



HALLOWEEN LIVES! PAGE 9

Bucket List: Incredible summer travel experience



Mr. Dave Oertner checked off bucket list items last summer in various spots of the world. Pictured above with his girlfriend, Lynette Ouna (third from left), he spent time in the Maasai Village. Below, one of the more modern 'wonders of the world' stands next to the tallest building ever built — the Burj Khalifa in Dubai.

Super Dave goes on safari

Longtime NL science teacher checks off bucket list items during summer excursion

By Jamie Knerr
Editor in Chief

What is the number-one thing most people hope to accomplish in life? There are obvious answers like being successful, being happy and having wealth. An even more popular check on the bucket list, though, is to travel the world. For Northern Lehigh High School science teacher Mr. Dave Oertner, that became a reality this past summer.

For more than two weeks, Mr. Oertner had the chance to travel to multiple countries in Eastern Africa (Kenya and Nairobi) and part of the United Arab Emirates (Dubai). After a 16-hour flight, Mr. Oertner, accompanied by girlfriend Lynette Ouna, began in Dubai – the business hub of the Middle East.

“We spent some time exploring the city, looking around at the architecture,” Oertner said of his trip. He also visited the Burj Khalifa, the tallest building in the world, which stands 2,722 feet tall. “We went up to the top of the Burj Khalifa, and it was absolutely awesome because you could see everything. Then on the way back down there were a bunch of activities going on around the building. There were huge water fountain dis-



NLTT cracks jokes without the net

Improv Night taught being prepared to have no preparation

By Cydney Krause
Staff Writer

Lights... Troupe... Improv! Northern Lehigh Theater Troupe held its annual Improv Night in the high school auditorium, Nov. 3. Anyone could attend as long as the attendee was willing to pay \$5 for an enthralling two-hour show.

Even the members who were on the side of the platform were entertained by their peers. And remember, none of the actors and actresses have any of these characters and scenes planned. Hence, the word *improv*.

In the beginning, members would practice improv at every rehearsal with exercises like *Annoying Bus Stop*, *Liar*, *Actor's Nightmare*, *Mannequin*, etc.

Trivia battle raged on Scholastic Scrimmage

By Michael Martineau
Staff Writer

Earlier this year, the NL Scholastic Scrimmage team traveled to PBS39's studio in historic Bethlehem to compete against Panther Valley. Led by none other than mathematics extraordinaire Mr. Lehtonen, Scholastic Scrimmage is an academic challenge similar to Jeopardy – although we get to answer questions, not answer *in questions*.

The team typically travels to a handful of weekend competitions held at local high schools, in addition to the televised appearance.

To explain more about the program, three of our star members – Andrew Bowman, Cole Cheesbrough, and Shayla Smith – answered some questions about their experience with Scholastic

Student Council Scoop: Holidays are here

By **Jamie Knerr**
Editor in Chief

The holiday months are something many of us anticipate. Snow starts to fall, we have a break from school for the holidays, and we are able to spend time and celebrate with our families.

Most of us scramble to find the perfect gift for our sibling or best friend. However, some people in our community aren't fortunate enough to be able to spend money buying gifts for others. Northern Lehigh High School's Student Council runs the Adopt-A-Family campaign during the months of November and early December to raise money and supplies that can be donated to these families.

Each year, our school is given a list of items children in our community would like to have for Christmas. Since the parents can't afford to buy these things, we raise money and buy the toys or necessities that these kids need.

Student council runs this campaign to ensure that every child in our community can experience a nice holiday season. This campaign is very important because not only does it bring joy to area children, but it relieves those parents from not being

able to provide their children with gifts. If you are interested in contributing to this fundraiser, please contact a member of student council.

Student council is very busy throughout the holiday season, as we also run the local Toys for Tots campaign for NLHS. Toys for Tots is a national organization founded by the Marine Corps in 1947. Locally, we host the campaign that benefits children all over the country.

