

FOX TALES

QUARTERLY

A STUDENT PUBLICATION

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TABLE OF CONTENTS



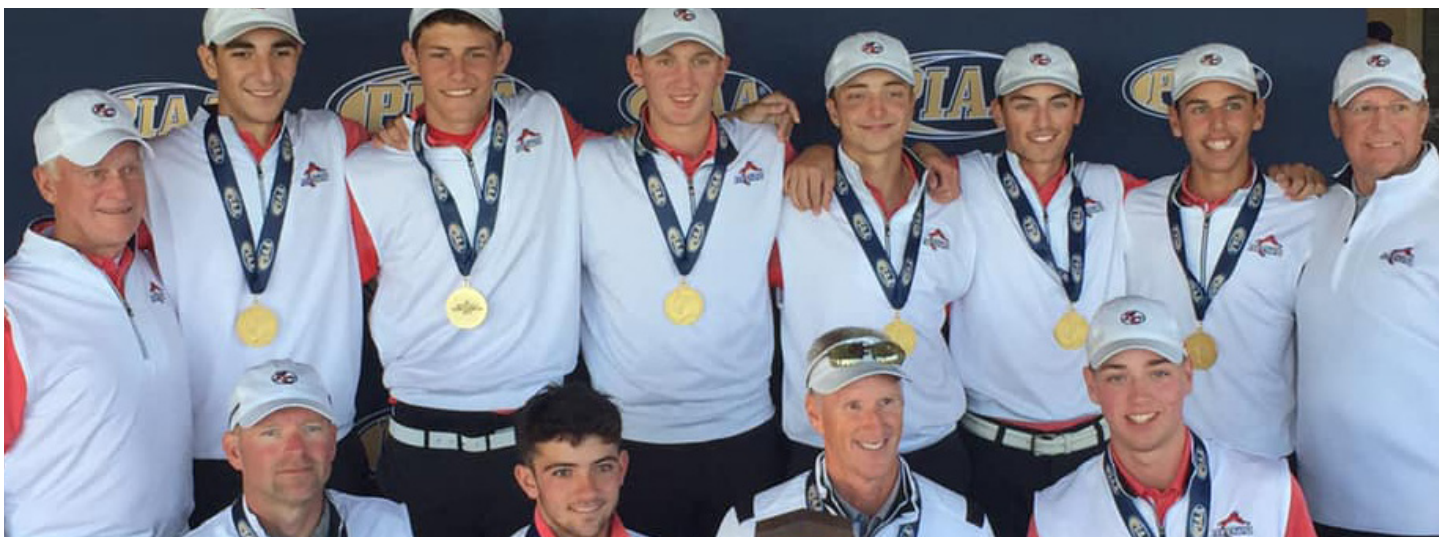
6 AP SCHOLARS

8 HOMETOWN HIGH-Q

9 NATIONAL HONOR SOCIETY

16 BOO BASH

17 HOMECOMING



18-19 FALL SPORTS

25 SPECIAL OLYMPICS

20-23 CLUBS

27 TEACHER Q&A

2020 NATIONAL MERIT® SEMIFINALISTS AND COMMENDED STUDENTS

Fourteen Fox Chapel Area High School seniors have been designated as National Merit Semifinalists and 12 have been named Commended Students in the 2020 National Merit Scholarship Program conducted by the National Merit Scholarship Corporation (NMSC). The Semifinalists from Fox Chapel Area High School are Paige Asbury, Amelia Bothe, Hanna Chen, J. Oliver Choo, Hazel Cline, Oskar Ernharth, Claire Fenton, Rajeev Godse, Noah Hertzman, Christiana Paljug, Sina Shaikh, Jake Sperry, Felix Vesper, and Aaron Wu. The Commended Students



Fourteen FCAHS seniors have been designated as Semifinalists

from Fox Chapel Area High School are Jackson Boychuk, Rachel Ferris, Evan Gu, Abigail Miller, Zeynep Ozkaya, Leda Perdriel-Arons, Anzu Sekikawa, David Shin, Shane Susnak, Ameya Velankar, William Wang, and Michael Weiss.

All of these students were selected based on their 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) scores. Each year, college-bound 11th grade students complete the PSAT/NMSQT. The more than 1.5 million juniors who take the test are automatically enrolled in the National Merit Scholarship Program and approximately 16,000 advance to become Semifinalists and about 34,000 are Commended. The Semifinalists represent less than one percent of the nation's high school seniors and the Commended Students represent the top five percent. A Semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by a high school official, write an essay, and earn SAT® or ACT® scores that confirm the student's earlier performance on the qualifying test. The Commended Students are recognized for their exceptional academic promise. The Semifinalists now have the opportunity to advance to the Finalist level and compete for some 7,600 National Merit Scholarship® awards worth more than \$31 million to be offered in the spring of 2020.



The Fox Chapel Area School District ranked among the best school districts in the country in Niche's "2020 Best Schools" ranking. Fox Chapel Area received its fifth consecutive overall A+ grade. We were ranked one of the top 10 school districts in Pennsylvania. We placed in the top 10 school districts in the state for best teachers.

We're especially proud to have placed in the top 1% of school districts in the USA in these categories: Best School Districts, Districts with the Best Teachers, Best Places to Teach, and Safest School Districts.

STUDENT NAMED AMONG TOP 300



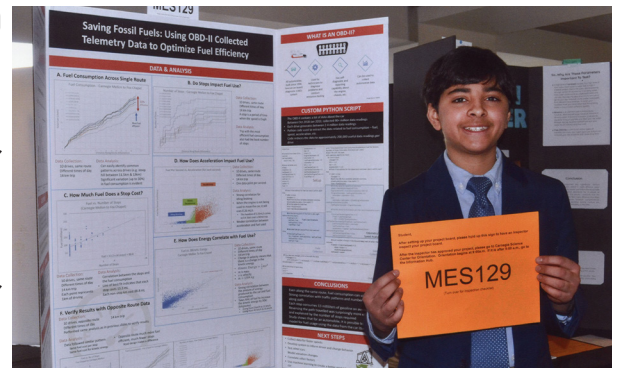
Fox Chapel Area High School freshman Arvind Seshan was recently named among the Top 300 middle school innovators in the 9th annual Broadcom MASTERS® – the nation’s premier Science, Technology, Engineering, and Math (STEM) competition for middle school students.

The Top 300 students (including 16 from Pennsylvania) were selected from 2,348 applicants from 47 states, DC, and two US territories. Entries were evaluated by a panel of distinguished scientists, engineers, and educators and judged on creativity and originality of their science fair project, their ability to engage in analysis of data, and their understanding of STEM principles as they relate to the real world. Arvind was chosen based on his first-place project from the Covestro Pittsburgh Regional Science and Engineering Fair submitted in March 2019 when he was an eighth-grader at Dorseyville Middle School.

“Through the Broadcom MASTERS and the Society’s network of science fairs, we are able to identify and inspire exceptional middle school scientists and engineers from across the country,” said Paula Golden, president of the Broadcom Foundation. “I’m honored to congratulate the Top 300 Broadcom MASTERS who are poised to take on our world’s grand challenges.”

In recognition of their achievements, the Top 300 Broadcom MASTERS received a special prize package. In recognition of the role that teachers play in the success of their students, each designated teacher also received an award.

The Broadcom MASTERS is a program of Society for Science & the Public, and MASTERS stands for Math, Applied Science, Technology and Engineering for Rising Stars.



Members of the Fox Chapel Area football team stopped by the “corner office” and played catch with B’Man! Thanks to our favorite Foxes fan for the great visit!

