

The Oracle

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Student Newspaper Of Shaler Area High School

May 2014

Students win gold in the Jefferson Awards

by Emily Matthews

On April 24, Shaler Area High School was selected as the Pittsburgh Regional Recipient for Outstanding Service by a High School. Students at Shaler also won a gold banner at the 2014 Regional Celebration and Competition at Robert Morris University for best representing the Jefferson Awards-Deloitte Students in Action program's goals and for their service to their school and community.

"We won a gold banner which is a huge deal because we always get bronze or silver. We've never gotten gold, so this is the first time in Shaler history that we've gotten gold," senior Students in Action (SIA) member Alexis Werner said.

Shaler Area has been chosen to represent the Pittsburgh/Southwestern Pennsylvania region at the Jefferson Awards National Ceremony and Gala Event in Washington, D.C. on June 16-18.

"We'll hear about other projects from other regional SIA groups, and then they'll announce who had the best SIA project," Werner said.

During this school year, Shaler has participated in over 9,121 hours of service and has raised \$205,679 for the community. Many clubs and organizations within the school participated in different ways. YIELD raised awareness for SADD, Protection Education Awareness Support (PEAS) created safe spaces in the school and held sign-ups to become an ally, M-Powerment did RAINS week and gave out pledge cards to stop sexual assault, Seeds of Hope planted more gardens and made a documentary, and Eracism attended a diversity day presentation.

At the competition, three representatives of Shaler's Students In Action program, seniors Alexis Werner and Maddie Seel and junior Lauren Groce, gave a unique presentation in front of a panel of judges. Groce portrayed Ellen DeGeneres and Werner and Seel dressed up as Audrey Hepburn and Rosie the Riveter respectively to represent three strong women in society's history. Werner and



Alexis Werner, Maddie Seel, and Lauren Groce at the Regional Celebration and Competition (Suelynn Shiller)

Seel pretended to go on the show, where Groce asked them questions about the community service they're involved in.

"We talked about all of our programs, and at the end we all stood together holding hands and lifted our hands up and said, 'We were the leaders of the past, but today we're the leaders of tomorrow'," Werner said.

According to jeffersonawards.org, "Students In Action trains student leaders to think big, become the driving force for effective service and create meaningful impact". In the Pittsburgh region, 19 schools chose to be a part of the Students in Action program. They have represented the program's goals during this school year by being involved in almost 17,000 hours of community service and raising a total of \$380,521 of financial impact to their communities and \$231,583 for their specific causes.

Music Department ends the year with concerts



Chamber choir performs (George Tepshich)

by Sara Gaskill

As the school year comes to a close, it's time for the music department to show everyone what they have accomplished after a long year of hard work. The orchestra, choir, and band spring concerts are the last shows that the music groups will perform, and they all intend to go out on a high note, or go down singing, depending what group you are in.

Each group performs very different selections of music. With all of this variety, the music groups will have no problem entertaining everybody who attends. There's a different style of music for ev-

eryone. Standard Classical, Modern, Jazz, Funk, Swing, and Big Band are just a few of the different types of music you can hear if you attend.

"We have a huge variety of music, something that everyone can enjoy. On top of that, this will be the last time that our seniors perform with any of these groups," band director Mr. George Tepshich said.

Besides the spring concerts being the last time for the groups to show off their talent and hard work for the year, the concerts also function as one last get together for the music group. This is the last performance for the seniors in their high school career.

This alone makes the concerts all the more special, and all the more worth attending.

"Sure you're there to perform," band senior Anthony Imhof said, "but it's like one big graduation for seniors. This is the last time they will be performing on a Shaler stage with their underclassmen peers, so it's a little more than just a concert."

The seniors are not the only ones who will be commended for their hard work; the entire band will be recognized for all of their accomplishments, especially all of the accomplishments that they earned in Disney.

The band, choir, and orchestra competed in Orlando, Florida against schools from all over the world in April. All the groups earned multiple awards to prove just how hard they

worked this year.

"My favorite memory from this year was watching the excitement, joy and relief on all of my students' faces when they announced "Superior" ratings for all three Shaler Area bands in Disney. Everyone worked so hard this year and it paid off," Tepshich said.

The Shaler Area Spring Music Concerts are truly nights filled with talent. The music department has been working hard all year; these nights are their chances to showcase the hard work they put in all year.

OPINIONS

Become educated, take action to protect environment

by Mr. Chris Lisowski

Earlier this month a vote passed to horizontally drill under Allegheny County's Deer Lakes Park. Having this industrialized activity in this suburban community could have devastating repercussions for local residents.

These concerning issues include toxic frack fluid spills/dumping, health effects from air/water pollution, burdens on local Police, Fire, and EMS agencies as chemicals involved in the hydraulic fracking process are extremely toxic and when ignited or spilled present a problem they aren't prepared for, declining property value, and an increase in large truck traffic.

A similar proposition was made to drill on the property of the Mars Area School District. Fortunately due to citizens speaking out, a proposal to drill under the Mars Area property was met with great opposition and was declined after a school board vote this past March.

The following Cree philosophy sums up my feelings toward fracking the land of our public parks, public schools and any other public land to obtain a 20-year supply of natural gas in our fine state.

"When all the trees have been cut down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money."

Have you ever seen the documentary film *Gasland 2*? It documents our beautiful state of Pennsylvania and many other states which have been subjected to fracking in our union. Watch it. This industry is full of lies and half truths and is NOT about energy independence. Most of the gas extracted here is being shipped overseas.

I am but a lonely art teacher stuck in a windowless basement dungeon dreaming of clean air and water while suffering from ecological affective disorder, so my words are meaningless. Don't listen to me; listen to scientists.

This past fall Duke University put out a report on our local waterways. The article, "Radioactive Wastewater from Fracking found in a Pennsylvania

"When all the trees have been cut down, when all the animals have been hunted, when all the waters are polluted, when all the air is unsafe to breathe, only then will you discover you cannot eat money."

Stream", was published in the journal *Environmental Science and Technology* as well as the magazine *Smithsonian*.

You need to read this article today. Tomorrow is a dream on a distant horizon. The article can be found at Smithsonian.com and is posted on my door outside room 121. Here is an excerpt.

"In the state of Pennsylvania, ... 74 facilities treat wastewater from the process of hydraulic fracturing (a.k.a. 'fracking') for natural gas and release it into streams. There's no national set of standards that guides this treatment process—the EPA notes that the Clean Water Act's guidelines were developed before fracking even existed, and that many of the processing plants 'are not properly equipped to treat this type of wastewater' ... Recently, a group of Duke University scientists decided to do some testing. They contacted the owners of one treatment plant, the Josephine Brine Treatment Facility on Blacklick Creek in Indiana County, Pennsylvania, but, 'when we tried to work with them, it was very difficult getting ahold of the right person,' says Avner Vengosh, an Earth scientist from Duke.

'Eventually, we just went and tested water from a public area downstream.' ... Their analyses, made on water and sediment samples collected repeatedly over the course of two years... found elevated concentrations of the element radium, a highly radioactive substance. The concentrations within sediments in particular were roughly 200 times higher than background levels... 'Even if, today, you com-

pletely stopped disposal of the wastewater,' Vengosh says, there's enough contamination built up in sediments that 'you'd still end up with a place that the U.S. would consider a radioactive waste site.'"

If after reading this report by the leading scientific minds of our generation you are not moved, then child, you have not walked the stream which is dead to all aquatic life. You have not lifted stone from a stream bed to find no insect, no crayfish, no minnow swimming

in our suburban waters. When you do, it is a horror that cannot be unseen. Water is life. To not protect it is a travesty beyond human existence.

For more local information visit the Group Against Smog and Pollution at gasp-pgh.org

As of now there are over 4,000 wells drilled in PA that have only a 20-year life span. We as public taxpayers will be responsible for the capping and maintenance of these wells when they are no longer producing gas in the not-so-distant future.

Will they be adequately capped and at what cost to us, both environmentally and fiscally? Sadly, the companies financially benefiting the most won't have to worry about that.

