

The Oracle

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November 2015

Shaler Area stage visited by ghosts of Christmas



Junior Dan Bittner as Ebenezer Scrooge is visited by the Ghosts of Christmas Past, Present and Future played by Natalee Junker, Julie Loesch and Zach Marker.

by Maddy Eichenlaub

Shaler Area put on the famous play “A Christmas Carol” last weekend with a total of four performances.

“We had a very successful weekend. Our experimental Thursday show brought in over 300 audience members. Our matinee, which is usually meekly attended, boasted a full and robust crowd,” co-director Mrs. Anne Loudon said.

Ms. Kristen Susany, the other co-director, believes that Saturday night was the best performance since it was the seniors’ last night on stage. They channeled their emotions into the play, and it took the play to another level.

“Saturday night was definitely my favorite performance, and I think the best performance on everybody’s account. Everybody was sort of feeling like it was their final show so everyone was in the zone,” junior Dan Bittner said.

Bittner played the lead as Ebenezer Scrooge. On stage, he walked in with a cane, and his face was covered in makeup to give him the look of an old man. It was a new experience for him to play an old man, which really helped him grow as an actor.

“I think by the time we reached our fourth show it was the best it could be and the best it was,” Bittner said.

Bittner enjoyed performing the scene when the Ghost of Christmas Present appears, and Scrooge

banters with her. The end of Act I when elder Scrooge watches a younger version of himself break up with his fiancée, was also one of his favorite scenes to act out.

The actors are not the only ones who enjoy the play. Susany and Loudon both enjoy curtain call because of the pride on the actors’ faces as they receive applause.

“Curtain call gets me every time. When I see the cast and crew take their bow, I know how hard they have worked to perfect the show, the hours and hours and hours of rehearsal, the late nights, the frustrations. But when it’s finished, the rousing applause and cheers, the audience standing, the actors’ faces resonating with joy, that’s all I need,” said Loudon.

School district and teachers agree to new contract

by Shannon O’Leary

It was only two school years ago that Shaler Area teachers went on strike. Students started late, lost days off during the year and went to school until mid-June. The good news is that Shaler Area will not have to worry about anything like that for at least five years after the district and teachers agreed on a new contract that was approved on October 21.

In the span of two years, the school board and the teachers managed to go from discord and walking off the job to reaching an agreement early. The current contract was set to expire at the end of the school year. The cause for this change was a combination of some new people in the process, a more cooperative attitude from both sides, and not wanting to repeat history from two years ago.

Along with several school board members that were not in place during the strike, the interim superintendent,

I think it’s a great deal for all of the parties involved: the teachers, the district, the families. I think it’s a really good agreement,”

**-- Mrs. Melissa Ravas
SAEA President**

Dr. Victor Morrone also made a huge contribution in getting the job done.

“He was instrumental in getting the agreement reached. I think he was able to push both sides, the board and the teachers, in a new and unique way because he was a little bit more on the outside. He didn’t have a lot of the history and I think that was pretty helpful,” President of the Shaler Area Education Association, Mrs. Melissa Ravas said.

Although teachers were hopeful for this outcome, it was not necessarily expected. Those who participated in the process knew that they did not want

worked.

Teachers are happy with the new agreement. Most of all they are pleased with the stability that comes with a five-year contract. It is beneficial for both the teachers and the district as a whole.

“I am very satisfied, I really am. I think it’s a great deal for all of the parties involved: the teachers, the district, the families. I think it’s a really good agreement,” Ravas said.

Overall, the new contract has been nothing but praised. Everyone involved—administration, the school

negotiations to end in another strike, so they walked into negotiations with a more positive and determined attitude than before. Sure enough, it

board, the students, and the community—is satisfied with the stability that it brings.

“I believe morale and stability are important things within the district. I think that as a whole, the stability aspect speaks volumes and I also think it sends a message that we value education in this district. We were able to settle on an agreement early and push this out five more years,” school board member, Mr. Steve Romac, said.

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OPINIONS

Coffee cups provide blank canvas of controversy

by Kaitlin Parente

Let me give you a scenario:

Your friend is having a holiday party at his/her house. Your friend offers you a warm beverage somewhere along the lines of coffee, tea, or hot chocolate. To your horror, your warm beverage is presented to you in a plain red cup. How could this be?! This is a holiday party! There should be Christmas-themed cups! How could your friend dare to think that it is acceptable to have non-Christmas-themed cups at a holiday party?!

An overpowering rage surges through your body. There is no other choice than for you to tell everyone that your friend (now ex-friend because, lets be real here, who would want to stay friends with you after something this stupid?) must HATE Jesus because he/she does not own a Christmas-themed mug.

After telling everyone that your friend is an avid Jesus hater and is trying to convert everyone into Jesus haters as well, you make a plan. A plan so devious, that everyone will now be forced to acknowledge that beverage containers are at the core of your religious belief.

