

THE SLATE

ALL YOUR BULLDOG NEWS... UNLEASHED!

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The Voice of Northern Lehigh High School

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Becoming part of history

Longtime NL teacher closes final chapter on storied career

BY MADDY MACK
SENIOR STAFF WRITER

Mr. James Yadush has spent the last 32 years teaching generations of Northern Lehigh students the importance of history in their education. At the completion of this school year, he

will officially be retiring from teaching. He taught at NLMs from 1991 to 2001, and has been at NLHS since then.

Throughout his career, he has most often taught United States History II, Honors United States History III, AP United States History, and Introduction to Economics.

In addition to his academic career, he has also been involved



Jim Yadush

in the school athletically. He was an assistant junior varsity baseball coach in 1992, a junior varsity softball coach from 1993 to 2004, and head varsity softball coach from 2005 to 2007.

In his spare time, he has been a scorekeeper for the boys basketball team from 2001 to 2014 and 2021 to 2023, and a statistician for the football team from

2020 to 2022.

Mr. Yadush has had many memorable moments throughout his 32 years at NLHS: "In 1996, I met a substitute math teacher who would become my wife three years later," he said. He was able to work with his wife, Aileen, from 2006 to 2011 when she was principal at the high school. "For the last five

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'Promming' at the Peak



Keona Dyer, Caitlin Kirk, Maddy Mack, Lily Groover, Matt McCarty, Bailey Smith, and Dekota Barthold enjoyed their senior/junior prom at Penn's Peak in Jim Thorpe, April 29. More photos are on page 4 and 5.

Photo courtesy of Lifetouch

Students deserve the First Amendment, too

BY LILY GROOVER
EDITOR IN CHIEF

The Slate takes the articles, art, and ideas published in our newspaper very seriously. A student's voice deserves to be heard. Northern Lehigh is very lucky to have accommodating district administrators, who support publishing content that might be seen as controversial. We also welcome non-staff writers — even those in our community — to offer a rebuttal to an argument made on our pages. Other districts are not as supportive.

In 1988, the Supreme Court case of *Hazelwood School District v. Kuhlmeier* ruled in favor of the school district, allowing public schools to censor content created by students if found inappropriate for a school setting. While it is understandable that some content is inappropriate for things like a school newspaper or yearbook, this verdict gives public schools the right to censor

anything they like as long as they have a valid reason saying it's "inappropriate."

Recently, some of the Slate staff had the pleasure to join the Keystone Student Journalism Coalition (KSJC) for a field trip to Kutztown University where we



More info about the KSJC, page 2.

listened to different lectures given by professionals in the journalism field. All had the same thing to say about the freedom of the press: without it, society would not

See Journalism, page 3

Will we ever feel safe here?

A student's perspective on gun violence in schools and in today's society

BY SUSAN GILSBACH
ASSOCIATE EDITOR

In 2023, there have been at least 89 gun-related incidents that occurred on K-12 campuses during the school day, according to the National Public Radio (NPR) on March 29th.

It feels like every other day, there is a news story about a threat, a problem, or something that causes families to feel anxious about the wellbeing of their children, siblings, and other close loved ones. Situations like this have even happened at our own Northern Lehigh, with "the bullet," a situation that has now caused two lockdowns over two hours each.

The threat of a school shooting is real, and it's scary. This threat is constant and looming, and it can be incredibly detrimental to the mental

See Safety, page 3

Game over: Passing the sports torch

BY ALEXIS TRAUGHER
SENIOR SPORTS EDITOR

And just like that, it comes to an end. Four years of stress, adventure, and heartbreak all dwindle down to two weeks of preparation for graduation and a summer full of yes's before going off to college. However, three years of writing will hold more meaning to me than those four years combined. I have writ-

ten articles that aggravated people, made people feel heard, or gave the Northern Lehigh sports teams the recognition they deserved. I have done my own version of investigative journalism and uncovered issues pushed under the rug. I have spoken out for NL female athletes that felt silenced, and I could never be prouder than to have given those women a voice.

In the process of giving to others,

our sports section has allowed me to find my own voice and create something extraordinary. When I signed up to be a sports writer three years ago, I never thought I would be the one being frustrated at athletes for never checking their emails. I never thought this newspaper would be my outlet

See Alexis, page 10



'Relevance' was key to Yadush's longevity

Yadush, from page 1

weeks of my career, I am now working with my son, Samuel, as he has recently been hired as a Special Education teacher at Northern Lehigh High School," he said. Aside from his family memories, Mr. Yadush also happily reflects on his time coaching softball. "Another memorable experience was being on the coaching staff of the softball team, which won the state championship in June of 1996," he said. "The most memorable experience at Northern Lehigh is all the students I taught for 32 years and all the positive memories of them, and all of the outstanding teachers I met and worked with in my career, especially the current Social Studies department: Mr. Tout, Mr. Sander, and Ms. Hannon." Mr. Yadush has also taught many faculty members that work in the district today. Some of these faculty members are Mrs. Chruscial, Mr. Kern, Mr. Sander, Mr. Long, Mr. Papay, and Mr. Waylen, along with other teachers at the middle and elementary schools.

Mr. Yadush has had many great experiences with the current social studies department, and they have had many great experiences with him as well. Ms. Hannon, a current social studies teacher, has been able to work with Mr. Yadush for the past few years. "During my early years at Northern Lehigh, he provided invaluable assistance and guidance as I learned to navigate the social studies curriculum. I have always respected the way Mr. Yadush has mastered presenting history to the diverse body of students present in his classes," she said. "I wish Mr. Yadush a most enjoyable and well-deserved retirement."

Mr. Yadush and Mr. Tout have had classrooms next to each other for many years. Mr. Tout has many great memories with Mr. Yadush after all of the time they spent together. "Myself and Mr. Yadush have taught next to one another for 17 years now. I've always been impressed with Mr. Yadush's ability to stay relevant with students," he said. "As a teacher, you can sometimes feel out of touch with your students. Mr. Yadush has always stayed relevant and has been able to connect with his students." With all of Mr. Yadush's coaching experience and help at sporting events, he has been an essential part of the success of the high school. "Mr. Yadush has served Northern Lehigh in many ways other than in the classroom," he said. "I'm not sure we will see future teachers serve their school in the variety of ways that Mr. Yadush did."

Mr. Sander is a past student of Mr. Yadush, and now is able to call him a colleague. "In the 1997-1998 school year, I had the fortune of being assigned to Mr. Yadush's 7th Grade Old World Cultures class at Northern Lehigh Junior High School. It was one of those courses that made it immediately clear that we



A former class once gave Mr. Yadush a life-size cutout of his favorite president, Theodore Roosevelt. Teddy will now see his fan off into retirement.

were no longer elementary kids, but Junior High students, which for many of us, meant that we had to prove ourselves ready for the challenges that awaited us at the high school level," Mr. Sander said. "I was captivated by Mr. Yadush's class, and he inspired me to one day pursue history as a college major, and to eventually become a social studies teacher." When Mr. Sander began his job as a history teacher at NLHS in January of 2010, he was excited to work with his mentor. "I was eager to impress, or at least not disappoint him. I hung on his guidance and advice, and after 13 years of teaching, I still do today," he said. "Mr. Yadush has been that example that we could look to while navigating our own careers, priorities, and methods. I can say in all honesty that I have learned more about education

and teaching from Mr. Yadush than I had at college." Mr. Sander hopes Mr. Yadush has a great retirement, but he will certainly miss working with his longtime friend. "It is with these things in mind that I reflect upon Mr. Yadush's upcoming retirement with bittersweet emotions," he said. "However, I will also miss the time spent working with a respected teacher, colleague, and friend. Best of luck in the future Jim. I'll see you around."