According to Marcellusprotest.org, Pennsylvania is the only state that is not collecting a severance tax. You can thank the prestigious Governor Corbett, a Shaler Area alumus, for this Corporate Tax break.

"Without a severance tax PA residents will be responsible for the repair of our roads and purification of our water." (Marcellusprotest.org)

The poet Ella Wheeler Wilcox eloquently said, "To sin by silence when we should protest, makes cowards out of men."

Awake from your slumber young sheep, awake and shed your lemming mentality, walk with your own two feet towards a destiny that we control. Do not feel powerless. The antidote to despair is action. We the people have a civic duty to call out injustice when we see it.

Find yourself by rising above shallow peers

by Anthony Imhof

One of the greatest things about high school is that each and every student gets the chance to try new things, discover what he/she enjoys, and find his/her inner talents. Essentially, students get to define themselves as a person who is unique from everyone else.

This should be one of our top goals in high school: growing as a person. However, while some students eventually sprout their wings and soar as an individual, other students unfortunately get their wings clipped by the very people they surround themselves with everyday, in other words, YOU.

Students are encouraged to try new activities and sports. They are encouraged to explore who they are as an individual. They are encouraged to stand out and be themselves; but how can they do this when they have other students constantly harassing or judging them about their interests? How can they stand out when standing out only puts a target on their backs?

Here's a question to those of you who judge and make fun of others: What's the point? Does it make you feel better to hurt someone else's feelings? Does it feel nice knowing that because of your actions, students are afraid to express themselves and be who they really are? Is it satisfying to know that because of your crude and pathetic actions other students are suffering? They're missing out on important experiences that shape who they are all because you want to impress your friends by making a joke. It's sad that you only get comfort from other people's misery.

Here's a question to those of you who are victimized by those types of people: why do you let kids like that prevent you from being yourself? Do you think yourself pathetic because some ignorant peer says you are? Really, the ignorant peer is the pathetic one. The truth is, there is absolutely nothing pathetic about being who you are, no matter who tells you otherwise. You can't let these people hold you down; you have to rise above their ignorance. Actually, that is the rea-

(Students) are encouraged to stand out and be themselves; but how can they do this when they have other students constantly harassing or judging them about their interests?

son those shallow people exist: so that you can overcome with your self-confidence and self-respect.

We are all guilty of clipping other student's wings; likewise we have all kept some aspect of ourselves hidden from others. Both of these actions can only be described as wrong.

We shouldn't be afraid of what other people think of us. We shouldn't keep any part of who we are hidden. We shouldn't judge people by how different they are from

us because guess what: we are all different. Instead we should accept everybody for who he/she is as an individual.

No more rude or hurtful comments; no more hiding who we are. It's time for all of us to do the one thing that no other person can do: be ourselves.

The Oracle

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The Oracle is the official student newspaper of Shaler Area High School. Although it is published by the journalism classes, one does not have to be enrolled in a class to contribute.

Opinions expressed in The Oracle are those of the individual writers. Letters to the Editor are encouraged and welcome. Any letter intended for publication must be signed, but names will be withheld upon request. Articles and letters may be mailed to the high school (ATTN: The Oracle) or emailed to oracle@sasd.k12.pa.us.

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

OPINIONS

What the Heck: Prom

by Anthony Imhof

Some define prom as a formal dance or gathering of high school students, typically held at the end of senior year. It is considered a major event by high school students; some students even going as far as to describe it as “magical.”

My definition of prom adopts a more REALISTIC view of the event: an excuse for students to throw logic out the window and spend ridiculous amounts of money on overpriced clothing, grooming, and transportation, only to look nice to take 100+ pictures that you only look at once, and going to dance with friends for six hours (which you can do almost any other weekend), where all attempts to look nice are quickly thrown out the window, and afterwards falling asleep on a boat for three hours.

Maybe I’m being a bit harsh. In a sense, some students are correct about prom. It is magical. It cuts all of your savings in half, conjures up drama from literally nowhere, and makes all of your common sense and good judgment disappear. Now that’s an impressive magic trick.

Prom can be described as the most memorable night in high school; but what are the true reasons that make prom unforgettable?

“It’s just so magical.”

“We get to look pretty for a whole night!”

“We’re treated like princesses.”

“It’s the only night a girl will actually want to deal with me.”

These are all great, really sweet, tear-jerking answers. However they are all incorrect. The one thing that will always force you to remember prom is your sudden loss of money around the end of May. Couples will be planning for prom with a big, out-of-place smile on their faces; then, suddenly, they will smell something burning, reach for the wallets and regretfully realize that there is a big hole burnt through them.

People believe that prom takes a lot of things away from you; your worries, your stress, your troubles. But it only takes these things away from you for a weekend at most. What it really takes away is most, if not all, of your money; and that lasts for more than just a weekend. The magic of prom may make your heart feel light, but in the end it makes your wallet feel lighter.

Some people may think that Prom will bring

friends closer together. It is the last big get together of the senior class before graduation. Prom is a night meant to be shared with those close to you. Or so people think.

It’s amazing to see Prom, the event that’s supposed to bring people together, cause pointless, pathetic, and sometimes hilarious drama between friends.

“I think we should go to Mount Washington for pictures.”

“Why haven’t you given me your after-prom money yet?”

“You’re sitting with her? I thought we were friends.”

“You’re wearing the same color dress as me? How could you?!”

It’s kind of sad actually to see friendships ruined because of this. Or at least it would be if they weren’t ruined by the most ridiculous reasons. Is this drama or comedy? I can’t tell the difference. (I hope people find this funny, or I’m going to be in trouble).

I have a theory about Prom: the closer the magical night approaches, the more people can’t wait for it to be over. Ask anyone in the school about prom right after the Sadie Hawkins Dance and their view towards prom will be a positive one. Ask them about it now, when prom is about one day away, and they’ll say something more negative like “prom is a waste of money,” or “prom is a huge waste of time, and I can’t wait for it to be over.” It’s quite amazing to see this drastic change of opinion. I actually think that might be the 8th universal law; look it up in your physics book.

Despite all evidence to the contrary, Prom is supposed to be fun. It’s supposed to be a great last formal gathering so that seniors can leave Shaler with fond memories of their classmates. It’s supposed to bring people closer together for one night of no problems or worries. Don’t let needless drama or pointless conflict ruin a night that’s supposed to be one of the best nights in high school. Remember that you’ve worked hard for this event, and you’ve been waiting for this event.

People get so caught up in trying to make their prom perfect that they forget to have fun. Don’t forget to have fun! You’re going to prom to make one last memory with the people that you’ve made countless memories with over the last four years; and really, what could be more perfect than that?

Don’t know how to dance? Try it with some class

by Alexis Werner

Homecoming 2013 provided its guests with fun, sweat, and lots of grinding. Is the grinding necessary? Will Prom 2014 be the same?

Grinding has been a problem for years, but has gotten progressively worse in the past four years. Is it the music that is played, the people that are there, or our culture all together? These were the suggested sources of the dancing that is frowned upon by all of the faculty and administrators.

It seems as if at any school dance, a few people show up and stand around near the DJ, then once more people come and conceal each other, the grind-fest begins.

Dr. Royall does not approve of grinding and said: “It’s inappropriate and we try to stop it as much as possible and redirect people but it’s sort of like with cell phones; it’s an ongoing battle.”

Chaperones are not trying to limit our freedom of expression; they are trying to teach us proper behavior. In the real world, most people don’t dance the way we do. They get out of their comfort zones and try to actually dance.

Other schools in the area have taken this matter more seriously. Mount Lebanon High School banned grinding in 2012. If students were caught “dancing dirty”, chaperons and administration would escort them out of the building.

At Peters Township High School’s 2014 Snowball dance, administration turned on the lights and threatened to keep them on and play classical music until the grinding stopped.

The school board is now considering making students attend dance classes at a local dance studio.

Ladies, is there a certain protocol we are supposed to follow? Guys, are you just doing what you have been taught as well? I think it’s time to break the tradition and try to actually dance.

“There’s a time and place for things, the dance floor in front of 400 others is not the time” Dr. Royall stated.

Prom has proven year after year to be no different. Let’s break the cycle this year.

