



Disney: Do better

Does a darker underlying message dwell beneath the mouse ears?
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The Fields are Alive!

Softball, baseball seasons have begun and we swing at both.
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THE SLATE

ALL YOUR BULLDOG NEWS... UNLEASHED!

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The Voice of Northern Lehigh High School

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Fitness by force: The problem with strict testing

BY SUSAN GILSBACH
SLATE STAFF WRITER

Physical education, or P.E., has caused a divide among teenagers for what seems like forever. For some, it can be really fun. It's seen as a time to talk to friends and even move around a little. For others, it's not as great.

There is, however, one aspect of gym class that most high school students have formed a consensus on: fitness testing. In

Pennsylvania, fitness testing is not required at the high school level.

Despite this, non-required physical fitness tests are often administered. Here at Northern Lehigh, the fitness testing includes a push-up test, a sit-up test, a v-sit test, and a timed mile run.

At first glance, it doesn't seem so bad, right? That idea is quickly shut down. In

Wellness/Fitness II and III, the mile time required to get 100% on the test is seven minutes for boys and eight minutes for girls. This is something that is very unlikely for high school students with very little training. According to mar-athonhandbook.com, "Training three to five times a week should easily get you there within 3 months if you are motivat-

ed to get to your goal. Running an 8-minute mile is no easy feat. It will require lots of time commitment and perseverance. However, if you train consistently, you will be able to achieve an 8-minute mile."

The Wellness/Fitness classes do not go out every day and run a mile. There is very little training put into place for the

opinion

See Fitness, page 2

Y'all come back now, ya hear?



Photo courtesy of Mrs. Nichole Fink

Mr. Michael Strohl, secondary asst. principal, had the responsibility of cooking home-made breakfasts in April for the winning homeroom of NLHS's attendance challenge.

Choosing the power of intention to help influence the effect

BY HAVEN MOORE
SLATE STAFF WRITER

What is 'intention?' It is a plan, objective, or idea that one intends to bring about, done in a process of thought only. It is deliberately setting up a mental picture that envisions the way one wants something to play out. It may seem pretty cut and dry, but by all means, it is difficult to consistently live by.

Succumbing to others' thoughts and opinions, one's self-doubt, or overall negativity, can often hinder intentional living and steer a person off track. This is where mindset becomes a crucial component in rewriting one's positive forward-thinking. Living by the power of intention increases the chances of that particular thing happening simply because there is a great amount of energy focused on fulfilling that inclination.

Living intentionally can be described as deliberately envisioning something that will occur in the future. By thinking about the future, people are manifesting it, whether consciously or unconsciously. The degree of concentration and energy put forth with the intention for something to take place in the future with a clear vision and pure thoughts is what essentially seals the deal.

Choosing particular, direct thoughts can influence the effect one's mindset has on their life's direction, and can, in turn, change it dramatically and satisfyingly.

Being mindful and living with gratitude in one's present life, can be beneficial in helping a person achieve their future endeavors. Letting go of limiting beliefs, creating daily mantras, visualizing the end goal, and reminding oneself of what it is they would like to achieve, are just a few simple ways in which one can practice living intentionally each day. Making mindful and intention-

"Being mindful and living with gratitude can be beneficial in helping one achieve their future endeavors."

See Intention, page 3

Moyer surpasses self: Up, up and beyond her very best

BY ALEXIS TRAUGHER
SLATE SPORTS EDITOR

You take a deep breath, preparing for your vault. As you take your running steps the world disappears. You jab the pole into the ground, throwing your body over the bar, landing on the familiar base of the mat. A feeling of pride emerges as you broke the record and accomplished one goal of many.

Emily Moyer, senior pole vaulter and 4x4 relay sprinter, broke the school record for pole vault on March 29 with a

height of 9'2". Then on April 5, Moyer broke her record again with 9'3". And most recently, she broke her record by another six inches, with a total of 9'9".

Moyer started pole vaulting her freshman year and put in the work to achieve her goals and succeed. "I started pole vaulting freshman year of high school. I went to a pole-vaulting facility for about two years as well during this time called 'Vertical Assault,'" said Moyer.

In practice, her dedication to the basics and her skills are proven. Along with having talent in a sport, every ath-

lete knows that to succeed, you need to know the basics, and Emily continues to prove this true. "I do not necessarily vault for height in practice. Most days I use a bungee cord to further work on mechanics."

Leading up to the event, Moyer was confident in herself and was prepared for her moment. As the meet continued her confidence grew, allowing her to not only believe in herself, but know she would soar over 9'2". "I was feeling really confi-

See Moyer, page 11



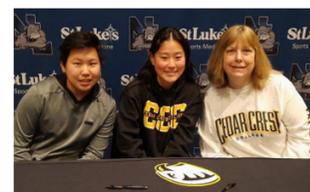
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College Signings Plans for the future already? Page 9.

Has the ‘service’ become too selective?

Just in case...
What about the ladies?

BY LILY GROOVER
ASSOCIATE EDITOR

Since the Civil War, the United States has implemented some form of draft or compulsory military service. In 1917, President Woodrow Wilson created the Selective Service System in order to gain military aid during World War I.

In 1940, the Selective Training and Service Act was passed to require all men from ages 21 to 45 to register for the draft. Since 1980, the draft has been on standby, but men are still required to register once they turn 18.

The days of the mid-1900s are behind us, and women are now seen as an asset to society, no longer a hindrance. Long gone are the days when women are expected to stay behind as a caregiver, while men have the burden of doing all the hard work.

However, with military tension again present in our society, some questions have started to circulate on whether or not World War III is an actual threat to U.S. citizens' lives. This topic has been circling around social media, especially within Gen-Z, who are now turning the age where they are required to register. This generation, being more politically engaged, started to question the draft system, and what was fair and what was not.

It's obvious that no one really wants to go to war or to be drafted into the military service, but it's also obvious that it is an incredible honor to be trusted by the nation to defend it. However, that honor is only handed to the men. It's not to say that women are not allowed to join



the military. In 2015, former Defense Secretary Ashton B. Carter lifted the restriction on women taking combat roles, even though many women were already doing this in Iraq and Afghanistan. And yes, veterans of the United States should be highly awarded, and thanked. The role they played in history is crucial to the well-being of America today.

However, the narrative that the “big strong men” will protect the nation that their “mighty ancestors preserved” excludes the ladies' part in history. Preaching for equality, but then praising young

men for doing the bare minimum, signing up for a required draft, contradicts itself. It will continue to instill a feeling of superiority into those young men.

In history classes, the curriculum teaches students about the “brave men” who fought in World War I, World War II, the Vietnam War, the Korean War, etc. From a young age, little girls are shown that their ability is not enough to defend the country as those men did.

As of now, the gender gap in the United States military is astronomical. Only 14.4% of the active military is fe-

male, and that number declines as it climbs toward senior ranks.

Changing military culture is the only way to grow those numbers. Eliminating instilled masculine traditions and targeting not just one but both sides of the gender spectrum will improve a woman's presence in the armed forces.

If true equality is wanted, start small. Requiring women to sign up for the Selective Service System will not only empower young females but also hopefully diminish the feeling of male superiority.

Hangin' 10 with Teddy



Mr. Yadush's students got some tropical flair during Bikers vs. Surfers Spirit Day. Getting in on the action was our 26th president, Teddy Roosevelt, who was known for saying, “Speak softly and wear a colorful lei.” (Roosevelt quote is unconfirmed).

Different backgrounds, strength levels could hinder grade

Fitness, from page 1

run at all. Abigail Peartree, a sophomore, said, “I believe that the fitness test is biased against kids with asthma and other conditions. Personally, my asthma makes it incredibly hard to achieve even a C grade on the mile when I put all my effort in.”