In December, there are large white boxes (with the Toys for Tots) logo placed in various areas around the school. The Marine Corps is looking for new, unwrapped toys that can be distributed to local families in need. This campaign is very important because it is another way for our school to give back to those less fortunate. Donations were collected throughout December.

American Education Week was held the week of Nov. 12-16. This week highlights the importance of our education system, and thanks the teachers for their continuous hard work at making our school a better learning environment.

Happy holidays from NL Student Council!



Testing brain skills against the competition



Northern Lehigh Trivia Soldiers — Cole Cheesbrough, Ivan Zheng, Michael Martineau, Andrew Bowman.

Scrimmage.

Why did you join Scholastic Scrimmage?

A: I joined Scholastic Scrimmage my freshman year. I joined because I've always enjoyed trivia, and my family has always told me I have more useless niche information in my head than useful information. I competed in the quiz bowls at Southern Lehigh and Salisbury and have been an alternate and full-time member at our PBS events.

C: I joined because I wanted to do something that would be challenging but still fun. The feeling was amazing.

S: I joined because of you. It's been something I've been interested in and wanted to try since I was a sophomore, but I had just never brought myself to do it.

What is your favorite memory from Scholastic Scrimmage?

A: Looking back on the four years I've been with the team, my favorite memory is of the junior 'dream team' at Salisbury. Michael Martineau, Ivan Zheng, Aaron Rudolph and me. We made up the B team that year and made it to the semi-finals, out-performing our A team counterparts.

C: My favorite memory would be the first time my team won a match at the PBS competition.

S: Our team won the first round I ever competed in, which was really cool. I was so proud of the team, and of myself.

Is there anything you would like to add?

A: Scholastic Scrimmage has been an amazing experience and I would do it all over again in a heartbeat.

C: Scholastic Scrimmage is one of the best activities that I have ever been a part of.

S: I'm so happy to be a part of Scholastic Scrimmage. I like the friendly competition and I especially enjoy being able to compete alongside my friends.

As captain for the televised team, I greatly enjoy Scholastic Scrimmage. I joined in sophomore year because of my involvement with the elementary school counterparts: Sixth Sense and ACE Team. My favorite memory occurred last year, when the TV team coordinated their introductions to include a shout-out to the Sultan of Spice himself, Guy Fieri.

While Scholastic Scrimmage is a challenge, it is also intensely fun. I have had a blast flexing my brain with my fellow seniors on the team, Shayla Smith, Andrew Bowman, Ivan Zheng, and Cory Hammond. I would suggest that any student who is even remotely interested to check it out. Also, be sure to tune in to PBS39 this spring to view our thrilling match against Panther Valley!

No scripts, no problem

They would get familiar with how the exercises would go and/or the actors/actresses around them. Regardless, everyone had to put effort into the scenes, no matter how difficult they seemed or awkward they became. Even though some were weird and definitely pushed boundaries, we were laughing and having a good time no matter what.

Everything was as rehearsed as improv goes. We [the participants] only knew what exercises we were a part of and who we were doing it with (besides our wonderful performance of Miss Piggy - ask Mason McGowan).

During Improv Night, the audience was also a very important part of the scene about to be performed.

They gave ideas to what the members were going to pull out of their pockets, literally. The show included a couple of different scenes where audience suggestions were the only resources used.

Audience members also participated in *Expert Interview*. The friends, parents, and families asked the expert on stage about their "awe-inspiring" invention. The catch? The expert had no idea what they had created, so any answer to a question was more of a skillful, quick-witted response.

Every laugh and happy tear was a true victory. These games are just as fun to you as they are to us. It's rewarding to get to see a happy audience and we were happy that they didn't waste their money.

Check out the next Slate for a preview on this year's spring musical, "Bye Bye Birdie."

THE SLATE

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The Slate is proud to be the voice of Northern Lehigh High School. It is printed by The Times News of Lehigh. We thank you for reading and please pass it on!