Photo credit: Jamie Colesnik



FC STUDENTS PLACE THIRD IN REGIONAL MATH COMPETITION



The members of the Fox Chapel Area High School CalcuSolve third-place team, from left to right, were freshmen Elijah Conklin, Ananth Kashyap, Ethan Tan, and Jonathan Li.

Four Fox Chapel Area High School freshmen recently placed in the regional CalcuSolve competition. The team of Elijah Conklin, Ananth Kashyap, Jonathan Li, and Ethan Tan won third place in the team competition for grades nine and ten. Additionally, Jonathan placed third in the individual category of the competition.

The contest was held October 17, 2019, at Duquesne University, and students from across the Pittsburgh area participated. The

competition is an academic event of the Allegheny Intermediate Unit and was sponsored by the II-VI Foundation.

CalcuSolve is a competition that tests students' problem-solving skills related to mathematics. Students compete as part of a team, as well as individually.

OBSERVING POSSIBILITIES FOR THE FUTURE

BY KAYLEE URIBE

Every year, students at the high school are given the unique chance to go to Allegheny General Hospital and watch a live open heart surgery. This field experience is coordinated by the QUEST department and is limited to 12 students who intend to major in a medical-related field. Throughout the surgery, the students get to watch from the first cut. A professional from the hospital joins them to explain each step of the process and to answer questions. Also provided is an overview of the many different career pathways that are present in the operating room, from anesthesiology to nursing.



students interested in pursuing a career in medicine observe an open-heart surgery at Allegheny General Hospital.

Everyone sees these surgeries on TV dramas, but the real life process is life-changing in many ways. Being able to see the surgeons, nurses, and technology involved in the procedure really allows the students' eyes to be opened up to the different factors involved in a surgery. Another opportunity that is also opened up to students with this surgery is allowing them to see if they have the guts for a surgeon position in the medical field. All in all, this field experience was very worthwhile.

STUDENTS SELECTED TO PARTICIPATE IN HOBY LEADERSHIP SEMINAR

Three Fox Chapel Area High School juniors were selected to receive the distinguished Hugh O'Brian Youth Leadership (HOBY) award. Ava Kazmierczak, Ryan Kenyon, and Abigail Rickin-Marks attended the Pennsylvania-West HOBY Leadership Seminar June 14-16, 2019, at Washington and Jefferson College. As part of the seminar, the students explore and discover their personal leadership strengths and learn how to apply them to serve their community.

The Fox Chapel Area High School QUEST program works with interested sophomores who wish to apply for a chance to win this honor. Students must first submit a short essay detailing what they feel are the most rewarding and challenging aspects of being a leader. Finalists are selected after an interview and the school district sponsors the cost to attend the seminar.

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



Three Fox Chapel Area High School students were selected to attend the prestigious Hugh O'Brian Youth Leadership Seminar. They are, from left to right, Abigail Rickin-Marks, Ryan Kenyon, and Ava Kazmierczak. Photo courtesy of Katie Kenyon.

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FOX CHAPEL AREA STUDENTS AND GRADUATES NAMED AP SCHOLARS

AP[®] Scholars



A total of 165 current Fox Chapel Area High School students and 2019 graduates have been named Advanced Placement (AP) Scholars by the College Board for demonstrating college-level achievement on the AP examinations taken in May 2019. The College Board recognizes several levels of achievement based on

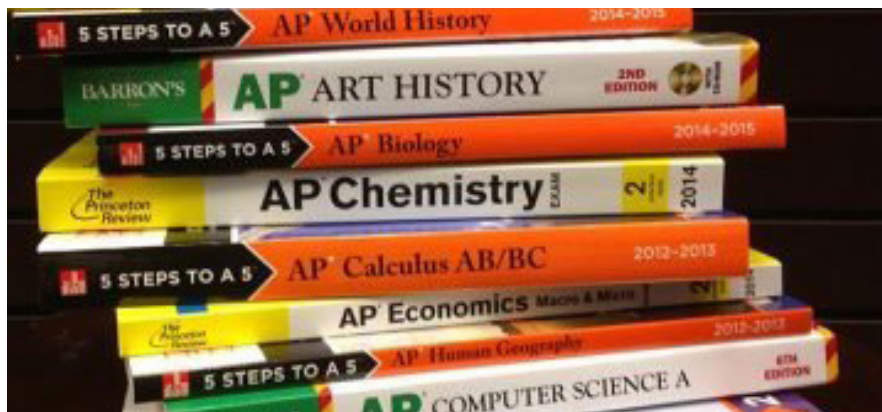
the number of courses and exams. At Fox Chapel Area High School:

2019 graduates Vaishavi Agrawal, Daniel Andrud, Abigail Baldauf, Arnav Gupta, Marissa Hardiman, Theresa Heidenreich, Rachel Himmel, Jayanth Kashyap, Elizabeth Kaslewicz, Zachary Lakkis, Tristan McClelland, Mitchell Miles, Ryan Setzenfand, Annika Urban, Ziya Xu, and Chloe Yofan and 2019-2020 seniors J. Oliver Choo, Rajeev Godse, Noah Hertzman, Sina Shaikh, and Aaron Wu qualified for the National AP Scholar award by earning an average score of 4 or higher on all AP exams taken, and scores of four or higher on eight or more AP exams.

The following graduates/students qualified for the AP Scholar with Distinction award by earning an average score of 3.5 or higher on all AP exams taken, and scores of 3 or higher on five or more of these exams: 2019 graduates Vaishavi Agrawal, Mattias Ahlers, Daniel Andrud, Margaret Aupke, Abigail Baldauf, Isabella Boleng, Benjamin Cagan, Diana Crookston, Rodrigo Esteves, Kevin Falconett, Luis Fernandez Trevino, Noah Fritsch, Gabriel Fynsk, Flora Gladwin, Jonah Green, Arnav Gupta, Eric Gurklis, Colin Hackwelder, Marissa Hardiman, Sanjana Harish, Megan Hayes, Theresa Heidenreich, Hannah Higgins, Rachel Himmel, Jayanth Kashyap, Elizabeth Kaslewicz, Meredith Kenney, Sarah Khanzada, Trevor Klatt, Zachary Lakkis, Sadie Lorence, Tristan McClelland, Catherine McDonough, Alexandra Meinert, Alyssa Melani, Mitchell Miles, Eric Moore, Jared Nord, Jessica Paper, Olivia Pistella, Nathaniel Roe, Ryan Setzenfand, Grace Stassola, Annika Urban, Gina Wang, Landon Williams, Ziya Xu, Erasmia Yager, and Chloe Yofan and 2019-2020 seniors Jackson Boychuk, Hanna Chen, J. Oliver Choo, Claire Fenton, Rajeev Godse, Hannah Gordon, Evan Gu, Noah Hertzman, Gavin Hitchens, Henry Jacques, Adrien Lagasse, Megan Matthis, Molly Mozurak, Min Nishikawa, Zeynep Ozkaya, Anzu Sekikawa, Sina Shaikh, Jake Sperry, Olivia Tang, Felix Veser, William Wang, and Aaron Wu.

