

PANTHERETTE

- SCHUYLKILL VALLEY HIGH SCHOOL -

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Letter From the Editor

by Charlotte Baumgard '23

I remember so vividly the first article I wrote for Pantherette: it was a sufficiently confusing and slightly pretentious short story about a man named Elliott. It's absolutely absurd to look back on my years with this club and at this school and count how many articles I've written, how many publications I've been a part of, and how much I have grown both as a writer and as a person. It's equally as absurd to look around at everyone I've known for so long -- some since Kindergarten -- and quietly observe how vastly everyone has grown and changed. It's wild to think that when we graduate in a few months I'll stop seeing so many of these kids I've seen nearly everyday of my life since I was 5. There's something sweetly melancholy about it; the fleeting nature of our days here forces us to languish in every moment we have left.

In these letters, the Editor-in-Chief often offers advice to the readers. Admittedly, I feel a bit foolish presenting my advice to all of you as if I view myself as an expert on living life. Conversely, I view myself as someone quite unsure of a lot of things and confused in a lot of ways. I think, though, that there is always value in hearing other people's thoughts, especially from your peers. Of course, I could go on for days about the importance of preparing for college and fostering good friendships, but I'm sure you've already heard that so many times

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it's lost its meaning. If I have any advice to all of you -- whether you're an underclassman or a fellow senior -- it would be this: the most important thing you can do is to accept yourself exactly as you are. Learning that there is absolutely nothing wrong with the way you currently exist and present yourself -- in my opinion -- is far more important than any advice I can give you on grades. Uncovering the ability to love the "weirder" parts of yourself is a surefire way to boost your confidence and make navigating a

hyper-critical and unforgiving world much easier.

I implore you to stop living your life through the lens of someone else. Someone finding you pretty doesn't make you pretty. Someone finding you annoying doesn't make you annoying. Someone finding you unintelligent doesn't make you unintelligent. Being something and being perceived as something are vastly different things and relying on others to validate your sense of self will only end in whirlwinds of pain and confusion. You are the only person who can decide who you are.

I obviously haven't mastered this concept (I don't know if anyone has); I still sometimes feel ashamed of my quiet voice and shaky hands and I still sometimes worry that I'm not as intelligent as some people may perceive me to be. But I'm much more sure of myself now than I was freshman year because I've learned to not only tolerate but fully accept and love those odd things about me because they are what make me exactly who I am.

Though this is all definitely much easier said than done, I believe a good place to begin is finding beauty in the quirks you can observe around you. Admiring sweaters that awkwardly fit their model. Admiring voices that crack and waver. Admiring passion that's messily expressed. Admiring outfits that don't quite match. Admiring people who are clumsily kind. Admiring overly loud laughs. Soon enough, you'll begin admiring your own oddities and uniqueness.

I'm certainly not here to tell you how to live your life, but just know this: there is nothing wrong with you, you have nothing to be ashamed of, and your soul is far more beautiful than you could ever fathom.

With love,

Charlotte Baumgard

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Homecoming Candidate

Isata Bah

by Emily Gao '23

Siblings?

2 siblings, one sister, Jarieu one brother Mohamed, middle child

What are you involved in?

Girls' basketball PYEA, an officer of SODAA

What do you like to do in your free time?

Go to Barnes and Noble, eat Chipotle, coach sisters youth volleyball, hang out with friends

Favorite memories?

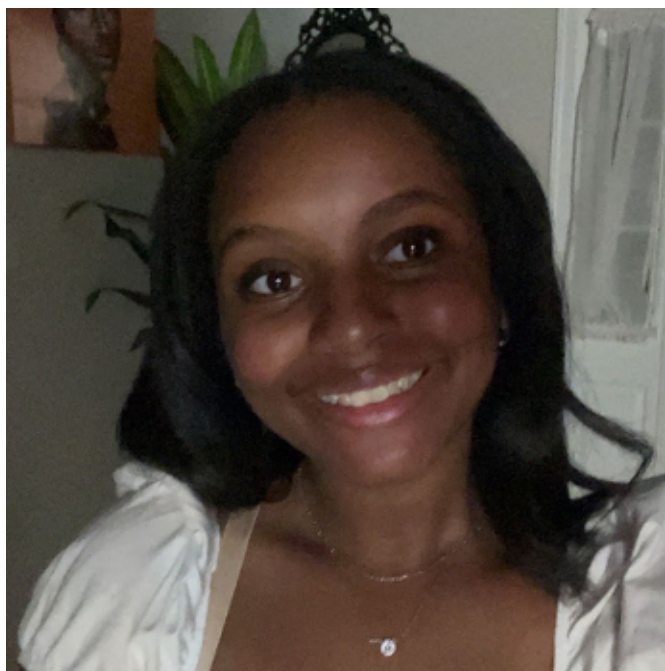
Disney trip with family, dressing up for sporting events

What are you doing after school?

I plan on attending 4 year university to major in bio and be a physician's assistant/ med school

Why do you want to win homecoming queen?

It's not about the winning, it's about showing panther pride and school spirit. Winning is already making it on the court.



Homecoming Candidate

Alexis Good

by Emily Gao '23

Siblings?

4 siblings, sister Braelynn, brother River, brother Nolan, Brother Lucas

Pets?

3 dogs

What are you involved in?

Manage football team and boys lacrosse, SODAA, PYEA, NHS officer

What do you like to do in your free time?

