

The Oracle

Volume 42 Issue 2

Student Newspaper Of Shaler Area High School

November 2013

“Miracle on 34th Street” brings Christmas Spirit to Shaler

by Emily Matthews

The spirit of Christmas made an early visit last weekend as Shaler Area High School presented “Miracle on 34 Street”. The play proved to be a success and was enjoyed by all.

In the play, Kris Kringle, who worked as the Santa Claus at Macy’s, was put on trial while trying to make everyone believe that he was the real Santa.

Miracle on 34th Street wasn’t a total stranger to the Shaler stage prior to

last week’s performance; it was also presented ten years ago. However, this year, teacher directors Mrs. Anne Loudon and Ms. Kristen Susany made some changes to the play to make sure it was the best version Shaler has ever performed.

“Ms. Susany did this play as a Shaler student ten years ago, and, to put it nicely, it wasn’t the best-run show. There were a lot of issues with it. She really wanted a redemption,” Loudon said.

Susany, having first-hand experience with an earlier performance of the play, knew exactly what improvements to make to this year’s rendition.

“[In the past,] we set it in 1930, and we had a senior play the little girl. This year we had a sixth grader playing the little girl, so we added a sense of youthfulness, and we also modernized it,” Susany said.

Everyone involved in the play had a role in its improvements from previous years. They devoted numerous hours to rehearsing and preparing for opening night. The actors had to memorize their lines and make sure they were where they were supposed to be on stage, and the stage crew were responsible for knowing how to light the stage, when and how to change sets, and when to open or close the

curtain to indicate the beginning or end of a scene.

“Some people may not see the work that goes into putting on a performance like this. It’s similar to any sport because it involves a lot of focus and dedication. It is extremely tiring on both the mind and the body. Everyone involved did all of this, especially our directors who pushed us the whole way to put on the best show possible. They are truly inspirational and deserve special recognition,” senior Jess Dorow said.

All of the hard work and commitment that was contributed transformed into a show that everyone enjoyed and appreciated.

“My favorite part of the play was how we came together as a cast and as a crew and put on a spectacular show...I believe they gave us a show to be proud of and one that made us redeem the show here at Shaler,” senior Brad Gillespie said.

Among the dedicated students, some of the seniors in the play had to bid farewell to the stage as they finished one of their last performances.

“It was bittersweet taking the stage one last time with my friends, but I was so proud to be a part of such a successful show...My gut feeling tells me that this



Senior Jess Dorow as Doris Walker confronts Kringle (Emily Matthews)



6th grader Isabella James as Susan Walker and senior Brad Gillespie as Kris Kringle (Emily Matthews)

year is my last year to act so I’m trying to live it up while I can,” Dorow said. “That would be my message to underclassmen - enjoy it while you can because it goes by faster than you think, and then it’s only memories.”

“Miracle on 34th Street” made some great memories for the cast and crew as well as everyone who attended the show. It offered a good sense of Christmas spirit and a heart-warming message.

“I hope the message that ‘faith is believing in things when common sense tells you not to’ resonated with the audience,” Loudon said.

Shaler recognizes Grief Awareness Day

by Sara Gaskill

Whether it’s a parent, guardian, sibling, grandparent, aunt, uncle, or friend, no one can ever replace a loss. People go day to day without realizing children across the world grieve unnoticed. Some children don’t know how to handle the situation on their own or how to release their emotions in a healthy way. Therefore, every November 21 is recognized as Grief Awareness Day to reassure any child that what he or she may be going through may be troubling, but he or she is not alone.

Senior Marnie Potter found out her father was diagnosed with Leukemia when she was eleven years old, and he passed when she was fourteen. This day means a lot to her.

“Children’s Grief Awareness Day to me means having one day out of the year that the struggles I go through on a daily basis are recognized and supported. I am a seventeen-year-old living my life without my dad, and it’s a burden that I deal with everyday. To me, having the support of others on Grief Awareness Day and recognizing what I go through gives me the support I need to keep going,” Potter said.

Before Potter was even aware of the programs she had available to her, she was like any other teenager brushing off the emotions and thinking she was okay when she wasn’t and she eventually found the Caring Place which helped her healing process. The Caring Place is the only non-profit organization that takes in families no matter the circumstance. Its first building was built in 1997 in Pittsburgh, and it has expanded its territory to in Erie, Harrisburg, and Warrendale.

The Caring Place is secure, welcoming, and it’s free of charge, allowing those it helps to come as many times as they want to.

“Throughout the duration of my dad’s illness I never received or sought out any kind of counseling because I always felt that I could deal with things by myself and be okay. After my dad passed away and my mom told me that we were going to try the Caring Place I thought it would be a waste of time because I could take care of myself,” Potter said. “After sitting through sessions at the Caring Place and listening to other stories, I realized I wasn’t as strong as I thought I was. So, the hardest part about getting help was realizing that I even needed help. Dealing with the loss of my dad while trying to move on was too much for me. Holding all of my emotions in and not talking about them was only hurting me and making things worse.”

It’s not easy going through something so troubling. Potter was given advice that will stick with her through her lifetime.

“Grief is a process; it doesn’t have a timeline or you don’t just one day wake up and get over it. I have to be able to move on and live my life, but it’s also ok to miss my dad,” Potter said.

Another factor that’s helping her through this is the representation of a butterfly. Butterflies are made for all the grieving children who have lost someone dear to them. The butterfly is used to represent hope, but it can have other meanings.

“Butterflies are beautiful; they’re good. To me, the butterfly means that although there will always be that part of me that is dark and ugly, something good or beautiful can always come out of it,” Potter said.

Continued on page 6

OPINIONS

What the Heck: PDA in school

by Anthony Imhof

Walking down the hallways of Shaler Area should be a peaceful thing. Talking with friends while walking to a favorite class and admiring the beautiful student-made art which hangs on the stress relieving baby blue walls is the most enjoyable part of any student's day. Serenity and happiness fill the hallways, as students foolishly think that absolutely nothing could ruin these next four minutes.

However, your tranquility is shaken by something alarming, annoying, and aggravating. It's something that you can't run from. It's something that you can't avoid. It's something that you can't ignore. Despite your most strenuous efforts, you still come in contact with couples who are displaying their affections for each other publicly; commonly referred to as PDA.

What is PDA exactly? The next time you walk through the hallway and you unfortunately notice a couple's "good-bye kiss" start to look like an audition for a Nicholas Sparks movie, you'll understand what PDA is. What couples fail to realize is that their over-dramatic farewell can be seen by everybody

passing by; unless they do realize this and simply don't care. Either way, while they're busy pretending that they're alone, the rest of us get to watch unwanted soap operas (or horror movies; some people need practice).

I don't need to interview PDA offenders to know why they commit the crime. The answer is obvious; they're in love, of course. Well that's good to know Romeo and Juliet, but you don't have to let the whole school know that. And if you do, please for the sake of those with light stomachs, inform us in other, less physical ways.

Couples can interact in public without offending and disturbing people. A good-bye hug is acceptable. Holding hands is cute. Holding just about anything else is not. Even a small, quick good bye kiss is fine; but when you start to look like something out of "The Notebook", you've gone too far.

There is simply no need to be this dramatic. I understand that not seeing your significant other for the next 40 minutes will be torture, but I promise you, he or she will still be there when the bell rings. They won't disappear. Your Titanic isn't going to sink.

Your star-crossed lover isn't going to all of the sudden lose interest in you during those 40 minutes. You don't have to act like it's the last time that you're ever going to see them.

