

PANTHERETTE

- SCHUYLKILL VALLEY HIGH SCHOOL -

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Bailey's Battle

by Anna Kate Gwiazdowski '22

Student of the Month, varsity field hockey goalie, and a teammate and friend to many, Bailey Unterkofler is now fighting her toughest battle yet: cancer. Over Winter Break, Bailey was diagnosed with Hodgkin's lymphoma, a cancer of the lymphatic system. After being rushed to the ER with severe neck pain before Christmas, she was admitted and spent the holiday in the hospital, receiving the worst news imaginable. Despite the daunting months of treatments, Bailey is facing what lies ahead with unwavering courage and awe-inspiring positivity. Her oncology team has planned 4 rounds of chemotherapy, which amount to a total of 12 to 16 weeks of treatment. If all goes according to plan, the doctors say she could be back on the field by June!

Bailey told me that she is so grateful for all of the love and well wishes she has received over the past few weeks. She said she reads every letter and card she gets and they always make her day. When I asked if she had anything to say to the SV community, she said, "Thank you all for your support! It means a lot and it helps me keep my positive attitude!" Like the dedicated student she is, Bailey is staying on top of her school work by Zooming into classes when she is feeling up to it. With two needles stuck in her arm, she told me one of the worst parts of the whole thing is being bored - not the extremely painful treatments. While she gets chemo administered, she has to sit in the same spot for hours. Of course, she put a positive spin on it and told me she was watching a lot of Netflix!

Despite her steadfast optimism, this is an incredibly difficult battle to fight. Still, I have no doubt that if anyone can beat this, it's Bailey. She is undoubtedly the bravest person I know. Even before her diagnosis, very few players have the courage to stand in a field hockey net and block shots coming in at up to 100 mph. Even fewer have the courage to wear that smelly gear! As brave as she is, she is an even better person. Bailey is the first to ask how your day is going or to celebrate your success. She is the epitome of someone you can count on, and it's time we have her back like she's had ours. Bailey has asked for no sympathy, just support. Support her and her family by donating to their GoFundMe (link below), sending positive messages, and participating in upcoming fundraisers. You got this Bailey! We are all on your team.

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<https://www.gofundme.com/f/teambailey-medical-expenses-bailey-under>

Valentine's Day History

by Morgan Greiser '25

When most people think of Valentine's day, they think of chocolate, candy, and romance. What they don't think of is how it became the holiday we know today. It all started with a Saint named Valentine. There are many different legends of who he really was, but he was consistently called sympathetic, heroic, and of course, romantic. Although he is seen as a romantic figure, it is believed to some that the holiday was originally meant to honor his death. Others think the date was placed in mid-February to make the Pagan holiday Lupercalia more Christian.

In one legend, St. Valentine married couples in secret to protect the husbands from going to war. Emperor Claudis II outlawed marriages for young men, since he thought single men made better soldiers. St. Valentine, who was a priest in this legend, thought this was wrong and defied the emperor. This is just one of the many reasons he is associated with love. There is another legend that claims he signed a letter "from your Valentine " to his jailer's daughter, which is how the term was coined.

The very first official Valentine's day was February 14, 496 AD. It took a very long time for it to be widely associated with love. This association mainly started in the Middle Ages, in England and France. It was believed that the beginning of birds' mating season started on February 14th, which added to the reason why it should be associated with romance. This is also how birds became one of the many symbols of this day.

This was also around the time valentines greetings could start to be seen. Written valentines started to be more popular around 1400. The oldest known written valentine is a poem by Charles, Duke of New Orleans, written in 1415, for his wife.

How romantic!



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V-Day Do's and Don'ts

by Alyssa Armpriester '23

Are you single and in need of something to do for this special day? Or maybe you're in a relationship and the special day is taking over? Here are the recommended "do's and don'ts" of Valentine's Day.

DO agree on how to celebrate.

Whether it's going on a date or an hour long FaceTime call, it's the time and sentimental moments spent together that make it special.

DON'T let Valentine's Day define your relationship.

Gifts for one day doesn't define a relationship. It's just about whether people believe in doing something special on Valentines, and not everyone does.