You've decided to tell everyone at the party to

take out a sharpie and write "Merry Christmas" on his/her cup. You've decided that now every time you see your ex-friend, that you're going to take his/her cup and write "Merry Christmas" all over it.

Why are you doing this, you may ask? Because you're being an idiotic, problematic, annoying human being who can't ever be happy.

The End.

Sound familiar?

After Starbucks released their 2015 holiday cup, which is all red in design, Joshua Feuerstein, a media evangelist, reacted by posting a video to Facebook after purchasing a beverage at Starbucks. Feuerstein's video consisted of him ranting about how he was going to "trick" Starbucks employees into saying "Merry Christmas" and getting the words "Merry Christmas" onto the cup by telling the barista that his name is Merry Christmas. You would have thought that on the cup was the phrase, "WE HATE JESUS. WE WILL NOT WISH YOU A MERRY CHRISTMAS."

In the past years, Starbucks' holiday cup designs consisted of snowflakes, poinsettias, sled riding, snowmen, and tree ornaments. Starbucks has NEVER had "Merry Christmas" as part of the design on

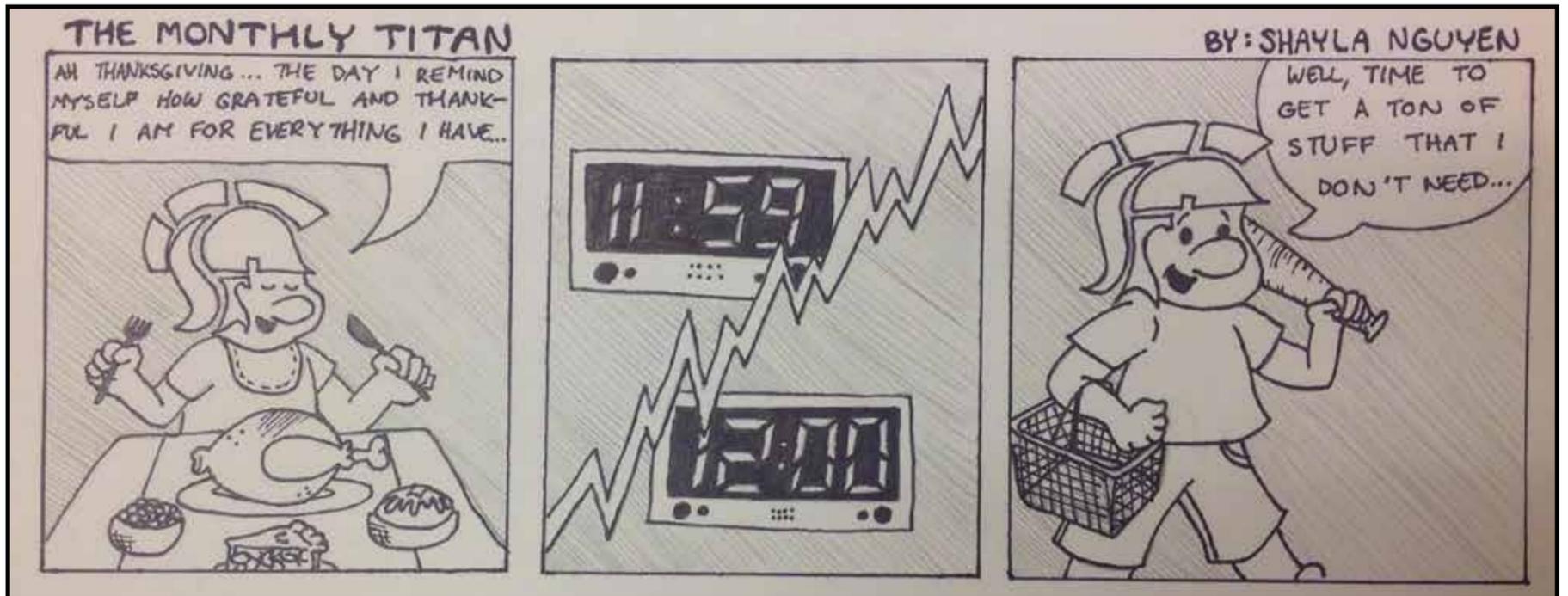
the cups. If these people that are so bent on having Jesus represented on their cups, why aren't they asking for a nativity scene or a cross on their cup opposed to ornaments and snowmen?

What an amazing "trick" you played, Josh. It's great, really. In fact, so great, that I almost wish that I came up with it first and went to the Starbucks sales team with it. Because of the video Feuerstein posted, a large amount of people are racing to the closest Starbucks to get their hand on an all red plain cup

At this point, I wouldn't be surprised if the whole ordeal was a ploy set into motion by Starbucks' marketing team. It's ingenious, really, because now *everyone* has to have an opinion on it. Starbucks' has been trending on Twitter for the past week and pictures of "Merry Christmas" written all over the red cups are plastered everywhere.