How can witnesses victimized by these crimes strike back? How can they prevent PDA from taking place? We've seen teachers attempt to keep their hallways clear of PDA, but this doesn't completely eliminate it. In actuality, there is no way to completely eliminate PDA.

However, there is a way that we can eliminate it from our hallways and our everyday lives. PDA can be contained if the school designates a PDASZ, or Public Displays of Affections Safe Zone. All the school has to do is pick a small, remote corner in the high school where they can dump all of the PDA offenders. The rest of the school can be labeled a PDA free zone. That way, students cannot be affected by second-hand PDA. Anyone located inside the PDASZ can commit all of the PDA that they want without disturbing other students. The hallways of Shaler Area can be a place of peace and artwork again.

Standing for the Pledge shows respect for soldiers

by Alexis Werner

Standing for the Pledge of Allegiance: a chance to show American loyalty or a waste of the first thirty seconds of the school day?

"Please rise for the pledge of allegiance." It seems like a simple daily request so why do so many students ignore that request?

The Pledge of Allegiance was written in 1892 by Francis Bellamy to celebrate National Public School Celebration of Columbus Day and promote nationalism and a sense of pride to students. Since that time a lot has changed-the attitude of the public being number one.

According to the Pennsylvania State Constitution all schools are required to recite the pledge or the singing of the national anthem at the beginning of the school day. Activities Director Mindy Thiel says the pledge every morning but do you? Some students at Shaler do not recite the pledge, while others do not even stand. Why has it suddenly become a thing of the past? Where have the ideas of pride, respect, and honor gone?

Standing for the pledge is more than an obligation to your country. It is an opportunity to pay homage to the millions of veterans and soldiers who have fought, and still fight, for our freedom.

"We have this right to express ourselves and our freedom of speech. I think that the issue with not standing during the pledge is just the fact that you are being ignorant in regards to those who have given you that right to your freedom of speech," US Army veteran and Physical Education Teacher, Mr. Adam Rosenwald said.

When citizens don't recite the pledge it is not only disrespectful to our veterans and soldiers but also to their family members sitting around you. When my parents were overseas and I would see my peers sitting for the pledge it made me cringe. Those students had no idea what my family was going through. They could not even give the respect that our soldiers and veterans deserve due to pure indolence.

"You don't have to say the pledge but you have the opportunity to take time out of your day to stand and reflect the fact that we do have the right to vote and certain freedoms," Rosenwald said.

Not standing for the pledge is one of the most disrespectful things you can do. The next time you choose to stay seated and not recite the pledge think about the people who have risked their lives overseas to preserve your freedoms as a United States citizen. You should be able to stand up for thirty seconds in honor of those who have stood up for your rights before you were born.



Dress code ideals follow flawed logic

by Summerly Kelly

The Shaler Area High School dress code is an attempt to enforce rules such as no showing of the shoulders, skirts must be a fingertips length, no exposure of the midriff, etc. There is a sign hanging up in the third floor hallway near the library that claims that these rules are enforced in order to prevent distracting other students.

This seemingly harmless concept is one that Shaler shares with many other surrounding school districts. However, this set of rules becomes extremely disturbing whenever one stops to consider the underlying message of why this code is enforced.

What Shaler seems to be saying is that if student A is so incapable of controlling their hormones that they cannot concentrate in class because student B is wearing a halter top then student B deserves to be pun-

ished. This is just plain illogical. Why should student B be punished for a problem that clearly belongs to student A? Does this mean that if then perhaps student A decides the urge becomes too strong and they have to touch student B, that it's still student B that deserves punishment?

No matter how easily distracted teenagers are meant to be; those distractions must be dealt with by the teen being distracted. Taking away the distraction won't do anything.

The world is full of distractions that people just need to be tolerant of. People can't go around blaming their lack of academic concern on people wearing revealing clothing. Part of being in school is learning to coexist with other people and trying to restrict one person to make things easier for another is not the correct course of action. Keeping an open mind and focusing on your own self is the perfect solution.

The Oracle

Editors Anna Cunningham, Emily Matthews

Staff: Cameron Bildhauer, Emily Daquelente, Sara Gaskill, Alexander Gercak, Ethan Griffin, Luke Grossman, Anthony Imhof, Justin Jockel, Summerly Kelly, Gabrielle Lazzaro, Margaret Potter, Jennifer Sheets, Kayla Snyder, Alexis Werner

Faculty Advisor: Mr. Eric Schott

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.

Veteran's Day Breakfast hosted at SAMS

by Alexis Werner

On November 6th, the Shaler Area Middle School hosted the 15th annual Veteran's Day Breakfast. Over 200 veterans that had served between WWII to the present day conflicts in Iraq and Afghanistan gathered in the middle school cafeteria to eat breakfast and celebrate their service to the country.

Before breakfast began, the Marine Corp's Color Guard came to recite the Pledge of Allegiance.

When the color guard came in, the cafeteria that was filled wall to wall was silent. The middle school chorus sang the National Anthem that was then followed by breakfast provided by the Nutrition Group.

Each year the breakfast focuses on one war. This year's organizer Darla Gerlach chose the Korean War, otherwise known as the "forgotten war." It was Korean War Veteran, John Molnar's first time at the breakfast and explained he didn't know how big of a deal it was.

No other school district does what Shaler does, so in turn the event attracts Veterans from all over Pittsburgh.

After breakfast the veterans and their families went to the auditorium to watch performances provided by Shaler Area students and staff. All music was chosen to provide a mix of tunes from their time.

The Shaler Area Middle School chorus, jazz band, and orchestra performed the first set of music. Then, the 7th and 8th grade cheerleading

squad performed. Finally, The Seoul Brothers, which consists of Erich Kaiser, Jim McDermott, Mitch Stivason, Dale Mangold, and Jim Stearns, played the last few songs that concluded the day.

Before they left, the district brought in nurses from the VA hospital to give optional flu shots. Mindy O'Donnell from the VA explained how important it was to her working with Vets, "We wouldn't work anywhere else, its fun taking care of vets." That's something that we can all reflect on.



Veterans at Shaler Area Middle School attend 15th annual breakfast event

Take Back the Night event to be held at LaRoche

by Margaret Potter

Over the years, Take Back the Night has become an internationally known organization that stands up against sexual and domestic violence against women. In 1977, Anne Pride introduced Take Back the Night at an anti-violence rally in Pittsburgh.

Today, Take Back the Night events occur annually throughout the world, bringing communities together to speak out about violence against women.

According to TakeBacktheNight.org, "For over 35 years in the United States, Take Back the Night has focused on eliminating sexual violence in all form, and thousands of colleges, universities, women's centers, and rape crisis centers have sponsored events all over the country."

TBN events have many purposes, including raising awareness about violence against women, honoring victims and their families, and empowering women.

"The event speaks to women and girls, empowering them and teaching them equality." Sarah Foley, senior and lead event coordinator, said.

The Youth Advocacy League at Shaler Area High School has been involved with Take Back the Night since 2007, at its 30th Anniversary. The Take Back the Night event in 2007 consisted of more than 500 students, faculty, and other community members around the area.

The event is two hours long, and has many unique parts to it. There will be three keynote speakers; a spoken word artist, a survivor of violence,

and a representative from Pittsburgh Action Against Rape (PAAR). The spoken word artist, Vanessa German, advocates getting involved in the community, and runs the Art House.

"She is an incredibly powerful speaker, she really moves the audience." Mr. Greg Dietz, head of the Youth Advocacy League said.

The event also has a candlelight ceremony that everyone at the event participates in. The ceremony honors the victims of sexual and domestic violence.

