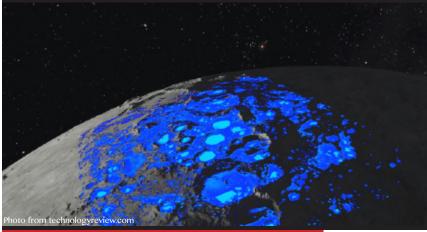


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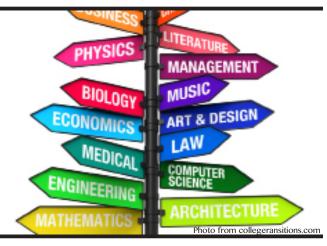
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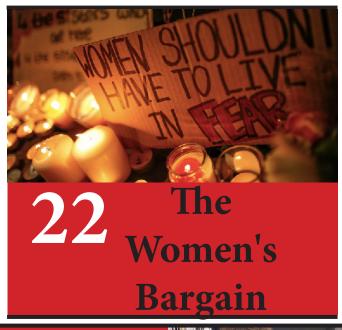


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Photo credit: SETI Institute

By Maggie Kelly

On October 26th, 2020, a NASA aircraft called SOFIA found water that existed on the non-polar regions of the moon. This was an important discovery because for the first time, NASA found out that water is not limited to the moon's immensely cold, shadowed regions, and may be distributed across the lunar surface. There is a very little amount of water on the moon. To compare, the Sahara desert has 100 times more water than the lunar soil (NASA 2020). Our Earth has a tilt of about 23 degrees from the plane of its orbit around the sun which causes the North and South poles to have periods of constant darkness or constant sunlight. The moon has less of a tilt, which causes the large craters to block sunlight from ever reaching inside of it. These regions are called permanently shadowed regions (Lanetary Society 2020).

Astronomy teacher, Mr. Thomas, is a wealth of information on this topic and generously gave his time to answer questions about water on the moon and why we should care.

"What do you think about the discovery of water on the moon?"

Finding water on the sunlit surfaces of the moon was not a surprise to us, but this did raise questions of the behavior of water. Finding water on the sunlight regions was very significant. The water should not be there.

"How important do you think the discovery of water on the moon is?"

The water we found on the moon can be used for fuel needed for missions. Transporting the water back to Earth is nearly impossible, so we could use this water to fuel our missions to go past the moon. Finding water on the moon is a huge step towards permanent camps on the moon. We would place missions on the polar regions in order to access mission amounts of water.

"What is the importance of craters on the moon?"

Craters tell us what happened in our solar system billions of years ago. The polar craters are what holds the frozen solid water in the moon.

"Is it possible for humans to live on the moon?"

Yes, it is very possible. Humans have always been ambitious and wanting to see the other side of things. We are naturally curious to explore. Artemis is NASA's program to land the first woman on the moon by 2024.

Artemis was the greek goddess of the moon. This NASA program is in collaboration with international partners, and plans to establish sustainable exploration by the end of decade. With this research of and around the moon, they will learn enough to send astronauts to Mars. The Artemis program leads to hope in the future that humans will soon know enough to explore other planets in our solar system (NASA 2020).

The reason we should care about this new discovery is because it will lead to a future of exploring past the moon. Humans have only been as far as the moon. Finding water on the moon can possibly lead to a permanent base which will allow us to do more research in order to explore other planets. Setting up a permanent base is synonymous with living on the moon, which humans have always strove to accomplish. Artemis leads to a new hope in space exploration, and could lead us to exploring planets such as Mars, which has not been attainable until the new discoveries.

A Little Literature:

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

TODAY'S TOPIC: Gods, Demons, and Quests: A Peek into the World of Indian Mythology!

Most of you may have read the Percy Jackson series, immersed in Greek/Roman mythology, but how many of you have even glanced at those with Indian Mythology? Ok - I'm not saying that NO ONE reads books with Indian Mythology, or that Percy Jackson is cliched (I am actually a big fan of the series!). Yet, there are many books out there that you may have never heard of. Now me? I was handed books on Indian Mythology left and right as I grew up (thanks, Dad). But honestly, these books are actually cool. Here are two of my favorites!

By Shriya Krishnamurthy

The Star-Touched Queen by Roshani Chokshi

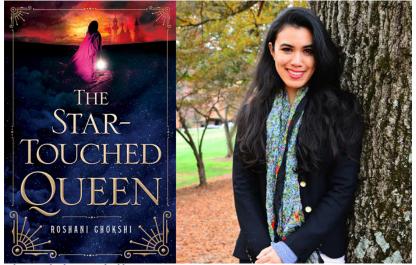


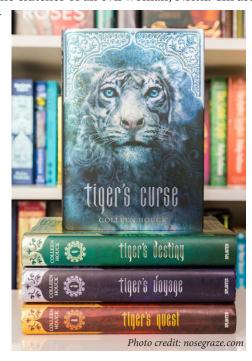
Photo credit: barnesandnoble.com

back into the world of her past, Maya, unloved and forgotten, befriends a flesheating horse, Kamala. With the help of her new friend, Maya will attempt to save her husband and the entirety of the three worlds in the process.

Tiger's Curse Series by Colleen Houk

So, about 300ish years ago, two princes by the name of Alagan Dhiren (Ren) and Sohan Kishan (Kishan) Rajaram were the unfortunate victims of a curse – namely one that turned them into tigers for all but 24 minutes of the day. Now, in 2017 (yes, I get that this is a bit outdated, but bear with me here...), enter seventeen going-on eighteen-year-old Kelsey Hayes, fresh out of high school. Living with her foster parents, Kelsey needs a job to pay for college. She finds herself working at a circus for the summer where she meets Ren, a white tiger. When presented with the opportunity to keep working with Ren after her circus job, Kelsey agrees. She embarks on a journey to India where, upon her arrival, Ren reveals his human form and convinces her to help him break the Tiger's Curse. Goddess Durga presents Kelsey with four quests to help save the brothers from spending eternity in the form of tigers! Join her on her quest in this series of four books.

For all you romantics out there, The Star-Touched Queen is the book for you. Maya, a princess of the Ancient Indian kingdom of Bharat, was born with a horrific horoscope, one that promised a marriage of Death and Destruction. On the day of her wedding, a mysterious prince by the name of Amar, claiming to be the king of Akaran, convinces Maya to wed him, requiring her to be honest and give him her trust and patience. Amar promises to reveal everything about himself to Maya on the night of the new moon. However, as Maya spends her days roaming the halls of Akaran, she realizes that her husband may not be who he really seems. When she uncovers the secret of her husband, she unknowingly kicks herself out of Amar's life, leaving him in the clutches of an evil woman, Nritti. Thrust



Kenyon and Shao Named Candidates in Presidential Scholars Program



Two Fox Chapel Area High School seniors, Ryan Kenyon and Vivian Shao, have been named candidates in the 2021 United States Presidential Scholars Program. More than 4,500 students from across the U.S. have been named candidates in this year's program, and 172 are from Pennsylvania.

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

Approximately 600 students will be selected as Semifinalists in the program, and then the students chosen as Presidential Scholars (up to 161) will be notified this spring. If circumstances permit, the Scholars will be invited to Washington, D.C., in June for an expense-paid trip to the National Recognition Program, where they will meet with government officials, educators, and other accomplished people. The trip would also include the presentation of the Presidential Scholars Medallion during a White House-sponsored ceremony.

Tapestry and Fox Tales Win First-Place National Awards

Two Fox Chapel Area High School publications won awards in the 2020 American Scholastic Press Association Contest/Review for Yearbooks, Magazines, and Newspapers. The 2019-2020 literary arts magazine "Tapestry" received a first-place national award. The high school's newspaper, "Fox Tales Quarterly," was also named a first-place national winner for the fall 2020 issue.



The 2019-2020 student staff members of "Tapestry" were 2020 graduates Amelia Bothe,

Claire Cummings, Gwendolyn Davison (editor-in-chief), Fiona Healy, Emma Lusk, Megan Matthis, Zeynep Ozkaya, Navjot Pabla (layout design), Anzu Sekikawa, Olivia Tang (head of submissions), Helene Tracey, and Angelique Uku; current 2020-2021 seniors Molly Dean, Divine Eyth, Emily Li, and Nora McDougall; and current 2020-2021 juniors Carlie Barnett, Alexa Berman, Mackenzie Borkovich, Nina Busch, Ellen Gray, and Ruth Mertens. The students' advisor is Fox Chapel Area High School English teacher Jessica Green.

The 2020-2021 student staff members of "Fox Tales Quarterly" are seniors Amulya Garimella, Rachel Horne, Maggie Kelly, Ryan Kenyon, and Abigail Rickin-Marks; juniors Noah Bradley, Justine Eng, Russell Fenton, Danielle Horne, Madeleine Muller, Beata Turnquist, Calla Truschel Jacobs, Kaylee Uribe, Katherine Voigt, and Ann Yonas; sophomore Trevor Katz; and freshmen Shriya Krishnamurthy and Abraham White. The students' sponsor is Fox Chapel Area High School gifted education coordinator Lisa Gibson.

Students Chosen for All-Eastern Honors Ensembles

Three Fox Chapel Area High School seniors have been chosen to perform with the prestigious 2021 National Association for Music Education (NAfME) All-Eastern Honors Ensembles. Nathaniel Hines was selected for the All-Eastern Honors Mixed Chorus, Jack Penland was chosen to play with the All-Eastern Honors Orchestra, and Joey Wang was chosen for the All-Eastern Honors Symphonic Band. Prior to being chosen for the All-East ensembles, these students were also selected to perform with the 2020 All-State ensembles.

A total of 719 of the most musically talented high school students from Connecticut, Delaware, Massachusetts, Maine, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont were selected for the NAfME 2021 All-Eastern Honors ensembles. The students participated in a virtual weekend experience March 4-6 that included keynote speakers, masterclasses with professional musicians, and rehearsals with their conductors, as well opportunities to learn and network with colleges and universities of various types and participate in mock auditions. This year, students individually recorded their performance from home led by a virtual performance of their conductor. The recordings were edited together to produce a virtual ensemble for the concert performance. The concert will be premiered April 23 at 8:30 p.m. during the 57th NAfME Eastern Division Virtual In-Service Conference.

The NAfME All-Eastern Honors ensembles consist of a symphonic band (146 students), orchestra (165 students), mixed chorus (270 students), treble chorus (120 students), and jazz ensemble (18 students).

Dr. Ward Chosen for PLSA Leadership Insitiute

Fox Chapel Area High School librarian Laura Ward, Ed.D., has been selected as a member of the 2020-2021 Pennsylvania School Librarians Association (PSLA) Leadership Institute for School Librarians (LISL).

