

The Oracle

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March 2012

Hello Dolly! hits high notes

by Ashley Domachowski

Last Saturday evening was closing night for the high school cast and crew of *Hello Dolly!* A spectacular performance had the seating capacity of the auditorium being pushed to its limits.

The performers put on five productions in the past two weekends that left audiences satisfied and wanting more. With impressive vocals and amazing choreography, Shaler Area High School was able to add *Hello Dolly!* to their already long list of successful musicals.

“When planning and rehearsing the musical we were always trying to look for different twists on things to excite the audience,” said musical director Ms. Kristin Demsey.

Taking on a production like *Hello Dolly!* is no simple task and the actors here at Shaler didn’t have much time to prepare. With only two months to perfect a two act performance, the cast and crew had to work fast and hard to put music, acting, and dancing together to turn *Hello Dolly!* into a flawless act.

“It’s very unusual for a high school to only have two months [to prepare],” said Demsey. “We crammed it together in half the time.”

A focus in *Hello Dolly!* was the dance numbers. With the help of the Shaler Area Dance Team, the production’s choreography was a highlight of the musical.

“I’m a big dance person,” said Demsey. “So I include a lot of dancing and a lot of extravagant things.”

Cast, crew, and band members alike made *Hello Dolly!* a great experience for all who attended. Young and old were able to laugh together at Dolly’s witty lines and the scrambled brains of Cornelius and Barnaby. The stunning vocals captivated everyone’s attention throughout both acts.

“It’s really cool to see the ownership that [the actors] take, and encourage everyone else to take, as well as the progress they made,” said Demsey, proudly.



Senior Megan Wall as Dolly [Katie Rees]

Invisible Children Campaign makes appearance at SAHS

by Audrey Schreiber and Sarah Breen

On February 28th, Shaler Area High School welcomed the Invisible Children Campaign to present a screening about the war in Uganda. The initial goal of the campaign is to educate the general public about the atrocities of the war in hopes that awareness will eventually end the battles.

Under the direction of a man named Joseph Kony, Uganda has been locked in a deadly war for 26 years. The war serves no purpose other than to perpetuate the power that Kony holds. Kony has directed his army, the Lord’s Resistance Army, to capture thousands of children and force them to become child soldiers. Captured girls are made to be sex slaves, and the captured boys are forced to kill their families. With this, the children in Uganda have no choice but to abandon their childhood and hide. School is rarely an option for the kids, as many live the majority of their childhood hiding in church basements and the forests of Africa.

In 2003 a small group of American filmmakers traveled to Sudan and Uganda and found the ‘invisible children.’

The group made a documentary called ‘*Rough Cut*,’ the first of many documentaries from the group later dubbed as the Invisible Children Campaign. Currently, there are about 8 different groups of roadies that travel around the U.S. to different schools, colleges, and places of worship. The ‘roadies’ are college-aged and come from various states and coun-

tries around the world. The volunteers go through 6 weeks of training to prepare for 11 weeks of presentations and life on the road.

“We get literally no sleep. Everyday we’re at a new place, setting up our stand and presenting to different people. Life as a roadie is crazy, but it’s really worthwhile. It’s taken over my life. I just know I’m supposed to be here” said roadie, Claire Pendergrast.

This year, the organization has made a goal to make Kony famous, eventually leading to his capture. They have been spreading the word, and encouraging the people they meet to reach out to celebrities and government officials about the issue.

The Invisible Children group that visited Shaler Area showed a short 30 minute video about the war in Uganda, and about the ways that students could easily help out. The presentation stressed the small things that students could do, like buying a bracelet, donating, and participating in various events among other things. This April 20th, for instance, will be an opportunity for students to show their support. On April 20th, dubbed ‘Cover the Night,’ people are encouraged to post Kony 2012 posters and stickers everywhere to gain awareness for the movement.

To learn more about the movement, the website provides a good resource. It encourages people to reach out to celebrities and government officials through tweets, emails, and petitions. The website also links to a 30 minute video that was previewed at Shaler. It presents the basic facts and background information about the movement and Joseph Kony.

2012-13 school calendar set

by Audrey Schreiber and Katie Rees

The school year calendar of Shaler Area has always been a permanent fixed schedule. However, last year when the school board announced that the 2011-2012 school year would begin after Labor Day, students cheered, and then later groaned at the fact that the year would end mid-June.

As peculiar as this random schedule change was, the calendar is set to both stay the same and change once again for the 2012-2013 school year.

“There is much that goes into creating the school calendar: I have to consider holidays, teacher in-service days and clerical days, how will snow make-up days be inserted, and when the PSSA is scheduled,” superintendent Dr. Wes Shipley said.

For the upcoming school year, school will again start after Labor Day and end the 14th of June. Next year, just six half days are included in the schedule, as opposed to this year’s 10. Another drastic change is the extended Easter break which spans the whole week before Easter and the Monday after.

The amount of drastic changes in the calendar is interesting, especially because the reason behind the changes may in fact have to do with the fact the teachers’ contract expired before this school year and the school district and teachers are currently negotiating a new contract.

“I haven’t heard a reason for the changes. But one could speculate that part of the reason for the change is in the school code the last day of school absolutely has to be June 15. Ending school later could be a preventative measure for a teacher strike.” Mrs. Melissa Ravas, teacher union president and math teacher said. “The superintendent and school board set the schedule. The teachers have minimal input.”

The only other time the calendar changed to start after Labor Day was when the school was under construction several years ago.

Although teachers have become more speculative about the start date in regard to their non-existent contracts, Shipley reiterates that changes to the schedule involve many different factors- none of which are measures to prevent striking.

“Because this year started after Labor Day, we considered the length of the summer break for our families... Easter, PSSA schedule, and the late primary election in May 2013 contributed greatly into the make-up of the calendar... I wanted to create more consistency in the calendar – less interruptions with early dismissals or 4 day weeks,” Shipley said.