Open-mindedness only applies to certain groups

by Emily Matthews

The nation is filled with close-mindedness, but it seems that only those who don’t agree with the majority’s opinion are accused of it. Recently, I read an article about the United Methodist Church’s debate on accepting gay marriage in the church.

I’ve been a member of the United Methodist denomination my whole life, so I’m familiar with many of its dominant beliefs and expected the article to address the church’s views but still respect them. Instead, it made the assumption that the church is unwilling to accept new ideas and “Methodists are ‘retreating into our various camps’ instead of seeking a resolution”.

The few comments following the article that defended the church’s beliefs were put down by the many replies that accused the church of being “stubborn” and hating groups of people. Many of the comments also attacked the beliefs that the church has held since its beginnings because the beliefs don’t fit in with the way society wants every person to think.

If an opinion differs from the majority’s, a negative light is put on it to dissuade people from agreeing with it. Phil Robertson of the television show Duck Dynasty got suspended by A&E when he stood up for what he believes in.

The network said it was “extremely disappointed” with Robertson’s com-

What I don’t understand is how it’s okay to criticize one side’s beliefs, but if you disagree with the other’s, you’re accused of hatred. Everyone is always told to stand up for what he or she believes in, but it appears that that only applies to certain beliefs.

ments and claimed itself to be “strong supporters and champions of the LGBT community”.

He replied with, “I would never treat anyone with disrespect just because they are different from me. We are all created by the Almighty and like Him, I love all of humanity. We would all be better off if we loved God and loved each

other.”

In this situation and in many across the country, the problem is that when people express their beliefs, it gets misinterpreted as an act of hatred.

What I don’t understand is how it’s okay to criticize one side’s beliefs, but if you disagree with the other’s, you’re accused of hatred. Everyone is always told to stand up for what he or she believes in, but it appears that that only applies to certain beliefs.

Everyone is being pushed to have mutual opinions and to think the same way, and if your opinions differ from everyone else’s, then you’re looked down upon as being irrational. For a society that claims to be against close-mindedness, it sure seems to be close-minded to those who want to stay true to their beliefs.

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Titan of the Month: Maddie Seel

by Summerly Kelly

Shaler Area High School senior Maddie Seel was named SADD student of the year 2014-2015. Her term will begin at the SADD National conference in June taking place in Washington DC. Seel's job over the next year will be to head the Student Leadership Council. Seel will also have a chair on the SADD National Board of directors and will work to make sure that the voice of the national leadership board will be heard throughout the country. She will be working as a mentor until June when a new leader will be named. She will also be receiving an 8-week paid internship with the Department of Transportation and National Highway Traffic Safety Administration in Washington DC during the summer of 2015.

SADD, which stands for Students Against Destructive Decisions, is a nationwide organization that has found its way to Shaler Area. Seel brought the SADD program here last year after a student and dear friend of her family's, Adam Schuster, lost his life in a motorcycle accident due to the poor decisions of a distracted driver.

"After Adam died I realized that nobody should have the power to take the life of somebody else as easily as they took Adam's" Seel said.

As a way to honor Schuster and to channel her



Senior Maddie Seel

grief into something positive, Seel worked closely with Shaler's outreach specialist from Pitt Mr. Gregg Dietz and the Youth Advocacy League to cre-

ate her own traffic safety program called YIELD. YIELD stands for Youth Involved Education of Legal Drivers and was Seel's way of educating her peers about the dangers of distracted driving. Her program eventually teamed up with the Allegheny County Youth Traffic Safety Council, which is an initiative through the Allegheny County Health Department. This was how Maddie had the opportunity to begin hosting conferences every year that draw around 200 people and over seven surrounding school districts in the Pittsburgh area at once to discuss the importance of traffic safety.

An adult that Seel met with working at the conference sent Seel an application to apply for the Pennsylvania SADD student of the year. After becoming student of the year her application was sent to SADD national and she was selected it to be a member of the SADD national student leadership council, which is a group of ten high school students from around the country who work together to plan the SADD National conference, create programming for SADD National, and work with the National Road Safety Foundation on their annual competition focused on safer driving amongst teens.

"It's a chance for me to make a difference in the life of another person," Seel said. "If I can help one person by advocating for safe driving or smart life decisions, then I've done something great. It sounds so cliché but it's the truth."

Art Show displays and rewards hard work of students

by Gabrielle Lazzaro

The Shaler Art Show, which showcases a variety of art mediums created by students, opened on May 14th. For the first time this year, the show opened on its own night instead of in conjunction with the band and chorus concert. All the focus was on the art in a gallery style showcase.

Mr. David Boyles, an art teacher, was enthusiastic about this year's show.

"The show is more of an atmosphere of enjoyment of art. If anyone's ever been to a gallery crawl, it was like that. It's a very different crowd than just going to a museum that's there all the time. Everyone there is excited and there is a larger crowd. It's an electric atmosphere when everyone there is passionate about art," Boyles said.

The art show showcases the very best art that Shaler students have to offer. Each of the four art teachers, Mr. Boyles, Mr. Jeffrey Frank, Mr. Chris Lisowski, and Mr. Brad Susa, selected students' work to submit. The art was then judged by a juried panel and awarded titles of Best in Genre or Honorable Mention and prizes donated by local businesses.

Many of the student artists were present at the opening to talk about their work and explain their meanings. A forest painting by senior Luke Kinnaman, entitled "Road Hardly Worn", received a Best in Genre award and carried personal weight.

"I was inspired to make this because it represents that I feel that everyone has so much more growth and a lot more than I do. I'm the little red sapling because I'm colorful and stand out. Even though I aspire to be like the trees that blend in, I think maybe I'm better the way I am, sticking out," he said.

One of senior Clarissa Jackson's pieces, "Leader", was also named Best in Genre and was a reflection of herself.

"It's called "Leader" because the one horse is in front of all the others and is shown with more depth. I like to think that I stand outside the crowd a little bit so it's kind of a self portrait," Jackson said.

Senior Maura Creighton's series of portraits of some of her favorite musicians received an Honorable Mention award. She called her work a "tribute" to the musicians.

"I like to listen to certain bands' music or a certain song and turn it into something you can visually see. These all have lyrics from their songs around them, and they all have to do with following your dreams, so they're especially impactful to me," she said.

The show exhibited a variety of art forms in addition to paintings and drawings, including jewelry, digital art, and ceramics. Junior Brendan Donovan received an Honorable Mention for "Look Outside", a piece that he created using a door frame and music sheets.

"It's three paintings that I sewed together from torn up music sheets.



Senior Luke Kinnaman with his art (Gabby Lazzaro)

The white birch tree represents a new beginning and when a lot of people are dealing with something, they listen to music. It shows a new beginning and a way to cope," Donovan said.

The art was very diverse and often had more meaning behind it than one would guess. A large part of the appeal of the show came from the opportunity to hear from the artists themselves, and allowed visitors to appreciate the work and thought that students put into their pieces.

"Art is a process, and we enjoy the process. It's something fulfilling. However, when we have an end product, we want to share it with everyone; it's not just for us. We create art to exhibit and beautify a place. The exhibit shows pride, pride in the students and in their talent. To exhibit is an opportunity to showcase the students and also an opportunity to give some of the joy of art away to people who appreciate it," Boyles said.

Talent show held many surprises for audience

by Anna Cunningham

The annual Shaler Area Talent Show was held on May 8 and 9 this year. Both nights were full of entertaining acts of singing, dancing, and other talents. The talent show brought in over 700 people for both nights. Mrs. Mindy Thiel, activities director, was happy with the turnout both nights.

"Thursday night, the crowd was a little small, but they were really into the show. They were very responsive," Thiel said. "Friday night was great. They laughed they sang along, they clapped. There were two great audiences."

A favorite part of the show every year is the Mr. Shaler Area competition, and the contestants this year did not disappoint. Eight senior boys took on the challenge of competing for Mr. Shaler Area.

"They were fantastic. Last year we only had four contestants, this year we had eight. So the fact that we had eight contestants is really awesome. They were willing to do anything," Thiel said.