DO get out and meet other single Pringles.

DON'T feel bad if you're single.

See potential and not limitations you have to build because you're not worrying about a relationship.

DO take the day to take care of yourself.

Focus on your mental and/or physical health by spending time doing what you love, or with loved ones.

DON'T stay home alone.

If you know you're going to be down, make plans with friends and have fun.

DO plan something together.

Cooperate on what gifts each other might want.

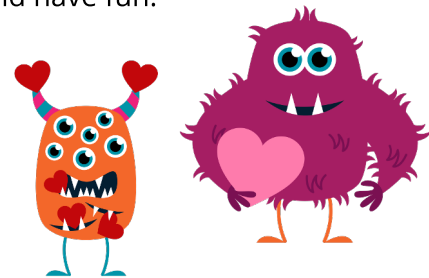
DON'T expect your significant other to go all out.

They say "expect the unexpected," but don't apply it to this.

DO focus on your significant other. Take care of them, and look at the relationship at whole.

DON'T make the day about you.

That's just selfish man.



Singles Awareness Day

by Abigail Tenney '24

Singles Awareness Day takes place on February 15. This started with the idea that singles shouldn't have a SAD (Singles Awareness Day) Valentine's day. Around 2001, Dustin Barnes, a high school student, decided to create a holiday where he and his friends could celebrate being single and get discounts on all the Valentine's day sweets the day after as a bonus. This holiday was brought to Mississippi State University when Dustin attended college and everyone loved it. In 2005, the holiday was legitimately copyrighted, so now everyone can share the single joy.

People celebrate by scoring killer discounts on gifts and sweets, exchanging presents with friends, and going on friend dates/outings. Learning that love doesn't come only from a significant other is another part of this day. Loving yourself is an important part of life and this day can allow you to look within and celebrate your talents and personality. It also allows for love to be seen with family and friends, so it doesn't get taken for granted.

This day has risen in popularity over time for obvious reasons. Joseph Vincent made the holiday go viral in 2009 when he made a music video about it, though it was popular before that when Dustin and his friends spread the tradition. By 2020, #SingleAwarenessDay was attached to 55,000 Instagram posts and 78,000 Twitter impressions. There are different versions of this holiday in different countries, such as Singles' Day (Nov. 11) in China. This day is celebrated with retail therapy and many people shop online for themselves. Overall, Single's day has grown in popularity and is celebrated in different forms all over the world.

So if you find yourself single this Valentine's Day, don't despair! Remember the love you have from your friends and family and go out and party with them! Or, if that's not your cup of tea, stay home and have a self-care night; break out the candy and movies! Remember that love is important, and you don't need a partner to have it!



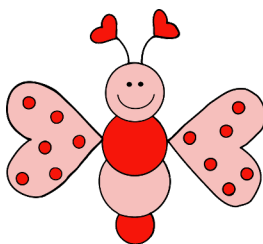
"You know, I've realized that I'm probably just perfect and it's everybody around me that's got issues." - Scott Disick

Valentine's Gift Guide

by Alexis Smeck '22

Whether you have a partner or a special friend, you may be wondering what gift to give to the person you care for this lovely holiday. Have no fear, for here are your answers: the top 5 gifts to give to those you hold dear in your heart!

- 1. Candy:** Chocolate is the most popular candy to be gifted during Valentine's Day, but you can tailor this popular tradition to your significant other's liking. And if chocolate is their favorite candy, you have the option to buy their favorite kind or make your own!
- 2. Flowers:** Flowers are another popular gift to give and receive between significant others: friends, family members, teachers, and lovers will all love this sentimental gift, especially if it is their favorite kind of flower. Don't worry, if allergies are involved, you can buy or make fake flowers!
- 3. Memories:** This is more tailored towards lovers, family members, or close friends, but gifting memories - such as photo albums, records of dates, playlists, and more - are sincere and beautiful to both the receiver and giver. If you like to hand-make rather than buy things and want to make your loved ones feel extra special, this may be the perfect gift idea for you!
- 4. Love Coupons:** A popular go-to gift for those last-second gift givers and people who have "absolutely no clue" what to get their loved ones, love coupons are a great option! Handmade or store-bought, love coupons can be a fun way to show that special person that you care about them... at a certain price. So if you decide that you want to give your lover a chance to go on a spontaneous date with you "free of charge," this will be the perfect gift for the both of you - and it may make things even more fun!
- 5. Letters:** Tailored for those who are more sentimental and like to hand make their gifts, giving heartfelt letters to those you love is an amazing way to show your love. It can range from a simple card, a box of letters to be opened at a specific time, or small capsules that have words of love. Either way, this gift is another amazing option!