Garden

Favorite memories?

Going to the sporting events/school events

What are you doing after school?

4 year university to major in secondary education and horticulture

Why do you want to win homecoming queen?

It would be cool to win because it's something big that everyone would remember. Glad that you made it to homecoming court, so it doesn't really matter if you don't win.



Homecoming Candidate

Emily Gao

by Marty Welch '24

What clubs/activities are you involved in at Schuylkill Valley?

I am on the swim team and involved in band, jazz band, PYEA, Leo Club, Academic Challenge, and National Honor Society.

Name one of your favorite memories from your time spent here.

My favorite memories are from every day at my C lunch table this year.

What are your plans for the future?

I plan to go to college to study the medical field.

What do you believe is the most valuable personality trait one could have?

I think it's very important to be loyal to your friends and family.

What is one thing you can not live without?

I can't live without my family.



Homecoming Candidate

Jordan Shekalus

by Amber Stoudt '24



Describe your senior year so far in three words

Chaotic, Exciting, Quick.

Who was your favorite teacher throughout all of high school?

This question is not easy at all I have had many teachers that encouraged me, taught me, and helped me become a better person. My favorite teacher would have to be Mr. Horrell.

What did you want to be when you grew up as a child vs. now?

I always imagined myself as a princess in an enormous dress ordering people around but when I realized that was not an option I dreamt of becoming a surgeon.

What are you involved in at SV?

Involvement is very important to me, I participate in varsity softball and girl's varsity volleyball. I am currently a member of SODAA, WAG, LEO, PYEA, NHS, and the Student Council. As well as the creator and president of the school's new club addition, The Panther Project. Panthers on Parade and the fall plays are always on my calendar to be a part of the stage crew.

What is your goal for this school year?

My goal is to participate in as much as possible this year and have fun. I want to look back on high school and remember all the exciting things I got to experience

What's something you couldn't live without?

I would not be able to function every day if I did not have my cat, Scarlett. She brightens up my day the moment I see her. Throughout my day I look at pictures of her because I cannot wait to see her when I get home.

Homecoming Candidate

Nia Wagner

by Marty Welch '25

What club/activities are you involved in at Schuylkill Valley?

The activities I am involved in are football, track and field, PYEA, chorus, Valley Voices, and Panthers on Parade.

Name one of your favorite memories from your time spent here.

One of my favorite memories at SV would definitely have to be my larger sporting events and building bonds with teachers and other students.

What are your plans for the future?

For the future, I'd like to go somewhere in the medical field. Stretching that to sports medicine, athletic training, or even working in a hospital.

What do you believe is the most valuable personality trait one could have?

I believe the most important personality trait to have would be honesty and drive. I think those 2 things can make you a really great person and get one very far in life.

What is one thing you can not live without?

One thing I can't live without would have to be my cat, Fatty. He's my buddy. I've grown up with him and have had him since he was born.



Homecoming Candidate

Bailey Unterkofler

by Izzy Burch '25

Sports and extracurriculars:

Field hockey, Lacrosse, leo club, strength club, academic challenge, panther project, NHS, student council, agriculture club, SV ambassadors, class officer of the senior class.

Why should you be homecoming queen?

Because of my contribution to the school. I am at almost every sporting event or activity. I am very active in my community and our school district.

Favorite SV memory:

Going to district's for field hockey, winning the frost bowl, or being an 8th grade camp counselor.

One thing to improve about SV:

I would improve school spirit. I think our school is filled with cliques and I wish we were more accepting and showed more school spirit throughout.

Advice for freshmen or anyone struggling:

Don't stress too hard. It does get easier. Somedays, I still don't know what I'm doing but it has gotten easier.

Plan for after high school:

I plan on attending a 4 year university to major in Sport Management with a minor in communications on the pre-law track.

Hobbies:

Spending time with friends, reading, and hunting.



Homecoming Candidate

Emma Deyarmin

by Charlotte Baumgard '23

What activities are you involved with at SV?

Girls volleyball, track and field, book club, boys wrestling manager.

Why are you excited about being on homecoming court?

I'm excited to be on the Homecoming court and to have this experience to talk in front of the whole school and be a part of the pep rally. I also feel honored knowing that my fellow classmates nominated me to be on the court.

Tell us about something you're incredibly passionate about!

Making people happy and always trying to put a smile on someone's face.

What are your future plans?

After graduation I plan on attending a 4 year college or university to major in Nursing and continue my athletic career in Track & Field.

What do you like most about SV?

I think SV school spirit is unmatched. The black pack Instagram page always organizes a theme for the sporting events. I love how everyone always shows up to the games, dresses in the theme, and is loud to cheer on their fellow classmates.

What would you like to tell the student body?

The four years of high school will have ups and downs and many hardships but it always gets better in the end.



Homecoming Candidate

Emma Stauffer

by Sara Pyne '25



I am very glad to announce the 8th homecoming candidate, Emma Stauffer! Emma is an outstanding student and she is very excited to be a homecoming candidate because it's a chance for her to step outside of her comfort zone. Although she might have never thought that she would sign up for this position like this, she is excited for a fun experience and she says it is like a once in a lifetime opportunity. Inside of school, Emma is part of many clubs such as the Leo club, Panther Project, Book club, as well as NHS (National Honors Society)! Some of her hobbies include painting, drawing, and sometimes reading. Emma also likes spending time with friends and family. Additionally, she likes to watch sports on tv and at the school games as well. She says about her high school experience, it has pushed her to be best person, to step out of her comfort zone, and gain new opportunities. Her gpa is very high above a 4.0 and when it comes to community service projects outside of school, on the weekend, and after school she is involved in Leo Club activities and she has recently participated in the food pantry. She also volunteers for the National Honors Society.