Decking the Northern Lehigh Halls

Cat Shelly and Trent Herman, Student Council members, got the library hallway in the spirit — much to the dismay of an unnamed, grumpy, Grinchy Slate adviser.



Never too late for new traditions

By Trent Herman
Staff Writer

The holidays are coming up and as they say, “It’s the most wonderful time of the year.” This might not always be the case, however. Many people choose to celebrate the holidays by watching Christmas movies, baking, Christmas caroling, decorating the tree, etc.

However, a tradition can be anything you want it to be and most importantly, something that you do annually when the holidays roll around.

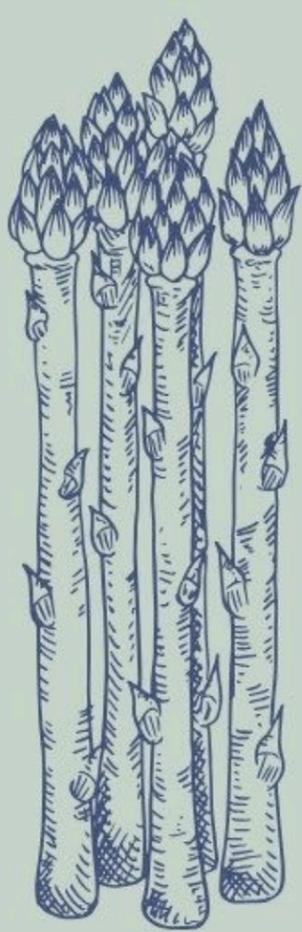
Traditions are special and are something that should be kept alive and made known. Perhaps a tradition is the one thing holding a family together. If this is the case, the family

might not come together other times of the year like they do during the holidays.

This can be the littlest thing like a family watching a special movie on Christmas Eve or even just decorating the house while listening to classic holiday music.

Many of us look forward to the holidays and spending time with our families and doing the things we do as traditions every year. But, we should also remember the people in the world who don’t have families, people who don’t have the money for gifts, people who are alone for the holidays, people that lost loved ones or who are going through





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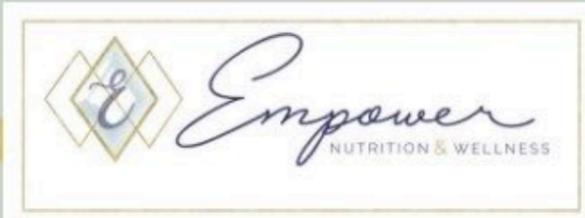
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Discovering different cultures across the globe

plays outside.”

While Oertner had only spent two days in this city, his time was not wasted. During this part of the trip, he was able to watch a World Cup soccer game from a nearby watering hole and got to know a lot of locals in the process.

“It was funny actually, because at the watering hole you could still see the Burj Khalifa and the whole building lit up with lights that spelled out ‘GOAL’ when England had scored their first goal,” Oertner said of his experiences. His second day in Dubai was spent out in the desert where he took part in “most of the touristy things.”

He was able to ride a camel, drive over dunes, and end his day with a dinner on the sand. Mr. Oertner’s favorite part of his short, yet eventful, trip to Dubai was the architecture. “The architecture of the city was absolutely incredible. It’s like New York City, but it’s brand new. There’s also a lot less people around for a large city.”

After Mr. Oertner’s time in Dubai, he took a short flight to Kenya to stay for the rest of the trip. Kenya, as he described, is a “completely different culture.” Travelling along mostly dirt roads in the city, he was able to see how many families lived.

“There’s really nothing there. Most homes have no electricity, with the exception of some small solar panels. There really isn’t any running water. Families over there live a very tough life.”

Mr. Oertner described this part of his trip as “very eye-opening, seeing how others live,” due to common amenities like fresh water, food on a plate and a warm house seeming like luxuries in that section of the world. Similar to American society, Kenya has different levels of wealth in its economy. However, Mr. Oertner described a “great divide” between the rich and the poor.

