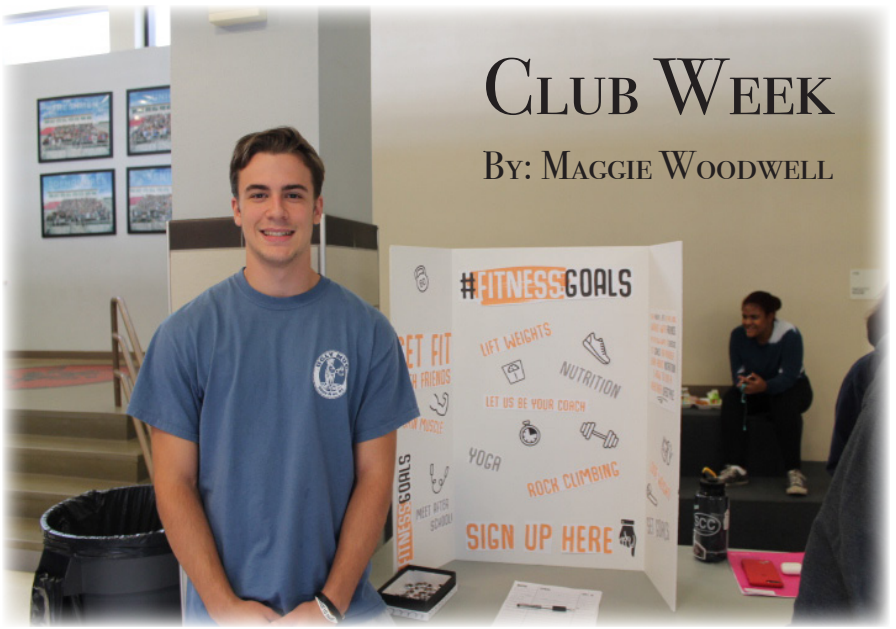




FOX TALES

*Quarterly*

A STUDENT PUBLICATION



# CLUB WEEK

BY: MAGGIE WOODWELL

Club week showcased the many diverse clubs that our school offers. With well over 100 clubs here at FC, there are plenty of opportunities to pursue your interests and connect with people of the same interests. Clubs often focus on extracurricular activities, hobbies, language and culture, and future career interests.

Club week allowed many students to sign up for sports clubs, such as Fox Chapel Crew Club and Ultimate Frisbee. These clubs not only allow students to play a sport that they are interested in, but they are also great opportunities to build friendships with teammates.

Fox Chapel also has many language and culture clubs that were displayed throughout the week. World languages such as Latin, Spanish, German, and French all offer great opportunities for people who want to learn or have learned another language. The world languages clubs also highlighted an upcoming event, the language olympics. If you or a friend are interested in competing, talk to the club leaders and sign up! The Asian Culture club and DESI also attracted many new members.

If you don't know what you want to do for a career yet, or you have your heart set on a career field, clubs such as FBLA, MUN, and HOSA are great opportunities for you. HOSA, Health Occupation Students of America, is a medical-oriented club that focuses on advancing medical knowledge and competing in an annual competition. These are great career-oriented opportunities that can provide helpful information for your future. FBLA, Future Business Leaders of America, and MUN, Model United Nations are also competition-focused clubs that are great for advancing your experience and knowledge of careers.

Clubs are a great thing to take part in! Not only will you pursue your interests and make new friends, but clubs also help to prepare you for college. If you missed the chance to sign up for a club during club week but are still interested, try and get in touch with the members or leaders or visit the Activities office to find out ways to be involved.





# Health Career Scholars Academy

## UNIVERSITY OF PITTSBURGH HEALTH CAREER SCHOLARS ACADEMY

BY: GINA WANG

During a four week long period over the summer, students had an opportunity to attend the University of Pittsburgh Health Career Scholars Academy. Students who are accepted into the program spend this time learning from professionals in the healthcare field who discuss the intricacy of the world of medicine. The speakers are all different types of practitioners, from primary care providers, to trauma surgeons, to medical students and people involved in research. Each student has two specific areas of study. Topics range from public health to optometry, and cover a wide variety of subfields within healthcare. Students attend seminars with smaller groups of people and may learn from a graduate student, a medical school student, or another practitioner. Many groups also go on trips to locations relevant to their topics, such as a nursing home or a water treatment plant.

In many occasions, students participate in hands-on activities to enhance their learning experience. Each student is randomly assigned to a UPMC employee and on the designated “shadow day,” every student follows their practitioner through a regular day of work. Students have seen MRI scans and X-rays, gone into laboratories, and observed surgical operations from pediatric to ophthalmic types. Additionally, there are sessions with physical therapists and doctors

of osteopathic medicine who demonstrate real techniques that they practice with their patients. There is even a day that students learn how to suture using pigs’ feet, and other times where they participate in simulations using UPMC robots that model as patients.

Throughout the duration of the camp, students work on two pieces of writing: a reflective portfolio and a research paper. The reflective portfolio doesn’t only summarize daily tasks; it highlights the importance of introspection and analysis of one’s activities to find the right path for his or her future. The student has free rein regarding research paper topics, as long as the topics are related to the medical field. Because of this, students are able to research matters in which they are personally interested and want to learn more about.