After retiring, Mr. Yadush has plans to keep himself busy. "For my immediate future plans, my wife has told me that I am going to learn how to cook," he said. "More extensive plans, like traveling, will happen in a few years when my wife retires."

To any future teachers, Mr. Yadush

offers many words of wisdom. "My advice to new teachers is to be patient. It takes time to become really good at teaching," he said. "I laugh when I think back to my first year - I was overwhelmed and I wasn't a very good teacher that year. In my second year, I fixed many of my mistakes and I started to become the teacher that I am today."

Mr. Yadush will definitely be back to visit, and both students and staff will be happy to see him. "I will definitely miss teaching and being a part of Northern Lehigh High School, but I will not be a stranger after I retire," he said. Everyone is very grateful for all of Mr. Yadush's hard work and dedication to the school, and wish him a happy and healthy retirement from NLHS. 🐾

Changing of the Guards



The red pen shall be passed. Lily Groover (left) was a writer for Northern Lehigh Middle School's newspaper, *The Bulldog Bark*, and continued here with *The Slate*, finishing her senior year as editor-in-chief. Susan Gilsbach (right) will take Lily's position starting in the fall. Other members of the 2023-24 editorial staff will be Haven Moore and Abby Peartree, associate editors, Avery Diaz, senior content editor, and Delaney Szwast, sports editor.

Student Journalism group holds first summit



The inaugural "Saving Journalism Summit," organized by the Keystone Student Journalism Coalition and Carbon Lehigh Intermediate Unit 21, has concluded its first chapter. Kelli Tremba and Dominic Barone, along with KSJC co-founders Destiny Beck of Parkland High School and Chris Barnes, adviser of *The Slate* and English/journalism teacher at Northern Lehigh High School, organized and managed the successful event. More than 200 student journalists/advisers from 12 districts across three counties visited Kutztown University for the event. The KSJC thanks the 12+ wonderful guest speakers, Kutztown University, Jostens, the Parkland Education Foundation, and all who helped to make this event a great experience for all. Guest speakers included Keith Groller of *The Morning Call*, Emily Kress of WNEP, Talia Trackim of the *Washington Post*, Matt Trust of Hockey Communications/Public Relations, Elizabeth Walsh of Jostens, Jane Babian of NBC10 Universal, Stephanie Sigafos, Donna Natosi, Jay Bradley of *LehighValleyNews.com*, and others. Another event is planned for next year.

Meet the New Boss. NL hires new principal



Dr. Lori Bali — a former administrator in Northampton and Allentown school districts — now adds Northern Lehigh to her resume. The new high school principal will work alongside acting principal Mr. John Rushefski and assistant secondary principal Mr. Michael Strohl to finish the year, and become the new leader in the fall.

LCTI offers a helpful path, if needed

BY SAVANNAH HALL
CONTRIBUTING WRITER

People around Northern Lehigh may often wonder if schools like Lehigh Career and Technical Institute (LCTI) are worth the money.

To some, LCTI may not be as worthwhile because it does not give you the same number of credits as the high school you attend regularly (often called your home school) would. This means extra classes would need to be taken if you wanted to be college-worthy.

Also, if you fail your LCTI lab during freshman year, you will not be able to get back in that same year. It is also difficult to switch your lab if you get stuck in one you did not want or have no interest in. You also need to be on task and pay attention, as with any school.

Another thing is you have to buy a uniform for most of the labs. The uniforms can cost anywhere from \$10 to \$150. Some people may not be able to afford them, which means either switching labs, finding the money, or returning to their home school.

Despite the negatives, however, there are many silver linings. These may include any of the following: meeting new

people, learning new things, learning even more about what your lab is, getting your certifications, or even getting a job right after high school.

This could mean you could be meeting your best friend. Even getting a job right after high school may be appealing because most companies will pay for your college. There are also many labs to choose from, which range from advertising design to diesel mechanics.

This wide variety of labs could help you figure out what you want to do in the future. Also with the variety of labs, there should be something there that you would like to do with your life and learn more about that subject of work. Another benefit is you can join the LCTI program at any point in your high school career starting at class sign-ups at the end of 8th grade to your senior year.

LCTI has its positives and negatives but it could help you if you take the extra classes but if you don't it could hurt you. So in the long run it is up to you. If you need a bachelor's degree or higher I would suggest LCTI and those extra classes. If you are planning on not taking those classes, I would stay at your home school. 🌟



Senior Tyler Fenstermaker attends welding classes at LCTI.

Hoping for safer times in school, beyond

Safety, from page 1

health of students, school faculty, and even parents.

The faces that flash before us on the news when tragedies like this happen are the faces of students, teachers, and other members of the school faculty: people who were directly caught in the tragedy. The impact of these types of events on the people in schools can be detrimental to their mental health.

The threat of a mass shooting occurring at a school can cause fear amongst faculty members, students, administrators, and anyone in between. For many students, the idea of their school being next to have a tragedy like this occur is scary, even anxiety-inducing. The feeling that you need to have an escape route; that you need to know where to go in the event of something like this happening, can be detrimental to the well-being of students. According to the American Psychological Association (APA), students that are worrying about gun violence in their school, or any other "toxic stressor," devote more mental resources to the emotions that they are feeling and less resources to their executive functions. This causes a decrease in functionality for things like memory, learning, and sustaining attention, all of which are key components of the school day.

If depression and anxiety rates among young people become more prevalent, a rise in mass violence incidents in our country can certainly not help. The idea that, at any time, someone could break into your place of learning and open fire is scary. It's actually *terrifying*.

This anxiety is ever-heightened by the shooter drills that we do in school. While these drills are effective in the event of a tragedy, they can reinforce the anxiety felt by students about this sensitive topic. They do very little to teach students how to deal with this anxiety and what to do if they go into "fight or flight mode."

However the school does offer social emotional mental health services, and

partners with Nulton Diagnostic to offer services during the school day. Despite this wide range of services. These drills help in the event that this situation ever happens, but we shouldn't have to do these drills in the first place. We shouldn't have to live in a world where gun violence is so commonplace that it is leaking into our schools. Yet here we are, with no clear end to the issue in sight.

In addition to students and teachers, there is another group of people profoundly impacted by this anxiety: our parents. Although they may not be as well-covered by the news, they are suffering as well. According to a study by the PEW Research Center, 19 percent of parents in kindergarten through twelfth grade are "extremely worried" about their children during a school day. 13 percent are "very worried," and 37 percent are "somewhat worried." Parents shouldn't have to worry about the safety of their children in their place of learning. Parents shouldn't have to worry that one day they may send their child to school only for them to never come home. This problem is real, and it is only continuing to grow.

With the rise in occurrences of mass violence in both schools and communities, it's only natural that the spike in tragedies is accompanied by a spike in anxiety for students and parents alike that is at least partially linked to this issue. With no clear end in sight, it's only logical to ask the question: *What can be done?* Is there a clear way to stop these tragedies from occurring?

As the world continues to carry on around us, and the debate surrounding this issue carries on, one thing is clear: something needs to change. Students should come to school willing and ready to learn. There should not be a threat to our safety looming overhead for 180 days out of the year. As the United States looks for a clear solution to the problem, students and parents alike are heard crying for changes. As the country continues to deliberate, students continue to ask: *Will we ever feel safe here?* 🌟

Future of journalism starts with us

Journalism, from page 1

be informed, and the people in power could do anything they wanted with no pushback from citizens.

The same can apply to student-run news sources. The Slate — now in its 88th year — has published articles about changes in school policy, the dress code, controversy in the athletic department, etc. It is important to keep the student

women in a male-dominated job.