Having gone to Starbucks religiously (pun intended) every Sunday while school is in session, I cannot tell you how many times I have seen someone draw on his/her cup with his/her own designs and doodles. That was what was intended for the cup. Tell your own story. Share your own experiences. These cups promote creativity, not religion.

Starbucks' job is to make your coffee. That's it.



Life-saving drug won't solve the problem of abuse

by Shannon O'Leary

After a shocking amount of opioid overdoses across the state of Pennsylvania, Governor Tom Wolf has issued a letter sent to all of the state's schools approving the use of Naloxone, an overdose antidote, within every district's health facilities.

Statistically, more deaths in the state of Pennsylvania are a result of drug overdoses than anything else. Just this summer, 18 people overdosed in Washington County, leaving 3 dead, all in the matter of only 24 hours. And this is only one of the many heroin overdose accounts.

'Because of these unusual and alarming rates, some schools are considering the utilization of the opioid overdose antidote within their nursing facilities in attempt to be proactive. The school to initiate this new policy was Yough School District in Westmoreland, PA. Governor Tom Wolf seems to be in full support of this notion, considering he actually recommends it, but is it actually "preventing the loss of many young lives"?'

If schools promote this drug's usage, doesn't that make it seem like a pass for students to continue doing these drugs? Chances are, students who actually do heroin enough to overdose do not think about the consequences of doing so and don't worry too much about the possible chance of overdosing.

So, when health offices start carrying a drug that can essentially save these lives, is it really aiding the cause or just giving these addicts the "OK" to continue doing it? They will be assured that if worse comes to worst their nurses can at least rescue them before they need to be transported to the emergency room, therefore reducing their worry, if they even had it in the first place.

Providing Naloxone to prevent overdose-related deaths seems like a great idea and could potentially save lives in the state of Pennsylvania, but it is not absolutely necessary. Students, and schools for that matter, shouldn't have to

worry about heroin use in the first place considering the devastating effects it contains. That doesn't mean careless kids don't use them, but to go to the measure of providing drugs to *support* these kids may be extraneous.

Naloxone is an unnecessary addition to the cupboards of nurse offices statewide since it essentially gives students the opportunity to continue doing drugs without considerable thought. They will not worry about the potential death they could lead themselves to if they know that their nurses will have their backs. Schools, and the state of Pennsylvania, should be worrying more about the overall picture: the drastic escalation in heroin overdoses and how to stop it rather than simply administering an anti-overdose drug to students who are too stupid to realize just what they are doing.

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.

Senior places 2nd at American Beatbox Championship

by Bridget Nickel

From October 23-25, senior Antoni Miladinov traveled to New York City to compete in the American Beatbox Championship. Out of 90 total beatboxers, Miladinov received second place in the open showcase portion of the tournament. He then made it to the final four in the beatbox battle single elimination tournament.

There are three types of beatboxing at the competition: solo, tag team, and loopstation. Tag team beatboxing consists of a team of two beatboxers who battle against two others. Loopstation beatboxing is beatboxing with a piece of electrical equipment that produces beats.

Miladinov competed in the solo beatboxing competition, starting on Friday night where he competed in the open elimination against 90 other beatboxers. In the open elimination, he beatboxed for one minute where a panel of five judges evaluated on creativity, originality, technicality, musicality, and stage presence.

"I got a 49/50 and my friend got a 50/50 which was the only perfect score and I was the only second place score of the night. I placed 2nd of the 90 beatboxers. We went to the top 16 with 14 other beatboxers that ranked after us all placed in the battle for Sunday night," he said.

On Saturday night there were no competitions, but all of the beatboxers organized an "event jam". They rented out two recording studios in Downtown Manhattan with equipment and sound systems where they all jammed out and shared their beats with one another.

"The place was bumpin' and we had a really good time. We were all jamming; it was really great," Miladinov said.

Sunday night was the beatbox battle and single elimination. Both beatboxers go on stage and a coin is flipped to decide who goes first. Each beatboxer gets two rounds of one minute and thirty seconds of alternating turns. The judges wait until the four rounds are completed and then declare the winner.

"You always want your opponent to go first so



Antoni Miladinov performing

that you can go off of what they have to perform and you can always end the beatbox battle," he said.

Miladinov was able to make it through the first two rounds easily, but he went against his friend who placed third on Friday night in the open elimination.

"My third round was very difficult because I had to battle one of my best friends who I beat in my last competition. He was smart and he saved all of his best stuff against me because he knew that was the only way he could beat me. I wasn't smart enough because I thought my first two rounds were going to be much more difficult. I didn't have very much good material to use against my semi-final opponent. I was really happy to see him win because he's one of my best friends and I was really happy to see him defend his title," he said.