UPHCSA provides both a great introduction to the healthcare field and a “pre-college” experience living on a campus. Students live in University of Pittsburgh dorms and stay on campus for the entire span of the program, except for a “parent’s day” in the middle of the academy. The program is a great way to settle into living in a dorm with a roommate and other dorm-mates as well as meet other people who are interested in healthcare, too! For more information on how to attend UPHCSA next summer, go to <http://www.hcsa.pitt.edu/>.

*Sophomore Jackson Romero, junior Rajeev Godse, and sophomore Amulya Garimella were victorious in round one of the Hometown High-Q competition this month. Be sure to view the episode when it airs on Saturday, November 3rd at 11:00 on KDKA TV. Con-*



# FOX CHAPEL AREA STUDENTS NAMED 2019 NATIONAL MERIT® SEMIFINALISTS/COMMENDED STUDENTS

BY: BONNIE BERZONSKI

Eleven Fox Chapel Area High School seniors have been designated as National Merit Semifinalists and 15 have been named Commended Students in the 2019 National Merit Scholarship Program conducted by the National Merit Scholarship Corporation (NMSC). The Semifinalists from Fox Chapel Area High School are Justin Breen, Arnav Gupta, Theresa Heidenreich, Rachel Himmel, Elizabeth Kaslewicz, Zachary Lakkis, Mitchell Miles, Annika Urban, Gina Wang, Landon Williams, and Ziya Xu. The Commended Students from Fox Chapel Area High School are Vaishavi Agrawal, Abigail Baldauf, Benjamin Cagan, Steven Cano, Kristen Friday, Marissa Hardiman, Sanjana Harish, Cara Himmel, Jayanth Kashyap, Trevor Klatt, Eric Moore, Jared Nord, Robert Shymansky, Benjamin Weiss, and

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® 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 7,500 National Merit Scholarship® awards worth more than \$32 million to be offered in the spring of 2019.



**NATIONAL MERIT  
SCHOLARSHIP PROGRAM**

Chloe Yofan. All of these students were selected based on their 2017 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) scores. Each year college-bound 11th grade students complete the PSAT/NMSQT. About 1.6 million juniors who take the test

The NMSC, a not-for-profit organization that operates without government assistance, was established in 1955 specifically to conduct the annual National Merit Scholarship Program.

## THE FOXES BURROW OFFERS HELP TO ANYONE IN NEED

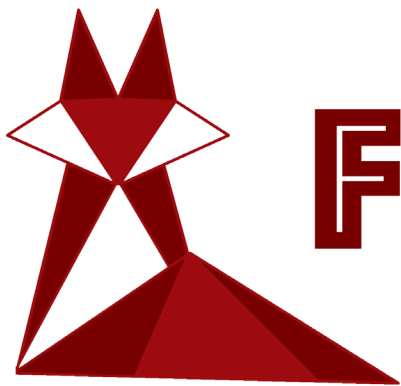
BY: CLAIRE KATZ



The Community Outreach club along with faculty sponsor, Mrs. Rachel Machen, recently opened the Foxes Burrow, a free store open to all students in need. The store is stocked with food and personal hygiene products. The store provides these necessities to all students in need at no cost. The Foxes Burrow opened at the beginning of the school year, and is open every Friday throughout the year. Students can speak to any teacher or guidance counselor for a pass to go to the store, which is located next to the TV Studio.

The original donations to stock the store were provided by The Fox Chapel Rotary Club. Donations included personal hygiene items such as soap and shampoo, and a variety of nonperishable foods. The students of the Community Outreach club will be working hard all year to help bring in donations and keep the store stocked and self-sufficient. The Foxes Burrow is great new addition to the Fox Chapel community. Stop by to check it out!

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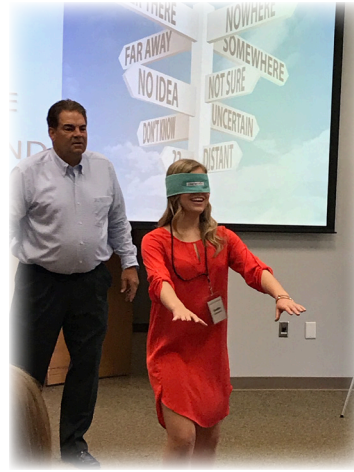


# FCHACKS

**7:30am - 7:30pm March 2nd, 2019**  
**Fox Chapel Area High School**



FCHacks2019 is Fox Chapel Area High School's second hackathon, a competition where students team up and build projects like apps, games, websites, and robots to solve real-world problems. We'll provide workshops, mentors, food, and supplies at no cost and for all levels of experience. Just bring your creativity, and you'll have the potential to win over thousands of dollars of prizes! Go to [fchacks.io](http://fchacks.io) to learn more. Limited spots are available, sign up as soon as possible to reserve your spot.



# FC SUMMER PROGRAM EMPOWERS ATTENDEES

BY: ELLA DECECCO

This past summer the Western Pennsylvania Learning Academy at Fox Chapel Area High School offered a select leadership program titled Empower2018. The program is designed to promote and develop leadership skills and professionalism for rising 10th, 11th, and 12th grade students from any school district. As an incoming sophomore enrolled and I can honestly say that it was one of my best decisions ever. Throughout the duration of the Comprehensive Leadership program, I was professionally coached on how to succeed in the workplace and in any life endeavor. I was taught an abundance of strategies such as leadership and networking skills, proper business etiquette, and how to successfully promote my digital footprint. Every instructor shared his or her most useful techniques on how to be successful with others.