Writing for The Slate allows me to express my thoughts and feelings about topics that would otherwise be too controversial for a standard English assignment. Plus, my words are shared all over the Lehigh Valley and beyond, where people can agree, disagree, read it, not read it, pass it on, or throw it away. If that luxury gets taken away, or censored, many students who also want



Slate editor Lily Groover, senior (second from left), attended the Keystone Student Journalism Coalition's first summit held at Kutztown University. Her group shown here is learning interview skills and practices from former Blue Ridge 13 TV reporter Dominic Barone, also a Northern Lehigh graduate.

body and beyond informed about happenings within NL; otherwise, all might be forgotten.

Throughout my time at Northern Lehigh, The Slate has given me the opportunity to publish my thoughts, knowledge, and ideas about the COVID-19 pandemic, the military draft, fights/self-defense in school, LGBTQ+ students, and — my proudest work of all — equal treatment toward

their voices heard will no longer have an outlet or a platform.

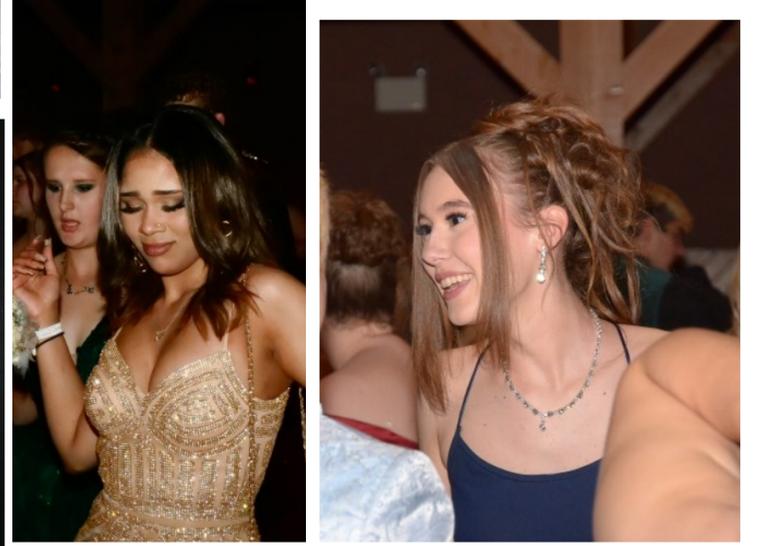
Our small, student-run newspaper has impacted thousands across the area. This impact can only happen if our freedom to write stays in place. Silencing the younger generation never ends well, so we should keep our minds open, and our hands writing. 🌟

A Night to Remember



Photos by Lifetouch and Lehigh Valley Events & Productions

Jr./Sr. Prom at Penn's Peak



EDITORIAL

Keep Letting the Dogs In

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When we all return home from a (hopefully) hard day's work, nothing is as satisfying as the palpably-ecstatic hyper-wagging of a dog's tail. It was a mere seven hours or so since you said goodbye, but he acts as if it were a lifetime. Maybe you come home to a cat's purring that could be heard down the block. Or a hamster's wheel spinning like Sonic the Hedgehog. Maybe a goat? (What do goats do?)

At a recent NL Committee meeting, the topic of therapy animals was raised for the district to study whether some of those happy tails could do within our schools what they accomplish at home. Yes! Woof! Meow! And whatever a goat's vote of approval would be.

Counselors do great work, but it also takes strong trust and an open commitment to

want the help for oneself, and a willingness to feel nonjudgmental advice is being offered.

NL provides opportunities for counseling and therapy through both in-house and outside therapists – at no charge to students. But consider what gifts animals truly provide. The undying loyalty and fierce protection is like no other.

Just seeing a dog anywhere in public can instantly change your mood, if only for a few quick wags.

Those comfort breaks could be incredibly invaluable to students who just need a moment of peace (with paws) or an unwind with whiskers.

According to the National Institutes of Health (NIH), "research on human-animal interactions is still relatively new. Some studies have shown positive health effects, but the

results have been mixed. Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood."

NLHS has had two PBIS "Reward" days with several activities offered – sports, board games, art, trivia.

They have been successful events with a relaxed and loose vibe for a few hours of non-school grind.

The power of regular animal therapy, however, would unleash a playful calm and excitement in everyone involved that can do wonders beyond any therapist's notes.

Not only for us in the school but for the animals themselves. 🐾

Goats visit NLHS to add therapy from the farm



Steinmetz Family Farms brought its therapy baby goats to NLHS for students and faculty to unwind. (Clockwise from left) Mrs. Jess Frew, Miss Janelle Scheckler, and senior Keona Dyer all enjoyed some goat therapy. More photos are posted on our Instagram: @theslatenews.

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Fixing the Populist Divide

Making grassroots politics viable again

By Patrick Conway
SLATE COLUMNIST

America— even in its bad times, has always been one of the greatest countries in the world. What else has been truly able to compete? We've seen many incredibly prosperous times in many aspects; socially, economically.

The United States, even if not the largest developers of many ideas, has been able to put most of them into practice, even if there have been some failures. Socially, we have an incredibly diverse population, with tolerance for many sorts of groups.

Those that haven't become socially accepted have-- for the most part-- begun to integrate further into society. Economically, we have become incredibly advanced, leading in many international economic sectors. Even with the occasional stagnation, we've seen great development.

We dominated almost all aspects of modern society until very recently. Most Americans were not prepared for the rapid advancement of technology and social issues during the beginning of the millennium. You can see where we have begun to fall behind in recent times-- economic conditions, even if not in our domestic product, have begun to fall as wages and working conditions have stagnated. Recent social advancements have been met with fierce retaliation-- especially by many younger people. It seems as though it is opposite from Europe-- where politicians have begun to make advancements in many areas of society.

One that seems to have universally stagnated, however, is the political states of most countries. With the rise of the digital age, governments have been able to solidify their presence and expand their influence not only to their own countries but to other nations as well. It is an unfortunate truth that these processes have fallen out of the hands of the people.

We have, of course, always seen bureaucracies and plutocracies such as these in the past, but in recent times they have begun to see expanded power. It isn't easily seen, however. These elites act in the dark, using multiple sorts of propaganda tactics, and will often collaborate with so-called "opponents" to ensure both social and economic dominance.

For example, can you name any new popular car producers in the last few years? Odds are it'll be difficult. The advertising and collaboration between large, international corporations makes it hard for many people to get their names out in the market. Once we start mixing people like these into government, we see widespread dominance of a small group over the rest, and this occurs in most developed countries.

There are, thankfully, some movements that oppose these power structures. Most of these movements can be labeled under the populist movement.

Populism is a tricky subject, as it is incredibly diverse and difficult to pinpoint. Similar to movements like socialism and conservatism, populism discuss-

populists have begun to change what their definition of "the masses" should be, and those who identify with the name have become incredibly divided. We can split populist identifiers into two groups-- left-wing or social populists, and right-wing or national populists.

These two groups, though similar in some ways, are incredibly different in this regard. It's unfortunate that these changes have caused these groups to move away from populism. The two movements, which we can consider "mainstream populism," have become disassociated with many of the values that populism advocates. These new movements, more than anything else, focus on political agitation towards certain groups-- primarily social, ethnic, and

movement has sparked the rise of many populist organizations-- particularly right-wing ones. To counter this, many liberals and leftists have begun organizing into small, decentralized groups to fight the rise of more national populists.

The result? Hundreds of protests and riots have occurred and continue to occur nationwide, resulting in chaos in many major cities and disrupting the lives of many politically inactive people. It has only been driving people into centrist, authoritarian positions, as the only people capable of suppressing these groups are elitist institutions. In a sense, populism is empowering elitism.

Small-scale amounts of political violence in a political landscape such as ours make grassroots movements seem foolish -- how are we going to be able to lead ourselves if a small group makes us all look so bad? Violent tendencies within these groups destroy potential support for populist movements, and cause unnecessary damage that doesn't really pose a problem for the establishment.

Mainstream "populism" has many flaws in this regard. It can be fixed, though, in a few different ways.