She decided to become a candidate because she wanted to try something new for herself and see what she is capable of. She does have some special goals in life, including to be happy, find something she's passionate about to do for the rest of her life, and to make herself a better person. She says traveling would be fun to do as well. Although she does not play any sports she says she used to be a gymnast at the age of 3-16 or 17. Emma has some special talents; lots of people love her art skills, and she loves to be as helpful as she possibly can. She also likes to influence people by putting a smile on their face when they are having a bad day. In her career she would like to complete a degree at a 4 year college or university in some field of psychology. Her advice to others is to give things a shot, no matter what.

Back to School Advice

by Marty Welch '24

Be Organized

Organizing is imperative to having a successful school year. Shoving papers into your backpacks with no sorting process is a recipe for disaster, especially when you try to find a specific worksheet and have no idea where it is at. Make sure to have a binder, folder, or notebook for each class you take, depending on the number of handouts you receive. For example, you will need a gigantic binder for world language but only a folder for cooking class. This way, you can easily access each class's assignments and paperwork without searching through your backpack.

Although less necessary, I still find it helpful also to organize your classes on Google Drive. Create a folder for each class and correspond it to a specific color, then you can add all the documents you obtain from that class to that specific folder. This is especially helpful for the people that type notes on a computer! Along with Google Drive, you can also use Google Calendar to help keep track of homework and assignments. Simply add your assignment to the calendar and refer to your color-code system to show what class it is for. It helps visualize how much work you have to do and also lets you know how much time you have until the due date.

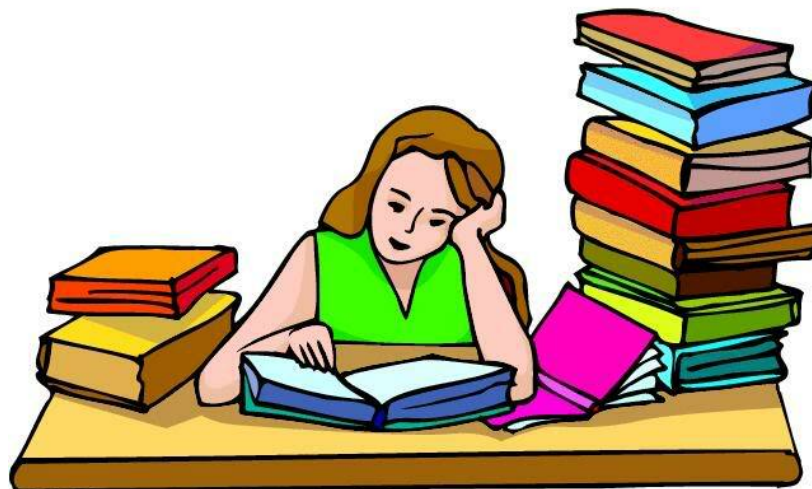
Find a Study Method That Works for You

There are thousands of study methods out there. First, you want to choose what kind of study methods work for you. Does rereading your notes help you? How about flashcards, making up questions, rewriting notes, or completing review sheets? Every person is different, so make sure to try multiple methods in order to find one that you feel comfortable with. Next, choose a time technique that fits your schedule and helps you recall the

content. I personally use the Pomodoro Method, which is a 25-minute study to 5-minute study break ratio. But try to research other methods like spaced repetition, the Leitner System, or active recall.

Have a Friend in Each Class

When you are out sick or miss a class due to another activity, having a friend tell you what you missed is always helpful. That way, you can know if you learned any new topics or if you were assigned any homework. This will make it easier for you to stay on top of your schoolwork during the following day. Your friend can also catch you up on any possible details about new projects, test dates, or general announcements. Plus, it is always great to know that you have a partner if you are ever required to pair up for activities in class. But, do not worry if you don't have friends in one class. Sometimes, it is even more fun to get to know new people and make more friends who share your interests! Nevertheless, whether it is a new friend or your oldest best friend, having someone else to rely on in every class will be greatly beneficial to you throughout the school year.



The Washington Journalism and Media Conference



by Charlotte Baumgard '23



This July I had the honor of being invited to and attending the prestigious Washington Journalism and Media Conference held at George Mason University in Fairfax, Virginia. At this conference, hundreds of promising high school aged journalists are exposed to the world of journalism by hearing from speakers from news outlets like C-SPAN, Vice, and The Washington Post, visiting the National Press Club in Washington, D. C. , and engaging in a local news room simulation where us and a partner were tasked with formulating a headline, a lead, and a graphic for a potential article that we were then made to pitch to our editors. It was an incredible, challenging, and eye-opening experience that tested me and my writing skills in various ways. I'm beyond grateful I got to attend this conference because the lessons that I learned, the friendships that I forged, and the knowledge that I gained will remain with me forever. Throughout my experience at the week-long conference, I documented the days activities in a journal. I'd like to show you all the entry I wrote after the first day and the one I wrote after the final day. They can be found below:

