natively born in France feel like they are unwanted and unsafe in the country to the point that some are even considering leaving the country.

What can you do?

Sign petitions like this one, we are almost at 200,000 signatures!

French Senate Hijab Ban
BE AWARE! TALK ABOUT IT!

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Insider's View: LLS Student of the Year

By Trevor Katz

Cancer is something that affects every person in some way. Many people have family or friends who have or had cancer, and sadly many people are affected by it themselves. It seems to be a constant in our society, and while there has been no universal cure for cancer, there are many organizations working to help those with or affected by cancer. One of these great organizations is currently working to cure blood cancers and improve the quality of life of patients and their families. That organization is the Leukemia Lymphoma Society. Since being founded in 1949, LLS has contributed over \$1.3 billion to cancer research.

One of the methods of fundraising for LLS comes from the "Person of the Year" initiative. Specifically, LLS conducts

a Man, Woman, and Student of the Year program in over 80 areas across the U.S.

My connection to cancer comes from my cousin, Amy, who was diagnosed with Chronic Myelogenous Leukemia (CML) in 2003 at age 11. The only known cure for Amy's cancer is a stem cell transplant. Even with help

run for Western Pennsylvania LLS Man of the Year in 2019, winning the campaign by raising \$106,000 for LLS. The following year, my sister, Claire, decided to run for Western PA LLS Student of the Year, also winning the campaign and raising \$82,004, even through the pandemic. Although there is now some pressure for me to live up to, I'm glad I already have some experience with the rest of my family. In the meantime, students from Fox Chapel Area organized teams and ran for Student of the Year this year, 2021, with much success.

Fox Chapel Senior, Neena Pietropaolo, along with Hampton Junior, Bella Henzler, ran together on a team. Neena and Bella were inspired to run after the passing of Neena's Grandfather from Leukemia. The team worked over the course of the seven-week long campaign to raise an astounding \$80,663 for LLS. Although the team came in second place in the competition, they couldn't have been more proud of the amazing total they achieved, especially after all of the hard work the team put into their fundraising events and honoring those who have passed from blood cancers.

The fight against blood cancers won't stop until it is cured, so until then organizations like LLS will continue to raise money to help reach that goal. We hope to see another successful campaign come out of Fox Chapel, and others continuing to pursue goals to help better the world for others. Until cancer is cured, there is always work to be done, so always remember the troubles others may be going through and consider donating to LLS or make any other charitable contribution to help others.



My dad at the 2019 Man of the Year ceremony with my cousin, Amy, whose journey with cancer inspired our family to fundraise for the Leukemia Lymphoma Society.

from the world wide bone marrow registry, a match has not been found. With the help of LLS, she was able to participate in taking an experimental drug that has kept the cancer at bay, as she continues to search for a match to this day. Amy's fight with cancer has inspired my family to run countless fundraisers and drives to test for the match. My father, compelled by Amy and her journey, decided to



Students of the Year is a philanthropic leadership development program during which students foster professional skills such as entrepreneurship, marketing, and project management in order to raise funds for The Leukemia & Lymphoma Society (LLS), the world's largest nonprofit fighting blood cancer. The title Student(s) of the Year is awarded to the candidate or co-candidates in each community who raises the most funds during the competition. (<https://studentsoftheyear.org>)



As summer approaches, many teens begin the last-minute process of finding jobs to keep busy. Whether it is just to make some extra money, prepare for the future, or even for enjoyment, high school is often the age when work becomes a regular part of everyday life. Many jobs can continue throughout the year, which is ideal for older and more experienced teens. However, for some younger teenagers and first-time workers, this may only prevail for the summer season, especially jobs such as lifeguarding or managing the snack bar at a local pool. Specifically, these are offered at places such as the Fox Chapel Racquet Club and the Pittsburgh Field Club. For a more year-round job, the recently opened Chick-Fil-A in Fox Chapel Plaza is hiring. Combining your interests with essential workplace knowledge is perfect for an early job, which all of these options provide.

For those interested in working at a local pool or club, the Fox Chapel Racquet Club could be the perfect fit. Located at 355 Hunt Road in Fox Chapel, this club is most convenient for people around the Fox Chapel area. They offer lifeguarding, pro shop attendant, junior tennis instructor, campus and clubhouse maintenance,

snack bar attendant, and more. Out of these, lifeguarding and tennis instruction are the most fitting for teenagers and first-time workers. For any position, work is offered seven days a week from 7 am to 10 pm with hours being quite flexible. They offer many different opportunities, so your personal interests and experiences will determine what is best for you. Overall, the club requests that their employees are able to be outgoing, sophisticated, and passionate in their work, no matter the position. The obvious task of being a lifeguard for the pool is offered where your water skills, maturity, and ability to monitor the area will be tested. To do so, the completion of a lifeguard certification test will be required and can be completed through your school or other associations this spring. This job combines the enjoyment of being

By Kate Jenkins

by the pool while also learning and practicing useful life skills and maturity. Similarly, another offered job is a junior tennis instructor. Hence the name, the Racquet Club takes pride in their tennis program and courts. To maintain this, the tennis instructors must be fit for the job. If you enjoy the sport or are successful in it, this could be an ideal job. Having a solid background and experience in this is essential in providing the best instruction and could help you get the position. However, the qualities of being charismatic and eager always prevail. For more information or to apply, call 412-963-8331 or email hr@foxchapelracquetclub.com.

hr@foxchapelracquetclub.com.