The sit ups required to get 100% are 55 for boys and 45 for girls. Push ups are 45 for boys and 25 for girls to get 100%. These standards are a bit more attainable.

The gym classes do regular training for these types of tests, and implement Marine drills into the classes on occasion to help train students in this aspect of fitness. The worst is yet to come with the sit and reach test. This test is used to measure flexibility.

To get 100%, women are expected to reach the six inch mark. Men are expected to reach the three-inch mark. This is absolutely unfair, because not everyone is flexible. While the Wellness/Fitness class stretches and does yoga on a regular

basis, there is really no ideal way to make someone flexible. Which leaves an absolutely unfair standard of people's gym grades going down simply because they are not flexible enough to pass this test.

Mr. Scott Gerould, a Wellness/Fitness teacher at Northern Lehigh, said, “I agree it would be ideal to have every

student give their *absolute best effort* on these fitness tests without grades. That is just not the reality of it though. The grade for your performance should be thought of as an incentive for working hard toward your fitness goals and ultimately be a reward for every repetition and every inch you muster up. A real

challenge, a real grade, and hopefully a real experience in what it takes for self-improvement.”

But how are these standards, which are built around the ideal fit teenager, to be considered ‘self-improvement’ when there seems to be such a one-size-fits-all mindset in these tests?

This is something that has been prevalent in gym classes, which are administered to people who come from vastly different backgrounds and often do not train at home to prepare for these tests. This leaves the kids who are more athletic and train for sports with an advantage over those who are not as athletic and do not train.

While neither lifestyle is wrong, and people can choose what they enjoy, there seems to be an unfair bias against those who are less athletic. So, as education continues to adapt and change over the years, I can only hope that the fitness tests will grow and evolve with the educational system.



Slate editor recognized statewide for Journalistic diversity



This year's Slate editor, senior Owen Levan-Uhler, is one of only two recipients in Pennsylvania of the new Diverse High School Journalist award from the Pennsylvania NewsMedia Foundation. Diversity includes, but is not limited to, ancestry, color, disability, handicap or race, religious creed, sexual orientation, or economic status. Many thanks to our administration for supporting a free press, to our readers for picking up our student publication, and to Owen for sharing his identity and strong thoughts on our pages.

Intend to get in the driver's seat

Intention, from page 1

al decisions will not only increase the chance of that particular something happening but can leave one with a better sense of power and control over their life.

There are many benefits to this seemingly simple lifestyle, and when done with an especially good attitude and positive perspective, life is suddenly a bit easier to manage. More seems possible, and the negativity of "I could never" or "I wish I could" almost diminishes completely. There is only "I will" and "I am."

Dr. Wayne Dyer, famously known for his book "The Power of Intention," has quoted, "if we focus on what's ugly, we attract more ugliness into our thoughts, and then into our emotions, and ultimately into our lives." This is a perfect way, to sum up, the main idea of the power of intention and it reflects the means of using this practice for the betterment of people's lives.

To initiate this change, one must examine and evaluate their life as it is currently. Think about relationships, health, etc., and realize one's wants, needs, and desires. Defining one's values is important as well. Knowing what one's goals and values are can help align them with their priorities which will encourage intentional living. Recognizing good and bad habits, and discarding the ones that no longer serve them is key.

According to the Journal of Consulting and Clinical Psychology, "384 tests have shown that goal-setting has a statistically significant effect on behavior." This is just the tip of the iceberg in exhibiting how people's inner thoughts and interior aspects directly affect how their physical being is construed, as well as their life's state and direction. According to Personnel Psychology, "people who have a greater understanding of the goal purpose have more chances of accomplishing their plans." When an individual has the ability and tools to build their life up to be what they want it to be using the right state of mind and heading down the right path, plans are suddenly not so complicated in the means of bringing them to fruition.

At the end of the day, setting intentions allows a person to be in the moment and live life by what matters to them most. Being proactive by setting an intention provides accountability and allows them to live their life with purpose. Intentional living puts one in the driver's seat and gives them the power to steer their course.



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Mr. Northern Lehigh is back, better, and manlier than ever

BY OWEN LEVAN-UHLER
SLATE EDITOR IN CHIEF

Mr. Northern Lehigh, whenever the competition has been held, has been a semi-unorthodox event. It is something that you wouldn't always expect to come out of a high school, and especially out of (maybe not-so) random guys from the senior class.

For anyone who may not know what Mr. NL is, it's a competition based on an opening number, swimwear and dancewear pageant, talent exposé, and a test of knowledge to determine who will be dubbed "Mr. Northern Lehigh." It's comical and all in good fun, especially when you have a big group (Class of 2023, you're up next).

Because I am Class of 2022, I am fortunate enough to remember Mr. NL from 2019. I was a freshman that year, and as a member of Student Council, I got to help run the event! Well, I just controlled one spotlight for about 20 minutes, but it was still a blast, and one of my fondest memories from high school.

Then 2020 happened, and the event was canceled.

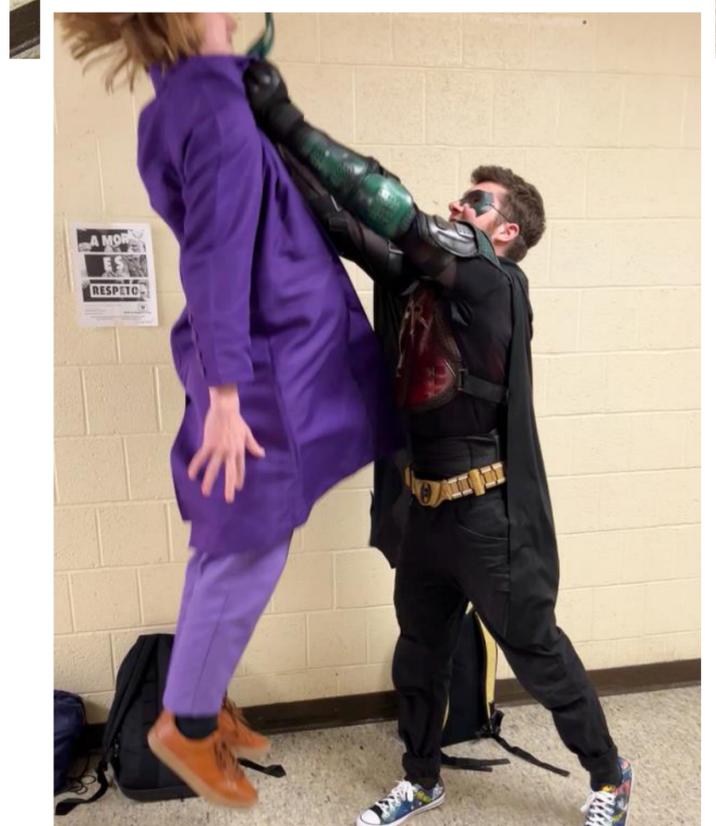
Then spring 2021 rolled around, and we were able to host an event virtually. No

shade to the four guys who stuck it out, Dylan Miller, Caleb Hankee, Brenton Krempasky, and Kenneth Dyer, as well as Kristen Guelcher and Emily Hunsicker, who directed and filmed it, because they did a fantastic job. But I think we all can agree that a pre-filmed production posted on YouTube was... less than ideal. Mr. NL is made for a live audience. You perform for people, you interact with the audience, you get energy from their reactions and laughs.