The best way to bring populism back around is to avoid mainstream populism-- its violent tendencies help to completely destroy the movement's legitimacy in the long-term. For now, it's probably better off to avoid populist labels altogether. Populist goals are found in many different movements-- it is best to base support for populism amongst these idealisms. These ideas can be as pragmatic as possible, but generally understanding the bases of other ideas, and connecting them to populist ideas, is one of the best ways to promote populism.

More important, than anything, however, is to reject the legitimacy of modern populist movements. It is counterproductive to encourage political violence which empowers elitist government, whether it be directly or indirectly. Baseline populist goals, as they stand currently, are near impossible to achieve.

However, changing the current populist movement and rejecting morphing populism into a movement people can actually get behind will allow us to reclaim our political system.

It will take time, and work, but it is a just cause-- we have to make strides for it before it's impossible to take back our government. 🌟



es a large set of ideas and idealisms. There is one universal characteristic of these populist movements, however-- the elites are bad and they are coercively taking away power from the people, which is something that needs to be returned to the masses. It's a simple movement--one I'm sure many freedom-loving Americans can get behind. This is why populism is integrated with so many ideas-- primarily being within socialist, liberal, and nationalist movements. These movements all advocate, in varying degrees, the self-government of the masses through proletarian collectivism, individualism, and national communitarianism respectively.

However, there are varying opinions of what the "masses" should be considered. Especially in recent years, many

religious groups-- regardless of their sizes. Many social populists, for example, target majority groups as the opponents of "the masses," and empower contemporary social movements that aren't the norm yet.

On the flip side, national populists have begun targeting marginalized groups-- particularly religious and ethnic groups-- deeming them detrimental to the majority. Regardless of these beliefs, they both ignore parts of the masses or consider them irrelevant, destroying the populist message.

It is not just this, but the volatility of the two movements and the radicalism behind them has created a hostile environment filled with conflict between these two factions. The rise of Trump and the "Make America Great Again"

Current problems with modern journalism

By Ayden Scanlon
SLATE COLUMNIST

It is no secret to anyone that the art of journalism has changed over the last few decades. In the modern world, very few people rely on physical newspapers to get their fill of the current goings-on. A much more common way to get information is through the internet and social media. Unlike newspapers, digital articles can be churned out much easier and with much less effort.

There is no need to have issues sent to a printing press or sent on delivery routes when the average person can access any article or tabloid by opening their phone browser.

The internet has not only affected the way articles are distributed, but also how they are written. The style of the internet has been getting more and more fast-paced over the years, and online journalism is no exception. The minds of internet users have been trained to expect the immediate dopamine rush that comes with scrolling through YouTube shorts or Instagram reels. Because of this, people expect to be entertained when they read a news article or a newspaper. And what happens when they lose attention? They move on.

Do I blame them? No. It's not their fault that the modern world has spoiled



them. All that most people pay attention to nowadays in the news is usually controversial and aggressive. After all, what sounds more interesting? An aggressive opinion piece made to slander a political campaign, or a column dedicated to rationalizing the war in Ukraine? The answer seems obvious. An aggressive article

is much more tantalizing to the senses than a mellow and level-headed one. There are almost exclusively two sides to every audience that this kind of article is aimed at: The first side is people who get angry and offended at what is being written. The second side enjoys sitting back and watching the other side squirm.

There is no middle ground, and there is no rationalizing media nowadays. It's either hate or be hated.

The strange thing is that most people don't even get riled up over the actual news reports, but rather someone's opin-

See Scanlon, page 8

The Slate gave me an early purpose

I've been writing since 2020 around December. Last year, I was asked to write for the high school newspaper, which I'm currently doing because of my writing skills, in which I take much pride.

Writing for the newspaper has been a great experience and I am truly grateful for this opportunity. I've always been easily burnt out, especially when I'm bored with something that I want to work on but not having the attention capacity to do so.

And having to submit at least a 450+ word article with a deadline is a bit stressful for someone like me, but I am able to write something down in the matter of a day, which helps when I have an extremely close deadline and especially when I feel tired and lazy, which is every day.

Overall, I have a hard time writing specific things for people; one, because I'm afraid of not getting it done on time, and two, I'm constantly worrying over not being able to write good enough for the topic. Both things make writing requests from people very stressful for me, and so I try to write as soon as possible so that way if there's a few errors I can have plenty of time to fix them instead of spending so many days on an article only

to have a day left to fix so many faults in my work.

One thing I love about writing though is that I have the creativity and skills to think of many fantasies in my head, which are great for when I want to write something interesting down to show someone or to simply get off my mind.

I have this thing where if I hear a good song or have an idea that I'm satisfied with, I begin to go into depth with it, especially when it's saddening or angsty in some sort of way. I never know why writing about depressing things was something I was always good at or fascinated with, it just seemed quite easy to write or think about for me really.

To sum it up, writing for the Slate is something I truly enjoy. It allows me to let out some creative ideas I have, build the courage to share my work with people, and to learn how to be a better writer from others' help and advice from their own perspectives about writing itself. I always enjoyed creating stories with my imagination or just simply listening to them when written by other people.

Elementary,
My Dear Readers



Kristiana Callaby

Deciding to practice and hone in on my writing skills was a decision I do not or will ever regret.

Another reason my writing has improved is thanks to my teacher, Mrs. Balliet. She taught me a few things I hadn't known about writing, and possibly will teach me more until Summer break. What I'm saying is that I couldn't have gotten this far without help from Mrs. Balliet, who encouraged me to write for the newspaper in the first place. I'd just like to dedicate a bit of this to her as a way of saying thank you for her help along the way of this journey.

I'm well aware that I'm not the only skilled writer in my school, or that I'm better than others who are in my current district. On a more personal note, I've been prone to feeling empty, as if there's nothing more in life for me to accomplish, which leads to extremely depressing thoughts that come to my mind, but having to write helps me forget that feeling of numbness, like I have a purpose to fulfill.

For a long time I've been feeling as though there's a pit inside me that good things fall into and never come back out of, and no matter what I did, I'd never be satisfied with myself or any accomplishments I achieved in life.

The offer of the newspaper changed that. It distracted me from those feelings and gave me something to do that helped me, almost. Honestly, writing has always been something I felt indifferent about. Yeah, I'm good at it, but I don't love it. One thing I've learned in my few years of living is you have to do everything yourself if you want something, and that's how I got good at it, because nobody else is going to help you, and if they do, it's just something they'll use against you and then take away that one thing from you as well. That's what I've learned.

Overall, learning to write was something I enjoyed, for a little while. Try new things, and don't let anyone stop you from doing the things you love, because it isn't worth being unhappy just to please someone else who most likely isn't going to even stay in your life. 🌻

Kristiana Callaby, a fifth-grader at Slatington Elementary School, is a contributing writer for The Slate.

How to grasp the reader — especially on this jump

Scanlon, from page 7

ions on the current situation. As a writer, this has always bothered me. Why on earth does someone care so heavily about the opinions of a random Twitter user? Is it because we need to feel superior? That constant itch to be better and right while the other person is objectively and undeniably wrong? It's always a possibility. Perhaps this raw emotion over others' values has always been there, only now appearing because of the easy ability to hide safely behind a screen.

For a moment, allow me to try my best impression of Dr. Seuss. *If an Article is mad, it is not really that bad; just sad.* I

am not saying that just because a piece of writing comes off as aggressive it is a bad article. In fact, many people would consider a heavy-hitting article to be one of the best kinds. It is just upsetting to think that the only way to thoroughly grasp the attention of the reader is to coat everything with accusatory undertones and somewhat hateful language.

Possibly one of the most bizarre things about this writing style and about modern media in general is how it almost directly tries to trigger an adverse reaction from the reader. And if the reader agrees with the subjects in the article, it only encourages them to further engage in discord surrounding the topic. There

are no qualifying stances on much of anything in online media. It's either you agree or you don't.