Miladinov first started

beatboxing five and a half years ago while visiting his family in Bulgaria. His cousin showed him a video of the Bulgarian Beatbox Champion. He started practicing and trying to replicate the beatboxer's sounds.

"I thought, 'wow I want to be as good as him one day.' A year later he became the World Beatbox Champion. So the moment that happened, it made me strive to be as good as I possibly can. He was my inspiration," Miladinov said.

His inspiration has lead him to compete in cities around the world including Columbus, Boston, New York City, Toronto, and Graz, Austria. Going to Graz was very important to him because that made him the fourth North American to ever compete in Europe. Miladinov also attends several beatboxing battles that he does not compete in, but goes to observe which helps him develop new beats and ideas.

Miladinov loves that he can use his voice as

his instrument and beatbox wherever and whenever because his instrument is always with him. One of his favorite things about beatboxing is that it acts as a universal language and he can beatbox with anyone from across the world.

"There's beatboxers I've met from all over the world and though we may not speak the same language, we all beatbox together and we jam through music so we still understand each other's emotions and feelings and can have a conversation without having to speak a language because beatboxing in itself is a language," he said.

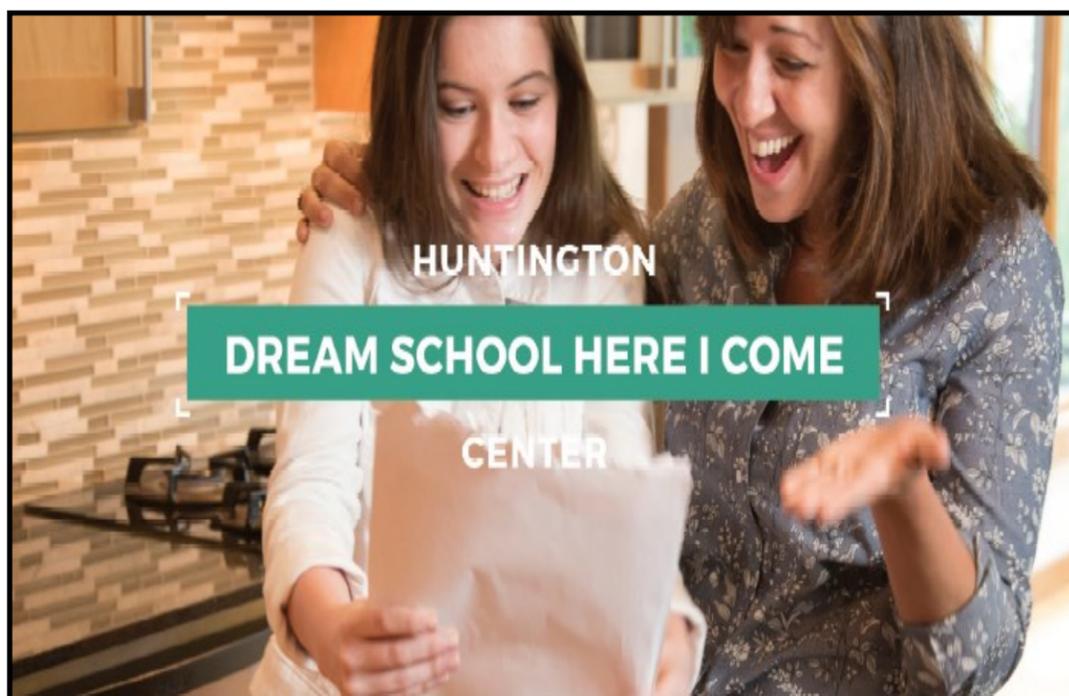


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WEIRD News

*An Australian fast-food chicken franchise called Chicken Treat says it has solicited a hen named Betty to run its Twitter account by placing a computer in her coop. For the last week, the company's tweets have been mostly nonsensical strings of characters typed by Betty as she pecks at or walks over the keyboard.

It is, not surprisingly, a marketing stunt. The company will continue this exercise until Betty successfully tweets a five-letter word in English, which will apparently earn her a place in the Guinness Book of World Records. She seems to be making progress — on Thursday, she typed “bum.” Dark irony undercuts the humor here, of course. Betty is unwittingly working to promote a firm that exists only to execute and barbecue her brethren for human consumption.

*While it's often recommended people stop and smell the flowers, taking time out to pet cats can lead to arrest.

At least that was the case for a Boca Raton man last week who, in the middle of fleeing police, stopped by a home, asked for water and the proceeded to lay down and play with the homeowner's cats.

At that point, both the Boca Raton and Delray Beach police departments were on his tail.

