



Fox Tales

Quarterly

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Wellness Day - Students Get a Chance to Chill

By Laila Golla

On Wednesday, May 27th, the student Wellness Council held its annual Wellness Day, with plenty of different opportunities for students and staff to recharge throughout a busy and demanding end to the year! Several clubs stepped in to help contribute and offer an outlet centered on one of the nine core areas of wellness, including Pickleball Club, Psychology Club, Pittsburgh Care and Connections, Crafting for a Cause, Jewelry Club, Art Club, the Chess Club, and German Club. It was an amazing way for our school to come together and provide something to serve our entire student body and their diverse needs; the Wellness Council and I are so thrilled with the result.

Whether a student wanted to participate in raffles for a chance to win themed baskets, make egg-carton

planters to strengthen their environmental wellness, learn to crochet, or assemble care packages for the Pittsburgh unhoused population, they had a way to spend their days choosing what most interested them and got to break out of what can feel like a mundane routine of schoolwork and lectures. Students also got to enjoy Kona Ice. They had a chance to get extra raffle tickets by learning from seminars like Mrs. Burger's Meaningful Mental Health presentation and a Student Athlete workshop. Getting to be a part of organizing Wellness Day for the past several years and witnessing its growth has been incredible, and I can't wait to hear about what next year holds in store! Remember to take time everyday to take care of yourself and your needs, so that you can better show up for the rest of your day!





Air Force All Star Leadership Day



By Matthew Bartolacci

On Wednesday, April 15th, about 30 students attended the Air Force All Star Leadership Day. This annual event is designed to help expose Pittsburgh students to Air Force career and college opportunities. There were speakers as well as current service members that had taken different paths like the Air Force Academy, Air Force ROTC, and enlistments. The event started around 10:00 AM with three career speakers. For the most part, they gave advice to the students about how to use the opportunity they had to find out more about what they want for their future. The third career speaker was a former Air Force Academy Cadet who now pitches for the Pittsburgh Pirates. Paul Skenes came out and gave a speech about how much the Air Force meant to him among other things.

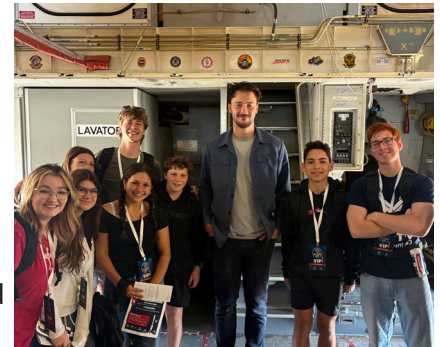
For the rest of the day, students had the incredible opportunity to experience aspects of the Air Force including entering the cockpits of two different planes,



Freshman Micah Ramirez sits in a flight simulator.

speaking to current service members about their paths, and other activities. During the day, there was a chance for a meet and greet with Paul Skenes, which excited many students.

Towards the end of the day, a band played live music for some students to listen and dance to. As the day wrapped up, students were given a boxed Chick Fil-A lunch capping off a great experience for all students. This awesome event is offered every year, so let Mrs. Gibson know if you are interested in attending next year!



Students enjoyed the opportunity to talk to Pittsburgh Pirates pitcher and former Air Force Academy cadet Paul Skenes.



A Letter From the Editor

By Karsten Buchert

Entering high school, *Fox Tales Quarterly* was the one club I was certain I wanted to join. Middle school had spurred my interest in informative writing, so much so that I aspired to be a journalist. Contributing to the school news magazine was (obviously) the perfect fit for such an interest. My first article for my freshman year was about my friend's foster cats. My first article for my sophomore year was intended to raise awareness about the rights of LGBTQ+ individuals in Uganda. Going from "Local Student Fosters Felines" with adorable pictures of kittens to "Homosexuality Threatened in Uganda," complemented by an infographic with "Life Imprisonment" written out in bold letters three times, is a major jump. I was a very ambitious aspiring journalist: nothing but pure revenge on the *New York Times* for making the purple "Connections" categories exceptionally niche. That article signaled my shift towards writing about "social studies" topics that intrigued me. For last quarter's issue, I wrote about the quack that invented cornflakes... still better journalism than most *Fox News* coverage, where Dr. Kellogg's skepticism of Western medicine would be right at home. As a final piece, I wanted to share a brief reflection along with some advice and anecdotes.

Writing for *Fox Tales Quarterly* for the past four years, and being the editor-in-chief for the last two, has been incredible. While there is a running joke among my fellow student staff that I maintain a strong "the buck stops here" demeanor, reading my peers' writing, "hearing" their authors' voices, and learning about their

interests through said writing and voices is a joy. I am always willing to be lenient with a deadline if it means a high-quality article will be submitted. I do not attend every school-hosted event, but being involved with *Fox Tales* – editing the articles and selecting pictures – often makes me feel like I do. The layout can be a frustrating digital jigsaw puzzle. I may despise the "tab reopening of shame" after discovering a PNG file I snagged from Google images is not actually a PNG file, or the painstaking task of finding the perfect group photo where no one is mid-blink, but the end result is always worth it. That is a great segue into the part of this that I fear will sound preachy. There is a reason why I choose to use my writing skills to nerd out about history, current



Karsten Buchert, Editor-in-Chief of *Fox Tales* 2024-25 and 2025-26.

events, or politics rather than write self-help advice to compile into a book that is destined to end up on the "free" shelf at a suburban library, after being read by a mom self-diagnosed with depression, of course.

Always emphasize quality over quantity when possible. Economically, it is the logic behind why a single cut of filet mignon steak is so expensive, yet Arby's can sell sandwiches containing multiple pounds of roast beef at giveaway prices.

Repeatedly practicing the hardest problems to review for a math test is time better spent than redoing every single problem that was assigned. I know juniors reading this may be preparing to apply to colleges next year. One or two activities that you pour your heart into is better than having ten activities for which one claims to allocate sufficient time. Delaying publication of a *Fox Tales* issue to do an extra review for errors leaves me with the satisfaction of knowing I tried my best to produce a quality product.

At some point in life, preferably sooner rather than later, spend time working with children. I understand that will sound scary to some, and it is indeed challenging; however, the rewarding feeling when a child finally understands a concept ("lightbulb moment"), directly turns to you for guidance, or successfully follows rules you imposed is unbeatable. Working with children

also challenges one to think on one's feet. For instance, one time I experienced a child dropping his "birthday chicken nuggets" on the classroom floor, a formidable surface that can best be described as a

magic fairy garden where glitter multiplies and tape gains permanent sticking strength. He shed more tears than the entire isle of Britain when Queen Elizabeth II passed, then proceeded to wash his chicken nuggets in the sink under hot water in an attempt to make them clean to eat. I was faced with the ethical dilemma of whether to stop him or not, ultimately landing somewhere in between telling him not to waste water, but allowing him to take the nuggets back to his table. The major takeaways from my example are that working with children helps one learn about how he or she processes situations, provides memorable moments of youthful naivety, and that dropping chicken nuggets is a tragic event... although they weren't even the dinosaur-shaped ones!



As part of my work with the layout, I redesigned the *Fox Tales* logo and changed major aspects of the layout, aiming to make it look sleeker, more modern.

My last tidbit is not necessarily my own. I would like to share a quote that has stuck with me and always pops into my head whenever I doubt myself, experience a setback, or am feeling down. It's by one of the few celebrities whom I do not suspect is secretly evil, Conan O'Brien. I admire O'Brien as both a comic and a person. He studied History at Harvard, wrote for *Saturday Night Live* and seasons four and five of *The Simpsons* (Monorail? Monorail!), then hosted late night television programs from 1993 to 2021. I am planning to study History in college too, not at Harvard though... one of the Harvards of the South. Comedy interests me as well; I fully intend to join my university's satire magazine, much like how O'Brien wrote for the *Harvard Lampoon*. As part of his last monologue for his short run as the host



Comedian and television host Conan O'Brien has long been an inspiring figure for me.

of NBC's *Tonight Show*, O'Brien stated: "No one in life gets exactly what they thought they were going to get, but if you work really hard, and you're kind, amazing things will happen." That quote is applicable in high school and beyond. No matter what the circumstance, as long as an honest effort and attitude is put forward, life will turn its course. For me, my time with *Fox Tales* is certainly one "amazing thing" to come out of my high school experience. I am incredibly grateful to, first and foremost, the club sponsor, Mrs. Gibson, and second, all student contributors. I cannot wait to check back on the district website in college and see what the next year's *Fox Tales* volume looks like. I do not expect "amazing things;" I am confident that I will see "amazing things."

Students Named 2026 All-American Strength and Conditioning Athletes of the Year

Senior Sophia Tai and junior Drew Moyer were named 2026 High School All-American Strength and Conditioning Athletes of the Year by the National Strength and Conditioning Association (NSCA). The honor recognizes high school athletes whose accomplishments reflect their dedication to strength and conditioning. The athletes are also



Drew Moyer (left) and Sophia Tai (right) were named 2026 All-American Strength and Conditioning Athletes of the Year by the National Strength and Conditioning Association (NSCA).

recognized for their academic accomplishments, as well as the positive influence they have on their peers. Sophia was recognized for girls wrestling and rowing, and Drew was recognized for baseball.

Sophia and Drew were nominated by the Fox Chapel Area High School interscholastic strength and conditioning staff that includes social studies teacher and strength and conditioning head coach Brandon Peifer. According to Peifer, Sophia and Drew are members of the National Honor Society and both exhibit a strong dedication to academics and athletics.

"Sophia is a leader with a commitment to excellence in the classroom and athletics. She exemplifies a disciplined balance of academic rigor and focused leadership. She also provides the essential

leadership to push her teammates and herself to achieve success," Peifer said. "Drew is a remarkably driven and disciplined student-athlete. He approaches every training session with a level of focus and intent that sets a high standard for our entire program. Drew leads by example, consistently putting in the extra work and effort."

Founded in 1978, the NSCA is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world. The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world.



The Emotional Causes of Procrastination and What You Can Do To Prevent It

By Eliana Wellman

Around this time of the year, many of us experience some level of procrastination. But does putting off that final essay or science project have more behind it than exhaustion and laziness?

According to Insights Psychology, "It [procrastination] is deeply rooted in emotions, habits, and cognitive processes. It involves a complex interplay between your brain's emotional and rational centers.