There are, of course, writers and authors who are very well-balanced and unbiased. However, they often go unrecognized because it's not what people want to read or listen to. This is especially true in the political and economic scene. It's like watching cats and dogs fight and nobody can seem to find even ground.

The world has been spoiled by the instant gratification that the internet brings. The thirst for dopamine has shaped internet journalism into a media largely to provide people with rage or

pride. The attention span of many internet users are too short to be entertained by level-headed pieces, and it is showing in the writing style of the current generation.

By now, a lot of readers have probably realized that this article is a bit hypocritical. Why would the writer go on a long tangent about aggressive journalism when he himself is writing somewhat aggressively? And more importantly, why are there so many rhetorical questions in this article? This entire article was proving a point. The point that the only way to get ahead in journalism is to play it aggressively. 🌻



Ariel Kern and Kameryn Smith donated blood to Miller-Keystone Blood Center, an event sponsored by NLHS Student Council.

SPORTS

Blue & White

...no more

The future of Northern Lehigh senior athletes

BY CAITLIN KIRK
SENIOR SPORTS WRITER

As college approaches, many student-athletes face the fact that they may never put on a jersey again, as only a small percentage of high school athletes make it to play at the collegiate level.

The idea of never putting on an NL blue and white jersey again can become very overwhelming, as many of these athletes have developed unbreakable bonds and fantastic memories with their teammates.

As an athlete myself, after playing my last game as a Northern Lehigh Bulldog, I was very overcome with emotions, knowing that I may never step on the field again. While these feelings are hard to swallow, I knew I was not alone in this battle, as many of my fellow athletes were in the same recruiting situations. Jordyn Hemingway, AJ Wittong, Nick Frame, Izaiah Ramos, and I will suit up again and continue our academic and athletic careers at the collegiate level.

Jordyn Hemingway, Northern Lehigh softball's third baseman, is committed to Fairleigh Dickinson University, an NCAA Division 1 university. At FDU, she will continue her softball career as a third baseman.

When looking at the school, she knew that both the softball program and the college experience offered at FDU were for her. "I committed to FDU be-

cause it has a good community atmosphere and I was interested in the softball and schooling programs.

At FDU, I plan to study and become a special education teacher," said Hemingway. While she is excited to move on to her college career, she feels that her experiences at Northern Lehigh have prepared her for the time that she will spend at FDU. "The girls have helped me a lot with becoming the person I am today and have helped me develop my love for softball. My favorite memory is all the bus rides with the girls and listening to music on the way to the games."

Coming in at 6'1", Northern Lehigh football's AJ Wittong, committed to Kutztown University. AJ will be continuing his football career as an NCAA Division 2 athlete. As a Golden Bear, he will continue his football career playing as a defensive end. At KU, AJ plans to major in business with the ultimate goal of starting his own business. "By the end of college, my goal is to have a successful career in the business or the entrepreneurship realm and to own my own business. My other goals include being a successful college student-athlete," says Wittong. Furthermore, AJ feels that he will fit in at the school and on the team. "I've been up at Kutztown 4 or 5 times already, and I love the atmosphere, the people there, and the team's sportsmanship and bonds. I'm excited about the chance to play the sport I love, especially with the challenging competition. I look forward to fighting for a spot because it gives me a 'why' when playing." AJ is



See Signings, page 10

Nick Frame will continue his football career at Bloomsburg University.

Up and away



Photo by Lifetouch

Katelynn Barthold flies through the air in a recent long-jump event.

New coach steps up to the plate

BY DELANEY SZWAST
INCOMING SPORTS EDITOR

This season, the Northern Lehigh Baseball Team welcomed a new head coach. While he may be new to the head coaching position at NL, Coach Gerald Kresge is certainly not new to the baseball program. As a former Bulldog, Coach Kresge knows exactly what it is like to be a student-athlete at NL, for he played baseball throughout all four years of his high school career.

Coach Kresge brings many years of playing and coaching experience to the team. Upon graduating from high school, he continued to play baseball, participating in several different leagues. He later discovered his passion for coaching after opening Line Drive Sports Academy twelve years ago. Line Drive is a non-profit travel baseball program that is designed to provide players with the opportunity to receive advanced coaching at a fraction of the cost of other travel programs.

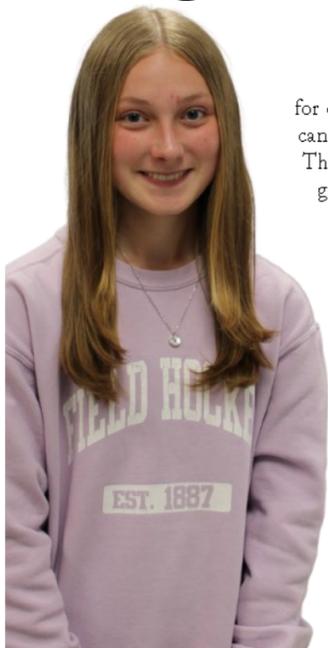
"Upon my first child becoming age 9, we had him and several of his friends want to try out for a travel baseball organization. Upon researching, we quickly found out how costly travel baseball could be. Several of the players stated they could not afford to spend the extra money as their finances would not allow them to do so ... So, myself and another father decided that we could not see players not being able to play baseball simply because they could not afford to do so," Coach Kresge explained.



The Line Drive program has been extraordinarily successful over the years. When the head coaching position opened at NL, Coach Kresge decided to apply. "I sent my letter of interest because I had been watching what the baseball program has become over the years, and I thought I could offer something to the group," he said. "My final acceptance of the position simply came down to a personal reason for me. Back in the late 80's, my cousin, Todd Fisher, was a standout baseball and football player for the Bulldogs. He was my idol

See Kresge, page 11

Traugher to Szwast: Sports pages in good hands



Alexis, from page 1

for creative freedom or the place where I can say what my mind needs me to say. This sports section and newspaper have given me the opportunity to heal and grow as a person, and I will never be more thankful than I am now for that experience.

Over my years, this school has gone through two winning district championships in football, playoffs in soccer and basketball, and had track athletes break records almost every meet. The coverage of these events was something I lived for and was so excited to write about. I would put on my headphones and let the words come to me and hoped they gave justice to the athletes' story I was telling. The feeling of achievement following the final edits to an article and seeing it published will never not impact me. This sports section became my creation and as I brought it to life, it

did the same to me.

My whole life, sports have been the one thing I clung to. From watching football at age four on Sunday with my dad to screaming at refs at the Prudential Center, New Jersey Devils arena, at age 18, sports became my happiness. To this day, I wake up and check hockey scores to know if my team won or if the Bruins finally got beat. Update: they did! But the whole point is, sports are something I am meant to be a part of, whether that means playing or writing about them. I will continue to cherish the adrenaline rush sports give me and will continue to yell at refs until I am eighty. Undoubtedly, my voice will be sore the next morning following a football game just like it did the past two years at NL, but this time I will be at the University of Connecticut. These three years of being fully engulfed in sports journalism and attendance has grown my love even more, and I will continue to follow this passion.

Unfortunately, every good thing must come to an end, and my end is now. That sounds really morbid, but follow me on this one. My good thing was the expression I was able to display through this sports section, of making this sec-

tion my own. And now I am handing it off as I depart from this school. I am passing this section off to Delaney Szwast, a junior writer and multi-sport athlete. "I am excited to be the sports editor next year, but I am slightly nervous... I definitely think that I will be able to handle it, and I am looking forward to continuing to write sports articles. I have been able to write quite a few sports-related articles this year, and I have enjoyed writing them," Delaney said.

Overall, my four years in high school have definitely been a rollercoaster ride, but I am thankful for them. I have learned many things about myself and others, as well as how to communicate and cherish every moment. From losing someone I loved to building friendships I never knew I would, high school was not all bad. I would still never do it again, but still not terrible.