The man walked up to Candace Noonan's back sliding-glass door and let himself in, saying he was a landscaper working next door. He asked her for a glass of water and she obliged, First Coast News reported.

When she returned with the water, the man was lying down on the floor, playing with her cats.

“It was odd, very odd,” First Coast News quoted Noonan as saying.

When Noonan's husband tried to question the man, he fled outside and tried to get away from police by diving into the Intracoastal Waterway.

He was still being held in the Palm Beach County Jail Wednesday, according to jail records.

*A woman was jailed Tuesday and charged with illegally entering a home where she was found inside a bathtub doing her laundry.

Kelly Bancroft, 44, was arrested by Shenandoah police Patrolman Joseph Mozdy and charged with one felony offense each of burglary and criminal trespass along with a summary charge of criminal trespass.

Bancroft was arraigned by on-call Magisterial District Judge James K. Reiley, Pottsville, and committed to Schuylkill County Prison after she was unable to post 10 percent of \$10,000 bail.

Mozdy said he was called for a report of a trespassing complaint and spoke with Sharla Murray who said she was sitting in her living room and got up to go to the bathroom.

When she opened the bathroom door, she found Bancroft in her bathtub with the tub full of water, clothing and shampoo. Murray said she asked Bancroft how she got inside the apartment, but Bancroft then proceeded to lock herself in the bathroom.

Murray then called her neighbor who came to the apartment and checked the bathroom, but found that Bancroft had already fled, leaving wet clothing thrown throughout the room, Mozdy said.

Bancroft will now have to answer to the charges against her at a preliminary hearing before Magisterial District Judge Anthony J. Kilker, Shenandoah.



Check us out online

usatodayhss.com/market/shaler-hs-pa

Maple-Apple Upside-Down Cake

Ingredients:

- 1 cup pure maple syrup
- 3 Granny Smith apples—peeled, cored and cut into eighths
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 3 large eggs
- 3/4 cup buttermilk
- 1 tablespoon pure vanilla extract
- 1 1/2 sticks unsalted butter, softened
- 1 1/3 cups sugar
- Crème fraîche, for serving



the eggs with the butter-milk and vanilla. In the bowl of a standing electric mixer fitted with the paddle, beat the butter and sugar at medium

speed until fluffy, about 3 minutes. Beat in the dry and wet ingredients in 3 alternating batches until the batter is smooth; scrape down the side of the bowl.

3. Scrape the batter over the apples and spread it in an even layer. Bake the cake for 1 hour, until golden on top and a toothpick inserted in the center comes out clean. Let the cake cool on a rack for 45 minutes.

4. Place a plate on top of the cake and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let the cake cool slightly, then cut into wedges and serve with crème fraîche.

1. Preheat the oven to 350°. Butter and flour a 10-inch round cake pan. In a large saucepan, bring the maple syrup to a boil over high heat, then simmer over low heat until very thick and reduced to 3/4 cup, about 20 minutes. Pour the thickened syrup into the cake pan. Arrange the apples in the pan in 2 concentric circles, overlapping them slightly.

2. In a bowl, whisk the flour, baking powder, baking soda and salt. In a glass measuring cup, whisk

E D I T I O N

“Quotable”

“I don’t even know how to combat the stupidity.”

A 14-year-old girl has been suspended from school and faces possible assault charges for tossing a baby carrot at her former French teacher.

14-year old Aliya Nigro has been suspended from school for over a month, and is possibly facing criminal charges. She didn’t bring a weapon to school, she didn’t destroy any school property, she didn’t paint any racist graffiti, she wasn’t wearing anything inappropriate or too revealing.

Her current legal woes all stem from an allegedly weaponized baby carrot.

“I don’t even know how to combat the stupidity,” Karrie May, Aliya’s mother, said.

On September 21, the alleged teenage carrot terrorist was walking between classes at George H. Moody Middle School in Henrico, Virginia. She spotted her former French teacher, Michele Crowley, in the crowded hallway and decided to toss a tiny carrot at her as a practical joke.

“I was having a good day, and I was walking from math to art, and I had a bag of baby carrots in my pocket from lunch because my intention was to eat them later, if i got hungry,” Nigro told The Daily Beast. “I thought as a simple prank, I’d toss the carrot over.”

Well, the baby carrot ended up gaining more velocity than anticipated and allegedly struck Mrs. Crowley on her forehead. Nigro was then called into the counselor’s office during the middle of art class to answer for what she had done. The prank had been caught on the school’s security cameras.

“They looked at the footage, and saw I’d tossed it,” Nigro continued. “About an hour later, I was finally told I was getting suspended...They haven’t said when I’m coming back.”

No blood was drawn during the alleged carrot-hurling incident, but enough offense was taken that criminal charges were subsequently filed against the teen. Nigro says she was told her former teacher chose to go forward with the assault and battery charges.