Take Back the Night this year will be held at La Roche College December 4. The audience has a wide range from high school students, victims and their families, teachers, members of the community. Anyone is welcome to attend. If you are interested in attending contact the Youth Advocacy League.



Engaging Minds. Embracing the World.

Whether you are an entering freshman or transfer student, La Roche College in Pittsburgh's North Hills offers the innovative, skills-driven education you need to succeed in today's global economy.

Personal visits are offered weekdays at 10 a.m. and 2 p.m. and on select Saturdays.



admissions@laroche.edu
412-536-1272 | 800-838-4572
laroche.edu

Seeds of Hope 5K brings attention to veterans

by Kayla Snyder

On Saturday, November 9, 2013, Seeds of Hope hosted the second annual 5K walk run event at Kiwanis Park. The event raised money for the Seeds of Hope organization which helps raise awareness to difficulties military veterans face after they have served. Runners and walkers from all parts of the community came out to support the veterans at this event.

Many students and families showed up for their own personal reasons or just to support many veterans in our community.

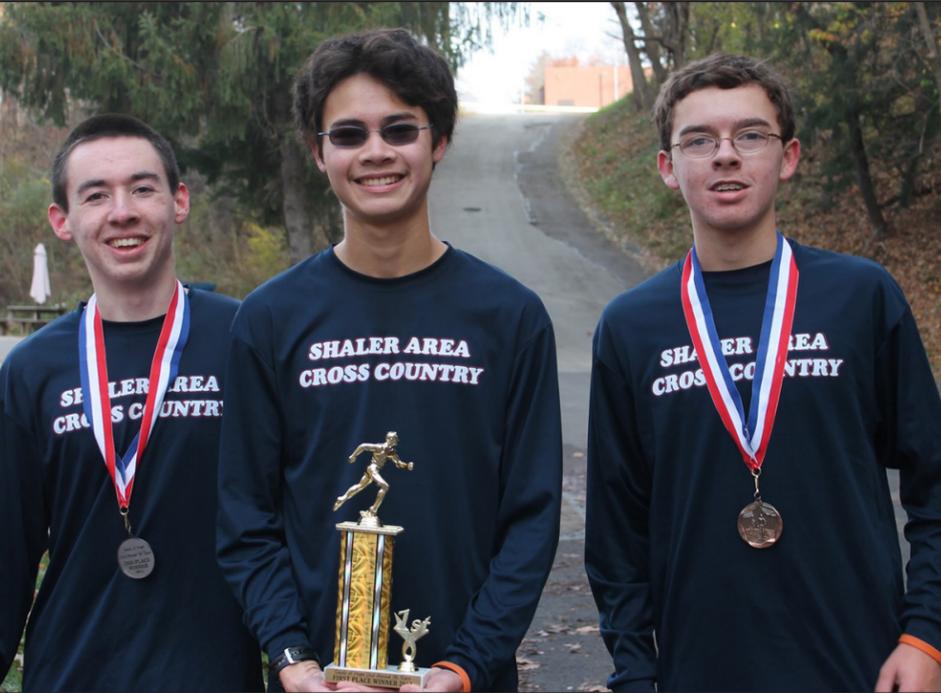
"My dad was in the Navy at a point, and so were a lot of my family. It's a good thing for them to have someone who helps them through their issues," sophomore Colleen Dunn said.

Besides Dunn, other students have experienced others suffering from this emotional trauma.

"I have so many family members and friends who are in the military or have been at one point. My best friend actually just came home from South Korea," sophomore Sam Dietz said.

Seeds of Hope was started in 2011, when senior Alexis Werner was experiencing her stepdad suffer from a common disorder that many veterans have called Post-Traumatic Stress Disorder.

"My stepdad suffers from PTSD. He had two tours overseas. On his third tour duty, he had developed PTSD. I



Evan Conti, Josiah Johnson, and Jake Graswick after the 5k race

was a mess and I didn't know how to deal with it. It's an emotional thing and I didn't know what to do," Werner said.

Struggling with this issue, Werner approached Mr. Gregg Dietz for advice. Dietz's advice to her was to start a program. While Werner was hesitant, Dietz continued to push her into the idea and wanted to make it work.

"I always believe that whenever people are going through a trauma or going through a crisis that sometimes the best therapy is getting involved in something where you're making a difference, or making change, or giving back," Dietz said.

From that advice, a new organization was created. Werner started this new organization to raise awareness to what her family was going through.

"I started Seeds of Hope to teach others what my stepdad was going through and what millions of other people, veterans and civilians with PTSD, are going through, and that's where the idea started," Werner said.

While the organization has a number of different activities, the biggest by far is the 5K. The idea was created by sophomore Ashley Kuzmanko, during her freshman year.

Kuzmanko's idea was simple and

it involved a lot of community support. The event raises awareness for the cause but also exposes people to the organization itself.

"We need as many people as we can to help raise awareness for it, to get them out and have them run in a 5K that supports Seeds of Hope, which is a fantastic cause because it's for veterans that fought for our country," Kuzmanko said.

In addition to having a 5K event Seeds of Hope also has different projects. The projects can influence anyone from young to old, trying to reach out to as many people as they can to support their cause.

Werner initiated this program by growing victory gardens just like during World War II. This would not only help feed veterans but also make a change in the community.

The second project is a documentary showing the effects of PTSD by following veterans through their homecoming stories and understanding how difficult it was, not only for them, but their families also.

"We're going to be doing this video on PTSD; following the stories of Vietnam, World War II, and all the different war veterans up until now, having them tell us their homecoming stories and how difficult it was coming home and how PTSD affected their lives and the lives of others," Werner said.

Seeds of Hope is changing the way people honor veterans and the sacrifices they have made.

Teacher accepted to prestigious workshop

by Ethan Griffin and Alexander Gercak

Many musicians dream of having the opportunity to bring their musical talents to a larger audience. One Shaler Area High School teacher, Mr. Ben Shannon, had that opportunity. During the month of October Shannon was lucky enough to travel to Los Angeles for a song-writing workshop.

The workshop was hosted by the American Society of Composers, Authors and Publishers, or ASCAP. Shannon was among the lucky fourteen applicants from a pool of over a thousand. The workshop, known as the ASCAP Foundation Lester Sill Songwriters Workshop, is for advanced songwriters who have already managed to impact the performing arts community, and is designed to enrich their skills in song writing, and give them hands-on experience in professional production.

"I applied to the Lester Sill Workshop because it was highly selective and it was limited to 14 people. Smaller class sizes matter and from researching the workshop and some of its past attendees, I knew it would be a fantastic introduction to the songwriting industry in LA," Shannon said. "The whole point of the workshop for me was to write as much as possible and network as much as possible so I was very busy."

During the writing workshop Shannon and the 13 others were partnered up to collaborate and write together and would have writing appointments every day and a large group meeting two evenings a week. The goal of the collaborations was to produce a song that would then have the opportunity to be picked up by major pop artists such as Bruno Mars, Katy Perry or Adele.

"It was like a marathon of writing. The actual large group meetings were Tuesday and Thursday from 6-11 at night. This is when an industry veteran or an "up and comer" would visit and give us the

inside scoop on the various ins and outs and ups and downs of songwriting," Shannon said. "Our main assignment was to write and produce a demo of a song with a hit writer/producer over the course of the workshop. Working with four other workshop participants, one of the songs got past the demo stage and has been fully produced and sung by an up and coming artist."