The following graduates/students qualified for the AP Scholar with Honor award by earning an average score of at least 3.25 on all AP exams taken, and scores of 3 or higher on four or more of these exams: 2019 graduates Avery Bursick, Hannah Flanders, Anna Folkerts, Margaret Fox, Alaina Kotchey, Zachary Lichtenstein, Connor McAtee, Sabrina McQuarrie, Demi Rymer, Kathryn Schwartzman, Reed Seybolt, and Zachary Yonas and 2019-2020 seniors Abigail Alexander, Paige Asbury, Alyssa Carnevali, Hazel Cline, Gwendolyn Davison, Hannah

Drum, Blair Echnat, Rachel Ferris, Alayne Gaghan, Elizabeth Gay, William Generett, Bryn Gerlach, Elizabeth Giuffre, John Klamut, Anna Meyer, Christiana Paljug, Jacob Rendall, Preston Rowe, Aaron Santilli, Benjamin Schwartz, David Shin, Charles Smith, Shane Susnak, Helene Tracey, and Ameya Velankar.



The following graduates/students qualified for the AP Scholar award by receiving scores of 3 or higher on three or more AP exams: 2019 graduates Sofia Porter Bacon, Emily Ben, Madison Borkovich, Kate Carnevale, Lauren Copeland, Wesley Fravel, Nicole Garcia-Tunon, Matthew Good, Ruth Hartmann, Cara Himmel, Jonathan Hopkins, Eui Il Jung, Ryan Kerr, Michael Kilmer, Hannah Kim, Maria Luciana, Adina Munin, Madeline Richards, Julie Scheffler, Sarena Seeger, Jonathan Simon, Michael Trageser, Reiss Veltri, and Kenyon Weis; 2019-2020 seniors Ethan Alfery, Macey Balk, Amelia Bothe, Marilyn Brach, Mia Catone, Jacob Correnti, Gwendolyn Cullen, Claire Cummings, Samantha Dockey, Oskar Ernharth, Tobias Fennell, Harrison Hamm, Jeffrey Hertzberg, Patrick Kiszka, Ian Lowe, Cameron Mackey-Piccolo, Michael Mendelson, Shando Naini, Pabla Navjot, Thaleia Papapetropoulou, Leda Perdriel-Arons, James Peterson, Karl Pil, Emily Pollock, Michael Prato, Linda Quinlan, Mario Rotunno, Haylee Stringer, Robert Tabor, Thomas Traub, and Thomas Tsai; and 2019-2020 juniors Vinisha Sant and Vivian Shao.

Advanced Placement exams are graded on a 5-point scale, with 5 being the highest. Most of the nation's four-year colleges and universities award credit and/or advanced placement for qualifying exam scores. Every year, AP examinations are offered in a wide variety of subject areas, each consisting of multiple choice and free-response (essay or problem-solving) questions.

PEER TO PEER EMPOWERMENT PROGRAM

Students attended the first session of the Peer to Peer Empowerment Program on October 15th. Our FCAHS team of students worked together to identify ways to foster increased respect for one another and develop positive interpersonal relationships. Sister Mary Gianna Thornby, a survivor of the Columbine High School shooting, shared her story and urged the students to start a positive chain reaction. Next, the students will identify an issue they would like to address by implementing a community outreach initiative. Stay tuned for some exciting developments!



MRS. KLEIN GOES THE EXTRA YARD

BY AMULYA GARIMELLA



On Saturday, September 21st, our AP Government teacher Mrs. Jennifer Klein was recognized by the Extra Yard for Teachers campaign on the field at the Pitt Panthers home game. The recognition was a surprise to Mrs. Klein. "I truly felt like a little local celebrity. A couple of former Fox Chapel students came from the student section to congratulate me, and it warmed my heart." Getting to experience the game from the sidelines was also an amazing experience for her. "Being on the sidelines felt like being in a whole new little world".

According to the University of Pittsburgh, "The College Football Playoff Foundation and Extra Yard For Teachers campaign awards teachers across the country for making positive impacts in the community while serving as role models and leaders for their students". Mrs. Klein is an involved AP Government teacher in addition to helping create the College in High School (CHS) American Politics program, and being a CHS teacher, she provides many opportunities for her students to get involved in politics. From having all of her students register to vote to running registration drives, she helps motivate the entire community to get involved in politics.

Thank you so much to Mrs. Klein for everything you do for the community and beyond!

HOMETOWN HIGH Q

Congratulations to FC's Hometown High Q team for dominating their competitors from Hampton and Greensburg Salem. Hometown High Q is a local television quiz show in which teams of three students from high schools in the Pittsburgh area compete by answering questions in multiple subject areas taught in school. Returning as contestants for the second year, seniors Rajeev Godse and Jackson Romero and junior Amulya Garimella were at ease as they quickly responded to challenging questions. Be sure to tune-in to KDKA TV on Saturday, November 16th at 11:00 a.m. to see the team in action!



NATIONAL HONOR SOCIETY INDUCTS 140 NEW MEMBERS

BY CLAIRE FENTON

Scholarship, service, leadership, and character: these are the pillars of National Honor Society (NHS), a prestigious organization that recognizes students who excel in all four of these categories. In order to be considered for membership, students must maintain a minimum of a 3.5 unweighted cumulative grade point average, provide service to the school or community, belong to at least two clubs or activities, and demonstrate leadership and character. Students become eligible to join at the end of their sophomore year.



The 2019/2020 NHS Officers: President Claire Fenton, Vice President Anzu Sekikawa, Secretary Madeline Harajda, and Treasurer Aaron Santelli

This year's ceremony was held on August 26th in the auditorium and opened with a speech from Mr. David Short, former Co-CEO of the American Funds Group. Mr. Short described how he implements the four pillars in his daily life and encouraged the inductees to do the same after their high school career is over. He reminded the inductees that while effective

leaders are capable and intelligent, they must also possess a strong character and the desire to serve their communities. Afterwards, the NHS officers - President Claire Fenton, Vice President Anzu Sekikawa, Treasurer Aaron Santilli, and Secretary Madilyn Harajda - performed the candle lighting ceremony; the inductees then recited the NHS pledge and filed across the stage one by one to receive their certificates.



Lead Principal Dr. Hower and NHS Co-Sponsor Mrs. Gibson congratulate senior Ryan Billings, one of the new inductees being recognized on stage.

bringing the total number of members at Fox Chapel to 241. Congratulations to all the inductees for continuing the tradition of excellence.



The new inductees take their official pledge of commitment to the four pillars upon which NHS is founded.



Mr. David Short addresses the students in his keynote speech about scholarship, service, leadership, and character.

TAKING A STAND AGAINST THE THREAT OF GLOBAL WARMING

BY GRACE HAN



The world we live in is one we share. Not only with other humans, but with animals, plants, and myriad organisms. We often forget that our world must remain a shared place for us to survive. Everything works in a cycle, and destruction of even a small part of the cycle impacts everything around it. Recently, Swedish sixteen year-old Greta Thunberg made

headlines for her weekly school walkouts that she conducted by sitting outside of the Swedish parliament building by herself. Thunberg has been protesting the lack of government and policy changes that would help prevent further climate change and global warming. When questioned about missing school for her #FridaysForFuture protests and whether it is a detriment to her education, she simply stated, "Why should any young person be made to study for a future when no one is doing enough to save that future? What is the point of learning facts when the most important facts given by the finest scientists are ignored by our politicians?" Thunberg stresses that no meaningful policy changes have been made through spreading awareness, so there's no choice left for people who care about the world but to act and actively change our laws and routines -- right now! Through activism!