Often, people procrastinate to escape feelings of fear, anxiety, or self-doubt associated with a task, even though this avoidance ultimately makes the situation worse." (insightspsychology). In many cases, the fear of failure prevents people from trying their best. If someone has an excuse for why they performed poorly on an exam or project, they can put it off as rushing at the last minute, instead of actually admitting that they were confused or struggling. This trait is a sign of poor self-esteem and a lack of self confidence in oneself. This form of procrastination can also be seen in the form of self-sabotage. In many cases, the task that one procrastinates seems daunting, but when broken down over a long period of time, it is not as bad.

However, the further away a project may seem, the less immediate it feels, making procrastinating significantly easier. According to one article published by Brown University, "When the potential rewards and the potential threats are tied to a deadline further into the future, they have less of a pull on us." ("Why Do Humans Procrastinate? A Neuroscientist Explains."). Deadlines are often tied with a sense of dread and anxiety, and many



Procrastination is an unfortunate reality for many students. More often than not, it is motivated by complex emotional factors.

in turn feeds the cycle of procrastination even more. One source claims, "This emotional aftermath can perpetuate the cycle of procrastination, as you might once again seek short-term comfort to escape those negative feelings."

(insightspsychology).



The further away a deadline, the less immediate a task seems. Procrastination can be prevented by dividing a task up over time.

Fortunately, there are ways of breaking the cycle of procrastination. Identifying yourself as a procrastinator and the tasks that you put off is the first step in breaking that loop. By teaching yourself to do work first and rewarding yourself afterwards, you can train your brains to get used to a system of work followed by reward. This strengthens the prefrontal cortex, which is the section of the brain that helps stop impulsive decision making, which

allows a person to grow more resilience and confidence in their abilities. Being able to trust your capabilities and work helps prevent future procrastination and in the long run, leads to better work.

References:

insightspsychology. "The Brain Science behind Procrastination." Insights Psychology, 29 Nov. 2024, insightspsychology.org/the-neuroscience-of-procrastination/.

"Why Do Humans Procrastinate? A Neuroscientist Explains." Carney Institute for Brain Science | Brown University, 2019, carney.brown.edu/news/2019-04-16/procrastinate-explain.

Summer Side Quest Suggestions

By Zoey Liu

In the summer, it is incredibly easy to spend everyday staring at a screen, waiting for something interesting to happen. You do not need but to make this summer memorable; grab a few friends and check these side quests off your list.

Become a Tourist in Your Own City:



This summer, take time to explore Pittsburgh; it has much to offer!

For one day, act like you landed here from across the world. Go visit downtown, walk around, and visit museums you normally would walk past.

Take a bus on which you've never been and grab a

brochure of the nearby landmarks and explore them.

Roleplay in IKEA:



IKEA can be a very exciting destination, regardless of if you're in the market for furniture or not.

On a rainy afternoon, head to IKEA with your friends. Split up into the showrooms and act as fictional characters. You can act like a wealthy couple looking for a new mansion, or bickering

roommates arguing over anything. Keep it low-key enough as not to disrupt the actual customers.

Make Something Small and Sell it in Your Neighborhood:



Consider setting up a small sales operation in your community.

From lemonade to crochet dolls, your neighbors are sure to appreciate anything being sold within their neighborhood by fellow residents. Making small things and selling them for a few dollars would give you a small profit and help you connect better with the people you live around.

Create the Ultimate Local Food Bracket:

S	
A	
B	
C	
D	
E	
F	

One possible method for ranking food items, such as french fries or chocolate chip cookies is a tier list.

Pick one specific food item – like chocolate chip cookies or french fries. Over the course of an afternoon, visit around five different local spots in your area to try their version. Create a

scorecard with your friends, rating them on taste, texture, and value. Finally, crown the champion of your city.

Fox Chapel Named a Top Community for Music Education

The Fox Chapel Area School District has been named among the 2026 Best Communities for Music Education. This is the 15th year that the district has received this designation.

Fox Chapel Area is one of 141 in the state of Pennsylvania and one of approximately 1,000 school districts in the nation chosen for this honor. The distinction recognizes districts that demonstrate an exemplary dedication to music education and their ongoing efforts to ensure equitable access to music learning as part of a well-rounded education.

The districts were selected through a program sponsored by the NAMM (National Association of Music Merchants) Foundation which honors districts for

outstanding achievement in providing access to high-quality music education.

Recipients of the Best Communities for Music Education Awards were selected through a comprehensive application and review process that evaluates key indicators, including funding, instructional time, participation rates, facilities, and community support.

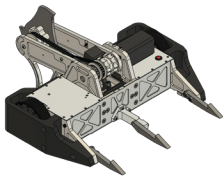
The NAMM Foundation is a nonprofit that works to remove systemic barriers that limit access to music-making and career pathways in the music industry. The group strives to build inclusive and thriving musical communities and invests in the future of music.



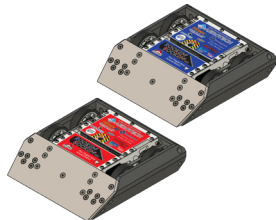
Fox Chapel Robotics Continues Engineering Success

Over the weekend, the Fox Chapel Area High School Robotics Team competed in the 15-pound battle-bots division of the BotsIQ state finals competition at PennWest University. Our school sponsored two teams with unique, innovative entries into the field of 68 teams, representing 48 school districts from across the region.

Team one's "hammersaw" entry, named "Trident 2.0" with core members Georgy Pistsov, Zhanyu "Eric" Jiang, Ayush Patel, and Cecilia Sumrok, secured the "Best Engineered Bot" Award, 2nd Place in Documentation, and tied for 13th in the battle aspect of the competition. In 21 years of the BotsIQ High School competition, this complex weaponized robot is only the second of its type, and the first and only to ever successfully operate and advance in the March Madness-style bracket. Credit is due in part to alumni Jackson Hagler, who pioneered the design last season, enabling our current team to continue research and development.



Digital mock-up of the robot used by team one in the competition.



Digital mock-ups of the robots used by team two in the competition.

Team two's entry was also unique in its approach of two 7.5 -pound mini wedge-bots, "Rockem Sockem 2.0". The core team of Jackson Biehl, Benjamin Sun, Mateo Phelan-Vidal, Brady Stocker, Nicholas Spector, and Yixin "Amy" Zhang secured 3rd place in documentation as well as a tie for 9th in battle with their highly agile, tandem-driving strategy. Their "bots" featured innovative "self-righting" servo-motors, which could flip the robots back to their more dominant orientation if struck upside-down during the intense 3-minute battles. This feature is also a first in the BotsIQ competition, and the multi-bot strategy was the only entry out of the 68 opponents. Co-



Two teams from the Fox Chapel Robotics Club placed in the 15-pound battle bots division of the BotsIQ state finals competition at PennWest University.

Presidents, primary designers, and seniors Jackson Biehl and Benjamin Sun have been leaders and electrical specialists for all of our teams during the last four seasons and will be missed as graduating seniors.

Additional members of the club include Zachary Chao, Zachary Chan, Holden Driver, Ethan Kabus, David Kong, Benjamin Kirby, Tristan Kobylinski, Zekai Lin,

Mikhail Lukichev, Gabriel Mahone, Patrick Pohl, Rayyan Saidi, Luke Shin, and Brandon Tilstra.

Both teams have been working on their designs, extensive engineering documentation, and physical production of their entries for the duration of the school year. Our teams are very fortunate to work with Aerotech Inc. for design consultation and the precision manufacturing of our complex components. Aerotech's incredible team of engineers, who take time out of their busy schedules to meet with us virtually each week and provide their expertise, includes V.P. of Research and Development, Mr. Eric Glaser, V.P. of Manufacturing, Mr. Anthony Fazzini, Metrology Technician and Fox Chapel Alumni, Mr. Nick Guy, and outside electrical specialist, Mr. Walt Gasiorowski. Special thanks as well to the Phelan-Vidal Family for helping to coordinate transportation, food, and refreshments for all of the regional and final competition days.

Final standings for "Grand Champion", which combines scores for Engineering Documentation and battle success, will be released later this week. Both teams have been invited to National Tournaments in Ohio and Colorado for our season placings and program reputation, and our students plan to pursue further fundraising and sponsorship efforts and ascertain whether or not they are able to move on with their busy Spring academic and extracurricular schedules.

Thank you to all of the teachers and administrators who have provided us with excused tardies, assistance, and other means to help the team compete this year!

Students Win Regional and National Scholastic Awards

Thirty Fox Chapel Area School District students won awards for their submissions in the 2026 Pittsburgh Region and the national Scholastic Writing Awards.

Fox Chapel Area High School sophomore Veronika McCarl and freshman Rebecca Dorneich both won Gold Medals at the national level. Veronika won for her poem, "The Stillness That Knows Too Much," and Rebecca won for her flash fiction writing, "The Half-Life of a Hug." This year, more than 110,000 submissions were submitted for the national contest, and only 2% received awards at the national level. Select national medalists will be honored at a ceremony at Carnegie Hall in New York City on June 10.

At the Pittsburgh Region Scholastic Writing Awards, Gold Keys were won by Fox Chapel Area High School sophomore Veronika McCarl (3 Gold Keys), and freshmen Rebecca Dorneich and Jack Teschke. These students also qualified for national judging.

Silver Keys were awarded to junior Nadre Digbohous; sophomores Veronika McCarl (10 Silver Keys), Amelia

Tedesco, and Divya Thirumala (3 Silver Keys); freshmen Kai Galyardt (3 Silver Keys), Celestial Hou (2 Silver Keys), Layla Niggel, Rebecca Smith, and Jack Teschke.

Honorable Mentions went to seniors Arman Alborzi, Ori Goldin, and Emma Kuhns; juniors Nadre Digbohous and Logan Rapp; sophomores Veronika McCarl (2 Honorable Mentions), Amelia Tedesco, and Eliana Wellman; freshmen Anaia Shehzad (2 Honorable Mentions), Rebecca Smith, and Jack Teschke.

Hundreds of submissions spanning a variety of different genres of writing

were received from students in grades 7-12 from across Allegheny County. The local competition is sponsored by the Point Park University Honors Program, which hosted a regional recognition ceremony for the winners in March at the Pittsburgh Playhouse.