Sunday, July 10th: First day done! Wow. I never knew a few hours could feel so long. To be completely honest, for whatever reason I could not stop crying for the good first part of my day here. I was insanely nervous for most of the 3-hour drive to George Mason University, periodically letting a few tears slip down my cheeks. I couldn't stop thinking about how difficult this was going to be for me; how I barely survived 2 nights at 8th-grade camp... how did I possibly think I could survive 5 nights 3 hours away from home? The entire car ride I wanted nothing more than to go home, hide in my room, listen to an Elliott Smith cd, and watch copious episodes of New Girl. Deep down, I knew this experience would be really good for me, but I was just so nervous. I think something in me expected the nerves to dissipate once I arrived but, if anything, they escalated. During the George Mason campus tour, I met a few kind young ladies whom I clumsily spoke to, one of which took the initiative to introduce me to everyone she introduced herself to which I thought was very sweet. Then we moved into our color groups (I'm maroon!) and my roommate and I stuck together and for some reason, it felt like everybody knew each other already and I felt kind of sad and out of place. I choked back tears during dinner and our first speech of the week, Savannah Behrmann, a Senate Correspondent for National Journal and a former National Youth Correspondent for WJMC. Her speech was inspiring and lovely and I especially loved how she discussed the importance of prioritizing one's well-being over one's career and finding a balance in that. Then we broke off into our color groups once again and worked on networking ourselves and developing an elevator pitch. I didn't share mine with the group but I liked what I wrote, I think it's a good start. I gained knowledge a lot of knowledge from hearing a few other pitches, though. For now, I'm sitting in my dorm bed writing this and I can't wait to go to sleep

and though I know I will gain so much needed knowledge at this conference, the homebody in me cannot wait to go home.

Friday, July 15th: Today was very brief and very joyous and very sad. We began by checking out of our dorms at 7:45 and headed to the dining hall for a quick breakfast before having our final color group meeting where we were awarded our certificates of completion for the conference. We then heard from our final speaker of the week, Sam Wolfe, who gave us ample insight into life after WJMC. Program Director Elena Johnson then gave us words of advice and we watched a recap of our week before heading back to get our luggage, saying our final goodbyes, and heading home. I'm so incredibly sad to have to leave my new friends and I'm so incredibly grateful for all I have learned.

Final Reflection: I'm so so glad that I got that mysterious letter in the mail in 2021 and I'm so glad that I looked into it and I'm so glad that despite my intense nerves I attended The Washington Journalism and Media Conference. Throughout the week, I had to remind myself various times that I was there for a reason, no matter what my imposter syndrome tried to tell me. And by the end of the week, I finally feel as if I truly was there for a reason. Even if I wasn't one of the best writers or speakers or journalists there -- which in reality, you never will be because there is ALWAYS someone better than you and that's something you need to accept as an artist -- I learned so much that I needed to learn from this conference. I learned how to network myself, I learned that I can make friends with strangers, I learned the true importance of journalism in all of its forms, I learned that I can feasibly pursue a career in journalism, I learned that mental health and well-being always comes before work, I learned how the field functions, I learned how to be a better listener, I learned how cool it feels to wear a press pass, I learned the value of being confident with my own ideas, and I learned what it means to be a journalist, what it means to be an artist, what it means to be a creator. I will forever cherish this experience and I'm so excited to keep in contact with my new friends, to keep writing, and to keep creating.



The Overturning of Roe v. Wade

by Alyssa Armpriester '23

Disclaimer - The views expressed in this editorial do not necessarily represent the views of the Pantherette or its staff.

When Jane Roe (a fictional name used in court documents to protect the plaintiff's identity) filed a lawsuit against Henry Wade in 1970, she was the target of a legal challenge by the district attorney of Dallas County, Texas, which outlawed abortions unless a woman's life was in danger. Roe claimed in her case that the state statutes violated her right to personal privacy, which is guaranteed by the First, Fourth, Fifth, Ninth, and Fourteenth Amendments, and were unconstitutionally vague. After upholding the right to abortions for decades, the Supreme Court subsequently overturned Roe v. Wade on June 24.

The abortion landscape in the United States has dramatically changed just within 30 days of Roe v. Wade being overturned. According to the Guttmacher Institute, the following states have banned abortions with very few exceptions: Alabama, Arkansas, Mississippi, Missouri, Oklahoma, South Dakota and Texas. A minimum of 13 states have ended nearly all abortion services. Georgia, Ohio, South Carolina and Tennessee have enforced six-week bans, and Florida has enforced 15-week bans. At least three other states, Kentucky, Louisiana and Utah, have also passed abortion bans, but they have been blocked in court and are awaiting hearings.

Speaking from my most definite unprofessional opinion, abortion access affects women's financial lives extremely by determining when and under what conditions they become mothers. It is terrifying to know that in most states if a female, no matter what age, whether it is 12 or 22 is raped at gunpoint, will be forced to carry out the pregnancy. The main point of this article is to inform about the loss of women's rights about their own bodies, and also to inform about the fact that our country is going back in time.

Student Survey

by Erin Livinghouse '23

During the school day, I surveyed students and teachers about which country they would choose to live in for a year, and the answers ranged drastically. The most voted country was Italy, with a total of six tallies. A reason listed for this country was "I think it's so beautiful there and I'd love to be immersed in the culture and try a lot of the food."