One of the youngest people to be nominated for a Nobel Peace Prize, Thunberg uses every ounce of her publicity to speak out and inspire teens to take to the streets and reverse the political inaction on climate change. Her activism has inspired thousands of global protests worldwide, and she has given talks about the world crisis at both TED and the United



Nations Climate Change COP24 Conference. Thunberg has shown the world what a significant impact one person can make on the world. Her messages are far from endearing; they're powerful, pointed; aimed to make the public take action. "I don't want your hope. I don't want you to be hopeful. I want you to panic... and act as if the house was on fire," Thunberg exclaimed. The teenage activism epidemic is spreading. Taking a stand to save the environment from the threat of global warming and climate change will create a safer, healthier, and happier future for generations to come. Isn't it time for FC to join Greta's mission? Follow Greta Thunberg on Instagram @GretaThunberg to find out how to get involved!

10 TIPS FOR FRESHMEN

BY ETHAN ALFERY

Now that the first nine weeks has come to a close, freshman should be feeling acclimated to life at the high school. Here are some expert tips from the pros (AKA seniors) to focus on during the months to come:

10. Stay Organized - As a high school student, organization is critical to one's success. Try to keep an orderly binder and locker. This will make it easier to keep track of all your papers.



9. Time-management - It is important to prioritize the right things. Planning out your weeks while balancing school work, social life, and your activities is very helpful.

8. Try new things - High School is a time to learn more about yourself. Do things that you may not have ever visualized yourself doing.

7. Ask for help - Asking for guidance and admitting your weaknesses does not diminish your character. Don't be afraid to ask for help from students and your teachers.

6. Don't limit yourself socially - Try to meet new people. It is not against an imaginary societal standard to make new friends or to hang out with upperclassmen.

5. Don't be stupid - Pretty self explanatory. Do not let your own assumptions dictate your actions.

4. Study quality over quantity - Studying is a must in order to achieve good grades. Don't prioritize how long you study, but prioritize how well you study.

3. Use the high school resources - Fox Chapel offers a lot of resources. Do not be afraid to use them; capitalize on what they offer.

2. Challenge Yourself - Try not to sit back and take easier classes. Challenge yourself, take some AP classes, take the SATs and ACTs early.

1. Enjoy high school - This is only four years of your life. Don't sweat the small stuff, take care of yourself and enjoy this time!

MATH MADNESS

The competition is intense for our FCAHS Math Madness participants. Math Madness is a nationwide online team-based competition held every fall in which leagues compete weekly followed by a single elimination bracket tournament.



JESSICA KLEIN – SERVING UP GREATNESS

BY CLAIRE KATZ



Senior Jessica Klein is a standout individual on the volleyball court, in the classroom, and in the community. Jessica is a four-year varsity starter and letter award recipient, and has been very successful in her high school volleyball career. The team faced a tough schedule this year being in a section with some of the most competitive teams in the WPIAL, such as North Allegheny, Pine Richland and Shaler. Jessica says that the team lost most of their tall hitters from last year, and had lots of shoes to fill going into this season. The team also lost their setter to injury in the beginning of the season, leaving yet another spot to fill. In previous years, Jessica played as the libero. However, this year she transitioned into being a hitter, and led the team in kills. Jessica stands out on the court because of her outstanding athletic ability, and her exceptional leadership and

communication skills. Jessica is also the centerfielder for the softball team, and has lettered all four years. Jessica is a true team player and an exemplary athlete and teammate.

Not only does Jessica shine as an athlete, but as an overall individual. Jessica is the Senior Class Vice President, the Community Outreach President, the Interact Club Treasurer, a Student Government Senator, and a Student Ambassador. This long list of leadership positions is only a glimpse into Jessica's personality and accomplishments. Jessica is very involved within the school and the community, and is a successful student.



SCOTT BITAR NAMED TO NATIONAL ALL-AMERICA TEAM



Fox Chapel Area High School senior golfer Scott Bitar was named to the 2019 American Junior Golf Association (AJGA) Scholastic Junior All-America Team. Only 24 of the nation's brightest minds and best junior golfers were named to the team. The team consists of 12 young men and 12 young women who demonstrate the ability to excel not only on the golf course, but also in the classroom and the community.

"These 24 students exemplify sportsmanship on the golf course and citizenship in their schools at the highest level," said Stephen Hamblin, AJGA executive director. "By celebrating this great accomplishment we are helping to fulfill our mission of developing golf's next generation."

To be eligible for the AJGA Scholastic Junior All-America Team, applicants must be high school juniors or seniors with a top finish in an AJGA Open or Invitational event. After qualifying, selections were based on standardized test scores, GPA, school leadership, and community service.

Scott maintains a 4.48 GPA and has high SAT and ACT scores. His best 2019 golf finish was T10 in the Imperial Headwear Junior Classic in August. His community involvement includes National Honor Society, assistant to the priest at St. Joseph's Parish, captain of the high school varsity golf team, and captain of the basketball winter league team. Scott is the only golfer from Pennsylvania to be named to the AJGA Scholastic Junior All-America Team.

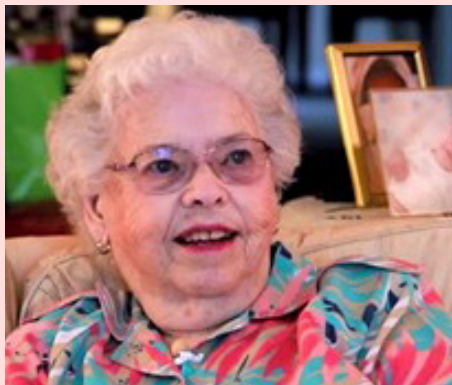
The Junior All-America Team will be honored at the Rolex Junior All-America Awards Banquet on November 24 at the PGA National Resort & Spa in Palm Beach Gardens, Florida. By being named to the team, each player is also eligible to participate in the Rolex Tournament of Champions, one of the most prestigious events in junior golf, which will take place on PGA National Resort & Spa's Champion and Fazio Courses, November 23-28.



Students in Mr. Ryan Devlin's Digital Media Production class at Fox Chapel Area High School are working on a YouTube series about the life of Fred Rogers.

In the first trailer for the series, Mrs. Joanne Rogers shares with our students one of the first questions Tom Hanks asked her as he was preparing to play her late husband in the movie "It's A Beautiful Day in the Neighborhood."

The YouTube series is expected to be released this fall on Swift Fox Media.



VAPING – NOT WORTH THE RISK

BY JAKE MULHERN

In the 1930's and 50's cigarettes were glorified throughout American culture. On a billboard in the hands of a doctor, advertised in between the morning cartoons, and seen in the mouths of many, cigarettes were everywhere. 2019 is indeed different. Needless to say, the modern world views cigarettes as the antithesis of what they once were. The number of smokers has declined in large, due to the extensive research on the long-term health risks of cigarettes. One could say we are a much healthier America as smoking cigarettes is no longer at the forefront of our culture, but, we now deal with the heir to cigarette smoking, vaping. Vaping has increased in popularity in the past couple of years due to product called Juul. The Juul has become a favorite among high school and college students. To many, vaping is seen as a healthier alternative to smoking, although researchers are now finding that this notion couldn't be farther from the truth. Here are some of the most prevalent dangers and misconceived ideas of vaping.

Nicotine is the addictive chemical that both vapes and cigarettes share. One JUUL pod contains as much nicotine as a pack of cigarettes. This is the ingredient that provides the 'buzz' to its users. This buzz is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline. The consumption of nicotine during adolescence and young adulthood can harm the developing brain. Attentiveness, memory, learning skills, and brain plasticity are all handicapped. Beyond this, nicotine creates severe addiction, and refusal to give into this addiction will lead to withdrawal symptoms such as anxiety, depression and difficulty paying attention. Although these symptoms seem dreadful, experiencing withdrawal is much better than experiencing some of the newly-found long-term effects of vaping.