Roe v. Wade: Will It See a 50th Year?

by Isabella Burch '25

49 years ago, the Supreme Court ruled 7:2, for Roe, in the case *Roe v. Wade*. In 1971, Norma McCurvey, a 19-year-old Texas citizen was pregnant for the third time, and she was seeking out an abortion. At the time, abortions in Texas were only legal if the mother's life was at stake, and in every other situation, they were illegal. McCurvey, a circus worker, filed a class action law suit against the state's anti-abortion laws. She was referred to as "Jane Roe" in all legal documents to protect her identity. The case worked its way to the Supreme Court, where she was represented by Sarah Weddington, a 26-year-old attorney, and they won. This case was a huge success for reproductive rights as well as women's rights. The limits states could place on abortion were at an all time low, and it allowed certified doctors to perform safe abortions without fear of incarceration.

However, the fact that the Supreme Court reached this pro-choice ruling did not stop thousands of people from trying to prevent abortion anyway. In 1976, the Hyde amendment passed, which banned the federal funding of abortions unless it was the product of rape or incest, or if the mother's life was in danger. This lasted until President Biden excluded the Hyde Act from his budget plan last year. Soon after the Hyde amendment was passed, The Global Gag Rule was created in 1984. The Global Gag rule prevented countries that receive medical aid from the US from educating their citizens on abortion. Additionally, it prevents them from providing abortion referrals and advocating for abortion. As pro-choice presidents take office, they dismantle this law, and as pro-life presidents take office, they reinstate it. This back and forth battle aligns with the one that has taken place in the Supreme Court over the last 20 years, as they have offered many conflicting views on abortion over they past two decades.

This year the state of Mississippi has put a ban on abortion after 15 weeks of pregnancy and this law has worked its way up to the supreme court. This law is almost a direct challenge of *Roe v. Wade*. If the case were to be overturned, the power to regulate abortion would go almost entirely to the states. This would be detrimental to reproductive rights. Currently, only 16 states have abortion worked into their Medicare funding budget. Other states, like Texas, Mississippi, and Arkansas will likely ban abortion entirely, and if not, only allow cases where the mother's life is in danger or where the pregnancy was caused by rape or incest to receive abortions. Not only would this take away reproductive rights, but it would also be a serious threat to public health and safety. This is because the number of women seeking abortions would likely go relatively unchanged. However, with abortions outlawed, the number of certified physicians prepared to perform safe abortions would plummet to little to nothing. As a result, the number of unsafe, unsanitary, illegal abortions performed by unlicensed doctors would skyrocket. Hundreds of women could die due to complications of failed surgeries. (continued on page 7)

Roe v. Wade: Will It See a 50th Year? Continued

In addition, Sarah Weddington died at 76 in late December of last year. Weddington dedicated her life to women's rights and reproductive rights as a law graduate of the University of Texas. She argued the *Roe v. Wade* twice in front of the Supreme court- Once in 1971 and once in 1972, and then the ruling was released in 1973; her work legalized abortion nation wide. She also served as a representative in the Texas legislature for three terms starting in 1972. In addition to the tragedy of her loss, Weddington died not knowing whether her legacy of choice would live past much longer. In truth, we can not be entirely sure either. President Donald Trump appointed three conservative justices to the court during his term in addition to those who were already serving on the court, leaving the court with a conservative majority. Conservatives typically disagree with abortion, which makes it quite possible that they will choose to overturn the ruling. The Supreme Court functions in seasons. Their season of hearing cases and deliberating goes from October through late June, and the rulings of all the cases they heard in that time period are released in about mid-July. This means we won't know the outcome of their decision until the summer time. Until then, America stewes with anticipation awaiting the second round of this landmark case in reproductive rights.

