

The Voice of Northern Lehigh High School
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Issue Four.



Makes you 'witch' you saw Big fish

Zacky and Don Price (Xander Diaz, Savion Lopez) watch as the Witch (Lacey Groover) reveals Edward Bloom (Seth Schaeffer) his deadly fortune.



The talented trio of Jameelah Gonzalez, Adriana Danyluk, and Savanna Tomcics shim-sham as the 'Alabama Lambs' on stage. See more on page 2.

Photos by Kenneth Card

No argument needed on the importance of 'debate club'

By Nicole Singh
Slate Writer

The Debate Club is meant for people looking to compete, research, and learn to analytically. Along with this club, it's good to also have an open perspective.

Knowing what your opposing side argues may be helpful as you can counterattack them; however, these skills are not required. Joining debate allows a chance for exposure for all who join where someone can learn these skills or improve them. It gives you an experience outside of your comfort zone and meet new people.

I've been in the club for four years, and during this time I have become confident with the skills I have learned and improved. You experience loss and wins with everyone as a team. One of the core skills students learn in joining the club is to gather and to fact check themselves and their opponents. Using these resources and evidence will help formulate argument.

When competing, students learn to actively listen. I usually have difficulty with this; however, I began to



take note-taking during opponents' arguments me.

As you are listening, it is beneficial to think of ways to counter arguments so you can respond effectively. Another one can learn is have an open perspective will help you logically reason and help break down a complex topic.

See DEBATE, page 2

SUN, FUN, and SOME SLATE

By The Slate News Staff

For the first time ever, *The Slate* is hitting the stands this summer! On July 4th, the award-winning student newspaper will release a special edition to celebrate the season and keep student journalism alive during the break.

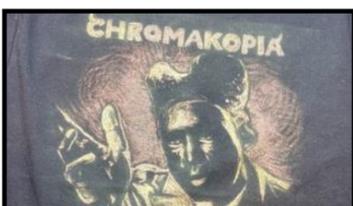
Thanks to editor Lacey Groover's vision, this summer issue will bridge the gap between graduation and the next school year. "We wanted to keep the momentum going and give our community something fun and meaningful to read," Groover said.

The summer edition will feature highlights from the school year, reflections from the Class of 2025, and—most exciting of all—graduation photos! It's the perfect keepsake to cap off the school year and a great way to stay connected even while classes are out.

Copies will be delivered to the usual drop-off spots around town, with a new addition: the Northern Lehigh community pool. Whether you're lounging poolside or relaxing in the shade, *The Slate* will be right there with you.

Be sure to follow us on Instagram for sneak peeks and delivery updates. We can't wait to share this summer milestone with you! 🌞

INSIDE



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Cast, crew of 'Big Fish' dive into their 'fin-credible' experience

By Lacey Groover
Editor in Chief

Being involved in theater strongly impacts many students. When students are given the opportunity to perform a heartfelt show with their peers on stage, they usually experience a pivotal moment in their lives. The theater has proved to be extremely memorable for the students who participate in the production process of a show, and most, if not all, never turn back from the stage.

I was interested in hearing my cast and crew mates' responses on how being backstage was for them. I know how being on stage has benefitted me: it's given me a space where I can be completely vulnerable around people who endlessly support me. The love ex-

pressed among the people in the theatre is so inescapably contagious.

Ensemble members aren't usually seen as very important roles by the audience, but they are crucial for making a show successful. The ensemble members of Big Fish stepped up to the challenge of performing a musical, with some being their first introduction to theater. Others, who have some experience in previous shows, put forth enormous effort toward making the audience genuinely feel this show's emotions. All who worked behind the scenes of Big Fish did everything to put on a profound and sincere musical.

Lauralie Ayala-Barreto:

Theater has truly been a transformative experience for me. The people I've met there have become more than just

friends; they've become family. Whenever I felt sad or upset, I knew I could rely on the support and love from my theatre community. The connections I've made, especially with the seniors, have profoundly changed my life. It's bittersweet to see them go, but I know that the memories we've created together will stay with us forever. The experiences we've shared in this theatre will always hold a special place in my heart, reminding me of the incredible bonds we've formed.

Lilliana Ayala-Barreto:

Big Fish was my first musical, and I didn't realize how much time and effort goes into musicals until I got to experience it myself. The show itself was entertaining and full of life and emotion that made the musical so much more

impactful. The musical caused me to express my feelings in ways I never did before. The theater has caused me to create many new friendships because everyone welcomes you with welcoming arms. Theater has a special place in my heart, and I will continue to come back because of how much I enjoy the environment the people in it have created.

Cadence Bradigan:

As the only middle school student on the running crew for Big Fish, I was really happy to be accepted into the group. Everybody was very nice to me and it was very rare I was treated like the "annoying child" of the group. The cast was welcoming and everyone was very kind to each other. Saying goodbye

See Big Fish, page 5

Arguing your way to awesome: 'Debate' delivers skills for life

Debate, from page 1

To improve this, teaming up and debating with other can help open up different viewpoint. Work with teammates to correlate speeches build a strong argument. When competing, it is important to have confidence in yourself and your speech. "A lot of your score is based on how well you present your speech: the pace of which you speak at, if you are speaking loudly enough, and if you're making enough eye contact," says senior Kaylee Young. Overcoming stage fright and public speaking.

While being in debate, it has the opportunity to have some personal growth. After learning to proper research and logically write, my writing assignments became super easy I what I wanted to be about. Being educated on certain topics knowing where to get my from and how to cite information saved me a lot of time on classwork as well. After speaking in multiple classrooms filled with teenagers of various levels of angst, doing presentations in class did not seem frightening anymore.