The Scholastic Art & Writing Awards is the nation's longest-running, most prestigious recognition program for creative teens.



**Scholastic
Art & Writing
Awards**



The Scholastic Gold Medalists are Rebecca Dorneich (left) and Veronika McCarl (right).

Upcoming Films

By Elijah Turner

What's up, film fans? I know it's heartbreaking to say, but this is the last of my articles about exciting movies for this school year. Don't feel sad, though; *Fox Tales* will be back in the fall! Here's a list of films you might want to check out this summer.

Christopher Nolan's *The Odyssey* (July 17)

The live-action *Moana* remake (July 10)

Toy Story 5 (June 19)

Minions & Monsters (July 1)

Mutiny (Aug. 21)

Coyote vs. Acme (Aug. 28)

The Dog Stars (Aug. 28)



A *Sensational* Semiquincentennial: celebrating the 250th Birthday of the United States

On Tuesday, May 26th, Fox Chapel Area High School students and staff held a "birthday celebration" for the United States. This Fourth of July will mark 250 years since the signing of the Declaration of Independence in 1776. Staff were encouraged to dress up as a significant figure from American history. Students were challenged

to match each teacher with his or her corresponding historical figure for a chance to win a prize. During third period, Mrs. Klein and her AP United States Politics and Government students ran trivia contests and handed out cupcakes as well as slices of birthday cake. Students could even put their on signature on the Declaration!



Mr. Baxter, Mrs. Helgert, and Mrs. Crissman dressed up as, from left to right, Buddy Holly, Betsy Ross, and Mary Lou Retton.



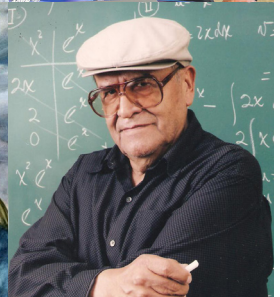
Mrs. Green dressed up as Margaret Hamilton.



Mrs. Klein dressed up as Abigail Adams.



Dr. Hower dressed up as John Paul Jones.



Mr. Rios dressed up as Jaime Escalante.



Mr. Norberg and Mrs. Modlin dressed up as George Washington and Nellie Bly, respectively.



Students had the opportunity to add their signature to a copy of the Declaration of Independence, get sweet semiquincentennial treats, and play trivia games.

Prom





Get Off the Phone!

By Linden Trac

For my group's AP Statistics fourth quarter project, we wanted to answer the question, "What is the average amount of time FCAHS students spend on their phone each day?" If you were one of the randomly selected students to participate in our survey, you probably received an email similar to this:

Hello,

We are currently conducting our AP Statistics Spring Project. You have been randomly selected to participate in our study. Please fill out the following survey:

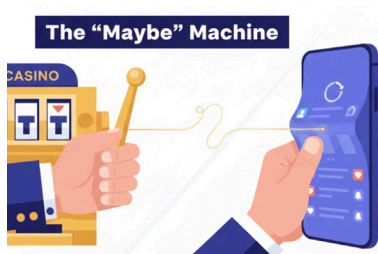
<https://forms.gle/mQrcDu9xTTRCYb57>

We constructed and interpreted a 95% confidence interval for the true average. Conditions have been met. We are 95% confident that the interval 4 hours and 29 minutes to 5 hours and 45 minutes captures the true average amount of time FCAHS students spend on their phones each day.

In 2025, Harmony Healthcare IT did their own survey of the average amount of time Americans spend on their phones each day and estimated it to be about 5 hours and 16 minutes. Our sample mean was around 5 hours and 7 minutes. This is a 14% increase from their previous estimation in 2024 of 4 hours and 37 minutes.

Why are phones so addictive?

Do you ever feel like you cannot stop looking at your phone or put it down once you are on it? Do not worry, it is not entirely your fault; they are actually designed to be hard to resist. Animations on our phones are modeled after those associated with gambling. The pull down to refresh feature used in many apps is meant to mimic slot machines. Apps are designed to be "infinite" – scrolling often has no natural ending, thus removing the signal to stop and take a break. Notifications are designed to prompt an immediate response. They are meant to break your focus and move your attention onto whatever app from which the notification came. The fear of missing out (FOMO) creates a sense of anxiety when you put the phone down and cannot check what is happening on social media.

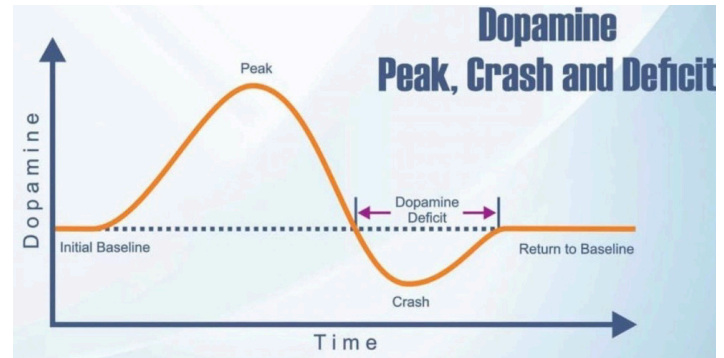


What is considered a phone addiction?

A phone addiction can be characterized as the fear of being without a mobile device, or "nomophobia."

When we use our phones, our brains trigger a release of dopamine, or the "feel good" hormone. After our initial

rush of dopamine, there is a dip, almost like a craving (what goes up, must come down). To compensate for our diminished dopamine levels, we use our phones. As the cycle continues, we become more reliant and addicted to our phones.



Effects of too much screen time may include:

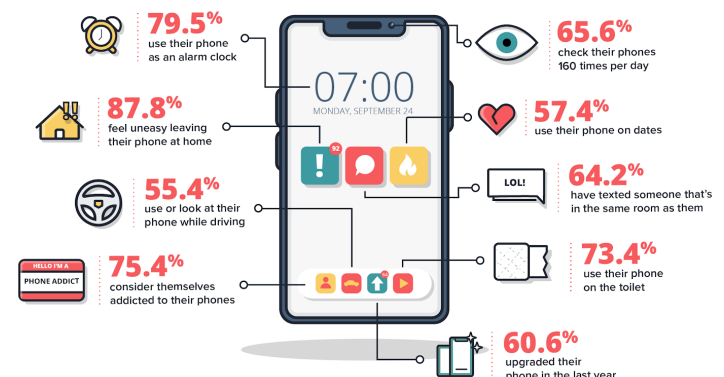
- Eye strain
- Neck soreness ("tech neck")
- Sleep deficit
- Lower concentration levels
- Stress and anxiety
- Loneliness and depression

Ways to decrease phone usage:

- Leaving your phone in a separate room while studying
- Taking breaks from social media
- Turning off non-essential notifications
- Delete unimportant mobile games and apps
- Set screen time limits

Fun Facts about phones:

- The first handheld mobile device was invented in 1973.
- The Nokia 1100 is the best selling mobile phone with over 250 million units sold worldwide.
- In 2024, there were around five billion smartphone users (61% of 8.2 billion total people).



The Big List

Allegheny College:

Antonio Cardinali
Claire Conti
Raina Guzman
Lond Miller

**American University:**

Dayna Mullan

**Arizona State University:**

Kathryn Siddons

**Auburn University:**

Catherine Conway
Caroline Leland
Evan Skvarla

**Boston University:**

James Manges
Fiona McCarthy
Sophia Nguansiri

**Brown University:**

Theodore Tedesco

**Bucknell University:**

Morgan Vankirk

**Carlow University:**

Lily Cannon

**Carnegie Mellon University:**

Arman Alborzi
Elliot Broyles
Riley Hemingray
Steven Li
Max Melocchi
Zehra Ozkaya
Sarah Rached
Joshua Shah
Lorenzo Smiraglio
Michael Winter

**Case Western Reserve University:**

Lyla Jablon
Mira Owens

**Chapman University:**

Quinn Carey

**Chatham University:**

Mason DeGuilio
Fenix Goldberg
Adam Haines
Makenna Marcussen

**Clemson University:**

Gavin Lynch

**College of Charleston:**

William Gagliardino

**Cornell University:**

Korra Littwin



The Big List

Cosmetology:

Carissa Dobbie
Genevieve Messman
Adison Zahner



Denison University:

Cassie Classen
Molly Classen



Duquesne University:

Viktor Golalic
Samuel Kieffer
Morgan Monteverde
Ayla Ojanen
Gino Pototo
Kalina Shakti
Kalsey Thom



Eckerd College:

Morgaine Dudek



Elizabethtown College:

Helen Xu (BS/MD)



Elmira College:

Joanna Li (BS/MD)



Elon University:

Greta Erdner (honors)



Emerson College:

Emily Korczynski
Faye Muller



Emory University:

Laila Golla



Endicott College:

Mary Lynch



Fairfield University:

Charlotte McLeland



Florida State University:

Samantha Dinh



Fordham University:

Tina Dong



George Washington University:

Maya Agarwal
Sabina Mantella



Harvard University:

Ulyana Kubini



Indiana University - Bloomington:

Mason Shelkey-Bray
Ross Calig



Indiana University of Pennsylvania:

Summer Burkhart
Benjamin Cassol
Alexander Colbert
David DiGregory
Molly Krajcovic
Finnegan McManus
Ava Walmsley



The Big List

John Carroll University:

Sophia Jacobs
Jaxson Lapiana
Sean Regan
Kayleigh Sejvar
Samuel Troutman



Lehigh University:

Alana Calig
Keitaro Inada



Louisiana State University:

Chloe Coulter



Miami University of Ohio:

Lily McLaughlin
Marilyn Pekarcik



Michigan State University:

Joseph DeMartino



Middlebury College:

Ian Wellman



Northwestern University:

Joseph Shin



Ohio University:

Jacob Amster
John Ruane



Old Dominion University:

Emma DiRocco



The Pennsylvania State University:

Dylan Calig
Chase Carney
Michael DiDomenico
Spencer Goehring
Aavree Hill
Charles Hill
Kagan Joyce
Colby Koloshinsky
Patrick Levy
John McGough
Adison Rimer
Samantha Van Kirk
Owen Wilson
Grady Johnson



The Pennsylvania State University Behrend:

Ava deBruyn
William McEver
Joshua Murphy



Princeton University:

Eloise Johnson



Purdue University:

Jeremy Hnatow



Rice University:

Ryan Wang



Robert Morris University:

Nicholas Hopkins
Grant Watson



Rochester Institute of Technology:

Gavin Nguyen



The Big List

Savannah College of Art and Design:
Grace Gouwens



Seton Hall University:
Tobias Conklin



Seton Hill University:
Aiden Elwood
Brady Matthews



Slippery Rock University:
Parker Burgess
Summer Hill
Lilly Hunkele
Maggie Jones
Sofia Kubini
Jacob McMillan



State University of New York College of Environmental Science and Forestry:
Joseph Comte



Syracuse University:
Nora Kelley
Milo Tongarm



Temple University:
Daniel Sheets



The Ohio State University:
Mikayla Feder



U.S. Coast Guard:
Krisztian Salvador



University of Central Florida:
Thomas Billings
Nathan Johnson



University of Colorado - Boulder:
Mikhail Demarco
Emma Srodes (honors)



University of Iowa:
Casey Byrne



University of Kentucky:
Gracen Patterson



University of Maryland:
Akshay Lath
Elliott Willison



The Big List

University of Michigan:

Xing Carlough
Priscila Hayetian



University of New England:

Sophia Tai



University of North Carolina at Charlotte:

Zachary Snyder



University of North Carolina School of the Arts:

Luci Carvelli



University of Oregon:

Anya Butler



University of Pennsylvania:

Michael Costello



University of Pittsburgh:

Marin Airik (honors)
Prachi Behal (honors)
Maeve Beresford
Maxwell Bruno
Victor Burkhardt
Aaron Chung
Luca Conte
Luke Dancy
Rocco DiDomenico
Atia DiGioia
Anderson Dockey
Sophia Feng
Ori Goldin
Adele Greenwalt
Zinta Jacob (honors)
Auden Jacobson
Alan Jiang
Warren Kersetter
Jeanne Leboulanger
Owen Long
Eugenia Mettenburg
Allison Milgrub (honors)
Gabriel Nosik
Elizbeth Thomas
Umayma Trebak
Anais Wang



University of South Carolina:

Avery Jones



University of Southern California:

Eduardo Guirola Diaz
Vesta Homayoun



University of Tampa:

Caroline Grimsley (honors)
Emily Kinter



The Big List

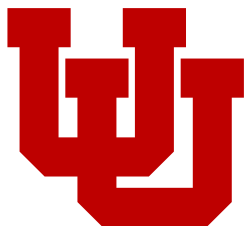
University of Tennessee - Knoxville:
Emilia Sutkowski



University of Texas at Austin:
Charles Hahl



University of Utah:
Aspen Smouse



University of Vermont:
Zelia Herald
Meredith Lowe



University of Washington:
Ava Weiner



University of Wisconsin - Madison:
Charlotte Rattner



Vanderbilt University:
Karsten Buchert



Wake Forest University:
Brooke Thiele



Washington and Jefferson College:
Nicolas Squeglia



Washington University in St. Louis:
Rodrigo Silva



West Virginia University:
Gianna Carrozza
Trista Jackson
John Jump
Blake Krushinski
Julie Patterson



Westminster College:
Bailey Mack



Williams College:
Nikolaj Vavpetic



Worcester Polytechnic Institute:
Joseph Weber



Retiring Educators - Mr. Daniel Kirk

By Prachi Behal

Having once been a Fox Chapel student himself, Mr. Kirk became the educator he once admired in his own classroom. His first day as a student teacher in 1990, walking into Ms. Mathers' classroom in D-wing, felt both familiar and exciting as he began his journey as an educator. If Mr. Kirk could describe his time at Fox Chapel in three words, they would be: busy, challenging, and rewarding. The most rewarding part of his experience was realizing that he could become the kind of educator he once had and always looked up to.

Mr. Kirk has always admired the teaching staff at Fox Chapel, and that is what he will miss most, the outstanding group of teachers dedicated to helping students and developing professionals. He experienced this firsthand during an English department poetry writing group that met after school to share their writing. The supportive responses from the group helped make this one of his best memories at Fox Chapel. He also commends the students at Fox Chapel and has noticed that more students have been taking AP classes than at the beginning of his career. He is very happy about this; however, it does bring challenges when trying to fit everything into a semester schedule. One of his biggest challenges throughout his career was staying

organized and managing his time effectively within the structure of the school year.

The advice he would like to give students is to strive to be authentic in their writing and find their own voice.

He hopes that students and staff will remember him as a dedicated professional who cared about their development as thinkers and learners. As someone who has taken his AP Language and Composition class, I can confidently say that the class was challenging, but I left a better writer and a stronger student than before. Mr. Kirk is definitely an educator who helps students reach the next level in their writing and overall academic growth, as he did for me.

One thing Mr. Kirk wishes he could take with him is the view out his window of the upper field, the place where he first started playing soccer. His post-retirement plans include getting better at golf, reading more for himself, and traveling with his family.

One final message he would like to leave for the school is that whatever you do, make it your own and speak to what you think is important. He believes every student has something to offer and the ability to grow in the time they have in class.



After 35 years in education, English teacher Mr. Kirk will be retiring this year.



Retiring Educators - Mrs. Jill Tabis

By Giselle Silva

It seems like every year, Fox Chapel has to say goodbye to several teachers who have made a strong impact on our school. This year, one of those teachers is Mrs. Tabis, one of our beloved business teachers. Mrs. Tabis has been teaching for 33 years, all spent at Fox Chapel Area Highschool. She has taught several classes, including Marketing, Business law, Advertising, CFE, Intro to Business, Management, and Keyboarding. Mrs. Tabis has had many different changes in her classroom. The first change is that she has windows in her classroom now (yay!) The second change is the significant impact in teaching she has seen in terms of students' attention spans and use of technology.

Her favorite parts of teaching at Fox Chapel are experiencing the students progressing towards success and connecting with her co-workers, who became her friends. Her next steps are as follows, "Every time I had to decline an opportunity to do something fun over the last few years due to work, I put the activity on a list. I'll spend some time checking off those activities while I figure out what career I will have in 'part two.'" She said the following when asked about advice for our student body: "Interpersonal and networking skills are important. Work out of your comfort

zone and you may find you love something you never attempted before."

After interviewing her, I took the time to interview one of her students, Quinn Carey. Quinn is a Senior who took Mrs. Tabis' Marketing and Business law courses. One thing that made Mrs. Tabis' class special for him was the way she made it interactive as well as how down to Earth she was with the class. She demonstrated great innovation with every project, and you never knew what would come next. His favorite memory with her involved one of these projects. For her Marketing course's final, she made the students create a product and commercial trying to sell the product. He loved it so much because of how goofy the students

made the videos, and how hilarious her follow up questions were. Quinn said that she definitely made class exciting and fun, and that was what made the biggest difference.

To Mrs. Tabis, we wish you all the best in retirement! May you find success in whatever endeavors you invest in, and remember that Fox Chapel will always have a place for you!



After 33 years in education, business teacher Mrs. Tabis will be retiring this year.

Seniors Honored by Local Rotary Club

On Wednesday, May 13th, 11 seniors were recognized for their scholarship, leadership, service to the community, and character by Rotary International's Fox Chapel Chapter. Each academic department nominated a student to receive an award. There was also a "Service Above Self Scholarship" recipient. The students attended



The students recognized were, from left to right with their corresponding award, Kalsey Thom (A.W. Beattie), Joseph Shin (Math), Grace Gouwens (English), Sabina Mantella (Service Above Self Scholarship Recipient), Elliot Broyles (Music), Ulyana Kubini (Technology Education), Joseph Weber (Science), Karsten Buchert (Social Studies), Ross Calig (Business), Viktor Golalic (Physical Education), and Mira Owens (World Languages). On the far left is Fox Chapel Area School District Superintendent Dr. Mary Catherine Reljac. On the far right is the Rotary's Student Relations Chair, William McConnell and Gifted Education Coordinator Mrs. Lisa Gibson.

a luncheon at the Lauri Ann West Community Center where they were given their awards and asked to say a few words to the Rotarians in attendance.



Retiring Educators - Mr. Peter Shiner

By Maeve Beresford

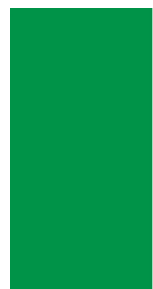
After 34 years in education, 33 of which were at Fox Chapel, Mr. Shiner is officially hanging up his lab coat for the last time. He began his career teaching in the Philadelphia suburbs before working with gifted high school students at Carnegie Mellon University, where he quickly fell in love with the Pittsburgh area. While tutoring in graduate school, Mr. Shiner realized how much he loved working with students and decided to pursue a teaching career. Over his years at FC, Mr. Shiner has taught Accelerated Physics, Physics Mechanics, Chemistry, Accelerated Chemistry, and Physical Science. He is currently balancing Accelerated Physics, Physics Mechanics, and Chemistry, although Accelerated Physics has always been his favorite class to teach.



After 34 years in education, physics teacher Mr. Shiner will be retiring this year.

He tries to make it the connecting fabric of his classroom. He loves to build relationships with students. His biggest advice to an incoming teacher would be to "get to know your students." He would encourage teachers to attend as many plays, games, and performances as possible to show kids that he cares about them as people, not just as students. He thinks that one thing he wishes more people understood about children is that they want a personal approach to teaching, not just an academic focus. Mr. Shiner hopes the students and staff will remember him as showcasing a positive attitude, hardworking determination, and a bit of fun.

Mr. Shiner's plans after graduation are very exciting; he plans to eventually move to Northern Italy. He currently lives locally in Fox Chapel and hopes to stay connected within the community, especially since his



Post-retirement, Mr. Shiner is excited to spend time in Europe, specifically Italy. He intends to move there eventually.

daughter is pursuing a graduate program at the University of Pittsburgh. However, he is renovating a house that was his wife's grandfather's in Italy, and he plans to travel there frequently for the time being. He is

most ecstatic to hike and travel around Europe, especially in Spain, France, Germany, and Northern Tuscany.

