

WILSON AREA HIGH SCHOOL

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Interviews From the Field

By: Madison Powell

With the spring sports beginning, I decided to interview athletes Andrew Sagrestano and Tessa Fredericks on their experiences as athletes. Andrew Sagrestano is a senior on the Varsity Baseball team and Tessa Fredericks is a junior on the Varsity Softball team.

Powell: How long have you been playing softball or baseball?

Fredericks: "9 years"

Sagrestano: "I've been playing baseball for 12 years."

Powell: What position do you play?

Fredericks: "Pitcher, shortstop, utility" **Sagrestano:** "I pitch and mostly play 3rd."

Powell: What are your hopes/goals for this season as a team?

Fredericks: "[I hope to] make playoffs (districts), build a good foundation for the years to come, while still having fun and spending as much time as possible with our wonderful seniors."

Sagrestano: "I hope we can win a league and district championship this year and make a run in states."

Powell: Is a majority of your team (varsity) upperclassmen or lowerclassmen?

Fredericks: "[It is] pretty evenly split, six upperclassmen and seven underclassmen."

Sagrestano: "Our whole varsity roster is seniors, including one junior, one sophomore, and one double rostering freshman."

Powell: What is your favorite memory so far while playing for WAHS?

Fredericks: "My favorite memory while playing was my freshman year when Mikayla Smith hadn't hit a homerun all year and on senior night hit one that pushed us to win that game."

Sagrestano: "My favorite memory playing for Wilson was my freshman year senior night game walk-off home run against Notre Dame."

Powell: Since it is the beginning of the softball/baseball season, what advice would you give to players to hold on to for the rest of the season?

Fredericks: "Don't stress about it too much. What it comes down to is just having fun and being able to play a game you love with teammates who have your back through everything."

Sagrestano: "My best advice to give players through the season is to be confident. Nobody is confident and it leads to poor performance. I walk up to hit like I'm the best player in the country and it leads to better outcomes"

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Pictures courtesy of The Echo

Everything You Need to Know About Superstars

By: Claudia Gonzales

This year's Superstars event will take place on March 27th after lunch in the gym. It will cost \$5 to participate in one Superstars event. This includes both participating in the event and a required T-shirt.

What is Superstars? Superstars is a competition between the classes and the teachers. Classes will compete against each other, as well as against the teachers in each challenge.

Twelve events will be included in this year's competition. These events are tug of war, an obstacle course, ping pong, weight lifting, the three-point contest, the gladiator challenge, knockout, the plank challenge, the tangram challenge, the three-legged Race, dodgeball, and rock-paper-scissors.

At the end of the competition, the group with the most points will win and be rewarded with everyone's favorite *bragging rights*.



Pictures courtesy of The Echo

Sean Tunney: The Man Behind Wilson's Athletic Success

By: Madison Powell

I decided to interview Sean Tunney, who is the high school's current athletic workout trainer. He joined us this year to assist all teams to gain strength and confidence and become stronger athletes. Tunney also holds the position of the boys varsity head soccer coach, as well as one of the track coaches. Moving from Ireland after high school, Tunney attended Desales University as an exercise science major. At the same time, he was an active member of the Desales boys soccer team. Let's see what Tunney has to say about being a trainer and coach!

Powell: How long have you played soccer? **Tunney:** "Since I was four years old"

Powell: Have you ever coached track before?

Tunney: "No. This is my first time, but I am excited to learn and expand my knowledge with improving speed."

Powell: Do you like being a coach for high school athletes?

Tunney: "Yes. It helps build my confidence when it comes to coaching and capability."

Powell: What is your biggest piece of advice for athletes?

Tunney: "It's usually the stuff you don't want to do that makes you better. For example, homework, doing all of the exercises in the weight room, being open to constructive criticism and failing, and much more."

Powell: Did you expect to be so involved in your first year at Wilson?

Tunney: "Yes, I wanted to get involved with the school. I wanted to build a community and a positive attitude towards exercise and improving oneself. Whether it's in their sport or overall health, which is happening. Attendance has only grown since joining in the summer."

Powell: Have you coached at any other school previously to Wilson?

Tunney: "Yes, [at] Panther Valley (PV) and Tamaqua for two years prior to moving to Wilson"

His biggest motto for his soccer team is 2C 3P (Communication, Commitment, Preparation, Punctuality, Positivity). We are grateful to have Sean Tunney's optimistic viewpoint leading Wilson's athletic community. His dedication to our current and future athletes will only improve their potential.