Staff Spotlight

Mrs. Schultz

by Sara Pyne '24

Mrs. Schultz has been teaching for 34 years, all of those years at Schuylkill Valley. She loves that we are a small school and everyone gets to know everyone. Her favorite book is *To Kill a Mockingbird*. She does not have any pets, but she always wanted a pet monkey! Some of her hobbies are reading, traveling, and exercising. She has 1 sister and 2 brothers. She loves chocolate, anything chocolate. Her favorite sports teams are the Phillies and any other PA teams. Chocolate milk is her favorite drink, of course! Someday she says her dream is to win the lottery.



Bob Saget Dies at 65

by Emma Walsh '22

Bob Saget was born on May 17, 1956, in Philadelphia, Pennsylvania. Here, his parents first noticed his love for comedy as he would receive kisses from little girls on the playground after he made them giggle. During his high school years, Saget had the desire to go into medicine. After a tremendous move to Encino, California, his grades suffered significantly, making his dream feel impossible to reach at that moment.

One of Saget's high school teachers witnessed him struggling to keep his head above water but declined the opportunity to give up on his student. Being subject to his creative and comical abilities, he pushed the suffering student to pursue a career in film.

Taking his teacher's advice to heart, Saget moved back to his home state and attended Temple University to major in Film Studies. It was at this destination where he created various short movies, one of which was *Through Adam's Eyes*, a black and white film for which he received the Student Academy Award. After graduating from Temple University, he went to study film at the University of California. He did not attend many of his classes and eventually dropped out.

To look for a stable career, Saget moved to Los Angeles where he portrayed his comedic talent through stand-up routines in Comic Clubs. He landed a job on *The Morning Program* to add humor to the show. This stint did not last long and he was let go shortly after six months.

His next career proved to be a great success. As majority of families with the standard six channels on their television are familiar with, Saget played Danny Tanner on *Full House*. This show portrayed a widowed father of three young girls attempting to navigate life and raise his children alongside his friend, Joey, and his brother-in-law, Jesse. While critics were not fond of this show, audiences loved it. The show secured a spot in Top 20 just after it premiered on ABC. With people of all ages aligned with the domestic humor, *Full House* was a natural fit for the screens.

In 1990, Saget was introduced to another comic show, *America's Funniest Home Videos*, where viewers could send their favorite humorous video clips for certain prizes. The show was an instant hit among the targeted audience and reached the top 10 just after a few weeks.

Smaller projects took to Saget's interests as he assisted in directing the 1996 television movie, *For Hope*, which revolved around a woman with Scleroderma. This hit close to home as his sister, Gay, died of this autoimmune disease.

He also involved himself in multiple other shows (*Raising Dad* (2001), *The Aristocats* (2005), *How I Met Your Mother* (2005), *Surviving Suburbia* (2009)) which kept him occupied until his final debut on *Fuller House*, a sequel to his most famous debut (2016-2020).

On January 9, 2022, Saget was found dead in his Orlando hotel room, just hours after a stand-up performance. Saget had performed in Ponte Vedra Beach the night before, posting about the experience on his social media accounts early the next morning. No evidence of foul play or drug use was reported. A definite cause of death will take up to 10-12 weeks to complete. At the mere age of 65, many were shocked by the unexpected news.

"He was a brother to us guys, a father to us girls and a friend to all of us. Bob, we love you dearly. We ask in Bob's honor, hug the people you love. No one gave better hugs than Bob" the stars of *Full House* wrote as the perfect send off to a memorable television father.

Spotify Boycott Against Misinformation

by Charlotte Baumgard '23

In the murky midst of currently surging COVID-19 cases, popular and inflammatory podcaster Joe Rogan continually uses his wide-reaching platform of about 11 million listeners to promote his anti-vaccine rhetoric. In recent podcasts, he has heavily swayed young people away from acquiring vaccines against the deadly and incredibly contagious virus through statements such as, "If you're like 21 years old, and you say to me, 'Should I get vaccinated?' I'll go no." Also, when he tested positive for COVID in September, he spoke to his audience about how he was treating himself with the anti-parasitic drug ivermectin, which the FDA has previously heavily discouraged the idea of using as a treatment or prevention plan for COVID.