If you were to ask Mr. Shiner what the biggest difference between a classroom when he first started teaching and a classroom today, he would tell you that it is the technology. He has seen firsthand the evolution from chalkboards and overhead projectors to modern computers, but he believes that it has not necessarily made teaching any easier. He says that with modern technology there are still tweaks and bugs to work out to make sure that class runs smoothly. However, students can be glued to their phones. His biggest piece of advice to students would be to "get off your phones and go socialize!" He also wants students to leave his classroom with a genuine passion for science. He always says "how can I expect students to be enthusiastic about the subject if I'm not?"

Mr. Shiner is a firm believer in human connection.

As a student who took Mr. Shiner's Accelerated Physics class, I can confidently say that Mr. Shiner made every class interesting and engaging. He clearly loves the material that he teaches, which makes it that much more enjoyable to learn. Mr. Shiner went above and beyond to make his labs and teaching style unique. A favorite lab of mine was when we went outside to push Mr. Shiner's car to learn about velocity. I also liked the one where we tried picking up a lead bar to learn about gravity.

If you asked Mr. Shiner what the best part of teaching at Fox Chapel was for him, it would be the small interactions with students and the reactions on their faces to his exciting demonstrations. Watching his students' faces light up during a lab makes him feel like he's experiencing the excitement of the experiment for the very first time, too. He will miss small moments like that, but what he won't miss is the long hours. It is difficult to balance a multitude of responsibilities. There never seems to be enough time in the day, but working with that restriction has made him a better educator.

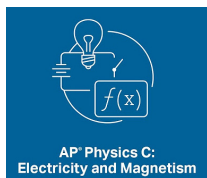
A tradition that Mr. Shiner will miss in his classroom is dressing up Albert! At the entrance into his classroom sits a life-sized cut out of Albert Einstein, who he loved to dress up for holidays and seasons. My personal favorite outfit for Albert was his Mardi Gras outfit! Other traditions in his classroom included playing 80s music in the morning, handing out candy during tests, and distributing Smarties at the end of the year.

Thank you Mr. Shiner for 33 years of 80s music, unforgettable labs, and showing us how fun science can be. As you trade the school hallways for the hills of Northern Italy, the entire FC community will miss you, but we wish you the absolute best. Ciao Mr. Shiner!

Retiring Educators - Mr. Thomas Moul

By Marin Airik

I have had the opportunity to be both taught and coached by Mr. Moul for all four years of high school. He has been a great head coach for both the cross country and indoor as well as outdoor track and field teams at our school. He has also been an amazing physics teacher. He has taught physics for the entirety of his time at Fox Chapel. The courses that he has taught include Accelerated Physics, AP Physics Mechanics, and AP Physics Electricity and Magnetism (E&M). His favorite class to teach out of



Of the many courses Mr. Moul has taught, AP Physics E&M is his favorite.

these three is AP Physics E&M, which he also thinks is the hardest. He believes the smartest kids are in that class and while the topics are very difficult, high-achieving students are able to understand the topics. While I have only known him for a few years, he

has actually been teaching for a total of 30 years, and 29 years at Fox Chapel. Before Fox Chapel, he taught at Pine Richland for a year. Good thing he switched over to our school!

Before Mr. Moul became a teacher, he had a job as an engineer and he also coached middle school football for three years. He actually played football in college, so that side job was perfect for him! He got experience and started to get into the idea of teaching when he was working at a group home to help disadvantaged kids, and discovered that he enjoyed it. Of course, school has changed a lot since he first started teaching. A big difference in classrooms from his first year compared to today is the technology, as there were no cellphones back then and they only had desktop computers. Especially in physics, we used a lot of force sensors and computer based data collection, but that has changed over the years. While technology has changed, Mr. Moul thinks that there is no huge difference in students today compared to students back then. Society may change but students are still the same, and they are not on the same plane as adults and should not be treated as such.

Overall, Mr. Moul's favorite parts of teaching have been having autonomy with what he does, as he is both a teacher and a coach. He likes that he is able to put in time for both activities. He appreciates that, generally, nobody

bothers him! While he has a multitude of experience, he gives advice to future teachers starting their first day this fall to spend a considerable amount of time planning so that you are able to enjoy the classes you teach. If you are not well prepared, you will be disheveled. For students, he wants them to challenge themselves and take as many high level courses as they can. He will miss the challenge of teaching high level courses and coaching talented athletes at Fox Chapel. Those students will all miss him as well!

A very smart friend of mine by the name of Zehra Ozkaya particularly enjoys Mr. Moul's AP Physics E&M class; she likes how interactive his class is with whiteboards, labs, and demonstrations.



After 30 years in education, physics teacher Mr. Moul will be retiring this year.

Mr. Moul was not only a teacher but also a very memorable coach. Some of his favorite memories from coaching have been the girls cross country team being state champions in 2017, the girls 4x800 race at track and field WPIALS last year that placed 4th (ayyy that's me), the girls 4x800 race at indoor track and field states this year that placed 6th, the boys 4x400 track and field race back in 2013, and the girls 4x800 race at track and field WPIALS in 2019 which placed 3rd! He also plans to do trail racing after he retires. He likes shorter races that range from 8k to eight miles because long ones are intimidating. He likes running fast and will consider training at North Park. You can probably play a game of "Where's Moul" and find him out there.

Coach Moul's next steps after he retires are to wake up at noon, mozy downstairs in a bathrobe, drink coffee till two in the afternoon, go back to bed, wake up again around five in evening, go to the gym, have dinner, and go to bed early. It seems like he will be having very relaxing days, so I wonder when he will find the time to fit in those runs he was talking about. Good luck to Mr. Moul and may we all wish him the best as those pension funds begin to roll in!



In addition to teaching, Mr. Moul has made his mark on Fox Chapel athletics. He is an accomplished cross country and track and field coach.

Retiring Educators - Mr. Lawrence Thomas

Fox Tales would also like to congratulate astronomy teacher Mr. Thomas on his retirement this year. Best of luck on your future endeavors and shoot for the stars!



***Fox Tales wishes
all retiring
faculty the best!***

Math Minute: A Quarterly Report About Numbers and Mathematics

Today's Topic: Numbers in the Natural World

By Rishi Krishnamurthy

Imagine that you are on summer vacation collecting seashells at the beach when you find a nautilus shell and notice its perfect spiral. A few minutes later, you notice a pinecone washed ashore, containing the same perfect spiral. As you exit the beach, you observe a wild sunflower repeating the exact same spiral yet again. The consistency feels eerie, and a strange thought enters your mind. Why does this perfect spiral keep appearing everywhere you look in nature?

My name is Rishi Krishnamurthy, and I am currently a freshman. Each quarter, I write an article about numbers and mathematics for Fox Tales Quarterly. I intend to continue A Math Minute through my senior year, so make sure to follow along in each issue!

In the last issue, I explored the surprising importance of prime numbers from their role in encryption and computer science to their appearance in biology, music, and engineering. I also discussed their unique properties, their unpredictable distribution, and the many unsolved interesting problems that continue to make primes a central focus of mathematical research. In this issue, I will be shifting gears and discussing mathematical patterns that appear throughout all areas of nature. Throughout previous issues, I have integrated various ways in which such patterns have appeared. In recent years, researchers have found that living organisms, natural structures, and even entire environments rely on surprisingly sophisticated mathematical structures. These patterns reveal how deeply mathematics is woven into the natural world. After having read this article, I hope you will appreciate everyday shapes and structures in nature as mathematical marvels.

Let us return to the situation involving the seashell, pinecone, and sunflower. Although these objects seem unrelated, they share a common mathematical structure rooted in the Fibonacci sequence. You may have previously encountered this sequence as a list of numbers formed by adding each pair of consecutive terms: 1, 1, 2, 3, 5, 8, 13, 21, 34, and so forth. As the sequence grows, the ratio between successive numbers

approaches the golden ratio, approximately 1.618, which generates a logarithmic spiral remarkably similar to the spirals found in these natural objects. Sunflowers use this spiral arrangement to pack seeds efficiently without gaps; pinecones arrange their scales around a central axis using the same pattern; and nautilus shells grow outward while maintaining their proportions through a similar spiral form. This special spiral, known as the Fibonacci spiral, appears far beyond these examples. Many plants, such as pineapples, artichokes, and branching trees, follow related patterns.

In the animal world, the ram horns, the snail shells, and certain bird flight paths reflect similar spirals.

Another widespread mathematical structure in nature is symmetry. Animals often exhibit bilateral symmetry, meaning their bodies can be divided into two mirror-image halves along a single line, an arrangement that supports streamlined movement and balanced development. In contrast, flowers and starfish display radial symmetry, where body parts repeat around a central point, allowing these organisms to interact with their surroundings equally from all directions. Crystals, snowflakes, and certain microorganisms show rotational or reflective symmetry because their growth is governed by repeating molecular patterns, causing identical shapes



Pine cones, sunflowers, crystals, and starfish are just a few examples of radial symmetry in nature.

to form repeatedly as they develop.

Perhaps even more remarkable than how plants look is how they manage their own growth. Though they may look passive, research shows they use surprisingly precise numerical strategies. Recently, I came across a study

from the John Innes Centre, in which scientists found that plants effectively “calculate” how to allocate starch they store overnight. They divide the amount of starch they have by the number of hours until dawn, adjusting the rate at which they consume it so they neither run out too early nor leave excess unused. Plants also display fractal branching patterns, seen in ferns, trees, and Romanesco broccoli, where smaller parts resemble the whole. These structures allow plants to maximize sunlight exposure and nutrient transport with minimal energy.

Animals also reveal a sophisticated responsiveness to mathematical structure. Bees, for example, can distinguish between different numbers of objects and even understand the concept of zero, while dolphins and certain birds can track quantities during foraging or problem-solving tasks. Other behaviors reflect mathematical principles as well.

Honeybees construct hexagonal honeycombs because hexagons allow the most efficient packing of space with the least material, a result long recognized in geometry. Patterns of collective movement also follow quantitative rules; schools of fish and flocks of birds coordinate motion through simple, local interactions that scale into large-group formations. Even animal coats, such as zebra stripes, leopard spots, and fish markings, can be modeled using equations.

Mathematics also governs how populations change over time. Predator-prey cycles, such as those between lynx and snowshoe hares, follow oscillatory patterns. Additionally, logistic growth models explain how populations rise quickly before leveling off at a carrying capacity. These models reveal that ecosystems, like

organisms, follow predictable mathematical rules.