Members note they have also overcome skills they used to struggle with. When Kaylee first joined debate club, she had trouble in high-pressure situations and experienced a lot of anxiety beforehand, but now she has personally overcome these skills with the help of debate and confidently leads her team with ease Debate club is one of the various clubs our librarian, Mrs. Tiedeman, organizes and supervises every year.

She has been associated with debate for 10 years, coaching Northern Lehigh's team since 2018. Some goals Mrs. T has planned for the debate club next year include more experiences and prep, like mock trials with club members.

This is a fun and interesting way to practice and prepare for upcoming debates. When asked about the expectations for debate members, Mrs. T mentions there is a need for participation, communication, and flexibility.

"Members are expected to make deadlines, to be honest about how they feel about their role in debate, they must also be willing to make after



After a tough debate, the club heads to a local Red Robin.

school meetings, work with all types of people of their team, and when they miss school because of competition they must be responsible to make up that work," she states. that students can expect when joining is food Before or after every debate competition, debate club members take the time to go out food as a reward.

Along with this reward, is the expectation of social decency. "Students are out representing Northern Lehigh. Being respectful is another expectation, in and out of a school setting," says Mrs. T. Interested individuals can reach out to Mrs. Tiedeman to participate in watching the debate finals at Palisades on April 24. This is a great opportunity to grasp how debates work and what you can expect. There are many ways you can utilize the skills you learn from debate outside of debate club. Being in the

Debate Club can get you and awards depending on . Past debate member, Nia Nicholson, was awarded a scholarship for her participation and outstanding skill in debate.

Mrs. T also reports how she has heard back from past students who have gotten jobs based on the skills they utilized in job interviews. During debate competitions, some may get passionate about what they're arguing for can lead to a heated debate frustration; however, it's important to keep calm and collected at all times. Any type of hostility will lead to behavior deductions which can lead to a loss for your team.

Knowing the rules of a debate is extremely important before as it can benefit you knowing what to do and not to do. Some favorable topics of past debates were talking about universal income for all citizens. This showed a

side of care and how understanding and empathetic students could be from both sides, but still form a good argument either way. A favorite from this year was arguing between artificial intelligence's benefits and disadvantages. This allowed different perspectives from both sides and a lot of information that utilized in debaters' speeches. Joining the debate club offers valuable benefits that go beyond the ability to argue effectively. Club members learn to research and have an open perspective. They learn skills that are crucial for academic, professional, and personal success. When participating in debate, it fosters a deeper understanding of the world and helps individuals become more informed and empathetic communicators. The debate club is a starting place that can be meaningful for all types of development. 🌟

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Creating your clothes is 'sew' much easier than you may think

By Lacey Groover
Editor in Chief

There are many forms of self-expression. Some express themselves through art, some through writing, fashion, or other hobbies. Still, there's a skill quickly dwindling in popularity many more people should learn to do: clothing making.

Making clothes gives someone complete creative control over their wardrobe, new techniques, skills, ideas, and a great sense of accomplishment. As someone who makes most of my attire, I strongly encourage others to begin doing so themselves. I've found that customizing my wardrobe has been the most beneficial experience for my skill development, self-esteem, and self-expression.

A few hobbies I picked up at a young age that have helped me through my clothing-making journey were sewing and embroidery. I began with simple projects like small embroidered designs on pillows, simplistic stuffed animals, and eventually sewing together blankets. These skills later set the building blocks necessary to continue developing how I manipulate fabric in other projects. I've altered denim jackets, shirts, and pants, made sweaters, cardigans, and even prom dresses, mine for both this year and last.

My skills have significantly developed and improved over the years, and doing these crafts has been a great way for me to set personal goals and watch my abilities grow. I primarily make custom clothes by crocheting them; however, there are alternative ways to get involved in customizing clothing instead of making them from scratch.

Ways to alter your wardrobe all have varying difficulty levels. Many fear the lengthy process of developing the skills necessary to do them, but there are numerous beginner-friendly avenues to take as a first introduction to clothing design. It's understandable to overcomplicate these projects when first starting.

The easiest way to begin expressing



yourself through custom clothing is to learn any basic building block of a fabric-related craft. Learning simple ways to sew, cut fabric, knit or crochet, and embroider can significantly help your familiarity with how clothing is to work with, however, these skills are not required to give your clothes a bit of handmade flair.

On occasion, dabble in some other simplistic ways to craft with fabric, like

cutting in designs, patchwork, adding charms, tie-dyeing, painting, and bleaching.

Most of the time, I use thrifted or discounted clothes for my projects. I've painted and sewed patches on a hand-me-down denim jacket and done bleach designs on many thrifted jeans. By using these types of materials and techniques, customizing clothing can become more accessible to everyone. Con-

trary to popular belief, this form of art is available to most people; the supplies needed can be as simple as tools like a paintbrush, a pair of scissors, or even a marker, along with a cheap t-shirt from the local thrift shop or an old pair of pants.

Observing what others create and using it as inspiration is something many of us can learn and grow from. It's easy to spend so much time on the internet and forget how to use it as an advantage. Social media plays a large part in how I develop my ideas for my creations. Apps like Pinterest, Instagram, and YouTube create an endless online hub for sharing projects, techniques, and patterns. Making clothing has positively influenced my social life greatly, both online and face-to-face. Others tend to notice my one-of-a-kind pieces and begin asking about the creative process of making them.

Lately, I have seen an uprise of people picking up hobbies like crochet and knitting. It's wonderful discussing in person with others who do the same crafts, but the number of times I get to converse with fellow crafters is still quite limited. I hope people continue to explore these crafts and create something that expresses who they are, much like I do.

Customizing clothing teaches valuable lessons like trial and error and innovating with the materials you are given. It changes how your mind goes through creative innovation and challenges you to continue to improve.