So, as I leave and move on, I know two things for sure. One, I will forever love sports and become aggravated at every little thing; and two, living in the safety of a small town and going to a small school will forever be enlightening, but getting out and seeing the world will forever be my best decision. 🌟

Incoming Slate Sports Editor, Delaney Szwast.

Northern Lehigh athletes find their new homes

Signings, from page 9

grateful for the coaches at NL that have helped shape him into the athlete he is today. Without them, he is not sure if he would be where he is today.

"The Northern Lehigh coaches really molded me into who I am today. Not only have the football coaches helped me, but every other coach I have ever played for, including basketball, wrestling, and track and field. These coaches have shaped me into a person that can face adversity and not back down from a challenge, but instead, go straight at it. I feel like these qualities have set me up for success at KU because no matter the situation, NL has taught me never to give up. I think that I am ready for the next chapter of my life because of NL," says Wittong.

With 1,000 rushing yards and 1,000 passing yards in his senior year, wearing #3 this season, Nick Frame, NL football's quarterback, has committed to Bloomsburg University, an NCAA Division 2 university. At BU, Frame will continue his football career as a safety. But he is not just sticking to football. Frame is also considering throwing javelin for the track and field team. Frame expressed that BU was one of the only schools that made him feel comfortable. "I committed to Bloomsburg because, throughout my whole recruiting process, they were the only team to really talk about how they'd like me in their system instead of only talking about their school," said Frame. In the coming year, Frame intends to redshirt, or voluntarily withdraw from playing, his freshman year to get stronger and work on his field skills, so by the time that he is ready to play, he can make an impact on the team. In the future, Frame hopes to make football a permanent part of his life. "I'm excited to play the game I love while getting a good education. The support the players get at BU is unreal, and I'm excited to experience it all. I plan to possibly carry out football as a job in the future." At Northern Lehigh, especially being the quarterback, he feels that, because all of the 'good and bad' during the games was pinned on him, he has developed a great sense of confidence on and off of the field. "NL really helped me build confidence to play at my highest potential, and the support for the football team is crazy. Friday night lights at home were a beautiful feeling," says Frame. "My favorite memory is definitely when Coach Tout put on his black Air Forces the past couple of years when we played against Palmerton."

Wearing #5, Izaiah Ramos, NL football's wide receiver, has committed to Wilkes University to continue his academic and athletic career. At Wilkes, an NCAA Division 3 university, Ramos will continue his athletic career as a wide receiver. Looking ahead, he is excited to compete at the collegiate level with his new team. "I committed to Wilkes because I feel like this is a place where I am going to thrive, and hopefully win. I love how the school has a lot of benefits for athletes, especially how the teachers understand that we [student athletes] have a life outside of school."

Additionally, at Wilkes, Izaiah plans to study sports management and further his relationships within the sports management world to better his chances in the future. When looking back on his Northern Lehigh experiences, Ramos feels that winning the district championship the past two years has shown him what a real team is. "The NL experience helped by showing me what kind of team I should be looking for to win championships. My favorite memory is winning the District Championship back to back after coming off an injury," said Ramos.

As for myself, I am committed to King's College, an NCAA Division 3 university. At King's, I will be playing women's soccer. As of now, I am still undecided on whether I am going to throw discus for the track and field team as well. I am very excited to continue my career as a college athlete, as well as continuing my education. At King's, I will be studying under the 3+2 Chemical Engineering program, graduating with a bachelor's in Chemistry and a bachelor's in Chemical Engineering. If all goes according to plan, I hope to someday work in a lab, utilizing my skills to help improve many products.

After all of my years at NL, I feel more than prepared for my future. I have learned many valuable lessons from my coaches, teachers, and friends along the way. Looking back, I know that I am going to miss many of the moments that have happened throughout my years at Northern Lehigh, but I am very excited to make more memories in the next chapter of my life. Number 27, signing off. 🌟



Izaiah Ramos



AJ Wittong



NL track/field has medal-winning season



Photos by Lifetouch
Clockwise from left: Taylor Everk, Colton Oberle, Katelynn Barthold, and Gabby Hanna.



SCAN FOR MORE TRACK & FIELD PHOTOS ON OUR INSTAGRAM



New coach is in it to win it

Kresge, from page 9

growing up. I truly wanted to be just like him. Todd was just 19 years old and a recent graduate when he was killed in a car accident coming home from work. I was in 8th grade when this happened, and I can remember it as if it were just yesterday."

"My cousin was so influential to me that I felt compelled to carry on his tradition," he continued. "So, I accepted the job to help build the program into a success while carrying on his legacy for years to come."

Upon Fisher's passing, Coach Kresge's high school baseball coach began handing out the Todd Fisher Award. "The award is granted to a player who best represents who he was. It doesn't necessarily go to the best player, rather it goes to someone who shows great character, work ethic, and care for his team and the program," Coach Kresge explained. He looks forward to being able to hand out the award this year in honor of his cousin.

In addition to this, he intends to invite Fisher's high school coach to the award ceremony this year. "I would like to reach out to his coach, Coach Carazo, to see if he could be part of this year's award," Coach Kresge said. "What better way for the team to hear about the award than from the coach who began it." 🐾

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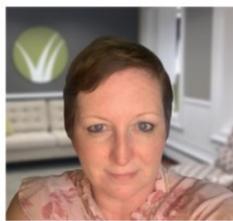
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Your award-winning Slate staff, 2023

2023

The future's ready for this generation

NLHS's second College, Career, and Military Readiness Fair was another success. Vendors from the Lehigh Valley and beyond helped students gather career resources to guide them on their career pathways. Along Bulldog Lane, also, were fire trucks, ambulances, 18-wheelers, and rescue vehicles for guided tours and information.



SCAN FOR MORE CAREER FAIR PHOTOS ON OUR INSTAGRAM



Time capsule project transports seniors to seventh grade



Mr. Graver's Time Capsule project is something kids complete and forget about until a day like today. Seniors reconnected with their middle school Old World Cultures teacher, and their 12-year-old selves by "unearthing" relics from a time long, long ago. (Above left) AJ Wittong, Seth Adams, and Colby Rehrig. (Right) A reflective Kendall Snyder.

MONUMENTAL MOMENTS IN HISTORY

A lot of history has been written in four years

BY CALLUM BRYCE ZIMMERMAN
SLATE HISTORY WRITER

As members of the “Gen Z” group, we have experienced many events that have and continued to influence the world around us. As we jump feet-first into the future, it is our responsibility to understand our past so that we may make informed decisions in the present that will positively impact our future (shout-out to Mr. Tout!).

So, who is “Gen Z?”

Aged between 8 and 23 years old, Generation Z will be leading the world in the coming decades. We are a generation fully immersed in technology, especially the Internet. It is part of our DNA, transforming our educational experience and how we socialize.

We want everything “right now!” We are great multi-taskers, but our attention span is limited (squirrel!). We are independent and demanding consumers, and will have jobs that do not exist in today’s world. And we’re poised to take on the world by storm!

A Global Pandemic:

The 2019 outbreak of coronavirus (COVID-19) was first reported on December 31, 2019, in Wuhan, China. The first recognized case on U.S. soil was discovered in Washington state in January. On January 30, 2020, the World Health Organization declared COVID-19 a global health emergency. By March 11th, the outbreak was classified a pandemic and, two days later, President Trump declared a national state of emergency.

On March 16, 2020, Pennsylvania Governor Tom Wolfe shut down all schools for two weeks. When the shut down continued, districts had to find ways to educate students remotely.

Mask mandates, social distancing, and panic became the norm. Social opposition between the “mask up” and the “no mask” sides erupted. To “vaccinate” or “not vaccinate” pitted communities and families against each other.