A similar reliance on mathematical structure appears on an even larger scale in the atmosphere itself. Weather prediction is built on mathematics, but the behavior of the atmosphere is shaped by chaos, which limits how

far ahead forecasts can remain reliable. Meteorologists begin by measuring the current state of the atmosphere (e.g., temperature, pressure, humidity, and wind) and inputting these observations into numerical models that simulate how air moves. The challenge is that the atmosphere is turbulent, meaning that air does not flow in smooth, orderly layers but instead swirls and mixes in countless small, irregular motions. Because of this turbulence, even minute uncertainties in the initial measurements grow rapidly over time, a phenomenon

described by chaos theory. As a result, while short-term forecasts can be highly accurate, the system becomes increasingly sensitive to small errors, making long-range predictions far less dependable.

This week, I will recommend *Brian Butterworth's Can Fish Count?*, a fascinating book that investigates

the surprising numerical abilities found across a wide range of animal species. Drawing on research in cognition and evolution, Butterworth shows how creatures from bees to fish use quantity to navigate, survive, and make decisions. I highly recommend this book because it describes the science behind the mathematical feats in remarkable depth.

Finally, I will end with a joke. A class of bees is learning about hexagons, and the teacher assigns a difficult problem to the students. Most of the bee students, unable to determine an answer, make a beeline out of the door, but after a few minutes, the remaining bees nevertheless jump up and announce, “Hive solved it!”



Honeybee hive structure, zebra stripes, fish markings, and leopards' spots can all be mathematically modeled.



Meteorology, the study of weather involves much mathematical prediction. However, short-term forecasts are considered most accurate.

End-of-Year Logic Puzzle

By Rishi Krishnamurthy
Answer Key on Pg. 33

		Student					Major					Part-Time Job				
		Fiona	Gabriel	Hannah	Isaac	James	Business	Medicine	Psychology	Engineering	Law	Tutor	Cashier	Tour Guide	Barista	Server
Year	Freshman															
	Sophomore															
	Junior															
	Senior															
	Graduate															
Part-Time Job	Tutor															
	Cashier															
	Tour Guide															
	Barista															
	Server															
Major	Business															
	Medicine															
	Psychology															
	Engineering															
	Law															
Year		Student					Major					Part-Time Job				
Freshman																
Sophomore																
Junior																
Senior																
Graduate																

Clues:

1. The five students are the one who is learning medicine, James, the freshman, the tour guide, and the one who is majoring in law.
2. Gabriel is in a higher year than the cashier, and the one whose major is psychology is in a lower year than James.
3. The student whose major is law does not serve food, and the student who is majoring in business is in a lower year than the tour guide.
4. Either the junior or graduate is studying medicine, and this student is working part-time as a cashier. Hannah is not this student.
5. Of Isaac and James, one is a senior and the other is a freshman who works as a barista and who is not majoring in psychology.

Students Artwork Displayed as Part of Clay Exhibition

Five students have their work displayed as part of the Standard Clay 2026 High School Student Exhibition. The students are seniors Lily Cannon, Adele Grady, and Morgan Van Kirk; junior Elise Dressman; and sophomore Ana Sofia Davit. Additionally, Adele received an individual award for her piece, "The Emergence." The juror this year was Britney Smith, the program director for art and design at Carlow University.



Adele Grady's sculpture, "The Emergence"

The artwork of all the students can be viewed at the ClayPlace@Standard Gallery, part of Standard Ceramic Supply, located at 1 Walnut Street in Carnegie. The free show runs through April 30, Monday through Friday, from 10 a.m.- 3 p.m. It features the artwork of students from 16 high schools throughout the greater Pittsburgh area.

Artemis II: Back to the Moon After 50 Years

By Ian Wellman

Since Apollo 17, no human had traveled beyond low Earth orbit. All proposed missions to the moon were cancelled due to budget cuts, often taking hundreds of millions of dollars before being cancelled. Instead, space agencies focused on Earth orbit, including the space shuttle and the International Space Station. Artemis II marked the return to human exploration into deep space, with the goal of the Artemis program being to establish a long term presence on the moon as a stepping stone for crewed missions to Mars.

Unlike the Apollo program, a solely American program driven by the Cold War, the Artemis program involves international collaboration between signatories of the Artemis Accords; there are currently 67 member nations.

Many large space agencies are providing equipment for the Artemis program, such as Europe contributing the European Service Module used by the Orion spacecraft, Canada contributing a robotic arm like the one on the ISS, and Japan contributing a pressurized rover for use later in the program. As a result of these contributions, space agencies that contribute to major aspects of the program gain opportunities to send astronauts to the moon, such as Canadian Jeremy Hansen, the first non-American to the moon.

The crew was composed of Commander Reid Wiseman, Pilot Victor Glover, Mission Specialist Christina Koch, and Mission Specialist Jeremy Hansen. In addition to Jeremy Hansen becoming the first non-American, Artemis II transported the first woman, Christina Koch, and the first person of color, Victor Glover, into lunar orbit. As a crew of four, they broke the record for the largest crew sent on a lunar mission; the Apollo program only ever had crews of three.

On April 1st, the crew of Artemis II launched aboard the Space Launch System (SLS) in their Orion capsule. After reaching orbit, they spent a day in Earth orbit before



The Artemis II mission made its historic launch on April 1st, 2026.

using the European Service Module to continue to the moon. Over the course of their nine days, they traveled a total distance of over 700,000 miles, reaching a maximum distance from Earth of 252,756 miles, surpassing Apollo 13's record by 4,000 miles. After reentering the Earth's atmosphere, they splashed down off the coast of California and were recovered by the USS John P. Martha. During the mission, the astronauts tested exercise, navigation and communication technologies, including a laser-based high-speed communication system and a 15 minute audio call with the International Space

Station. They also brought a set of bone marrow "chips," leaving the other set on Earth, to see how the radiation of deep space affects the body. The results of these

experiments are expected to help prepare for long duration missions to the moon and eventually missions to Mars.

Artemis II represents the beginning of a long-term plan for lunar exploration. Artemis III, currently scheduled to launch at the end of 2027, will be a docking simulation with any version of a crewed lunar lander that is complete by that point. Artemis IV is currently scheduled to launch in early 2028 and will land the first woman on the moon. As crews have not been announced yet, it remains unclear when the first non-American will land on the

moon as part of the Artemis program. Artemis V, currently scheduled for late 2028, will likely involve the beginnings of a permanent base on the moon somewhere near the lunar south pole, where water has been discovered in permanently shadowed craters. Additionally, China plans on landing on the moon by 2030, making them the second country to independently launch a mission to the moon. As more nations invest in deep space exploration, Artemis II will be remembered as the beginning of a new era of space exploration.



The Artemis II crew poses in front of their Orion capsule post-splashdown. The astronauts are, from left to right, Reid Wiseman, Christina Koch, Jeremy Hansen, and Victor Glover.

ANOTHER SUCCESSFUL YEAR IN THE BOOKS FOR FOX CHAPEL ATHLETICS

BY ELI OLIFSON

It's that time of the year again: the weather is warmer, classes are wrapping up, and sports have officially finished. Amidst the excitement surrounding summer vacation lurking right around the corner, let's pause and take a look back on Fox Chapel sports throughout the 2025-2026 school year.

It's hard to find a team at the high school that wasn't trending upwards this year. Whether on the gridiron, the diamond, or the court, Fox Chapel's student athletes made themselves known not only around the WPIAL, but also around the state. With practices starting in August through games played in May, the PIAA season is a marathon, not a sprint, but that didn't prevent FC athletes from setting the pace all year long.

The fall sport season begins before the school year, with teams beginning practices weeks before students come back from summer break. There are ten fall sport teams at the high school: football, cheerleading, girls soccer, boys soccer, girls tennis, girls volleyball, cross country, field hockey, boys golf, and girls golf. Each team showed signs of promise and success, so here is the breakdown. The Foxes football team has been trending in the right direction for a few years now. Despite difficult seasons in recent history, the team won games against Baldwin, Knoch, and East Allegheny, and is showing more and more promise for the years to come. The cheerleading team, besides leading the fans during football games, has an extensive season filled with hard work and accolades. This year, the team earned a spot at Nationals in Florida, where they performed very well. Soccer is probably one of the sports that Fox Chapel does best. Both the boys and the girls won WPIAL championship titles, an award that is no stranger to Foxes soccer. Additionally, the boys advanced to the second round of PIAA playoffs and lost by one, and the girls suffered a similar fate, losing by two in the second round. However both teams blew the already high expectations out of the water.

The reason I say that soccer is ONE of the best sports at Fox Chapel is because another one exists: golf. The boys team went undefeated this season, with one tie, and Junior Carson Kittsley won his second consecutive PIAA championship, and also committed to Penn State to continue his golf career.

The girls team had a perfect 13-0 season, asserting their dominance all season long. Both teams were awarded runner up in team playoffs. Another Fox Chapel team that has consistent success no matter the year is girls tennis, who went 11-6 this year, beating Mars in the first round of the WPIAL playoffs. Another team that plays in the fall is girls volleyball. They had a challenging season this year. Despite the record not being what the team would have hoped for, the team had signs of promise, and played against tough competition, proving themselves as worthy with big aspirations in future years.

Both boys and girls cross country have been dominant as far as recent memory goes, and this season was no exception. This year, the girls won team WPIAL runner up, as well as five girls winning individual WPIAL medals. Those five were Claire Loiudice, Cecilia Ressler, Bridget Hemingray, Ella Shevchuck, and Maeve Sherry. The boys team also had Michael Costello and Asher Eckle win individual medals. The final fall sports team at Fox Chapel is certainly not one that goes unnoticed. The field hockey team continues to excel every season, finishing this year 13-4-2. Additionally, the Foxes won the WPIAL championship before being eliminated in the first round of state playoffs. It goes without saying that fall sports teams at Fox Chapel have shown incredible amounts of dedication, and their vast amounts of hard work do not go unnoticed, with teams bringing back playoff and WPIAL victories throughout the first of three sports seasons.