French teacher Mrs. Adrienne Endy indicated that the only other time the schedule was drastically changed was during the 2008-2009 school year when there was construction taking place. However, she likes the new school calendar.

“This year was the first time in my six years of teaching here that we have ever started after Labor Day,” Endy said. “I have no clue what the rationale is, but I’m okay with it.”

OPINIONS

Need a Date? How To Ask Someone To Prom

by Casey Rastetter

When any student thinks “High School”, they may think about the one of a kind meal selection or that one time when the funny kid pulled the fire alarm. The majority of people, however, think about the one, the only... SCHOOL DANCES! Whether you are a senior at Shaler Area or the freshman just trying to be known, Prom is “Jumpin’ Jumpin,” like Destiny’s Child, right into your lap.

This is specifically a message to you, dapper upperclassmen, but youngins’ take note for future reference. Typically, it is classified as the male’s duty to buckle down and ask the girl in the most cliché way imaginable. It’s time to step out of the dark ages and have the ladies show off their skills. No more roses, no more sad attempts at bubble lettering “Prom” onto car windows, and no more girls waiting around for Mr. Right to hit them with a spit ball with the big four letter word written inside of it.

As I’m sure everyone knows, nothing says I love you like picnics by sunlight! Instead of making the hike all the way to The Hartwood Mansion or Kiwanis’ benches, bring the bologna and cheese to the halls of Shaler Area and, most importantly, to your future prom date. Why not ask Brian or Josie to Prom while enjoying potato salad at the corner of Room 200 and the Nurses’ Office?

Simply have your picnic waiting out in the hall, perhaps with Edwin McCain’s “I’ll Be” playing in the background. Your up and coming dancing partner



The ideas in this story are MUCH better than the one shown in this picture.

will more than likely have no idea what just hit them and after overcoming the embarrassment of being spoon fed in the middle of a traffic jam, will give two thumbs up to going to Prom with you.

If your target is not into picnics for whatever ridiculous reason, then a flying pig may be just the trick. Not any hovering hog will be able to sweep Jose or Brian off his/her feet though. The tedious job will be the responsibility of the witty Bottom Dollar pig! As shown on his commercials, this animal is a smooth talker who would put any of Gerard Butler’s characters to shame.

Just about anybody would be entirely star stuck if this grocery store pig would come up and talk to them, let alone propose an offer of going to Prom with a cool and clever individual. Write a speech, slip it into its hooves, and allow your accomplice to do

what you could, but with more style and confidence. Once again, a date will be obtained and one more senior can go to bed at night knowing that the final months of high school had meaning.

Unlike setting up picnics in the intersection and hiring a fictional character, making a power point involves far less direct contact. So for all you tech-savvy, strong silent types out there, this one’s for you. At a young age, we were taught that presenting power points was the most efficient way to convey a message. So why not convey this message... to your hopefully soon-to-be date’s parents.

Parents still seem to have the upper hand in a teenager’s life. Use this to your advantage! Present a slide show that displays why you’re the best option for a Prom date. One may want to list: GPA, favorite pastimes, and photos of baking cookies with Grandma and Grandpa for sentimental purposes.

Before Josie or Brian even has a say, Mr. and Mrs. Johnson will have already decided that you’re the very best option- no, THE ONLY- option for their innocent and perfect child. Ones date may be a little more unwilling and creeped out, but you acquired someone all the same.

Ultimately, roses can still be purchased and verbal exchanges can still be made, but Prom is a “right of passage”, after all, so why not go out with a bang and be more than the kid who pulled the fire alarm?

Education is vital for up and coming voters

by Roman Benty

The advent of adulthood poses many difficult decisions and responsibilities that current Shaler Area upperclassmen are beginning to deal with. Upon graduating high school, many crucial decisions have to be made that will determine students’ plans for the future. While these decisions are all very personal, it is undeniable that certain exterior forces play a role while making them. Increasing costs for a college education, a depleting blue-collar workforce, U.S. involvement in foreign affairs, and a national economy facing a drawn-out recessionary period are all variables that resonate with adolescents plunging into the “real world” of adulthood. As 2012 is a crucial year in politics, it is imperative that Shaler Area students gain the perspective to vote responsibly for candidates whose policies will deal with such variables that will undoubtedly affect their future.

The right to vote for every citizen is the central component to the United States’ Democratic system. Each person’s vote is only counted once. This is why it is so important for citizens to realize the power of voting, and make sure the time is taken to develop opinions on important issues and gain political perspective.

It’s important to reflect on the positive things that have occurred recently that support Democracy and the voice of the people.

Take the prevention of SOPA for example. The Stop Online Piracy Act was a proposed Bill in the U.S. senate that would have completely changed how people, especially teenagers, use the internet. The bill would have made acts such as: downloading albums from file hosting sites and sharing music videos from YouTube on Facebook illegal. Thankfully, as the result of internet blackouts carried out by Google, Wikipedia, and other “online-giants,” as well as emails from concerned internet users flood-

ing the inboxes of state legislators, the proposed Bill was eventually dropped by Congress.

So is the power of the people! The main reason SOPA was not passed was because young people did not want it to become law. It is interesting to take a sociological look at why SOPA found so much support from young people.

This was a piece of legislature that would have directly affected all of us; we are the first generation to grow up with the internet being a part of our daily lives. SOPA would have changed how we spent our leisure time, and in the long run, how we viewed the government. By legislators listening to the masses, the idea was reasserted that our government remains of, by, and for the people. While this is optimistic, and surely gives everyone a warm fuzzy feeling inside, what about other acts that have been passed recently, such as the National Defense Authorization Act, that do violate our freedom? Why aren’t these very relevant issues discussed more in Social Studies classes?

The main issue with having discussions about current happenings in politics during Social Studies classes is the matter of subjectivity. Though many members of the Social Studies department would love to have higher level political discussions, some shy away from such activities in fear of inputting their own beliefs. Other teachers from this department, who need not be named, put too much of their own bias into the curriculum where it is not needed.