The Pittsburgh Field Club is another place that offers pool-related positions, but they also focus on the aspects of a restaurant setting. This includes being a server, line cook, pantry prep, housekeeper, dishwasher, food runner, and the like. For any and all occupations, the club makes sure to maintain inclusivity as all applicants are considered without regard to race, gender, religion, sexual orientation, or citizenship. Located at 121 Field Club Road, hours range from 9 am to 6:30 pm



The Fox Chapel Raquet Club offers positions as a lifeguard, pro shop attendant, junior tennis instructor, campus and clubhouse maintenance, snack bar attendant, and more.

412-963-8331

hr@foxchapelracquetclub.com



The Pittsburgh Field Club offers pool-related positions, caddying, serving, pantry prep, housekeeping, dish washing, food running, and more.

412-963-3477

kcaro@fieldclub.org

with some variation and flexibility depending on the day. The club's priority is to uphold their reputable golf course, tennis and paddle program, traditions, and clubhouse. As a result, working there is more demanding than other places, so this is a better option for more experienced workers or those looking for a more professional setting. Either way, valuable opportunities and insight to a sophisticated workplace are offered. Also, the positions at the Field Club offer responsibilities relating more towards culinary practices. This makes it a more desirable job for people interested in working with that which would result in learning opportunities and enjoyment. Although experience would be needed to work in these positions as a line cook or pantry prep, you may still be fit for the job. Applications are available on their website as well as more information on the association. If you are interested in working at the Field Club or want more information on how to apply, contact Kelly Caro at kcaro@fieldclub.org or 412-963-3477.

For a different, more year-round job, Chick-Fil-A has recently opened a new location on 1175 Freeport Road. Their hours are from 9 am to 9 pm Monday through Saturday. With this opportunity, the basic fast food job experience is provided, but the customer service is what sets Chick-Fil-A apart from the common Wendy's or McDonalds. You may have noticed this from personal experience with their positive and uplifting atmosphere. They strive to provide a positive and healthy environment for both customers and employees. Here qualities such as teamwork, maturity, and the general tasks for a minimum wage job are practiced. This is ideal for people who thrive when working with others, maintaining

positivity, or those who just want the experience of a realistic job. Furthermore, the company offers scholarship and tuition opportunities that workers can apply for to invest in their future. The focus is not only on the work itself, but also the goals and success of the workers. This is evident even in the nametags as each one is personalized to each employee's interests and goals. Local operators may also give back to the community through Chick-Fil-A such as hosting food drives or other communal events. This may be desirable to those who enjoy giving back and helping others through their work, even at a younger age. To research more about working at Chick-Fil-A or to apply, call 412-752-7177 or just visit <https://www.chick-fil-a.com/careers/team-member-employment>.

No matter what kind of job you are looking for, there are many unique opportunities in the Fox Chapel area to fit your interests. Whether this may be working at a pool or club, or even a fast food restaurant, something can be found to match what you are looking for. As a high schooler, working can be a new and overwhelming experience. However, starting off with just a seasonal summer job can be perfect to allay these worries and turn it into something enjoyable as well as a learning experience. For this, pools and clubs such as the Fox Chapel Racquet Club and Pittsburgh Field Club, which are only two of many other options. More year-round job experiences are offered at Chick-Fil-A, however no matter what position you choose, all the same basic qualities of being an employee will be enforced.



Chick-Fil-A in Fox Chapel is a great place to gain teamwork and customer service skills in a positive and uplifting atmosphere. They also offer a great scholarship incentive for teen workers!

412-752-7177

<https://www.chick-fil-a.com/careers/team-member-employment>

Nuclear Energy: Our Bridge Away from Carbon



By Lincoln Baldwin

When I say nuclear energy, you might think about the two massive nuclear disasters, Chernobyl and Fukushima. Many people look at these disasters and conclude that nuclear energy is very dangerous and should not be utilized. However, these disasters were caused by uncontrollable factors or human mismanagement, not by the characteristics of nuclear energy, and the ever-forward march of nuclear progress makes nuclear power safer every year.