It allows you to become who you want to be, outside and in. Restricting yourself to only what you've seen others do or conventional ways to craft will only hold you back from creating something entirely unique. With a few simple steps and an original idea, anyone can take full creative control over their wardrobe.

Finding a personal handmade style can lead to a new sense of identity and self-discovery. Your body is your vessel, don't be afraid of creatively decorating, expressing, and loving it in every way you can. 🌟

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OPINION

How U.S. Intervention Shaped Modern El Salvador

By Ada Porobenski
Slate Writer

Today, immigration and its policies are a hot topic of debate, especially in the United States, as increasing numbers of migrants are crossing the border.

Most of the immigrants are coming from Central America, specifically El Salvador. But why are so many Salvadorans leaving their home country and coming to the United States en masse?

El Salvador has economic hardships, rampant gang violence, food insecurity, political corruption, limited access to essential services, and more. It is assumed that Salvadorans are leaving their country and coming to the United States for a safer life and better opportunities, but what most don't know is what caused the many hardships that poison El Salvador and its citizens today. Many fingers point at the United States for the condition of El Salvador for various reasons.

It started in the 1980s when a civil war broke out within El Salvador between the country's right-wing government and left-wing guerrillas (the FMLN, or Farabundo Marti National Liberation Front) fighting against the corrupt, oligarchic state. According to Kazdin from Vice, over 75,000 Salvadorans were killed in the war, mainly due to the military and its U.S.-funded death squads. When the war broke out, the United States had been supporting El Salvador's right-wing government and helped keep Salvadoran peasants illiterate and impoverished.

The U.S. helped create death squads who were trained in counterinsurgency that shot peasants in the masses when trying to flee the war-torn country, as well as student and union leaders, many of whose bodies were left on roads as a warning sign against the leftist guerrillas. Due to this U.S.-funded civil war, over 20% of the Salvadoran population was displaced, states Case Western Reserve University, and a plethora of human rights were violated by the U.S. backed El Salvadoran regime (about 95%).

During the Cold War, Ronald Reagan had much involvement with El Salvador. He was anxious about Latin American "communism" as many Central American countries, such as Guatemala, were fighting for labor reforms that the U.S. considered "communist." Reagan made El Salvador seem like a country under the threat of communism as a deceptive front to hide the human rights movement for Salvadoran peasants. From there, the "scorched earth strategy" took place.

According to Case Western University, this had the U.S. training Salvadoran soldiers in El Salvador, Panama, and the School of Americas in Fort Benning, Georgia.

The Scorched Earth Strategy was created to kill civilians suspected of being left-wing guerrillas and to destroy the people's means of survival. This strategy eventually led to the murder of over 70,000 Salvadoran

civilians.

One of the most notorious atrocities was the El Mozote massacre in December of 1981. Kazdin at Vice states that it is estimated that around 1,200 men, women, and children were killed during the operation. Civilians were executed, raped, and tortured by the Atlacatl Battalion, which was a counterinsurgency group trained in the United States for three months before committing the massacre.

The U.S. and Congress had been found complicit in this terrible act, according to Case Western Reserve University, due to Congress continuing to fund El Salvador despite the military atrocities taking place and training the counterinsurgency group to, supposedly, instill respect for human rights. It has been found that multiple war crimes have been committed during the El Mozote massacre, says Case Western Reserve University, which consisted of extrajudicial killings, forced disappearances, torture, and sexual violence.

To this day, the bodies of the massacre victims are being dug up in the village of El Mozote.

The United States has also contributed to the rampant gang violence within El Salvador with President Clinton's decision to allow Salvadoran refugees' "temporary protection status" to expire. According to Vice, thousands of people who fled the worn-torn country of El Salvador were sent back to their country. Many of them were men who deserted from the Salvadoran army of the left-wing guerrillas, which left them with nothing but fighting skills for the means of survival. With very little beyond their knowledge of fighting and violence, they formed gangs to survive, which eventually led to even more violence and destruction.

Case Western Reserve University, in their detailed report on the role of the United States government in El Salvador, highlights the main things that the United States is responsible for in El Salvador. These consist of the El Mozote massacre, the scorched earth strategy, providing military aid to the right-wing Salvadoran military, having the State Department fail to properly investigate multiple massacres committed with U.S. funds, and falsely stating that civilians weren't targeted, justifying involvement in El Salvador under the impression of the Cold War, and, unfortunately, more.

These actions and atrocities done under the United States have led to El Salvador currently being an unsafe, violence-ridden, impoverished, and gang-ruled country. Salvadorans are escaping the terrible conditions that were created in large part by U.S. intervention (the scorched earth strategy, funding the right-wing Salvadoran government, the El Mozote massacre, etc.).

The hardships that poison El Salvador have made the best and safest options for the civilians to be immigrating to the United States. Before you judge Salvadoran immigrants or say they are "destroying" the United States, just think back to what our government has done to their homes. It is only fair for them to come to us for safety.

Educate those around you about the past of El Salvador. Hold the United States accountable. And have empathy towards the Salvadorans that are trying their best to create a better life in the United States. 🐾

Is it hot enough?



Photo by Abby DeCastro

Mylz Miller removes magnesium from a bottle to see if it's flammable, in Ms. Cappuccino's chemistry class.

From the cave to the circus and the woods to the dock



Photos by Kenneth Card

The cast of 'Big Fish' played four packed shows of love and devotion, based on the book by John August. (Above) Ethan Binder and Seth Schaeffer, (right) Seth Schaeffer and Jameelah Gonzalez, and (far right), Reece Johnson and Riley Krasenics.