Mr. Shaler Area consists of five categories for the boys to be judged in. They are karaoke, talent, boxer, video, and formal wear. The categories are split up over the two nights, so the audiences get to see something different. A favorite part of this year's show was the formal wear competition.

"They came to Mr. Krenn Friday morning and said 'we were in the green room, we saw those dresses, and for our formal wear, can we do dresses?' They were really good sports and that was probably the most

hilarious part of the competition that I saw," Thiel said.

Instead of the usual tuxedos in the formal wear competition, this year's Mr. Shaler Area contestants wore dresses. The audience loved it, laughing and cheering the boys on.

At the end of the show on Friday night, Mr. Shaler Area was crowned, and the Paul Schweiger Award was given out. This year's Mr. Shaler Area title went to Justin Vorp, who won both the audience vote and the vote from the panel of judges.

"We have audience members that are our judges. We usually have a balance of community members and school members. They judged on a scale of 1-5 for every aspect of the competition," Thiel said.

The Mr. Shaler Area competition raised \$931 from the audience vote. The money will be donated to a charity to be picked by Justin Vorp.

The Paul Schweiger Award winner is chosen by the directors, Mr. Krenn, Mr. Sarkis, and Ms. Susany.

"They talk about who really showed the biggest heart and soul behind the talent show," Thiel said. "This year we had four, which is unusual, we haven't had four in a long time but they couldn't narrow it down."

This year's winners were emcee's Jess Dorow and Roslyn Mizgorski, stage crew backstage manager Matt Pontzloff, and Mr. Shaler Area contestant Aaron Acierno.

This year's talent show was overall a success. The audiences both nights were excited about the show and really cheered and supported every act.

Prom preview: A Gatsby Affair

by Kayla Snyder

Prom is that one night of the year that seniors look forward to from day one of freshman year. Every year our school holds an exquisite gala for all the attendees. The event starts off at the Sheraton in Station Square and then continues on the Gateway Clipper Fleet which serves as the after-prom.

"This year's prom is A Gatsby Affair. Based on The Great Gatsby which made an impact on the senior class, so they wanted to have their prom themed around that- 1920s, art deco. It's classy," activities director Mrs. Mindy Thiel said.

With a theme like The Great Gatsby, attendees are in for a treat, almost as if they were time traveling back to the 1920s and spending their night in that decade.

However, this night can be tiring and bothersome if attendees do not know how to survive this enchanted evening. In order to make the most of Prom Night, Thiel has given some advice for the attendees.

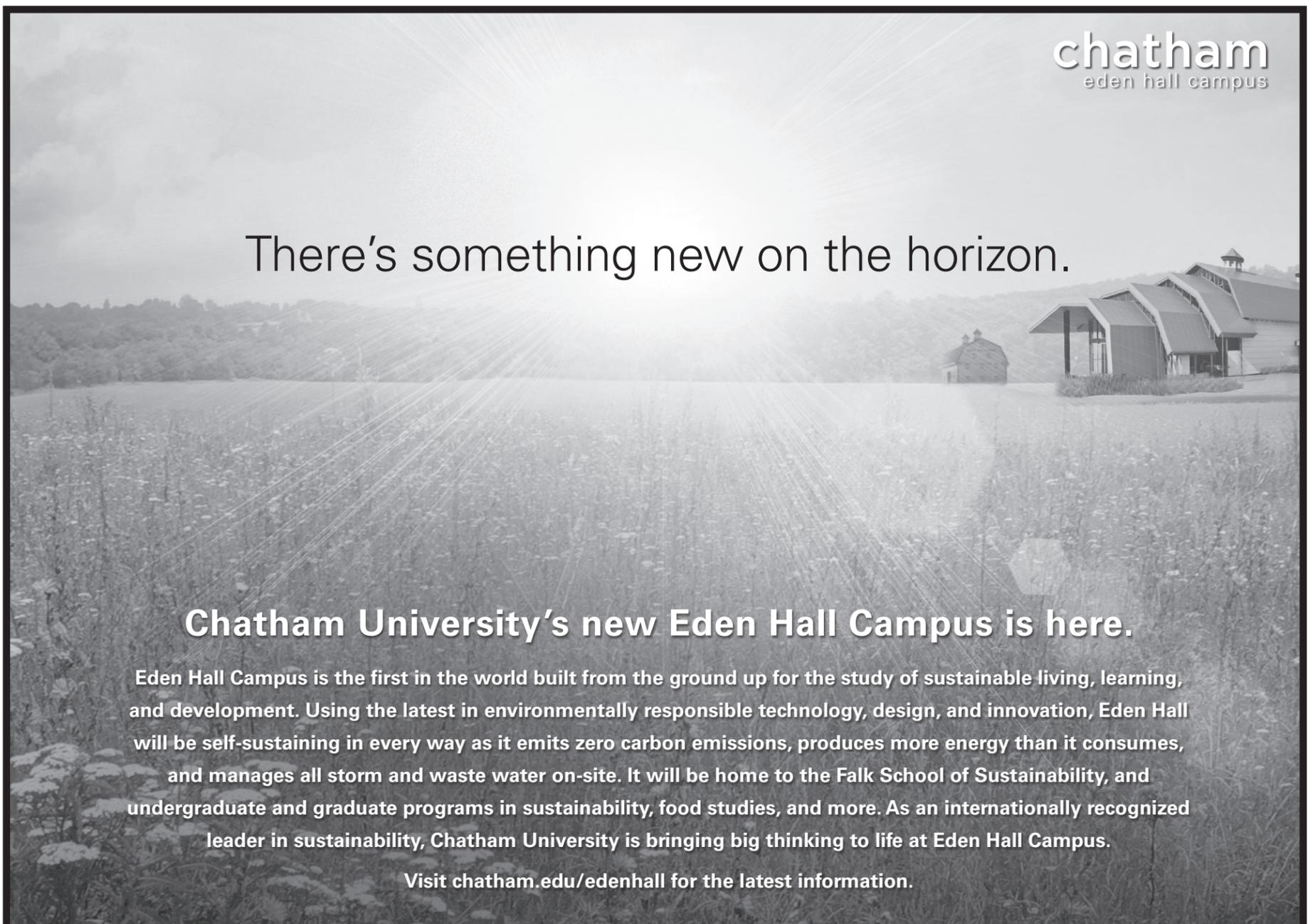
First, make sure you get plenty of sleep. Not just the night before prom, but a couple days prior also. Nobody wants to be falling asleep while everyone is having a great time.

"Sleep leading up to Prom as much as you can. You're going to come to school at normal time, 7am on prom day. You're going to have a full range of classes, periods one through nine. You're getting out at 11:45 and you're going to sprint," Thiel said.

For ladies, the process of getting ready for prom is more complex than that of the guys. Everyone knows that girls go all out and make themselves look perfect for this night.

"If you're a lady, you're going to be getting your hair done, your nails done and any last minute touches that you need. Maybe the shoes you have won't work. Be prepared for last minute surprises in terms of your wardrobe," Thiel said.

Continued on page 7



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Preschool elective brings a rare form of learning and fun to the high school

by Emily Daquelente

The Preschool elective course at Shaler area high school is making big impacts on the children as well as the students. Getting a spot at Shaler's preschool can be tough because it is in high demand. The preschool provides over 54 students to work with the 18 preschoolers, that is constant one on one learning and fun in the classroom.

The preschoolers arrive at 8:15 and their day ends at 10:30. An average day for the preschoolers consists of free play, clean up, "circle" time, a game, story time, snack time, a song, and music-movement. The students do each of these activities with the preschoolers. However before the week starts students are also required to write a lesson plan.

"I have a number of students that are going on to be teachers so being in here is a tremendous benefit for them," Preschool teacher Mrs. Laura Garman said.

It is a learning experience for the students just as well as the preschoolers. The students develop connections with their preschoolers which makes the class all the more meaningful to them.

"The kids are amazing and I am probably learning just as much from them as they are from me. Other high school classes educate you in a logical way but the preschool class is real life stuff. You have to learn how to act on your feet with these little ones," senior Alexa Boehlor said.

The preschool class is different than any other elective the school can offer. The children bring a light heartedness feeling to the room and bring out a different side of the students.