Through her participation in the Leadership Institute, Dr. Ward will receive professional development, training, and strategic planning guidance on issues surrounding the topics of equity, diversity, and inclusion. The goal of the Leadership Institute is to assist the PSLA in embedding these pillars throughout the association's practices, as well as in school libraries throughout Pennsylvania.

Upon the completion of her training, Dr. Ward will serve as a mentor to other school librarians in the state who are participating in the 2021 PSLA School Librarians' Leadership Academy, which will focus on fostering an antiracist library culture and building diverse library collections.



The PSLA Leadership Institute is funded in part, by the federal Institute of Museum and Library Services and administered by the Pennsylvania Department of Education through the state Office of Commonwealth Libraries. Dr. Ward is one of 39 librarians from across Pennsylvania to be chosen for the Leadership Institute.

Dr. Ward is also president-elect of the PSLA and is a member of the organization's 2020-2021 Library Services & Technology Act (LSTA) steering committee, which oversees the distribution of federal LSTA funds. At Fox Chapel Area High School, she serves as the faculty sponsor for both the FC Book Club and the school's Social Activism Club. She is also a member of the Fox Chapel Area High School Diversity Council and served as the head girls tennis coach in the fall of 2020.

Winners of the Regional 2021 Scholastic Art and Writing Awards

Several Fox Chapel Area School District students recently won awards for their entries in the Pittsburgh Region of the Scholastic Art Awards 2021. The Fox Chapel Area Gold Key winners were seniors Jessica Jing McCann (4 Gold Keys), Joey Wang (2 Gold Keys), Alwyn Williams, and Wenyu Zuo (2 Gold Keys); sophomore Jonathan Li; and freshman Isabella White (2 Gold Keys). Additionally, Jessica Jing McCann was selected as an American Visions nominee for her jewelry piece entitled, "Anxiety's Flight." This honor is given to only a select few regional Gold Key winners and their pieces are considered to be among the very best of the show. All of the Gold Key winners will now have their work sent to New York for national judging where they will be competing with other regional winners from across the United States for national awards. The winners of the national contest will be part of The Scholastic Art Awards National Exhibit.

The Fox Chapel Area Silver Key winners were seniors Samantha DiGregory, Meredith Francis (2 Silver Keys), Kristian Kerschbaumer, Jessica Jing McCann (5 Silver Keys), Joey Wang, and Zoey Zoschg; junior Alexa Berman (2 Silver Keys); sophomores Jonathan Li and Sophie Shao; and freshman Isabella White.

The Fox Chapel Area Honorable Mention winners were seniors Emma Begg (3 Honorable Mentions), Madelyn Francis, Ainsley Good, Jessica Jing McCann (3 Honorable Mentions), Joey Wang (4 Honorable Mentions), Alwyn Williams, Zoey Zoschg, and Wenyu Zuo (3 Honorable Mentions); juniors Alexa Berman (4 Honorable Mentions) and Emily Hook; sophomores Madisyn Elwood, Jonathan Li (3 Honorable Mentions), and Sophie Shao; freshmen Emma Kim (3 Honorable Mentions) and Isabella White (4 Honorable Mentions); and eighth graders Caleb Adams and Yuqi Zhou.

The regional award winners were selected by a panel of distinguished judges which included artists, art educators, and art professionals.

In the writing competition, six students won awards for their submissions. Junior Anna Ferris won a Gold Key for her flash fiction, "A Life in Moments." Her entry has now been sent to New York City for national judging. Winning Silver Keys were senior Jessica Jing McCann in the poetry category and junior Lance Wilhelm in the journalism category, and Dorseyville Middle School eighth-grader Moonyoung Hwang won two Silver Keys for her poetry. Honorable Mentions went to senior Margaret Dean in the personal essay & memoir category, and to junior Shea Davison in the flash fiction category.

Nearly 500 submissions, spanning a variety of different genres of writing, were received from students from across Allegheny County. The local competition is sponsored by the Western Pennsylvania Writing Project. The Project is a nonprofit, teacher-centered professional development program serving area schools and students. It is hosted by the University of Pittsburgh's School of Education and is a long-standing affiliate of the National Writing Project. The group partners with schools and community organizations in its efforts to strengthen academic and public literacy.

Rickin-Marks Chosen to Receive Youth Mental Health Leadership Award



Fox Chapel Area High School senior Abigail Rickin-Marks has been chosen to receive NAMI (National Alliance on Mental Illness) Keystone Pennsylvania's 2021 Youth Mental Health Leadership Award. The award is given to a young person who is a change-leader in the areas of mental health education and is instrumental in shifting conversations about mental health from negative to positive. Abby, who received four nominations, was selected for her vital contributions in both her school and community to raise mental health awareness and reduce stigma.

At Fox Chapel Area High School, Abby is involved with social activism and the peer-to-peer empowerment program, and also serves as a member of the school's diversity council.

According to Fox Chapel Area High School counselor Rachel Machen, Abby is a natural leader whose efforts make a true difference

"I see how, even within our high school, Abby is trying to create change and reduce that stigma around mental health," Machen says.

Wellness Committee at the Jewish Center, a group formed to to educate peers about different topics. Additionally, she serves as council member for UpStreet, a

therapy service through Pittsburgh

Senior Abigail Rickin Marks received the NAMI Award for being a change-leader in the areas of mental health.

Leadership Award

community, Abby is the founder of The Second Floor Teen Community empower teens mental health a teen advisory teen drop-in **Jewish Family**

and Community Services. Abby is also a student advocate with the Jewish Healthcare Foundation's Youth Advocacy Committee focused on teen mental health in Southwestern Pennsylvania. She helped design and implement the "Igniting A Youth Advocacy Movement" that focused on destignatizing mental health, building safe and inclusive communities in schools, and increasing school resources for mental health services. She has also spearheaded two social justice symposiums that focused on the intersection of social equity, diversity, and inclusivity.

According to an email from NAMI Keystone PA Director of Education Susan Caban, Abby is incredibly deserving of

"To say that we were impressed and appreciative of Abby's mental health advocacy is an understatement," she says. "She really is an amazing young woman."

According to Deborah Murdoch, program manager for the Jewish Healthcare Foundation, "Abby's warm and empathetic approach, as well as her openness about her experiences, creates an environment that is welcoming to teens of all backgrounds."

Abby will receive the award on February 5 as part of the NAMI Keystone Pennsylvania Child, Adolescent, and Transition Age Youth Mental Health Virtual Conference. She will be given a \$500 scholarship and a commemorative plaque as part of the award.

NAMI Keystone Pennsylvania is the state organization in Pennsylvania for the National Alliance on Mental Illness, the largest grassroots mental health organization in the country. NAMI Keystone Pennsylvania is a nonprofit organization dedicated to improving the lives of children, adolescents, adults, and families affected by mental illness through recoveryfocused support, education, and advocacy.



FC's Spring Musical – "Songs for a New World"

The Fox Chapel Area High School 2021 spring musical, "Songs for a New World," will be streamed during show times and can be viewed on any device. Show times will be April 15, 16, and 17 at 7 p.m., and April 18 at 2 p.m.

Composed by acclaimed musical theatre composer and lyricist Jason Robert Brown, "Songs for a New World" is a collection of scene-songs that takes you on a musical journey through the sharing of individual stories. While there is no overarching plot and no main character, each scene-song tells the story of an individual or group of people coping with essentially the same thing - the moments in life that seem perfect when, in a flash, everything changes: maybe for the better, maybe for the worst. Everyone can relate. But at the core of each story is survival – surviving those moments, even when it feels like all odds are stacked against you. The message of these songs... we are never really alone. It is through sharing our individual stories and listening to others' stories

that we gain strength to continue on. These are the songs of ordinary people, the songs of our community, the "Songs for a New World."

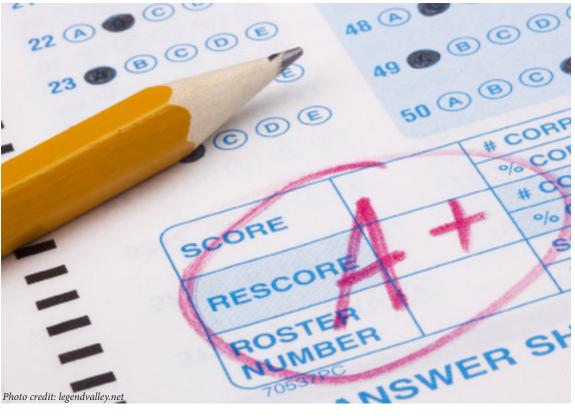
Individual tickets are \$15 and a family ticket is \$25. The family ticket will allow an entire household to watch the show at a discounted rate. Ticket purchasers will receive a link and an access code via email, valid only for the show time purchased. Codes and links cannot be transferred or shared.

Tickets went on sale March 15 and can still be purchased at www.showtix4u.com/events/ fcahsmusical. Please note that an additional convenience fee will be applied.

More than 50 Fox Chapel Area High School students are involved in this year's musical in all aspects of the show, including performing, set construction and painting, lighting, sound, costuming, ticket and ad sales, designing the program and advertising materials, and more.

Four Tips to Get Better Grades

By Beata Turnquist



How many of you have been asked by a fellow student, "Hey! How did you do on that History test?" And how many of you have been reluctant to share your grade, or felt as if your grades don't accurately reflect your intelligence? Well, I am here to tell you that that is totally normal, and I, too, refrain from sharing my test scores with others simply Tip #2 - Ask for Help because I feel "too stupid" or as though "I didn't try my best". In high school, grades are quite important and one of the first things that colleges notice about students when they apply, whether it be for scholarships, honors programs, or financial aid. But, colleges also pay attention to the activities that students participate in and the accomplishments that they have achieved, whether this be in sports, theatre, or arts; so it's important to not let the anxiety surrounding you take over the entirety of your high school experience! One may ask, is there a way to do both? How can a student stay on top of studies while also pursuing interests and activities in which they also actively participate? There are a few quick and simple skills that students can implement into their daily routine or their study routines which will improve their ability to perform well academically without being forced to miss out on the other extracurriculars that they are a part of or the traditional experiences that all high school students should be able to enjoy.

Tip #1 - Pay Attention in Class

Although this "method" may seem obvious, it is often overlooked by students or underestimated. In the world of technology, as well as learning from home, distractions

are everywhere. From watching TikToks to reloading the Instagram explore page, sometimes a student's attention is on anything but the lesson on their Zoom call. Just by turning off your phone and attempting to focus on the class at hand, students will most likely start to develop a more thorough understanding of the material being taught in class. How do you expect to do well in class if you are not paying attention to begin with? As a student myself, I do

understand how difficult it is to tune out distractions, but by focusing on school, during school; you are less likely to stress or struggle with a topic outside of school. This means that you will be able to perform well in class as well as on the basketball court or in the marching band.