Second place went to Canada for its outdoor activities, people, healthcare, and rights, while third was a huge tie between France, South Korea, Spain, Ireland, Norway, and China. The following were all responses as to why students selected their dream destination:

South Korea: "It is very fast-paced and technologically advanced, the culture is so different it would be fun."

Spain: "It has a lot of interesting architecture from history that I would love to see and I would finally be able to put my four years of Spanish to the test."

Those who picked France noted the cuisine and sightseeing, while those who favored Ireland mentioned the castles and the people. Finally, Mexico, Japan, Scotland, and Germany were also nominated with reasons as to why.

Mexico: "It is where my mom's side of the family lives. I love the culture, the beaches, and the community."

Japan: "I feel like it's super vibrant and full of new things that I've never seen before. The only problem would be the language barrier."

Scotland: "It is gorgeous and has a lot of history. I also love the rainy weather that they have. Everything looks gothic and I love it."

Germany was chosen for its "cultural heritage and historical elements- sights, food, culture, and castles."

Every country selected had various explanations as to why, and it was great to see the different preferences among our school. I thought the great range of answers to this question showed the diversity of interests and preferences very well, and I hope you enjoyed reading these responses as much as I did. Thank you to everyone who participated!



Grace's Guidance

by Pantherette Staff

Dear Grace,

This girl I used to be friends with keeps talking about me behind my back. I haven't said anything about her since we stopped being friends. She's saying mean things and telling people not to talk to me. Do you have advice for this?

Dear Anonymous,

I think you should just ignore her. If you give her any reaction, she will know that her talking about you is affecting you. So the best thing you can do is just move on with your life and ignore her. People usually gossip to get attention and a reaction. Don't engage and don't react, if you do, the gossipier will get what they want. If the situation gets out of hand, don't hesitate to talk to one of our guidance counselors. Instead of focusing on negativity, try to distract yourself with things you love doing.

Dear Grace,

I'm shy and don't know how to speak up in class when I need help. I feel a rush of anxiety every time I raise my hand. I struggle in math class and want to ask for help. What do I do?

Dear Anonymous,

Everyone feels the same way you do. You'd be surprised how normal it is to be afraid to ask teachers for help or raise your hand in class. When it comes to asking for help, you have to remember that teachers are people too, they are there to help, and they won't judge you if you don't fully understand the work. Teachers will do their best to help you. Instead of asking for help during class, you can always send an email. The school also has peer tutoring if you don't feel comfortable with teachers. You should double-check your answer before raising your hand to answer a question.

Double-checking might take some of the hand-raising anxiety away. If you get the answer wrong, it's okay. Always remember that no one is judging you.

Football

by Caden Moyer '23 and Jacob Zimmerman '24

The Schuylkill Valley Football team is looking for a great season under second year coach Bruce Harbach. The seniors on the team are Brayden Woods, Lukas Adams-Hess, Nicholas Bhatti, Hayden Bojako, Christian Davila, Paul Engleman, Michael Goad, William Johnson III, Sabier Mateo, Mason Shelak, Jacob Stelluti, Jadon Swain, Ethan Swoyer, Nia Wagner, Noah Wamsher. The players are very excited for the upcoming season joining a new division, Lancaster- Lebanon 5. When asked about the strengths of the team Michael Goad said, "Our offensive line has four out of five seniors on it. Our elite play makers in the back field and TE position. We have some very athletic kids flying around making plays on defense as well." The team is excited this year and have made many improvements. When Christian Davila was asked about improvements the team could make he said, "I would say our strengths of the team is our running backs because they're some outstanding athletes that can make big plays." Overall, the team is very excited for this season.



Underclassman Spotlight: Dominic Giuffre

Grade: 11th

Position: Running Back

Best part of your sport: The best part of my sport is going to practice and seeing everybody, getting to talk to everyone and getting to have excitement with a lot of the guys

Favorite Memory: My favorite memory was when we had our senior ceremony last season and I got to say goodbye to all the seniors who brought me into the football program and made me a better player.

Field Hockey

by Kalika Kauffman '24 and Julia Missimer '24

The Schuylkill Valley girl's field hockey team returns this season from previously qualifying for districts and counties last year. Their head coach, Randy Lykens, led the team to a winning record of 9-8-1. In their league, they were 6-4. They had several seniors that contributed to the team's success last year. This year the upcoming girls will have to fill the shoes of the significant roles the seniors played. The seniors for the 2022-2023 season are Allison Harmuth, Madison Kubacki, Zoe Merkel, Bailey Unterkofler, and Samantha Wails. Goal Keeper Bailey Unterkofler says, "The team is planning on further improving their team dynamic this season." She also says her favorite memory from her last four years of field hockey is when she stopped the ball during a tie game with Hamburg her sophomore year! When Allison Harmuth, center mid, was asked, "What's the best part about field hockey?" she stated that the best part of field hockey is, "The close-knit group of girls and working hard to win together." Best of luck with your season this year ladies!



Underclassman Spotlight: Natane White

Grade: 11th

Position: attack center mid

The best part of the sport: I love competing with my team and seeing improvement in myself each day I go to practice.

Favorite memory: Taking a big fancy bus to our district game last year with my team.