Big Fish, from page 2

to the seniors on Sunday was a big moment for me because it made me realize that we aren't just a group, we're a family. Watching the seniors give their speeches made everyone upset. We weren't just losing friends, we were losing family members. That's just what theater is. A big family. For me, it was a wonderful and accepting place and I will definitely be coming back next year.

Adriana Danyluk:

Joining the musical was the best decision I have made. It introduced me to many new people and a new family I am so glad to be involved with. It was an amazing experience and I am so happy that I joined two years ago. My only regret would be not joining this community sooner. Being on the stage has made me more outgoing and confident. This show had so many layers to it, but everyone worked incredibly hard to make it the amazing show that it was. Congratulations everyone.

Jameelah Gonzalez-Cuevas (Senior):

Theatre has allowed me to step out of my comfort zone, allowing me to express myself more freely. #mybigfish

Kyra Grabowski:

As an ensemble member of Big Fish, I have met so many amazing people. This being my first year of theatre, I

really enjoyed the experience, and it felt like a second home due to all the hours I spent there. I feel like I discovered how much I really love performing on stage, singing, and dancing.

Giana Jachowicz:

Being a 7th grader and this being my first high school show, Big Fish felt so welcoming as a story to be a part of. I knew that I was on the younger side of the cast, so I wasn't sure how easy it would be to get adjusted. However, everyone on the cast was so welcoming and the production team was so encouraging. This show got me doing more complex choreography along with discovering who I was as an actor and singer. I made so many memories with people I wouldn't have known before theatre. The special thing about theatre is that you get to put on an act, but it also helps you to become more authentic in a sense; I've always admired this art form for that.

Reece Johnson (Senior):

With Big Fish being my last year, I just wish that it could have lasted forever. I met a lot of my friends there and I wish it didn't end. I will forever remember my memories and the friends I made along the way.

Riley Krasenics:

The show "Big Fish" has taught me so much. It's taught me to further value my family and parents. It's made me a

better person and I can't wait to see what we do next. I got to meet so many different and amazing people in the space that I worked in, and I can't wait to keep working with them. I hope to be an inspiration for many other members who are already in the club and future members who wish to join us.

Luci Nitz:

Big Fish was the very first musical production I've worked on. It was nerve-racking at first since I barely knew anyone, but I ended up getting to know more people and making new friends. As a member of the ensemble, it was fun and it also helped me manage my inability to stop moving. Being in theatre also helped me get better at timing and preparing at the proper times. Sure, I had some troubles with a few things, but overall, the experience of having this show as my first is something I wouldn't trade for anything. Honestly, despite the amount of tears that came from the cast and audience, I would do this show again. I had a lot of fun during the production, and I hope others did as well.

Seth Schaeffer (Senior):

Joining theatre allowed me to express myself in ways that I couldn't before, even if I broke my collarbone from it. It was pretty chill. #mybigfish

Noah Stettler:

Being in the crew has taught me many skills like using an impact drill,

designing/sketching entire sets, and using a table saw. Working on Big Fish was probably one of the hardest shows this theater has done from a technical standpoint. I think Big Fish can teach us all something, even in the audience.

Savanna Tomcics:

Going into the theater, I didn't exactly know what to expect, but I found so many amazing people and created beautiful friendships. Big Fish taught me that, no matter what, you will always have people who love and support you, encouraging you to dream, love, and live bigger.

Big Fish's story emphasizes the concepts of dreaming, loving, and living bigger, which pertain to the entire idea of theatre. On stage, we learn to dream and become whoever we'd like to portray.

Behind the scenes, we are surrounded by people and friendships that teach us to love largely during vulnerable moments. In life, the theatre encourages us to live life to the fullest, biggest, and happiest possible.

Everyone who participates in a musical truly experiences the emotions and lessons taught from it. I am thrilled to see what other fantastic productions Northern Lehigh does in the future. See you on stage, next year. 🌟

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EDITORIAL

A Day of Discovery

Students explore life after high school at Career Fair

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In mid-April, Northern Lehigh High School hosted its 4th Annual Career, College, and Military Readiness Fair—and what an incredible opportunity it was.

With representatives from dozens of colleges, local businesses, trade schools, and military branches filling the gym, in addition to the larger vendors outside on Bulldog Lane, the event offered something for everyone.

Whether you are planning to attend a four-year university, jump into the workforce, serve in the military, or you are still laying foundations for those paths, this day was designed with you in mind.

We hope you took full advantage of what the fair had to offer. Events like this don't happen every day, and the chance to speak directly with people who work in a variety of

fields or represent institutions you may one day attend is something students in other schools might only wish for. These conversations—whether casual chats or serious discussions—can plant the seeds of possibility.

Maybe you picked up a brochure from a college you hadn't considered before. Maybe a conversation with someone from a local business sparked an interest in a trade you didn't even know existed. Or maybe you're now looking into the benefits of military service after talking to a recruiter.

Whatever your takeaway, the goal of the fair was simple: to help you start thinking about your future.

Reflecting on his first "career fair" as organizer, secondary assistant principal Mr. Dan Williams,

said, "I couldn't have been happier with the outcome of our 4th Annual Career, College and Military Readiness Fair this year. With this being my first experience with organizing a fair like this, my main goal was to continue to provide the same level experience to our students as the previous years of the event.