Another simple tip, but I can not stress this enough - do not be afraid to ask for help! Your teachers will not think less of you or will not begin to believe that you are unintelligent just because you do not understand something! Teachers love when students ask questions because this helps them get a better idea of what students are struggling with and then helps them improve their lessons or teaching style in the future. They also never look down upon students that ask for help! It's actually the exact opposite! Students who ask questions are more likely to be appreciated by their teachers, simply because asking questions shows an urge to learn more about the subject, can direct classroom discussions, or even prompt more students to speak up and ask questions as well. Personally, I struggled with asking questions for the majority of my academic career, until my sixth grade math class. I was performing quite poorly in the class and my teacher was concerned, so she encouraged me to come in for lunches in order to ask questions and review the material. This not only boosted my grades, but it also boosted my confidence and helped me to begin asking more questions during class,

Better Grades, continued

especially when I did not understand something.

Tip #3 - Develop a Study Schedule/Use a Planner

Keeping track of time and organizing your activities can help save a lot of time in the long run! Why waste free time trying to juggle everything or stressing about when to get certain things done? By developing some sort of schedule, it will be much easier to keep track of time and allow yourself to take breaks when it is necessary. Personally, my afterschool schedule is quite hectic, so I make sure to organize everything on Sunday night - right before the week starts. I check Schoology, and take note of any tests of assignments that teachers have posted prior to being assigned during class. This way, I can begin these items or maneuver them around the items in my schedule that are already there, like practices or work. When organizing your schedule, it is also important to create a hierarchy of importance in regards to the assignments or activities that you must complete. For example, if you are assigned twenty math problems for your Algebra class - which are due tomorrow, as well as thirty vocabulary words for your English test, which is not until the end of the week, understanding the order to complete these assignments is crucial to time management. Students should observe that the vocabulary is not due until the end of the week, whereas the math problems are due the next day. There are also more vocabulary words than there are math problems. By creating a hierarchy of importance when it comes to class assignments, students will develop better skills managing their busy schedules and then have more time to focus on school work, studying, and the other activities.

Author's Note - Also you don't need to buy a fancy planner! Just use the notes app on your phone or a simple notebook! **Tip #4 - Take Care of Yourself**

Burnout is a real thing, and balancing a busy schedule is basically asking for it! I know it's difficult to take time for yourself, especially when it seems as though you barely have time to do any of the important tasks during your day. But, it is necessary to take care of yourself when you are spending a lot of time participating in school, work, and other activities such as sports or art programs. As you are arranging your schedule for the upcoming week, try to incorporate some sort of "me time". This way, you are not stressing yourself throughout the entire school week, only to collapse under all of the anxiety and lack of motivation during the weekend. By setting aside some time during the week, you are less likely to reach this "burnout" by the time Saturday and Sunday arrives. A great way to implement this is by dividing your working time into two segments – 45 minutes for getting work done and 15 minutes for taking a break and relaxing. It is actually scientifically proven that by taking breaks during your periods of work, you are more likely to not lose focus, get bored, or lose track of your

goals. You are also more likely to understand material and make connections by dipping into your "daydream mode" of your brain. By incorporating this work/break interval into your daily routine, you are more likely to improve your ability to keep focus on certain tasks or assignments, reach certain breakthroughs in understanding, and allow yourself to relax when you (and your brain) needs it.

Getting good grades, while attending sport's practices, musical rehearsals, and work shifts, may seem impossible. And if you are able to achieve this miraculous feat, then your stress levels must be through the roof, right? Actually, no! Being able to perform well both in History class, as well as in the swimming pool, is possible, and it's possible without being hunched over homework when the rest of your house is asleep every night. This task can be accomplished by paying attention and taking notes about class DURING class! Shutting off your phone and removing distractions will greatly improve your understanding of lessons, which will stop you from reteaching it to yourself in your spare time. Asking questions is another way to boost understanding and forces you to think about certain materials at an even deeper level than you were prompted to in class. It is also important to focus on your schedule and manage your time appropriately. A clear schedule makes it much easier to tackle tasks and get things done. Finally, take a break! It is okay to put down the book every once in a while and focus on something else! Trust me, your mind, body, and grades will appreciate it.

Tips on how-to become a "straight A" student

- 1. Be prepared for class
- 2. Eat before class
- 3. Get good nights of rest before tests
- 4. Make a study schedule
- 5. Don't procrastonate
- 6. Take breaks
- 7. Put fourth your best effort
- 8. Don't waste time
- 9. Choose the best classes for you
- 10. Do all offered extra-credit
- 11. Organization is key
- 12. Constantly review information
- 13. Ask for help
- 14. Put homework first
- 15. Relax



www.michaelascorner.com

Chick-Fil-Yay?

By Ann Yonas

At the beginning of 2020, it was announced that a Chick-Fil-A restaurant would be put into the location of Rita's Ice on Freeport Road. Many people were very excited by

this news. Chick-Fil-A has been growing in popularity in the last few years – known for their excessive manners

and "good" ice – and the closest one to Fox Chapel had always been the one on McKnight Road in the North Hills. Despite this strong enthusiasm, many people were not-sopleased.

In 2011, Chick-Fil-A supported the PFI (Pennsylvania Family Institute) in its efforts to stop anti-discrimination efforts in Pennsylvania. In 2012, Chick-Fil-A's

CEO, Dan Cathy, made a number of comments that some considered to be homophobic. Following this, news broke that the company's charity, the WinShape Foundation, donated millions of dollars to anti-LGBTQ organizations, which angered a portion of the population across the country. Countless colleges and universities pushed to boycott the company and have it removed from their campuses. Even as recently as 2017, the company has records of donating to anti-LGBTQ groups. Chick-Fil-A is deeply based on the owners' Christian faith, and they

bring their ideas into the restaurant, such as being closed on Sundays.

In recent years, the company has been gradually changing their policies. As of 2020, they have said that are changing their donation model (although they have not explicitly said that they would stop these actions), and have regretted getting involved in same-sex marriage debates. Furthermore, in light of George Floyd's murder and Black Lives Matter protests, Chick-Fil-A has said that it is against racism and hopes for unity in the future. When one student was asked how Chick-Fil-A's past actions and their impact on the student's dining habits, the student explained that

"[Chick-Fil-A's] actions show a lot about their values, so I have been going there less often." The same student was then informed of the changes that Chick-Fil-A is proposing, and stated, "I would still watch for their actions in the future before I go back to eat." Another student who was interviewed stated, "It doesn't matter to me - their food is awesome."



The new Chick-Fil-A opened on Freeport Road in Fox Chapel on February 25th.

Photo credit: facebook.com/cfafoxchapel

Regardless of opinions, the new Chick-Fil-A is sure to get an abundance of business. In its opening week, the line of cars extended across the plaza and out into Freeport Road. Police officers were needed to direct traffic. Tip: avoid the long wait by downloading the app and ordering before you go. You order will be ready and brought to you car when you arrive.

Chick-Fil-A is currently hiring, and many FCAHS students are eager to jump at the job opportunity. They are definitely in store for a ton of work, so good luck to them!



"[2020] marks the sixth straight year that Chick-fil-A has been No. 1 in the industry, a ranking determined by about half a million consumers tasked with evaluating indicators like order accuracy, food quality, speed of service and mobile app reliability...Chick-fil-A's sales in 2019 were estimated to be about \$11.3 billion, according to Restaurant Business, a 13% increase year-over-year. For context, Taco Bell generated just under \$11.3 billion, but with about 4,300 more units and business on Sundays." (forbes.com/sites/aliciakelso/2020/06/30/chick-fil-a-named-americas-favorite-restaurant-chain-for-the-sixth-straight-year/?sh=6bac1efb5d7a)

When Will Teens Be Able to Get the Covid-19 Vaccine?



By Ann Yonas

The world has been stuck in the unknown since the beginning of 2020. Teens are all too familiar with "these unprecedented times" and are ready for their lives to go back to normal. Luckily, things have been looking up. The first COVID vaccines were administered in December of 2020, and, as of January 21, are being administered at about 462,000 a day, for a total of about 42 million individuals vaccinated thus far. However, frontline workers and the elderly/immunocompromised are naturally the first in line for getting their vaccines. This makes sense, as frontline workers are the most at risk of being exposed to the virus, and older individuals and those with compromised immune systems are at risk for major repercussions from contracting the virus.

In order to "get back to normal," herd immunity must be achieved. Herd immunity means that 70% to 90% of the population has been vaccinated and there are no more people that can be infected, so the virus can no longer be a problem. Furthermore, this cannot be achieved until children are also vaccinated, which means that children are also a priority in terms of vaccine distribution.

The Pfizer vaccine has been accepted for individuals aged 16 years and up, and the Moderna vaccine has been accepted for individuals aged 18 years and up. Both

companies have begun trials with children 12 and below, but those results will not be finalized until late summer. Another timeline, given by Monica Sifuentes, a pediatric medicine professor at UCLA, estimates average, healthy, 16-64 year olds could be getting their vaccines as early as spring of 2021.

Luckily, as we have known, children are the most likely to have minimal effects of Covid-19. People under 21 make up roughly 25% of the overall population, while being 1% of deaths caused by the virus. These numbers mean that children are not a top priority.

Teens all across the country, and the world, are itching to get back to their normal lives. As painful as it is to admit, they miss normal school. They want to be able to participate in their extracurricular activities and see their friends. This will all be possible once the Covid-19 vaccine is able to be readily administered to the whole population. Sources:

https://www.cnn.com/2021/01/21/health/us-vaccination-timeline-analysis/index.html

https://www.nytimes.com/2021/02/12/health/covid-vaccines-children.html

https://www.vox.com/22225218/kids-covid-vaccine-safe-moderna-pfizer-school-reopening https://www.teenvogue.com/story/covid-vaccine-eligibility

Shao Named Semifinalist in Coca-Cola Scholarship Program



Fox Chapel Area High School senior Vivian Shao was selected as a semifinalist for the 2021 class of the Coca-Cola Scholars Program. Vivian is one of 1,609 high school seniors from across the nation (and one of 73 from Pennsylvania) to be chosen as a semifinalist from more than 99,000 applicants. Students are selected based on their academic excellence, leadership, and service demonstrated in school and community activities.

The Coca-Cola Scholars Foundation, a joint effort of Coca-Cola Bottlers across America and The Coca-Cola Company, is the largest corporate-sponsored, achievement-based scholarship program in the United States. With the 2021 class, the Coca-Cola Scholars

Foundation will have provided more than 6,450 Coke Scholars nationwide with more than \$75 million in scholarships over the course of 33 years.