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Seniors, Here's What You Need to Know

By: Emma Davenport

As the school year begins to wind down, graduation gets closer and closer. Seniors, what are the events that we need to begin preparing for?

This year, prom will be held May 10th at the Iron Lakes Country Club in Allentown. Both juniors and seniors are welcome to purchase a ticket and attend. If you are interested in bringing an underclassman or a high school student from another school, you must fill out a guest form on their behalf. Those who are 21 years old and older are not permitted to attend. This year's prom theme is *Cherry Blossoms*, so be sure to come out on May 10th and show off your beautiful outfits.

Earlier this month, seniors received the official May calendar. The last day of school for the senior class is May 21st this year, which is earlier than previous years. To ensure a stress-free last marking period of high school, make sure to keep up with your assignments and hand in missing work.

On May 30th at 6:30 pm, our graduation ceremony will take place at the Wilson Area High School football field. No tickets are required and all are welcome to attend.

Seniors, make sure that you are regularly checking your email and Google Classroom for more information on the events listed above.



Course Selection: Spice Up Next Year's Schedule

By: Leah Everitt

As spring approaches, we are getting ready to choose next year's classes! By now, all underclassmen should have received a sheet with class options for next year. There is an array of fun and underrated classes that many students overlook! Below, you will find some classes to consider.

First up, Public Speaking. Many students hear the title of the class and become intimidated by it. Public speaking is an activity that not many enjoy. While this is understandable, it is important to acknowledge that public speaking is a critical life skill. Whether that be a class presentation or simply speaking up for yourself, public speaking may help one improve in various aspects of their life. Our public speaking classes are typically of smaller size, creating a comfortable feel in the classroom. In this class, time is spent writing different types of speeches and presenting them. Public Speaking provides an encouraging and safe environment to face your fears together. You will not regret taking this class.

Next, we have Independent Living. In this class, students explore various forms of relationships, emotional and physical health, and financial topics. Independent Living focuses on the responsibilities one may face in adulthood. Not every student has someone in their life to teach them such life skills, so this class can be a vital resource!

Journalism is next! This class focuses on both the school newspaper, *The Echo*, and the yearbook. Journalism is typically smaller in size, creating room for discussion and compromise. Students work together to create a one-of-a-kind yearbook and encourage each other when writing their articles. Publishing an article in the school's newspaper provides an outlet for expression and room for recognition. Students are able to develop their writing skills, and over time, enjoy the art of writing.

Last, but surely not least, Sociology is an option provided to Wilson students. Typical in-class discussions include family dynamics, injustice, communications, languages, and cultures. Students often enjoy learning about why everyone is the way they are and what affect their environment has on them. If you want a perfect mix of learning about the world and yourself, consider taking Sociology.



Pictures courtesy of Google

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Ms. Guro: Her Final Year at WAHS

By: Mya Marsac

For the past 38 years, Ms. Guro has taught at Wilson Area High School. During this time, she has changed many lives and inspired students to accomplish great things. Ms. Guro represents what Wilson stands for. Through her patience, understanding, and warm welcomes, she will leave her legacy here.

As the 2023-2024 school year comes to an end, Ms. Guro will be retiring. Although she is retiring, her mark on Wilson will not be forgotten. I got to interview Ms. Guro to see how she feels about retiring.

Marsac: "What did you struggle with the most while teaching?"

Ms. Guro: "Patience. As a young teacher, I had to develop the lessons better. I also had to learn that there are many kinds of success, and I had to work to understand why kids dislike school." **Marsac**: "How did you overcome those struggles?"

Ms. Guro: "I had to understand that not everyone's the same and that not everyone defines success in the same way.

Marsac: "How are you feeling about retiring?"

Ms. Guro: "Very excited. I'm excited about spending time with my grandchildren. I'm also excited about spending a lot of time on the beach."

Marsac: "What will you miss the most?"

Ms. Guro: "The people. Getting to know about one hundred students each year. Also, the staff has a team mindset. I'll also miss helping students develop a love of reading, writing, and thinking."

Marsac: "What would you like to say to your students before you leave?"

Ms. Guro: "Take advantage of the opportunities that are right here for you at Wilson. Wilson is a great school, and it has so many avenues for students to explore. Also, make sure to keep reading."