I'm not only describing the event's majesty in this article, for I am also a contestant, along with Chase Jones, Nate Walters, Jared Thomason, and Dustin Greene, with Devon Vega M.C'ing. I guarantee that this year's competition will be a far more normal event, and director Brooke Nonnemacher shares my sentiment: "We're super excited for it to be live again. There's a lot of talent. All the boys are super entertaining and have a good stage presence. Should be a great show!"

Student Council is also tying its annual Food Drive into the event. So please, come on out, bring your canned food and other non-perishables, and most importantly, enjoy an evening of slight male objectification!

SPIRITS WERE HIGH



A recent Spirit Week brought out the creativity. (Top) Gabriella Hanna and Matt McCarty battled on Bikers vs. Surfers Day. (Above, below) Chase Jones, on just another day in his normal wardrobe, battles Seth Schaeffer.



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NL

Aiden Pesesko

SCAN ME



The power of theater persists after the final curtain closes



What the musical meant to me

BY SUSAN GILSBACH
SLATE STAFF WRITER

Growing up, I was obsessed with *Newsies*, a Disney musical about the newsboy strike of 1899. It made me love the idea of performing in front of people on stage.

Performing is something that many people want to do, but many of those people are too shy or scared to do it. Trust me when I say that performing is liberating and rewarding. It sounds cliché, but theater truly does give you a voice.

I encourage everyone who is interested in theater to do it at least once in their life. My love for theater was born when I had the opportunity to be in a musical in fifth grade, and I have never regretted it.

This year, I was in our production of *The 25th Annual Putnam County Spelling Bee*. I portrayed Rona Lisa Peretti, the host of the spelling bee. This year I built such a beautiful relationship with the cast, learning how to make Rona my character, and putting our show together as a whole. We started off with a simple read through in January, and by March, the show had come together perfectly.

Walking on stage to perform a show for the first time in front of an audience will always be one of my favorite feelings. The mix of anxiety and fear and excitement and hard work come together to form what I like to call the 'opening night feeling'. It's impossible not to focus on it, because it's such a prominent emotion that courses through your veins.

Opening night was a great performance of the show, and that set us up for a great weekend of shows. After fantastic runs of the show on Friday and Sunday, it was time for the curtains to close and our final bows to be taken.

The feeling of performing a show for the last time is one of the weirdest things I've ever felt. I'm so sad that it's over, but I'm also extremely grateful that it happened. I am so thankful for the cast and crew that made this musical season so special, and a defining moment of my high school experience.

JOIN NORTHERN LEHIGH REC.'S BULLDOG BLAST SUMMER REC. TEAM!



Northern Lehigh Rec. is hiring Supervisors and Counselors for its Bulldog Blast Summer Rec. Program. Rates start at \$10-\$12 per hour for the 7-week program which offers sports, games, arts & crafts and just plain fun for children ages 6 to 12.

Contact Lindsay Taylor, CPRP, Executive Director, at nlrecauthority@gmail.com / 484-633-0093 today with questions and to get an application!



Student representin'



This year's student representatives to the NL School Board — who attend each meeting to update the members on current high school happenings — are Paige Craddock, senior, and Danielle Dougherty, junior.



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Proper writing is not just for the grammarians

The apostrophe-S after an 's' is real and needs to be respectfully acknowledged

Grammarians of the world, assemble!

Let's settle this apostrophe debate once and for all. That tricky and often-confusing punctuation pest that goes before an 's.' After?

Start here: which is correct? It's Chris' problem or It's Chris's problem. Mr. Jones' house or Mr. Jones's house? Chances are most of you would pick the first ones.

In professional writing out there, it depends where you look. The New York Times and Time magazine do the former, while USA Today and New Yorker magazine stick to the latter.

Even reputable websites that promote grammar assistance have unclear answers if a possessive 's' would go after Jess. (Spoiler: It would).

The solution is actually quite

simple and leaves no room for error. It's all in the pronunciation of the words when spoken. Let the *Slate* take you to school.

If the room *belongs* to Chris, how would you say it out loud? "This is *Chris's* room," (pronounced Chris-sizz). It's that simple, yet you rarely see it done right.

It's the same with an 'x' or 'z.' I used Mr. Rex's grill for Mrs. Ruiz's recipe. Those are easier but the extra 's' causes so much awkwardness because it tends to look weird. (Wait until we pluralize last names ending in 's'. Things will get wild).

This specific grammar usage really is not subjective like where commas sometimes go, which could be a contentious debate. Maybe a brawl for the hardcore.

Again, here are the easy ones. Are you going to *Mike's* game? Show me *Jim's* assignment. (But then the trickier ones.) I don't agree with *Marcus's* opinion. Help me understand *Alexis's* process. Can you hear it?

OK, let's really blow your mind. We'd bet 99-point-most of you



do not properly pluralize a last name like Torres or Smithers. Keep the apostrophe away. Ready?

I'd like to introduce you to the Torreses. Not the Torres's or Torres'. They are the Smitherses. Seriously — as odd as it looks.

Pluralized, it's the Hesses, not the Hess's. It's the Marxes, not the

Marx's. (Sure, you could just say the Hess family, the Torres family — but if you are going to get that decorative sign for the front yard, grammar should count for all the English nuts who drive by). No possession. Just a weird looking plural name.

In the *Slate's* front-page story in issue three, it definitely looked weird when associate editor Lily Groover pluralized a last name from (singular) McMichaels to McMichaelses. It does not sound weird, but written, it's visibly awkward. However, it's accurate.

Are there bigger problems in the world right now? Perhaps. Are you indubitably smarter now after having read and learned these amazing grammar rules that should be taught more? Absolutely.

Maybe the USA Today's and New York Timeses of the world (yep, *Timeses*) could all get on the same page. (Pun beautifully intended).

Until then, the *Slate* has spoken, and has written — properly.

Our View

Salaries of the Absurd

By Keona Dyer



Conor MacGregor, mixed martial arts star, is receiving a 'salary' of \$180 million this year. LeBron James rakes in \$96 million to play basketball. Roger Federer — \$90 million to play tennis. At the other end of the spectrum, the average police officer's salary in the U.S. is \$49,000. Firefighter? Starting around \$36k. Volunteer firefighter? Zero. Quite unjust for graduates to enter the workforce with such backwards compensations.



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Hey! You don't have to agree with us!

Students, community members, anyone with another opinion — let us know!

Letters should not exceed 175 words and may be sent to: theslatenews@nlsd.org



The sexistists of Texas

Their role in destroying women's rights could inspire other states to join the control train

BY ABBY PEARTREE
 & CONTRIBUTING WRITERS

[It is important to note that for the sake of brevity, "female" will be used as a broad term, to refer to those who are born biologically female. Reproductive healthcare, such as abortion, is still just as important to people such as trans-men as it is to cisgender women.]

I am getting so sick of women being constantly stripped of their rights. It has gotten to a point where men in government are trying to have control over every aspect of a woman's life.

One of the most recent and despicable examples of this is an attempted bill in Texas, where mostly-male lawmakers want to make abortions punishable by death.

The pro-life approach is now so far off from its original goal that in order to "protect life," it is removing life by killing the women who choose to get abortions.

Lawmakers also do not seem to understand that banning abortions won't stop abortions as a whole: it will stop *safe abortions*. I will never understand the debate between pro-life vs. pro-choice; *all* people should support each other regardless of the decisions they make.

By opposing abortion, people have created a sense of divide over something that should just be common sense: a right to bodily autonomy. Besides, just because a person is pro-choice does not automatically mean that they *have* to get an abortion, not that they even want one for themselves. It simply means that they have respect for the people who want a choice of what to do with *their* body.