Athletics do not take a break once the fall season wraps up, because winter sports begin almost at the exact same time. Fox Chapel is home to seven winter sports: boys basketball, girls



Across the board, Fox Chapel teams displayed commendable effort and accomplishment during their seasons this year.

basketball, gymnastics, indoor track, swimming, boys wrestling, and girls wrestling. Every team in winter looked like they genuinely desired to win, and to a great extent, their goals were met and exceeded. The boys basketball team finished the season with a respectable 14-10 record, winning a few games in incredibly exciting fashion. The boys beat Norwin in round one of the WPIAL playoffs, before being eliminated by Upper St Clair. On the girls' side, the Foxes finished with a similar 15-11 record with exciting victories over Penn Hills, Kiski, and Greater Latrobe before suffering an unfortunate loss in the WPIAL playoffs. The gymnastics team finished with a 1-3 record, but a deeper look shows that the team proved themselves to be a respectable squad. After winning their first meet over North Hills and Pine Richland, the Foxes got second place in both their second and third meets. Every time the team lost it came down to a few points, as Fox Chapel went out and competed every day.

The fourth winter team is indoor track, which has both a girls team and a boys team, both of which performed well in their seasons. Some standouts for both teams included Max Youkers, Asher Eckel, Harrison Parker, Sydney Kimmons, Bridget Hemingray, and Ava Henderson. Swimming is a strong suit at Fox Chapel, evident by both team's records. The girls went 11-1, with multiple girls medaling in the WPIAL meet. The boys team went 8-4, and also featured several WPIAL medalists. Boys wrestling had a difficult season, but some bright spots still shone through.

Primarily, Adam Haines placed second in county's, as well as eighth in the WPIAL championship. Two seniors on the team committed to college to continue wrestling.

Junior Luke Montgomery also shows that the future is bright for FC wrestling, boasting a 21-12 record. The girls team also had their ups and downs, but there were certainly standout athletes, like Junior Lauren Bachman who went 23-14. The fact that the teams struggled does not look like it will be an indicator of the next few years, as there is a lot of young talent for both boys and girls coming up in the wrestling program. Overall, the winter was another successful sports season for Fox Chapel athletes, who proved themselves in each and every sport.

The final sports season happens in the spring, and features action from eight major school teams: baseball, boys lacrosse, girls lacrosse, softball, boys tennis, track and field, boys volleyball, and a brand

new girls flag football team. Unsurprisingly, spring was yet another successful season for Fox Chapel athletics. The baseball team entered the season with high expectations surrounding a talented team featuring two Division One pitchers: senior Blake Krushinski (West Virginia University commit) and junior Tristan Blum (Kent State commit). The team finished with a solid 12-9 record, but did face some adversity throughout the season, and was unfortunately eliminated in a close game against Penn Trafford in the WPIAL playoffs. The boys lacrosse team has cemented themselves as a top team at Fox Chapel, finishing this season with an astounding 13-1 record, and winning in round one of the playoffs. However, the team lost in heartbreaking fashion to Shady Side Academy, a team the Foxes had beaten earlier in the year, in the second round of WPIAL playoff action. The girls team has also proven that they are a force to be reckoned with on the field. Finishing the season 9-3-1, the Foxes came into the playoffs hot, and at the time of writing, have just clinched a spot in the state playoffs.

The softball team also had a successful season, finishing 12-5. Although they narrowly lost in the first round of playoffs, their young core of players has proven to excel at the highest high school level. The boys tennis team won the section and advanced all the way to the semifinals in the WPIAL playoffs. Track and field had great success in their meets as well, winning a total of six medals at WPIALs. The

boys volleyball team also finished among the top of their section, in second place, with a final record of 9-7, although they too unfortunately lost to Penn Trafford in round one of playoffs. Finally, the most notable sport this spring season is girls flag football,

a brand new team for the high school. Despite it being their first season in the league, the Foxes had incredible success, and made the WPIAL playoffs. Even though they unfortunately lost in playoffs, the positive feedback to the sport with a huge amount of girls coming out to play and win bodes extremely well for the future of the sport.

Just like that, we are in the final weeks of the 2025-2026 school year. It is safe to say that Fox Chapel athletics showed up and showed out for the entirety of the year, from WPIAL champs to brand new teams, not a single sport should feel discouraged entering summer vacation.



New this year is the girls flag football team, and its future appears promising.

Senior Well-Wishings

In addition to their college destination, Fox Tales asked seniors to thank a teacher as well as share a favorite memory from their time at Fox Chapel Area High School. Here are their responses:

Teacher Thank Yous



"I thank Mr. Gass for being a great teacher and letting me do many cool projects." - Luca Conte

"I would like to thank Mr. Rumble for teaching me how to wheel throw in ceramics." - Jacob Amster

"Thank you Mrs. Cuda for brightening my mornings everyday in film!" - Elliot Willison

"Thank you Mr. Lesnik for putting up with my nonsense!" - Lily Cannon

"I want to thank Mrs. Stewart for always supporting my creativity." - Carissa Dobbie

"Thank you Mrs. Colvin for helping me when I was struggling with talking during socratic seminars!" - Riley Hemingray

"Mrs. Hollern for her accounting expertise and tolerance of me." - Nicolas Squeglia

"Hey Mr. O'Connor (horsey), thank you for such a fun second semester, you made it feel bearable and fun!" - Fenix Goldberg

"Thank you Mrs. Pap for all the help through Junior year." - Sophia Tai

"Dankeschön Frau Koller und Herr Richards!" - Mira Owens

"I want to thank Mrs. Sperdute for always being awesome and cutting everyone some slack." - Eduardo Guirola-Diaz

"Mrs. Derry- Thank you for being more than just a teacher, I'm so lucky to have taken your class freshman year but I'm more lucky for what you have taught me outside of the classroom!" - Gianna Carrozza

"Thank you, Mr. Moul for helping me find my love for physics!" - Sarah Rached

"Mr. Kirk! Thank you for pushing my writing and analysis skills so much!" - Ava DeBruyn

"Thank you to Ms. Matonak for always being willing to help me whenever I needed advice." - Antonio Cardinali

"I would like to thank Mr. Murray. Thank you for your extraordinary commitment to the students across choir, Vulpes, Madrigals, Men's Ensemble, and the Musical." - Joseph Weber

"Mrs. Pap has always been so positive and caring, and helped make AP Bio one of my favorite classes!" - Laila Golla

"Mrs. Wolfe for helping me with anything throughout the years." - Adian Elwood

"Thank you to Mrs. Polsiak for making the classroom a space to learn, but also have so much fun!!" - Emilia Sutkowski

"Thank you for making statistics entertaining Mrs. Payner!" - Aspen Smouse

"Mr. O'Connor for making English class fun by adding fun activities." - Vincent Delaney

"Mr. Shiner, I know I wasn't a great student in your class and I was always tired, but you were by far the coolest teacher and most fun to be around, you didn't deserve the stress I put you through and I wish you have the best retirement ever... Italy here we come!" - Krisztian Salvador

"Mr. Moul inspired my love for physics, and understanding how the world around us works." - Nikolaj Vavpetic

"Freshman year Mr. Morley helped me translate work ethic from sports to the classroom." - Max Melocchi

"Mrs. Klein made learning Gov extremely fun and exciting." - Nathan Johnson

"Mr. Ware is by far the teacher who has made me most comfortable at this school!" - Makenna Marcussen

"Thanks Ms. Wick for always letting talk to you about anything." - Summer Burkhart

"Always seeing and saying hi to Coach Anthony Griggs in the halls made the day better." - Parker Burgess

"I'd like to thank Mrs Coeffield for always being kind and encouraging all four years of highschool!" - Kalsey Thom

"My QRT teacher, Ms. Meder, she has always been there for me and has given me so much advice over the years I don't know what I would of done without her. She is an amazing person and an amazing teacher!"
- Genevieve Messman

"Thanks to Mr. Moul for expanding my interest in STEM!"
- Colby Koloshinsky

"Thank you Mr. Moul for making physics fun."
- Auden Jacobson

"Mrs. Green made my senior year super fun and helped me solidify what I want to do with my future."
- Kayleigh Sejvar

"Dr. Ward for always making me laugh." - Umayma Trebak

"Thank you Mrs. Sperdute for always have a space for us to chat when we need it!" - Sophia Nguansiri

"Thank you Mrs. Coffield for helping me out these past four years." - Sam Troutman

"Thank You Mrs. Pap for being so passionate about teaching and making AP Bio great!" - Gabriel Nosik

"Thank you to Mr. Matusiak for inspiring my passion for the social sciences!" - Ori Goldin

"I have many teachers to thank for making my time at FCAHS more enjoyable, but I want to thank Mrs. Cuda for making my senior year an enjoyable one filled with happiness and laughter." - Molly Krajcovic

"Thanks Mrs. Gibson for not marking me tardy!"
- Eloise Johnson

"Thank you to Mrs. Colvin and Mr. Norberg for igniting my passion for United States History!" - Karsten Buchert

Favorite FC Memories



"Making my river epoxy coffee table." - Luca Conte

"Going on the NYC choir trip with all my friends."
- Greta Erdner

"Getting to strengthen connections with people"
- Jacob Amster

"Taking Mr. Norberg's APUSH class with my friends and Mrs. Cuda's film class as a whole . My favorite classes/ teachers of all time!" - Elliot Willison

"Winning marching band championships!!" - Lily Cannon

"My favorite memory was when I moved here and met my friends." - Carissa Dobbie

"Making cool stuff in ceramics!" - Riley Hemingray

"My favorite memory from FCAHS is going to QRT with friends. Spending quality time with my friends while we're busy doing our own thing, but still doing our stuff together." - Adison Zahner

"When we won back to back WPIAL championships for soccer." - Nicolas Squeglia

"My favorite Fox Chapel memory is when our football team broke their two year losing streak to Baldwin last year. I enjoyed it so much because I filmed the whole game and got field access." - Fenix Goldberg

"Laughing in the back of Mrs. Pap's room about the more egregious things." - Eduardo Guirola-Diaz

"My favorite memory is taking pictures for all the 2025 senior events for yearbook club!"
- Gianna Carrozza

"Launching mini rockets during AP Chem and looking forward to the funny debates we always had in AP Lit."
- Sarah Rached

"I loved going on the NAHS field tripps to Phipps! Each time, it was super fun, and it was great being able to go with my friends." - Ava DeBruyn

"After working hard in my classes, I always looked forward to taking a short break and socializing with my friends during lunch." - Antonio Cardinali

"My favorite memory from FCAHS would probably be this year's musical! It was amazing to put on such an entertaining performance with the friends I've made over all four years of high school." - Joseph Weber

"My favorite memories were the bus rides for the golf and lacrosse teams." - Grady Johnson

"I've loved being on the crew team and going to Midwest last year! It's been such a special community and I'm so grateful for my teammates." - Laila Golla

Senior Well-Wishings Cont.