Club Spotlight: Future Business Leaders of America

At some point or another in a student's time in high school, they probably heard or saw something about FBLA, but might not know what it is really all about. FBLA is the high school division of Future Business Leaders of America – Phi Beta Lambda, Inc. It is a club intended to prepare students for careers in business through leadership training, competitions, and educational programs. In order to give this club the attention it rightfully deserves, I interviewed a member of the club, senior Matthew Zytnick, questions that can hopefully offer potentially interested students some insight into this well-respected program.

What sets FBLA apart from other clubs?

FBLA is a club that pursues and improves student excellence through business learning and practice. This club as a whole focuses on having well-rounded members that

are exposed to numerous types of information pertaining to the business world such as guest speakers, club events, and State/ National conferences. Although COVID-19 has shut down many of our gatherings and events, FBLA

competitions. As a whole, FBLA is set apart from other clubs as shown by its adaptability and the charisma of its members that have served it well throughout 2020 and into the 2021 academic year.

faculty advisor, Christina Congalton, and the current year FBLA officers have made a smooth virtual transition to

allow club members to safely learn and compete in local

By Calla Trushel-Jacobs

What made you want to join the club?

Unquestionably the answer would be the faculty advisor of FBLA: Mrs. Congalton. Her knowledge and hands-on learning approach left an imprint for the love of business that will continue onward towards the next steps in my educational career. Mrs. Congalton is a great resource for relevant business insider knowledge and overall life skills. Having her as a business educator and my FBLA advisor

The primary goals of Future Business Leaders of America:

- Develop competent, aggressive business leadership.
- Strengthen the confidence of students in themselves and their work.
- Create more interest in and understanding of American business enterprise.
- Encourage members in the development of individual projects that contribute to the improvement of home, business, and community.
- Develop character, prepare for useful citizenship, and foster patriotism.
- Encourage and practice efficient money management.
- Encourage scholarship and promote school loyalty.
- Assist students in the establishment of occupational goals.
- Facilitate the transition from school to work.

(source: fbla-pbl.org)

has been an immense pleasure and honor. I thank her for instilling in me a drive to succeed and innovate in any project, test, or futurerelated business endeavor. Any student taking a business course at our school is lucky to have her!

FBLA, cont.

What is the most valuable thing this club taught you?

The most valuable instrument that this club has taught me is teamwork and communication. This club places significance on cooperation and teamwork on a level that not many other clubs achieve. Club members are not only intelligent but creative in their approach to tackle any problems in their way. Communication in any club is necessary, however, in FBLA it is a cornerstone of our club and is reinforced to elevate students to a pristine standard. What are the core takeaways from FBLA?

1. Develop competent, aggressive business leadership; 2. Strengthen the confidence of students in themselves and their work; 3. Create more interest in and understanding of American business enterprise.

What is an achievement that the FBLA club is proud of?

I personally believe it is having the large number of members that we do since Fox Chapel is heavily invested in STEM fields. Being a business club, I think it is absolutely extraordinary that we have as many members from all over the FC departments who are willing to go out of their comfort zone to learn new expertise.

What is something you want to tell students interested in joining this club?

Join, Join, Join! You will not regret your decision. It is a fun adventure that can take you down a highway of opportunities. I believe a leap of faith is always possible for a prospective member and an open mind is your best course of action in order to have a fantastic experience in your high school career.

What is an adjective that describes the members of FBLA?

Unforgettable is an adjective that strongly represents the character of an FBLA member. These students bring in their diversity and ideas that are unmatched throughout the school district and have greatly shaped the direction of the club towards the high levels of success it continues to achieve.

Any messages or notes you want to leave the readers with?

Never walk away from an opportunity! I can never express the amount of gratitude I have towards Mrs. Congalton for inspiring me to be the leader that I am today. Lastly, this quote really serves as the standard that FBLA exhibits: "There are no secrets to success. It is only the result of hard preparation, HARD WORK, and learning from failure."- (Former U.S Secretary of State Colin Powell)



Students Place in Regional FBLA Competition/ Qualify for State Conference

Several Fox Chapel Area High School students recently placed in the 2020 Future Business Leaders of America (FBLA) Virtual Regional Leadership Conference and many qualified for the virtual state competition. Fox Chapel Area first-place regional winners were seniors Melina Bradley, Erin Doherty, David Kronman, and Vivian Shao; juniors Alexa Berman, Brooke Bowman, Noah Bradley, Russell Fenton, Alicia Gu, Thomas Healy, Alaina Kaslewicz, Sydney Kennedy, Alex Zatman, and Ryan Zatman; and sophomores Donay Allen, Aisling Beresford, Maya Bradley, Paul Kullman, Diya Reddy, and Shawn Rygelski. Second-place regional winners were seniors Sara Friday and Isabella Liberto; juniors Margo Levenson, Carter Rowe, and Finnbar Ruff; sophomores Thomas Selwood and Alexandra Solomon; and freshmen Isaac Jacobs and Jadyn Smouse. Third-place regional winners were seniors Alex Blaylock, Riley Collins, and Vinisha Sant; juniors Isabella Geraci, Kaitlyn Legge, and Siddharth Yende; sophomores Christopher Ernharth, Nathania Lingam, Sophie Shao, and Jack Wilk; and freshmen Troy Susnak and Bridget Yun. All of these students have qualified to participate in the 2021 FBLA Virtual State Leadership Conference that will be held in March and April. Additionally, the following seniors qualified for participate in the state conference based on their project submissions: Katherine Caracciolo, Allison Carey, Rachel Chang, Emily Li, Kaylee Werner, and Zoey Zoschg.

Other state place-winners at the conference included seniors Arda Akinci, Kaya Akinci, Elena Bradley, Nathaniel Lazzara, and Matthew Zytnick; juniors Carlie Barnett, Louise Coleman, William Cooper, Grace Flanagan, Elia Gillespie, Bridget Kilmer, and Delaney Miller; and freshmen Annalese Bartolacci, Lexi Biernesser, Henry Dreier, Evelyn Healy, William Kratsa, Angela Ngo, and Gloria Wen.

The FBLA Virtual Regional Leadership Conference was held in December and January. Approximately 300 students from schools from 14 districts participated in the regional competition.

FC's Own Among the Best in National Youngarts Competition

Two Fox Chapel Area High School students were named winners in a contest sponsored by the National YoungArts Foundation. Senior Jessica Jing McCann was named a Finalist and received a Silver Award in the Design Arts category, and sophomore Sloane Simon received an honorable mention in the Voice: Singer-Songwriter category as part of the 2021 YoungArts National Competition. Jing and Sloane are two of 659 of the most accomplished young visual, literary, and performing artists honored from across the country.

Jing was honored for her portfolio consisting of jewelry (wearable art) designed to communicate how

stress and anxiety impacts her and others and how it takes a toll on her mental and

physical health. Her artwork is meant to serve as statement pieces. According to Jing, each piece is physically and conceptually restrictive, communicating the feeling of being trapped and caged while, at the same time, incorporating the beauty of nature found in butterflies. She also explains how the butterflies represent her attempt to obtain relief from her stress and the desire for freedom.

"I want to bring awareness to society about mental health disorders as I experience it. I hope I can help others who are experiencing this so that they know they are not alone in this battle and they shouldn't have to feel embarrassed or guilty for experiencing anxiety and depression," says Jing.

As a Finalist Jing was invited to participate in National YoungArts Week. Typically presented at the YoungArts Campus in Miami, Florida, National YoungArts Week + was held virtually January 3-9 where Jing convened with 142 fellow Finalists across nine other disciplines from all around the country, participated in interdisciplinary masterclasses, and learned from notable artists and mentors. On January 29, Jing was able to showcase her work to a worldwide audience, and her work can be seen here: https://

www.2021youngartsweek.org/exhibition-of-works. She will also receive a cash prize of \$5,000 for her Silver Award.

For her entry into the Voice: Singer-Songwriter category, Sloane submitted three original songs, one titled "Seven Feet Apart" which she wrote about the frustration of quarantine; another called "The Boy Who Cried Beautiful" based on Aesop's "The Boy Who Cried Wolf," but in her song, the boy cries wolf about love; and the third, titled "Laurel Canyon," based on a documentary Sloane binged over quarantine about California music in the 1960s and 1970s. Sloane also won a cash prize.

YoungArts applicants are between the ages of 15-18 or in grades 10-12, and each winner demonstrates outstanding artistic achievement in the visual, literary, or performing arts. Since 1981, The National YoungArts Foundation has been identifying the most accomplished young artists in the visual, literary, and performing arts, and providing them

with creative and professional development opportunities throughout their careers.

According to Jewel Malone, the executive director of the National YoungArts Foundation, YoungArts winners represent the top 8.8% of applicants and are eligible to receive valuable financial awards of up to \$10,000; presentation opportunities at renowned institutions across the country; and the chance to learn from notable artists and mentors.



Sophomore Sloane Simon's audition for American Idol appeared on ABC on March 14th. Follow Sloan's progress @OfficiallySloane on Instagram and Facebook.

"YoungArts has a highly competitive application process for talented artists, judged by an independent panel of highly accomplished artists through a rigorous blind adjudication process," Ms. Malone said. "This group of extraordinary artists has reminded us yet again that extraordinary artistry is ageless, and I encourage everyone to get to know these faces and names as we will be seeing them for many years to come."

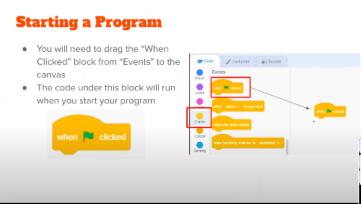


On February 27, 2021, a group of students from Fox Chapel Area High School hosted the state's first-ever Hackathon for primary school students, called Jr. FCHacks (http://fchacks.org). The main organizers of the event were Sanjay Seshan and Arvind Seshan with assistance from Janise Kim. Workshops were taught by Ethan Warner, Arvind Seshan, and Janise Kim. Event mentors and judges included FCAHS students: Adhi Thirumala, Lawrence Liu, Mark Puthenpurayil, Michael Vandemark, Shrivardhan Thada, and Ethan Werner.

schools competed to develop a way to improve how we learn "something". Students were allowed to pick whatever topic they wanted. There were a wide range of submissions, including learning how to plant seeds, multiply, capitals of countries, parts of animals, animal groups, and identifying types of cars. The majority of the projects were programmed in Scratch, a block-based programming language. High school students ran workshops and mentored students throughout the afternoon, helping them with their projects.

The judges were very impressed with all the entries.

The first place winner from Avonworth Elementary School created an elaborate Scratch-based game involving a wizard and a dragon in an adventurous game designed to learn to multiply. A Dorseyville Middle School student earned 5th place with his project on helping students to learn mathematics.



Senior, Ethan Werner, ran a workshop for the elementary-aged students that taught programming in Scratch.