The Empower program is coordinated by Mrs. Lisa Gibson and Dr. Lesley Cowles in partnership with Dale Carnegie and Associates.. The world-famous Dale Carnegie training courses that discover and develop techniques to make public speakers unafraid to address an audience are employed. The program offers two levels – Emerging Leadership and Comprehensive Leadership. The Emerging Leadership program is a five-day program with four modified Dale Carnegie Training sessions. These specific Dale Carnegie Training sessions are designed to promote and encourage skills for success for young adults. It also includes specific business etiquette and teamwork coaching. The EMPOWER2019 Emerging Leadership program will run from June 17-21, 2019 from 9 a.m. to 1 p.m. The Comprehensive Leadership program includes the full eight Dale Carnegie training

sessions as well as two possible college credits for completing the full course. Students will be able to exit this program with ability to interact with adults and in public with dignity, tact, and confidence. It also offers a chance to work on one's networking skills as they interact with area business professionals. What is so special about the comprehensive program is that it delivers the eight full Dale Carnegie courses that focus in on helping its participants build self confidence, enhance communication skills, interpersonal skill development, teamwork and leadership skills, and effective attitude management. This particular course lasts thirteen days, running the full Empower program with additional classes on June 11 and 13th, followed by July 1 and 2, 2019.

My experience at Empower2018 was one of the greatest opportunities that I have been given. It changed my life for the better in ways that I didn't even realize needed help. I was deathly afraid of public speaking when I first started the course, and with time and practice I was able to speak in front of a whole room filled with adults. I also never really knew how to introduce myself to others and be able to carry out a conversation, and yet my goal was met at the end of the course as I am now able to do all of those things with confidence and ease. This program is so inspiring to its participants because you become a whole new person; a better person. I urge you to take this course not only for yourself but for your future. Help yourself succeed. Registration for EMPOWER2019 is now open. Applications and more information are available in the QUEST office (room 168) or at [wpalearning.com](http://wpalearning.com).

# CROSS COUNTRY HITS THE GROUND RUNNING

BY: MADDIE HARAJDA

The Fox Chapel Area Boys and Girls Cross Country team has hit the ground running for its fall season. All summer, the student athletes trained hard at early morning practices in North Park and around the Fox Chapel Area. Cross country acts as a great outlet for students to get fit and show off their competitive side, as well as proving to be a profitable social experience. Between spirit weeks and after practice team outings, cross country athletes form bonds on and off the race course. The students compete at invitationals on Saturday mornings throughout the fall, at locations such as Boyce Park and Slippery Rock University.

When asked what the most rewarding part of participating in cross country was, junior Maggie Gaddess said, “finishing the race and the feeling that I accomplished something great.” Paul Yeterian, another junior, raved about “seeing my times improving from previous years and knowing I’m getting better.” Different students take away different memories and accomplishments during their time on the team, making each person’s experience unique and special. “I enjoy all the new people I meet on the team. As a junior, I also enjoy the leadership that I take on with

the freshman and sophomores,” Paul Yeterian adds. Because of everyone’s differing levels of ability, upperclassmen and lowerclassmen are mixed, which provides a convenient outlet for new friendships.

Last fall season, the boys and girls varsity teams competed through sectionals, states and tri states. Junior Christian Fitch, a member of the boys varsity teams, says, “We have a bunch of great guys who are really working hard every day at practice and meshing together even better than some of the previous teams.” In the past couple of years, the team, according to its members, has been closer than ever, creating a great support system and a comfortable atmosphere for competition. “Competing at sectionals is fun. The team is always in a good position to compete for the team



title there, so it's really nice to see our work pay off with team success at that race,” Christian says. Although cross country can be seen as an individual sport, team victory is frequent, too. The Fox Chapel Area community hopes to see the cross country team make it far into competition again this year! Best of luck to all of the participants, and never lose sight of your goals!

## A CANDID CONFERENCE WITH CONGRESSMAN CONOR LAMB

BY: MADISON BORKOVICH



Fourth period on Tuesday, September 18 brought some pertinent politics to the new library at Fox Chapel Area High School. Conor Lamb, the Democratic candidate for the new 17th district congress, appeared to campaign and share his views in a speech and question and answer session, ahead of counterpart Keith Rothfus’s upcoming visit. Congressman Lamb, who currently serves the 18th district, also made sure to stay for photos with some of the student listeners.

As the only high school being visited by Conor Lamb, students and teachers alike certainly rose to the occasion. Greeted by a large banner, with complete podium and audio setup, Lamb utilized the time to answer students’ inquiries on topics that they found important, including climate issues, gun control, and the pharmaceutical industry. He also touched on widely varying points of interest, from student loans to veterans’ affairs to the opioid epidemic. Hopefully, this once-in-a-lifetime experience reinforces the most important thing for all who are able to – go out and vote! No matter what, you can make a difference.

# FCASD CREW

BY SHEA DAVISON & CLAIRE HAMILTON

Fox Chapel Crew is open to the students of both Dorseyville Middle School and Fox Chapel Area High School as a non-profit organization that is devoted to the development of both students' fitness and life qualities. To introduce students to crew, a sculling camp and a Learn to Row camp are run during the summer.