In any event, it is hard

for teachers to toe this line of objectivity while trying to cultivate perspective for their students and encourage a learning environment that is both apolitical and informative. This is why the responsibility falls on the students, not teachers or members of the administration, to start political discussions in class. While students discuss the issues, teachers can play the role of informative facilitator, inputting only objective facts when necessary, and making sure students explain why they feel the way they do. This is a sensible way to go about teaching “politics,” and a potentially effective way to help kids learn about the issues without influencing their beliefs.

The bottom line is that to become responsible American adults, students must take matters into their own hands. To an extent, Social Studies teachers can help students gain perspective, but after a certain point, it falls totally on the individual. It is both our right and duty to vote responsibly. We can determine the outcome of our future by letting our voices be heard. This is the time, and we are the people.

The Oracle

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The Oracle reserves the right to condense or omit any letters or articles unfit for publication.

Senior competes in Ireland dance competition

by Ali Tappe

The dream of being able to compete in an Irish Dance competition in Ireland became a reality for senior Melissa Barton this past February. Over ten years of dancing and dedication, finally paid off, preparing Barton for this competition.

Barton was inspired to start Irish Dancing during a family vacation to Bush Gardens when she was seven years old.

"I saw the Irish dance show there. After it, I was telling my mom that they sounded like coconuts falling to the ground, which I thought was the coolest thing, and I wanted to be able to do that when I was older," she said.

A few weeks later, Melissa was registered for her first class at The Bell School of Irish Dance, where she has been dancing ever since.

When Melissa was in tenth grade, after many years of competing all around the country, she received the honor of being qualified for Ireland's nationals called "All Irelands."

"To qualify, I either had to place well in our regional competition or make it into the highest level of regular competition, which I actually qualified in both, so I'm double qualified," Melissa explains.

Although she was qualified, she did not make the trip till this year.

"My dad told me that I could go my senior year, so I've been waiting ever since," she said.

Her senior year quickly arrived and Barton was faced with another difficult challenge that she had to somehow overcome- a fractured back.

"I fractured it back in September, and I never really gave it all the time to heal because I had to perform in regionals. Then I pushed it and it hurt again, but there was nothing I could do because I was leaving for Ireland," she explained.



Barton performing in Ireland (Melissa Barton)

Starting in January, Barton began to prepare for her trip to Ireland. Along with preparing for the dance, she also had to make sure she looked the part, leading her to purchase a new expensive solo dress for regional's and the Ireland competition.

"If I wore one of my old dresses, I would have stuck out like a sore thumb. Once you hit a certain point on the competition level, your appearance mat-

ters," she explained.

On February 15th, Barton, nervous but ready to compete, headed to Ireland, ready for the week-long competition.

On the day of competition, Barton was placed in the U 18/19 group, along with seventy other dancers from all around the world, like the Netherlands, South Africa, England, Scotland, Wales, and Germany.

Throughout the competition, each competitor is required to perform two dances, one hard shoe and one soft shoe dance. The hard shoe dances focus on being strong, powerful, and having a certain rhythm to it. The soft shoe dances focus on being graceful, sharp, being able to lift yourself into the air and being high on your toes.

"Physically the hard shoe dances are harder to get through because you need to have a ridiculous amount of stamina, but I like them better. I think they are cooler and I have more fun doing those dances. The soft shoe dances are still hard, but you just flow more, so it is a little bit easier," Melissa said.

Melissa was ranked 26 out of 70 for the hard shoe dance competition, which she was pleased about. She described that moment as the most memorable one of the entire competition.

"When they called my number for the top half competition, I was ecstatic. I almost cried because I was so happy," she said. "I wasn't expecting to get top half in anything because I didn't have that long to prepare and I was still overcoming an injury that is still bothering me."

After the competition in Ireland, Barton has been inspired to travel the world and continue dancing. She wishes to audition for River Dance, Lord of the Dance, and other shows all throughout Europe and New Zealand.

"I don't know what my life would be like without dance because it is my life," she said.

10 Things I Hate About You

Social Networks

I hate "Truth Is" status'
 'cause "Truth Is" they're getting old
 I hate constant posts about nothing
 That update about your cat was gold!
 I hate virtual fights
 Come on guys, let's keep it classy
 I hate the pictures people post
 No, that duck face isn't sassy
 I hate that awkward old people have Facebook
 My grandpap even has one
 I hate the random app requests
 No, *Mafia Wars* doesn't sound fun
 I hate the concept of poking
 It's actually a little creepy
 I hate the pages for your pets
 Is that really necessary?
 I hate when Facebook is synonymous for 'diary'
 Cause nobody really cares
 And finally, I hate how much I creep
 We're all actually interested in each others affairs



-- by Audrey Schreiber





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A Look Back: The Wellness Policy Then & Now

Excerpt from 2006 Oracle issue about student health

By Francesca Sacco

On July 19, the Shaler Area School District adopted a student wellness policy. The policy is due to state requirements and guidelines that were created to help combat adolescent obesity.

Shaler Area is now committed to providing a school environment that will promote, as well as project, the health of the students. Furthermore, this policy was designed support the student's ability to learn.

Therefore, the schools have removed foods with more than 35 percent of calories coming from fat.

In addition, Shaler Area schools cannot provide foods that have sugar listed as the first ingredient, the serving size cannot exceed a single serving, and the foods must strive to include items that contain greater than two grams of fiber. This means that chocolate (of any kind), mini muffins, and pop tarts are out.

The wellness policy encompasses beverages as well. As of September 8, the last regular Pepsi was sold from the vending machines. Now students have a wide variety of diet pops and juices to choose from. The school has also added different diet teas to the list.

Changes due to the wellness policy may not stop there. The physical education teachers, administrators, and some parents believe that the physical education classes are not offered enough.

Currently, students at the high school, intermediate school and middle school take Phys. Ed. Class for half of the year. Elementary schools only have physical education twice a week, and if for some reason that class is cancelled, it's possible that they only have it once or not at all.