At the time this article is being written, 33 people have died to vaping-related illness. The Centers for Disease Control and Prevention has linked vaping to 1,479 cases of a mysterious lung disease over the last six months. "Unfortunately, the outbreak of pulmonary injury associated with e-cigarette use, or vaping, is continuing at a brisk pace," says CDC Principal Deputy Director Anne Schuchat in a press call earlier this month. Similar to this, vaping has been linked to Popcorn Lung, a scary respiratory disease that affects one's ability to breathe. "Popcorn lung" is the nickname for bronchiolitis obliterans, it is serious and irreversible and can wreak havoc on the smallest airways in your lungs, resulting in coughing and shortness of breath. Major respiratory problems like this will cause major problems in one's life and would certainly conclude anyone's athletic career.

The consequences of vaping are very scary, but the worst part is that we don't yet know the effects of long-term vaping. No one can really predict what will happen to vapers twenty or thirty years from now. In conclusion, I urge anyone reading this to never vape. I also encourage any current-vapers to do what it takes to stop. Your lungs will thank you, your wallet will thank you, and your brain will thank you. As one would expect, vaping is just not worth the risk.

MARCHING TO THE TOP

BY ANZU SEKIKAWA

The Fox Chapel Area Marching Band recently placed 1st in their division at the Pennsylvania Interscholastic Marching Band Association (PIMBA) Competition held at Moon Area High School, earning high honors for outstanding visual and general effect.

The Marching Foxes, under the direction of the high school band director Daryl Le-snik along with assistant directors Evan Hertrick and Clarissa Stewart, is composed of 9-12th graders as a member of the wind, brass, percussion, or color guard. Under the field direction of drum majors Hanna Chen and Jack Scott, the members of the Marching Foxes have been working hard beginning with summer practices as early as July. During the two weeks of summer band camp in August, the Marching Foxes endured 4 a.m. to 8 p.m. days out in the field, sweating away the summer heat whilst learning the show and honing in on their music and marching skills.

The band's first show of the season included their performance in the Kennywood Fall Fantasy Parade followed shortly after by the band's performance of this year's show, "Conquest," featuring the main theme music from HBO's award-winning television series "Game of Thrones," the epic sounds of "Adiemus" by Karl Jenkins, and the music from the motion picture "Gladiator" by Hans Zimmer at the Allegheny Valley Marching Band Festival. In addition to the Saturday competitions, the Marching Foxes spend their Friday evenings supporting the Fox Chapel Area High School Football team and performing during halftime shows. The Marching Foxes' 2019 season came to a close with their final appearance at the PIMBA Championships held at Gateway High School on October 26th.



BOO BASH – A SPOOKTACULAR EVENT!

BY TREVOR KATZ

On Tuesday October 29th the National Honor Society hosted its first annual Boo Bash. A benefit for Backpack for Hunger, the Boo Bash was an interactive Halloween celebration for kids in grades pre-K - 3rd grade. Twenty-two high school clubs enthusiastically volunteered to host stations that featured a variety of Halloween crafts, face painting, tattoos, photo booth, scavenger hunt, bowling, bean bag toss, games, and even a dance party. In addition, high school students lined the entire length of the Business hallway, passing out candy and other goodies to more than 200 young participants.



The event was organized by this year's officers: President Claire Fenton, Vice President Anzu Sekikawa, Secretary Madelyn Harajda, and Treasurer Aaron Santilli; and co-sponsors Ms. Miller and Mrs. Gibson. It was a huge success, raising \$370 and a carload of food for families in our own community. The NHS is looking forward to making the Boo Bash a Fox Chapel tradition for many years to come and are also brainstorming ideas for future events.



HOCO2019

BY CLAIRE FENTON

Every fall, Homecoming week gives students a chance to relax and enjoy the festivities, and with this year's Disney theme the "hakuna matata" attitude was infectious. Spirit Week began the Monday before the dance, and was highlighted by a pajama day, a junior-sponsored Chick-Fil-A sale, and Pantiopalooza during all lunches. Friday's pep rally officially got the Homecoming energy rolling, and the excitement carried over into the afternoon's carnival activities. The entire district showed up for the petting zoo, bouncy house, face painting, and food trucks scattered across the high school's front lawn.



When the temperature began to drop, everyone crowded into the stadium to watch the class skits. Each grade did a fantastic job showing off their dancing skills and dressing up as their favorite Disney characters, but in the end it was the seniors' Disney Channel TV Shows performance that earned the judges' votes. By the time both football teams were ready for kickoff, the stands were packed with Fox Chapel fans, and an overflowing student section cheered the Foxes to a 41-14 victory over Armstrong. During the halftime break, the Homecoming Court was introduced, which included freshmen Kate Jenkins and Santino Pistella; sophomores Mira Tramontina and Jordan Gwin; juniors Alexis Austin and Garrett Bradley; seniors Carina Albrecht and Joe Johnson, Paige Asbury and Sina Shaikh, Casey Lazear and Sam Brown, and Emily Scheffler and Ben Peterson. Carina and Joe were crowned Homecoming Queen and King to thunderous applause.

Homecoming came to a close with the dance in the auxiliary gym on Saturday. The hallways were decorated to resemble our favorite Disney stories, from the classic Cinderella and her pumpkin carriage to the timeless High School Musical. Attendees were treated to music, games, a photo booth, and a chance to have fun and celebrate with their classmates. It was truly an unforgettable, magical night for all.



FALL SPORTS ROUNDUP

BY CLAIRE FENTON

CROSS COUNTRY

Our cross country teams boast some of the WPIAL's most talented runners in seniors Christian Fitch, Brooke Krally, and Grace Sisson, and they have been making their marks in their final cross country season. Fitch, a Temple commit, placed second out of nearly 300 runners in the

Red, White, and Blue Classic on September 7th, a performance that helped lead the boy's team to a third-place finish. Krally and Sisson earned top-ten finishes in a field of 230 girls. In the Tri-State Track Coaches Association meet on October 17th, Fitch placed sixth and Sisson placed third. Both teams qualified for the WPIAL championships on October 24th, and although neither team brought home hardware, Fitch (fourth place), Krally (fifteenth place), and Sisson (fifth place) had outstanding individual performances. All three qualified for the individual PIAA championship on November 2nd.

FIELD HOCKEY

After losing several talented players to graduation, the 2019 season was a rebuilding year for the Lady Foxes. With eight seniors at the helm - Mary Ellis, Bryn Gerlach, Ellie Markel, Caroline Redican, Sloan Rost, Abigail Troutman, and Lizzee Wonderley - the Foxes amassed a 5-11 record. Their challenging schedule included matchups against all four WPIAL playoff teams in Mt. Lebanon, North Allegheny, Peters Township, and Pine Richland.

FOOTBALL

Although the football team won just one game in their first six weeks of play, they opened up October with three straight wins beginning with a convincing 35-20 victory over Connellsville on October 4th. A week later, the Foxes barely edged out Mars 30-28, an upset win that fueled their 41-14 destruction of Armstrong on Homecoming night. Even with their 4-6 record, the team earned a postseason berth as the wild card in the WPIAL 5A playoffs.

GOLF

The last time our boy's golf team were crowned as WPIAL championships was in 2006; since then, the team has earned the runner-up title five teams. This season, they finally broke that streak, defeating reigning champion Central Catholic and beating out second-place finisher Upper St. Clair by twelve strokes. At the PIAA competition on October 23rd, the Foxes brought their "A" game and captured our school's first state championship title with a twenty-four stroke cushion. Although the boys' undefeated in-section record demonstrates their team's ability, this season was also marked by an outstanding individual performances. Senior Scott Bitar earned a gold medal at the WPIAL championships and qualified for the PIAA playoffs, while junior Aidan Oehrle tied for third place.