Infuriated by his ignorance, many doctors began to urge the music and podcast streaming service Spotify to remove Rogan's podcasts from the platform to prevent his misinformation from harming more of the public than it already has. When Spotify did nothing in response to these urgent pleas, rock singer Neil Young announced that he would be removing his music from the platform unless they removed Rogan's podcasts stating, "They can have Rogan or Young." Spotify still did nothing. Many other artists such as folk singer-songwriter Joni Mitchell, rock musician Nils Lofgren, and podcaster and University of Houston research professor Brené Brown have also boycotted the app and issued statements about the unacceptable and incredibly dangerous nature of allowing COVID-19 misinformation to run rampant -- especially in such a dire time. At this point in time, Rogan's podcasts still remain untouched on Spotify, spreading harmful misinformation to susceptible youths. Spotify is a notoriously awful platform for artists, paying fractions of a penny for hundreds of streams, so it is not surprising that they seemingly do not care a bit what agendas their content promotes, as long as they are making money, it's all the same to them.



Editorial - Mask Optional Decision

by Lily Crowell '22

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

To preface this article, I would like to say I believe that everyone is entitled to their own thoughts and feelings. In no way am I trying to disregard or disrespect anyone's personal beliefs, I simply am writing my own opinion on SV giving the option to not wear a mask in class.

While the date has been pushed back time after time, and the communication has not always been the clearest, the Schuylkill Valley School District is officially allowing students and staff to choose for themselves whether they want to wear their masks or not in the future. Just as masking is controversial outside of education, there is much controversy with this decision. Some people are thrilled they can take their masks off, breathe air freely, read lips, see smiles, and feel some normalcy, while others feel a sense of anxiety with this decision. I am someone who leans more toward the second group of people, feeling a little worried. Don't get me wrong, I would love to see my friends and teachers smile throughout the day and not have my glasses fog up every time I walk into the building or enter a slightly warmer room. However, considering the reality we are living in, I'm more than okay with making the small sacrifice of wearing my mask to defend my own health.

Despite how you lean politically or what your views are on COVID and all the variants, you cannot deny that people are getting sick. As of the time I am writing this article (January 19, 2022), the cases in Berks County have increased and are extremely high. While the death rate has decreased, our hospitalization rate and positive testing rate have risen too. We average having 884 cases reported per day, which is a 17% increase from the average two weeks ago. Since the beginning of the pandemic, at least one in four residents have been infected, totaling 93,761 reported cases. All the information above was taken directly from the *New York Times*, which was updated on the same day I'm writing this, and only regards Berks County (<https://www.nytimes.com/interactive/2021/us/berks-pennsylvania-COVID-cases.html>). I am very thankful to say that I have not gotten any variation of COVID (to my knowledge), and I am fully vaccinated. It is 100% your choice if you get vaccinated and if you wear your mask. I'm not here to change your mind or make you feel bad. There are plenty of vaccinated people who have gotten COVID, just as there are plenty of people who are unvaccinated and have not gotten COVID.

I'm not intelligent enough to understand all of the science, but I understand enough to know what is helpful and what isn't. For most people, wearing a mask is a minor inconvenience. Wearing it (correctly) for a couple hours will not kill you. I think getting to enjoy my senior year, go to basketball games, be in musicals, have band and chorus concerts, sit in a classroom full of people I've known for years, and make new friends is worth so much more than not wearing a mask for a couple hours and willingly risk getting sick. Sure, the mask isn't 100% effective and neither is the vaccine, but it's better than nothing.

During this time of disagreement and concern, the only thing I wish is that we can all understand everyone is entitled to their decision. If you wear it, good for you! If you choose not to, good for you! I wish you all good health and a good rest of your year. Do what's best for you. I hope you and your families stay safe, and healthy.