"I have seen a lot of friendships develop between the students that would not have been there before. When they get here they have to leave everything in the hallway and they have to come in and their whole purpose for being here is the kids. They really leave a lot of their problems outside and they come in and work together," Garman said.

The students do activities with the kids involving math, science, art, and music. Aside from the usual classroom curriculum the kids learn behavioral skills like how to be patient and have good hygiene. The children are split up into three groups based on ability during these activities.

Students rotate jobs every week so they have the chance to experience all aspects of the classroom.

"They [the students] can tease them and play with them but then you also learn to discipline them when it has to be done, and I think that is probably one of the hardest things," Garman said.

The preschool elective is a great way to get out of the average classroom and have a new kind of high school experience.



The students and preschoolers on a field trip to the Children's Museum.

Getting ready for Prom an affair for all from page 6

Guys aren't as high maintenance as the ladies but there are still some preparation matters that need to be sorted out before Prom. All a guy has to do is pick up their tux which includes their shoes. Also, a haircut is recommended about a week before Prom. A haircut on the day of Prom is a recipe for disaster because of the chance that you might not like how your hair was cut.

Once you get to the Sheraton for Prom, it's nonstop. At 7:30, you arrive at the event and pictures will be taken until dinner which is around 8, depending on how long it takes to get everyone seated. After dinner, it's dancing until 11:30.

"If you choose not to dance, you aren't going to have fun. You should have fun," Thiel said.

After the event ends, prom attendees are taken to the party boat and they're there until 3am.

"There's a DJ set up on the first floor. We have snack tables on the first and second floors. We bring in character artists, psychics, airbrush tattoo artists, balloon artists, and handwriting experts. There is a lot for you to do. If you just want to go on the upper deck and just hang out, that's for relaxation," Thiel said about the after prom event.

The final tip Thiel said for Prom attendees is to keep drinking caffeine. Caffeine will be your source of energy to keep someone going.

"Caffeine helps. We have open soda bars during prom and the after prom. Just keep drinking caffeine and keep moving. Once you stop, you're done. Get back on the dance floor when ever you're starting to feel tired, get your energy back up and just keep going," Thiel said. "It's going to be a non-stop night. Just hang out with your friends. Looking at the clock all night is a way to not survive. That clock will tick awfully slow. Put away the watches, the phones, and just keep going."



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Students compete in the Fairchild Challenge

by Marnie Potter

The Fairchild Challenge held at Phipps Conservatory is a competition amongst local Pittsburgh private and public high schools and middle schools.

According to fairchildchallengeghipps.org, “**The Fairchild Challenge** is a free, multidisciplinary, standards-based, environmental education outreach program designed to give high school and middle school students an opportunity to shine. By appealing to their innate sense of creativity and curiosity about the world around them, the Challenge invites students to learn, to investigate the thorniest environmental issues, to devise imaginative and effective responses to these issues and to take action – at any level – to address them.”

The competition gives students the opportunity to become active at school, become educated on present environmental issues, and use creativity and other skills to come up with their own ways of addressing these problems.

The Fairchild Challenge consists of many challenges. These challenges each have an environmen-

tal theme, a subject, and a certain amount of points.

“The challenges are so varied with talent, interest, and academics that it reaches out to a variety of students.” Mrs. Christina Palladino, a GATE teacher, said.

The competition is open to the entire school. GATE students, Art students, the Life Skills Class, and others have all participated in the Challenge this year.

For each challenge that the high school places in, they receive a certain amount of points. One of the challenges this year was “Environmental Action in Home, School, and Community”. The students assembled a “living wall”; which consists of potted plants hanging on the wall near the attendance office.

“The purpose of the “living wall” is to provide cleaner air to the school while also beautifying the school at the same time.” Mrs. Kathleen Elder, a GATE teacher, said.

The points received for every challenge add up and calculate the school’s overall place in the competition.

For the past four years, Shaler has been involved

in the Fairchild Challenge. The high school has gotten 1st place overall for the first two years of participation, and received 2nd place overall last year. In the past three years, the students have won \$2,500. All prize money has gone to the high school GATE program’s “Green Initiative”. This money has helped buy seeds and other gardening supplies to beautify the green house area. The money has also been used to provide monetary support for future Fairchild Challenge competitions.

Elder and Palladino feel that this is an important program that the students need to be involved in.

“The program raises awareness on environmental issues, lessons on plant life and gardening”, Palladino said.

“These are things that aren’t taught in a classroom at school. The program provides information and teaches skills that students can take with them after high school”, Elder said.

The overall scores for this year’s challenge will be announced at the banquet at Phipps Conservatory in May. The students and teachers feel confident about their chances this year.

Governor awards school with money for greenhouse plants

by Anna Cunningham

Shaler Area High School has been awarded a \$1,989 grant from Governor Tom Corbett through the department of environmental protection. This grant will be used to purchase an aeroponic growing system to be set up in the greenhouse.

Mrs. Kate Elder, one of the GATE teachers, applied for the grant in January. They were awarded through a press release on Earth Day.

“The grant that I wrote is for a hydroponic system for the greenhouse. The money awarded will fund the hydroponic system as well as any supplies we need to keep the system productive for a year or so,” Elder said.

Originally, Elder wanted to purchase a hydroponic system, but the one she is looking at is aeroponic.

Aeroponics is the system of growing plants in an air environment, instead of soil. The system will be used at Shaler in the greenhouse to grow seedlings that will then be transported to either North Hills Community Outreach or the Etna Garden.

“Students will be able to do science experiments potentially with it. When you go to the science fairs there is a botany strand that you could compete in,” Elder said. “The students can also help us grow and maintain seedlings which we will then give to the North Hills Community Outreach

or the garden of Etna.”

Shaler plants seedlings in the greenhouse every year, but recently have had trouble growing them with the weather. Having the system could help fix issues that may be caused by bad weather.

“This year we really struggled with the weather, and our seedlings are pretty far behind. This would allow us, I think, to get a little bit of a jump on that,” Elder said.

The grant will fund the purchase of the system and upkeep for about a year. After the money runs out, Shaler will find other ways to pay for the upkeep.

“We have a seed sale where we

grow basil, tomato, other vegetables and herbs that we think will be popular and we sell them at very minimal cost,” Elder said. “If we make \$50 or \$60 with that we should be able to sustain the system.”

Receiving this grant will help Shaler continue their green efforts.

“Each year, these grants are awarded to deserving organizations to educate Pennsylvanians about important environmental issues,” Governor Tom Corbett told PR Newswire during the press release where he awarded the grants. “Their work plays an integral role in the preservation and enhancement of Pennsylvania’s air, land and water.”

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SPORTS

Schwartz takes running success in stride

She is one of the most of the most accomplished athletes in Shaler Area history. She is the holder of five school records. She also has won five WPIAL championships, has the record WPIAL time in 800, 1600 and 3200 meter races, won 1600 meter state championship, and won indoor 1-mile state championship.

Not enough? OK. She was named PA Indoor Track and Field female athlete of the year for 2014 and she placed 6th in Cross Country National Championships. She is currently ranked 4th in the United States in the 800 and 1st in the country in the 1600.

By the way, she maintains a 4.4 GPA. She is junior Bri Schwartz and she took some time to let us know more about her than just her impressive running accomplishments.

Q -- After your first invitational, your coach saw that you had a lot of potential, but when did YOU know that you were good?

A -- My coach told my dad I had a lot of potential after my first invitational my freshman year but I only started to believe it my sophomore year. The summer of serious training prior to my sophomore year paid off, and I was getting better with every race.

Q -- Take me back two years toward the end of your freshman year. Track season had just started. Would you have believed that you would have accomplished all that you have in that time?

A -- No, two years ago at this time I was coming off of basketball season. I just did track for fun and I was decent at it. I could have never imagined the level I would be at. I looked up to the older girls I raced against and I was just in awe. I never thought I would be running the times they ran just a year later.

Q -- What's it like knowing that there are other runners who are intimidated by you.

A -- I don't know if I would say I am intimidating, but having other runners look up to me is very humbling. Other runners will talk to me at races and call me inspiring. It is such a great feeling knowing I am motivating and encouraging other young runners just by my dedication and hard work.