The wellness policy required all vendors, concessions stands, and the Titan Shop to revamp their products with healthier foods.

by Julie Rankin

In 2006, a new wellness policy was developed by the district in order to apply the law in the school and promote healthy habits. Much of the program has been upheld, but the health problems the student body faces are still existent.

"The battle has always been the right to choose... Back in 2005 the federal government asked that school districts develop a wellness policy to help reduce childhood obesity," Chris Grossman, Director of Foods and Services at the time, said.

A number of Shaler administrators and faculty met to discuss changes to the policy that would benefit the school. Many of these changes are still seen throughout the school today.

"Everything in the Titan Shop follows the 35% of it can't be more fat than calories and everything in the vending machines is diet or a juice or water," Activities Director Mrs. Thiel said.

The school has become more lenient with its policy over the years.

"I know some of those things have leveled off and you see pop available in vending machines and you see candy sometimes offered. I think it's one of those things where, once the eyeballs are off the situation for a while people relax," Grossman said.

This can be noted by the various choices offered throughout the school.

"We have things in the vending machines still that are presented as healthy choices but are not. Skittles is my best example," School Nurse Leslie Scheuer said.

The new wellness policy also implied that bake sales would only be allowed off campus. This, of course, is not the case at Shaler.

"Some buildings did take it literally and stopped all bake sales and fundraising and stopped what the kids could bring in for parties, even some buildings in Shaler. Some buildings took that as 'Okay, we're going to monitor and we're going to continue to educate but we're not going to limit'," Grossman said.

Physical education is another aspect of wellness that must be considered when promoting good health in students.

"We went to a two-day a week fitness program here. It used to be that fitness days would be every day for a whole unit. Now we try to mix it in with the other units," Physical Education Teacher Sandy Werderitch said.

One of the main concerns issued in the article was the possible drop in class funds.

"There's not a huge connection. When we were able to sell full-blown Pepsi and Mountain Dew, the soda machines were more profitable. So some profit has dropped off, but not to cause the whole class fund deficit. That was caused back in the elementary schools," Thiel said.

School districts were also offered monetary benefits for more extensive policies.

"The federal government offered additional money if districts opted to go with a very strict version of the policy," Grossman said.

Shaler decided not to take this route, feeling that because it would be so comprehensive, it wouldn't work. Also they felt many would be unhappy with the end results.

The new policy was put in place to combat health issues and this simply doesn't happen overnight.

"At that point, and even now, we still have a lot of kids that are overweight... We still have 30% of our kids at risk of being overweight, overweight, or obese," Scheuer said.

Future students may see additional changes to the established wellness policy.

"[Recently] the federal government came out and tightened up the belt even more and made more requirements," Grossman said.

Compromise has played a key role in making sure the wellness policy did not become too far-reaching.

"Since the policy has been in place since 2006, it's the only thing you guys have known. It's just the norm for you," Thiel said.

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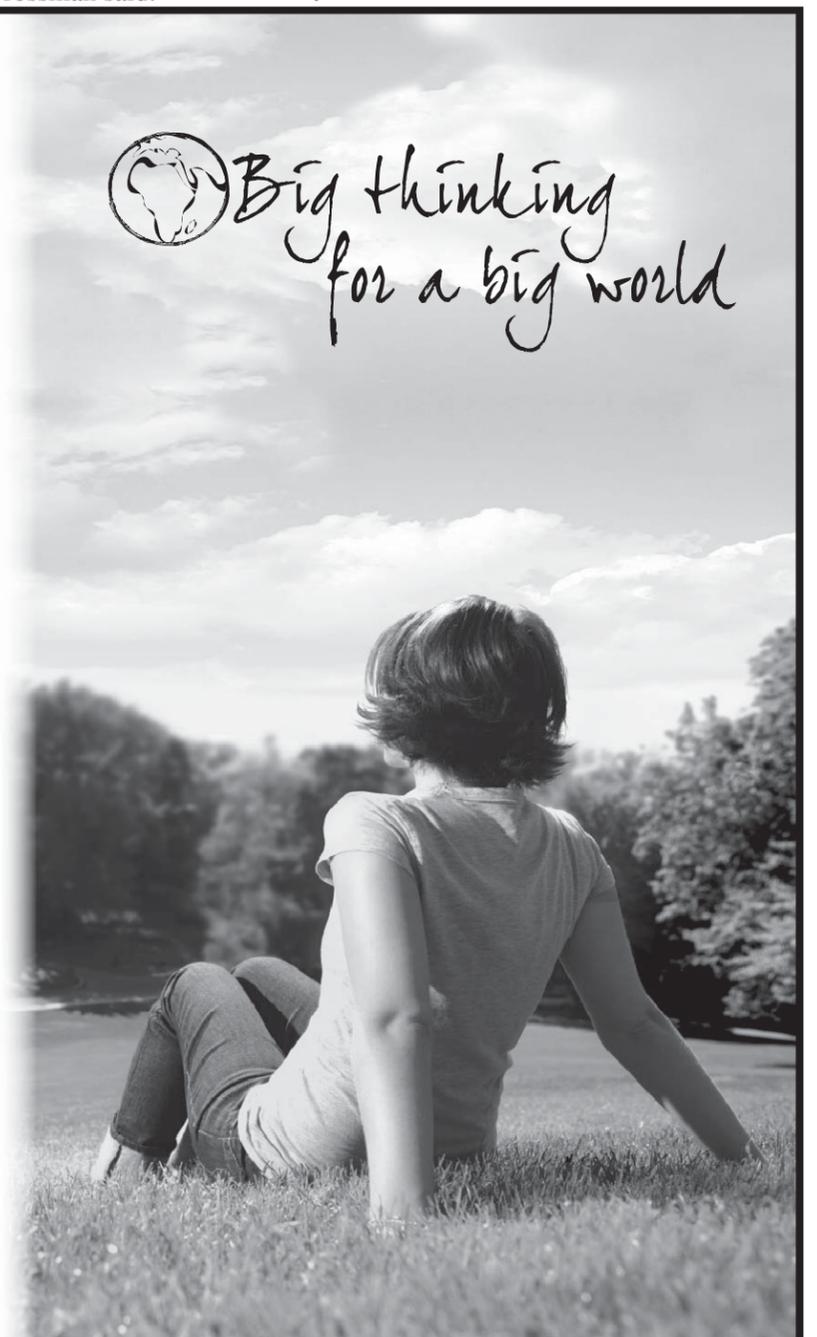
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Senior takes 5th place at brain competition

by Anna Porter

It couldn't be more fitting that Carly O'Connor used her own brain to place fifth at the 2012 National Brain Bee competition, held in Baltimore, Maryland on March 5th. After nearly twelve and a half hours of contest, the neuroscience fanatic received national recognition for her exceptionally praiseworthy accomplishment.