During the school year, crew runs for all three seasons and students can pick which seasons they would like to participate in. Fall season begins in September and runs until mid-December and the spring season, which includes most of the larger races, picks up in March and goes through May. Winter conditioning is recommended for rowers who are not participating in any other sports during the winter season. The team hopes to send many of its boats to nationals this spring!

The team requires no prior rowing experience and is split into two groups - novice and varsity. The novice team consists of members that are in their first year of racing, while the varsity team is made up of any member who is at least in their second year of racing.



A seventh and eighth grade development rowing program has been newly introduced. This program was developed around the goal of introducing students to healthy conditioning as they gain rowing skills and technique that is appropriate for their age and size. Crew teaches lessons that extend beyond practice and

paces. "Crew taught me so many important life skills and developed me into a stronger leader and teammate," remarks former crew team captain Sarah Hamilton. She participated in crew throughout all four years at FCAHS and does not know where she would be today without it. "I also made some

of my closest friends through crew. I learned to work with these people—not just as my teammates, but as my friends. It really becomes like a second family."

The team is looking for new novice rowers this year. Anyone who is interested in joining can contact Dr. Mark Bellinger – he is allowing those interested to try it out for a practice and see what they think. It is an amazing experience that anyone can be a part of!

## TAPESTRY IS HAPPY TO BE OFFERING MANUSCRIPT SERVICES

BY: GWENDOLYN DAVISON

In addition to being a student run writing and art publication club, Tapestry also offers editing services for students school wide. Our main goal for this year is to help students feel confident when turning in their papers and to encourage a genuine interest in writing for all.

Whether you need help making the finishing touches on your essay or would like to have your creative piece revised, Tapestry's Manuscript services are here for you! Simply share your essay with [tapestrymanuscript@gmail.com](mailto:tapestrymanuscript@gmail.com) and come to room 176 the next day to meet with a manuscript tutor. If you would like advice regarding your creative piece, feel free to come anytime during QRT.

This year, we are also planning on offering several after school creative writing and review sessions. If you would like to write to a creative prompt with your peers or have a piece revised, look out for information regarding upcoming after school events. We hope to work with you soon!

8.



*One of the manuscript tutors, Emma Lusk, works with a member of the club, Zeynep Ozkaya*



# FOX CHAPEL AREA STUDENTS AND GRADUATES NAMED AP SCHOLARS

A total of 139 current Fox Chapel Area High School students and 2018 graduates have been named Advanced Placement (AP) Scholars by the College Board for demonstrating college-level achievement on the AP examinations taken in May 2018. The College Board recognizes several levels of achievement based on the number of courses and exams. At Fox Chapel Area High School:

- 2018 graduates Mia Jamiolkowski, Elizabeth Kauma, Julia Kisslinger, Braddock Lalor, Albert Liu, Elizabeth Mountz, Andreas Paljug, Rebekah Polcyn, Jeffrey Savin, Jordan Taxay, Bridget Wang, and Jorgen Wu and 2018-2019 seniors Vaishavi Agrawal and Arnav Gupta 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 69 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: 2018 graduates Sarah Baldwin, Anita Bargaje, Kieran Bartels, Karissa Becer, Emilia Bianchini, Christopher Bonavita, Liam Botos, Emelyn Broniek, Emilia Cano-Czagany, Alyssa DiPaolo, Margaret Edgecombe, Theodore Faucher, Nicholas Fennell, Anna Hirsch, Mia Jamiolkowski, Won Ho Kang, Lainey Kasian, Elizabeth Kauma, Shania Khatri, Joseph Kirklewski, Julia Kisslinger, Jacob Klein, William Kuhns, Braddock Lalor, Toby Lazear, Albert Liu, Madeline Macek, Adam Mattioli, Elizabeth Mountz, Andreas Paljug, Helen Paulini, Rebekah Polcyn, Sara Puthenpurayil, Ryan Santilli, John Saunders, Jeffrey Savin, Jessica Schwartz, Alexa Selwood, Sarah Sheerer, Tao Sheng, Megan Stafford, Devon Stein, Lucy Stone, William Tabor, Jordan Taxay, Nathan VanDemark, Bridget Wang, and Jorgen Wu; 2018-2019 seniors Vaishavi Agrawal, Daniel Andrud, Abigail Baldauf, Justin Breen, Kristen Friday, Flora Gladwin, Arnav Gupta, Harish Sanjana, Theresa Heidenreich, Jayanth Kashyap, Elizabeth Kaslewicz, Courtney Kennedy, Zachary Lakkis, Tristan McClelland, Alyssa Melani, Mitchell Miles, Annika Urban, Brandon Wei, Ziya Xu, and Chloe Yofan; and 2018-2019 junior J. Oliver Choo.
- The following 34 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: 2018 graduates Katherine Chomko, Jhair Colan, Fallon Curry, Rachel Goodwin, Kiran Hughes, Harris Lebovitz, Jacob Levit, Matthew Ling, Julie Mallinger, Victoria Mountz, Kaitlin Nichols, Rohan Patil, Abigail Pogue, Kezia Rebeiz, Delaney Roberts, David Shtrahman, and Jacob Wecht; 2018-2019 seniors Margaret Aupke, Rodrigo Esteves, Kevin Falconett, Noah Fritsch, Jonah Green, Eric Gurklis, Marissa Hardiman, Rachel Himmel, Sadie Lorence, Jared Nord, Jessica Paper, Demi Rymer, Ryan Setzenfand, Grace Stassola, Gina Wang, and Margaret Woodwell; and 2018-2019 junior Rajeev Godse.
- The following 36 graduates/students qualified for the AP Scholar award by receiving scores of 3 or higher on three or more AP exams: 2018 graduates David Ahlers, Nina Amorose, Nikita Bargaje, Brandon Brewster, Emma Francioni, James Kirk, Margaret Lazzara, Julianna Macdonald, Daniel Nichols, Lisa Schmithorst, Trisha Shah, Claudia Simon, and Alexander Vlahos; 2018-2019 seniors Mattias Ahlers, Isabella Boleng, Benjamin Cagan, Steven Cano, Diana Crookston, Hannah Flanders, Margaret Fox, Samuel Gilmore, William Kabazie, Meredith Kenney, Trevor Klatt, Alaina Kotchey, Connor McAttee, Catherine McDonough, Sabrina McQuarrie, Eric Moore, Olivia Pistella, Nathaniel Roe, Kathryn Schwartzman, Sarena Seeger, Landon Williams, and Hosoo Yoo; and 2018-2019 junior Sina Shaikh.