It is immature to say that people do not deserve a choice of what happens to their bodies, and it is purely misogynistic to say that women are not capable of making proper bodily decisions, and that men need to make these legislative decisions to "keep women safe." So, it is often said, 'Just go to another state to get an abortion and then come back.' However,



this is not ideal for many.

Some do not have the financial means necessary to travel out of state, and many states with anti-abortion legislation being considered or already in place are fighting to crack down on out-of-state abortions.

In Oklahoma, the state legislature just passed a bill that would make getting an

abortion punishable with up to ten years in prison, no matter where you get one. The state's governor also promised to sign any anti-abortion proposal presented to him.

In a world where the Supreme Court is constantly and increasingly teased with the opportunity to overturn *Roe v. Wade*,

women are scared for the future. Many bills are being proposed now that, if upheld on the federal level, would overturn *Roe v. Wade*, which is horrible for women's rights and healthcare in general, and not specifically for abortion rights. This oppression is coming without due say from women themselves.

Over the *entirety* of Texas's statehood, only 179 women have served in the state legislature. That number isn't even equal to the number of people in the legislature in total for *one* legislative session, 181. Compare that to the *staggering* 5,444 men that have served in this government body over the past 175 years.

Not only that, but over the course of American history, 12,421 congressmen have served, and only 397 were women. Women make up 50.3% of Texas's population, and 50.5% of the total American population, yet they are reduced to a mere 3% of congresspeople.

Alongside this, we have had no female president. We have had 49 vice presidents, with only one ever being a woman. Not a single government statistic shows a higher percentage of women, or even an *equal* percentage of men and women. Our constitution states, "We the people," but is that really true when the people are so disproportionately represented?

As states continue to strip away the right to free choice, the protests are heard loud and clear, yet lawmakers persist. Throughout the nation, women are speaking out about and fighting for the basic right to choose what happens to our own bodies, something we shouldn't even have to do.

But here we are, because apparently to Texas law, pro-life means anti-woman. Being pro-life has come to mean completely disregarding the respect for the lives of women who simply want bodily autonomy, and until the rights given to women are equal to the rights given to men, we will be persevering in the fight to take back our right to choose what happens to *our own bodies*.

Do you have the right to decide?



DEVON VEGA
 Columnist

Here's a take that's sadly become controversial. *Women can do whatever they want with their own bodies*. In fact, anyone can do anything they want with their bodies. Get this, someone getting a tattoo is not going to kill you. You can let it go, you don't have to remind them that "it's permanent."

Someone can dye their hair without it being a statement.

And, the big kicker, someone can get an abortion without it being considered murder!

I know, *shocking* hot-take. Feel free to disagree because at the end of the day, it's not up to me or you. It's up to them. Because it is their body, their possible child, their future, *their* decision. The only—and I mean *only*—person who they would be considered getting consent from would be the child's other parent, and that's not on every occasion.

Yes, having children is something many people dream of, and those people may stop at nothing to get that. But some people don't want children. Some people can't afford a kid. Heck, some people can't even survive childbirth, or pregnancy for that matter. Not every woman with the potential to enter motherhood should need to, or be pressured into doing so.

The option of putting the child up for adoption or foster care is always

brought up. And while that can be a great solution sometimes (with its own potential issues, mind you) it is not always an option. It also doesn't get rid of the looming issue of pregnancy itself.

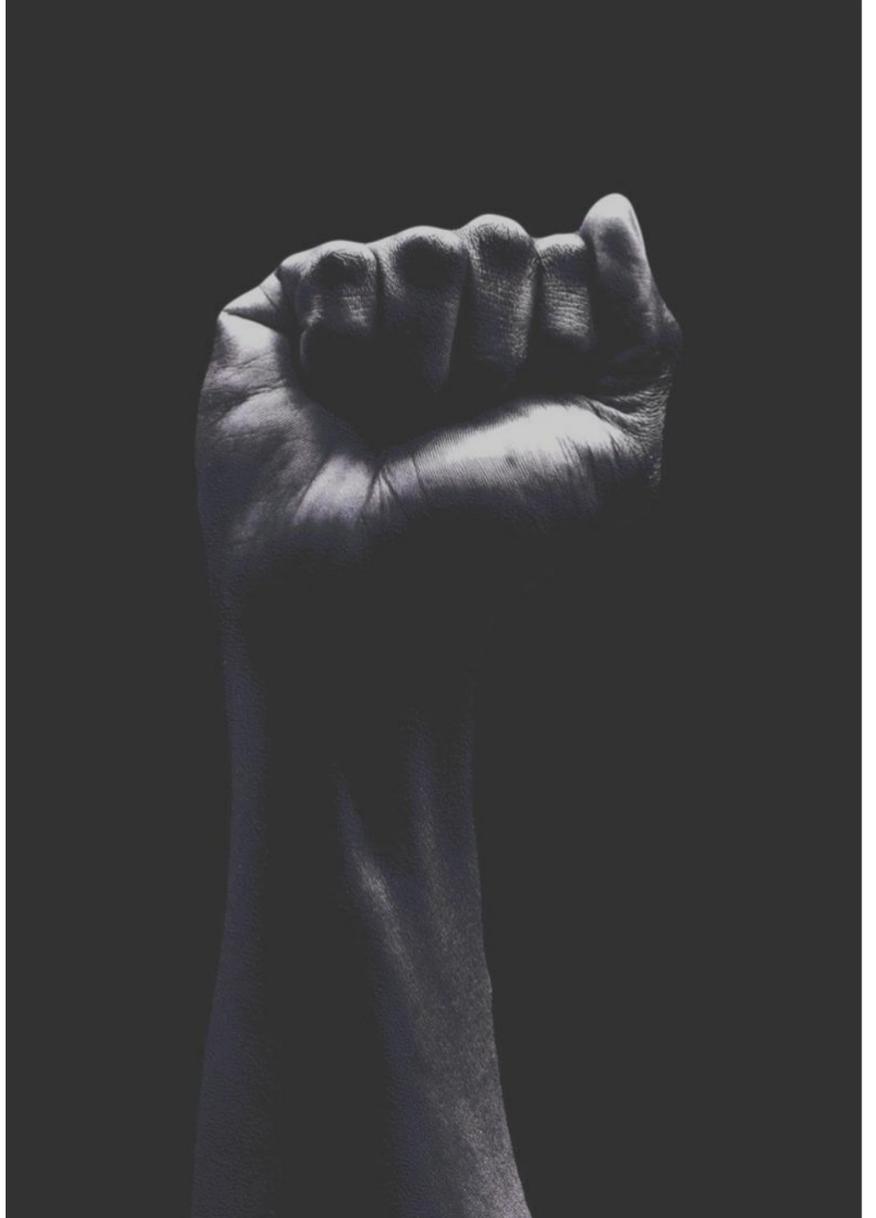
You, me, and everyone else in the world knows pregnancy is far from fun. It's nine months of imbalanced hormones, throwing up, pain, anxiety, and being the center of attention whenever you're anywhere away from home.

All the while you're growing to extremely uncomfortable proportions until you *quite literally pop*. Then, and only then, do you have the ability to have your child adopted. Not many people want to go through that all just for someone else to have what you did all of that work for.

Another big thing is that a lot of the people who benefit from abortions are still extremely young. Some are still children themselves. I highly doubt every single teenage girl who's gotten pregnant in the last year would be able to survive it, nor would they have the resources necessary to care for a child.

Would you really condemn hundreds, maybe thousands, of people to death or disease simply because they were human? We are one of the most brilliant examples of life on this planet. We defy our very nature every single day just by living past 40. Why should we stop at something so trivial as this?