O'Connor first qualified at the Regional Brain Bee in February, taking second place after an incredibly close sudden-death round. To her benefit, the first place winner of that competition declined to attend the National Brain Bee, giving O'Connor another chance to compete.

"I was already happy during the sudden-death round, because I knew I would at least come in second... Ironically, I blanked on a question about long term memory," she recalls.

In Baltimore, O'Connor proudly represented Pittsburgh by ranking fifth among forty-four of the most intelligent neuroscience high school students in the country, all of which had a devout love for the study and the brains to match.

"There were five categories: We had to point out brain structures in real human brains, diagnose patients, point out things on an MRI, point out nerves in a microscope, and we had written and

oral exams," she said. "Little details that you would think nobody knows? Yeah, they all know those little details. But they were all a lot more friendly and wonderfully interesting people."

Out of all the contestants she competed against, and help she received studying, there is one person that truly inspires O'Connor to pursue a career in neuroscience, and that is her brother, who has autism.

"I consider neuroscience to be one of the biggest human puzzles. We don't know where our conscience comes from even after years of research. It's such a huge challenge and I love it," she said.

"Also, my brother has autism and I understand the urgency for cures to devastating neurological diseases... it's a tough reality my family and I have to face daily."

Having the passion and aptitude to pursue a career in the medical field, O'Connor would like to attend medical school, although she is not sure where yet. Along schooling, she would like to continue doing research, aiding in the fight to find cures.

After graduating from Shaler Area, O'Connor plans to continue her studies by attending The University of Pittsburgh where she will major in neuroscience, pre-medicine, and Japanese.



Carly O'Connor at the Regional Brain Bee competition [O'Connor]

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SPORTS

Lacrosse teams look forward to exciting seasons

by Katie Rees

The boys' and girls' lacrosse teams are ready to delve into another exciting season full of new successes. Both teams plan to amplify their techniques through practice and are hopeful for playoffs to be in their future.

"We have been doing an indoor league on Mondays versus teams like North Allegheny and Hampton. We also have been having conditioning practices on Wednesdays,"

The girls' lacrosse team prepares for the upcoming season by participating in an indoor league play
sophomore and varsity goal-**ing teams like NA and Hampton.**
ie Brad Gillespe said.

As for the girls' team, they plan to brush up on some new techniques in order to prepare for their upcoming games.

"We've been working on a lot of different offensive plays and transition drills for midfield. We're practicing a drill called 'death match' where three of us chase after a ball that was thrown far, and the person who picks up the ball is offense and tries to score while the other two play defense," junior Kristel Chatellier said.



The captains of the girls' lacrosse team have been conditioning the team to get them ready for their season coming up.

"We have been doing a lot of pre-season conditioning. We as a team have been running more than we ever have in order to get us in shape for the season," captain Elizabeth Casertano said.

Both the boys' and girls' lacrosse teams lost multiple seniors from last year; however this factor was not a hardship for either of them.

"Even though we lost quite a few seniors last year we're just as strong, if not stronger, than before.

We have a bunch of new talent so hopefully they can take over some important defensive positions," Ambrozic said.

The two teams are hoping to improve and get better for this season. The boys' team is going to be facing their big rival, North Hills, and hope to come out successful.

"We had a rough season last year. Our main goal this year is to put last year behind us and move on, hopefully continuing to improve," Gillespe said.

At the end of February, the boys' and girls' lacrosse teams took place in the Midnight Madness tournament at PISA, an indoor sports arena in Harmerville. This event helped them to kick off the season. Shaler ended up placing 3rd overall against highly ranked division 1 teams. Midnight Madness took place from 9pm to 3am.

"It was a lot of fun seeing how the team was going to come together this year. Toward the end of it we were obviously exhausted and I think it's safe to say when we finally got to bed around 4am, no one woke up again before noon," Ambrozic said.

New head coach has positive outlook towards upcoming season

by Ross Budziszewski and Ali Tappé

After finishing the 2011 season with a record of 3-14, the inexperienced boys' volleyball team is looking to improve. Losing five starters, this offseason was a rebuilding process and throughout it, the team participated in winter leagues along with tournaments to try to make up for the lack of experience the volleyball team has. Preparing for their first regular season game on March 27th, the boys are looking to start practice in a strong manner.

After 32 years of coaching, Mr. Jim Nicola retired leaving new head coach, Mr. Paul Stadelman, leading the boys' volleyball team. Stadelman, after being an assistant coach for both the boys' and girls' volleyball teams, is ready for the challenge of being a head coach.

"As head coach, you are the person in charge. All decision making kind of filters up to you and also filters down through you. I think the biggest thing is just being able to look at, not only your team, but as the program as a whole and how to develop it and make it into a successful one from seventh graders up to seniors," Stadelman said.

As a first year coach, the pressure to do well has remained the same as it has been from previous years.

"I think that there is always pressure coaching, I think there is always pressure to make sure that you can get the best out of your team with what they can provide, I don't think its any more pressure than any other year," he said.

Whether it is his first year as head coach or last, Stadelman still expects the best out of each and every

player. He feels that the team has much potential and has high expectations for the boys this year.