Volleyball

by Olivia Kraus '24 and Emily Goetz '24

The girls volleyball team, coached by Carl Lash, is coming back from their winning season with high hopes of making it far this year. After the team qualified for both counties and districts last season, they're looking to duplicate that success for their current season. Losing only two seniors from last season leaves the team with high expectations. The current seniors are Emma Deyarmin, Delaney Yeakle, Natalie Stahl, Emily Fies, and Jordan Shekalus. There are also many underclassmen leaders on the team, including the court captain, Olivia Brady. Delany Yeakle states, "My favorite part of being on the team is being surrounded by positive energy and people that support each other even when we're not playing or feeling our best." Volleyball players are persistent, senior Natalie Stahl explains this when asked what the strengths of her team are. "A strength we have as a team is making smart plays in critical moments and handling the pressure in a positive manner." Their positive outlook helps them keep going through the hard games. There are high hopes for this volleyball team.

Underclassmen Spotlight: Julia Missimer.

Grade: 11th

Position: Middle and outside

Best part of your sport: The atmosphere of my teammates.

Favorite memory: My favorite memory is team dinners and ice cream after games and tournaments.



Cheer

by Kalika Kauffman '24 and Julia Missimer '24

Schuylkil Valley's fall cheerleading team is coming back from going to Reach the Beach Nationals in Ocean City Maryland. The cheer team competed and won Nationals last summer and they plan on attending again next year. The cheer team also went to UCA camp at Harcum College this past summer to work on their skills! The team looks forward to cheering on our fall and winter sports athletes with the majority of the squad coming back. When senior, Sadie Lerch, flyer, was asked about her favorite part of cheer, she responded with, "My favorite part of cheer is the bond that you create with your teammates. You become close with so many people and probably even people you might not have talked to outside of cheer." When Mckaylah Booth, base and back spot, was asked her favorite memory, she answered, "My favorite memory is being in Ocean City with the team, getting zero deductions in our routine, and getting the highest overall score of the competition." When asked the same question, Sadie responded, "My best cheer memory would be that our team last year at states made it to the second day. It was the first time that our all-girl team had made it that far. It was such an emotional time to hear them say that SV had placed and we could go to round 2 of states." Best of luck with nationals and with your season ladies!



Underclassman Spotlight: Kylie Gunter

Grade: 10th

Position: main or second base

The best part of the sport: Cheering at football games

Favorite memory: Winning nationals at Reach the Beach in Ocean City

Girl's Cross Country

by Olivia Kraus '24 and Emily Goetz '24

The girl's cross country team, coached by Allison McKechnie, is striving for a great season even though they are a small and young team. There are many upcoming underclassman looking for success. There is only one current senior, Tori Reali. When sophomore CC Reali was asked what her favorite part of being on the team was, she explained that the cross country team always supports one another. Every single race they stay at the finish line and cheer their teammates on, regardless of how fast they are. "I don't think I have ever felt that kind of support from coaches and teammates in any other sport." When asked if there were any team goals, Taylor Henry explained they just want to keep pushing everyone to be their best. Also, Tori Reali said that some team goals this year are to pack well and try to run some good times. Good luck this season girls!

Underclassman Spotlight: Francesca Illiano

Grade: 10

How long have you done cross country?: This is my third year doing cross country.

Best part of your sport: I think the best part of the sport is the amount of support everyone gives, cross country is definitely really hard mentally and having people cheer you on really helps to push you along especially during races.

Favorite memory: My favorite thing we do is pasta nights where we eat pasta every Friday as a team. I think it just really helps get your mind off of the running aspect because it can be really stressful so these nights are a nice break.

Boys Cross Country

by Caden Moyer '23 and Jacob Zimmerman '24

The boys cross country team is led by juniors Johnathan Sabo and Aiden Konetsky. The team is coached by Allison Mckechnie. The team is looking to build on a strong season they had last year. "I run cross country because I enjoy doing a sport that challenges me physically and mentally and because I love the team aspect of it. My main goal for this season is to make it to districts and to be a leader for the team." said Johnathan Sabo when asked about why he runs cross country and his goals for the season. Aiden Konetsky explained the best part of being with the team is, "being able to talk while you run and going on runs together. We do lots of team bonding events and have lots of traditions which are always fun. It is just a friendly aspect and everyone gets along." The team is excited for the 2022 season!

Underclassman Spotlight: Lex Crespo

Grade: 11

What is the best part of cross country? The best part of cross country is feeling the adrenaline before every race.



Girls Soccer

by Courtney Zimmerman '24 and Natane White '24

The girls soccer team coached by Jason Bagenstose is looking to improve upon their record from last season. Having a relatively young team last year came with its difficulties, but this year they are more experienced and amped up for their season. Junior Olivia Kraus says, "Our team expects to have a better record than last year to show off our abilities statistically." The girls started off the year with a 4-1 win against Annville Cleona and don't plan on slowing down. Having only one senior this year, Jenna Strausser, many underclassmen have stepped up and filled the leadership roles of the team along with Strausser. "I love the team dynamic, everyone gets along and I feel like I can be myself with everyone," says junior Emily Goetz. Not only off the field, but on the field, the team is going into the season with high expectations. "The team is already very hard working and talented so I expect and hope for us to win the majority of our games this season and to have many different and new girls make goals this year," said Strausser when asked what her expectations and goals are for the season. Good luck this year ladies and go Panthers!



Underclassman Spotlight: Abby Ruth

Grade: 10

Position: Center Mid or Striker

Best part of your sport: Building a connection with your teammates and being happy for each other when we succeed.