“There are areas that are very modernized and developed cities like we have over here. Then you keep driving down backroads into small villages, and you start to see shacks [no bigger than a tool shed] made of metal and built to hold an entire family.”

The biggest take-away for Mr. Oertner, however, was the fact that even though many families didn’t have many possessions to show for themselves, they were always happy. The people living in Nairobi understand their way of life and are com-

pletely content and happy, because it’s the only thing they’ve ever known. A day after Mr. Oertner had landed in Kenya, he took a small plane to spend three days exploring the Maasai Mara – a national reserve to witness first-hand the wilderness that lives along the Tanzanian border.

“The first night we were able to watch the sunset, which was pretty awesome.”

Another exciting yet scary experience that Mr. Oertner said he will never forget is having breakfast along a creek and watching hippos walk only 15 feet away from him. Most of the time traveling through the reserve was spent exploring the savanna [a grassy plain in subtropical regions] and seeing wildlife most people only get to see in pictures or at zoos.

“Our last day at Maasai Mara we were on safari and there was a pride of lions about 30 or 40 feet away from us. Right in front of our car, about 20 feet away, a lion was eating a zebra.”

That experience was one of Mr. Oertner’s favorite parts about the trip. However, lions and zebras were not the only exotic animals he saw in the reserve.

“It was strange. You would be sitting eating breakfast and monkeys would walk up to your table, or birds would be stealing food off your plate. Then you could look off to your side in a creek and you could see the crocodiles just sitting in the water.”

After Mr. Oertner’s short visit to Maasai Mara, he spent the rest of the trip exploring Kenya and its capital, Nairobi. He visited local restaurants, met with friends and family, and got the opportunity to experience a completely different culture. One thing that stuck out to Mr. Oertner about exploring and shopping in the Nairobi towns was, “everything over there is a bargain. If you see something you want and you don’t want to pay what’s marked, everything is up for discussion.”

Mr. Oertner explained along with this that their society is run this way because most families are willing to earn whatever they can to provide for their loved ones. He was also able to witness this driving down roads in the city.

“They don’t have a very good road system, so if there’s a road that isn’t still made of dirt, it’s a very small two-lane highway. Because of this, traffic was always horrible. It could take an hour to drive five miles.”

However, while stuck in traffic,

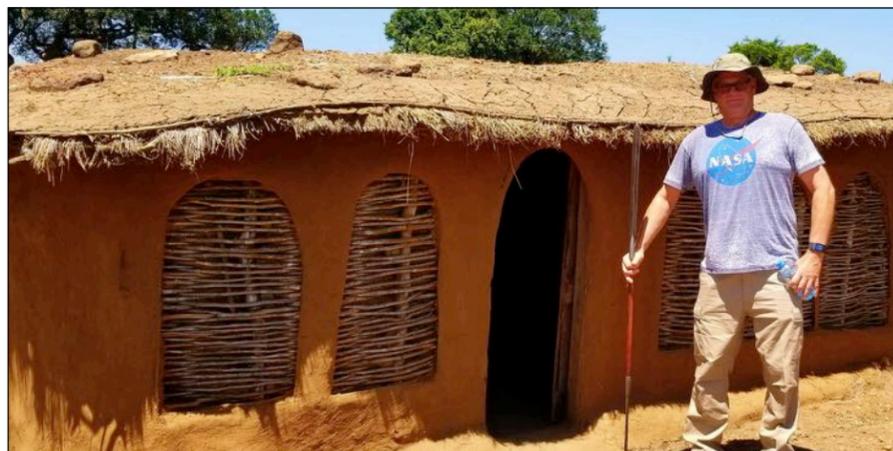
Mr. Oertner described a peculiar scene he had gotten to experience. “While waiting in traffic, you’d have tons of people walking up and down the middle of the highway trying to sell the most random items to make money. Most things weren’t small, simple pieces to sell either.” He had once seen a man trying to sell an old Monopoly game, along with other odd items.