I would proudly die on this hill if it meant saving hundreds of *fully formed* humans from dying for the sake of putting more of us here. We can slow down at 8 billion.



Dear Disney: Do better

BY OWEN LEVAN-UHLER
EDITOR IN CHIEF

Disney has perpetuated racist, orientalist, and queerphobic/heteronormative content and ideologies for generations. Disney's productions also strongly lack proper representation of PWD (people with disabilities).

While the company has made substantial strides in improving inclusivity, Disney still advertises, touts, and makes live-action remakes of its insensitive properties, and discriminates against its employees and their ideas for diversity.

Turning Red, Pixar's latest release, offers a refreshing story about adolescence and puberty, personal and bodily autonomy, and Chinese and immigrant culture, created by Asian filmmakers and artists. Pixar literally designed technology for the film to help eliminate bias in the framing of shots, so as much diversity could be on-screen as possible. However, diverse content like *Turning Red* faces so much resistance from Disney itself.

The Owl House, a popular Disney Channel series, recently gained substantial popularity. But it is banned in several countries because of its portrayal of queerness, and bigoted parents voice their disapproval because of their belief in the dangerous stereotype that queer content is inappropriate for children. Because of this, the company announced that the third season, initially planned as 20 episodes, would close the series with a mere three "special episodes."

What's worse: Dana Terrace, the creator, was *forced* into prematurely ending the series.

Injustices like this have apparently occurred at Disney for years. A letter penned by "the LGBTQIA+ employees of Pixar & their allies," says that, "We at Pixar have personally witnessed beautiful stories, full of diverse characters, come back from Disney corporate reviews shaved down to crumbs of what they once were."

They elaborate: "Nearly every moment of overtly gay affection is cut at Disney's behest... we are being barred from creating [queer content]." Even a film as inclusive as *Turning Red* couldn't escape this: queer scenes were cut during production. Unfortunately, Disney's problems lie in many places other than

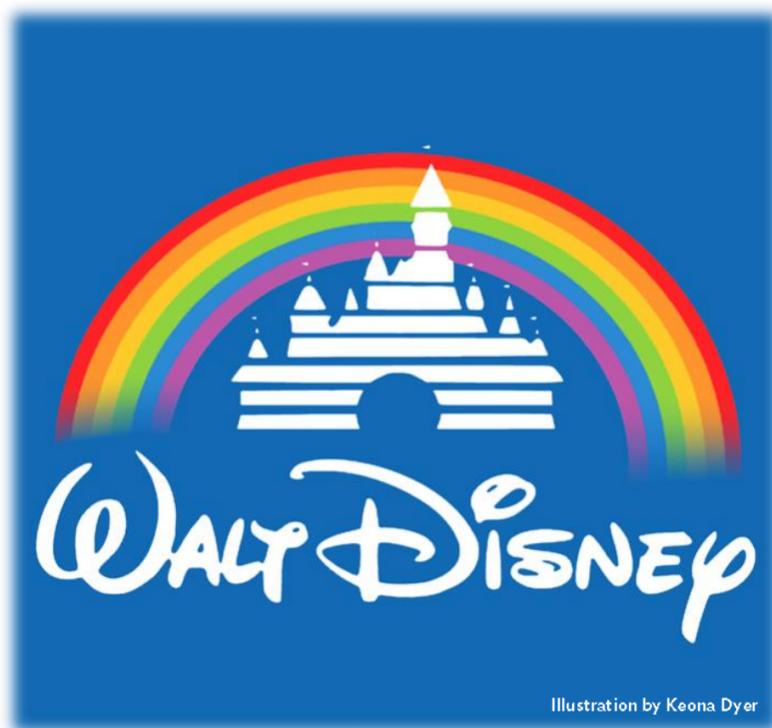


Illustration by Keona Dyer

the queer community.

Disney's stories strongly lack representation for disabled characters and characters with illnesses. There have been steps in recent years, the most important and accurate being the Pixar Sparkshort Loop, about Renee, a non-speaking autistic character who is hypersensitive to sound. *Turning Red* also contributed to PWD representation, showing diabetic background characters.

But there aren't many prominent PWD characters in Disney's entire catalog besides Massimo Marcovaldo in *Luca*, Mamá Coco in *Coco*, and Dory in the *Finding Nemo* series. At least, not any well-representative characters.

There are a lot of things that *The Hunchback of Notre Dame* gets right: Quasimodo, a PWD, is the main character in the story, and he stands up for himself and grows through the other characters and finds his community. Quasimodo's story also effectively shows how PWD are frequently abused. The problem is that Disney inadvertently infantilized Quasimodo at points in the film. So while *Notre Dame* was definitely a huge step in PWD representation for Disney, there hasn't been such progres-

siveness since its release in 1996.

There have been areas where Disney has made notable progress, such as its representation of POC and various ethnicities, *Encanto* and *West Side Story* being recent examples. This is, in part, due to Disney's extremely problematic history in this field of representation.

Without getting into insane detail (because believe me, I could), *Aladdin* (1992) is an orientalist, sexualized, and entirely inaccurate portrayal of Eastern culture and people. If that's not enough, a live-action remake of the movie was released in 2019, in which the story, the setting, the characters, stayed largely the same racist, inaccurate concoction.

What's more, the producers of the 2019 film struggled to find two 20-something, Middle Eastern or Indian actors to portray Aladdin and Jasmine out of the over 2,000 who auditioned.

The *Star Wars* franchise suffers from racism as well. John Boyega, a Black actor who starred in films 7-9, has expressed his disdain with Disney: "What I would say to Disney is do not bring out a Black character, market them to be much more important in the franchise than they are and then have them pushed to

the side."

Boyega suggested in the same interview that he feels his co-stars Oscar Isaac (Guatemalan-born), Kelly Marie Tran (Vietnamese descent), and Naomi Ackie (Grenadian descent) were similarly marginalized, and that Disney gave "all the nuance" to the two white main characters, played by Daisy Ridley and Adam Driver. He also stated that he was assigned hair stylists who had never worked with hair like his, but "still had the guts to pretend."

Heterosexuality is not *the* standard. Cisgenderism and a gender binary is not *the* standard. Whiteness is not *the* standard. Male superiority is not *the* standard.

Yet, Disney's "classics" come from a time where these *were* considered standard. And because of the ubiquity of Disney's content, these incorrect standards were cemented into the heads of millions, if not *billions*, of people around the world.

Many recent films and series produced under the Disney umbrella by the *creators* aren't made under the assumption that these are standards. The problem is that the *company itself* has not been able to move far enough away from these ideas without fear of alienating its conservative audience, who oppose equality. It advertises offensive content, while also oppressing creators who wish to bring the company closer to inclusivity.

So, while conservatives enjoy stating that Disney is "woke," they are wrong. They say this only because they are mad when there is any semblance of progressive content coming from the company. Disney needs to be held accountable by *everyone* for indoctrinating generations of people to subscribe to dangerous stereotypes and ideologies, and people also need to educate themselves on these issues.

Next time you watch *Aladdin*, or witness it being advertised, think about how grossly wrong the film is. Talk to your kids, friends, and parents about why films like that are wrong, and be careful when introducing children to offensive or controversial content.

Consider finding films and series that are more inclusive and accurate to those they are portraying. Long story short: be wary, but be open and kind.

'Are you OK?' could make all the difference



AYDEN SCANLON
Columnist

The life of a teenager in high school is not all that it is cracked up to be in movies and television. An unaware person may be led to believe that high school is a magical place filled with handsome men, pretty women, and lots of wacky and fun shenanigans every other day of the week.