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.

# AP CEREMONY AND BREAKFAST COMMENDS STELLAR SCHOLARS

BY: MADISON BORKOVICH

This year's fourth Annual AP student recognition and celebration was a sweet success: both literally and figuratively. Honored students begin the QRT and first period event by flocking to the auditorium for a presentation from lead principal, Mr. Hower, along with a feature from AP Environmental Science teacher, Mr. Schubert. The honorees also were able to enjoy a sneak preview of a hilarious "Five Second Challenge" video, which featured a few of Fox Chapel's very own teachers, before it was published on Swift Fox Media's YouTube channel later that day. After concluding the presentation with a group photo, the scholars migrated to the cafeteria, where a congratulatory breakfast was served.

Along with juices, milks, and waters, food selections included fruit cups, a variety of bagel breakfast sandwiches, and of course, the popular waffle station, where the scholars could customize premade waffles with fresh fruit, chocolate chips, whipped cream, and syrups. Requirements for an invitation to the event included completion of at least one AP class and a score of a three out of five or above on its corresponding test. Several of the students will also receive upcoming commendation; those who have immersed themselves in at least three AP classes will be awarded. Congratulations to all of the scholars, and keep up the good work!

## FOX CHAPEL MARCHING FOXES

BY: ANZU SEKIKAWA

"Fox Chapel Area High School, you may enter the field for competition."

The Fox Chapel Area Marching Band recently placed second in their division at the Pennsylvania Interscholastic Marching Band Association (PIMBA) Competition held at Gateway Senior High School.

The Marching Foxes, under the direction of the high school band director Daryl Lesnik 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 directions of drum majors Justin Breen and Hanna Chen, 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 their full 2018 show entitled The Upside of Down based on the original Netflix series, Stranger Things at the PIMBA Kiski Competition held in early September. 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 the halftime shows. The Marching Foxes' 2018 season will come to a close with their final appearance at the PIMBA Championships held at Moon Area High School on October 27th.

# FC GOLF – DAILY DOSE OF IRON

BY: ALYSSA CARNEVALI

The Fox Chapel boys and girls golf teams have each shown tremendous skill on the greens the 2018-2019 season and both teams are looking ahead to the WPIALs final. Last year, the girls team placed runner-up at WPIALs for the season, while the boys placed in their section and second in WPIALs for the 2016 season. The girls golf team has been a powerful force this season, with an undefeated score so far in the year, looking ahead to placing at WPIALs again.

“The team hasn’t lost in the section this year,” said Emily Scheffler, a junior on the varsity team. Jessica Paper and Nicole Garcia-Tunon, both seniors on the varsity girls golf team, are co-captains this year each blazing ahead towards finals. Erin Drahnak and Nina Busch, two ninth grade varsity members, each performed exceptionally for their section and were chosen as invidious players for the upcoming WPIALs.

“The team is doing well in sectional play, we cur-

rently are undefeated in the section.” said Mr. John Broderick, head coach of the girls varsity golf team. “We have a few games left and are looking to finish undefeated. The girls are looking ahead to making and competing in WPIALs. The varsity team is a good, cohesive group. They have fun together on and off the course and their performance is terrific,” he finished.

The boys junior varsity golf team are also holding a tremendous season, after winning the highly sought after Panther Golf Cup. The boys varsity golf team has held an almost undefeated streak as well, losing only to Central Catholic High School by two points. The boys varsity coach, Mr. Bryan Deal, gave glowing praise to the team. “Exciting season so far... but the best is yet to come,” he stated.

“We have some huge matches in the next two weeks that will make or break our season. Very proud of the boys and their determination to get back to WPIAL finals.”