1.2 Acre field transformed into Van Gogh’s 1889 painting, “Olive Trees”



“It’s an iteration of Van Gogh’s painting writ large in native plants and materials,” Stan Herd said, adding that “the opportunity to engage with one of my favorite artists in the world was pretty unique for me.”

Herd, 64, who completed this “crop-art” in Minneapolis, is known for huge images that he shapes by plowing, planting, mowing and otherwise sculpting the earth.

Van Gogh’s original hangs at the Minneapolis Institute of Arts. The museum commissioned Herd to do a crop-art interpretation of the painting for the museum’s centennial this year.

The only way to view Herd’s crop-art is strictly by flyovers.

“When you’re on the ground level you can’t tell what the cuts even look like, but when you get up there you can see the patterns,” said Rick King, chief operating officer in charge of technology at Thomson Reuters, a board member of both the Minneapolis museum and the Metropolitan Airports Commission, enthusiastically endorsed Herd’s request to do the “Olive Trees” project in a meadow on Thomson Reuters’ 300-acre campus. (By Mary Abbe, StartTribune)

??? PUZZLERS ???

On your bookshelf you have 3 books in a set, Volumes I, II, and III, in the usual order from left to right.

You also have a bookworm who is eating them up. The pages of each are two inches thick; the covers are each a half-inch thick.

If the bookworm starts at the outside of the front cover of Volume I and eats through to the last page of Volume III, how many inches has he bored through?

	1		6		9		3
		7		5		4	
1	7		8		4		6 9
8							4
4	2		5		1		8 3
		6		9		1	
5		7		8		9	

3.5 inches

THE GRID		What do you want your tombstone to say?	What is your strongest personality quality?	Most embarrassing moment of high school?	How old is “old”?	What is the longest amount of time you’ve gone without sleep?
	Senior Spencer Smith	“In loving memory of Spencer Smith, the man, the myth, the legend”	The ability to adapt to other personalities	When I fell on ice in the parking lot and Mark Budzik told everyone	When was he born?	36 hours
	Junior Haley Landolina	“RIP, you were alright. I guess.”	Hate failing	Falling up the stairs	Whatever age my dad is	36 hours
	Sophomore Jacob Aluise	“Jacob Aluise, He was... Something...”	My sense of humor	When my voice cracked in front of the entire choir	98	a day and a half
	Freshman Emily Kelly	“You only regret the things you don’t do”	Creativity	When my Algebra 2 teacher showed my drawings to the class	Mr. McDermott	3 months

New track and turf approved for Mt. Royal stadium

by Justin Jockel

Shaler Area School District announced on November 12 that it has approved the installation of a new turf field and track surface at Mt. Royal Stadium.

School Board Member Mr. Steve Romac explained that resurfacing the track is a must, but by replacing the natural grass field with the artificial turf it will allow more athletic events to take place there.

“The track is in deplorable condition; the district needs to have the track resurfaced. With that being said, the stadium is only used for football and a select few other events like graduation. The thought of the stadium being used more often and for multiple activities started the conversation amongst board members,” Romac said.

Athletic Director Mr. Clint Rauscher agreed that by converting the grass to turf, the field becomes more versatile.

“Implementation of an artificial surface will provide a large range of uses that is not currently available at the site. Although it requires some upfront costs, the amount of use is going to be extensive so it really opens up the site to not only football, but gym classes, community sports, and middle school activities. That is not possible with the current make-up,” Rauscher said.

While it seems artificial turf makes sense, the grass field is unique since few schools play on natural grass. Senior football player Kenny Trush says he and the team like the idea of playing on a turf field; however, he enjoys playing on the natural grass too.

“I love the fact that we play on a grass field. It

makes it seem like we are the only old school football team left. Although it’s easier to play on turf, playing on grass in my opinion is more fun because it’s such a rare occurrence to play on grass instead of turf,” Trush said.

Nostalgia may not be the only reason to keep a grass field. Last summer, Mt. Lebanon approved the installation of artificial turf for two of its athletic fields in Mt. Lebanon’s Main Park. The total cost of the project came in at \$1.05 million. The field featured an infill of sand and rubber to help provide support for its users. However, concerns about the crumb rubber infill, which consists of shredded rubber tires, raised questions about possible health risks associated with crumb rubber.

Experts warned commissioners that by using crumb rubber in its turf fields, there is an increased risk of illnesses because of chemicals in the rubber. However, the township decided to move forth with the project, stating it did not find sufficient evidence that showed there were harmful chemicals in turf fields that contain crumb rubber.

Recently, ESPN produced a program titled “The Turf War”. It featured Julie Foudy, former US National Soccer Team midfielder, who investigated the use of crumb rubber on synthetic turf fields and its health effects.