Maybe everyone will just burst out into song during the middle of the day, as *High School Musical* would have one believe. This, of course, cannot be any further from the truth. In fact, it can be like a living hell.

With all that goes on in the schooling system of today, many students are left without a stable mental state. The modern high school experience is filled to the brim with stressors, things that completely ruin the experience for everyone.

From things that are universally abhorred like homework or essays and the overwhelming feeling of dread when the test is approaching, to all the "what if's" of life, stress is a major presence in almost every student's life.

Anxiety and stress are almost

like two peas in a pod. There cannot be one without the other. The feeling can almost cripple a person. Sweaty palms and butterflies in the stomach are not a pleasant feeling. Sometimes it can even make someone feel helpless or trapped, like there is no logical or cut-and-clean way out. Sometimes it can even get in the way of how someone wants, or *needs*, to express themselves. Anxiety can manifest itself differently depending on who is experiencing it, but it is painful all the same.

When these feelings build up inside someone, they are obviously unhealthy. They can eat away at someone's *very being* and dig them into a hole that is very hard to get out of: depression.

Depression is like an ever-present force. It is not always able to be seen, but it is there. It can make you feel like there is no meaning to anything, like everything is in vain. In extreme cases it can even drive people to make destructive choices toward themselves or other people. The scariest part is that anyone can have

it, but they don't often show it. If someone feels this way in life and is struggling to find meaning, you are not alone.

In high school, it can be hard to find time to focus on oneself. However, in some instances, it is necessary in order to ensure a healthy mental state. This does not mean that you should sit around and do nothing, but rather, take time to focus on one's physical and mental being.

Get away from school for a brief moment and simply enjoy life; life is the gift that keeps on giving. Take everything in for a moment, and focus on all of the five senses, because they're a gift that nature gave to mankind. After all is said and done, prepare to get back to the daily routine once again.

Times like these are what many people need in their lives, just moments when people can ignore what is happening out in the world and just focus on the immediate experience, to focus on simply being present.

What so many people do not understand is that mental health is just as important as physical health. After all, it has the word *health* in its name for a reason. And people should treat it as such. Nurture it and take time to recognize when it could be improved. Help a friend who might be struggling. A simple "are you okay?" could make a big difference in their life.



SPORTS



From the Konkrete Kids to the Dawggs' track

BY ALEXIS TRAUGHER
SLATE SPORTS EDITOR

The horn sounds and the sprinters take off around their first curve. They reach the home stretch, most of their body going numb. With the finish line insight, the runners give their final push finishing in first, second, third, or fourth.

Coach Tatiana Lopez, a Northampton Area High School alumna and Moravian College graduate, claimed a career many wish to have. Starting at the age of 12, cross country was her main athletic focus with track and field being a form of spring conditioning. "I originally started cross country when I was about 12 when I was in middle school, since we didn't have a middle school track team. So, I started track when I was a freshman in high school as a means of getting in shape for cross country because that was my main sport at the time," said Lopez.

As time progressed and Lopez grew in her field, she earned two fourth place medals in Leagues and Districts throughout high school. With her outstanding dedication and hard work, she committed to Moravian College, now Moravian



Tatiana Lopez

University. During her studies at the collegiate level, she received one silver medal, two bronze, and one gold medal during a combination of indoor and outdoor seasons. However, the worldwide pandemic played a role in the outcomes of her goals.

"Covid definitely played a role because I believe if I had had the season we missed out on, I definitely would have been able to break the school record

much sooner," said Lopez.

However, her dedication and self-criticism started to take a toll as her career neared its end. "At our Landmark Conference Championships, I would have broken the school record and gone to nationals, but I put a lot of pressure on myself and it ended up getting the best of me, and I fell on my last hurdle. It was then that I decided that I was done and not going to take my red-shirt season. It was heartbreaking, but also rewarding to know that had I made it over that last hurdle, I would've not only broken the school record that has been there since 2008, but also would've qualified for nationals to become an All-American," said Lopez.

Now, Coach Lopez is inspiring and encouraging other athletes to achieve their goals and perform to their full potential, as the coach of hurdlers and sprinters.

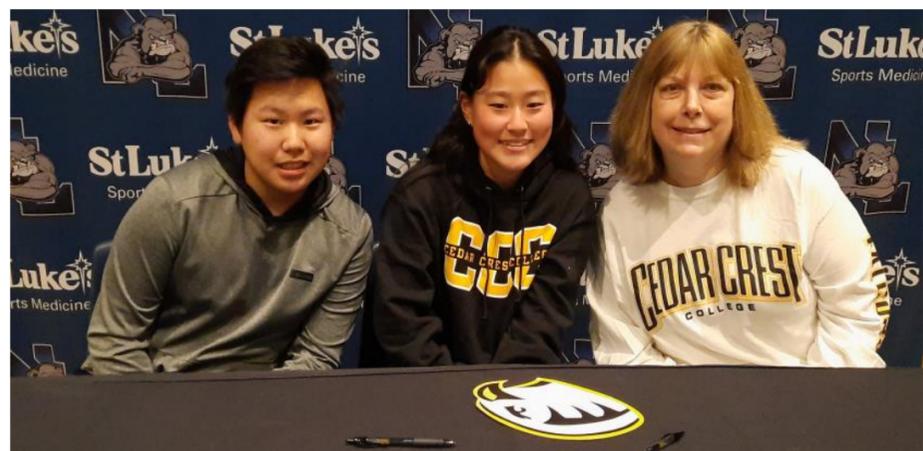
"The position was introduced/offered to me through my college coach, who got in touch with my now-colleague Coach Michael Lehtonen. NL needed a hurdles/

sprinting coach, and at the time I thought it would be a cool experience to be able to teach a group of athletes all the skills that I've acquired over the years. I took the job, not really knowing what to expect, and a little bit nervous... I wouldn't change this experience for the world because I've met great people and have learned new things about myself along the way. While I coach the team, I am simultaneously learning from them," said Lopez.

As every athlete looks to their future and their team's future, a coach is always one key part of that imagination. Coach Lopez's goals for their future are nothing short of the same.

"My goals for this season are to take as many athletes as possible to states, break a school record, and to encourage the team as a whole. Track is not only an individual sport but a team sport, so I want to highlight the importance of being a supportive teammate. I want to share all the knowledge that I have in order to help shape them into better athletes and prepare those that are pursuing sports into college," said Lopez.

They pledge intention to attend and succeed



Clockwise from upper-left, pictured with family support: Trevor Amorim (Kutztown University); Stefany Steckel (Lock Haven University); Kendall Heiney (Cedar Crest College); Olivia Horninger (Cedar Crest College); Matt Frame (East Stroudsburg University).



Futsal is alive and kickin' at NL



BY CAITLIN KIRK
CONTRIBUTING STAFF WRITER

Kicking off a start into a new, interesting season of futsal at Northern Lehigh. Futsal, a soccer-like game, is played inside on a hard surface, usually the size of a basketball court, and uses a smaller, harder ball, allowing players to continue their training and development throughout the winter months when the outdoor fields are unusable.

John Murray, the Northern Lehigh High School boys soccer coach, took it upon himself to create a new program for all soccer players, or those interested in soccer from grades 8th through 12th at NL. The program itself consists of an hour and a half of action-packed, small-sided scrimmages which “provide players with an opportunity to improve their footwork, creativity, and decision-making ability” adds Coach Murray.

Although it might sound similar to a normal match of soccer, the game of futsal is quite different from the regular game. However, “players still use their feet to put the ball into a net, but outside of that concept, everything is different” states Murray.

The size of the pitch is much smaller compared to an outdoor field, with only five players on the field compared to the normal 11. In comparison to the normal game, there are “unlimited substitutions and the length of the game is shortened,” mentions Coach Murray.