Let's first look at Chernobyl, a nuclear meltdown in the Ukraine during the Soviet Union's reign. This accident was not a manifestation of problems of nuclear energy, it was a manifestation of problems of the Soviet Union. Blatant arrogance and willful ignorance fueled the disaster, making it one of the only nuclear meltdowns to directly kill people. A massive design flaw made the reactor stop in an exponential temperature growth state, which led to the water vaporizing and causing a thermal explosion. The design flaw that caused this was kept secret by the Soviet government, and the reactor managers were too arrogant to follow safety procedures. For those of you interested in further explanation of Chernobyl, I highly suggest the 2019 HBO series of the same name.

Now, let's talk about Fukushima. I am puzzled when people talk about Fukushima as an argument against nuclear energy, because it was very blatantly caused by an event unrelated to nuclear energy. I think we sometimes forget that the Fukushima reactor was struck by an Earthquake and then a Tsunami, which caused the meltdown. For those grumbling about how the reactor was built on the coast of an island nation famous for earthquakes, it's worth noting that the reactor did prepare. It had several more containment shells than regular reactors at the time, in preparation for a tsunami. These seals did not

protect the reactor from the large earthquakes and tsunami, but it did stop major radiation from leaking out until after the evacuation. Unlike the Soviet Union, the Japanese government actually cares about its citizens more than its image. There were no deaths from the actual accident, and no significant increases in rates of cancer have been observed.

You might be thinking that I'm missing the point. "It doesn't matter that nuclear energy didn't cause the disasters. The disasters wouldn't have occurred without nuclear energy." My response to that would be to look around you; look at the alternatives to nuclear energy. I won't go too in depth into renewable energies such as wind and solar, but I will compare the two main competitors of nuclear, hydroelectric and carbon. Hydroelectric is a very good alternative to fossil fuels, but it can cause the same caliber of disasters as nuclear (although to be fair without the community-destroying exclusion zone). Across the board, when energy infrastructure falls prey to human incompetence and authoritarian governments, disasters happen. For example, a bursting hydroelectric dam can burst more dams in a large chain reaction. This is what happened in the 1975 Banqiao Dam failure, one hydroelectric disaster with striking similarities to Chernobyl, caused by the CCP (Chinese Communist Party). The CCP denounced the lead engineer, one of the only actual dam engineers, because he criticized the design and placement. Because of his removal, there were not enough sluice gates placed and they were all blocked by sediments. When Hurricane Nina came to China, it ended up directly over the dam and then stopped, dropping torrential rains onto the dam. All of these factors caused it to fail and break, causing 240,000 deaths. However, even worse than both of these power sources is carbon energy, from coal to natural

gas, which we use every day. Nuclear and hydroelectric power kill people from human incompetence, but carbon power kills people just from working as intended. The byproducts that carbon energy makes account for 76% of rapid climate change. That is why we need to replace carbon energy. There is no other option.

The deaths from nuclear are nothing compared to carbon deaths. Fossil Fuel air pollution is the #1 environmental-related death in the world. It accounts for 29% of lung cancer, 17% of A.L.R.I. (Acute Lower Respiratory Infections), 24% of strokes, 25% of I.H.D. (ischemic heart disease), 43% of C.O.P.D. (Chronic Obstructive Pulmonary Disease). 4 million people die each year from fossil fuel air pollution, 1,000 times the total deaths from Chernobyl.

Astute fossil fuel advocates out there might be screaming "Objection!" as fossil fuels also account for 84.4% of the world energy grid. Alright then, let's talk about Deaths Per Energy Unit Produced. We'll be comparing deaths per 1 terawatt produced. For reference, one terawatt is the annual consumption for about 12,600 American citizens. Coal power causes 1,230 deaths for every terawatt, compared to 3.5 deaths from nuclear energy. Some studies have actually made the claim that nuclear energy has saved over 2 million lives by displacing fossil fuels from the global energy grid. There's one other argument against nuclear energy I've seen. Opponents say that the lack of long term storage options for nuclear waste is unacceptable. I say that until renewables such as wind and solar can reliably sustain the world power grid (and they can't), isn't it better to irradiate a deserted desert rock while new waste technology is researched than to destroy our lungs by polluting the air that we all breathe?

Another argument against nuclear energy is the misconception that nuclear reactors are as dangerous as atomic bombs. However, modern nuclear reactors cannot be made into bombs, and are only getting safer. An example of a modern nuclear reactor is a liquid fluoride thorium reactor, which has much less plutonium waste (plutonium waste is used to make bombs) than typical uranium reactors, almost 98% less. LFTRs are also essentially meltdown proof. In the event of a large temperature spike, a wax cork beneath the reactor will melt, allowing the fuel to drain away and stop reacting. Thorium reactors are way better in more ways than one. Thorium requires

no enrichment, which is an extremely expensive process required for uranium. The process of mining uranium releases very deadly radon gas, while Thorium is easy to extract. There's also much, much more of it in the earth's crust, and it produces a lot more power than uranium. One ton of Thorium produces as much power as 300 tons of uranium, or 3.5 million tons of coal. Thorium reactors represent a safe, sustainable way for our society to move forward with a truly sustainable source of power.