She interviewed athletes and the parents of athletes who played on crumb rubber turf and who have since been diagnosed with cancer. In her interviews, it became clear the athletes and the parents felt as though the crumb rubber was to blame for the cancer.

Romac stated the district has looked into the pos-

sible health side effects of turf, and it has decided to use an organic infill to keep athletes safe.

“We are looking at an organic infill, which does not contain carcinogens, which in turn makes it even safer for those who use it. The organic infill is a very key component. There are at least seven to eight different organic infills, from cork to coconut fiber, as opposed to the crumb rubber, where you’ll find those carcinogens,” Romac said.

However, the organic infill is more expensive than the typical crumb rubber infill, but Romac stated the investment is worth it.

“There is going to be an up charge on any organic infill you put in, some more than others, but how do you weigh out the burden of someone getting sick over the money? I think it’s a wise investment,” Romac said.

Romac believes an updated stadium facility will be a “place of pride” for the district. Romac stated that it’s not only about improving and updating Shaler’s own facilities, but it’s also about keeping pace with other districts.

“We need to continuously update our schools and facilities if we want to attract others to move into our district. Status quo is not the solution. We must find ways to improve our district, our townships, and boroughs to attract young professionals. Look at our neighboring areas, it is working for them, now we need to focus and compete,” Romac said.

The project is set to start the day after graduation in June, and is set to be completed no later than September 16, 2016, so as not to interfere with the football home schedule next year.

Physical Education classes give students more options

by Kayla Snyder

Prior to the 2013-2014 school year, the options to fulfill the physical education requirement were very limited. The Physical Education department wanted to provide more individualized options for students. Because of this, Aerobic Fitness and Weight Training classes were added. Both classes have the same common goal which is to develop and educate students on lifelong fitness skills.

“We just wanted to expand what we are offering as a department. Both of those classes are lifelong fitness based and individual. We were looking to offer a class that maybe isn’t interested in playing an individual or team sport, but is interested in working out,” Physical Education teacher, Mr. Adam Rosenwald said.

In the Aerobic Fitness and Dance class students are exposed to different types of aerobic exercises every day of the week for one semester. The exercises include, but are not limited to, Cardio Kickboxing, Yoga or Pilates, Dance, Bootcamp, Stepboxing and Bocu.

The class which take place in the dance studio attached to GYM A are taught by Mrs. Kelly Tate who is a certified Aerobics instructor.

“I believe that kids should learn lifetime fitness skills so you feel confident going and joining a gym and taking different classes. This class is individual, students get to work out, and pick their own goals and its fun,” Tate said.

Students enjoy this class option because it has the potential to change the way someone views fitness and it shows real time results such as weight loss and toned

muscles. Though fun, the class may come across as difficult to some at the beginning.

“[Aerobic Fitness] is much harder than I expected. We do a great variety of workouts that actually get us into shape,” senior Kailey Woistman said.

The Principles of Weight Training is taught by Rosenwald. It is designed for students to develop their own fitness plan that is safe and sound according to exercise science principles and maximizing efficiency.

“The idea here is developing a knowledge base on the proper way to design a workout. The principles we use, we apply them to weight lifting, but they are the same principles of conditioning that apply to any type of exercise program,” Rosenwald said.

The end goal for students is to create their own fitness plan towards the end of the semester. There’s a lot of one-on-one feedback for these plans to make sure the plans are safe and effective.

“I’m taking it again this year in the second semester. I took it again because I thought it was really fun and enjoyable. Also, I play sports and with that I need a lot of strength training and I learn how muscles work in this class,” senior Sean Langer said.

Though each class offers its own approach to fitness every physical education class offered has benefits. When it comes down to it, the amount you get out of the class depends on whether or not a student puts forth their best effort.

“All of the offerings through the Physical Education department are important. Each of the specific classes has different pluses and minuses, just like anything else,” Rosenwald stressed.

Powder Puff pits Juniors vs Seniors

by Jared Panza

The annual Powder Puff game will take place tonight at Biles Field as the juniors are trying to break a losing streak.

Over the past 15 years the seniors have triumphed over the juniors, but Powder Puff Coach Bill Mitchell plans to change that this year. Originally the senior class coach, Mitchell is now coaching the younger girls, and has confidence that his team will not disappoint, and will upset the senior class.

“[I expect the juniors] to be confident in their skills, to work hard, to execute the game plan, and in the end put that big goose egg up there for the seniors,” Mitchell said.

Not to be outdone by his coaching counterpart, Mr. Justin Eskra, coach of the seniors, plans to lead the seniors to another victory.

“The expectation is obviously the seniors will beat the juniors. Supposedly the juniors are scared of Allison Le and Hanna Tappe on our D-line and I’m sure they will be afraid of Lauren Wadsworth as well. It’s going to be fierce,” Eskra said.

With such a big rivalry, not only is a win on the line, but a lot of pride as well.