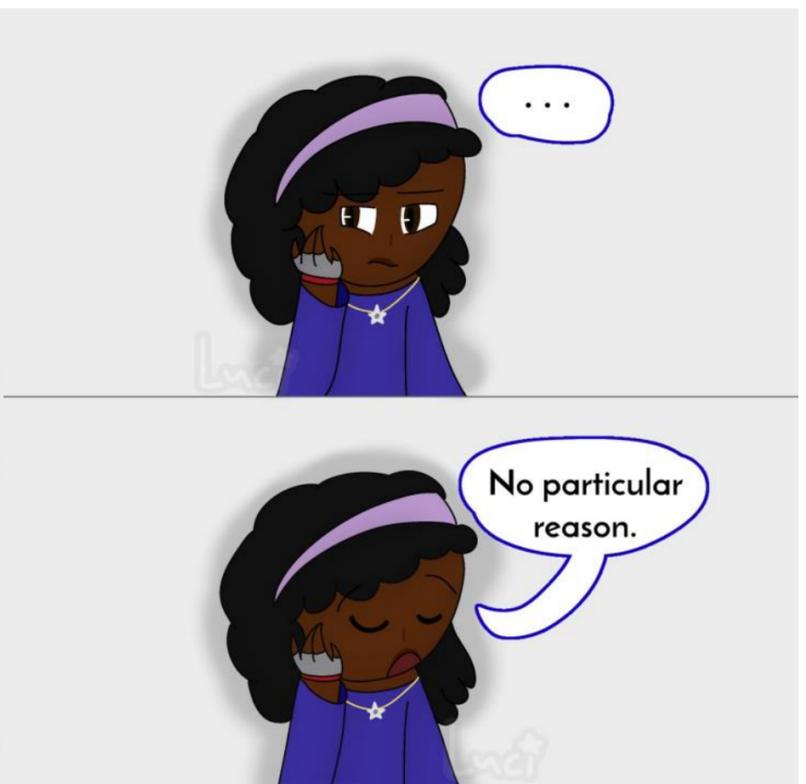
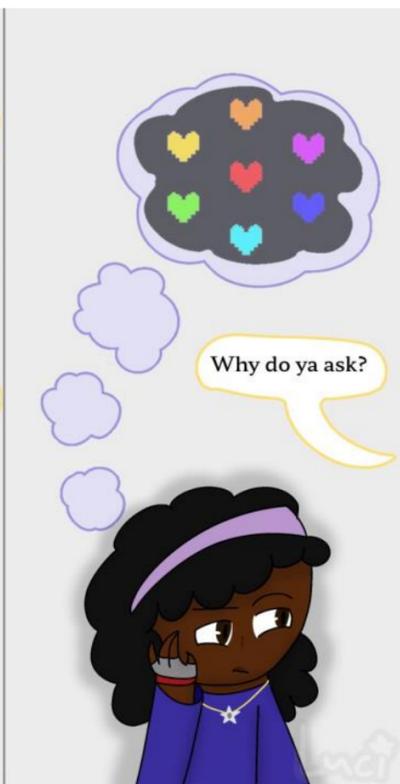
"Fortunately there was a very good blueprint left behind and I had a great deal of support from our staff throughout the district and our student council members who served as student ambassadors throughout the day. I am so thankful for their effort and support. I hope that the Career, College and Military Readiness Fair presented an opportunity for our students to gain information about the options that exist for them after they graduate, allowed them to network with

organizations that can open doors for their future and gave them an idea or possibly a refreshed path towards what success looks for them after graduation.

It's not every day that 60 different organizations spanning colleges, universities, service organizations and employers throughout our region make time to meet with all of our students and I hope that our students took full advantage of the opportunity.

"I look forward to continuing this event each year and having it evolve to meet the needs of the organizations and our students."

Your path doesn't have to be set in stone today, but every conversation and connection you make can help shape it. Here's hoping the Career, College, and Military Fair helped light the way. 🌟



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Our Nation's Heavy Hand

How U.S. capitalism crushes global movements for justice

By Mylz Miller
Slate Columnist

Socialism never works. The ideas of communism and Marxism are ultimately rooted in tyranny and the exploitation of workers. The government owns everything and makes life a living hell for the proletarians, the working class.

These often-used criticisms wouldn't make you bat an eye in the context of the current economic and intertwining political systems we live under; I've noticed a large chunk of history, that shows the real effects of how capitalism

American foreign policy, since its inception, has been a greater opposition to freedom than the ideologies they fight against. The first example of foreign policy putting American imperialism first can be seen in Guatemala.

In the early 1900s, an American-owned fruit company had disproportionate control over the Guatemalan land and economy. They purchased and appropriated Guatemalan land by ostracizing the Guatemalan people from their resources, and they did a beautiful job exacerbating wealth inequality throughout the country.

When Jacobo Arbenz was demo-

Company. After the dismantling of Arbenz's socialist regime, Guatemala became war-torn fighting one of the longest, bloodiest civil wars in Central American history lasting from 1960-1996 according to PBS.

In 1970, democratically elected Salvador Allende's presidency proved to be one of the most influential socialist regimes in Latin America. He expanded wealth equality by authorizing large wage increases while also freezing prices on goods.

He expropriated U.S.-owned copper companies in Chile by purchasing privately owned manufacturing and agri-

This was intentional. In a conversation between the 37th U.S. President Richard Nixon and former Secretary of State, Henry Kissinger, Nixon wanted to "make the economy scream." Simply because Allende wanted workers to own their means of production, he was portrayed as a villain.

On September 11th, 1973, Allende's government was overthrown by Augusto Pinochet in a CIA-led coup, turning Chile into a dictatorship-led frenzy in which working-class citizens suffered, while supposed entrepreneurs and American businessmen profited.

These are two outstanding exam-



has been undermining basic principles that dictates how we live our lives, being constantly ignored or downplayed under our capitalist regime.

Capitalism has exploited the humanitarian needs of people across the globe for decades—a story of liberation told from the perspective of the victors and oppressors.

The supposed mass murderer and dictator Che Guevara, born on May 14th, 1928 in Rosario, Argentina, was 23 when he first left his home of Buenos Aires to travel from Latin America across into North America.