What really worries me about the current nuclear energy debate is that the blindness of public opinion is leading to a negative impact on society. In Germany, politicians are responding to public outcry by completely shutting down all nuclear reactors in Germany by 2022.



The byproducts that carbon energy makes account for 76% of rapid climate change. That is why we need to replace carbon energy. There is no other option.

The missing power gap is planned to eventually be filled by renewable energy, but for now it is being replaced by coal, which is easily the most dangerous power source. This represents a dangerous, anti-scientific trend in demonizing nuclear energy based on public misconception. It's not just Germany that's going through a nuclear phaseout. Austria, Belgium, Philippines, Italy, South Korea, Sweden, Spain, Ireland, Slovenia, Croatia, Serbia, Netherlands, Australia, North Korea, Taiwan, Vietnam, Japan, The United States, and Switzerland have all phased out or are phasing

out their nuclear power. This is really, really bad. All of these countries have not met their carbon emission cut-down goals, and stopping development of nuclear reactors is not the way to solve that problem. With the recent plummets in oil and natural gas prices combined with the extremely wrong public opinion about nuclear energy, the future of climate change looks bleak. Most people I've met seem to say that nuclear energy is the deranged cousin of renewable energy. But these people seem to forget that renewable power, like solar and wind, are still a developing technology, and hydroelectric has a lot of the same problems as nuclear energy. Battery technology is simply not good enough to make renewable energy a reliable source of world power, while nuclear energy is easily the most reliable source of power. In conclusion, the climate debate should not be nuclear vs. renewable, it should be nuclear and renewable vs. carbon, and I encourage readers of this article to form their own opinions based off of their own research. Nuclear power changes every day, so it's always good to stay up to date.

Elijah Conklin Makes Team USA for International Geography Olympiad

By Danielle Horne

Fox Chapel Area High School sophomore, Elijah Conklin, recently placed third in the Varsity division of the United States Geography Championships. This national



Conklin has qualified to be on "Team USA" in the International Geography Olympiad or IGeo. This achievement is reserved for those with the greatest understanding of geography.

competition, which qualified him for the International Geography Olympiad, tests the geographical understanding of American students and "aims to reward students who have devoted themselves to studying the world, and its countries and peoples." (geoolympiad.org)

The competition, held online this year, consists of three sections: multiple-choice, open-ended writing, and a written cartography exam. Students must have a thorough

understanding of both the physical side of geography – including country locations and capitals, as well as the human side – including languages, cultures, and population trends.

Some elements of the exam such as countries and capitals can be memorized while others are studied through patterns, for example, the faster population growth in Sub-Saharan Africa. Sixteen year-old Conklin was able to learn many of these patterns from his Advanced Placement Human Geography class taught by Dr. Lesley Cowles, a teacher at Fox Chapel Area High School. "Elijah is an exemplary student, Dr. Cowles remarked. "He demonstrates academic excellence with his devotion to independently investigate and master content. FCASD is fortunate to have a student of Eli's caliber represented in the US Geography Olympic Team."

For the past three years, Eli has participated in the competition, but, having made the top four this year, he has qualified to be on "Team USA" in the International Geography Olympiad or IGeo. This achievement is reserved for those with the greatest understanding of geography.

The annual competition for geography students from over 40 countries will be hosted online by

Turkey this coming August. The students chosen to compete and represent their countries are the most qualified, selected from thousands of students who compete and excel in their own National Geography Olympiads.

Not only is this competition a chance for students to showcase academic skills, but it also gives them a chance to have cultural exchanges with students from around the world.

"It is exciting to get this opportunity to use something I enjoy and to meet people with a similar passion for geography," Conklin says.

In addition to having a passion for geography, Conklin is also involved in many school activities such as Marching Band and Mu Alpha Theta (math club). He is also a



Exploring Colleges in the COVID Age



By Ann Yonas

For many juniors, the major topic on their minds is college. Application season is fast approaching in the fall, but in order to apply, we need to make a list of colleges we would like to attend. Now this may sound simple, but such a list depends not only on easily researched information (test scores, acceptance rates, etc.), but also the experience and atmosphere of each college's campus and students. Students typically visit schools over their spring or summer break, but the Coronavirus pandemic has put a halt to this option. Furthermore, many schools are not offering campus tours or in-person information sessions. It is still important to learn as much about your potential colleges as possible, which is why I have comprised a list of tips for how to get to know a college outside of the traditional methods.