With the growing program, Coach Murray adapts to what he is working with. “To provide players with an environment to improve, we make additional changes. The makeup of our games and teams depends on the number of players who attend a particular session” says Murray.

After every game, Coach Murray will

evaluate the competitiveness of the teams and make adjustments to balance the teams appropriately. Then after three games, he will re-pick teams so players can get comfortable playing with different players and in different positions on the field.

Coach Murray, alongside Mr. Jason Reinhard, the high school girls soccer coach, worked together to find a way that young athletes could continue their training over the winter months. Murray states “My previous club teams always played soccer during the winter months. With the current facilities changing or eliminating their winter leagues, I took matters into my own hands and went to the school’s Athletic Director and proposed forming a Futsal Clinic for any individuals who would like to continue developing their skills and techniques during the winter months.” Intrigued by the proposal, Mr. Bryan Geist, NL’s ath-

letic director, was very supportive of the idea and was able to find time and a facility to hold the futsal sessions.

As for the future of the program, Coach Murray hopes to rerun the clinic next year. However, “it all depends on the interests of the players.”

Due to just starting this year, the program did not have the opportunity to play in an actual futsal league. Although there are no plans for a futsal team to arise this year, Murray states, “I am very interested in developing players and improving our program and if that interest is there, we will make it happen. So if there is an interest to play in a futsal league in the future, I would look forward to making that happen. I hope that the program continues to grow and help our players improve their game and create a successful high school program.”



Photos by Caitlin Kirk for The Slate
Jeffrey Heintzelman looks for an open shot. (Right) Matt McCarty and Seth Schaeffer get all the tools ready for indoor soccer action.



Setting the bar higher and higher, for herself and others



Moyer, from page 1

dent the whole day. I had a ton of energy and I knew I could get the record when I soared over 8'9" during the meet while I was working my way up to the record."

The moment when the dedication and hard work pays off is a moment no athlete ever forgets. For Moyer, that moment will always be remembered, but it will also be followed by her continuous buildup of height. "I was in disbelief when I had cleared it. I was honestly so impressed with myself and the fact that I didn't even touch the bar. I had so much height on the vault. I am so excited now, but I am working extremely hard to meet some other goals I had set for myself. This was only the beginning."

As we have seen in the first two meets this season, Moyer shows no sign of slowing down her improvement. No one knows what she will accomplish by the end of the season, but hopefully she will accomplish the goals she has set. "My end goal for this season would be either 10' or 10'6". There are still some errors in my vaults that I would like to approve upon as the season progresses."

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Springtime opens ball fields for the season

BY HAYLEY THODER
SLATE SPORTS WRITER

It's the season of spring sports and the baseball and softball teams are off to a start. Baseball is a young team with only three seniors: Zachary Chamberlain, Joshua Kistler, and Cole Hausman and one junior: Tyler Fenstermaker.

This comes with a tough loss of no JV team for a second year in a row. This makes this team full of so many new players. "Having no JV program only hurts the future of the program ... It's also a physical ability that just needs time to develop. That's why we have the two different levels in High School sports," said Assistant Coach Mr. Christopher Bennett.

While baseball has not always had the easiest of seasons, they are continuing to work hard to achieve more with this season. The coaching staff is looking forward to a hard-working season. "We are trying to improve a little every day and focusing on our skills," Head Coach Mr. Gregory King.

As for the team and many of its members, they are working hard to make this season one to remember. Senior Cole Hausman says "I'm hoping to start the season off strong and on a confident note for myself and I expect the team to follow the same route as well as playing hard."

Some are concerned about the team itself, while others seem worried about the sport not having as much life as it used to. Tyler Fenstermaker, junior, says "It's a sport that's dying and it really shouldn't be, it has a lot of history."

The baseball team as a whole is looking to see a brighter season after having the "covid" season last year. Both athletes and coaches are working hard to achieve a much better season after coming down



with a tough one last year. "I think it's important to get players to always do their best and do the little things. That needs to start way before they ever step foot on any athletic field... Building that mindset into your daily life, your career, your future, that's way more important and applies to all of us. Again for many, playing sports will come to an end when we graduate high school, but the lessons that we walk away with, those will last way longer than our accomplishments and trophies from our time on the field," said Bennett.

In addition to baseball, softball had an unpredictable season last year with Covid-19 restrictions, weather, and many other factors. The softball program at Northern Lehigh is quite small and there are only enough girls for one Varsity team and one Junior High team. Even though they are small, the teams are hard working, practicing outside every chance they get, and continuing to work hard when inside. Brianna Hess, senior, says "My personal motto for the team is we are small but mighty. We get adversity thrown at us but that only makes us a strong/better team. We never give up, no matter what life decides to throw at us, it makes us better."

For many this sport is more than just softball, it becomes a family. It's more than just a game with a winner and a loser. Marisa Maehrer, 2nd baseman, freshman, says "Once I step onto that field all

my stress, family problems, and heartache go away because I know I have strong sisters and two powerful coaches to cheer me up and forget everything that has ever happened. To the world we are just a team, to each other we are family."

The feeling of family is for every individual on the team. They strive to create bonds that will never be broken on and off the field. "Being able to represent such an amazing program has been a dream. I love my teammates and I love this game," said Kaitlyn Stock, junior, catcher. The program has such an amazing background, it is one every single player is proud to represent. Players play for the name on the front of the jersey and never for themselves, it is never an individual game.

Head Coach Mrs. Kate Farber dedicates all she can to the program and the team. She gives the team her all even when her life throws her curveballs. She always gives dedication to the team and strives to improve her players everyday. She is someone her players look up to and someone they rely on heavily.

Evidently her players become her second family. "As a coach, you ultimately spend more time with your athletes in

a week than you do with your own family so they become your second family. You build rapport with players and get to know them as individuals who work together to achieve goals. We work together through victory and defeat, struggles and triumphs, battles and uphill climbs. Naturally, I become invested in the team in ways far beyond teaching them the game of softball. This sport means everything to me. It has taught me more lessons than can be counted and all of those have helped shape who I am as a coach, a teacher, a mother, and a wife," said Farber.

The NL Varsity Softball team is looking forward to a hard-working season, filled with fun, but also filled with learning experiences. They are hoping to step up from last season and looking forward to what it will hold. So far, the team is off to a strong season.

"We are always the underdogs but always push through adversity and come out on top. Even when we get down, we always pick each other up. With that being said we will continue to ride the wave to victory during this season," Farber said.

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2022 Northern Lehigh Softballers



(Top) Kaitlyn Stock, Kendall Heiney, Cadence Peters, Skyelar Horack, Grave Bauer, Coach Jason Smith, (Middle) Peyton Hoffman, Brianna Kuhns, Jordyn Hemingway, Jeweliana Andrews, Arabella Heintzelman, (Bottom) Emma Smith, Haylie Fenstermaker, Hayley Thoder, Marisa Maehrer, Brianna Hess. (Missing from photo is head coach Kate Farber).



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Bulldog Baseballers battle through spring season



(Left, seniors): Josh Kistler, Cole Hausman, and Zach Chamberlain.

(Above, top) Coach Mr. Christopher Bennett, Coach Mr. Zachary Merkle, Jackson Van Norman, Jack Tosh, Nick Buskirk, Zachary Chamberlain, Connor Simms, James Mann, Coach Mr. Greg King.

(Middle) Conner Martinez, Davyn Hankee, Cole Hausman, Josh Kistler, Brayden Tocci, Reese Lipsky, Brayden Buskirk.