Favorite memory: Last season's white out game when we beat Hamburg. The student section was great.

Tennis

by Courtney Zimmerman '24 and Natane White '24

The Schuylkill Valley girls tennis team had a challenging season for the 2021-2022 school year. The coach, Brian Miller, hopes to help guide the team to more victories this season. Despite the challenging previous season, senior, Lindsay Kachel, keeps a positive attitude. "I like how all the girls on the team are close with each other. Even though we may not win many matches, we still laugh and make happy and fun memories." The girls tennis team is lead by eight seniors; Maria Armenta, Teresa Dragan, Lindsay Kachel, Victoria Lapa, Kaylin Loose, Megan Raifsnider, Elizabeth Zaharia, and manager Jaxon Kuehner. Elizabeth Zaharia said, "My main strength is my court coverage. I fight to keep the ball in play and never give up on a point." Elizabeth plans on using her strengths as a player to better the team.



Boys Soccer

The Panther's boys soccer team, led by head coach Chris Geddio, looks to have a strong season and win the Berks County 4 Conference. This team is put together with the new seniors filling the roles of the ones who previously graduated. Seniors include Chad Gangewere, McLaen Holmgren, Nii Larkai, Jacob Miller, Tyler Smith, Noah Wamsher, and Keegan Weeks. This team also features young talent that hints at a successful future for the Panthers boys soccer team. Senior Noah Wamsher had a few things to say, "The work rate and determination we have is incredible, we put in an enormous amount of work. Our main strengths include our defense and possession." The Panthers have the team to get the job done, and the team atmosphere seems quite special this season.

Golf

by Gary Wenzel '23 and Jordan Johnson '23

The Panther's golf team, coached by Bruce Roth, looks to enjoy another fall out on the golf course competing for a BCIAA Championship. The Panthers have senior leadership stepping up to fill the role of the seniors from last season. The team is led by senior's Brock DeJesus, Kelton Faulk, Chase Hiester, Caden Moyer, and Landon Weaver. The team also has a lot of young talented players continuing to develop promising a bright future for Panther's golf. Senior Kelton Faulk has been a staple for the team his whole high school career. Kelton looks to have fun this season saying "I like being with my friends and hitting good shots, it is very rewarding when you score a good round." Brock DeJesus looks at the season with a simple point of view as well saying "I like the atmosphere of the team and the calmness of being on the team." The Panthers season was a success sending Brock DeJesus, Kelton Faulk, and Daymond Hiester all to the BCIAA AA Qualifying Rounds. 2022 was another successful Panthers golf campaign.



Underclassman Spotlight: Chase Hiester

Grade: 10

What do you like most about golf? I love getting out and playing with the guys and the girl we have on the team and its an all around good atmosphere.

What is your favorite memory from golf? I have had some great memories from golf this year. But if I had to pick one it would be how it was nice to golf with different people. It was nice golfing in the 5 spot because different people got rotated in and out of the 6 spot.

The Life and Legacy of Queen Elizabeth II

by Phoenix Barlet '24

On April 21st, 1926, the House of Windsor's future queen was born. Elizabeth Alexandra Mary known as Elizabeth II was the eldest daughter of Prince Albert, Duke of York and Lady Elizabeth Bowes-Lyon. Elizabeth married her distant cousin Lieutenant Philip Mountbatten of the Royal Navy. They married in Westminster Abbey on November 20th, 1947. Their first child was Prince Charles, born on November 14th, 1948, at Buckingham Palace. A few years later, Elizabeth's father died on February 6th, 1952 at age 56 and she became queen at 25. She carried out her first state opening of Parliament on November 4th, 1953. Her coronation was held at Westminster Abbey on June 2nd, 1953.

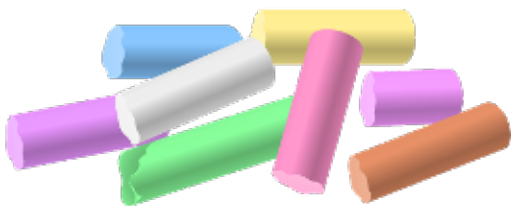
In June 2022, Elizabeth celebrated 70 years on the throne with the "Platinum Jubilee," a four-day national holiday. Health issues dawned on Queen Elizabeth during these events. A couple of months later, Queen Elizabeth II died on September 8th at 96. There were 10 days of national commemoration of her life and legacy, also known as "Operation London Bridge." The queen laid in state for a day at St. Giles, Cathedral and then for three days in Westminster Hall in London. Outside mourners stood in a line that stretched for miles and some waited for more than 24 hours to see Elizabeth's casket. Her funeral ceremony was attended by 100 foreign governments. She was then buried in St. George's Chapel at Windsor Castle.



PYEA Parking Lot Decorating

by Amanda Hoover '23

Parking Lot Decorating was the final event of the fall PYEA gold-out weekend. Students came together on Sunday, September 18 to decorate their parking spots with chalk. Students paid \$5 to decorate their spots, and those who borrowed chalk paid \$10 for the kids. Students even decorated other parking spaces for friends who could not make it. Favorite quotes, movie references, constellations, and so much more were all chalked around the parking lot. It was neat way to see how each individual person designed their spot. This was such a fun event to end gold-out weekend.