Many of songwriters Shannon worked and collaborated with have already made a name for themselves in the music business. "I was teamed up with a singer/songwriter from San Francisco, Danny Eldridge, and we both were given Steve Diamond as a producer. He wrote 'I Can Love You Like That' and he wrote and produced David Archuleta's post American Idol album," Shannon said.

He noted that there is a distinct difference between being a star and being a songwriter.

"Pop songwriting happens with teams of writers who are also often artists in their own right, just not stars," Shannon said. "Songwriting is a behind the scenes affair. The main thing for a writer to realize is that the songwriting industry happens in larger cycles than individual stardom and songwriters stay behind the scenes writing in teams." Shannon was able to write over six songs, including the two he and his partner wrote. One of the two songs that he and his partner wrote was able to be professionally recorded and produced, and has been sent in to various record labels in hopes of being picked up by a big-name artist.

Shannon admits that his time in Los Angeles and at the workshop have changed his views of the music



Mr. Ben Shannon (right) with fellow songwriters. (Ben Shannon)

industry.

"[This experience] has already impacted the way I'm thinking of releasing my next album. It's as if my sights have gotten adjusted and I'm able to see my target and the path to my goals a little clearer. I feel like I have been given a very handy map to navigate toward success," he said.

Shannon said this was a once in a lifetime experience which allowed him a great opportunity to get new songs written, make new connections and spread his writing and music to a larger audience.

Despite all of the good that came from his time in Los Angeles, Shannon does not have his bags packed for a move to the big city and away from teaching.

"For better or worse I am pretty rooted in southwestern Pennsylvania. We own property and our family is close knit," he said. "But there may come a time when a decision like (leaving teaching) needs to be made."

CARLOW UNIVERSITY



**NAMED ONE OF THE TOP 20 BEST
BANG-FOR-THE-BUCK PRIVATE
COLLEGES IN THE COUNTRY**

**CARLOW'S PERSONALIZED EDUCATION PREPARES YOU
FOR TODAY...TOMORROW...AND FOR LIFE.**



**50+ MAJORS AND
CERTIFICATE PROGRAMS**

**11:1 STUDENT TO
FACULTY RATIO**

A private, liberal arts university
education at an affordable price

NOW OFFERING
men's basketball for 2014!

Titan of the Month: Maura Creighton

by Jennifer Sheets

Senior Maura Creighton may seem like your average artist in school, but outside of school, she is doing big things. One of Creighton's designs is on a t-shirt for Anthem Made, a clothing brand owned by her favorite singer, Kellin Quinn, lead singer of Sleeping With Sirens.

This summer Creighton went to Warped Tour and met Kellin Quinn through a program called Bandhappy, a workshop where artists teach students about many aspects of the music industry.

"It was really cool, we were talking and it was fun. It was a good program," Creighton said of the class. "The subject of band merch came up, and they asked if anyone had any questions, so I said I did. I asked how an artist would get her art on band merch. Kellin told me to give him my info after class because they are 'always looking for new artists for Anthem Made'."

Creighton and Quinn emailed back and forth after she caught his attention again over Twitter and Instagram. He then chose one of Creighton's pieces for her to develop, and build more. Anthem Made then bought the design



Maura Creighton and Kellin Quinn

off of Creighton for \$150 and it is now printed on shirts for the company.

"That was really cool for me. That was the first time I had ever sold my art and it was to my favorite singer," Creighton said.

Since then, Creighton has opened her own online store to sell her artwork through a site called society6.com. Her store can be found by searching "Maura Creighton" or typing in the URL



Kellin Quinn does a shout out to Maura while wearing her design.

and adding a backslash and "Maura Creighton Illustration".

Recently a clothing company called Life Clothing Company contacted Maura, asking her to do some designs for her.

"They told me they would commission me if I did some designs for them because they 'saw my artwork and really liked it'. I didn't realize

what I was agreeing to until I saw they sell things at Urban Outfitters. So hopefully, I will be selling some work at Urban Outfitters," she said.

Since companies have contacted her for her art, the ways she approaches her designs has changed.

"Whenever I'm designing something, I find myself picturing it on something like a t-shirt. I try to make it practical because one of the main concerns about art is making money off of it. The best way to make money off your art is to make it practical, make it things that people will want to buy," Creighton said.

Art is a very big part of her life, and you can find her drawing in most, if not all, of her classes.

"It's weird because I'm doing schoolwork, and at the same time I'm drawing art that's going to be sold on shirts that will be sold in Urban Outfitters. It's a weird mix of things."

Being an entrepreneur and getting paid by companies for her art is not enough for Maura right now. She is looking into colleges and hopes to major in Arts Administration/Arts Management.

"It's basically how to own and operate a museum and I'm probably going to change that. I would love to do Art and Business as a minor," she said.

Powder Puff game returns after year off

by Emily Daquelente

Powder Puff football, benefitting the Susan G Komen Foundation, is resumed after not being played last year, and rivalry between seniors and juniors is in full swing.

Practices began in early November and all the hard work the girls have put in will be tested on Tuesday November 26 at 7pm on the turf. The game will, of course, be juniors vs. seniors, with players from the school football team coaching each team.

In past years students have been caught tailgating but to ensure everyone's safety, a dinner for the players is held before the game starting at 6pm.

"About ten years ago, instead of doing a player dinner like we do now, players had to show up at the field at 6pm, some players decided to tailgate in the parking lot and they were car surfing, one girl rolled off of a car and suffered traumatic brain injury. After that we stopped the game for about three years because of that incident," Mrs. Mindy Theil said.

Hopefully everyone this year will play smart and stay safe so Powder Puff can continue for many years to come.

Out of all the years Shaler has participated in Powder Puff football, seniors have won every year besides one.

"I am positive we will win the game. I'm guaranteeing a win from the senior class. I think we will have a lot of skill on the team, and I know everyone who signed up to play is going to want a win," senior coach Justin Defide said.

Mr. William Mitchell, who is overseeing the junior team, was approached for an interview but de-



Senior players practice for Powder Puff game

clined.

"With you being a senior and a potential opponent on the football field I refuse to answer any of your questions. Please have a junior email me and I will answer their questions," Mitchell said.

Clearly the rivalry between the two teams is quite intense. A win for the juniors would be a surprise since the juniors have only won once in Shaler Powder Puff history.

"I do think we have a good chance of winning, we have a lot of good athletes on the team, and our grade is very competitive," junior player Kate Tuite said.

For seniors, it is their last year here in Shaler which makes winning all the more important.

"It would be extremely disappointing for us to

Cont. on page 10

Shaler recognizes Grief Awareness Day

from page 1



Marnie's story is promising, and so are many others. To raise awareness in Shaler on November 21, butterflies were hung up in the cafeteria after being distributed to faculty and students who were able to write the names of those they've lost on the butterflies.

There was a bake sale held last year that raised over \$500 and all together \$3,980 was made to donate and Potter was astounded by how much support she got on this day. Therefore, a bake sale was held in the cafeteria last week to raise money for programs. Even though money talks, that's not Marnie's main focus. This day isn't just about her; it's about all the grieving children in the world. Therefore, to show support student and faculty wore blue, the color that represents Grief Awareness, on this day.

"I don't care about how much money I raised but my main goal was to walk into the school and see everyone wearing blue and that's what I saw," Potter said.

Nuclear Science teaches unique subjects to students

by Anna Cunningham

For the first time since 2009, the nuclear science elective is officially a class at Shaler. Every few years, the class comes back into the curriculum if enough students show interest in taking it. The class is taught by Mr. Brian Davis, who would encourage every student to take nuclear science.