(Bottom) Brody Sterner, Eli Grady, Trent Richard, Brendan Hill-Geake, Tyler Fenstermaker, Lawson Hoffman.



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MONUMENTAL MOMENTS IN HISTORY

Sacrifice, dedication, service: The Medal of Honor

BY CALLUM BRYCE ZIMMERMAN
SLATE HISTORIAN

To some, the Medal of Honor signifies profound bravery and courage in the face of adversity on the battlefield. For me, it symbolizes immense sacrifice, dedication and service. But to the list of recipients, the medal's significance is quite personal and emotionally charged, unique to the individual's experience.

The Medal of Honor is our nation's highest military distinction awarded for bravery above and beyond in the call of duty. It is awarded by the President in the name of Congress, which is why it is often called the Congressional Medal of Honor.

The Medal of Honor was created by President Abraham Lincoln in December, 1881 during the Civil War. The President established the medal to be presented to Union sailors and Marines fighting to recognize extreme courage and bravery. A few months after, on July 12, 1862, the criteria for awarding the Medal was extended by Congress to include soldiers in the Army.

Since then, the Medal of Honor has been awarded to service members in every military branch, with the exception of the newly founded Space Force. In the last 150 years, the medal has been awarded roughly 3,500 times.

There are three 'types' of Medals of Honor. These are a Navy Medal of Honor, an Army Medal of Honor, and an Air Force Medal of Honor. Though generally reserved for military personnel, during the Civil War, eight civilians received the Medal of Honor. This includes the only female honoree Dr. Mary Walker.

Another one-time-only awarding of the Medal of Honor was given to a recipient serving in the Coast Guard. Signalman 1st Class Douglas Munro received the award posthumously more than 75 years ago for saving the lives of Marines during the Battle of Guadalcanal during World War II.

Many Medal of Honor have been awarded posthumously (after death). In 2019, President Trump posthumously



awarded the Medal of Honor to Army Staff Sgt. Travis W. Atkins. The award was received by his son on his behalf. The prior year, Air Force Master Sgt. John A. Chapman was also awarded the Medal of Honor posthumously, which was presented to his wife. Chapman was the first airman to receive the Medal of Honor since the Vietnam War.

Most recently, Army Sgt. 1st Class Alwyn C. Cashe was posthumously awarded the Medal of Honor for his acts of courage in 2005. While in Iraq, Cashe dove back into a burning vehicle three times while under enemy fire to pull out trapped soldiers.

Cashe's uniform was soaked in fuel and caught on fire during the rescue effort. As a

result, he received second and third-degree burns. In spite of this, Cashe continued to pull soldiers from the vehicle and refused to be evacuated by helicopter until all of the other wounded men had been safely evacuated. He later died of his injuries.

On December 16, 2021, Cashe's family was presented with his Medal of Honor by President Joe Biden, making him the first Black recipient of the medal since 9/11.

When presented with a Medal of Honor, the recipient is given a variety of "benefits." In addition to a lifelong monthly payment, Medal of Honor recipients are given a special "Space-A" entitlement. This is "space available" air transportation privileges, which allows them to travel anywhere in the world that military air transports go without cost. Their children can attend the military academics, without nomination and regardless of quota requirements. Medal of Honor recipients are allowed to wear the uniform at any time and are able to be buried at Arlington National

Cemetery.

The Medal of Honor has also found its way into entertainment, particularly in the 20th and 21st, Medal of Honor recipients have inspired TV shows, including Netflix's recently released "Medal of Honor" series. Movies, such as "Hacksaw Ridge" and "Blackhawk Down" were inspired by the stories of Medal of Honor recipients. Even the popular "Medal of Honor" gaming franchise has been influenced by the stories of Medal of Honor recipients.

As many of us sit in school or speak what is on our minds, all ought to be thankful for the very reason we are able to do so, which is in part because of the bravery of the Men of Honor recipients. I truly believe that every soldier is deserving of recognition and appreciation.

They put their lives at stake, leave their families behind, and fight for what they believe in. If those actions do not make them deserving, then I don't know what does.

Fields are all fenced in

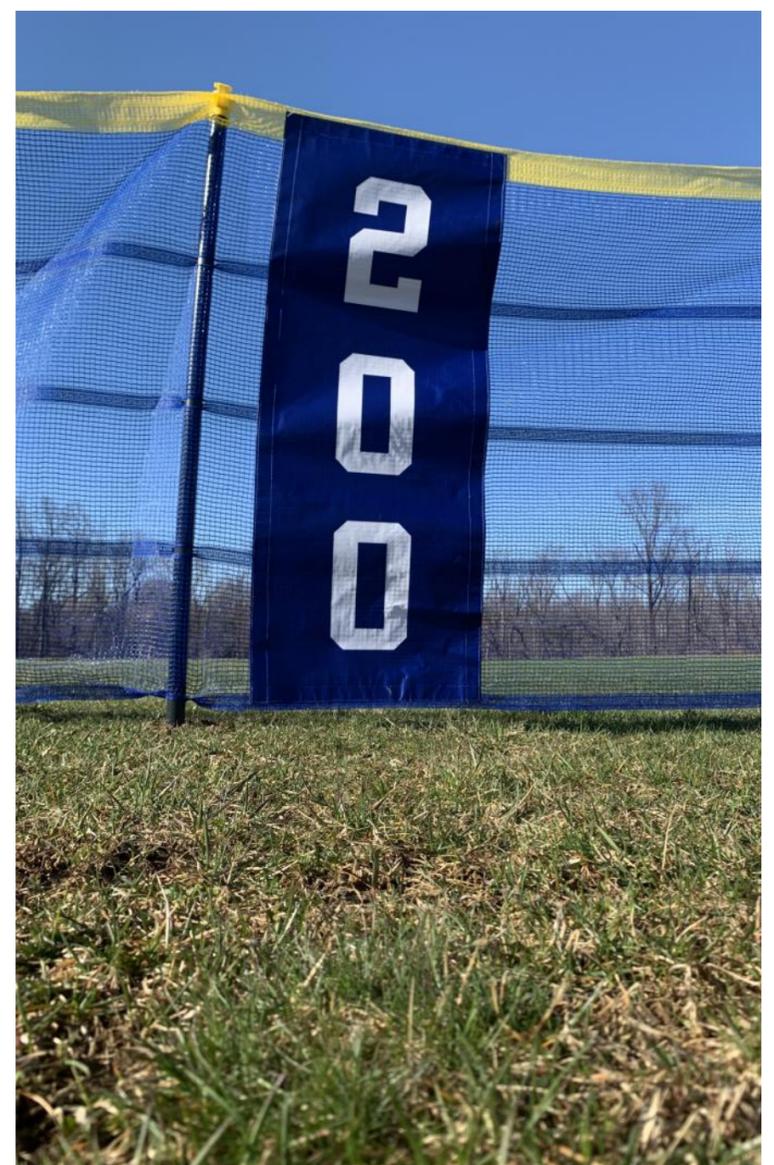


Photo by Kaylyn Lugo for the Slate

NL's softball and baseball field now have boundaries at the homerun distance. Swing away, kids. Grip it and rip it.

Thomson's

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From Slatington to...



By Chase Jones

Softball future stars



This year's JV softball team.

(Top) Coach Mrs. Allison Chruscial, Kylee Snyder, Tegan Simms, Samantha Mack, Leah Wentz, Coach Tiffany Yesik.

(Middle) Caralena Lewis, Adriana Danyluk, Emily Gad, Addison Smith, Alexa O'Connell.

(Front) McKenzie Chruscial, Savannah Kast, Fiona Jones, Aubrey Reinhard.