Traditionally, hackathons focus on high school students. Elementary students have little or no opportunity to learn coding skills or compete in such events. Hence, Jr. FCHacks. Jr. was created. FCHacks Jr. was a hackathon designed specifically to introduce coding to students in younger grades. While the general concept of hackathons (designing a solution to a problem or challenge presented in a limited time frame) was maintained, the length of the event and scope was modified to fit the age of the participants. Students were allowed to work individually or in groups of up to four.

During a four-hour time period, 70 students from 27



The first place winner from Avonworth Elementary School created an elaborate Scratch-based game involving a wizard and a dragon in an adventurous game designed to learn to multiply.

Up-and-Coming College Majors

By Madeline Muller

Every year, so many high school students head into their last years of high school not knowing what they want to do with their lives. That isn't necessarily a bad thing, but it does mean that they might waste much of their time exploring meaningless passions and more importantly, college money. Likewise, plenty of high school upperclassmen aren't aware of the multitude of new college majors that have a big pull in the workforce of the future. Instead, these students focus on old majors and careers that may not be as popular and therefore have less opportunities available. It is important to understand the new jobs and majors of today, so here are ten up-and-coming college majors to consider:

1. Nursing

Nursing has always had an incredibly high demand for new workers, but today more than ever. It is a rewarding career with not as much schooling required as a doctor. A nursing major can go in a number of different directions and it is predicted that nurses and the nursing career will be in even higher demand in the next few years.

2. Computer Science

Technology is never going out of style, in fact, its demand is increasing rapidly every year. Computer science majors are essential in almost every career that one wishes to pursue. Students with this major can go as far as they want with it because job opportunities vary. Demand for careers in computer science is incredibly high and the range of careers is wide.

3. Chemistry

While chemistry seems like a major that can only end in a few careers or maybe a lab, chemistry has a wide range of opportunities and is currently one of the most popular majors in science. It is a difficult major, however, it has likely future growth and has multiple career paths connected to it.

4. Cybersecurity

Cybersecurity is one of the most in-demand majors and careers currently. Technology is a huge part of life and will be for the unforeseeable future, so cybersecurity is a stable and accountable job. This major usually focuses on business or the government but other opportunities are also readily available.

5. Game Design

Surprisingly, game design is a very popular pathway. This major focuses on video game applications and teaches important technological skills like coding. This major can lead to a multitude of career opportunities because of the knowledge gained in areas such as coding and computer science. Game design is a good career choice for those more

focused on the arts as well as math and science and for someone who is more detail oriented.

6. Physics

Physics is a top choice for many prospective college students looking at majors. This is because bachelor programs in physics open a range of opportunities for graduates and can lead to high-quality careers. While physics majors aren't in super high demand, researchers and engineers are always needed and this might be a good choice if you enjoy laboratory work.

7. Nuclear Engineering

Nuclear engineering is one of the highest-rated college majors because of its importance. Nuclear energy is used as a major source of energy and engineers are needed for exactly that reason. This major is incredibly specialized but financially, work found in this area is beneficial. The other downside to this career is that it requires a significant amount of schooling, most likely a master's degree.

8. Petroleum Engineering

Petroleum engineering is another career that has minimal predicted growth in the future, however it is necessary in most areas of the world. It has been called one of the most fruitful careers for new majors because while it is very competitive, it has a high financial reward. This career is also very specialized and requires a lot of schooling. This major may be for you if you enjoy math and science!

9. Economics

Getting a degree in business is very beneficial. Economics is a career field that has been popular for a while and will remain in demand in the future. This major has a wide range of opportunities in terms of money and specialization although many careers in this field are highly competitive and government-based.

10. Information Technology

This is a major for you if you like business and technology. The world is becoming more and more focused upon technology so jobs in this field are growing in demand. There are tons of routes that this major can take you in and it doesn't require an excessive amount of schooling to achieve pleasant benefits.

While not all of these majors have a guaranteed place in the far future, they all are in groundbreaking phases right now and a major in any of these fields will be beneficial in the workforce. Although most majors listed here are heavily based in technology and the sciences, that does not count out major art careers that are big today such as architecture and the fine arts. Whatever decision you make about what you want your college major to be, make sure it is a path you want to see out and a path that will ensure happiness!

Focus on Health&Wellness

By Russell Fenton

The wellness needs of students and teachers wait for nothing, not even for a global pandemic. Thus, the Fox Chapel Area School District Wellness Committee has been as busy as ever, working on a number of initiatives and projects this school year.

The Committee began the year by welcoming two new members – school nurse, Mrs. Jamie Glogowski and physical education teacher, Mrs. Meghan Meabon – both of whom have brought valuable new perspectives and ideas to the Committee. Then, the group assumed the task of caring for wellness within the district in spite of the COVID-19 pandemic. Needless to say, this was daunting, but members rose to meet the challenge. First, they revised the district's policies to ensure that Fox Chapel's approach to wellness were updated to meet the modern needs of students and staff. Following this, the Committee sought to create an entirely new initiative to promote wellness; one that

addressed the needs of staff members during a pandemic. Thus, the Fox Chapel Area School District Wellness Newsletter was conceived. The newsletter, designed by teachers and staff for teachers and staff, featured stressmanagement tips, nutritional ideas, mental health strategies and more. Upon the release of the newsletter, the Committee received positive feedback, so it decided to pursue a similar initiative, but for students. This student wellness newsletter will be entirely student-generated and will be distributed to the entire high school student body. Students can look forward to the first issue's release before the end of the school year.

In the meantime, the Committee will continue to work toward increased wellness among Fox Chapel students and staff, and is open to outside ideas to achieve this goal. Any ideas for the Committee can be directed to fenton_russell@student.fcasd.edu.

Active Voices – Abby Rickin-Marks

By Kaylee Uribe s extensive privileges.

All change has to start somewhere, right? Many activists advocate for change socially or politically, and it varies from issue to issue, but they are all important in their own unique way. What is impressive is the amount of young, local activists that are fighting for change in what they believe in. For example, the Social Activism Club is an active club in our school's community. Their goal is to continue making the high school and extended community more welcoming and easier for members to get involved in what they are passionate about. This year, they are focusing on working with different clubs, hosting guest speakers over Zoom and keeping people as active as possible, keeping in mind the effects that Covid-19 has. One of its members, Abigail Rickin-Marks, has been recognized for her advocacy in teen mental health and was awarded the National Alliance on Mental Illness (NAMI) Keystone Pennsylvania Youth

Abigail Rickin-Marksis a senior at Fox Chapel Area High School, and describes a social activist as one who "must consciously want to make the world better." She claims that "it's not enough to just recognize the systemic issues we have in society; one must take action to remedy these issues." Responding to what inspired her to become a social activist, Rickin-Marks responded, "Growing up, I was both inside and outside of the hegemony. I am white

and upper-middle-class which provides extensive privileges, but I'm also queer, Jewish, and I have struggled with mental health issues. Recognizing that only certain aspects of my identity are accepted was quite difficult, but allowed me to open my eyes to the plethora of problems."

Inspired by what she experienced and saw, Rickin-Marks started her social activism journey with the Jewish Healthcare Foundation and focused on youth mental health. She's worked in mental health fields with Upstreet and the JCC Wellness Committee, as well as focusing on education reform. Focusing on that, she created PA Education, Not Discrimination (END). Students from differing school districts meet over Zoom to come up with solutions to problems that are faced in all school curricula and communities. As the leader of END, she oversees differing committees and makes sure that time is not wasted. Rickin-Marks gives some advice to the community, "In general, there are always opportunities to get involved in social justice, and if there's something you want to do that isn't out there... then make it yourself!" No matter your age, location, or passion, Rickin-Marks proves that there is always a way to try and make a difference. For the Fox Chapel students reading this... the social activism club is a great place to start!

TECHTALK

By Shriya Krishnamurthy Technology - the only thing that humanity has (somewhat) mastered over the past eleven months. Navigating ZOOM has been a stressful, confusing adventure - and I speak from first-hand experience. But, to ease the tension of school, work, video conferencing, and everything in between, let's look at some of the coolest,

hottest new tech devices of the past 3(ish) years. Alright. I know you may think that tech devices from 3 years ago are "old" and "outdated". Well, yes, I see your point, but the good news is that there are newer versions of the originals, which are more recent! Sorry but my parents don't have the MOST recent devices - though the ones they have are still pretty cool (even if they are NOT)!

OUR CONTESTANTS:

Surface Pro 7 and Surface Pro 7+ VS. MacBook Air 2020



SURFACE PROS:

- Touchscreen
- Intel Processor
- HD Cameras
- All-Day Battery
- Tablet
- Surface Pen Accessory (hand write
- homework online) - Great WiFi
- Performance
- Fast Charging – Can use
- ANYWHERE! I used it Pen sold separately at the dentist:)
- 8GB RAM and 256 GB SSD

SURFACE CONS:

- The battery actually dies quickly - one Zoom meeting and it is - Thermal Efficiency at 50%
- Bluetooth
- literally disappeared for weeks then just randomly reappeared -
- Weird Keyboard sold separately
- \$749.99 not bad

MACKBOOK PROS:

- 8-core CPU saves battery
- 9x Faster
- New and improved disappearance issue - it BigSur (new design, better performance - it's Wi-Fi 6 almost magical)
 - So many more apps 16 GB RAM and 2 TB
 - Super Secure
 - Clarity and color precision - Clamshell

MACKBOOK CONS:

- No touch screen Lack of ports (USB,
- USB-A, etc.) - Lackluster raw
- performance No support for
- Screen colors a little
- muted
- Battery life only OK, Webcam still sucks
- \$1, 149.99 super expensive





SURFACE DUO PROS:

- Two screens, foldable
- Mobile Productivity
- Multiple modes book, tent, mini laptop
- Runs Android software
- Two apps can be
- opened at once
- New and improved slim pen
- All day battery
- Touch ID can use with masks
- Magnetic Clamshell

SURFACE DUO CONS:

- Awkward to hold
- Buggy
- Expensive
- Poor Camera
- Dated Hardware
- Bad bluetooth
- No 5G
- Not water resistant

iPHONE PROS:

- 5G
- Ceramic Shield
- Night Mode for
- Camera
- Better drop
- performance
- Spill and splash resistance
- Less lagging
- Dual Camera
- MagSafe Accessories Turbo Charge
- AR add-on
- Great battery
- Face-ID
- Super Security

iPHONE CONS:

- Display Issues
- Headphones and charger sold separately
- Super Expensive
- Old Face-ID tech no masks please
- No split-screen
- Expensive repair
- Charging and power adapter situation is confusing



What to you think? Share your opinions by scanning the code or visiting https://tinyurl.com/techthoughts Results will be shown in Issue 4!