Nuclear science covers topics like nuclear weapons, how nuclear reactors function, radioactivity effects on humans, and nuclear medicine, as well as examining things like neutrons, protons, and nuclei on a different level than in other science classes.

"This is one of the things you never cover in physics, you never cover it in chemistry, and these ideas are not part of any other curriculum," Davis said. "These are ideas you never get to talk about, and it's crazy stuff."

Nuclear science is modern physics, whereas core physics classes at Shaler cover classical physics. The class learns about current and political events that deal with nuclear science and applications of nuclear power.

"There are so many different things and different decisions that are made politically and so many current events that are happening right now with terrorism and nuclear weapons," Davis said. "There's so much that goes on in our daily life that has to do with nuclear science."

According to Davis, the most exciting thing that you learn in the class is how to make nuclear weapons.

"It's easy to talk about the ideas,

but it's really hard to put it into practice, since entire countries try to make nuclear weapons," Davis said. "We aren't actually making nuclear weapons."

In learning about nuclear weapons, students can understand what is going on in the news with other countries like North Korea, Iran, or Japan. This ties into their learning about other current events and brings everything together for a better understanding of nuclear science.

What makes the nuclear science class different is that most students do not have other opportunities to learn about nuclear science.

"It's stuff you've never seen before and will probably never see again. For many people this will be their only opportunity to take a course that is totally free, where you actually learn seriously interesting things which are far beyond what anybody else learns," Davis said.

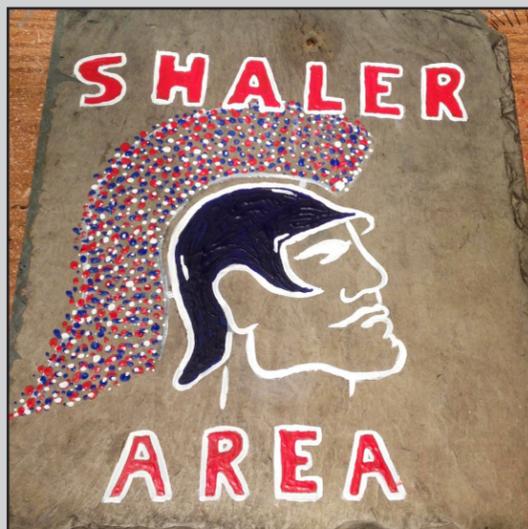
Currently there are 15 students in the class, and Davis hopes that more students sign up next year. Since the class is not taught every year, there is a lot of inconsistency that Davis hopes to get rid of.

"It's never been that popular. In the 20 years that I've been here they run it every three to four years," Davis said. "Hopefully it gets run again next year because I really like it and I think it's something that we should be teaching."

The students who are in the class like it because they are learning a new science and have the chance to experiment with nuclear samples.

"We get to do experiments with

Art Students ornaments to be on display at Courthouse



Shaler art students Tara Szramowski and Brendon Donovan created ornaments that will be on display at the Courthouse downtown for the holiday season. Szramowski created the Millvale themed ornament and Donovan made the Shaler themed one. (Tara Szramowski)

radioactive samples. It's the first class where we get to learn about radiation, which is actually interesting," Lance Corbett, a senior, said.

There is a wide range of students from different science and math backgrounds in the class. The class is an elective, not an honors level course.

"This class has taught me things I didn't learn in other classes that are important to know, especially if you're

joining the scientific community," Corbett said.

Students looking to learn something new should consider taking nuclear science.

"This is a science that is not taught at a really highly advanced level, but it's really good stuff," Davis said. "I try to make it as practical as possible and as interesting as possible."

chatham
eden hall campus

There's something new on the horizon.

Chatham University's new Eden Hall Campus is here.

Eden Hall Campus is the first in the world built from the ground up for the study of sustainable living, learning, and development. Using the latest in environmentally responsible technology, design, and innovation, Eden Hall will be self-sustaining in every way as it emits zero carbon emissions, produces more energy than it consumes, and manages all storm and waste water on-site. It will be home to the Falk School of Sustainability, and undergraduate and graduate programs in sustainability, food studies, and more. As an internationally recognized leader in sustainability, Chatham University is bringing big thinking to life at Eden Hall Campus.

Visit chatham.edu/edenhall for the latest information.

Restricted Highways has big plans

by Anthony Imhof

Growing up, every kid dreamed of becoming a rock star, traveling around the world with his or her band and performing in front of huge crowds. While this dream a reality may seem a little farfetched, a local upcoming indie rock band, shows us that with some hard work and commitment, dreams really do come true.

The band Restricted Highways formed exactly two years ago in November of 2011. The current lineup for the band includes senior Jake Stretch, Shaler graduate Alex Pickl, Shaler graduate Mike Saunders, and Plum graduate Jake Rieger.

The band has performed at Shaler events such as Shaler Palooza and the annual Spring Talent Show, as well as many other places.

"We had a gig scheduled for Wednesday, November 13 at Altar Bar. We are opened for the band Traps... apart from that, [we] just have some small stuff that we are in the process of booking, nothing concrete," Stretch said.

The band not only performs multiple shows locally, but it also keeps itself busy practicing two times a week, recording CDs, selling tickets and even writing their own songs all while juggling schoolwork and part and full time jobs.

"[This is] definitely the biggest commitment I have in my life. I intend to pursue this after high school as a career path instead of higher education. I mean besides just practicing as a group, all of us are kind of responsible for socially promoting us so that we can sell tickets. Selling tickets is the major part of the music industry now, at least in Pittsburgh," Stretch said.

Being in the band is also a huge financial commitment. The band spends thousands of dollars on equipment and gear needed to perform on stage. "It's a lot of money; you have to get nice instruments so people take you seriously."

The band also needs to be commended for writing its own songs, for this is not an easy task. It takes a lot of work and time to make a song ready to be performed on stage.

"It's kind of like whoever has a good idea, we just play it, go with it for awhile, jam over it, and then come up with some variations, some other possible rifts, and we'll play through the thing and just loop the song and then if there's a section we're not happy with, we'll just replay that section until it sounds good. Then we'll play the song as a whole, and then when the whole thing sounds good, and we can all play it, then we're ready to perform live," Stretch said.

While the band may be very successful locally, the band's future plans cannot be restricted by the small borders of Pittsburgh. Stretch said that some future include the band moving to Austin, Texas. "Austin has over 250 live venues in the city, and it's looking for new music and new talent constantly. It's a flourishing scene. Most of the citizens go to shows



Restricted Highways opens for Traps at Altar Bar on November 13. (Jenn Sheets)

a couple of times a week. And the reasoning behind moving there is that we can grow our fan base quickly as opposed to being in Pittsburgh where there are only a couple places we can play, and only so many people come out to those places that aren't fans that we brought. The goal is to just build it from there. The band is not stopping there. It also plans to tour the east coast, visiting places such as Ohio, New York, New Jersey, Philadelphia, Maryland, and Washington DC. Restricted Highways has big plans, and they intend to go far, but they can't do it unless they receive support from their fans.

"The biggest thing that we need support wise is people to come to the shows. It's always great to see an audience there. It's always great to see friends there that know the music and that like us because it makes our stage presence better and it's really cool to see everyone there," Stretch said.

Support from fans is what record labels look for when hiring a band. Even small things such as liking the band on Facebook can be a huge help. "If you check us out on Facebook and Twitter, that is a huge help, and everything goes a long way. It may seem small now, but having a like on Facebook makes a record label that much more interested in us because they want to see someone who has a developed fan base already and a good talent," Stretch said.