I

Poetry Column

by Emma Ertel '22

So Far Away

Original Poem by Emma Ertel

I close my eyes.

My feet trace the textured outlines of a tiled walkway.

A silky doorknob rotates under my impatient fingertips.

I know that I've been here before.

I inhale, deeply.

Invisible particles of salt burn my nostrils.

My stomach bends over the rusted white balcony...maybe a little too far.

I'm careful not to rub my skin against its splintered, eggshell railing.

Why do I feel like I'm so far away?

Water runs dangerously against my peeling skin, as if threatening to set it aflame.

I grasp the slender bar of soap waiting on the edge of the tub.

Before peeling back its carefully detailed wrapper, I draw it close to my face.

My eyes squeeze shut and I breathe in the scent of my childhood.

Maybe I should've held on a little tighter.

The sixth day storms in obnoxiously, as always.

My suitcase won't shut.

I aggressively tug at the frail zipper clinging to my teal tank top.

It doesn't budge.

My head jerks sideways as my ears detect a new vibration - metal wheels grazing tiled clay.

I glance at the dresser.

A singular bar of soap stares at me from inside its wrapping.

It looks almost lonely, I think.

My sandy flip flops click-clack out the doorway, into the cool summer air.

A silky door knob rotates under my impatient fingertips.

I leave

And I never come back.



Ask Elliot

Pantherette Staff

Dear Elliot,

I know this might sound stupid, but I'm worried I'm going to be single forever, and Valentine's Day coming up so soon isn't helping at all. All of my other friends have boyfriends and girlfriends and whatnot, but I don't have anyone like that. And I know I must sound pathetic, but even my other friends that are single like me are still funny and popular enough to get Valentine's Day gifts... I even heard that one of them is going to be asked out by her crush!

I hate how whiny I sound, but I don't want to be single again this year... but I also don't want to date anyone, because I know I wouldn't be able to handle the heartbreak. But I also want to be asked out by my crush to be their valentine...



Please help me!

Lovesick



Dear Lovesick,

Valentine's Day is popularly known as the holiday for couples, but there have been many fun variations to this name that have been celebrated seriously - to some degree -, such as Galentine's Day. Also, as you may know, there are many different types of love: platonic love, the love shared between friends, is a great example to be used in your situation. Even though you may feel conflicted with what you want and what type of love you are searching for, you can always rely on your true friends to help you better understand and process your feelings.

Also, you may have heard of this tired saying, but believe me when I say it is true: you don't need to be romantically involved with someone to be happy. Yes, it may get lonely from time to time, but it is not the end of the world. In fact, being single may make you happier! You won't have to buy expensive gifts for your significant other, stress out over dates, or feel fatigued from fights. I am not saying that this is what all romantic relationships are like, as there are plenty of romantic relationships that exist, but being single is not as devastating as most popular medias display it as. Be happy being by yourself or with your friends, family, pets - anyone! Maybe by doing so will you truly understand who and what you want in your life.

I may be repeating myself, but please understand that it's okay to be confused with your feelings, especially when love is involved. Please also understand that it's okay to take your time to process these feelings... who knows? When the time comes, you will know who and what is right for you. With that, I wish you all the best. May you and everyone you cherish stay safe and happy!

All my love,

Elliot

Self Help Column - Beating the Winter Blues

Helene Yerger '23

The winter blues have sunken in, mental health could never be more important. Let's talk about it. I know there's a lot of us out there who feel we should keep our feelings and truest thoughts in lock and key. BUT, in the midst of winter, now would be the best time to talk about our emotional and mental discontent! As someone who goes through it, I'm here to give a few tips anyone can try to ease those mental blocks, mental agony, and mental instability.

Rule 1: **YOU ALWAYS COME FIRST!** This is not your mom telling you, this is a peer; a peer who currently is going through the same feeling. Trying to always please others will drag you down, and you deserve to give yourself the best. To make you happy is no one's job but your own. That does not mean isolate yourself, just make boundaries. Now, if you had a crappy day: take care of yourself, slow down your thoughts, take a step back and collect yourself. When you're hurting, acknowledge that pain, feel it, think about it, but do not stay in that place too long. Find the joy in the small things, give yourself room to grow! Spend time with friends who have their best interests in mind for you. Those you surround yourself with can alter your feelings, thoughts, and attitude. Really evaluate your friend choices.