Bingeworthy Blockbusters & TV

By Kaylee Uribe

It's crazy that it's been a year since the hit of the pandemic in the United States. There were some exciting shows on Netflix that many teens watched during the beginning of quarantine, such as *Outer Banks, Tiger King, Cobra Kai*, and more! Covid-19 has definitely given everyone some different habits than before... some bad, some good. What category do you think TV falls under?

It's up to you, but these top picks might help you decide to try out some new shows or movies!

Up first, we have *iCarly*, as it's back up on Netflix! *iCarly* is about a friend group of three kids: Carly, Sam, and Freddie, and they are hosts of a web-show, *iCarly*.



Each episode is around the 23-minute mark, rated TV-G, and will make time fly with new and exciting plots. While you're watching that, hop onto the Nickelodeon train and



watch some *Victorious*, too! Be sure to make the most of these shows as you can because you never know when they will be gone!

Next up, let's move to Disney+. Marvel movies are great to watch with friends and family. It allows you to live your childhood dreams of being a superhero through the screen. If you're not sure what superheroes are in the Marvel Movies, think of Iron-man, Thor, Captain America, the Hulk, Spiderman, the Black Widow, the Black Panther, and more. Make sure not to mix them up with the DC superheroes, though. If you're looking for those superheroes and characters, then Marvel movies are not the way to go. Perhaps you should check out *The Dark Knight*, featuring the Joker. Marvel movies include a mix of excitement, action, suspense, and emotion. With a rating of PG-13 and usually lasting around two hours, be sure to get

comfortable and grab some snacks because you're in for a ride.

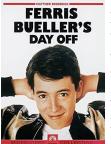
Staying on the side of movies, *Remember the Titans* is a fantastic classic. With a rating of PG, *Remember the Titans* covers the issues of racism and separate schools and takes the audience on an emotional rollercoaster through the early 1970s. Love, happiness, and friendship are



all tied together in this movie and makes viewers reflect upon and be grateful for their own personal friendships.

Over the summer, Netflix added a new collection to their website called "Black Stories." It includes the movie *Not Your Negro*. With a rating of PG-13. This movie educates watchers and dives into the subject of racism by exploring the stories of Martin Luther King, Jr., Malcolm X, and Medgar Evers. There are more movies as well that will help to enlighten you about serious topics. If you truly would like to educate yourself, you will find a way.

Finally, to wrap up with some lighthearted-ness, *Ferris Bueller's Day Off* is a great PG-13 movie to watch with friends and family. Ferris Bueller, a high schooler, decides to



take a day off from school, and boy does he make the most of it! You'll be taken through the exciting adventures that Ferris experiences, and once you watch it, you can finally understand jokes that relate to Ferris Bueller that you didn't understand before! It is 1 hour and 45 minutes in length, but the time flies by!

What do you think? Has watching more TV become a bad habit or not? Even

if it is, it's okay to watch some movies and TV shows from time to time. When you do, make sure to check out these top picks!

What is the American Rescue Plan?

By Amulya Garimella

You might have been following the recent passage of a huge \$1.9 trillion COVID relief package (if so, kudos to you for having the wherewithal to keep up with the news at this point!). But besides \$1,400 stimulus checks, what does the American Rescue Plan actually do?

Of course, we don't know the full impacts of such a sprawling bill just yet. But so far, the analysis honestly seems pretty promising. The legislation, according to Columbia's Center on Poverty and Social Policy, "could cut child poverty by more than half," a finding emphasized by the Biden administration and proponents of the bill. Outside analyses, like from the Center for Budget and Policy Priorities and Urban Institute, come to similar conclusions. The main aspects of the law that could cut child poverty seem to be the tax credit provisions and the stimulus checks.

The law also represents a shift in approach to education reform: in addition to more funding for schools, cutting child poverty could also improve education. According to Valerie Strauss of the Washington Post, "Policymakers have been focused for decades on improving public schools with a culture based on standardized testing, the expansion of

charter schools and other "school choice" measures, and, in some places, the demonization of teachers...[but] Critics say research clearly shows that standardized test scores are fundamentally a metric of the state of child poverty in America, not of school quality."

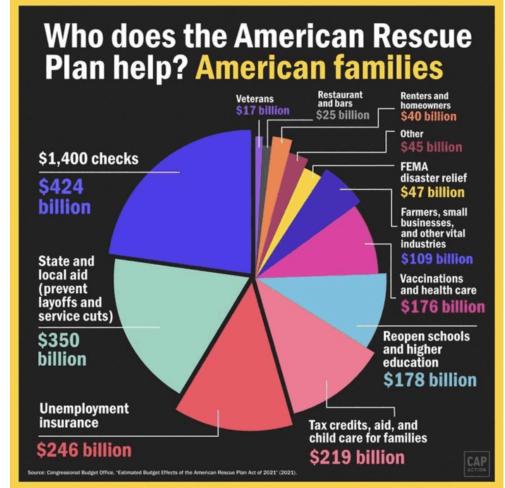
Beyond that, this legislation seems to prioritize the Americans that need relief most. According to Joseph Sabino Mistick, writing in TribLive, "After the \$1.9 trillion tax cut that favored Americans in the top 20 percent income bracket during the Trump administration, the...\$1.9 trillion American Rescue Plan spends most of its money on middle-class and lower-income American families... Regular Americans, those who have been hit especially hard by the pandemic and who were barely making it even before that, will finally see some light." The legislation is very popular: according to Morning Consult and Politico, "7 in 10 independents support the stimulus proposal,

compared to over 1 in 5 who oppose it, 3 in 10 GOP voters say they somewhat or strongly oppose the stimulus plan, [and] overall, 17% of voters say they oppose the \$1.9 trillion plan." Even lawmakers who voted against the bill, like Sen. Roger Wicker and Rep. Maria Salazar, have touted the benefits of the bill to their constituents.

Let's hope that the American Rescue Plan makes good on these lofty predictions. And let's hope that it represents the start of a radical shift in who our government works for, and who our policy benefits.

What's actually included (some of it, at least):

Stimulus checks. First of all, let's start with the most discussed part of the law: stimulus checks. These \$1,400 direct payments will go out to every single person making less than \$75,000 yearly, and to married couples making less than \$150,000 (each individual in the couple will get \$1,400). But this payment is unlike



American Rescue Plan, continued...

the previous two stimulus checks: it includes many more households with people of mixed immigration statuses (mixed-status households), as well as adult dependents left out of the last payments. (https://www.natlawreview.com/article/american-rescue-plan-act-signed-details-latest-covid-19-relief-package https://www.cnet.com/personal-finance/mixed-status-families-qualify-forthe-third-stimulus-check-heres-what-that-means/https://www.cnet.com/personal-finance/are-you-eligible-for-the-1400-stimulus-check-important-details-to-know/)

Extension of the child tax credit. For families, there's also a one-year expansion of the Child Tax Credit. What that means is \$3,600 for each child under 6 and \$3,000 for each child ages 6-17, paid out to families over a year, starting in July. If you've heard that the American Rescue Act will help "cut child poverty in half," this is a major reason why, according to the Children's Defense Fund: the expansion of the CTC "expands full eligibility to 23 million children who previously did not benefit fully from the program because their families earned too little." (https://www.childrensdefense.org/blog/american-rescue-plan-act/)

Support for students and schools. The law allocates \$168 billion dollars to education funding, total. \$126 billion will go to K-12 schools, especially those schools and districts with more poverty. The dollars are meant to help schools reopen and address learning setbacks during the pandemic — districts must spend at least 20% of the money to catch students up, and must publicize a safe reopening plan. \$7.2 billion will go to the E-Rate program, which helps bring Internet access to homes and libraries, \$3 billion will go to supporting students with disabilities, and \$800 million will support education and other services for homeless children. Beyond that, there's \$40 billion for higher education institutions and \$2.75 billion for governors to allocate to private schools. The law will also keep the increase of SNAP benefits by 15% until September 2021. (https://www.future-ed.org/what-congressional-covid-funding-means-fork-12-schools/)

Support for COVID response, including vaccination. According to a White House fact-sheet, the ARP will allocate "\$160 billion to provide the supplies, emergency response, testing, and public health workforce to stop the spread of COVID-19, while distributing vaccines as quickly as possible and addressing racial disparities in COVID-19 outcomes." The law will also allocate \$7.5 billion to the Dept. of Health and Human Services "to carry out activities to plan, prepare for, promote, distribute, administer, monitor, and track COVID-19 vaccines," and about \$6 billion "for necessary expenses with respect to research, development, manufacturing, production, and the purchase of vaccines, therapeutics, and ancillary medical products and supplies to prevent, prepare, or respond to [COVID-19]." About \$7.6 billion will be allocated "to carry out activities related to

establishing, expanding, and sustaining a public health workforce, including by making awards to State, local, and territorial public health departments," including the wages and hiring of "case investigators, contact tracers, social support specialists, community health workers, public health nurses, disease intervention specialists, epidemiologists, program managers, laboratory personnel, informaticians, communication and policy experts" for state health departments and nonprofits. \$10 billion will go to purchasing medical supplies and PPE. (https://www.congress.gov/bill/117th-congress/house-bill/1319/text#toc-H5737B4B7809C49B7ADFAC8246D2E2B89)

Support for mental health services. About \$1.5 billion will provide broad grants to states for community mental health services, and \$1.5 billion will do the same for community substance abuse prevention and treatment programs. In addition, hundreds of millions will go to fund community programs for behavioral health needs, pediatric mental healthcare access, grants to Certified Community Behavioral Health Clinics, workforce mental health support and training, and more community-based mental health initiatives.

Support for businesses. Employers voluntarily providing emergency leave to employees can get tax credits to offset their costs. Programs for small businesses will get more money: \$15 billion will go to the Economic Injury Disaster Loan program, and \$7.25 billion will go to the Paycheck Protection Program, which "provides loans to help businesses keep their workforce employed during the [pandemic]." And \$28.6 billion will go to the "Restaurant Revitalization Fund," which will help cover expenses for small restaurants (non-publicly traded restaurants with 20 or fewer locations).