## TERRIFIC TENNIS: GIRLS VARSITY SOARS TO TREMENDOUS HEIGHTS

BY: MADISON AND MACKENZIE BORKOVICH

The Fox Chapel Area High School girls varsity tennis team finished with an outstanding 11-2 record upon recent conclusion of their 2018 run. After battling through a rescheduling, the girls just ended their season on a high note with a commanding 5-0 win at Thomas Jefferson High School. Led by coach Alexander Slezak, the tennis team holds two seniors this year: Leah Fetting and Kristen Friday. This year’s varsity roster included ten promising prospects including up-and-comers Baylin Bitar, Katherine Voigt, Anna Ferris, established players Leah Fetting, Molly Dean, Paige Theoret, and Lexi Quackenbush, and team standouts Kristen Friday, Emily Fera, and Carissa Shepard. After losing several strong seniors last year, the girls battled back and went from strength to strength this year, ensuring wins over a plethora of high schools in the area (Mt. Lebanon, Allerdice, Plum, Penn Hills, Pine-Richland, Oakland Catholic, Woodland Hills, Bethel Park, Hampton, Baldwin, and Thomas Jefferson) and only falling to Upper Saint Clair and Sewickley Academy. We here at Fox Tales Quarterly congratulate the girls on their extreme dedication and commendable effort, and cannot wait to follow their thrilling rise again next season!

# HOW TO SUCCEED IN AN AP CLASS

BY: RYAN KENYON



At some point in many Fox Chapel Area High School students' lives, they take an Advanced Placement class. These college-level courses can be intimidating, but the rewards outweigh the struggles. For those of you who are considering taking an AP course, or those currently enrolled, here are some tips to help you succeed in your next AP class!

1. **DO HOMEWORK.** It may seem unimportant and boring, but homework will help you memorize and practice the skills learned in class. Especially in AP math classes, where teachers such as Mrs. Yacamel-li will randomly collect homework and grade it for completion as a formative assessment. In addition, studies have proven that writing down something will help you to remember it later. This could make or break your AP history grade, where there are so many key ideas it's hard to remember the details of each and every one. Also, your notes become excellent study guides.
2. **BE PREPARED.** In many AP classes there are almost daily quizzes, which account for usually 10% of your total grade as formative assessments. Vocabulary, dates, and small assessments in math are not necessarily difficult, and usually require minimal studying, so long as you have developed effective techniques to memorize them, i.e. flashcards, quizlet, etc. The point is that these small grades add up and could bring an A- up to A at the end of the semester.
3. **"TRICK QUESTION...YOU CAN'T!"** – Henry Jacques. Advanced Placement courses are meant to be challenging, and difficult, and make you want to question every decision you've ever made. Getting a C in an AP class is the QPA equivalent of an A in a regular course, so don't be disappointed when you only get a B+, which is actually better than the expectation. For some colleges, they'll even accept AP classes as college credits(!), so for any sophomores taking WHAP, don't fret if you aren't doing as well as you thought you would.
4. **DON'T OVERDO IT.** Some of you may have thought it wise to take six AP classes this year, in order to impress the colleges. That might prove to be a bad idea. As I've said before, this is the real deal, so don't hurt yourself by taking more than you can handle. If you do, it will either negatively impact your other classes, or cause you to not succeed. That being said, don't be afraid to take one. As long as you know your limit, be encouraged to take as many as you can handle, because while they are highly-demanding, they explore concepts and ideas not taught in regular, or even accelerated, classes.
5. **"SUCK UP TO THE TEACHER!"** -Keith Hawe. AP teachers are much more passionate about what they teach because they care about what they teach. Make it your mission in life to be nice to them and treat them as a human being and not monsters trying to make you suffer through a rigorous curriculum. Being nicer and more considerate of their efforts will make your class experience much more enjoyable.
6. **PAY ATTENTION IN CLASS.** If you forgot/didn't want to do the homework, then just write down your notes in class. Pay attention to the teacher, because they are great at summarizing what you were supposed to learn last night. If you ask questions and are an active participant in the discussions, then the teacher won't call on you randomly to find you struggling to come up with an answer. It can also help to avoid some embarrassing situations concerning peers when you are the center of everyone's attention.

Regardless of these tips, it will take a huge effort to do well in AP classes, no matter who you are. But either way if you're struggling or just can't quite seem to get that grade you want, try out some of these tips and do your best. Good luck!

# NATIONAL HONOR SOCIETY INDUCTS 124 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.

This year's ceremony was held on August 29th in the auditorium and began with an inspirational speech from the keynote speaker, Merrill Hodge. After playing in the National Football League for eight years, Mr. Hodge battled head trauma, cancer, and open heart surgery. He drew upon these experiences to encourage the inductees to "Find A Way" in the face of challenge, and stressed the importance of desire in achieving one's goals. Afterwards, each of the NHS leaders - President Kristen Friday, Vice President Jay Kashyap, Treasurer Annika Urban, and Secretary Alyssa Melani - spoke about the four pillars; the students then recited the NHS pledge and filed across the stage one by one to receive their certificates.

124 students were inducted into the society, bringing the total number of members at Fox Chapel to 240. Congratulations to all the inductees for continuing the tradition of excellence.