"My favorite memory is playing sports for our school."
- Aidan Elwood

"My favorite memory was dressing as Mrs. Claus for the annual telethon!!" - Emilia Sutkowski

"My favorite memory was going to Camp Allegheny sophomore year as a camp counselor." - Aspen Smouse

"Just being around friends and making good memories."
- Vincent Delaney

"Getting to meet new teachers every year and making new friendships with people I didn't think would be my friends. The best memory by far was playing a sport that I should've played in freshman year, ultimate frisbee! It's so flipping fun!" - Krisztian Salvador

"Establishing and reffing the telethon dodgeball game every year. I loved seeing the excitement from all the students, and feeling a sense of unity for Fox Chapel."
- Nikolaj Vavpetic

"A big part of my education at Fox Chapel has been an extension of the classroom in athletics. Although we were not super successful record wise, the memories I made and lessons I learned on the football field will stick with me forever." - Max Melocchi

"This isn't one particular memory, but some of my favorite moments from high school have come from attending a variety of PMEA and TSA trips." - Joshua Shah

"Getting to share the stage with my best friends in concerts and musicals." - Nathan Johnson

"I will always cherish all the memories I made in book club!" - Makenna Marcussen

"Softball season every year, we have so much fun!"
- Summer Burkhart

"Winning games on the football team, especially the Baldwin Game." - Parker Burgess

"My favorite memory from high school was going to camp allegheny as a counselor. Every time I went it was so special and a great experience!!" - Kalsey Thom

"My favorite memory is being with my friends in the mornings!" - Genevieve Messman

"Having adventure sports with Mr. Batista."
- Auden Jacobson

"Organizing the pie in the face booth at telethon :)"
- Kayleigh Sejvar

"Tennis team with Eloise and Caroline!" - Umayma Trebak

"Rec all stars vs JV starters." - Sam Troutman

"I really enjoyed freshman biology because of how many people I met there who would become by friends for the next four years." - Gabriel Nosik

"John McGough's fantastic birthday party at the end of every school year." - Ori Goldin

"All of the homecomings and proms with friends. Dressing up and dancing is always super fun with friends."
- Molly Krajcovic

"Tennis team with Umayma, Caroline, Vesta, and Laila."
- Eloise Johnson

Students Qualify to Take Advanced Physics Exam

Fox Chapel Area High School seniors Arman Alborzi and Ian Wellman qualified to take the 2026 USA Physics Olympiad (USAPhO) exam. The exam, sponsored by the American Association of Physics Teachers (AAPT), was administered April 10 and included topics in advanced physics, such as mechanics, electricity and magnetism, thermodynamics, fluids, relativity, and nuclear/atomic physics.



The qualifying students are seniors Arman Alborzi (left) and Ian Wellman (right).

The top-scoring students on the USAPhO exam will be chosen to represent the United States as part of the U.S. Physics Team at the International Physics Olympiad (IPhO).

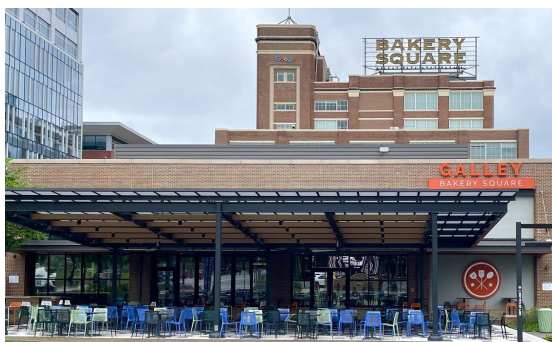
Prior to the USAPhO assessment, Arman and Ian qualified by excelling in the AAPT F = ma exam in February. There were 6,000 students who participated in the F = ma exam, and Arman and Ian qualified for the USAPhO with 440 other students.

10 Things To Do in Pittsburgh Before Summer Ends

By Priscila Hayetian

As the school year comes to an end and the anxiously awaited summer finally arrives, I find that the same thing happens each year. Once summer hits that weird middle point — the awkward time between your family trips or summer camps, and half of your friends are out of town, and you kind of reach a point where you kind of miss school but don't want to admit it. When you are feeling that way, come back to this list. Pittsburgh is too full of hidden gems to be stuck doom-scrolling on your couch.

Here are my top ten lesser-known activities to do in Pittsburgh with your friends:



Bakery Square, located near East Liberty and Shadyside, and The Terminal, located in the Strip District, are two premier places to shop and dine in Pittsburgh.

1. DJ On the Lawn – Bakery Square

If you don't already have Bakery Square on your radar, consider this your wake-up call. This East End hub transforms into a full social calendar every summer, offering everything from morning workout classes and craft sessions to DJ on the Lawn nights and outdoor movie screenings. Check out their events calendar!

2. Cafe & Crafts — War Streets Art Salon

This one is new to Pittsburgh, and already has a waitlist. War Streets Art Salon and Craft Cafe on Pittsburgh's Northside at 502 West North Avenue offers high-quality craft experiences with a vintage tea room atmosphere that feels straight out of a movie. Choose from watercolor, charcoal, air-dry clay, block printing, pastels, collage, charm necklaces, dried-flower candles, and rotating seasonal specials priced from \$15 to \$35. Warning: this place books out one to two months in advance, so plan ahead before summer runs out.

3. The Strip District Terminal

I am shocked by how many of my friends still don't know this one. The Strip District Terminal is one of Pittsburgh's most vibrant destinations and deserves an

entire afternoon of your time. Destinations include Novo Asian Food Hall, Puttschack Mini Golf, Shake Shack, and Possman Books.

4. ABBA-themed brunches and Drag Queen Shows – City Winery

Also located at the Strip District Terminal, City Winery hosts The Neon Queen — a high-energy live ABBA brunch experience featuring a powerhouse live band, dazzling lights, and disco rhythms that will have you dancing between every bite. It has been running for over a year, and

the hype has not died down. Book early, dress up, and prepare to have an unreasonable amount of fun at 11 in the morning on a Saturday.

5. Drive-in Theater

Pittsburgh is the city of drive-in theaters. Seriously, the number of drive-in theaters that we have is shocking.

There is something about watching a movie under the stars from the hood of a car that just hits differently. I would recommend one like Dependable Drive-In Theater, but I bet all of them are just as good. Be sure to bring blankets, snacks, and good company.



While some may consider drive-in movie theaters a relic of the past, Pittsburgh is home to many, like Dependable Drive-In, which is located in Moon Township.

6. Red Fin Blues — Riverside Dining

Definitely THE summer dining. If we were in the Netflix show *Outer Banks*, this would be the place where they would eat the best fish and chips you can get. Located on its own island (Herrs Island), specifically on the docking area for boats, it's tempting to rent out a boat for the day and end your adventure at Red Fin Blues. Get refreshed

10 Things To Do in Pittsburgh Before Summer Ends Cont.

By Priscila Hayetian

with a piña colada that transports you to Cancun, and fill up on classic American food.

7. Enrico Biscotti — A Pittsburgh Classic

You will smell it before you see it. Enrico Biscotti in the Strip District is a Pittsburgh staple, handcrafting some of the city's best biscotti for decades. Stop in, grab a coffee, and take a box home.



Two great activities for outdoor lovers would be kayaking at North Park, located across McCandless, Hampton, and Pine Townships or biking the North Shore River Trail.

8. Kayak at North Park

North Park's boathouse offers kayak rentals on the lake on weekends, and the scenery is genuinely beautiful. If you want more of an urban adventure, boat rentals are also available in Aspinwall and Sharpsburg along the Allegheny River. Either way, it's a great excuse to be outside (and maybe "accidentally" tip your friend's kayak).

9. Sunday Brunch at the Grand Concourse

I love brunch — can you tell from the fact that 20% of these plans are brunch? The Grand Concourse at Station Square is housed in the beautifully preserved Pittsburgh & Lake Erie Railroad Station, built in 1901, with cathedral-style stained-glass, vaulted ceilings, marble columns, and a dramatic staircase, a great place for photos. Your Instagram story will thank me. Their Sunday brunch buffet is legendary, and I'd be willing to bet you've already done this at least once. Dress up, make a reservation, and treat yourself.

After brunch, walk up to the Duquesne Incline just up the road, ride it to the top of Mount Washington, and take in one of the most stunning views of the Pittsburgh skyline you will ever see. Maybe this one isn't such a "hidden" gem, but it's a good reminder that it's nice to sometimes

act like a tourist in your own city.

10. Bike the North Shore River Trail

A big part of Pittsburgh's beauty comes from our rivers.

The North Shore River Trail runs approximately nine miles along the Allegheny River and passes some of the city's most iconic landmarks: the Three Sisters Bridges, PNC Park, Acrisure Stadium, the Mr. Rogers statue, the Carnegie Science Center, the USS Requin, and sweeping views of the Pittsburgh skyline. It's a mostly flat ride that suits all fitness levels, and the city's master plan calls for further expansion. Rent bikes, bring water, and take stops along the way. I like to duck into a Starbucks midway through, catch my breath, and chat with my biking buddy before continuing. It's one of those rides where you forget you're exercising because the city and nature views are just too good.

I hope at least one of these activities interests you. Pittsburgh really does have something for everyone. Whether you're an early morning biker, craft and cafe hobbyist, brunch dresser-upper, or someone who just wants to float on a lake. There is something for you here. I think it's safe to say that there is no excuse to be on the couch this summer. Make the best of it (before winter begins to terrorize all of us again)!

Graduate	Gabriel	Law	Tutor
Senior	James	Engineering	Server
Junior	Fiona	Medicine	Cashier
Sophomore	Hannah	Psychology	Tour Guide
Freshman	Isaac	Business	Barista
Year	Student	Major	Part-Time Job

Fox Tales : Meet The Staff

Quarterly

2025 - 2026



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**GOOD LUCK
CLASS OF 2026!**