After earning an unblemished 15-0 regular season record and section championship, the Lady Foxes faced off against the best of the best in the WPIAL team playoffs. Unfortunately, the team barely missed out on a medal and PIAA qualification, losing to Upper St. Clair, North Allegheny, and Peters Township to finish in fourth. However, sophomore Nina Busch

had a tremendous individual performance in the WPIAL championship and became the runner-up, just barely missing out on the top spot after a tiebreaker.

SOCCER

Led by ten seniors, the boys began their season at second place in the Trib High School Sports Network's preseason rankings. A strong regular season performance earned them an 11-3-3 overall record and a runner-up finish in the section standings. They qualified for the WPIAL playoffs as the #5 seed and steamrolled Woodland Hills 5-1 in their first-round matchup on October 19th. They faced Canon McMillan in the second round on October 23rd, and saw their season end with a 2-1 overtime loss.

After missing out on a playoff berth last year, the Lady Foxes entered this season determined to earn a postseason spot. A crucial victory against Pine Richland on October 2nd helped secure their playoff qualification as the #9 seed. They squared off against the eighth-seeded Upper St. Clair Panthers on October 21st and came out on top with a 2-0 shutout. The top-seeded Norwin Knights awaited the Lady Foxes for their second-round game on October 24th; the Lady Foxes almost pulled out an upset, but ultimately fell 4-3 in overtime.

GIRLS' TENNIS

The Lady Foxes had an almost perfect regular season: they cruised to a section championship title with an undefeated record, and senior Charlotte James became the first female player in Fox Chapel's history to win a gold medal at the individual WPIAL championships. In fact, their only loss came at the hands of Peters Township in a 3-2 thriller, a loss which the team hoped to avenge when they faced the Indians in the WPIAL team championship match on October 17th. Unfortunately, the match was a repeat of the regular-season, and the Foxes walked away with a runner-up trophy after falling 3-2 for the second time. However, they redeemed themselves in the state playoffs, upending the top-seeded Unionville in the quarterfinals and ultimately capturing the PIAA 3A team championship on October 27th.

GIRLS' VOLLEYBALL

The Lady Foxes have had to battle some of the best teams in our area night in and night out this season. Their section is stacked with the likes of North Allegheny, Pine Richland, and Seneca Valley, all of which are ranked in the top five in the WPIAL. Led by seniors Joanna Delaney, Rachel Ferris, Maddy Heininger, Abigail Kieffer, Maddy Kieffer, Jessica Klein, and Jasmine McDonald, the team struggled in section games but found success when they beat out nine other teams for the Penn Trafford Tournament championship title on September 21st.



IF YOU MISSED CLUB WEEK

BY MAGGIE KELLY

Joining a club is a great way to maximize your involvement, explore areas of interest, build your resume and make new friends. There are nearly 80 clubs to choose from in our high school. Club week offered a great opportunity for students to check out the multitude of options, talk to club leaders, and sign up for more information. If you missed part of club week or didn't sign up for a club you may have found interesting, don't worry; there is still a chance to get involved!

The many clubs at Fox Chapel range from the Environmental Club to the Future Business Leaders of America. Environmental Club makes sure that plastic and other recyclable items are discarded correctly. FBLA can be a valuable experience for those interested in pursuing a business field in college. French, German, Latin, and Spanish clubs are waiting for those wishing to learn about different cultures and you might get to make some yummy food. Tapestry is also another great way to get involved. The club publishes our school's literary magazine. It is created by students, and the magazine includes student-written short stories, poetry and art. As a club, they hold regular review sessions of art and writings as well as hosting open-mics throughout the year.

This is just a tiny sampling of the many options available. Take a few minutes to check out the following list of active clubs, which includes the contact information of the student leader as well as the name of the sponsor. Choose one or two and get involved!

| CLUB NAME | LEAD STUDENT CONTACT EMAIL | FACULTY SPONSORS |
|----------------------------------|-------------------------------|------------------|
| ACLU Chapter at FCAHS | ostroff_amara@cl.fcasd.edu | Ms Sayre |
| Ambassadors for Children's Hosp. | pollock_emily@cl.fcasd.edu | Ms. Cooper |
| Anime Club | hart_annamarie@cl.fcasd.edu | Mr. Thomas |
| Art Club | harris_natalie@cl.fcasd.edu | Mrs. Marangoni |
| Asian Culture Club | tang_olivia@cl.fcasd.edu | Mrs. Modlin |
| Badminton Club | dean_margaret@cl.fcasd.edu | Mrs. Hammer |
| Bake Club | lazeear_casey@cl.fcasd.edu | Mrs. Antonikas |
| Be the Change | agrawal_suparn@cl.fcasd.edu | Mrs. Polesiak |
| Best Buddies | Vento_Arnold@cl.fcasd.edu | Dr. Dojonovic |
| Biomedical Engineering Club | akinci_kaya@cl.fcasd.edu | Mr. Earley |
| Black Student Union | generett_william@cl.fcasd.edu | Mrs. Green |
| Boba Club | li_emily@cl.fcasd.edu | Mr. Aires |

| | | |
|---|------------------------------------|-----------------|
| Book Club | cline_hazel@cl.fcasd.edu | Dr. Ward |
| British Comedy Club | kerschbaumer_kristian@cl.fcasd.edu | Ms. Susser |
| Busking Club | Mendelson_michael@cl.fcasd.edu | Sr. Gonzalez |
| Chess Club | cullen_gwendolyn@cl.fcasd.edu | Mrs. Hammer |
| Chinese Language and Culture Club | gu_evan@cl.fcasd.edu | Mrs. Capek |
| Community Outreach | Klein_jessica@cl.fcasd.edu | Mrs. Machen |
| Computing Club | urban_theodor@cl.fcasd.edu | Mr. Klipa |
| Cosmology/Mathematics of Space Club | moye_jacques@cl.fcasd.edu | Mrs. Derry |
| D.E.S.I (Designated Ethnic Society of India) | pabla_navjot@cl.fcasd.edu | Mrs. Polesiak |
| Doctor Who club | jahnke_hannah@cl.fcasd.edu | Mr. Matusiak |
| Drama Club | lusk_emma@cl.fcasd.edu | Dr. Pazin |
| Environmental Club | rendall_jacob@cl.fcasd.edu | Mr. Schubert |
| Esports Club | Wang_joey@cl.fcasd.edu | Mr. Aires |
| Fashion Club | bohman_claudia@cl.fcasd.edu | Mrs Polesiak |
| Fearless Bible Club | horne_danielle@cl.fcasd.edu | Mrs. Steinhaus |
| Film Club | davison_gwendolyn@cl.fcasd.edu | Mr. Aires |
| Forensics | godse_rajeev@cl.fcasd.edu | Mr. Matusiak |
| Fox Tales | fenton_claire@cl.fcasd.edu | Mrs. Gibson |
| Foxes' Boxes | matthis_megan@cl.fcasd.edu | Mrs. Burger |
| French Club | morningstar_jocelyn@cl.fcasd.edu | Mme. Montgomery |
| FBLA | Kronman_david@cl.fcasd.edu | Mrs .Congalton |