Support for working and unemployed people. \$200 million will go to "COVID-19 related worker protection activities" until September 2023. Specifically, at least \$5 million will go to workers in high-risk workplaces like "health care, meat and poultry processing facilities, agricultural workplaces and correctional facilities." The law will also extend three unemployment program previously put in place by the Coronavirus Aid, Relief, and Economic Security (CARES) Act: Pandemic Unemployment Assistance (for workers not traditionally covered by unemployment insurance), Pandemic Emergency Unemployment Compensation (i.e. unemployment insurance benefits), and Federal Pandemic Unemployment Compensation (\$300 a week for unemployed people). (https://www.natlawreview.com/article/american-rescue-plan-act-signeddetails-latest-covid-19-relief-package)

Note: Opinion articles do not reflect the view of any organization or person except the writer. If you'd like to contribute your own opinion article, or a response to this one, please fill out the following form: https://forms.gle/X5ESfJMpienQkm1Y7



The Women's Bargain is a movement similar to that of the #MeToo movement from 2018. Centred in the UK, it fights sexual abuse and sexual harassment. The name, "The Women's Bargain", alludes to the term "the patriarchal bargain" and how women are, "in a constant state of bargaining" as described by Nesrine Malik. Although the march against sexual harassment has been going on for decades, this movement blew up in response to the death of Sarah Everard.

She was just walking home: The story of Sarah Everard

Sarah Everard, 33, was last seen in South London on March 3, 2021, after walking home from her friend's house at approximately 9:00 PM. Everard did everything she was told to do, she called her boyfriend to tell him she was on her way, she only walked on brightly lit, populated roads, she wore bright colors and shoes she could run in, but it

wasn't enough.

According to the New York
Times, after Everard didn't show up, her boyfriend reported her missing on March 4, 2021.
Police searched approximately 750 houses in South London before her body was found one week later on March 10, 2021, in Kent, 40 miles from South



London. The remains were tested via dental records and on March 12, 2021, authorities were able to confirm them as Sarah Everard's.

Following her disappearance, 48-year-old metro police, Wayne Couzens was arrested for her kidnapping on March 9, 2021, and later charged with her murder on March 12, 2021. His court date was set to be March 16, 2021.

Couzens had only been with the Metro Police for two years and had already been suspected of indecent exposure.

He has since been taken off duty.

Reclaim the Streets: The Response

In response to the horrific death of Sarah Everard, a series of vigils were planned across England by a group called "Reclaim the Streets". These were partially to honor Sarah Everard and partially to protest police instructions for women to stay home; the demonstrators demanded increased safety instead.

The Metro Police countered this by telling women to stay home and threatened high fines if the vigils were not cancelled.



Sarah Everard on CCTV the night she went missing

The organizers eventually obliged, terminating the original plan. Author Mary Morgan says it was, in part, because they didn't want their fines going to the very police they were protesting. Despite the threats issued by the police, thousands of people still showed up. They came with candles and bouquets, signs of protest and signs of mourning. As one group, the attendees chanted in unison, "The police are trying to silence us, the police are trying to repress us, The police said we can't have a vigil to remember Sarah Everard. The police have the nerve to threaten us. The police have the nerve to intimidate us."

"WE. SAY. NO."

The first 6 hours of the vigil were peaceful and a moment of community until the police came to "break it up". According to CBS News, some of the officers thought the vigil had become an unlawful gathering and acted. The attendees were faced with disproportional violence and four people were arrested. Amidst the arrests and attacks, vigil attendees chanted, "Arrest your own!"; a reference to the police officer that killed Sarah Everard.



Polics spark outrage as four people are arrested at the vigil honoring Sarah Everard

How can you help?

- Donate to the GoFundMe set up in Sarah Everard's honor.
 The funds raised will be donated to the End Violence
 Against Women Coalition- https://www.gofundme.com/f/100k-in-memory-of-sarah-everard
- SAY HER NAME. Sarah Everard and thousands of other women have been victims of/ survivors of sexual assault. One of the most effective agents of change is persistent attention.
- Donate to organizations that fight for women's safety
- Look out for other people. In the streets, in school, anywhere. If you see a person being assaulted, step in.

How can you help as a man? While everyone can help, the brunt of the demand for change needs to come from men.

- Make women feel safe. Especially at night
- Keep your distance
- Offer to walk your friends home
- TALK TO OTHER MEN. Call them out when they're acting inappropriately towards women. Don't let the "little things" slide.
- 97% of women in the UK said that they have been the victim of sexual assault. With 90% of all sexual assaults against women perpetrated by men, the change needs to start with the way men treat women.

Sources:

https://indianexpress.com/article/explained/explained-who-is-sarah-everard-and-why-are-the-british-angry-at-their-police-force-7227871/https://www.independent.co.uk/voices/women-sexual-assault-men-sarah-everard-b1816753.html

https://www.cbsnews.com/news/sarah-everard-vigil-london-police/https://www.nytimes.com/2021/03/14/world/europe/sarah-everard-women-protest.html

Note: Opinion articles do not reflect the view of any organization or person except the writer. If you'd like to contribute your own opinion article, or a response to this one, please fill out the following form: https://forms.gle/X5ESfJMpienQkm1Y7

DID YOU KNOW...

- 75% of rapes go unreported
- **0.0046% of rapists are incarcerated** https://www.rainn.org/statistics/criminal-justice-system
- Every 73 seconds, an American is sexually assaulted
- 1 out of every 6 women in the US has been the victim of an attempted or complete rape
 1 out of every 10 rape victims are male

https://www.rainn.org/statistics/victims-sexual-violence

- 58.4% of women put their keys between their fingers to use as a potential defence weapon 39% of women have an escae plan from their house
- 28% of women change up their daily routine to avoid being followed.

https://www.scarymommy.com/why-women-feel-unsafe/

 - 21% of gender non-confirming college students have been sexually assulted https://www.aau.edu/sites/default/files/%40%20 Files/Climate%20Survey/AAU_Campus_ Climate_Survey_12_14_15.pdf

HELPFUL HOTLINES...

Rape Hotline: 800.656.HOPE (4673)

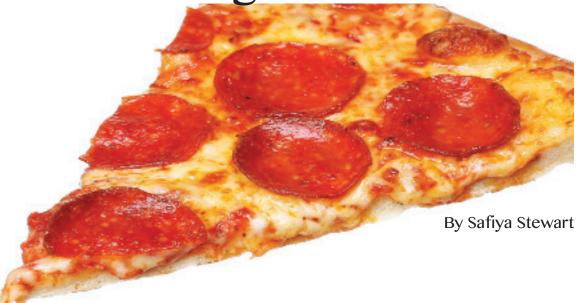
Emergency: 911

Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Sexual Allault Hotline: 1-800-656-4673

General Crisis Text Line: Text 741-741

Slice of Goodness – Local Pizza Takeout Worth Giving a Taste





Caliente Pizza & Draft House

225 Commercial
Avenue
Google rating:
4.3 stars
Pricing: \$\$
Comments: on
their menu they
have lent, gourmet
pizzas, grandma pies,

calzones, starters, burgers, fries, hoagies, salads, beverages, desserts, and family meals. For their gourmet pizzas they have one called the meditarranian which includes roasted garlic chive butter sauce, black olives, artichokes, spinach, mozzarella, provolone, feta, and sweetie drops.



Mercurio's

1335 Freeport
Road
Google Rating:
4.7 stars
Pricing: \$\$
Comments: Their
menu offers
alcoholic and
nonalcoholic
beverages,
appetizers, salads,

paninis, and pizzas like their Primavera which has tomato sauce, house made mozzarella, artichokes, mushrooms, roasted red peppers, and extra virgin olive oil.

Geno Bros

713 Main Street
55 Alpha Drive W
Google rating:
4.2 stars
Pricing: \$
Comments: You
can get appetizers,
rolls, soup & salad,
pasta, calzone
& strombolis,
specialty pizzas,



hoagies, flat bread, wings, gyro, wraps, beverages, dessert, and specials. Their Gino Bros Special is started with their fresh dough and has traditional red pizza sauce, mozzarella cheese, pepperoni, sausage, bacon, red onions, mushrooms, tomatoes, green peppers, black olives, and fresh garlic.

Brick & Barrel
599 Dorseyville Rd.
Google rating:
4.5 stars
Pricing: \$\$
They offer starters,
soups & salads,
burgers, sides
desserts, and
beverages. They

have a variety of



pizzas such as the Dark Forest which includes Garlic oil, sun dried tomatoes, oven roasted mushrooms, fresh mozzarella, and a balsamic glaze.



Driftwood Oven

3615 Butler Street Google Rating: 4.8 stars Pricing: \$\$ Comments: Their menu includes "shareable snacks", sandwiches, salads, desserts, beverages,

and pizza. They offer pizza by the slice, round pizza, and square cut pizza. One of their pizzas is the bianca which includes their classic white pie herbed ricotta, mozzarella, provola, fresh garlic, and white wine shallot cream sauce.



Spak Brothers

5107 Penn Avenue Google rating: 4.6 stars Pricing: \$ Comments: The menu has calzones, hoagies, wings & sides, salads, dressings, sauces &

drinks, pizzas and specialty pizzas. One of their specialty pizzas is the BBQ Chicken pizza which has pizza cheese, cheddar cheese, grilled chicken, red onion, fresh cilantro, BBQ sauce, and a side of ranch.



Spirit

242 51st Streer
Google rating:
4.5 stars
Pricing: \$
Comments: Their
menu has beverages,
combos, smaller
plates, and pizzas
such as their

Beer Cheese Pizza which includes beer cheese, bacon, caramelized onion, candied jalapeno, breadcrumb, & chive.



Veltri's

848 Allegh. River Blvd. Google rating: 4.6 stars Pricing: \$\$ Comments: Handmade pizza, gourmet pizza, snacks & appetizers, buffalo wings, salads, wedgies, calzones, steak

subs, burgers, sandwiches & wraps, drinks, and a "from the kitchen" option. A pizza example is their philly steak which has fine chopped sirloin steak, fresh green peppers, mushrooms, onions, and a combination of cheeses.

Pasquale's Pizzeria

309 Freeport Road Google rating: 4.5 stars Pricing: \$ Comments: On the menu you can get hoagies, dinners, salads, sides, wings, calzone, stromboli, their specials, and pizza. They offer



pizzas such as the Italian Hoagie Pizza which has pepperoni, capicola, ham, salami, cheese, onions, special Italian dressing sauce, lettuce and tomato.

Iron Born Pizza

413 Grant Avenue Google rating: 4.4 stars Pricing: \$\$ Comments: Their menu has pizza, snacks, dessert, and drinks. An example of their pizza is the Forager pie which has white sauce,



mushrooms, ricotta, local honey, and herbs.

The Upper Crust

3392 Saxonburg
Boulevard
Google rating: 4.4 stars
Pricing: \$\$
Comments: The Menu
has dinners, starters &
sides, thin crust pizzas,
specialty pizzas, salads,
hoagies, gyros, a variety
of rolls, wings, and



beverages. A specialty pizza they have is the Cheese Steak Pizza which has zesty ranch dressing, steak, green pepper, and onion.

Carnivores

215 Allegheny Avenue Google rating: 4.1 stars Pricing: \$\$ Comments:Their menu includes appetizers, entrees, soups, salads, wings, shrimp, hot dogs, burgers, signature sandwiches and wraps,



hoagies, wedges, carni sandwiches, and pizza. They sell their pizzas as bases where you can choose all the toppings that you want.