Q -- With your talent and grades, I imagine you'll be able to go to college wherever you want. Any thoughts about life after Shaler?

A -- I definitely would like to run cross country and track in college, but I don't have any interest in specific schools yet.

Q -- Is there such a thing as a "runner's high" or is that just a myth that is told to running novices to motivate them or give them incentive to run?

A -- Yes, runner's high is real. When I am running, I feel invincible at times. Sometimes running can be painful, but the euphoric state my mind and body are in while I run overpowers the pain.

Q -- You can relive one race (not change anything, just experience it again). Which one? Why?

A -- Foot Locker nationals. It was an amazing venue, Balboa Park in San Diego, and an amazing atmosphere. I was surrounded by professional runners and top high school runners, and I was really proud of my race. I ran a smart race, starting out conservatively, and I was able to pick up the pace throughout the race and pass many girls to grab 6th place. It was an honor just to qualify for that race, to run with the top 40 girls in the nation, but earning the All American title was surreal.

Q -- What is it like for you before a race?

A -- It is a little nerve racking, but before the race I really focus on staying confident and relaxed. I pray before I race and thank God for the gift He has given me, and I ask Him for strength. This helps me to stay calm because I focus on God's love and strength.

Q -- Do you like running or is it something you do because you are good at it?

A -- I love running, but I never would have started seriously running if I wasn't good at it. But, now that I have started running, I would definitely recommend it to anyone at any level because it is something that



Bri Schwartz crosses the finish line as WPIAL cross country champion in October. (Christopher Horner - Tribune Review)

is not only fun but creates a healthy lifestyle.

Q -- Your Twitter page has a verse from the Bible. Why that particular one?

A -- Romans 8:31 says, "If our God is for us, who could ever stop us?" This verse is so encouraging to me because with the talent God has given me, I know that He is for me. With Him, no one can stop me and I can achieve whatever God has in store for me.

Q -- What are the worst weather conditions you've run or trained in?

A -- This past winter was by far the worst. We tried to escape to the treadmill for some of the below 0 temperature days, but for our hard workouts, we were out at North Park fighting the winds and freezing temperatures with a bit of hail hitting our faces.

Q -- How do you balance all of your training, school work and friends?

A -- It is extremely difficult to juggle any sport with school and a social life. As a runner, I find it especially difficult because after a hard workout or race, all I want to do is sleep. Many of my friendships began in elementary and middle school and continued through high school. We may not be involved in the same sports and go different paths but we support each other with whatever we may do. Many of my friends are my teammates and training partners. Running definitely bonded us and we developed closer friendships through the sport. I also get to meet new people through running so it all works out.

Q -- You train with girls from other schools and are friends with them. How does that work knowing that they are trying to beat you?

A -- We are all really close friends, but the good thing is that we are all different runners. Some of us have more strength and will run the 2 mile, while some of us have more speed and run the 800. When we do run in the same races, it is definitely an advantage for us because we push each other to do our best, not to beat each other to earn a better place. It is comforting racing with my training partners because it feels like just another workout.

Q -- While running is an individual sport, how much of your success can you attribute to others? (family, coaches, teammates, etc)

A -- Teammates attribute more than can be imagined. All of us work to get better at our own event; encouraging and supporting each other. We cheer each other on and know that we are all working hard in our different ways to achieve the same goal. My coaches are so motivating and encouraging. They give me all of my workouts and push me to keep improving and getting stronger. My family is amazing and supportive. They support me in every run, work-

out, and race, cheering me on.

Q -- You are a WPIAL champion and PIAA champion in multiple events. What motivates you now after accomplishing so much?

A -- The ability I have is a blessing from God and that is the reason I run. I do not want to waste this amazing gift He so lovingly gave me. This is what drives me to get out and run and workout every day. I would not have the motivation or even a reason to be pushing myself to continue to improve if I didn't have Someone to thank and run for.

Q -- Do you ever take a break? What's the longest you've gone without running?

A -- I take small breaks after each season. I take two or three days off completely after cross country, indoor, and outdoor track. After that, I slowly start building back up my mileage.

Q -- Have you had any moments where you realize you are "famous"?

A -- After getting asked for my autograph by a girl in middle school, I realized that many people look up to me and admire my accomplishments which I was totally unaware of.

Q -- Can you/do you ever step outside of Bri Schwartz and look at your life as an outsider? If so what do you see?

A -- I have encountered people who think, because I am a good runner and good student, that I don't have to work hard. I wonder what they see to make them think that.

Q -- What is something that a lot of people don't understand about running?

A -- People look at distance running and laugh, saying they could never do it. They don't understand that if they take the time to get in shape, run every day, and slowly build up their mileage, running gets so much easier and enjoyable.

Q -- You fell right before the finish line at the Indoor state championship and crawled across the finish line. The video of that got a lot of attention. What was going through your mind when you felt your legs giving out? Is it a little strange that one of your "highlights" is you falling down before the finish line.

A -- As I felt my legs going numb and giving out, everything went silent. I hit the ground and saw the finish line right in front of my face. The first thing I thought of was the girl behind me; I didn't know how far away she was. I knew I had to cross the line, and I told myself to get up and finish. I was so upset that I fell, but ironically, the fall got me more national attention than a clean finish would have. God works in mysterious but amazing ways.

SPORTS

Titans fall in WPIAL quarterfinals

After shutout of Central, Titans get shut out by Seneca Valley

by Cam Bildhauer

Shaler was geared up for the first round of the playoffs where they had to face the Central Catholic Vikings who defeated them by a score of 5-1 earlier in the regular season. Shaler got revenge with a huge 10-0 victory to advance to the second round.

"When you shutout a team anytime, especially in the playoffs, it makes you realize how you came together as a team," senior Corey Lang said. "We felt pretty good heading into the second round."

Seneca Valley was the next opponent, who defeated Hempfield 10-5 in the first round. Seneca defeated the Titans 3-0 and sent them home early.

"We did not reach our ultimate goal, but overall it was still a successful season," senior shortstop Justin Mazza said. "This was the best team I have ever been a part of and I will miss it more than anything."

The team took a rough slide at the end of April, but looked to regain momentum heading into the playoffs. Shaler took on section rival Penn Hills on April 9 at Matulevic Field. After an early 2-0 lead for the Indians, the Titans scored 9 unanswered runs to come out with a 9-2 victory. The next day, Shaler took a demanding win over Woodland Hills, 16-5.

"It was nice to see the team put everything together and score all those runs," Lang said. "Scoring that many runs gives us a lot of momentum and determination."

After losing three straight games, the Titans finally got their shot at North Allegheny. It was high scoring game, 9-9 in the bottom of the 7th inning, when senior Patrick Carlson came in clutch with a walk off single to give the Titans a 10-9 victory.

"It was amazing to beat our rival period, and to do it in walk off fashion in my final game against them is a special feeling," Carlson said.

The number one team in the WPIAL, Moon, came to Matulevic field on Saturday May 3 to try and keep Shaler out of the playoffs. Moon had a 3-0 lead when the Titans came to bat in the bottom of the 6th inning. They scored four unanswered runs, including a double off of the fence by senior catcher Joe Spalick to give them a 4-3 lead, and ended up being the winning hit.

"The excitement was obviously the main feeling, but knowing it was the winning RBI made it even better," Spalick said. "Winning the game and coming up in the clutch isn't something new to me, but you still get that adrenaline rush in your body when it happens."

Boys' Lacrosse comes up short of playoffs

by Cam Bildhauer

The 2014 season was up and down for the Shaler boys' lacrosse team. This year's team was very young and played with just two seniors: Penn State recruit Ian Reagle and goaltender Brad Gillespe.

"As senior captain, I try to set a good example for the underclassmen and I try to help them improve their personal skills," Reagle said.

The biggest rival for Shaler this year was the Quaker Valley Quakers who won the section title last year.

Quaker Valley beat the Titans early in the season with a final score of 12-7.

The team showed overall improvement from last season as well as individual improvement.

"I have personally improved my overall strength and stamina this season as well as my team play. Team play has been a big part of this year's season, and we need to continue to improve on it," Reagle said.