"My expectation is to be a team that is contending for a playoff spot and also a team that everyone will say how much better they got at the end of the season as compared to where we were at the beginning of the season," Stadelman said.

Although the team is very young, they have many strengths along with weaknesses that both Stadelman and the team want to resolve before conference play.

"A definite strength is our attitude to get better and a definite weakness is that we are a young team and we are trying to catch up with some of the teams in our section that have more experience and older players," Stadelman said.

Although the team has not done well the past few years, the strong senior leadership from Captain Jeff Schmidt, Mark Zalakar, Sam Schrmack and Zack Bonsmann may be the difference this season.

"I expect hard work, positive energy, a good attitude, and most importantly for each and every player to have fun. Also we have to look good. If you look good, you play good," Schmidt said.

Both Stadelman and the players agree that there is a lot of room for improvement in their game and achieving their goal of playoffs will take a great amount of dedication.

"I think that we as a team need to focus on attending every practice, being diligent, and having deliberate practice and everything we do needs to lend itself to getting better. Not just as individuals, but as working together as a team," Stadelman said.



Paul Stadelman, boys' volleyball coach (Ali Tappé)

Ultimate Frisbee in swing of things

by Julie Rankin

The Ultimate Frisbee team just finished its winter season, placing sixth out of fourteen teams in the finals. The boys have great expectations for their spring season. Their first game will be today, March 16.

"We're going to win it all," Senior Brandon Berringer said.

The boys play in Division II along with some great competitors, including Mars, Upper St. Clair. The boys have organized practices in order to perform on a competitive level with these teams.

"They practice on their own schedule. In the spring we don't even run practices because there are so many games, 1 to 2 a week. Winter league is sort of a practice," Sponsor Ben Shannon said.

With this preparation, Captain Connor Kazmierczak expects they will make the play-offs. In order to get ready for their games, the boys have a few pre-game rituals.

"Sometimes there is a pre-game speech given," Kazmierczak said.

The sponsor, Mr. Shannon, found an area he felt the team could improve on.

"I think a lot of athletes that come into this sport bring a lot of the attitudes from their sports with them. One of the most attractive things about Ultimate Frisbee is the spirit of the game. The spirit of the game is pretty important. For Shaler in particular, from what I can tell, we do need to improve on our spirit of the game," Shannon said.

Many players contested that the main area for improvement would be their throwing, an essential skill for Ultimate Frisbee.

That being said, the team uses their various types of players to their advantage.

"We have a lot of athletes, a lot of people who can jump really high. And we're not built like regular Frisbee players, we have a lot of football players," Berringer said.

Last year the boys made a play-off run and took second in D2. This year the team is hoping to exceed expectations and place first.

Holzshu named Regional AD of the Year

By Anna Porter

After nearly a decade as Shaler Area's athletic director, Mr. Paul Holzshu has been recognized by his peers by being named the Regional Athletic Director of the Year. The honor, given each year by the Pennsylvania State Athletic Directors Association, will be presented to him on Thursday, March 22nd in Hershey, Pennsylvania at the annual PSADA Conference.

The prestigious award is granted to a standout nominee each year. Athletic directors in neighboring school districts submitted a vote as to whom they believed deserved the honor, and Holzshu was ultimately selected as the winner for the Southwestern region.

A 1967 Gateway High School graduate, Gateway Sports Hall of Fame member, high school basketball star and then college basketball player and coach, Holzshu has found most of his life centered around athletics. The success he found on the court as a high school student paved the way for him to receive a basketball scholarship from Clemson University.

After graduation, Holzshu coached at a handful of different schools, but in the end, it was pure chance that got him into high school athletics.

"I was very fortunate. I really didn't train to be an athletic director; I was given the opportunity about 15 or 16 years ago (at Yough High School) by a friend of mine who was a superintendent whose athletic director at the time was sick and they needed someone to fill in, and I was available at the time. That gave me the first opportuni-

ty to serve in the capacity of an athletic director," Holzshu said.

Eventually he returned to his high school alma mater where he took on the responsibility of being Gateway's first full-time Athletics Director. Holzshu began working at Gateway in 1998, bringing accomplishments to once struggling sports programs. However, after spending five years there, he decided that it was best to move on to Shaler.

"We felt we needed someone with experience, and Paul certainly fit the bill. He came across as a strong person, and that's what we were looking for," former Superintendent Dr. Donald Lee said at the time of Holzshu's hiring in 2003.

That strong personality has helped with his ability to direct, both in the athletics office and on the court as the varsity boys' basketball coach.

"As far as coaching goes it's just like anything else; it's like growing up-you mature, you make better decisions, you become a little more guarded, a little more stable in the way you act," he said. "I think as I have meetings with coaches on our staff, and listen to some of their concerns, and hear some of the things that they're dealing with, I can relate to firsthand. I think it gives me a better perspective of where they're coming from."



Paul Holzshu (Pittsburgh Tribune Review)

His perspective and approach to being Shaler's AD has made a great impression on his colleagues.

"(He) is a great example of what an athletic director should be. He is supportive of all of his programs in the athletic department no matter what the sport," boys' volleyball coach, Mr. Paul Stadelman, said. "I have the utmost respect for the time and dedication Paul has shown to help make Shaler Area Athletics what they are today."

While Holzshu has helped foster the growth of the athletic programs, the coaches who work for him appreciate his style and support.

"He is up front with you. You always know what he thinks and what he expects. He is never patronizing or two-faced," Mr. Eric Schott, boys' 9th grade basketball coach, said. "Most importantly, he stands up for his coaches."

It's reassuring as coach to know that your AD has your back."

Holzshu's duties as AD and varsity boys' basketball coach create a complex balancing act. The greatest challenge for him is time management.

"Sometimes I come in here, and there's certain things I know I have to do that relate to my duties as athletic director, but the game from the night before is still running in my mind," he said. "It can get difficult at times."

Currently, the athletic director has two years left on his contract at the high school. By the time this is done, Holzshu will be at the age of 65; a point in his life where he believes he will be able to pass his position on to someone else.