Pictures courtesy of The Echo

The Echo

Wilson Borough's Iconic Dixie Cup Renovation

By: Bella Dayton

Wilson Borough has announced the renovation of the Dixie Cup, a historical site in our community. Anonymous investors and local authorities are coming together to revitalize the local landmark.

Mayor Sandra Thompson excitedly spoke at an inauguration ceremony about the renovation. Thompson stated that "the Dixie Cup holds a special place in the hearts of Wilson residents, symbolizing our town's industrious spirit and rich heritage. With this renovation, we aim to honor its legacy while creating a vibrant space for the community to enjoy."

The Dixie Cup will be transformed into a multifunctional space. The ground floor will have a museum showcasing the history of the Dixie Cup Company through photographs, artifacts, and exhibits. The upper floors will be event spaces for the community to host meetings and private events. There will also be over 400 spots for housing throughout this luxurious new landmark.

As stated by Mayor Thompson, "The New Dixie Cup stands as a testament to our town's ability to adapt and thrive in the face of change. It is not just a building; it is a symbol of our past, present, and future—a beacon of hope and inspiration for generations to come."



The Apple Vision Pro: Why You Should Reconsider Buying It

By: Lianah Thomas

On February 2nd, 2024, Apple announced the release of the Apple Vision Pro. A new and innovative product to make life more convenient? It was an instant success with millions being produced and sold for \$3,499 per headset, but is the product really necessary?

Apple claims that the headset will provide a "mind-blowing look at an unfinished future." Imagine a future where everyone wears headsets to look into "an unfinished future." It seems a bit soulless and scary, at best. People who have spent hours wearing the Apple Vision Pro have reported that headaches and nausea are persistent with use. Some may roam around with the headset in public. It is almost uncanny how detached from reality some companies, such as Apple, truly want us to be. The headset also blocks peripheral vision and puts those in public in danger.

Having a headset that blocks the peripheral vision of the users is a danger in itself, but there are people attempting to wear the headset for multiple days on end. Yes, the headset contains safety measures, including making sure that the user is not performing strenuous physical activity. However, the cons of a soulless future is arguably worse.

Also, creating an uncanny faux face model and claiming that to be our future is worrisome. I do not believe we should be caught up in a false 'Metaverse' reality where some are unable to leave the house without a multipurpose headset. A future like this could lead to us becoming similar to the world in "Wall-e."



Top Teen Novels of 2023

By: Kallie Ahart

What is better than sitting down with a good book? Some would argue nothing. People all over spend their free time reading, so here are some of the best 2023 teen novels.

Check & Mate by Ali Hazelwood is about a girl named Mallory Greenleaf who used to love playing chess. Now, her mother and sisters are her primary focus, leaving no room for chess. Unexpectedly, Mallory is presented with the opportunity to compete in one last charity tournament and begrudgingly agrees. Here, she goes up against Nolan Sawyer, the current world champion, and ends up beating him. Mallory thinks the tournament will be the end, but Nolan is determined to keep the game going.

Thieves' Gambit, written by Kayvion Lewis, is about an exceptional young thief by the name of Ross Quest. Though her best skills are scheming and planning, her plan to escape her family of legendary thieves backfires, and her mother's life is at stake. The Thieves' Gambit is a series of life-threatening, competitive heists where the prize is a wish that could save her mom. Ross' only hope is to win.

Jesse Q. Sutanto's *Didn't See That Coming* follows a gamer girl by the name of Kiki Siregar. To avoid any harassment, Kiki plays as a guy in her games. Her secret is unknown to everyone, including her online best friend. When she transfers schools, she learns that her online friend, Sourdawg, is a student at her new school. She never thought she would meet Sourdawg in real life, so she is left to worry about how he will react to her secret.

As You Walk On By, written by Julian Winters, is about Theo Wright, the guy with a plan. His father has already planned out Theo's life after high school. This leaves him with one worry: prom. With the influence of his best friend Jay, he asks his crush to go with him to prom. When things go horribly wrong, Theo hides in the bathroom to avoid thinking about how his plan to have a perfect prom has failed. Like Theo, classmates of his began going to the bathroom to hide from their troubles. Among the other faces is one familiar acquaintance, who Theo starts to feel a spark with.