The Titans fell to the Fox Chapel Foxes 10-7 in its first away game of the season, but took a win in their next match up 10-4. Jack Albright scored five goals in the winning effort with Jans adding two of his own. Shaler had a home matchup next against the Moon Tigers. It didn't end well with eight goals be-

ing scored by the Tigers, and just two for the Titans. Joe Hollern and Zach Weidner were the lone goal scorers.

"We needed to get better ball movement and we need shots on net," Hollern said. "Shots don't matter if they are not on net."

On April 2, Shaler traveled to Aquinas Academy and took a close 9-8 victory. Reagle had a hat trick and the game winner on the night.

"It felt amazing to score the hat trick and game winner. At the end of the game it was really close and I knew I had to step up my game to win it," Reagle said. "During the last minute of the game I went all out, and ended up scoring the game winner with under 30 seconds left."

After losing four straight games, the Titans bounced back against Taylor Allderdice at home with a 12-3 victory, and Carter Kojez scoring his first goal of the season. Hampton took away Shaler's start of a winning streak with a 16-3 victory two days later.

The Titans came up short and did not earn a playoff berth.

"It was really disappointing because we have worked so hard and this team has so much talent," Reagle said. "I'm sure that they will make playoffs next year. It was really hard for me because it was my last year and my last chance at playoffs."



Sam Ireland scores one of Shaler's 10 runs in playoff win against Central Catholic (Christopher Horner/Pittsburgh Tribune Review)

Softball team earns playoff bye

by Justin Jockel

The Shaler softball team, who finished with a section record of 10-2, is heading to playoffs once again this year. The Lady Titans have worked very hard up to this point and are excited to see how their dedication pays off in the postseason.

"I have seen our girls grow a lot. Everyone is excelling to the point where I do not know if they can do any better," Senior Michaela Golden said.

Two players Golden points out as having major contributions to this great season are freshman Lauren Miller and sophomore Brianna Dobson.

"Lauren Miller has been making the most of playing a very powerful position. Our starting pitcher Brianna Dobson who was our starting pitcher when she was a freshman is continuously getting better," Golden said.

Even though there have been individual attributes this season, Senior Emily Matthews feels the team's commitment will pay off.

"Everyone is working very well together and it seems that whatever we focus on in practice has paid off in the games," Matthews said.

The team's commitment not only led to wins, but also a first round bye for capturing the No. 2 seed in the playoffs.

"It's very favorable. I am very happy with how they are doing. They are maturing," Head Coach Skip Palmer said.

One reason the team was able to capture the No. 2 seed and a first round bye is because of a 10 game win streak that stretched from early April to early May. Eight of the games Shaler won over the course of its 10 game win streak were against section opponents, which has paid off now as the team is section champions.

"We all have worked very hard and I know we can go very far because even though we are a young team, we are very talented," Golden said.

However, Matthews felt that at the beginning of the year the team may not have been able to make the playoffs, but her feelings have changed now that they have secured a spot.

"At the very beginning it seemed like we weren't going to make playoffs because we have a lot more younger students on the team, but as time has gone on, our hard work has shown we can make it," Matthews said.

Shaler will play Bethel Park in the second round of the WPIAL Quad A Championship playoffs. In terms of preparation, Head Coach Skip Palmer says the girls will prepare just the same as any other game.

"We will prepare just like we do for every game, there is no difference for this game or any other game," Palmer said.

Golden says the team has been sticking to their weekly routine schedule in order to prepare.

"We have been practicing everyday exempt on day a week. We are really pumped up. We've been having some scrimmages, one against Hampton, and we have had practices that aid to our weaknesses because we know we can win if we play our best game," Golden said.

Palmer says that in order for the team to win they need to keep doing what they have been doing all year, and that is winning and playing a great overall game.

"We need to keep hitting the way we have been and playing great defense. If we do this, we can beat any team in the playoffs this year," Palmer said.

If Shaler can overcome Bethel Park, they will move on to the play the winner of Penn Trafford and Plum.

SPORTS

Girls Track crosses finish line of successful season

by Anthony Zelina

The girls' track and field team completed another successful season that saw it collect its second section championship in three years and compete in the team finals for the third consecutive year.

Coach Dave Interthal thinks the team's 8-0 section record really shows what these girls can do. It was not difficult for him to point to the highlight of regular season.

"Beating North Allegheny at their place under the lights 76-74 to win the section title," he said.

The team of 70 girls has also had many accomplishments throughout the season that makes them an elite group of girls.

"This group of girls has is responsible for 13 school records out of 18 events," said Interthal.

Kylie Farrell, an experienced senior on the team, holds one of those records which is a memory she'll never forget.

"The proudest moment of this year was probably when I broke the school's record for the 200m dash. I could hear my team saying my name and cheering for me. It was senior night and we won the section. Everyone was so supportive and cheerful. I will probably never be on such a talented and gracious team like this one ever again," Farrell said. "This year has been the best yet for me. I view it as not only successful, but progressive and extremely satisfying. I got to watch all of my friends utilize their talents to their fullest and just be absolutely amazing."

Lizzie Kline, a junior on the track team, saw the overall ability of the team this year improve tremendously.

"[This season was] definitely successful. I'm not just speaking about my season personally, but as a team. A lot of my teammates have gotten a lot better and strong as the season went on," Kline said. "It was also successful because I built a lot of strong relationships with my teammates and I consider them all my sisters."

Success such as this does not come without great leadership. Leaders push each other through workouts and are always trying to get better. According to Interthal, Tori Soeder, Bri Schwartz, Farrell, Julia Bernessar, Sydney Funtal, Kline, Jess Farrell and Carly Harris and many others have stepped up to the plate this year to take on this daring role.

"I really appreciate their efforts each day and I love how our girls compete. I can honestly say that I've never seen this group shy away from competition-whether in the [weight] room, on the track or the field," Interthal said.

According to Interthal, the team will be looking for "hardworking, selfless, and committed" people to fill the void of leadership and strength that the seniors provided the team this year.

"The seniors have left a tremendous mark on the program. Two Section Championships, three time WPIAL Team Championship meet, three time Butler Invitational champions, numerous WPIAL medal winners and PIAA place winners," Interthal said. "Our girls compete...no matter the weather, the surroundings or the opponent. They really become a family. They can't miss or not compete because



Tori Soeder stands atop the medal stand after winning the WPIAL championship in the triple jump. Tori also placed 2nd in the 100 hurdles and 6th in the long jump.

they'll let one another down."

The girls on the team agree with their coach and about the positive atmosphere that is provided by being part of the team.

"I just started track this season and I absolutely loved it," Kline said. "So I say it's not too late to join track. It doesn't even matter if you're slow or not that strong; track makes you faster and stronger and makes you compete."

Girls' Lacrosse shooting for back to back WPIAL titles

by Eric Fischerkeller

The Shaler girls' lacrosse team started its Division II WPIAL title defense off on the right track Friday, defeating the Moon Tigers 21-7 in the first round of the playoffs. They played Mars in the semifinals on Tuesday. It entered the playoffs riding a lot of momentum as the second seed in the tournament.

Shaler defeated North Hills 15-4 in its last regular season game, finishing with a 16-1 overall record while claiming yet another section championship.

"After winning the section championship again this year, we are hoping to enter the playoffs just as strong as we did last year. We know we're going to face some tough teams, but we have been practicing all season for this and are confident we will be able to bring home another WPIAL title," said senior Morgan Burke.

The team returns three All-WPIAL players in senior Burke and Nellie Phillips, as well as junior Shannon Lynch, but the team did lose a lot of strong leadership from last year. This allowed for younger players to step in and play



Nellie Phillips (Lisa Montini)

important roles on the team.

"We had so many young, new players who came up that are just natural athletes, and they were able to fill positions of need," said Burke.

The Titans relied on captain Nellie Phillips and Shannon Lynch to carry the load offensively,

but scoring depth was a pleasant surprise this season. A lot of different players stepped up to contribute to make Shaler's offense as dynamic as any.