Rule 2: **MOVE FORWARD!** Find acceptance within yourself, the people around you, and your environment. Adjust where needed. We all know our truths, the decision is yours to act on them. Do not take new opportunities for granted! If you feel lost and as if you're just going through the motions, stop and reflect. Ask yourself why you feel that way, find a healthy coping mechanism! You'd be surprised! I recently found crochet! I can never put the yarn and needle down! Keep yourself busy when you feel as though you lost everything, or you feel swamped with 2nd semester around the corner, or the reality of the unpredictable future. We have all been there. There is NEVER shame in moving forward. You know what is healthy for you and what is not. I also find listening to upbeat, positive music helps to put me in a better mood. Distance yourself from what makes you feel depressed. A little at a time is better than cold turkey. Be proactive in your decisions, do not be rash and reckless! Even when opportunities arise, as tempting as they might be, you know deep down they are wrong. Open up to others! **We ALL feel!**

Rule 3: **KNOW WHAT WORKS FOR YOU!** I know we all have to go to school, but we have to do it, so cross that off the list because I know it's on everyone's. I'm talking about people, places, and your attitude. All of these things are up for rearrangement and change where it's needed. The people you associate with... do they support you? Do they still make you feel loved even when you take a "me day"? Do they have the best intentions for you? Do they make you feel safe? If the answer is yes to all, you have a fantastic bestie/bro. I would definitely keep them closer than ever. Are the places you go safe? Do you truly enjoy going? Do you feel the places you go make you feel better? If yes, then keep it up! Try more things similar to that! Explore the range of places you go! How is your attitude? Do you feel mostly positive? Do you find joy in things? Do you look forward to new opportunities? If yes, then stay positive! Keep the energy light, fun, and exciting! If none of these sound like you, then you have some self reflection and positive vibes floating your way! You have to want to change, though- you chose how to present yourself and act. How you dress is usually how you feel. The more you care, the more people notice. If you don't want people to notice, then keep it casual.

Always remember: you are intelligent, you are beautiful, you are loved, and you are worthy!

Staff Spotlight

Mrs. Searfoss

by Jessica Hummel '22

How long have you been working at Schuylkill Valley?

- 4 years

Why Schuylkill Valley?

- I love the teachers, students, and other members of the school's community. I also live in the district and my kids go to school here.

How has your life been affected by working as a paraprofessional?

- My life has been extremely blessed. The students and staff are very encouraging and make me smile on a daily basis.

What do you enjoy about SV?

- I really enjoy the welcoming atmosphere that we have here and the sense of community that everyone has.

What do you do outside of school?

- I'm currently the assistant director of POP and am in charge of costuming. I also am the youth soccer register, a mom of 5, and spoil my dog Daizy.

Any advice for students?

- Work hard and take time to enjoy all the good moments of high school because they will fly by.



Book Nook

by Anna Kate Gwiazdowski '22

If you are looking for some new books to read, look no further!

Here are some of my recent favorites:

Where the Crawdads Sing by Delia Owens - One of my absolute favorites, follows a social outcast nicknamed "the Marsh Girl" as she survives on her own. Beautiful imagery for nature lovers with a mystery mixed in.

Verity by Colleen Hoover - I can't say enough about this book. It had me on the edge of my seat the entire time, it is quite the thriller. This one is a bit unsettling and creepy, so steer clear if that isn't your thing.

The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid - Do yourself a favor and read this book. It tells the story of Hollywood it-girl Evelyn Hugo and her (you guessed it) seven husbands.

Beartown by Fredrik Backman - This is available in library! A very powerful read. It focuses on a hockey town in Sweden that is forced to choose between what is right and what is easy. The hockey team is a central component to the story but it is enjoyable without any knowledge of the sport.

Note - Some of these books have mature themes and content, please read what you are comfortable with. (Look, I warned you!)