“There are poor areas, but there are also many modernized areas with shops and villages. Many places are also starting to use solar energy.” While the U.S. has seen modern areas like this for decades, countries in Africa are just starting to build upon these foundations of an economically stable society. Advances in this country are becoming *their* basics, and in a matter of time, cities like Nairobi will be just as developed as New York or Los Angeles.

While this was his first trip to Kenya, Mr. Oertner says it will

not be his last. He plans to travel back to Kenya in the spring for a family wedding. During retirement, he has thought of staying in Kenya during our winter months. Kenya is also not the only place he will be traveling, as his goal is to explore many places in our country and to see as much as possible. Mr. Oertner has one piece of advice for all of his students: “Travel as much as you can and enjoy every second!”

The bucket list will be grateful.



(Top): Mr. Oertner and his girlfriend, Lynette, pose with their new camel buddy who took them for a ride before dining in the desert. (The camel was not invited).

(Middle): Super Dave towers over one of the biggest huts from the Maasai Village. The huts, which are built by women, have a grass roof, a dirt floor, people sleep on animal skin, and there is no running water.

(Bottom): Lynette and Mr. Oertner pose with their driver and his apprentice in the Dubai desert. “We drove the dunes in a four-wheel-drive vehicle on the way to our dinner in the desert,” Super Dave said. “It was a bit scary, exhilarating, and somewhat nauseating, as we flew up and down on the dunes.”

Check out bonus photos of Mr. Oertner’s wild safari at our Instagram page! [@theslatenews](#)

Prepping for the big college leap

By Michael Martineau
Staff Writer

Fellow Seniors: take a deep breath. In a few months, this will all be over. Underclassmen: buckle up. I am referring to the daunting task of applying to colleges.

This process is different for every student, and some bypass it altogether. Despite these differences, one truth remains for every student that is nearing the end of his or her secondary education: we are about to face big changes. Let's break it down step-by-step.

To begin this journey, students must start by evaluating themselves. Here, you have two main goals. Decide what you want to study, and where you want to study that. Generally, the former



goal is the most subject to change, and the hardest to reach. Start by asking yourself questions like, "What am I good at? What do I enjoy? What am I curious about?"

Finding answers to these questions may not be entirely cathartic, but you will certainly narrow your options. Begin to look online, and find majors and careers that match what you've found. Take note of findings that stand out, because you may begin to see a pattern that leads to 'the one.' Remember that most students change their major in college, so this decision is not permanent.

Now that you've found at least one major or career that interests you, we can address the second goal. Where are we going?

There are many factors to consider here, and more self-evaluation to be done. First ask, "Where do I want to live for four years?" It may be that you want to live at home for some or all of that four-year period. In that case, community college is a fantastic option. If you are deter-

mined to spend four academic years away from home, you are not only picking a college to study at, but a town to live in. Here, there are three main categories colleges can be placed in: rural, suburban, and urban.

Next, you'll need to consider programs universities offer, both regarding your major, and extracurricular. Finally, gauge factors such as cost of attendance, acceptance rate, and anything else you deem important.

Each university has its own pros and cons, and it can be overwhelming to keep track of all these. In order to do so, I turned to a free online college preparatory service: *Niche*. An account on *Niche* lets you view college profiles in an understandable way. In addition to this, you can read reviews of the colleges, and see how you stack up against other students who apply to that school. Another great resource students have at their disposal is their guidance counselor. Mrs. Lanshe and Mrs. Chruscial are highly knowledgeable in this area, and can offer amazing advice to students undergoing this process.