| | | |
|------------------------------------|--------------------------------|----------------------------|
| Gay Straight Alliance (GSA) | cody_julia@cl.fcasd.edu | Mrs. Modlin |
| German Club | jacques_henry@cl.fcasd.edu | Frau Koller |
| Global Outreach Club | schwartz_benjamin@cl.fcasd.edu | Mr. Rios |
| Guard Club | mcdougall_nora@cl.fcasd.edu | Mrs. Cuda |
| Hacking Club | seshan_arvind@cl.fcasd.edu | Mr. Schubert |
| Helping Hands | kieffer_abigail@cl.fcasd.edu | Ms. S. Miller |
| History Club | seshan_sanjay@cl.fcasd.edu | Mr. Norberg |
| HOSA - Future Health Professionals | sekikawa_anzu@cl.fcasd.edu | Mrs. Hammer |
| Interact Club | yasko_keara@cl.fcasd.edu | Mrs. Klein |
| Jewelry Club | mccann_jessica@cl.fcasd.edu | Ms. Stewart |
| Jewish Student Union | balk_macey@cl.fcasd.edu | Ms. Susser |
| Latin Club | fenton_claire@cl.fcasd.edu | Mr. Matusiak |
| Math Club | godse_rajeev@cl.fcasd.edu | Mr. Barle / Mr. Morley |
| Middle Eastern Student Union | yeterian_yervant@cl.fcasd.edu | Mrs. Modlin |
| Minecraft Discussion Club | strain_vanessa@cl.fcasd.edu | Mr. Schubert |
| Mock Trial Club | asbury_paige@cl.fcasd.edu | Mr. Earley |
| Model United Nations (MUN) | godse_rajeev@cl.fcasd.edu | Mr. Matusiak |
| Modern Issues: Support & Skills | sarafriday@icloud.com | Ms. Susser |
| Mu Alpha Theta | godse_rajeev@cl.fcasd.edu | Mrs. Hollern |
| National Art Honor Society | Wetmore_jacalyn@cl.fcasd.edu | Mrs. Marangoni / Mrs Smith |
| National Honor Society | fenton_claire@cl.fcasd.edu | Mrs. Gibson/Ms. S. Miller |
| Overwatch Club | wang_joey@cl.fcasd.edu | Mr. Schubert |
| Philosophy Club | edupiva2@gmail.com | Mr. Bandurksi |

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|--------------------------------|--------------------------------|--------------------|
| Photography Club | soman_kaya@cl.fcasd.edu | Mrs. Wickman |
| Ping Pong Club | Mendelson_michael@cl.fcasd.edu | Mrs. Welty |
| Political Discourse Club | smith_charles@cl.fcasd.edu | Mr. Devlin |
| Pottery Club | kondel_madyson@cl.fcasd.edu | Mrs. M. Montgomery |
| Psych Club | ozkaya_zeynep@cl.fcasd.edu | Mrs. Modlin |
| Renard (Yearbook) | eng_jasmine@cl.fcasd.edu | Mrs. Wickman |
| Robotics Club | billings_ryan@cl.fcasd.edu | Mr. Grimm |
| Science Bowl Club | urban_theodor@cl.fcasd.edu | Mr. Patterson |
| Science Fair Club | lakkis_zoe@cl.fcasd.edu | Mr. Patterson |
| Skate Club | armattheis@yahoo.com | Mr. Battista |
| Ski Club | shin_david@cl.fcasd.edu | Mr. Shemanksi |
| Social Activism Club | gordon_hannah@cl.fcasd.edu | Dr. Ward |
| Spanish Club | maggiegaddress@yahoo.com | Sra. Barone |
| STEM Outreach Club | garimella_amulya@cl.fcasd.edu | Mrs. Gibson |
| Stock Club | prato_michael@cl.fcasd.edu | Mrs. Congalton |
| Strategy Club | healy_fiona@cl.fcasd.edu | Mr. Aires |
| Student Government | shaikh_sina@cl.fcasd.edu | Mrs. Butkovic |
| Tapestry | davison_gwendolyn@cl.fcasd.edu | Mrs. Green |
| Technology Student Association | sperry_jake@cl.fcasd.edu | Mr. Grimm |
| Tutoring Club (TutorFC) | chen_hanna@cl.fcasd.edu | Dr. Ward |
| VOTE Club | jacques_henry@cl.fcasd.edu | Mrs. Klein |
| Wilderness Exploration Club | jahnke_hannah@cl.fcasd.edu | Mr. Battista |
| Women's Issues Today | Ostroff_Amara@cl.fcasd.edu | Ms Sayre |

AP SCHOLARS BREAKFAST

BY RYAN KENYON

On Friday October 4, students who have taken AP exams and passed were called to the auditorium at the start of QRT for the annual AP Scholars Breakfast. After a brief presentation, the students formed a lengthy procession to the cafeteria, where a wide variety of foods and snacks were waiting.

After being congratulated on their hard work and achievements, students were asked to all stand up and sit down when their number of AP exams had been called out. By the end, barely any were left standing, the last one being Rajeev Godse with total of twelve tests taken and passed! Next, a Swift Fox Media video was shown in which various teacher duos were asked to define some teenage slang. Finally, Mr. Norberg appeared as a guest speaker to once more congratulate all the students for challenging themselves with difficult AP classes and succeeding. He was especially proud of the current seniors, who last year broke the record for the number of AP US History exams taken in one year; the juniors this year are expected to take even more! After the breakfast, students were allowed to relax in the cafeteria. After hitting the books last year (and most likely continuing to do so this year), they most definitely earned the break.

The event will be held again next year, so make sure you are scheduled with the College Board to take an exam in the spring. Deadlines for submissions were changed this year, so for anybody taking an AP class this semester he or she must register by November 15 for an exam. The fees are quite high this year, at around \$95/test, but as always you can contact the guidance office for financial assistance, so there's no excuse not to jump at this amazing opportunity!



FC RECEIVES NATIONAL AWARD FROM SPECIAL OLYMPICS

Fox Chapel Area High School has been selected as a 2019 National Banner Unified Champion School by Special Olympics! This prestigious honor is given by the international headquarters of Special Olympics to only a small number of schools that demonstrate a commitment to meaningful inclusion and quality Unified Champion Schools programming.

These designated schools demonstrate a commitment to inclusion by meeting 10 standards of excellence. Those standards are centered around inclusion, acceptance, and respect and were developed by a national panel of leaders from Special Olympics and the education community.

Approximately 125 schools throughout the country were honored with this recognition for 2019, and only two are from Pennsylvania. Fox Chapel Area High School is the first school in Allegheny County to ever receive this designation.

According to an email from the President and CEO of Special Olympics Pennsylvania Matthew Aaron, the recognition is a “testament of what each of you, the coaches, staff, and your students, do in your school community every day. ... Your high school has an enriching and nurturing climate which exudes a sense of collaboration, engagement, and respect for all members of the student body and staff.”

Additionally, in early September, Fox Chapel Area High School was named to the Special Olympics – ESPN Honor Roll for 2019. This is a list of the top 34 schools from across the country, chosen as part of ESPN’s Special Olympics Unified Champion Schools National Recognition Program. According to ESPN, “The aim of Unified Champion Schools is to incorporate Special Olympics sports, leadership and related activities that empower the youth to be the agents of change in their communities. Thus, the focus shifts from the events to that of a whole school movement for inclusion.”

According to Fox Chapel Area School District’s Director of Special Education and Pupil Services Tim Mahoney, the award is a tribute to the entire school community, including students, staff, administrators, and parents.

“I am so incredibly excited and proud of this designation,” he said. “This is another example of how inclusive our students, staff, and community are, and how collaboration enables us to provide the best experiences for our Fox Chapel Area families.”