ATTENTION COLLEGE-BOUND HIGH SCHOOL STUDENTS

Huntington's College Scholarship Sweepstakes

text "500"
to 84444
to win \$500!

Huntington

LEARNING CENTER

No purchase or text necessary to enter or win. Standard text messaging rates apply to all texts sent and received. Huntington's College Scholarship Sweepstakes is only open to legal residents of the United States, 14 and older. Entrant must either be a high school student or entering on behalf of a hs student. In the latter case, the high school student will be awarded the prize. Sweepstakes starts Oct. 1, 2013 and ends Dec 31, 2013 at 11:59 EST. For entry and official rules go to huntingtonlearningcenter.com/contest. Void where prohibited. Sponsored by Huntington Learning Centers, Inc, 496 Kinderkamack Rd., Oradell, NJ 07649

SPORTS

Schwartz wins WPIAL with record-breaking time

by Gabrielle Lazzaro

Junior Brianna Schwartz finished off her 2013 cross country season as a two-time WPIAL cross country champion and WPIAL record holder.

Schwartz began running cross country in seventh grade. She also played basketball, but when she started her cross country season freshman year, her talent was clear to her coaches.

"After her first race freshman year, the Red, White, and Blue Race, we all recognized when she came across the finish line that she had a lot of potential," Mr. Mike Dusch, one of Shaler's cross country coaches, said. "At that time she was playing basketball, so we kind of convinced her that she should think about doing track."

Schwartz took her coaches' advice and decided to focus on running.

"It was really hard to give up basketball and especially to leave all the girls, but it was the right decision for me," Schwartz said.

As a sophomore, she placed first in WPIALs and third in States. Becoming a champion, of course, wasn't easy. Schwartz says that she runs about 45-50 miles a week to train.

"It's hard to stay motivated to keep training because I do it by myself, but I have people from North Hills that I train with sometimes who are on my level, and I've become close friends with them," Schwartz said. "It's definitely hard to balance my friends with training and to keep up with schoolwork. All of the training is hard on me and my body."

Leading up to this year's WPIAL race at Cooper's Lake on October 24, Schwartz felt some pressure.

"It was awesome to do WPIALs again. This year was harder because I had a target on my back because I won last year but that also made it easier because I knew I could do it," Schwartz said.



Bri Schwartz crosses the finish line as two-time WPIAL champion (Christopher Horner - Pittsburgh Tribune Review)

Schwartz finished in first place with a time of 17:52, beating last year's time of 18:39 and setting a WPIAL record.

On Saturday, November 2, Schwartz traveled to Hershey, PA to compete at the PA AAA State Meet.

"The girl who won it took it out really fast and we all went with her, but I wasn't as fast as she was. She was able to keep her pace but we weren't, so we kind of died out," Schwartz said of the race.

Schwartz finished fifth overall.

"When you're a runner like her and you're always taking first place, you go to a big meet and you go for it. And she went for it, she really did. It was a fast race," Dusch said.

In addition to her cross country victories, Schwartz is a 2013 WPIAL champion and record holder for the 1,600 and 800 meter track events. She took first place at States for the 1,600 meter event. Schwartz is ranked in the top five in the nation for the event as well.

"I had a really good track season last year. Winning races and setting records keeps me motivated and keeps me running," Schwartz said.

Schwartz's teammates support and admire her for her work this season.

"She worked really hard all season and her times improved tremendously. She just worked hard and pushed herself and that landed her at States. She had a great season," senior cross country runner Holly Shearin said.

Besides track and cross country, Schwartz is involved in youth group and volunteers with her church.

As for the future, Schwartz is not sure what college she wants to attend but definitely wants to run for her university. In the mean time, Schwartz will continue to focus on her sport and school.

"She's very well rounded," Dusch said. "She's a good student, she's a very nice girl, and she has a good sense of humor."



Junior Lizzie Kline plays at the net (Louis Raggunti - Shaler Journal)

Playoff losses end successful season

by Justin Jockel

Although the girls' volleyball season came to a disappointing close, the team was satisfied with how the season played out. The varsity team finished as 12-0 section champs and 14-2 overall.

"I think we got the most out of the talent we had," Head Varsity Coach Kristine Ruppert said.

After posting an impressive season record, the girls' found themselves in playoffs. The team played its first round playoff match against Connellsville and won the match 3-0. After the win against Connellsville, the girls played Penn-Trafford in a WPIAL Quarterfinal Match and the girls came out on top again winning the match 3-1.

"We were more excited after the second win because it was the first time for Shaler to be in semis for 22 years," Ruppert said.

But, the girls found themselves on the losing end of a semi-finals match against Bethel Park losing the match 3-1.

The girls played a Consolation Match against Norwin and were unable to come out on top, los-

ing the match 3-0. Coach Ruppert's reasoning behind their consolation match loss is that the team was "flat" and made too many errors.

"The team that makes the least amount of errors will win. Unfortunately we just didn't play well that afternoon," Ruppert said.

Despite the girls not being able to capture a WPIAL title, the team was ecstatic over the amount of students that came to their matches and cheered them on.

"They were absolutely awesome. Two buses to Chartiers Valley was unbelievable. It was awesome," junior and setter Annie Bozzo said.

Assistant Varsity Coach Paul Stadelman was very pleased and impressed with the amount of student support.

"I know there is pride here. I know students have a lot of pride in their school and their school spirit and I was just really happy to see it all come out in the way the student section supported us," Stadelman said.

Bozzo states she will use the loss to Norwin as motivation to improve next year.

SPORTS

Hockey team trains for winning season

By Cameron Bildhauer

The 2013 hockey season is underway. Last season ended on a tough 3-2 loss in the first round of the playoffs to Upper Saint Clair.

"We only made it to the first round last year, but we skated off on a great season and hopefully we can make it further this year," senior defenseman Matthew Bour said.

The Titans tragically lost two of their great coaches this past offseason. When Gary Fischerkeller and Larry Gallick both passed away, the Titans were heartbroken, but wanted to use it as motivation. They made new helmet stickers to remember their great coaches.

"When we see the stickers on our helmets, it makes us play harder for them and let them know that they helped each of us improve," senior goaltender Ian Zacharias said.

Coach Curt Hertz will try to lead the Titans to another run to the playoffs. After losing five seniors from last season, what do the Titans have to do to have a winning season this year?

"Our whole team has a responsibility to bring energy and one hundred percent to every game. There are some teams that will out skill us, but we will out work anybody," senior center Luke Grossman said.

The captain race was a tight one, but Grossman was honored captain in the offseason.

"It was an honor," Grossman said. "I think a lot of people on my team would be great captains, so to be picked to wear the C is truly a huge honor."

Matthew Hedderman and Ian Zacharias were awarded assistant captains. Goalies are not allowed to wear a letter on their jersey, so Zacharias awarded his A to senior forward Patrick Boyle.

Bour is the only four year letterman this year, as he played Shaler hockey since freshman year.

"I learned so much over the past three seasons," Bour said. "I am more mature in the game, I have more hockey knowledge, and I am a better leader after playing with some of the best Shaler hockey players ever. I am ready to start my fourth



Senior Luke Grossman (Louis Raggiunti - Shaler Journal)

year and I hope I can score some points to lead my team to victories."

The Titans had a great opening night against Penn Trafford. They defeated the Warriors 6-3, and were on a great start to the year.

"I thought we played really well. Ian did great in net and we had fantastic team chemistry," Bour said. "I hope we can play like that the whole year."

Although they pulled off the big win, the team was disappointed in their fan support.