Why Rush Hour 3 is Not a Great Film

by Randy Rosado '26



Rush Hour 3 was released on August 10th, 2007 under the film companies New Line Cinema, Arthur Sarkissian productions, Roger Birnbaum, and Unlike Film Productions. This movie features Chris Tucker and Jackie Chan as the main characters of this series. Having a film budget of 140 million dollars, I feel they could have made this movie better than they did and I am rating this movie a 6 out of 10 and I have reason to go along with it. That being said, Brett Ratner being the director of the X men would have experience to know what makes a good fight because in this film I felt as the fight scenes were very short and it seemed like the characters did not have any trouble with the antagonists in this film and it seemed far too easy for them.

For the characters, James Carter, Ya Naing Lee, Ambassador Han, Soo Yung, and Kenji. Lee is the one who has to really take charge being the more serious one but also has a soft spot for his brother Kenji in this movie while Tucker takes a different approach and makes the room light up as he is probably the funniest one in the bunch. The movie starts its action with the Ambassador of China getting shot but is later to be found out it was non-lethal and he would not die. Lee chases after whoever shot the ambassador only to find out it was his own brother once again Lee does not kill his brother because of the soft spot I mentioned earlier and his brother knows this and takes advantage of it. I find this to be very lazy as he really could have just tried his hardest to put him to arrest to not deal with the guilt of killing his own brother so he just lets him go every time like nothing ever happened.

For the plot, the ambassador is marked for death by Kenji and he will not stop until he does so. They get this information from Soo Yung having them go to making Tucker and Lee go to a Karate Dojo for a note only for it to be stolen with no reasoning on how Kenji's group found out where it was or how they knew exactly which locker it was. Which I find to also be just for the plot of the movie to go deeper. Anyways at the end of the film, Soo Yung is captured and brought to the top of the Eiffel Tower without literally anyone knowing not even the audience only to be found out by a phone call Lee received to bring himself and not Tucker. Once again a really short fight scene happens where Kenji was thrown out the window. With that being said, Lee tries to help him up even after the kidnapping and threatens to drop Soo Yung from the top of the Eiffel tower which he didn't even do since Tucker still came along with Lee after informed not Kenji pushes Lee out of the window only to have the worst fight scene because they land on a net Lee tries to help him up even after he was thrown out of the window along with him. Tucker saves Soo Yung and Kenji lets go of Lee and fall to his death with that being the end of the movie

For the music, I would have to say it had a great soundtrack with each song fitting to what the characters were doing but I feel as if the sound effects were used way too often as Tucker slapped someone and it played the exact same slap noise twice in a row..

Monkeypox in America

by Erin Livinghouse '23

As many of us know, Monkeypox has been a top headline in the news regarding infectious diseases, second to Covid-19. But while we all have first-hand experience with Covid affecting our lives, the same cannot be said about Monkeypox. You may be wondering what it is, why it is important, and how it affects you. This article will cover the basics so you can leave with a general understanding of the situation at hand.

Prior to 2022, Monkeypox was largely contained in African countries until roughly early May when cases started to be discovered in the UK and quickly spread to Portugal, Spain, Canada, and the US. Since spring 2022, there have been more than 66 thousand cases reported. The World Health Organization identified the Monkeypox epidemic as a public health emergency of international concern on July 23, and more than a third of cases reported are in the US.

Despite its recent presence in the news, Monkeypox is by no means a new disease. We know it is related to smallpox which was eradicated in 1980, and that it spreads primarily by skin-to-skin contact but potentially also by respiratory means. Symptoms include fever, body aches, chills, and most importantly the distinct skin rash described by painful raised blisters. Monkeypox is also a rodent virus, despite its name. Small African mammals like rope squirrels and giant pouched rats are among the top animals that transmit the disease. It was first identified during an outbreak in 1958 at a monkey research facility based in Denmark after monkeys had come into contact with infected rodents -- hence the name. It was not identified in humans until 1970, but is hypothesized to have been misdiagnosed as smallpox prior to then.

Monkeypox in America (Continued)

Thankfully, immunity to any orthopox virus serves as protection against Monkeypox. This means vaccines for smallpox guard against Monkeypox infection. The risk comes from the fact that many countries have stopped vaccinating for smallpox since it was mostly eradicated and individuals with eczema or who are immuno-compromised can have dangerous adverse reactions to the vaccine. This only applies to the live vaccine, however, and a second option, a vaccine called Jynneos, is available.

So what triggered the current outbreak, since its existence can be traced back to when smallpox was around? The outbreak taking place all over the world relates most closely to strains found in Nigeria. In 2017, a new outbreak began with an estimated 276 cases, which is thought to have been progressing unnoticed before it was identified and measures were taken, allowing the virus to spread elsewhere. The biggest mistake in handling this virus was the fact that it was largely ignored up until this point. This allowed it to become the threat it is today. The good news is that Monkeypox immunity should serve as protection for quite some time and possibly be lifelong, unlike the suggested 3-month natural immunity Covid-19 infection provides.

So what can we conclude from all this? Monkeypox may not be as life-threatening as Covid-19 was, but it does have the potential to cause skin lesions and blindness (caused by ocular manifestations) in the most extreme of cases. With school back in session, many are worried outbreaks will flare up, similar to how Covid-19 did after school resumed last year. Thankfully, more is known about Monkeypox than Covid-19, and after learning how to deal with Covid-19, more preventative measures are being taken against this new potential threat.