"Nine years ago when I interviewed for this job, I wasn't sure that I wanted to continue to be in education. I've found that that this is a wonderful school district," he said. "I'm happy that I'll be able to end my career here at Shaler," he said.

Before his career ends, he plans to continue serving Shaler Area coaches and athletes as he has done since he arrived in July of 2003.

"I've always tried to take the approach to make every coach feel that their sport is the most important sport," he said. "I'm director of athletics. I'm not director of basketball, or football, or girls' volleyball, or tennis. I'm director of all sports. It's important to me that all of our sports, all of our coaches, all of our people who participate have a quality experience, a rewarding experience, and look back on their days of being a Titan with pride."

Titans post two wins in PIAA tourney

by Ashley Domachowski

The Boys Varsity basketball team has had quite an extended season this year. The Titans made it into the WPIAL playoffs with a 1st place rank and fought their way into state playoffs.

A disappointing loss against the Central Catholic Vikings (16-11) in the semi-final round of WPIALs knocked the Titans (24-3) out of the championship at the A.J. Palumbo Center.

"Everyone was really upset and disappointed because we knew we had a chance to win," Senior Ryan Mincher said. "All the seniors wanted a chance to play in the WPIAL championship."

On March 6th, the boys played on their home court against Erie Strong Vincent for the play-in for PIAA tournament. A Titan victory also came with a tough loss. Senior starter J.P. Holtz injured his right foot taking away from the Titans' inside game.

Saturday the Titans travelled to Peabody to take on the City League champion Allderdice (18-7). The short line-up for the boys posed a problem but once again the Titans came out on top.

"I thought we played smart and made big plays during the last few minutes of the game and that's why we were able to win another close game," senior Brian Bittner said.

Bittner wasn't the only one to share this opinion, senior Zack Taylor also felt that the team played a hard game.

"The game against Allderdice was a hard fought



Junior Geno Thorpe (Matt Freed, Pittsburgh Post-Gazette)

game which we pulled out. The team all pitched in down the stretch with key baskets from everyone and great defense from Sean Gavin," Taylor said.

The boys got their shot against the WPIAL champion Gateway (21-6) this past Wednesday night at the A.J. Palumbo Center. With Holtz being out of the game, it required all of the team to step up.

"Without JP, we'll be undersized but that doesn't dampen our expectations to win," Taylor said before the game on Wednesday. "As long as we play our game and run them we will be fine and come away with a win."

Tennis team seeks to improve

By Ross Budziszewski and Ali Tappé

The boys' tennis team is looking to pursue a winning season after finishing with two total wins last season. After losing many key seniors last year, the team is looking for underclassmen to step up and fill in the missing spots.

"We had a great team last year and it was tough losing the seniors, now we have to rebuild and prepare for playoffs," coach Mr. Chuck Mura said.

Senior leaders Mike Titterington and Zack Taylor have high expectations for the rather inexperienced team. They believe that the conference they play in has a high level of competition, but with practice and good team chemistry the boys' could be successful.

"My expectation for the season is to get at least two wins and even that is a high expectation," Taylor said.

Along with high expectations from the players, the coaches also have high expectations.

"My main goal for the season is that the team is able to have fun, while having a shot at making it to playoffs," Mura said.

With old players returning, the team also gained a few new players.

With returning teammates, a few new additions, and lots of practice, the team hopes that at the conclusion of this season, there will be a vast improvement from last.

The Back Page

Shaler students win awards at LaRoche Art Show

by Katie Rees

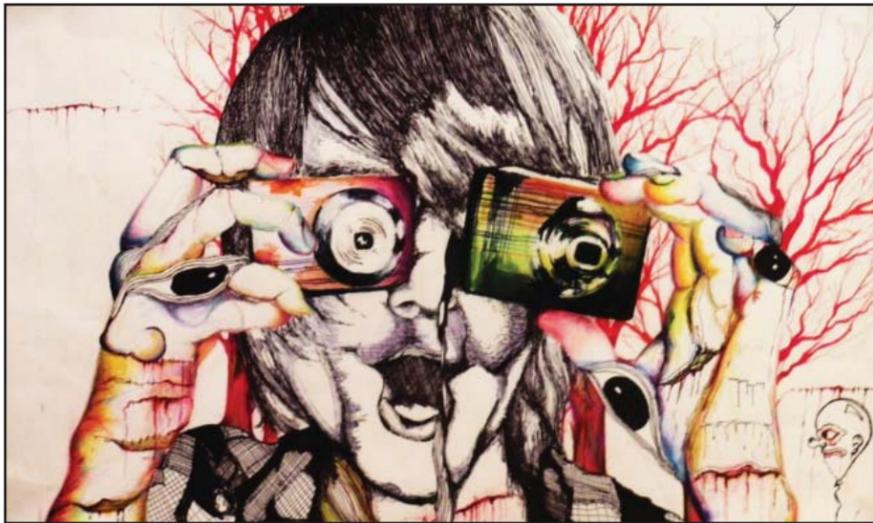
On February 4, artistically inclined students from Shaler Area partook in the honorable Special Art Portfolio Awards. This award, also known as the Arts Scholastics Award, was held at LaRoche College, and had the potential to open up many opportunities for aspiring artists as it is the highest art competition in the country.

Individuals that participated were able to win a gold key, silver key, or honorable mention award for their portfolios submitted, with potential scholarship money also available. Seniors Joseph Wanovich, Timothy Schreiber, Kristen Barricella, and Nicole Cmar were all exceptional candidates who each took home an award at this competition.

“Originality and work that goes beyond the classroom, as well as technical skills and personal vision were all key aspects that the winning artwork possessed,” Art Teacher Mrs. Kathy Barkovich said.

The three main criteria that Barkovich explained were all judged by college professors and art teachers. A piece of artwork worthy of an award needed to challenge conventions and surprise the judges with how a particular emotion or concept could be expressed through canvas, crafts, or sculptures.