Written by James Dashner, *The Maze Runner* begins with Thomas waking up in a dark metal box. The only thing he can remember is his name. The box opens up and there is a group of boys, all of whom can only remember their names as well. The boys welcome him to The Glade, the large stone maze imprisoning them. Thomas learns that no one has made it out, and some are unsure if there is a way out. Only a few days after Thomas arrives, the first girl in the maze arrives with a message that changes everything.

Miami Beach: The Spring Break Break-Up

By: Jordyn Pyles

It's not them, it's you! In a recent commercial, Miami Beach issued a heartbreaking message that featured fed-up locals and the issues that occur over spring break.

The commercial follows years of trashing and debauchery in the South Florida attraction spot after the city government reached its breaking point with last year's chaotic scene. After the new alcohol restrictions in the area, one local voiced, "You just want to get drunk in public and ignore laws." With these new restrictions, it is also now illegal to operate a scooter or vehicle irresponsibly.

New street restrictions and laws, such as the \$100 flat-rate parking and garage closures, have even gone as far as on-beach prohibitions. These new laws include no large tents, loud music and speakers, and large coolers. Locals have claimed that these rules take out the fun of anyone's beach day, spring break or not.

The police are cracking down on curfews, bag checks, and DUI checkpoints at beach access points. As Governor Ron DeSantis warns, "You are going to pay the price, and we will hold you accountable." He added that law enforcement agencies would be "buffing up" this time, with South Florida receiving more than 60 state troopers to patrol Miami Beach, Daytona Beach, and Panama City.



No Doubt and Sublime Returning at Coachella 2024

By: Bella Dayton

The hit 90s band No Doubt is having their first performance in over a decade at Coachella 2024, alongside the legendary band Sublime. Coachella will also be featuring other top artists including Deftones, Blur, Lil Uzi Vert, J Balvin, Bizarrap, Lana Del Ray, Tyler, The Creator, and Doja Cat.

This year, Coachella will take place in Indio, California between April 12th to April 14th and April 19th through the 21st. Pre-sale tickets go on sale Friday, January 19th at 11:00 am Pacific Time. Get your tickets here!

No Doubt's lineup did not specify which members will be reuniting, but there is speculation it will be all of the original members!

Sublime will be fronted by the son of late frontman Bradley Nowell. Jakob Nowell said in a statement, "This has so many layers for me. On a spiritual level, my father passed away when he was 28, and I am 28 now. It's an honor to carry on with our family's name and legacy with Sublime." Alongside Jakob Nowell will be the band's two surviving members, bassist Eric Wilson and drummer Bud Gaugh. This year's lineup is one you do not want to miss!



Wendy Williams: A Brave Announcement

By: Leah Everitt

Wendy Williams, an iconic television host, has recently been diagnosed with dementia. This announcement came as a shock to many. This sparked an outpour of support from fans and fellow celebrities. Social media platforms have been *flooded with messages of support and admiration for Wendy's bravery*. In 2021, Williams had taken leave from her talk show while she dealt with health issues. The following year, after various medical exams, she was diagnosed with primary progressive aphasia and frontotemporal dementia. It was decided that Sherri Shepherd would be taking over Wendy's show as a host.

Wendy's decision to share her diagnosis with the public is a reminder that people can struggle in silence. Many are still taking in her diagnosis as Wendy did a commendable job maintaining a public persona. The decision she made to share her diagnosis openly reflects the importance of advocacy.

Wendy has been expressing constant gratitude for the support she has received from family, friends, and viewers. She emphasized the significance of early detection and urged others to prioritize their mental well-being. As she navigates through this new part of her life, Williams will continue to focus on her health away from the public.



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Opinion: That Handsome Devil, Indie Music At Its Peak

By: Antonio João Gomes

As the summer lurches closer and the monotony of continuous leisure sparks our minds, one must be left with one thought; "What am I going to listen to over the summer?" With most modern tunes spewed out by radio stations being vapid and often overly vulgar, it can leave one yearning for new sounds to grace their ears. Today, I wish to remedy your musical woes. I would like to introduce, what I believe, to be the peak of the Indie musical subgenre. I present to you That Handsome DevilTM (THD).

Formed in 2004 by lead singer-songwriter God forbid (Christian James Oppel) and Jeremy Page, That Handsome Devil is a mixed-genre band from Brooklyn, New York. Prior to working for THD, Oppel did independent musical work. Between 2003 and 2012, Oppel was a key member of another indie musical group, known as Alaskan Fishermen. Oppel used his time in Alaskan Fishermen to inspire his THD beats.