"I think we deserve as much support as any other team in the school," Grossman said. "We put in work all offseason and in practice not only for the love of the game, but for the pride in our school. Bigger crowds help us keep our emotions on the right path, and helps get us fired up for the game."

They faced Bethel Park in their second game. In the second period, Bethel was winning 2-1, and the lights went out. They had to call the game, and its make-up date is to later be determined.

They took on the Fox Chapel Foxes next. Grossman started the scoring for the Titans, and it didn't stop there. They added five more goals, and Zacharias only gave up one goal to lead them to a 6-1 victory.

After starting 2-0, they took a fall in their next game to Canon McMillan with a score of 11-4. "Almost all their goals were an odd man rush, and we can't let that happen," senior Ryan Boch said. "We need to help our goaltender if we want to win big games."

Titan wrestlers hope for both individual and team success

By Cameron Bildhauer

The wrestling team is about to get another season underway. Senior captains Austin Heintl and Nico D'Amico look to lead the Titans to the playoffs.

"If we work hard and practice every chance we get, I can see us making it far in the playoffs," D'Amico said.

Coach Drew D'Agastino is turning to his young talent to be successful this year as well. Sophomores Jake Hartman, Jake Mikovitz, Michael Heintl, and Logan Heintl look to help the Titans make a playoff run. Juniors Gabe Krotec, Jordan McGonigle, and Aaron Rouda also look to make a contribution this season.

"I hope I can win some matches this year and help my team make playoffs, but I also want to make individuals," Krotec said.

The Titans will face tough competition in the WPIAL as North Allegheny, Central Catholic, Canon McMillan, and Franklin Regional will be the powerhouses this year.

"We face the hardest competition around, so as captain I have to make sure everyone is keeping up on their weight and not slacking," D'Amico said.

"I think that we have a chance to do well in playoffs this year, but individual playoffs will be our strong point. We have a lot of talent, and I hope to go far in individuals myself," Heintl said.

The Titans are currently in training for the season ahead.

Powder Puff returns from page 6



Senior coaches Josh Crawford and Justin Defide

lose, everyone basically expects us to win, and it is our senior year! If we were to win it would be a highlight of my senior year," senior player Morgan Dulacy said.

The pressure on both teams is high, as both are expecting a win. The drive to win should make for a high intensity game.

Regardless of all the hype about who is going to win, it cannot be forgotten in the midst of all the competitiveness why Shaler Area has Powder Puff football. Powder Puff proceeds benefit Susan G Komen Foundation for breast cancer research and each year the event raises about \$1000 for the organization.

Powder puff makes raising money for a great cause enjoyable for the entire school district and provides a memorable past time for the players and coaches.

"Win or lose, it will still be a fun experience to look back on and be glad that I tried something different in high school," senior player Brandi Greygor said.

This week in sports history

November 18th- The Los Angeles Rams and New York Yankees combined for 595 rushing yards in a single game Nov. 18, 1951. The Yankees had 224 yards on the ground thanks in part to George Taliaferro's 65-yard score. Not to be outdone, the Rams were led by Dan Towler's 155 yards of offense and a 69-yard scamper for six. Los Angeles had three rushing touchdowns of over 30 yards en route to a 48-21 win and 371 yards rushing. There were 1,053 total yards of offense in the game. The record of 595 yards rushing in one game still stands today.

November 19th- On this day in 2004, the Indiana Pacers played the Detroit Pistons in a game between two big rivals. Late in the game, a fight broke out on the court. After a fan threw something at Indiana guard Ron Artest, Artest entered the stands and eventually several players and fans started brawling. The game was suspended at that point and the fallout was severe. Nine players were suspended, including Artest. He was banned for the remainder of the season.

November 20th- The Dallas Cowboys defeated the Pittsburgh Steelers by a score of 20-7 on Nov. 20, 1966. The special thing about that game was the number of sacks recorded by the visiting Cowboys. They dropped the Steelers' play caller a total of 12 times. The previous sack record of 11 in a game was made the year before. Since the epic job by the Cowboys' defense, four other teams have equaled the record with the last coming Sept. 30, 2007.

November 21st- On this day in 1934, the New York Yankees acquired Joe DiMaggio from the Pacific Coast League. DiMaggio made his debut with the Yankees in 1936 and played a total of 13 seasons. He was an All-Star in every one of them. DiMaggio was also a three time MVP winner.

November 22nd- On this day in 1986, Wayne Gretzky of the Edmonton Oilers picked up the 500th goal of his career against the Vancouver Canucks. Gretzky was the youngest player to reach the total. He was far from finished though. Gretzky finished his career with 894 career goals.

Credit: Yahoo Sports

SPORTS

Girls' basketball prepares for new season

by Luke Grossman

The long tradition of talented Shaler girls' basketball teams looked as if it was in jeopardy at the beginning of last season. They walked into the 2012-2013 campaign with Neal Martin taking over as head coach. After a successful preseason the skill was undoubtedly there. The issue was focus, as they struggled early in the first few games.

"We came into the season thinking that all of the teams weren't going to be as good as us," returning varsity player Lizzie Kline said. "Last season we did not come out the best that we could. We learned from that."

The Titans found themselves with an 0-5 conference record but were able to turn things around. They won the next four straight conference matchups and five of the last seven, which gave them just enough to punch the playoff ticket.

During the first round matchup the Titans faced off against Chartiers Valley but unfortunately fell 31-29. Martin's crew, however, felt they definitely could have walked away with a win.

"Going into that last game, towards the end, when we were only a couple of points behind, it kind of kicked in that this could be our last game," Kline said. "We went into desperation mode. We played our game. We should have just played that way for the whole game."

With the team coming into their second season with Martin on the sidelines, they feel certain they won't repeat last year's early slip up.

"Last year he was new. He was still adjusting to the new program. We were still adjusting to him, getting used to his coaching style and plays. Last year was definitely a learning experience and a building year," Kline said. "This year we are definitely going to get on top of things. We are comfortable with each other. He knows our game well. We know his style well. That's definitely a big advantage."

Andi Lydon, Lizzie Kline, and Carly Harris will



Senior Carly Harris (Louis Raggiunti)

also be returning to the court. Harris saw playing time during the WPIAL championship season of 2011 so her experience will be a significant help. Lydon will be looked upon to use her big frame for rebounding. Kline will be called to fill the hole that Courtney Bauer left when she departed last season.

"[Courtney and I] have very similar styles of play. We're both quick and aggressive. I'm going to do my best to step up and fill her shoes," Kline said.

This season, so long as the Titans can keep their heads in the right direction, look for them to be a serious contender in WPIAL AAAA Section 3.

"Of course everybody wants to be the WPIAL champions but we have to take things one game at a time and focus each game," Kline said. "That's how we will be successful."

New boys' hoops coach ready for first season

by Luke Grossman

The varsity boys' basketball team looks to pickup this season where last year's team left off. In the final home game of the season, Shaler battled Butler and completed a terrific come from behind victory.

The Titans got caught up in the Golden Tornado's storm in the first half putting up only 19 points and falling behind by 18. In the second half, however, Shaler chipped away at the deficit while playing great defense. In the second half the team put up 33 points while holding the Tornado to just 14 which gave them just enough to cap off a marvelous 52-51 win.

This season the team will plan on picking up directly from this spot. Unfortunately they will have to do so without their biggest player from last season.

Geno Thorpe graduated and is currently testing the waters of NCAA Division 1 basketball for Penn State University.

The team's previous head coach, Paul Holzshu, has since retired. Coach Brian Bibey will now take his spot on the sidelines.