“As a genre, my favorite kind would be realism,



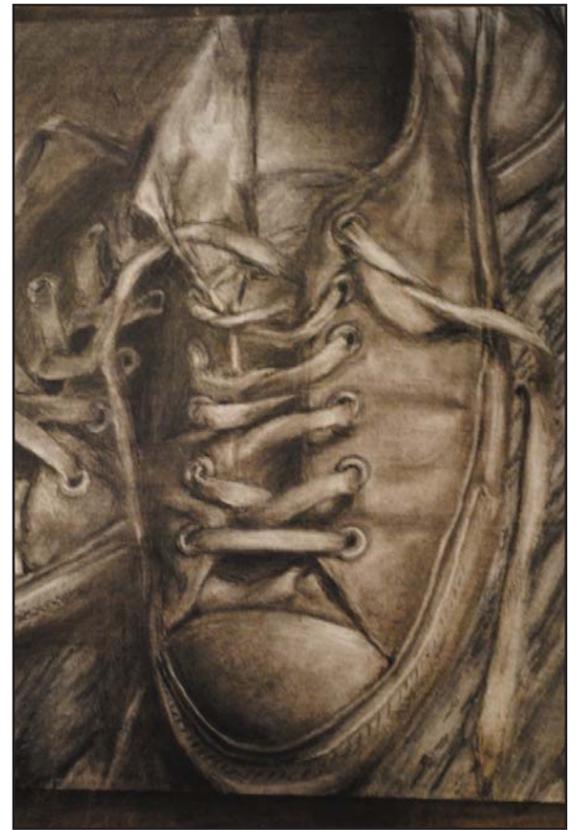
Nicole Cmar's "Victim of the Insane"

but I also like pop-art and impressionism. I also love working with charcoal. It's very dark and messy, but that's why I love it," senior Joseph Wanovich said.

Participants were also evaluated not only for specific skills, but by how they displayed certain skills through creativity. Wanovich took home two silver keys and one honorable mention for his artwork. He has been an artist his whole life and is looking to pursue it in the future.

“Nicole Cmar and Emily Fenton were awarded for artwork submitted through outside art studios as well as through Shaler,” Barkovich said.

One of the past winners of this competition was the famous Andy Warhol who ended up influencing many artists. Years later, the program is continuing to grow with new potentials and participation from



Joe Wanovich's "Chucks"

individuals across the nation.

“It's pretty cool to think that Andy Warhol was a part of this competition years ago and that I am up to his level by winning the same kind of awards as him,” senior Kristen Barricella said.

Barricella, along with the other participants, has been interested in art ever since she was little and plans to pursue it in the future.

“The Lorax” sends positive message to young and old

by Sarah Breen

Dr. Seuss is a very established children's book author, having published 46 children books, exploring many different characters, ranging from the Grinch to Sam I Am.

Being so famous for his witty lines and rhymes, many of his books have been made into cartoons, animated short films, and put on the big screen, such as The Cat in the Hat, How the Grinch Stole Christmas, Horton Hears a Who, and the most recent, The

Lorax.

The Lorax came into theatres on the March 2nd, which would have been Dr. Seuss's 108th birthday. This film features voices of Taylor Swift, Zac Efron, Ed Helms, Danny DeVito, Rob Riggle, and Betty White.

This film is about a boy named Ted (Efron) and his search to find a truffula tree for his crush Audrey (Swift). Her only wish is to see a real tree. The people of Thneedville live in a place where everything is plastic and air is sold and not provided by nature.

Thneedville is blocked in wall to wall. They are all brainwashed to the point where they believe that trees are bad and “dirty”.

To gain Audrey's heart, Ted leaves the premises of Thneedville, which is under strict watch of Oh Hare (Riggle) who supplies all the oxygen for Thneedville. Oh Hare is the mastermind behind the plastic. With a hint of where to find a truffula tree from his cool Granny Norma (White), Ted continues on his adventure. He travels out of Thneedville to find the Onceler (Helms) an old man who might have some answers on where to find the real trees. With 15 cents, a nail, and an old grandfather snail, he will tell his story of the Lorax (Devito).

This movie is a great movie for everyone in the family to see toddlers, parents, and even the teenagers. One of the reasons it is for everyone is it portrays many genres. It has action, romance, comedy, drama, and musical.

In my opinion this movie stuck with the original book to an extent, but took a modern spin to the original. The director added a lot of new characters to this book including Ted's family, Audrey and Oh Hare. The characters are well portrayed by the actors that have been chosen.

One of my favorite things about this movie is the animation. The director did a fantastic job at grasping the colors and illustrations from the book.

A lot of other reviews have been pointing out that this movie is for “tree huggers” and people who hate consumerism. Although their point has been considered, I believe this movie sent a positive message to viewers who care about the environment.

Sometimes we get so lost in the shuffle and get so wrapped up in our electronics that we forget to take a look at the trees, the sunshine. These days instead of camping, we prefer to sit at home on Facebook. Maybe we do take nature for granted and forget to look at its beauty.

“Unless someone like you cares a whole awful lot, nothing is going to get better It's not,” the Lorax said.

SCG SHALER CULTURE GRIG		Where would you sit in the "Mean Girls" diagramed cafeteria?	Favorite Disney Channel original movie?	To be honest...	Take a celeb to Prom! Who would it be?	Most overplayed song on the radio?
	Freshman Julia Jashinski	The Greatest People You Will Ever Meet	The Even Stevens Movie	I have bad wind burn, and this grey picture is saving me the embarrassment	Channing Tatum	"Moves Like Jagger"
	Junior Heather Ivanoff	Cool Asians	Halloween-town	I'm not very witty, but try to be	Frank DiNardo	The Shop N' Save song
	Senior Brandon Perez	Sexually Active Band Geeks	Twitches	All of these answers are ridiculous	Danny Devito	Everything mainstream
	English Teacher Mr. Shannon	Jocks	Phineas and Ferb The Movie	No one to lie	Reese Witherspoon	"Mr. Know-itAll"