To make an initial list, simply visit the websites of each college. You will be able to find the statistical information listed above, as well as the offered majors, admissions deadlines, scholarship opportunities, and extracurriculars. Although these are presented to be appealing to the viewers, a quick skim can show you if the college has what you are looking for or not.

Another way to make your list is by talking to your guidance counselor. Counselors' jobs are to help us succeed during and after high school, and they are sure to provide a list of resources for your search. They can also help you

narrow your search based on your preferences for college.

Once you've narrowed your selections, sign up for an online tour and information session. These webstreams provide first-hand accounts from students and faculty, along with tips and tricks for when it is time to apply. An added bonus, some schools track "demonstrated interest," so attending an online event is one step closer to admission.

By now you have a pretty clear idea of what the school has to offer, but having an actual conversation with either a regional representative, a current student,

or an alum can remove any leftover hesitations. Again, ask a guidance counselor if they know of anyone you can talk to, or look on the school's website for their representatives list. Be sure to have a list of questions prepared and you'll be well on your way to finding your dream school.

Finally, try to set up a road trip to be able to drive through the campus. Being able to physically see the campus and how students interact with each other can give you a good sense of everyday life at each college. Also, being

able to walk through the college town or city can give you a glimpse of what your future life might look like.

College applications are a stressful topic and can feel very overwhelming, but if you have a list of schools you would be excited to attend, you can see the light at the end of the tunnel.



Many schools are not offering campus tours or in-person information sessions. It is still important to learn as much about your potential colleges as possible.



Asian American and Pacific Islanders: An FC Introspective

By Justine Eng

May is Asian American and Pacific Islander (AAPI) month. It's a month to celebrate diverse cultures, heritage, and community. With the many recent unfortunate and heart wrenching attacks against AAPI people in the United States, it is especially important to acknowledge and appreciate the AAPI community closest to us. Fox Chapel has a relatively small percentage of AAPI students, but understanding their experiences is an important step towards appreciating their contributions to our school and community.

A commonality between many AAPI students' experiences is the feeling that while being AAPI has allowed us to have a special community to be a part of, at times it also feels as if it's an aspect of ourselves that makes us very different from the overall student body at Fox Chapel. Emily Li commented that she feels "a sense of solidarity" when she sees other Asians in the halls, but also feels unrepresented at times because she has "only seen one Asian teacher in the whole district" and also sees little representation in the curriculum. While finding our own voices and identities within the school is difficult at times, clubs like the Distinguished Ethnic Society of India (DESI) club and the Asian Cultural Club (ACC) at Fox Chapel have helped create inclusive communities. The clubs are open to all students to gather, have fun, and share experiences.

There are many ways being AAPI has influenced our experiences at Fox Chapel, in life, and how we've found community and friendships. Anthony Nguyen recalled that in third grade, he made one of his best friends "because he was the only other Asian boy in (his) grade". Without trying to specifically have AAPI friends, it may be that we gravitate towards people who can relate to our experiences and share common feelings. Along with influencing our formation of friend groups, AAPI students at Fox Chapel communicated that having an Asian heritage has helped them to have more diverse perspectives and inclusive mindsets. Anushka Vis expressed that being one of the few AAPI students has "taught (her) how to be more open minded, caring, and

alert about activism within Fox Chapel".

The identity of Asian American and Pacific Islanders often is at an intersection of one's ethnicity and the broader American culture. When asked which identity they related to more, Asian/Pacific Islander or American, one student voiced, "I think I'm able to go both ways yet be neither completely". Even though we are seen as Asians and Pacific Islanders in the United States, if we do visit Asia, we are often seen as Americanized and not truly understanding of the Asian culture. While that can sometimes feel as if we don't belong within either cultures, it also enables us to have more diverse perspectives and unique experiences. Many of the AAPI students felt that being able to speak their ethnic language has allowed them to have a stronger connection to their Asian/Pacific Islander side. Janise Kim stated that she feels both Asian and American, especially since she has the connection with her Asian heritage because she speaks Korean with her family. Likewise, Alicia Gu said she feels more Asian because she "grew up speaking Mandarin" at home. On the other hand, Lawrence Liu shared that while his family made sure he and his sister stayed in touch with their Chinese culture, "I think I'm still more American". Yet another perspective on being Asian American was shared by Anthony Nguyen who commented, "while I am both Asian and American, hence Asian-American, I feel like it depends on where I am and who I'm with".

Feeling more Asian/Pacific Islander than American or more American than Asian/Pacific Islander will likely shift throughout our lifetimes. There are certainly both positive and negative aspects of being an AAPI student at Fox Chapel. Yet in all the ways being AAPI affects us, it will forever be part of our identity. Whether or not we choose to embrace it is a decision we have to make ourselves, and whether or not other people choose to embrace us is a decision that lies in their hands. Hopefully this article has given a bit more of an understanding of the AAPI students at Fox Chapel and contributed towards building a more inclusive and understanding community at Fox Chapel.