Of note, Fox Chapel Area is the first school district in Allegheny County to have a Unified Track team which was established during the 2018-2019 school year. The high school also has had a Unified Bocce team since the 2017-2018 school year. These teams include students with and without disabilities and these athletes work side by side in both training and competition.

A special celebration will be held at Fox Chapel Area High School later this fall where the school will be receiving the Unified Champion Schools national banner.



Students on the FCAHS Unified Bocce Team take a break during a March 2019 Unified Bocce match.

CARNEGIE MELLON UNIVERSITY SOCIETY OF WOMEN ENGINEERS HIGH SCHOOL DAY

BY JUSTINE ENG AND ANNIE YONAS

CMU's Society of Women Engineers hosted High School Day on October 18th. The workshop encourages girls in the Pittsburgh area to go into the STEM fields, especially engineering. Students attending this field trip were given nine interactive, hands-on workshops from which to choose: Biomedical Engineering, Chemical Engineering, Civil & Environmental Engineering, Computer Science, Electrical & Computer Engineering, Engineering & Public Policy, Information Systems, Materials Science & Engineering, and Mechanical Engineering.



To start off the day, bagels were provided for breakfast, and during this time, the participants chatted with each other. Afterwards, all the girls sat down to listen to a presentation about engineering and its different fields. During the day, the girls were able to listen to students and professors talk about their respective engineering fields. Hands-on activities included paper tower building in mechanical engineering to learn about what makes a sturdy structure, transportation brainstorming in Engineering and Public Policies, and various experiments such as creating snow and mixing chemicals to see how they behaved in Chemical Engineering. All the workshops were very engaging as well as educational. After the workshops, students were treated to a mentoring lunch, in which graduate students discussed anything from applying to college and majoring in engineering to advice on what to study in high school. Overall CMU's Society of Women Engineers Day was an amazing day and all the participants had a wonderful time.

Currently only about 13% of engineers are women. Events such as CMU's SWE Day helps to encourage girls to enter fields that may not be dominated by women. CMU's mission is to get their programs to a 50/50 balance of men and women to help accurately represent the population. Not only engineering, but also the broader STEM fields needs more girls. The Society of



Women Engineers currently has about 40,000 members and is constantly growing. They are the world's largest advocate for women in engineering and technology. The events different SWE chapters have hosted are constantly helping girls who want to become engineers. Inspiring girls to follow their dreams, whether that be in the STEM field or not is important, and events such as CMU's SWE Day help to make this come true.

TEACHERS! TEACHERS! READ ALL ABOUT 'EM!

BY: ANNIE YONAS, JUSTINE ENG, AND KAYLEE URIBE

Teachers have the answers to everything about their subject area, so we decided to turn the tables and ask them a few questions about life beyond the classroom. Here are their answers to everything from life advice to the best movies to watch.

Q: What's your favorite movie?

A: "Shawshank Redemption" - Mr. Battista and Ms. Polsiak

"Harry Potter" - Ms. Colvin

"Star Wars" - Mr. Devlin

"The Lion King" - Ms. Payner

"The X-Men" - Ms. Rust

"Good Will Hunting" - Ms. Tsambis

Q: Where do you go to get the best bargains?

A: Online - Mr. Battista

Groupon - Mr. Devlin

Sam's Club - Ms.

Payner

eBay - Ms. Polsiak

Amazon - Ms. Rust

Target - Ms. Tsambis

Q: What is your favorite restaurant in the area?

A: OTB - Mr. Battista

Mad Mex - Ms. Colvin

and Ms. Rust

Cold Stone - Mr. Devlin

Ruth Chris - Ms. Payner

Pub 333 - Ms. Polesiak and Ms. Tsambis

Q: What's your best tip for succeeding in school?

A: Do your work/work hard - Mr. Battista, Ms. Payner, Ms. Rust, and Ms. Tsambis

Know how to network - Mr. Battista

Keep busy/be efficient - Ms. Colvin

Find your passion - Mr. Devlin

Ask for help - Ms. Payner, Ms. Polesiak, and Ms. Rust

Pay attention in class - Ms. Payner

Do your best - Ms. Tsambis

Q: How long should students study for your tests?

A: "However long it takes to know the material" - Mr. Battista

"Depends on the test and student" - Ms. Colvin and Ms. Rust

"2-3 hours" - Ms. Payner

"As long as all of the work has been done, about an hour" - Ms. Polsiak

"45 minutes to 1 hour" -

Ms. Tsambis

Q: What would you say is the most important skill in life?

A: "Love one another" - Mr. Battista

"Being able to communicate effectively" - Mrs. Colvin, Ms. Polesiak, and Ms. Tsambis

"Kindness" - Mr. Devlin

"Respect (for others, objects, the planet, etc.)" - Ms. Payner

"Adaptability" - Ms. Rust

Q: What is your favorite book?

A: "Endurance" by Alfred Lansing - Mr. Battista

"Wheel of Time" series by Robert Jordan - Ms. Colvin

"Billy Collins' Poetry Books" - Mr. Devlin

"The Marriage Lie" by Kimberly Belle - Ms. Payner

"To Kill a Mockingbird" by Harper Lee - Ms. Polsiak and Ms. Rust

"The Handmaid's Tale" by Margaret Atwood - Ms. Rust

"The Story of My Life" by Helen Keller - Ms. Tsambis



CHARLOTTE JAMES – ORDER ON THE COURT!

BY CLAIRE FENTON

In her last season of high school tennis, Charlotte James became the first: her straight-set victory over Baldwin's Bethany Yauch in the WPIAL Class 3A championship made Charlotte the first female Fox Chapel tennis player to win an individual WPIAL championship title. Indeed, Charlotte's no stranger to success; she also has two WPIAL and two PIAA doubles titles to her name, won during her freshman and sophomore seasons. Last year, Charlotte stepped away from high school tennis to play USTA junior tournaments during the fall in order to develop her game even further, and entered her senior season at Fox Chapel better than ever.



-FC Athletics-

Q: What did you learn from your time playing in USTA tournaments last year, and how do you feel your game has improved as a result?

A: "Playing in USTA tournaments allowed me to gain experience and confidence in playing quality opponents across the country. During this time, I was able to improve my strategic and mental approach to the game. Although I missed playing on the Fox Chapel team, it was necessary for my development as a player in order to be successful in college."

Q: Why did you decide to resume playing high school tennis during your senior year?

A: "I was always planning on returning to play for the high school if I was where I wanted to be in my tennis development and the recruiting process. I love being part of something bigger than myself and representing our school."



Q: How does winning an individual WPIAL title compare to winning a doubles title?

A: "Winning two state doubles titles with Amanda Nord was special in that I could share the whole experience with one of my closest friends. The WPIAL singles title has been a goal of mine since freshman year. To be able to do it on my last shot made it that much more satisfying."

Q: How did you bounce back so quickly from your disappointing semifinal loss in the sectional tournament just a week earlier?

-FC Athletics-

A: "I try to look at every match, win or lose, as an opportunity to learn something that I can apply next time. I took things from the first match and executed much better when we played again in the WPIALs"

Q: Are you planning on playing tennis in college?

A: "I am planning on playing tennis in college next year. I have received some Division I offers and going on official visits this fall but have yet to make any commitment."

Q: What is your favorite memory from high school tennis? What makes the high school sports experience special to you?

A: "My favorite memory from high school tennis is when the team qualified for states my freshman year in a 3-2 win. At 2-2, Kristen Friday pulled out a close match and we all stormed the court. I have loved being part of a team that is so supportive and loving. Friendships built within a sport are unique. I can't thank my teammates and Coach Alex Slezak enough for making my experience so great."