"Our main goal scorers were Nellie Phillips, Shannon Lynch and Neely Reagan. They have done a great job," said Delany Dobracki. "Some people have stepped up to get some points on the board such as Christine Cafeo, McKenna Ash, and Julia Cugliari. Without all of these girls, our team would not have the highest average of goals per game in western PA."

The offense was not the only posi-

tive for the Titans, though. A lot of the team's success hinged on the play of junior goaltender Kaylee Coyle.

"Kaylee Coyle really stepped up this year. She was a key component to winning this season," said Burke.

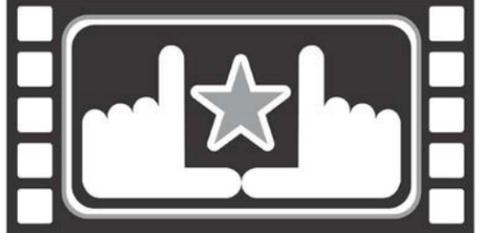
With the team's success this season, it is no surprise that there is pressure to continue their success into playoffs.

"I think if we continue to play the quality of lacrosse that we've been playing, we have the potential to sweep the playoffs," said senior captain Nellie Phillips.

The team will rely heavily on the experience and leadership of the players that were key components of the WPIAL championship team last year. The captain's advice to the younger players is quite simple.

"One of our inspirational quotes on the team is, 'Clear eyes, full hearts, can't lose.' And that says it all," said Phillips.

The playoffs are most important to the seniors, as this is their last playoff



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The Back Page

SENIOR ORACLE STAFF GRID

1. If you could punch one person in the high school who would it be?
2. Who or what are you going to miss next year?
3. Sum up your high school experience in a word.
4. What senior superlative should you have won?

	<p>Cam Bildhauer</p> <ol style="list-style-type: none"> 1. Lexy Werner 2. Playing on the golf team 3. Gucci 4. Best pizza delivery boy
	<p>Anna Cunningham</p> <ol style="list-style-type: none"> 1. Gabby Lazzaro 2. Play and musical 3. Average 4. Best Marvel t-shirts
	<p>Emily Daquelente</p> <ol style="list-style-type: none"> 1. Emily Jordhiem 2. The exit sign that says "flex it" 3. Bizarre 4. Best elbows
	<p>Sara Gaskill</p> <ol style="list-style-type: none"> 1. I can't choose one person 2. Being around family 24/7 3. Exhausting 4. Person who hates this school the most
	<p>Alex Gercak</p> <ol style="list-style-type: none"> 1. Marnie Potter 2. Seeing all my friends 3. Eye-opening 4. Most likely to be arrested for anti-government activity
	<p>Anthony Imhof</p> <ol style="list-style-type: none"> 1. Just one person? 2. Friday night football games 3. OK 4. Best looking twin
	<p>Summerly Kelly</p> <ol style="list-style-type: none"> 1. Emily Fenton 2. Stuff and things 3. Meh 4. Most likely to be a successful blogger
	<p>Gabby Lazzaro</p> <ol style="list-style-type: none"> 1. Marnie Potter 2. Dance team 3. Surprising 4. Saggiest
	<p>Emily Matthews</p> <ol style="list-style-type: none"> 1. Jacob Matthews 2. SALTS 3. Memorable 4. Most likely to travel the world
	<p>Marnie Potter</p> <ol style="list-style-type: none"> 1. Not Whitney Huston 2. Whitney Huston 3. Whitney 4. Most likely to be the next Whitney Huston
	<p>Lexy Werner</p> <ol style="list-style-type: none"> 1. Cameron Bildhauer 2. Cameron 3. Amazing 4. Most likely to be president

How to beat senioritis

by Anna Cunningham

The senior class is finally (FINALLY) close to graduation, after a long year that went on and on. As we've gotten closer to the end of the year, everybody's motivation has dropped significantly, but for seniors, the last few months of school are torturous.

Senioritis is a disease that affects everyone, even the kids who are most dedicated to school. So as my parting gift, here are a few tips for underclassmen on how to survive being a fourth nine weeks senior.

First, understand the warning signs and symptoms of senioritis. These include laziness, lack of studying, sleeping in multiple classes, absences from school, increased wearing of sweatpants and t-shirts, and a general dismissive attitude. Once you start experiencing any of these symptoms, there's no helping you. You have senioritis.

If you are the first one of your friends to be diagnosed with senioritis, don't worry. The rest of them will catch the disease soon. Until then, rock your sweatpants solo, and take a few personal days. Watch an entire season of How I Met Your Mother on Netflix in one day. Take yourself out to lunch. Sleep for a full 24 hours. These are all proven, if temporary treatments for senioritis.

Another proven treatment: carry a blanket around school. As the spring begins, the school turns up the air conditioning and some classes are freezing. A blanket will keep you warm and comfy, and is comforting when you're going to be sleeping in the majority of your classes.

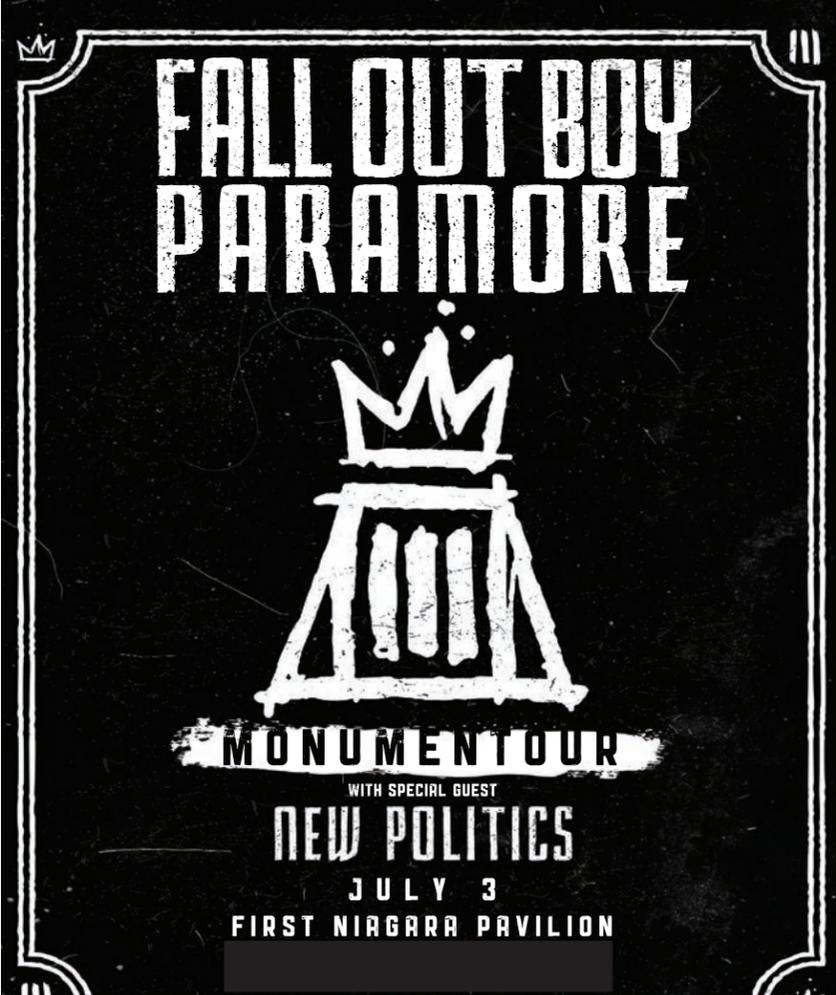
Being in school when you have senioritis is painful for many. Don't be afraid to sleep during study hall and lunch (or calculus). Once you've been accepted to college, school doesn't really matter anymore, no matter how many times your teachers try to tell you that the things they are teaching you will be useful in your life.

The only known cure for senioritis is graduation. The last few weeks of school are going to be the toughest you've ever experienced. Try your best to pay attention for a few minutes in class before falling asleep.

Maybe you'll learn something. Graduation is approaching faster than you think, and before you know it you'll be in that white or blue gown shaking hands with all of the teachers whose classes you slept through.

When senioritis sets in and you still have half a year of school left, don't worry. Just let the illness run its course and before you know it you'll be at graduation.

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