Fox Chapel Team Named Grand Champion in Governor's STEM Competition

A team of Fox Chapel Area High School students was named the grand champion in the eighth annual Governor's STEM Competition. Junior Janise Kim and sophomores Arvind Seshan and Prajval Sreenivas developed a product

called CITISYNC, a highly accurate occupancy tracking system that revolutionizes social distancing practices. CITISYNC tracks the number of people in a particular location and lets users know how many people are in a restaurant, store, or other public place to help determine the safety of public buildings based on social distancing guidelines and customer counts. It also lets consumers know when these public places are more crowded. CITISYNC uses camera technology to count people and the public could access the information through an app.

This year, the Governor's STEM Competition challenged 56 teams of students in grades 9-12 from across the state to research, design, and present a device or project that would make the quality of life better for Pennsylvanians by accomplishing a series of practical tasks to solve real-world problems. The theme was "Improving Pennsylvania Through STEM."

"Pennsylvania is a leader in STEM education and this competition demonstrates how students are using the

skills they have learned in their classrooms to create real-life solutions to everyday problems," said Governor Tom Wolf. "This competition inspires students and every year we see teams who have accepted the challenge and shown us the remarkable work happening in our schools."

According to the Acting Secretary of the Pennsylvania Department of Education Noe Ortega, "The Governor's STEM Competition participants have applied their skills in science, technology, engineering, and math to solve an array of real-world issues. I applaud all of the teams for their hard work and resilience, and recognize the educators, parents and caregivers,

and community members who supported these students during an unpredictable, challenging year."

Part of the competition requirements were that teams work with a member of their local community, a business, or an educational entity. The Fox Chapel Area High School students partnered with a research programmer and health experts, and incorporated ideas from local businesses.

The Fox Chapel Area High School team was named the grand champion in the Division 2 category that included teams of students who had not competed in the state competition in the last five years. As the grand champions, each student on the Fox Chapel Area team will receive

a \$2,000 scholarship, a trophy, and a medal. The Fox Chapel Area High School students' advisor was gifted education facilitator Lisa Gibson.

Meet the Team



Janise Kim
Prototype Engineering,
Materials Engineering,
Programming

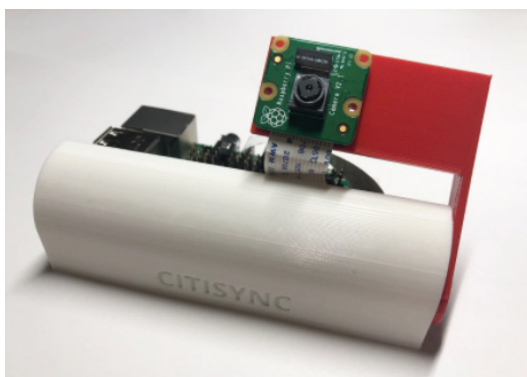


Prajval Sreenivas
Public Relations, Prototype
Engineering, Documentation

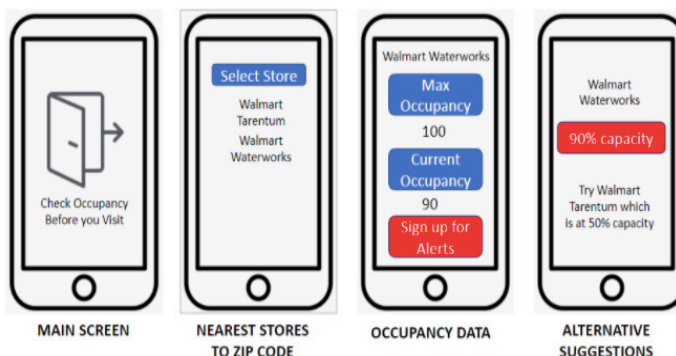


Arvind Seshan
Prototype Engineering,
Documentation, Research

Junior Janise Kim and sophomores Arvind Seshan and Prajval Sreenivas developed a product called CITISYNC, a highly accurate occupancy tracking system that revolutionizes social distancing practices.



Surveillance Camera Prototype



Mobile Application Primary Mockup

Covid Vaccines: What Should You Know?



By Davina Chang

As many people already know, COVID vaccine distribution started in early January. At that time, only front-line workers such as doctors, nurses, and other essential workers were offered the vaccine; this was known as Phase 1A.

Since then the US has moved into phase: 1B, which included individuals who work in the education, manufacturing, correctional, public transport, and mail fields, quickly followed by phase 1C, which included workers in various fields such as legal, food and housing construction. On April 19, the vaccine was opened to the general public. To be eligible for Phase 2, the person must be at least 16 years old and has not previously experienced a reaction to a COVID vaccine.

What does this mean for high schoolers?