On his trip, he saw the immense suffering coming from the Latin continent and found the culprits to be American imperialism, unfair working practices, and blatant disregard for the proletarians. In a very unsurprising fashion, he was correct.

cratically elected in 1950, he knew he had to do something about the conditions in which Guatemalan citizens were living. By 1954, a sixth of the Guatemalan population had received land due to Decree 900, in which Arbenz bought mass amounts of land back from these American-owned monopolies and gave it back to the people of Guatemala.

He increased living conditions for farmers and families alike, allowing them to use the land for their benefit. Unfortunately, because the redistribution of land to the people living and working there is socialism, the CIA set up a coup d'état, or a violent takeover, called PBSUCCESS in the same year, in which they overthrew Arbenz claiming he was working with the Soviet Union.

Ultimately, of course, it was to protect the profits of the United Fruit

cultural sectors, replacing them with peasant cooperatives, allowing for more sustainable and domestic growth.

Allende was truly for the people, he fought for free education, which led to a 89% rise in college enrollment amongst even the poorest Chileans according to Wikipedia.

He even guaranteed universal healthcare in Chile while encouraging doctors to work in more low-income, rural areas by opening hospitals, health centers, and maternity clinics. Chile, due to these economic policy changes, was frowned upon by dominating first-world nations. They suffered because their foreign investment and international trade were plummeting.

On top of that, the international lines of credit between Chile, the United States, and Western Europe were completely depleted.

ples of America prioritizing profit maximization before real people. These issues impact not just North and South America, but also developing countries that have suffered greatly.

We've grown accustomed to a lifestyle currently being built on the backs of the impoverished and unfortunate while outgrowing the ideas of revolution and liberation that, in the past, have progressed this nation forward. Capitalism is built on hierarchy, much like its predecessor, feudalism, a system that the founding fathers fought so hard to dismantle.

In my writings, I hope to show how unchecked we've been as a nation simply because of what we have and who we think we are. I strive for greater empathy for those around us and for those who are different from us. With empathy, I know we can achieve this. 🌱



Letters to the Editor

Have thoughts to share?
Send them to us!
theslatenews@nlsd.org

Truth, Talent, and Tenacity: The Slate Shines

Dear Slate staff,

Yesterday I picked up the latest copy of The Slate and decided I couldn't resist commenting on this paper any longer.

I am a 20-year veteran of teaching English in the Bethlehem district, now retired. I intimately know the huge amount of work that goes into creating a student newspaper.

I also understand the thin line of what is acceptable content with administration and what is desired for publication by students. It is from this perspective that I feel I can offer feedback to all involved.

Simply put, The Slate is absolutely great. The articles are excellently and cohesively written. The illustra-

tions and photography are creatively presented and pleasantly mixed throughout the layout of the paper. What grabs my attention every issue, however, is the thoughtful, provocative topics that are addressed by the students. The writers do not back down. Every time I read the Slate, I feel like cheering.

The Slate could hold its own against any other student paper in the Lehigh Valley and come out ahead.

The student staff of writers and artists who work together to produce The Slate can be very proud of their efforts as journalists, and I hope that many of them will continue to hone their crafts into a professional capacity. Their work certainly shows the potential to do so. You all should be very proud of the work you are creat-

ing.

Perhaps it might be seen as just a small student newspaper in a little Pennsylvania town, but revolutions have been started with less. We are living in a time where writing in journalism is often skewed to fit what the public wants, but not necessarily relaying the truth that people really need.

It takes courage and intelligence. Clearly, these students are examples of both these positive attitudes.

Please continue creating such a stellar newspaper.

Most sincerely,
Mary J. Bowen
Walnutport

Be the change before it changes

By Lacey Groover



Every second, approximately 1,079 metric tons of carbon dioxide gas are released into the atmosphere, equaling roughly 42 billion tons per year. Be a part of the change before the air we breathe suffocates us all.