Bibey has been a college basketball coach for 10 years for Pitt-Titusville, Washington and Jefferson, Mount Union, and St. Vincent, but when the opportunity arose to coach for Shaler Area, he jumped all over the opportunity.

"There is a lot of tradition here," Bibey said. "The thing that excites me about Shaler is you get the opportunity to compete against the best programs in the state. From a competitive point of view, that is what I'm looking forward to and what I'm all about."

Bibey believes that his team's aggressive style is what will grind their opponents down and will inevitably win them basketball games.

"We are learning to play hard right now. Our strongest point is going to be our ability to compete and to be in better shape than the people we are playing," Bibey said. "During the last two or three minutes of a game if we have committed ourselves to pushing through our mental barriers we will have gotten ourselves to a level that allows us to be successful."

Read The Oracle



It could turn you into an MVP!



Multimedia by Athletes for Athletes

- Game Filming and Conversions (DVD, VHS, WMV)
- Team and Personal Highlight Video Production
- Action Photography, Lifesized Wall Clings & Posters
- All sports covered - we don't do weddings...

Products for Team Banquets, Scouting, Recruiting, Technique Analysis, or Personal Keepsakes

www.tmbksports.com

(724) 427-6280

The Back Page

Thanksgiving Eaters

By Anna Cunningham

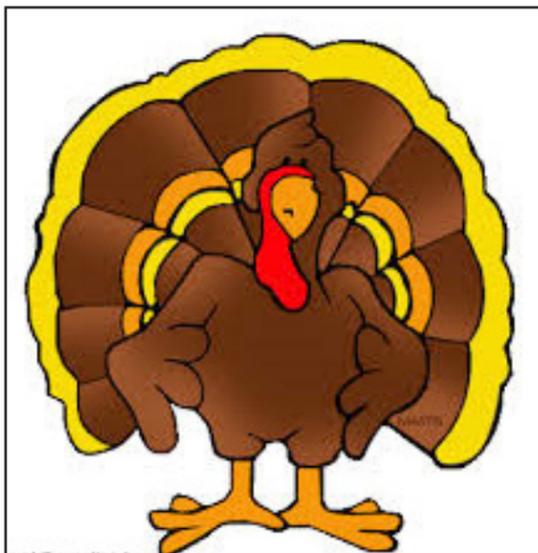
Thanksgiving is a holiday created for one purpose: eating. Since you probably haven't seen most of the family members you'll be dining with in a while, take this opportunity to examine them and their eating habits. Thanksgiving is the prime time to find out what kind of eaters your family consists of. If you aren't sure what kind of eaters you should be looking for, here are some examples.

The first kind of person is the conservative eater. Conservative eaters are older, usually parents or grandparents. They don't take a lot of food, and are the only ones who eat the dishes like sweet potatoes or asparagus. While conservative eaters aren't the most exciting people, every family needs them. Without the conservative eaters, the food would run out quickly. Not everyone can have three giant helpings of food. Thank the conservative eaters in your family for leaving enough food for the rest of you and taking the sweet potatoes.

The next type of eater is the novice. Novices strive to one day be at the professional level, but have not yet achieved their dreams. Novices don't know how to pace themselves. They take too much food for their first helping. By loading their plate to the brim, they ruin their chance of second helpings. If you are at a novice level, don't lose faith. Slow down on the first helping. You don't need three scoops of mashed potatoes. Two is plenty for the first helping. Remember, practice makes perfect. Train like a champion and one day you will become one.

Another Thanksgiving eater in every family

is the snacker. You can find these people in the kitchen for the majority of the day, opening up dishes and trying a taste of everything. A spoonful of mashed potatoes here, a bite of turkey there. Snackers end up ruining their appetites by steadily eating all day long. They can't have too much for dinner because they've already eaten too much by dinnertime. Snackers do have one advantage. By trying everything before sitting down to eat, they can pass by the mediocre dishes and focus on the good stuff. Find the snackers in your family and watch which dishes they choose from. Make sure you're getting the same.



The Thanksgiving eater everyone should strive to be is the professional. Professional eaters are the ones who can keep eating hours after everyone else quits. They train their bodies to not feel sick, even after filling their stomachs with more food than should be humanly possible. Pro eaters can return to the kitchen for seconds, thirds, even fourths of

their favorite foods. Unlike novices, they take an appropriate helping of food, only to return later to the kitchen for more. There is no stopping the professional eater. They don't waste time with fake side dishes like asparagus. Professionals do not even step foot in the kitchen until dinnertime. They know that they can't risk the temptation of taking a even a taste of the food. These people are the best of the best. If you aren't the pro eater in your family, figure out who is and ask them for their secret.

Whether you are a conservative, a novice, a snacker, or one of the great professionals, make sure you fill up on your favorite foods this Thanksgiving. Just don't forget to leave room for pumpkin pie.

WEIRD News

MIDLAND, TX-- Officers in West Texas who answered calls about a kangaroo hopping along a road helped capture the pet and return the animal to its owner. Midland County Sheriff Gary Painter says deputies thought dispatchers were crazy when calls came in Tuesday night from people who said they saw a kangaroo. Deputies helped corner the 4-foot-tall kangaroo as the owner offered a treat to the animal, then grabbed the pet.

CHICAGO, IL-- The Chicago Transit Authority has released a series of images showing a woman who they believe rode to the airport on a CTA Blue Line train with the 2-foot-long gator in the early morning hours of Nov. 1. The alligator boarded a train at the Pulaski stop — with the woman — at 1:17 a.m. The security camera captured the woman petting her little friend on her knee as she talked on her cellphone. An hour later, the woman, presumably with the alligator, disembarked the train at the airport. At 2:44 a.m., she is again recorded by the security cameras near the O'Hare stop, but with no reptilian companion.

An airport employee found the alligator later in the day under an escalator near a baggage claim. Police captured the reptile by trapping it beneath a trash can.

PASCO COUNTY, FL -- A Pasco County man who impersonated a law enforcement officer and demanded a discount on doughnuts was released from jail Tuesday, authorities said. On Nov. 6, Charles T. "Chuck" Barry showed a law enforcement Sheriff Star Badge at a local Dunkin' Donuts and demanded a discount, the sheriff's office said. But when Barry was denied the discount, he held up his firearm and said "See I am a cop!" Authorities set up surveillance video at the store and later conducted a traffic stop, the sheriff's office said. During the traffic stop, Barry had a law enforcement badge in his wallet and a caliber revolver in his front pocket, deputies said. He was identified by the store employees and Barry was arrested on one count of false impersonation of a law enforcement officer and improper exhibition of a firearm.

SCG SHALER CULTURE GRID		How do you feel about Black Friday shoppers?	What is your wishbone wish?	What is your ideal fall date?	When is it appropriate to put up Christmas decorations?	What does the fox say?	Who's going to win the Powderpuff game?	What are you thankful for?
	Senior Morgan Burke	I'm into them	To never die like Voldemort	Playing in the leaves 	Never take them down	"Meow meow meow"	Seniorz obviously	My secret girlfriend Marnie
	Junior Vince Evans	 I am one of them	To be loved	Going to Starbucks for Pumpkin Spice Lattes	Immediately after Thanksgiving	"Moo" 	Juniors	My mom
	Sophomore Nick Debortoli	Frankly I enjoy them	To finally be good at speedball	One where I don't have to pay	It has to be at least December 	"What kind of question is this?"	I'm feeling a junior upset	Justin Vorp
	Freshman Dan Bittner	Um...good?	I can't tell you, it won't come true if I do	Raking leaves...I have no social life	January-December	"Show me the Car Fax"	Seniors woot woot!	America