Seniors, most juniors, and some sophomores will be able to get vaccinated very soon.

What type of vaccine can you get?

There are 3 different Covid-19 vaccines that are available to the US: Pfizer-BioNTech, Moderna, and Johnson & Johnson (Janssen).

Pfizer-BioNTech:

The Pfizer vaccine is currently the only vaccine available for people 16 or 17 years old, as well as anyone 18 and older. It is given in 2 shots, 3 weeks apart and, according to the Mayo Clinic, is 95% effective. The person is considered fully vaccinated 2 weeks after the second shot.

These shots can have the following possible side effects:

- While getting the shot: pain, redness, and/or swelling
- Throughout the rest of the body: tiredness, headache, muscle pains, fever, nausea, and/or chills
- Do not take the Pfizer vaccine if you are allergic to any of the ingredients used.

Moderna:

The Moderna vaccine is offered to people ages 18 and older. It is given in 2 shots, 4 weeks apart and, according to the Mayo Clinic, is 94% effective. The person is considered fully vaccinated 2 weeks after the second shot.

These shots can have the following possible side effects:

- While getting the shot: pain, redness, and/or swelling
- Throughout the rest of the body: tiredness, headache, muscle pains, fever, nausea, and/or chills
- Do not take the Moderna vaccine if you are allergic to any of the ingredients used.

Johnson & Johnson:

The Johnson & Johnson vaccine, unlike the other two, is only given in one shot. It is offered to people 18 years and older. According to the Mayo Clinic, the vaccine is 65% effective. The person would be considered fully vaccinated 2 weeks after getting the shot.

These shots can have the following possible side

effects:

- While getting the shot: pain, redness, and/or swelling
- Throughout the rest of the body: tiredness, headache, muscle pains, fever, nausea, and/or chills
- Do not take the Johnson & Johnson vaccine if you are allergic to any of the ingredients used.

Is it safe?

Yes. Unless you have an allergy to one or more of the ingredients used in the vaccine, the vaccine has shown to be safe and effective. The CDC has closely monitored thousands of people in clinical trials and the results have met the FDA's standards for safety.

Should you get the vaccine?

Yes. The vaccine greatly lowers the chances of getting the Covid-19 virus, as well as allows for people to begin doing some pre-pandemic activities again. Additionally, getting the vaccine is helping the country get one step closer to overcoming the pandemic.

How to get a Covid-19 vaccine?

One way to get a Covid-19 vaccine is through the Vaccine Finder website: [VaccineFinder.org](https://vaccinefinder.org)

This website helps people find vaccination locations and provides a link to the location's website/the location's phone number. However, it doesn't determine eligibility due to the variations in requirements across the country.

Another way to get a Covid vaccine is through a local pharmacy's website. Search the pharmacy's name followed by "Covid vaccine." Calling the state health department can also help in finding additional information about vaccine availability.

Sources:

<https://vaccinefinder.org/>
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vaccine/art-20484859#:~:text=Pfizer%2DBioNTech%20COVID%2D,dose%2C%20if%20needed.>

MEET THE STAFF



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Eng

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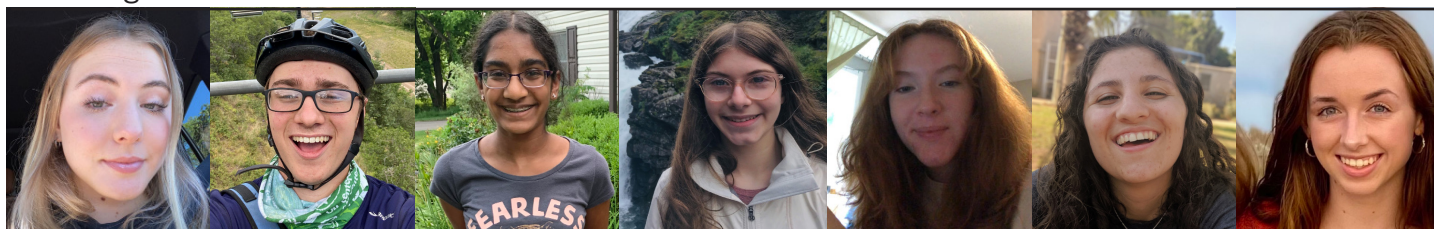
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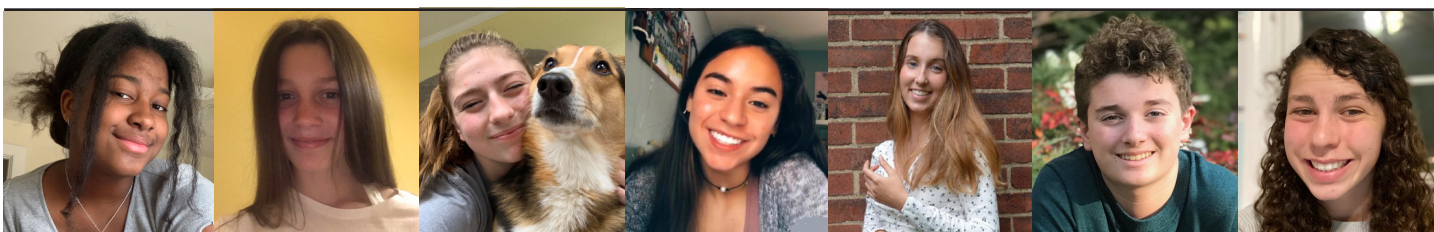
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SPECIAL THANKS TO HILLS STUDIO PHOTOGRAPHY, GORDON SNYDER PHOTOGRAPHY, BONNIE BERZONSKI, AND JILL LEONARD FOR THEIR CONTRIBUTIONS.