According to Wikipedia, THD's genres consist of Experimental Rock and Hip-Hop. However, some may argue that THD is genre-less. In terms of musical creation, THD does not stick to a strict formula for how each album sounds. When checking the THD discography, you will notice large time gaps between each release. As an avid fan of THD, my sole explanation for this is the fact that each song is meticulously crafted into its own stand-alone story. While each song and album generally stick to the themes of American Materialism and the washed-up "has-been" attitude, they all tell a new compelling, and often tragically relatable, story. You do not need to be a 40-something boozer to feel the message THD presents.

To cap off why you should give THD a listen, I direct you to their gateway drug of a song with over 39,976,334 Spotify listeners "Charlie's Inferno." No Record Labels or major studios attached, just an old man, a mic, and some groovy tunes worth a listen.



Is Russel Wilson's Career Over?

By: Devin Agosta

The Denver Broncos are set to release star quarterback Russel Wilson once free agency finally opens on March 13th, 2024. The statement was issued jointly by GM George Paton and head coach Sean Payton.

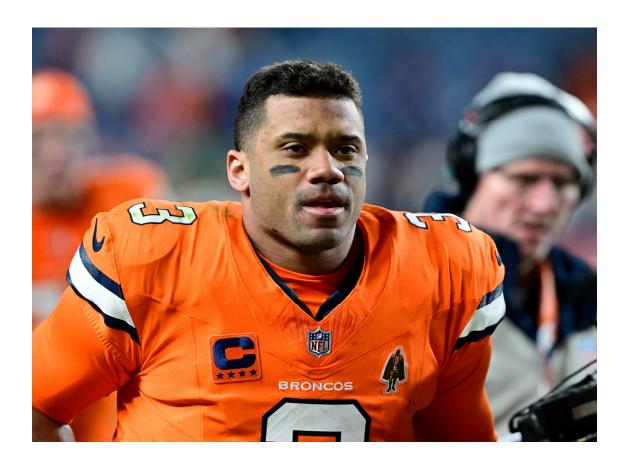
According to the two coaches, "We spoke with Russell Wilson today to inform him of his release after the start of the league year. On behalf of the Broncos, we thank Russell for his contributions and dedication to our team and community while wishing him the best as he continues his career."

"As we move forward, we are focused on building the strongest team possible for the 2024 season and beyond. We are excited to improve this offseason and will have the flexibility to get better through the draft and free agency," reported GM George Paton and Sean Payton.

Russel Wilson joined the Broncos for two years and posted mediocre stats at best. He had an 11-19 record as a starter and only threw for 6594 yards and 42 touchdowns with 19 interceptions.

Russel Wilson now enters free agency as a 35 year old quarterback in the NFL. These past two years suggest that his career may be over as it is expected he will further regress as time goes on.

Quarterback-needy teams will kick Wilson's tires, but his days of commanding top-of-the-market dollars are over. If he lands in the right place, perhaps he has enough gas left in the tank to hang another couple of years.



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Life Threatening Blizzard in the West

By: Korey Pluhar

A blizzard that swallowed parts of California and Nevada is expected to continue with even more snow in the forecast. The snowstorm has closed major roads in the two states and thousands were left without power. The storm was particularly severe in California's region, Sierra Nevada, which saw gusts of wind exceeding 180 mph.

California, Oregon, Idaho, and Colorado all had winter storm warnings in effect. In the Sierra Nevada range, people were warned of extreme avalanche danger as some regions have received over eight feet of snow over the course of the weekend storm.

California snow was expected until Tuesday, with between four to 14 inches of snow forecast by midday. Sacramento residents were cautioned to stay home because travel could be "difficult to impossible from Monday to Wednesday." Downed tree branches, gusty winds, and several inches of snow make travel life-threatening for rescue teams to retrieve victims in the event of an accident.

Highway 89, near Palisades Tahoe, saw a few downed power lines on Saturday. Dozens of trucks were reported stranded, as well as accidents. More than seven inches of snow fell in parts of the Tahoe Basin and Tahoe City received more than four feet. Interstate 80 highway was closed on Saturday and Sunday, a 75-mile stretch, and parts remained closed on Monday morning.

The California Highway Patrol Office in Truckee revealed on X that "emergency personnel and tow trucks had a difficult time getting to motorists due to blizzard conditions." Later on Monday, Interstate 80 reopened. However, vehicles were required to use tire chains due to the icy conditions.