Callum Zimmerman has contributed his historical knowledge to The Slate all four years.

Shutdowns caused the greatest economic halt in modern history. Unemployment soared globally, reaching over 20% briefly in the United States. The economy is still recovering and weaknesses in the supply chain continue. We may never again take for granted ready access to toilet paper and Clorox wipes.

But, perhaps the greatest impact has been on mental health, especially among teens. Rates of depression and anxiety have sharply increased. Isolation stunted youth’s behavioral development. It is estimated that over one million children have lost at least one parent to COVID, according to the CDC.

The Threat of Fentanyl

The current opioid crisis ranks as one of the most devastating public health catastrophes of our time. With the rise of Fentanyl, drug use is becoming more dangerous among adolescents. This drug is approximately 100 times more potent than morphine and 50 times more potent than heroin. One drop can kill.

Initially used as an additive to reduce the cost of manufacturing heroin and increase dealers’ profits, Fentanyl has found its way into the pills, such as Vicodin, OxyContin, and Xanax, that are popular among teens and young people. These pills can be unknowingly laced with or counterfeited Fentanyl with

deadly consequences.

Conflict In Our time:

The oldest of us were born into the Afghanistan-Iraq war. The U.S. invaded Iraq in March, 2003. The invasion was based on what turned out to be faulty claims that Saddam Hussein had secretly stashed weapons of mass destruction. These weapons never materialized.

The U.S. returned in 2014, after a 2011 withdrawal to help fight the rise of the al-Qaeda affiliated Islamic State group. Twenty years later, we are still there.

On February 24, 2022, Russia invaded Ukraine. A year later, the Russia-Ukraine war has no end in sight. The U.S. has committed more than \$30 billion in security assistance, ammunition, machinery to Ukraine since the beginning of the Biden administration. The United States may not “have boots on the ground,” though this ‘truth’ is currently in serious question, Ukraine cannot continue their war without Western military and economic support, raising the question if the U.S. is in another “Forever War.”

Whether college-bound after graduation or moving right into the workforce, we’re ready to move into the adult’s playground. We are the future entrepreneurs, builders, healers, and protectors, and

we’re going to make history! Best of luck Class of 2023!

Crisis at the Southern Border

Regardless of one’s political views, there is no question that our country is being taken over by the uncontrolled entry of millions of illegal aliens. As this continues, financial burdens on everyday citizens will worsen as the country is forced to feed, shelter, educate and provide healthcare to these aliens.

Crimes committed by illegal aliens are astronomical. National security is threatened as unknown numbers of terrorists get across the border and disappear. In February, 2023, 634 pounds of deadly fentanyl and 12,500 pounds of methamphetamine were seized at the border. This is enough to kill every man, woman, and child in the country.

Roe vs Wade

On June 24, 2022, the US Supreme Court overturned Roe v. Wade, the 1973 landmark piece of legislation that made access to abortion a federal right a Federal Right. The decision returns to individual states the freedom to determine if and to what extent access to an abortion would be available.

Even medical abortions (through taking a pill) are threatened. It is unclear how this change will impact the country moving forward, whether it be in greater population increases or a heavier medical costs of babies born with birth defects.

Elon Musk

Named Person of the Year in 2022 by Time Magazine, Elon Musk is the master of many things which already have and will impact our future.

Musk is synonymous with the Tesla electric car. And his takeover of Twitter, perhaps one of the most popular social platforms among young people, was huge news in 2022.

Musk’s company, SpaceX, promises to propel the world into dominance in space by reducing the cost of space travel, making civilian travel common, and even pursuing moon and Mars colonization. 🐾



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My struggle with the curls

BY LACEY GROOVER
STAFF WRITER & ARTIST

I, much like many other people in the world, have long curly hair, and, yes, it is very difficult to live with. From products to tangles, bad hair days to good hair days, having curly hair is a process.

It's quite difficult to find what works for your hair because everyone's hair reacts differently with different chemicals. According to subjectcurls.com, 65% of the US population has wavy, curly, or coily hair. Due to natural curls being difficult to deal with, it causes people to hide them and not take proper care of them.

It took me a while to find what was suitable for my curls. Unlike most people, I wasn't born with curly hair, and through most of my childhood, I had wavy, if not straight hair. It only curled up slowly after I started to hit the age of adolescence, and even that was a slow process.

Before I realized, I had curly hair that needed to be tamed. It took me around two years and fifteen products to find out what worked for me, and I still have issues with my hair care every once in a while. Taking care of curls is a big hassle and it's difficult to be content with the way they appear, feel, and how much time they take to look "good."

When my hair first started to curl up, I remember hating it which made me not want to care for it. I would just pull it up into a ponytail or a bun with nothing to manage it. I took the gift of having natural curls for granted. When I finally decided to take proper care of it, I realized that it is a lot of work. I tried a spray that seemed to work for a bit, but then my curls started to get tighter, and that didn't work anymore. Then, I used two sprays, then an oil, and then a hair cream; all of them didn't work.

Now I use a hair mousse, which has the texture of shaving foam. It works for my hair, but it took me a long time to find what worked, and there's no guarantee that it'll keep working for me. Finding what works for me has made me content with how my hair looks and feels, and I've been able to wear it down and/or styled for a while now; something I haven't been able to do confidently before.

After I started to wear my hair down, I encountered some issues that I don't see spoken about often. Since I have unusually long, curly, and dyed hair, people like to think that it is acceptable to come up behind me and start fawning over and scrunching my hair.

I don't have an issue with my hair being touched

See Curls, page 15



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The sound of music, a deeper effect

BY HAVEN MOORE
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In a time and age where creative expression and its influence on others is at an all-time high, art forms of all kinds are exhibited everywhere, and hold a special place in many people's hearts. Specifically, music is an important and sometimes crucial part of everyday lives.

Through the rising popularity of

types of music. Interestingly enough, with all of those benefits, some may not consider that this can relate to psychological and mental health more than they thought previously.

Some effects take place when one fully submerges themselves into the influence of music. According to mightyexpert.com, the speed and intensity of the beat of the music are important. Music with a strong beat can stimulate brain

listener to shift from negative attention to positive stimuli.

Memory and music go hand in hand as well. According to Pfizer.com, when people listen to music, the blood flow increases in their heads and to the brain, especially in areas that are responsible for emotions. Essentially, when listening to music, the sound and frequency cause a reaction to the limbic system (that is in control of emotions and memory). Because of this reasoning, it makes perfect sense to explain how misty-eyed or cheerful some people can get when the right song comes across their playlist.

Additionally, music can affect memory greatly. Various studies show that emotions can enhance memory, and therefore, listening to music may contribute to the prosperity of one's recollection. A UC Davis study exhibits that music triggers a memory in the prefrontal cortex. From analyzing multiple brain scans, there was an increased level of mental activity in 17 participants who listened to 30 music samples. So music is responsible for not only giving listeners a wave of nostalgia but also helping to derive new ones, hence why many people feel deep connections to particular songs from the past or create connections in current times.

While music can be a fun pastime or hobby to partake in nonchalantly, a single

song can make such an intense impact on a person, that they can be left not only feeling musically-satisfied, but also enlightened.