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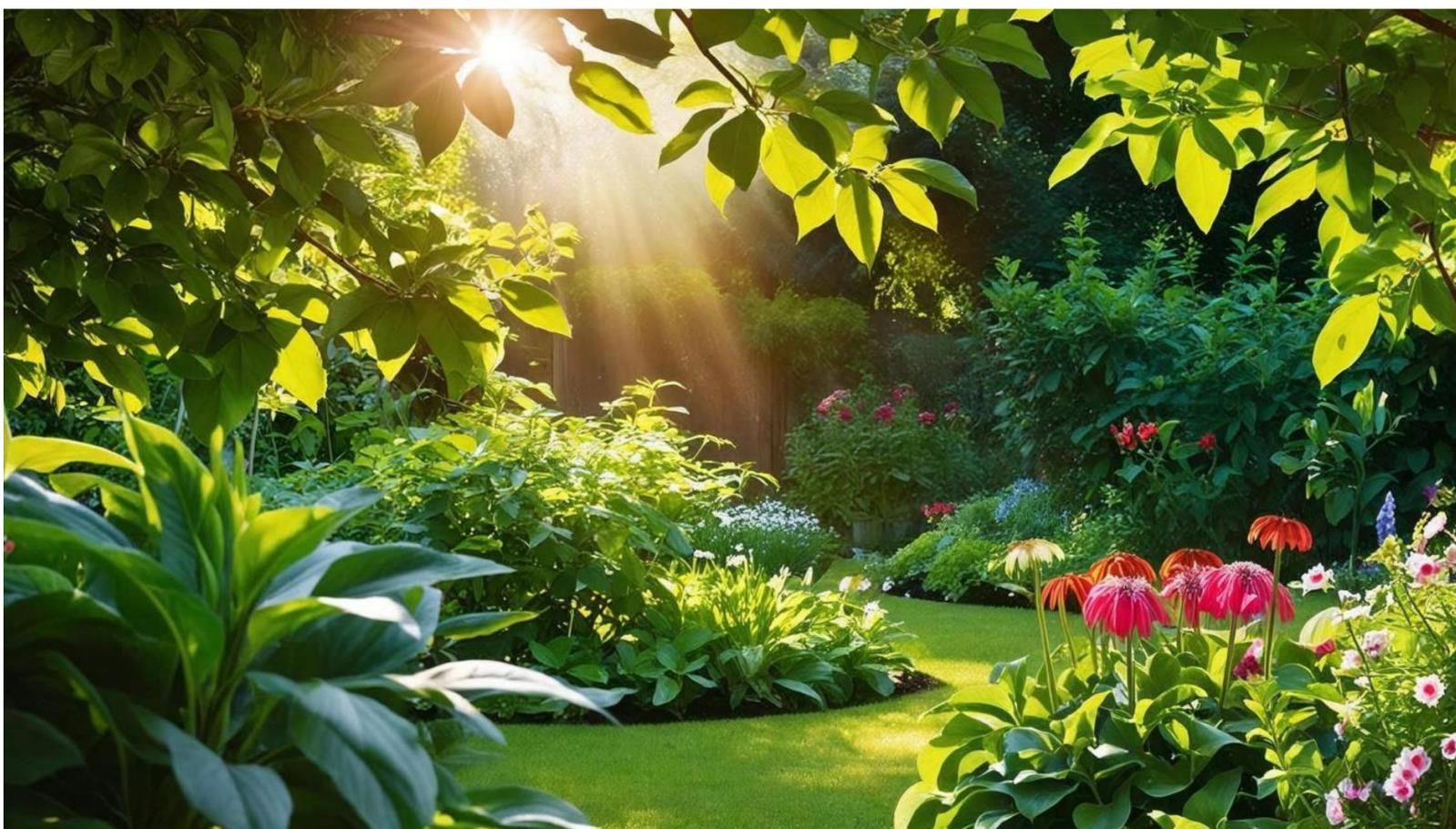
Photos by Lifetouch
Tegan Simms shoots one down the pike.



Photos by Lifetouch
Savannah Kast (left) and Marissa Maehrer (above).

Check out more softball photos on our Instagram! @theslatenews

How nature helps restore our health and hope



By Kristiana Callaby
Slate Writer

There are many forms of ‘therapy’ or stress relief, from your typical talking to a therapist or mental health specialist, partaking in relaxing hobbies to distract your mind, or more physical ones in case of injury or some form of trouble in that area.

Point is, many healthy activities can be considered healing in one way or another, and a big one is the therapy that nature provides.

You’ve most likely heard it before, especially as a teenager when your parents tell you to go outside and get off the phone, and they’re right.

Research has shown that exposure outside is beneficial to our health in

ways you might’ve never realized before. You don’t have to be doing some physical activities like sports, climbing trees, or anything like that; simply being outdoors and relaxing can greatly assist in strengthening your mind, brain activity, blood pressure, mental health, and even sleep.

If you are within a reasonable distance of a forest or are forbidden to go, there are other ways to spend time with nature, and that is through gardening. You may not be a green thumb person, but there are varieties of plants you can care for that require minimal attention, yet are just as effective as something more complex, like a greenhouse or an advanced outdoor garden with a bunch of flowers and vegetation which may not be within your financial budget or don’t

pair well with your living situation.

In hospitals, gardens have been put in place to aid not just patients, but staff and fellow visitors, as they can be used to improve the state of anyone visiting in the building. You can even find them in some prisons, as evidence from the NIH (National Institutes of Health) has discovered that these gardens can improve inmates’ behavior and offer potential employment opportunities in more agricultural or horticultural fields.

Another factor is how it helps the environment around us and can combat the constant pollution that is destroying the things around us. There are many ways to do so, such as donating to organizations, pitching in on any work around your community, or possibly starting your own little project to sup-

port your local ecosystem.

In my opinion, gardening will not just support nature, but directly aid you in not just health but knowing you are doing something to contribute to saving the earth. Planting certain flora that pollinators can utilize and spread to other areas; some plants can filter stormwater into being drinkable; soil is replenished with nutrients due to crop rotation; and so much more is capable of happening by us trying.

You can find some decent plant seeds at your local Walmart, or even already pre-grown ones to bring home and tend to from there on. You don’t have to start now, but take the benefits into consideration that nature may bring to not just you, but the space around you as well. 🌱

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Living with the invisible weight

The silent struggles of students with constant anxiety

By **Aubrey Reinhard**
Slate Writer

While anxiety can be overlooked or missed by many, it can be crippling for others. Anxiety affects everyone differently and does not look the same for everyone. It can cause difficulties in social interactions, concentration, academic performance, etc.

Feelings of anxiety often make children and teenagers more stressed and lead to avoidance of the activities that cause them anxiety.

However, these are all symptoms anyone can find with a quick Google search. In reality, anxiety is an awful condition that negatively impacts the mental health of those with it. Different types of anxiety present in various ways for everyone.

Some students will have trouble socially due to anxiety. While many people assume this is just because these students do not like big groups of people, it is so much more. Oftentimes, students with social anxiety feel as though they are being judged and scrutinized by others around them.

More people in one room or area means more people are there to judge every little thing they do. This places incredible stress on people who are already going through the struggles of adolescence.

Social anxiety can lead to avoidance of groups of people. Sometimes, this is a helpful tactic and saves stress; however, other times, it causes students to miss out on unique opportunities. Anxiety can also peak during tests. Taking tests can make anyone nervous, but it can cause these students to feel another level of panic. No matter how much one with this condition may study or prepare, testing can put significant stress

on anxiety-riddled students and even manifest in a physical sense.