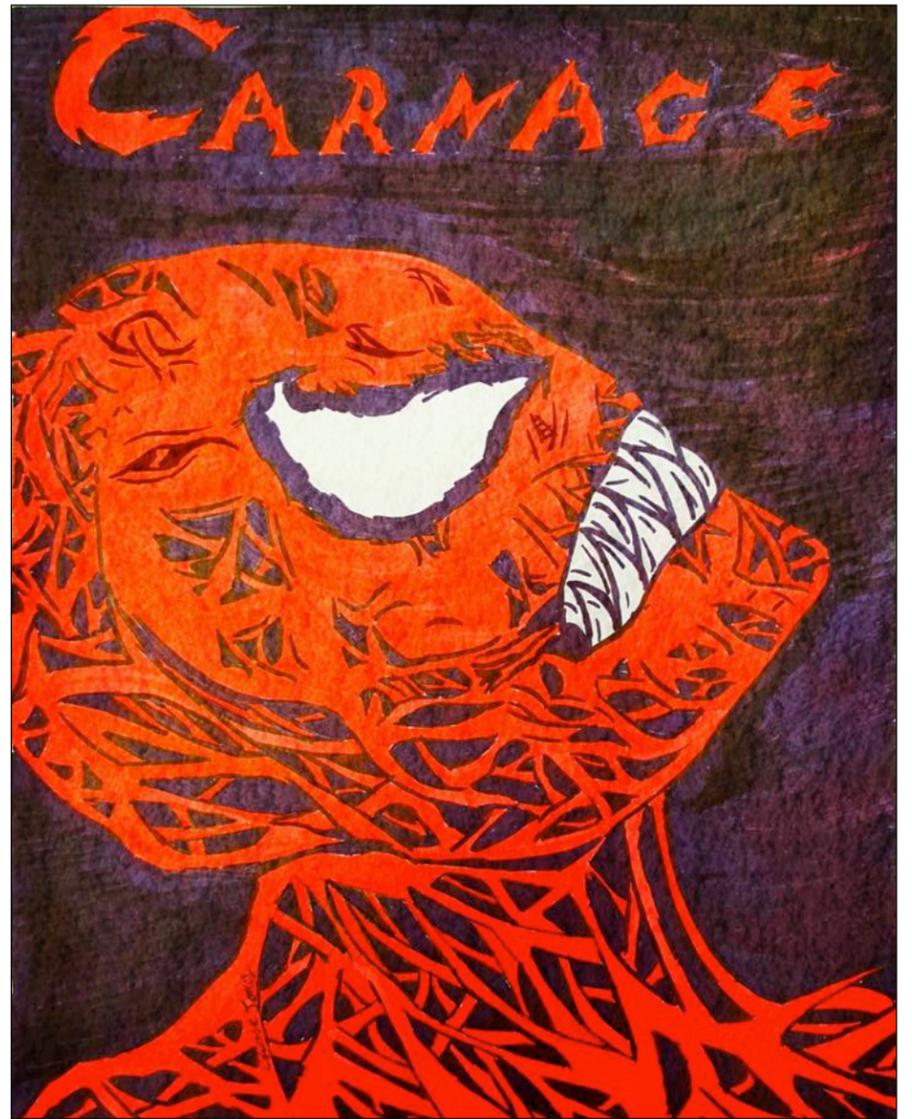
Now, students will have a list of potential colleges to attend. How many do I apply to? That is a difficult question to answer, but there is a general formula to follow. Students should try to balance between applying to schools they would like to go to, but may not be accepted to, with schools that they will most likely be accepted to, but are perhaps less preferable.

This can apply whether a student applies to three schools, or 20 schools.

There are many ways to interpret this rule, as well as exceptions, but keeping this in mind will point you in the right direction. Students should also consider the number of applications they are willing to complete, and the fee to apply. Once again, your guidance counselor is a great resource here, and should be able to guide you further.