## KEITH ROTHFUS PRESENTS 17TH DISTRICT VISION FOR FC STUDENTS

BY: MADISON BORKOVICH

Following Conor Lamb's visit to Fox Chapel, interested students were treated to a session with running mate Keith Rothfus on Friday, October 5 in the high school library. He too received a warm welcome, complete with signs and an introductory speech. As the 17th district's Republican candidate, the politician came to impart his ideal philosophies and steps of action to the next generation in a speech and question and answer sessions, followed by photos with the current and future voters in attendance. He currently serves the 12th district.

During his informational sharing, Keith Rothfus discussed jobs, the national debt, student loans, and the economy. He also brought to light the divide and lack of bipartisan agreement and progress, and his hopes to aid the resolution of these issues. Despite being faced with some unforeseen circumstances and queries, Congressman Rothfus still managed to portray his plan for Pennsylvanians and the United States with confidence.

The race is sure to be a clash of the titans, as the 17th is the only district in which two sitting congressmen will run against each other due to the new voting redistricting. Good luck to each of the candidates in their political and personal journeys!



# TOP 10 FRESHMAN TIPS

BY: COURTNEY KENNEDY

This article is a Fox Tales tradition, with the seniors giving freshman advice to help them get through high school. Congrats on making it through the first nine weeks, now you just have 3 years and 27 weeks of torture and great times. Follow these tips and learn along the way. High school will fly by, so make the most of it!

1. **Don't slack off.** Grades do matter, even a C in Phys. Ed. will lower your GPA. When you get to senior year you don't want your GPA to be lowered just because you didn't try during your freshman year.
2. **Actually walk in the halls.** Don't stop to talk to your friends in the middle of the hallway. Everyone will get stuck behind you and they will not be happy. Go with the flow of traffic.
3. **Get to know upperclassmen.** First of all, we can drive. Second, we also give great advice and can help you with your classes.
4. **Get involved now.** It is super easy to make friends in clubs, music programs, or in sports. Don't be afraid to email a club officer and ask to join. Also, if you didn't play a fall sport, look into playing a winter or spring sport. If you are at all musically talented, join the musical. It is Les Miserables this year. Extracurriculars look great for college, but only get involved in things you are interested in (some colleges only take your top 4 activities).
5. **Care about the Earth.** Compost, recycle, and use the solar powered chargers in the commons. You won't just make Mr. Schubert happy, you'll make the Earth happy.
6. **Ask your teachers for help.** If you miss school or if you are confused on a topic, all the teachers are willing to help you, as long as you make the effort. They aren't going to come find you to make up work, but if you are on top of all your work, they will help.
7. **Find cool experiences outside of school early.** If you can win an essay contest, compete in a math competition, or get an internship in your first couple of years of high school, it will make college applications much easier. Talk to Ms. Gibson in 168 to find out what opportunities there are.
8. **Sleep.** Just do it. You will be much happier with 8 hours of sleep than 2 hours.
9. **Get to know your guidance counselor.** They are writing your college recommendation letter, and they turn out a lot better if your guidance counselor actually knows you. They also know about a lot of other cool opportunities like scholarships and community service opportunities.
10. **Join Fox Tales.** Boost your application, and have great time.



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# WESTERN PENNSYLVANIA LEARNING ACADEMY

In Partnership with Dale Carnegie and Associates Presents:

## Effective Communication for Young Adults



Diplomatic communication skills improve your professional image and they just make people like you!

When you interact with peers, teachers, coaches or employers, it's helpful to be aware of your communication strengths and weaknesses. The tradeoff of not offending someone can be that you hold back from being honest and conveying your message or you might hold things in and complain about situations to non-involved parties. Either way, these tendencies build frustration, and likely show up in less than mature behavior at the wrong times. To improve, consider participating in this course to build your self-confidence and learn to disagree in an agreeable manner.

This program will help you influence outcomes and create cooperation through diplomatic and tactful communication. As a result of attending, you will appreciate that standing up for yourself, when done effectively, does not offend others; rather it strengthens your relationships and enables each of you to achieve positive results through effective communication.

### Learn How To:

- Assess the intent of your messages against the outcomes
- Develop flexibility in your communication style
- Use a tried and true method to disagree agreeably
- Communicate more effectively through active listening
- Control your "hot buttons" and respond instead of react
- Avoid conflict; stay calm and poised under pressure
- Present yourself in a powerful without intimidating
- Deal assertively and diplomatically with difficult situations
- Maintain your composure when criticized
- Build your image as a strong, fair-minded leader

### Schedule

Saturday, Nov. 3 and Nov. 10

9am – 12 noon

### Location

Fox Chapel High School  
611 Field Club Drive  
Pittsburgh, PA 15238

**Payment:** \$199

\*Financial aid is available\*

### Who Should Attend

Students who want to communicate with confidence and credibility even in challenging situations

### To Register

Email Mrs. Gibson or stop by the QUEST office, room 168

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

### Contact

Lisa\_Gibson@fcsd.edu  
(412) 967-2489



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# EMPOWER 2019

DESIGN YOUR FUTURE

\*SKILLS FOR SUCCESS • BREAKTHROUGH THINKING • LEADERSHIP

Presented by the  
**Western Pennsylvania  
Learning Academy**

at Fox Chapel Area High School

In association with



## The Goals of Empower2019...

We believe that:

- Leadership can be learned
- Learning is a lifelong habit
- We all have unlimited potential
- Success comes from within each individual

Through a series of interactive, real-life experiences and professional exposure, students will have the opportunity to learn and practice their social, professional, and interpersonal skills.