Not only does test anxiety affect students' mental well-being, but it can also lead to sweating, shaking, increased heartbeats, and panic attacks. Typically, panic attacks are a result of many types of anxiety.

Panic attacks are not exclusive to just one type of anxiety; those with generalized anxiety disorder, social anxiety, testing anxiety, and other forms can all experience panic attacks. Panic attacks are a swift change in heart rate, breathing, and focus. While experiencing a panic attack, the person having it can feel their heart rate rise, which is accompanied by running out of breath.

Additionally, they can last for extended periods. This causes them to lose focus on the things around them and focus only on whatever they are worried about or how to calm themselves down. Having panic attacks in school is often scary as students do not have a parent around and may not know how to calm themselves if it has never happened before.

Personally, I have generalized anxiety disorder as well as social anxiety. I had panic attacks almost every day in the second semester of my sophomore year. Between the issues I had in my personal life and the rowdy environment of my Spanish class, I was stressed out and experienced many panic attacks.

Most times, they came out of nowhere. I would be doing my classwork when all of a sudden I felt my heart begin to race. The room started spinning and I struggled to breathe.

One panic attack was so bad I had to go into the hallway and when the bell rang my friends walked with me to keep me upright. Anxiety and the symptoms that come with it are experiences I would not wish on anyone. Overall, anxiety greatly affects the mental and physical health of students and needs to be recognized. 🐾

Much like oil on a bird's wings, anxiety's objective is to consume one's entire body physically, clouding their mind, swallowing them in panic, restricting their flying ability, and drowning them beneath the surface.



Art by Lacey Groover

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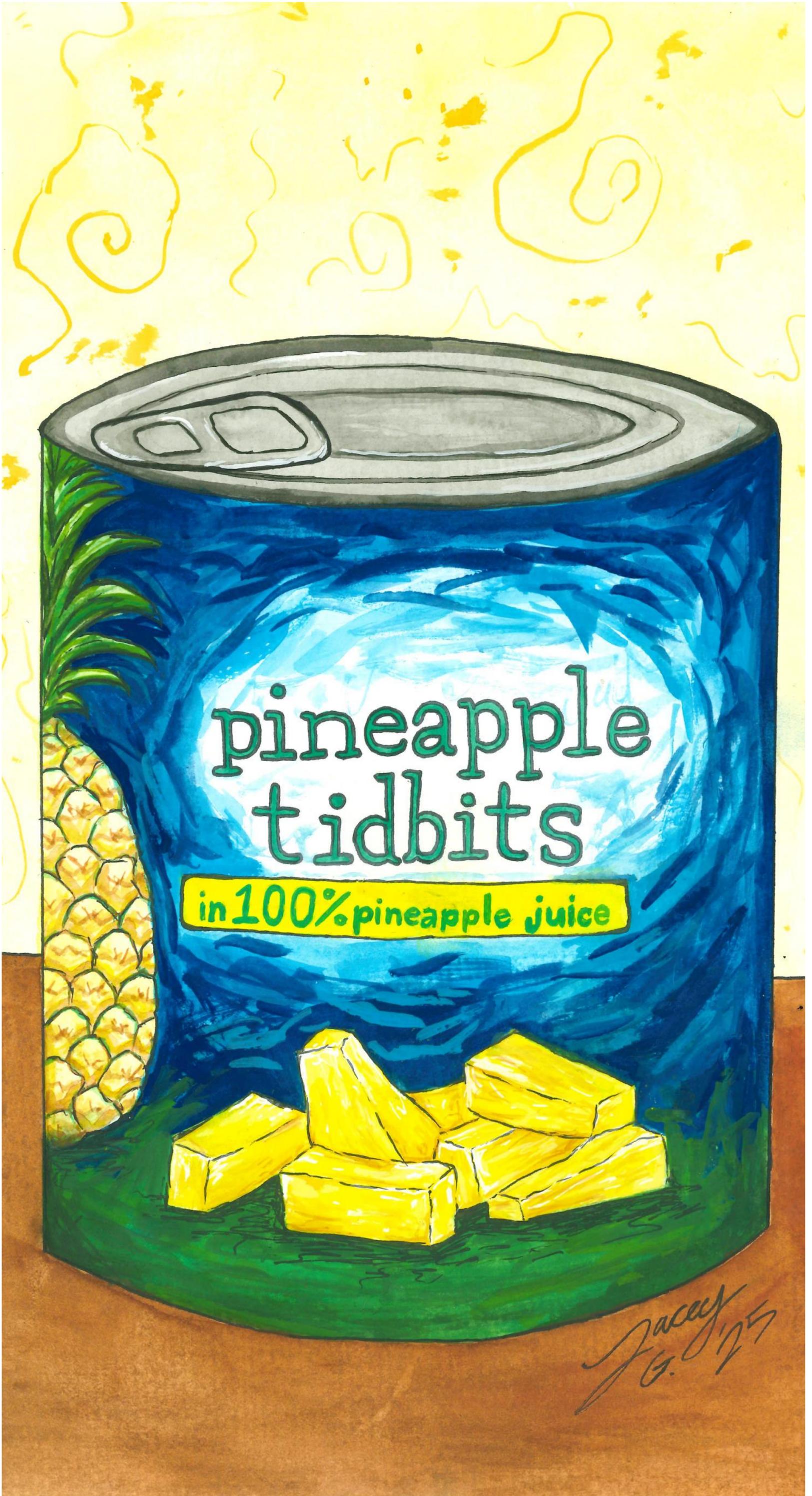
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'Tidbits' of pineapple

By Lacey Groover



Sometimes, a can of fruit is best left unopened and unexplained. IYKYK.