At this point, we have caught up to where most seniors are in this process: applications. Depending on the number of schools you ap-

'CARNAGE' BY CHASE JONES



Carnage, formally known as Cletus Kasady, is a Marvel Comics villain who made his debut in Feb. 1991 in *Amazing Spider-Man* issue #361. However, before Kasady became Carnage, he was a psychotic serial murderer, who blamed his homicidal tendencies on a traumatic childhood. For instance, he was born in an asylum for the mentally-ill, was presumed dead for his first 19 minutes after birth and supposedly experienced hell during said 19-minute period. Kasady obtained his super-villain powers while imprisoned for the murders he had committed. He was cellmates with Eddie Brock, better known to most as the super-villain Venom, at the time. One night, the Venom symbiote, the source of Brock's powers, crawled through the barred window of the cell in an attempt to free Brock. As it was doing so a small amount of the symbiote dripped onto Kasady's recently-cut hand and mixed with his blood to form an entirely new symbiote called...CARNAGE.

Modernizing traditions

rough times.

These people don't experience the joy others do around the holidays because of the burdens put on them by life. They also don't generally have the most wonderful time of the year. This could very well be the most depressing time for these individuals.

It's important to reach out to friends and family not only during the holidays but anytime of the year because life is unpredictable. We may never know what could happen

at any time.

Also, doing the smallest nice thing could change someone's day. As a community and a school, we should be there for one another because you never know what someone is truly going through at any point in time.

Although some have a magical holiday season, many others do not and at times what people really need is a friend or a family. So, going into the holiday season, I encourage everyone to choose kindness and make that your modern holiday tradition.



Editorial

'Apocalypse' did not end the world

The world only seemed to explode for a brief moment. Then the smoke cleared, the wound healed, and all went back to normal with a bonus lesson rising from the ashes.

Our 'maiden' issue that was unleashed in late October earned rave reviews from students, faculty, administration and community members, and rightfully so. While *The Slate* has been around for many decades, it was recently renovated with an invigorated regime. An excited staff of editors and writers had the energy to prepare all the Bulldog news that's fit to print, and a sarcastic but motivated English teacher who is brand-new to the high school but no stranger to the journalism world had taken over. Somewhere in his seven years of experience as reporter-turned-editor, our wacky managing adviser forgot that mistakes will happen ~ as they will anywhere in life.

While the pages were read, then edited, then read again, the word 'Apocalypse' had one too many syllables and some extra letters. (Sincere apologies to Kristen Guelcher, whose article experienced the *oops*).

The managing adviser's heart sank, his blood pressure soared and, with the pages already sent to be printed, the world came crashing down. Oh, the humanity. (Oh, please).

There were silver linings to this grammatically-gloomy cloud: 1. It was on the last page; 2. it was a tough-looking word to begin with, and 3. chances are the reader's eyes did not even catch it. But after the perfectionist crybaby's would-be tears dried up, the gloomy cloud lifted. We pick up the pieces, we discern what was really important and we march on.

Our regime's inaugural issue of Northern Lehigh High School's journalistic voice screamed loud and clear: There are a lot of paw prints to leave behind and we are just getting started. Please enjoy these pages, offer the staff a kind word, pass the paper along to someone at home, and prepare for more. Missteps *will* happen but we get up and the world keeps spinning.

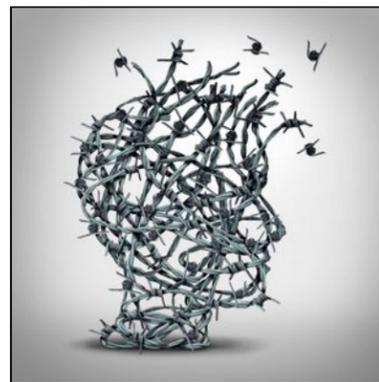
Mental health is the invisible barrier to happiness, peace

By Brianna Schuck
Staff Writer

As a teenager, one topic most people clearly always ignore is mental health. More importantly, most people do not even know what mental health is and what all falls under its category. There are many different variations, but knowing at least a few is very essential so you know what to look for.

For example, one might think mental health is simply being in the right state of mind, but even *that* is confusing. Depression, anxiety, confidence, shyness, traumatizing events, and so many other things are all classified as mental health.

One of the most common pieces of mental health is depres-



sion. Contrary to some ignorant arguments, depression *does* exist. People, typically adults, like to push off mental health, more than likely because when they were children, mental health was as rare as shin splints. However, in a generation where everyone can view each other's profiles at any hour, it is important to take these things into consideration.