FOX TALES

Volume 6, Issue 4
Fox Chapel Area High School
Fourth Quarter, 2020/2021

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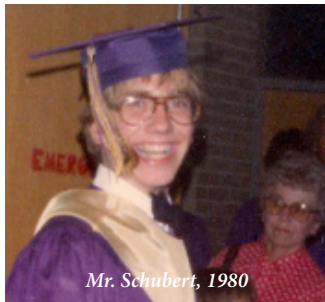
Michael Hower, Ed.D., Lead Principal
Daniel Lentz, Ph.D., Program Principal (A-L)
John McGee, Ph.D., Program Principal (M-Z)

Thanks for the Memories!

Here's a Little Advice...

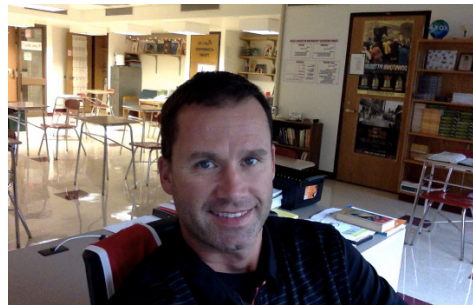


It takes very little extra effort to truly make a difference. Be someone who smiles more. Who cares more. Who laughs more. Who loves more. You have ONE shot at this life. Be more! I will always remember when my QRT seniors would come to see me during the day. I've really missed seeing you guys every day.
– Mrs. Coffield



Mr. Schubert, 1980

Don't invest all your time on the artificially created world of social media, go enjoy real people and the real world.
– Mr. Schubert



My favorite memory of my senior year wasn't a specific moment or event, but just the people I remember spending time with: my friends, kids I

went to school with, guys on the teams I played on. I remember the teachers and counselors and principals who contributed to my senior year, and my entire high school experience really in a positive way. I remember people. There was a high level of camaraderie and a low level of drama which makes for a high quality of life at that time in my life. Senior year has that feeling of being like a championship season. It's "The Last Dance." It ends a chapter of your life (high school), which is kind of heavy duty to think about, and is the start of the next chapter in your life. Swim towards people who are positive and have a positive effect on you. Swim away from the negative. Hang out with people who elevate you as a person.

– Mr. Bandurski



your zoom performances were definitely my favorite moments. Thanks for all of your technological and moral support as we navigated this crazy year together. I will definitely always remember the Class of 2021!

– Ms. Rust

AP English Seniors, I could not have asked for a better group of students this year! Your writers of the week, your analysis of the 5th graders' Snow Day Poems, and

College and life is what you make of it! It is not where you go or what you do, it is how you embrace and enjoy

it! The class of 2021 made for some very fun APUSH memories. Your class works hard with plenty of personality! It was fun to teach you!

– Mr. Norberg



Allow yourself the flexibility to recognize and realize a future that you may have not yet dreamed of. I will always remember my QRT. They were with me for two years and I have missed them dearly the past two school years. They always made me laugh during QRT. Every person who came into my room was shocked at the noise. They were always chatting and studying together. There was rarely any silence, but in a good way. Their camaraderie was admirable. It felt like a family. They were always throwing together impromptu breakfasts or a Secret Santa exchange in December. They are a special group. I will miss them, and I wish them all the best.

– Mme. Montgomery



Your resilience, patience, and flexibility has been outstanding. Couple that with a collective positive spirit, you get an amazing class of 2021! I only wish you got the senior you deserved. I know you are headed for greatness. We will miss you!

– Dr. Hower

"Dream Big, Work Hard & Have Fun"
– Mr. Devlin



my poli sci final, and the senior dinner dance. My advice to you is be kind to others.

– Mrs. Klein

From my senior year, I remember powder puff football,

Graduation is not the end, it's the beginning! I wish you all the best class of 2021! Go change the world for the better, and be the best that you can be!

– Mrs. Smith

Compiled by Maggie Kelly