Wildfire in Texas Spreads Rapidly

By: Karli Breckon

On February 26th, 2024, a wildfire in Texas broke out. Continuing into March 4th, the fire has officially hit one million acres and is still spreading. Texan citizens have claimed that this is the largest wildfire in Texas that they know of to date.

The wildfire has led to pricing issues as many have lost their properties, ranging from homes and businesses to money. Dozens of power lines have broken, which resulted in further damage and fire. Fire-fighters believe this wildfire was caused by drastic climate change in the state. Others account for the fire as setting off power lines, which consequently led to trees catching on fire.

Texan farmers have also suffered in business in light of the fire. Thousands of crops have been destroyed and farm animals have been severely injured or passed away. With the lack of crops and animals, grocery store supply chains have suffered in sales.

Others have taken matters into their own hands, including a Texan woman who filed a lawsuit against the Southwestern Public Service Company. According to her, the fire was due to the power poles sparking and spreading a quick fire in front of their home. This lawsuit may lead to further difficulties for Texas and its recovery process.



Virginia Beach's Disturbing Trend of Whale Show-Ups

By: Jane Compton

On March 4th, 2024, two deceased whales appeared washed up on Virginia Beach. The two whales were spotted within two days of each other, which is an abnormal occurrence. The most recent whale wash-up has been reported to be at the False Cape State Park near Sandbridge, the most southeast-ern section of the state. The Virginia Aquarium Response Team plans to perform a necropsy on the whale.

These washed-up whales have triggered significant concern amongst the people of Virginia. The year prior, three dead whales were spotted within a week of each other along the Virginia coastline. One of the whales was an endangered North Atlantic right whale and the other was a common humpback whale. Just five days prior, another humpback whale was found washed up on the coastline of Virginia Beach.

With this, marine biologists have begun to conduct thorough research in regard to the causes of the deaths of whales.



Lone Orca Kills Great White in Under Two Minutes

By: Aidan Glassmoyer

Since 2017, a pair of orcas have been working together in an attempt to kill great whites along a stretch of South African coastline. The orcas eat the sharks' nutrient-rich livers and discard the rest of their prey.

A male orca, known as Starboard, single-handedly killed an 8.2-foot juvenile white shark within two minutes last year. Since then, scientists have been trying to figure out why this form of hunting is happening. The merciless killing of sharks has driven sharks away from the coastline at Cape Town.

It is not uncommon for orcas to hunt large animals individually, but this is the first occurrence involving one of the largest animals in the world, the Great White Shark. This is notably impressive as past attacks on Great Whites have involved two to six orcas and took around two hours.

A study took place on June 18th, 2023, offshore close to Seal Island near Mossel Bay where people on two vessels were observing the orcas. An hour after they arrived, a shark appeared, and they witnessed Starboard kill the shark in under two minutes. Starboard's male companion, Port, was seen approximately 328 feet away while this killing happened. Port did not interfere.

The two orcas travel long distances along South Africa's eastern coastline, up to as far north as Namibia. Researchers suspect they first began targeting great whites in 2015. However, it was not until 2022 that they were finally able to capture it.



Medical Marvels: Honoring a Hidden Figure in Black Donor's Legacy

By: Ayah Mallah

In the year 1968, the first human-to-human heart transplant occurred without donor consent. The medical team in this case failed to receive the consent of an injured Black man, Bruce Tucker. With no consent, the team gave his heart to a white businessman. According to Senate Joint Resolution 16, "The heart was not the only organ removed without consent." 56 years later, the issue of unethical use of Black bodies has resurfaced.

Tucker's story serves as a reminder of the systemic racism in the medical community. According to journalist Chip Jones, "The true and shocking story of the first heart transplant in the segregated South is an in-depth look at the events and larger systemic issues that were at play in Tucker's case." This case led to the investigation of the exploitation of Black bodies for medical procedures.

Phillip Thompson, former president of the Loudoun County NAACP, aptly describes Tucker as a "hidden figure in medical science." The resurfacing of Tucker's case led Virginia Commonwealth University (VCU) to confront its past mistakes. According to Thompson, "Most recent project efforts include DNA analysis on the remains to locate living relatives, scholarships and memorial installations."

VCU's efforts to commemorate the victims of past transgressions are steps in the right direction. Society as a whole must confront the injustices of the past and work towards a more equitable and inclusive future for all.



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