As we take on this pandemic together we have learned that nothing is safe from COVID, we faced this truth head on over a year ago when nearly every sport, professional and amatuer, were put on hold because of the virus. As we come to terms with the effects of the virus and continue to adapt, sports have been doing the same at all levels, and said sports in the school have been thriving as much as possible in this environment of adversity.



The boys basketball team, hoping to build on a regular season last year in which they only lost one game, which happened to be their last, and ended up exiting early from the WPIAL playoffs, got off to a bit of a slow start. After going 2-2 through the first four games, winning their first two, then dropping the next two to Chartiers Valley and Penn Trafford, the boys did not lose another regular season game, winning 16 straight games, including handing eventual number one seed, Upper Saint Clair, their only loss of the season. This gave the team the number two overall seed in the WPIAL playoffs. After soundly beating Bethel Park in the first round of the playoffs 63-44, the team advanced to the quarter finals, facing seventh seed, North Allegheny. The Foxes put on a convincing victory, beating the Tigers 74-56 to advance to the WPIAL semifinals to play Pine Richland. In a game many were anticipating to be a victory to advance to the team's first WPIAL title game since 2015, the team failed to live up to expectations again, losing to the sixth seed Rams 76-63. The team was led by junior, Eli Yofan, who led the team in point with 22.7 PPG, and defensive rebounds with 5.7 per game, along with fellow juniors Russell Fenton, averaging 2.1 offensive rebounds per game, JP Dockey, averaging 11.3 PPG, and Jake Demotte, averaging 9.4 PPG. The team also had great contributions from senior Kent Bauldauf, who averaged 8.9 PPG.

The wrestling team had a lackluster start to the season at the North Allegheny Individual Tournament, missing starting 120 Josh Alexander and starting 172 Trevor Katz due to COVID protocols, 113 Hank Byrne placed sixth, 126



Ray Worsen placed seventh, 145 Kody Pisano and 172 Victor River placed eighth. The team followed this up with two convincing team wins over Hampton and Highlands, but then reached the low point of the season, dropping all five dual matches at the Hampton

Dawg Duals, including a narrow loss to a Hampton team which they had beat a week prior. After another poor match against section opponent, Indiana, the Foxes beat Mt. Lebanon soundly on senior night. The Foxes

followed this up with another two losses to formidable section opponents, Armstrong and Kiski. The Foxes finished off the regular season with three strong wins against Chartiers Valley, Carlynton and Avonworth. At the sub section tournament which only two winners out of the six man bracket advanced to the section tournament, the team had

moderate success. 126 Raymond Worsen went 5-0 at the sub section tournament, including three pins in the first period. With a smaller bracket, 106 Owen Ellermyer went 2-1 with two pins, also advancing to the section tournament. Also with a smaller bracket, Hank Byrne went 1-1 at the sub section and advanced to the section tournament. All wrestlers that advanced to the section tournament lost all of their matches and did not advance past the section. The team felt the effects of COVID very hard, losing starting seniors Jose Morales along with Zane and Henry Gavazzi to COVID concerns before they got a chance to compete. Throughout the season the team also lost starter James Nowalk due to COVID concerns along with Enzo Rutonno. With a very young and talented team with more quality wrestlers coming up from middle school, the team hopes to continue to grow and take a leap next year, becoming a formidable team in the section.

The swim team saw an abundance of success this winter

season. With both boys and girls winning the section, it is the first time the boys have won their section in 30 years. At the WPIAL championships, 2020 state champ Sophie Shao won gold along with sophomore Talia Bugel in the 100 backstroke, and the girls 200



relay team made up of Sophie, Talia, junior Rei Sperry, and senior Vivian Shao. The boys also found success at the WPIAL championships with multiple records and personal bests, senior David Manelis won his second WPIAL

Championship and

The girls basketball season got off to a slow start, losing to Mars in their first game, then notching a win against Hampton, then going on to lose three straight. The team then went on to win five straight games, and in the same stretch going 8-1 through nine games. The team went 1-2

followed that up with a PIAA gold medal.

through their final three games and earned an 8 seed in the WPIAL playoffs. In the first round of the playoffs the Foxes

dominated Ringgold 69-24, and would go on to play Penn Hills. The Foxes beat Penn Hills 39-34, but lost the next game to number one seed, Trinity.

fcasdathletics.org/latest-news/sophie



Encouraging Others to Get Up and Do Something

By Abigail Rickin-Marks

Since 2019, a small group of dedicated students have committed their time to make the high school and surrounding community a more inviting and open

environment. This group, the Peer-to-Peer Empowerment team, includes seniors Suparna Agrawal, Alex Blaylock, Samantha Dunlap, Xavier Perry, and Abigail

Rickin-Marks; juniors Maia Gravina, Danielle Horne, and Beata Turnquist; and freshmen Chloe Kim and Isabella White. While last year this group focused on mental health wellness through their "Me First" initiative, this year the group focused their efforts on the challenges that young people face as a result of the Covid quarantine. During the long months of quarantine, many students found themselves

stuck in a mundane routine and in a trap of social isolation. Thus, Peer-to-Peer Empowerment devised a way to help combat this issue.

The "Get Up and Do Something" challenge, as coined by the team, was created as a way to encourage students from K-12 to try new activities, broaden their horizons, and incorporate some fun activities into their life. The hope was to provide students with some novelty, happiness, excitement, and gratitude, all while competing to earn points and win prizes.

This challenge spanned the month of March. More than 300 submissions from 130 K-12 students were received. Participating students were from Avonworth, Fox Chapel, North Allegheny, Pine Richland, and Shaler school districts. Some teachers from these districts also incorporated the challenges in their classroom. Hartwood Elementary's kindergarten teacher, Ms. Barbara Scully, shared the ways in which the challenges added a fresh

element to her class. "The Get Up and Do Something Challenge added a new twist to our learning. We used our newly acquired math and reading skills to address many of the challenges. It gave us an opportunity to expand our skills, invent and collaborate. The efforts of the Peer

to Peer Empowerment Team are appreciated." Her students, enthusiastically known as the KC Frogs shared, "it is not good to sit all day, so Get Up and Do Something! It helped us to be strong and healthy. We worked our brains, too!" One of the challenges that the students took particular pride in was writing and mailing a letter to a loved one.

At the halfway point of the competition, team members sent hand written notes of encouragement to the elementary-aged students. Xavier Perry and Sammi Dunlap both helped with these letters. According to Xavier, "Writing those letters for the elementary school participants was a warming feeling that brightened my day. I truly felt connected to people and healed of all stress and negative emotions while writing. Kindness never fails to

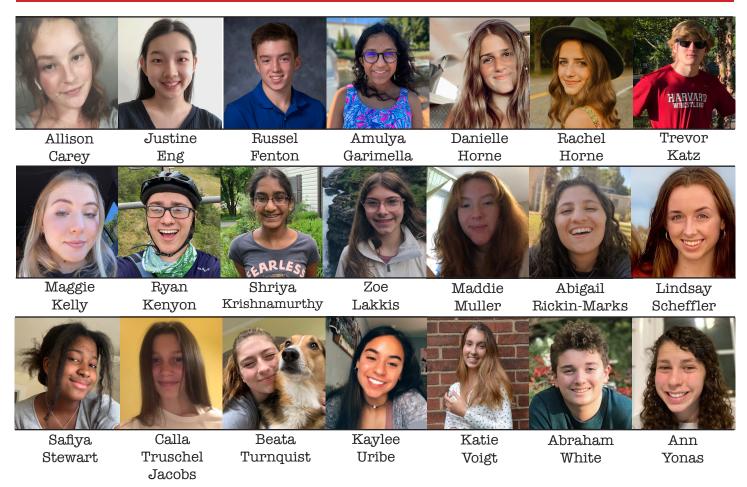
heal oneself." Sammi was very much in agreement as she said, "It felt really rewarding to send letters of encouragement to the elementary school students because I can see the effect that myself and our group are having on them and that we are making

a difference in their lives. I want these students to know that they matter and what they are doing is special, no matter how silly or simple it may seem. "

About the challenge as a whole, team member Maia Gravina says, "It can be easy to get stuck in a rut during online school, so I'm hopeful that this challenge helped individuals to break out of their routines and have some fun!"

During these times, it's incredibly important to understand the importance of fun, so the team members hope that for those who participated, life got a bit more exciting!

MEET THE STAFF



SPECIAL THANKS TO HILLS STUDIO PHOTOGRAPHY, GORDON SNYDER PHOTOGRAPHY,

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FOX TALES

Volume 6, Issue 3
Fox Chapel Area High School
Third 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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I am grateful for

Gratitude. A word we hear so often, but often forget to express.

Cicero once said, "Gratitude is not only the greatest of virtues, but the parent of all the others." With the many things we are all getting adjusted to and dealing with, it is sometimes easy to forget how many things in our lives we should be grateful for. No matter what is going on in the world around us, there are always many things to be grateful for. Here are a few things people at Fox Chapel are grateful for:

By Justine Eng

Justine Bennett:

- my family
- my friends
- opportunities

David Dering:

- family support
- swim team coming together, being supportive and caring for each other

Erin Doherty:

- my dogs
- family
- health

Mona Gerges:

- family & friends
- sunsets & sunrises
- selfless people who strive to help others every day

Alicia Gu:

- Fox Chapel memories
- dumplings

Owen Hershey:

- family for pushing me to do my best
- this country for providing the opportunity to do my best

Rachel Higgins:

- friends & family
- teachers
- sunrises & sunsets
- music & books

Gabby Kline:

- stable & supportive household
- people I surround
- myself with

 orchestra/runni
- orchestra/running communities

Bella Krisky:

- people who have
- supported me
 educational
- opportunities & technology
- books & my cats

Connor Zakin:

- friends & family
- my mind
- my mentors and school

Lawrence Liu:

- family & friends
- staying safe during the pandemic

Ava Marsico:

- family
- friends
- staying safe and healthy

Uma Muzumdar:

- environment at home
- my friendships
- failures and successes

Ariana Pasquella:

- hard working front line workers
- my swim team
- friends & family

Nishi Thawani:

- my family
- my friends
- teachers
- music

Christina Tran:

- being able to wake up
- ability to hear and see
- opportunities to express my feelings

Kaylee Uribe:

- family and friends
- teachers that are trying to make virtual learning as efficient as possible

Anushka Vis:

- great supportsystem of friends
- parents I can be open with

Annie Yonas:

- supportive and loving family & friends
- great schoolsystem

After reading about all the things people are grateful for, I hope that you will take a minute of your day to remember to be grateful for everything you have!