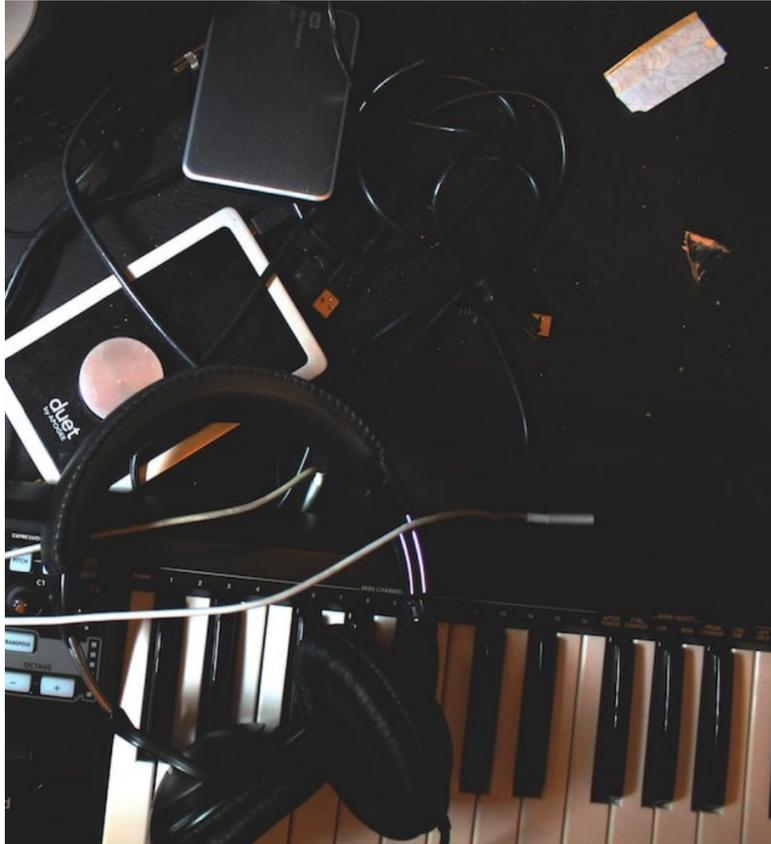
This can be a very beneficial way to get in touch with oneself. Music is a way to encourage listeners to take a deeper look into other aspects of themselves they may not have considered before, and further develop in different areas of their personality.

In other words, music can broaden perspective and self-understanding. This effect may be more common to or appealing to the ruminative and thoughtful type, but can make a listener's experience all the more enjoyable and worthwhile.

The limitless availability that everyone has to music in modern society is truly a gift for all to be able to experience and dive into.

The wide range of music presented to all also varies in effects and influences, creating diversity in people's styles and tastes.

With that being said, the way listeners' minds are enhanced and changed according to their choice of music just goes to show how crucial music is. By letting go of outside troubles and turning to the flow of music, one can fall under the influential wonders of its style and properties. 🐾



streaming services and headphones of all kinds, there will most likely be at least one person in every room with one earbud in, able to be present and simultaneously enjoy their tunes.

It truly opens a lot of doors for people to explore the many aspects of music, and discover the various genres and

waves, faster beats can improve concentration and alertness, and slower beats can produce relaxation and help meditative states. Psychologically, calm or sedative music can reduce one's perception of pain, improve the state of mind, keep anxiety and depression under control, release dopamine, and influence the

Curls, from page 14

and appreciated, and, yes, it is *very* flattering, but asking first should be common sense. I've had it happen to me in a lot of public spaces, and it's quite disrespectful and makes me uncomfortable. If someone had an unusual feature like an abnormally large nose, many body piercings, or very long nails, it would be considered impolite to just come up and start touching them, especially without asking, so why is it okay with my hair?

Almost every straight-haired girl I've talked to about hair wishes they had curly

hair and even go as far to wake up earlier just to curl it, but something people don't realize is the work it takes to get charming curls. I wish everyone, even myself at times, was happy with their hair because it's a part of you. I believe all types of hair are beautiful, even baldness.

At the end of the day, I'm glad that I have such unique and long hair, and I'm exceptionally proud of the work I've put into being happy with it. I think that everyone should be proud of the hair they have on their head. Having curly hair can have its struggles, but in my eyes, the struggles pay off. 🐾

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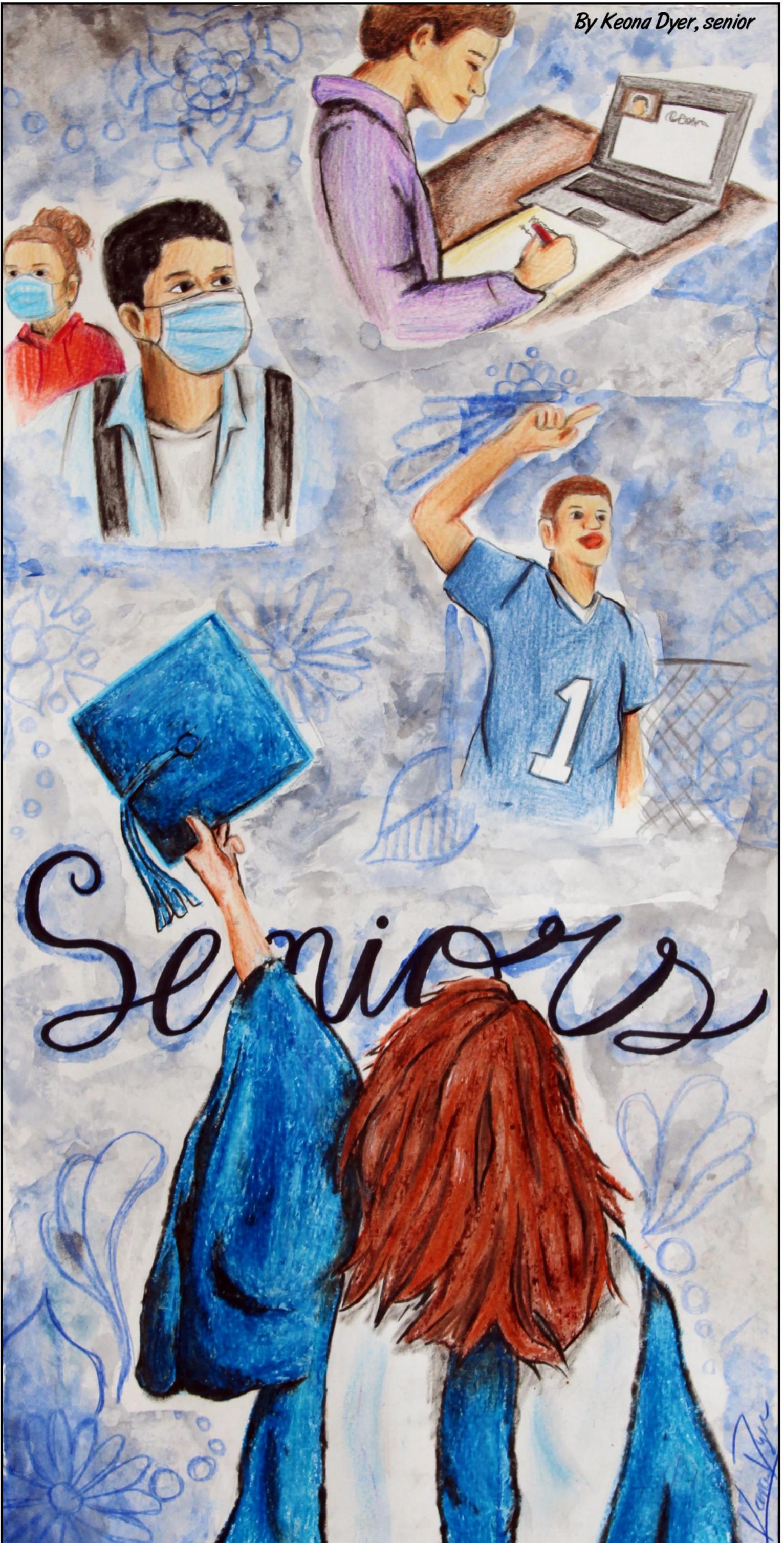
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DESTINATION GRADUATION

By Keona Dyer, senior



What a crazy trip it's been — Seniors have gone through virtual learning to a hybrid schedule to wearing masks in school to finally having some sort of normal classes and then finishing off the year strong. They are still able to graduate and get their diplomas before moving on to the next chapter of their lives.