Attendees will realize their leadership potential, step outside of their comfort zone and step into their growth zone.

## Dale Carnegie Training™ provides skills that will last a lifetime!

Attendees will gain the skills and confidence needed to authentically distinguish themselves from peers and discover their full potential.

The Skills for Success for Young Adults course content focuses on five key areas that are critical for future success:

- Building Self-Confidence
- Enhancing Communication Skills
- Interpersonal Skill Development
- Teamwork and Leadership Skills
- Effective Attitude Management

For more information contact  
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412 / 967-2479, [wpalearning.fcasd.edu](http://wpalearning.fcasd.edu)



## Comprehensive Leadership Program:

June 11, 13, 17-27, July 1, 2 from 9 a.m. – 1 p.m.  
\$800 (Financial aid is available)

For incoming 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students:

- Thirteen-day Empower2019 program
- Eight complete Dale Carnegie Training™ sessions
- Two eligible college credits for completing full Dale Carnegie course
- Interactions with business professionals
- Interactive classroom and professional experiences

## Emerging Leadership Program:

June 17 – 21 from 9 a.m. – 1 p.m.  
\$400 (financial aid is available)

For incoming 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students:

- Five-day Empower2019 program
- Four modified Dale Carnegie Training™ sessions
- Business etiquette training
- Interpersonal skill development
- Teamwork and leadership coaching



# FCAHS STUDENT RECIPIENT OF DR. FREDDIE FU SCHOLARSHIP



The recipient of the 2018 Dr. Freddie Fu Scholarship was Fox Chapel's own Courtney Kennedy. She was selected from a pool of rising seniors from the Pittsburgh Area anxious to learn more about the field of Sports Medicine. The scholarship involved a six-week summer internship with the UPMC Sports Medicine Department. "This summer was such a unique experience," says Courtney. "I was given the opportunity to learn from the best orthopedic surgeons and physical therapists in Pittsburgh, which is a once in a lifetime opportunity."

The internship provided Courtney with shadowing experiences that most college and medical students do not have. She rotated between the different fields of Sports Medicine, Orthopedic Surgery, Primary Care Sports Medicine, physical therapy, neuropsychology, athletic training, and biomedical engineering. Courtney was able to shadow evaluations by surgeons in the clinic, and then be in the operating room during their surgeries. Courtney says, "The days in the Operating Room were my favorite. Being so close to a surgery and understanding the value of everyone's involvement in the procedure changed the way I view medicine." The primary care rotation included observing evaluations and injections by doctors.

Courtney also went to the UPMC Rooney Sports Complex, where the Pittsburgh Steelers practice, and to the UPMC Lemieux Sports Complex, where the Pittsburgh Penguins practice. At both sites she observed physical therapy and was able to track the process of returning patients. UPMC utilizes all of the new technology, everything from aquatic therapy to anti gravity treadmills. In the Neuropsychology department UPMC is leading the concussion treatment movement, conducting research and utilizing the newest techniques in order to heal patients as quickly as possible. UPMC has everything from disco balls to intense workouts to make sure patients receive the treatment they need to recover. One of the biomedical labs Courtney visited was using CT scans and x ray video to create moving 3D models of joints in order to determine the effectiveness of a surgery or rehabilitation. "The world of medicine is constantly being improved and innovations to make our lives better are abundant," says Courtney. When asked about the scholarship Courtney said, "You get to see the before, during, and after of surgery, which is an invaluable experience. It really gave me a better understanding of what is involved in Sports Medicine, and it has given me the confidence to say that I want to go into medicine for a career." If you are a junior this year and interested in Sports Medicine then consider applying to the Freddie Fu Scholarship.

# HOMECOMING 2018

BY: ETHAN ALFERY

To kick off the homecoming weekend at Fox Chapel Area High School, the school held their annual homecoming festival. Families enjoyed face painting, food trucks, bounce houses, a petting zoo, and so much more. Elementary and middle school students got their first taste of high school by participating in student run tables and festivities.

The night was still young with many more memories waiting to happen. Citizens of Fox Chapel started to trickle in for one of the biggest football games of the season against Upper Saint Clair. To welcome our fans, students in each class put on a skit resembling famous movie genres. The freshmen put on a sci-fi skit that included scenes from Wall-e, Stranger Things, Star Wars, and other sci-fi classics. The sophomores performed a horror movie-themed play that included zombies and other spooky characters. The juniors and seniors both did very well, but one of them outshined all the other competition. The junior skit included the likes of the Lion King, Frozen, Shrek, and other animated masterpieces. The one that reigned over all the others was the seniors and their rendition of different high school movies. I guess you could say it was pretty “fetch”.

After all the fun of recreating cinematic blockbusters, it was time for the Foxes to take the field. The team started off strong, with a touchdown by Graham Childs to make the score even at 7. Soon after though, Upper Saint Claire answered back with a touchdown of their own and this is when the game got interesting. Right after halftime Cole “the Beast” Waxter takes it to the House for 70 yards but was called back, inaccurately. This caused, reasonably, inner turmoil through the FC team. This caused a downfall in performance and an inevitable FC loss. It’s hard to blame the entire game on refs, but this one might be an exception. Nevertheless, FC played well and fought hard.