“I expect the seniors will win, just like every other year. We work and play well together and have good coaches,” senior Madison Alt said.

Even though are the seniors confident, so are the juniors.

“We are going to win, no doubt. We practice well together and have a lot of athletes on our team,” junior Bridget Nickel said.

No matter the outcome, all the proceeds go to breast cancer awareness. Last year, over \$1000 was raised. This year the coaches hope to shatter last year’s total.

“I hope that Mr. Eskra and I talking trash and the girls talking trash will get more students to show up and actually watch the game. The money they pay to go to the game goes toward the fundraising effort,” Mitchell said.

Even though there is a strong rivalry between the two, Eskra and Mitchell both make sure that people realize that the true reason for the Powder Puff game is for fun and to raise money.

“Sometimes we lose sight that it is a fun game to raise money for breast cancer research. It’s just having fun and making people aware of what the cause is really for,” Eskra said.

This year’s game will start at 7:30. Admission is \$5 but any extra donations for breast cancer research are welcome.



I HAVE FOUND MY
INNER STRENGTH
AT LA ROCHE ...
I WANT TO BE
AN ADVOCATE
FOR WOMEN WHO
WANT TO PURSUE
SCIENCES.

– LIN XIAO
Biology | Biochemistry



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Teen's tragic story becomes life lesson for students

Dr. Gary Cuccia brings his daughter's story to life with hopes of preventing dating violence

by Kimberly Yurasits

Demi Brae's story is a heart breaking one. The young teen bled to death after being stabbed 16 times by her ex-boyfriend John Mullarky. It has been eight years after the death of Demi, but something beautiful has come out of the heartbreak.

Demi Brae's family decided to spread awareness about teen dating violence to prevent Demi's story from repeating itself. Her message has spread far and wide thanks to her family.

"We have had much success and we want to continue to inspire our youth and our communities to make positive change to have safer and healthier relationships in all aspects...not just dating," Dr. Gary Cuccia said.

The family first tried passing a law named after their daughter stating that all schools, middle through high school, would be required to teach a course on dating violence and prevention. However, by the time the bill passed, it had become too watered down to be effective. The version that was approved and made to become a law was amended to make the teen-dating violence curriculum optional in schools beginning in grade nine.

After that attempt, Demi's family decided to take things into their own hands. Dr. Cuccia began to tell Demi's story to school assemblies in the hopes of preventing future stories like Demi's.

"I do not want Demi to just be another statistic. I want others to know what we did not know about dating/domestic violence. If by sharing Demi's message it saves one life...it is well worth my effort. That one life saved could have been Demi's, and it would make all the difference in the world," Cuccia said.

Cuccia then created the Demi Brae Foundation



Demi Brae Cuccia, victim of dating violence (Kim Yurasits)

designed to educate about dating violence. He created a website in her memory to learn about domestic violence, how to help and what to do if you are in that situation. Visit www.demibrae.com for more information.

On October 15th, Demi's story was brought to Shaler Area. Seniors and juniors gathered in the auditorium to listen to Cuccia speak.

"Before Dr. Cuccia came to Shaler, I knew dating violence was an issue, but I didn't realize how big the

problem was. By him bringing Demi's story to Shaler, he brought awareness to us," senior Shayla Ngyuen said.

Besides Shaler Area, Dr. Cuccia has talked to more than 150,000 students and has done over 170 TV appearances to date. Despite the difficulties of these assemblies for the family, Cuccia says it's well worth it.

"Demi is missed every minute of every day. The [Demi Brae Foundation] has been used as a healing platform for me and my family. It is our way of honoring her. It does consume much of our time and energy but to do nothing is not an option for us. Demi is just too important to let that happen," he said.

The assemblies seem to have a huge impact on students and the students in Shaler reacted well to Dr Cuccia.

"I receive personal emails all the time from students. They really take Demi's message to heart. Many have experienced dating violence, and after hearing Demi's story they want to make positive changes in their own situation... now realizing how serious it can become," Cuccia said.

For those who helped organize it, the assembly went well and served its purpose.

"I was extremely pleased with how well the assembly went. I thought Dr. Cuccia has a powerful message to send and I was thrilled with how well behaved and attentive the students were. I hope the students learned something and share this information with any of their friends who they think might be in an abusive or unhealthy relationship and all the assembly seemed to go off without a hitch," Mr. Kevin Mosbacher said.

It's not just Earth Day. It's every day.

In 1962, Chatham alumna Rachel Carson '29 wrote *Silent Spring* and ignited the modern environmental movement. Fifty years later, Chatham broke ground on the world's first community built for the study and practice of sustainability — the net zero Eden Hall Campus. Today, our students use this campus to address environmental challenges in energy, water, food, agriculture, and business in ways that Rachel could only have dreamt about.

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