Something that people fail to acknowledge is that no matter what age, maintaining mental health is always important, and it is something that will follow you when you're young, graduated, or even well on your way past marriage. As young kids often struggle, adults tend to juggle just as much. Typically, depression and anxiety gather at a young age, although you can always develop them due to experiencing a traumatizing event.

As many kids struggle to find themselves throughout middle school, they often feel lost, alone, and depressed. That natural, gut feeling is one that no one could truly, ever understand. During that time, that person

CGI is convenient, but overdone

By Owen Levan-Uhler
Staff Writer

C'mon... we all know Henry Cavill had his moustache *all* throughout the filming of *Justice League*. His lip looked *so bad*. Think of all of the movies that you've seen in the past year. Now, depending on what kind of movies and what genres you're into, I can guarantee you that nearly every one of those movies contains Computer-Generated Imagery.

For those of you that don't know, Computer-Generated Imagery, or CGI for short, is the computer animation that does anything and everything in Hollywood these days, from designing characters' facial structures like for Tarkin in Lucasfilm's *Rogue*



One: A Star Wars Story, to making entire movies like Disney/Pixar's *Coco*. Utilized correctly, CGI can be an amazing tool that helps tell the movie or TV show's story. Without CGI, many shots, or even whole scenes of movies would not be possible, or if possible, *very* expensive. But on the other side of the story, you get the jumbled mess that was the *Transformers* franchise.

Even if you watch a movie that has no action scenes or fu-

turistic worlds, and your movie is just a drama with good acting instead of good fight scenes, it still probably has CGI in it. It just probably isn't used in a way you'd think. For example, 2013's *The Great Gatsby* contained nearly 1,500 digitally-aided shots that helped recreate Gatsby's mansion and the aesthetic of roaring 20's Long Island. But just because *The Great Gatsby* included this much CGI doesn't mean that took away any value of the story. If anything, it just added to the movie, which is what CGI is meant to do. But with many movies, CGI, whether excessive or just *bad*, can distract the viewer and ever make the story less believable.

A prime example of this is

Adding 'Anger Management' to the curriculum could help with self-control

By Shayla Smith
Staff Writer

"Speak when you are angry, and you will make the best speech you will ever regret."

The speaker may be unknown, but the connotation is what ultimately needs to be recognized. Anger is an emotion. Emotion is power. If it weren't for emotions, what would humans have as inspiration to do anything at all? We act on them, and whether the action is good or bad is left totally up to us. The stronger the emotion, the stronger the action, the stronger the impact.



Anger is power, producing the most passionate flames that rage hotter than any fire. It is quite possibly the most influential emotion there is. It is the igniter of envy, the fuel to forge lies, and the cause of many crimes. It is the backbone of broken relationships, revenge, and murder.

Why else would we do these things? Thus, it is important that everyone is educated on techniques to control anger. The innate ability for people to stabilize themselves in times of hardship is often taken for granted. Newsflash: We are all different. We are individuals.

For those that find the balance harder to maintain, it is especially frustrating when their actions go misunderstood or disregarded. It is very important for people to acknowledge and understand each other's differences.

Unfortunately, therein lies a noticeable struggle. Verbal judgement is the substitute for open expressions of care and compassion. Judgement is noticed, and then ignored. This is evident everywhere, including within this high school. See the problem?

The fire is seen, but is not extinguished. Maybe, though, there is a way to prevent the flames from burning in the first place.

I asked the students of NL for their opinion on a possible solution: *How would you feel about enrollment in an anger management class?*

Sophomore Claudia Cozzi: "I think it would be beneficial to kids who need it. They would be able to learn how to control their anger at a younger age and hopefully won't have as much of a problem dealing with it in their adulthood.

Senior Andrew Bowman adds to this: "I think it could be a helpful elective. I think the class would be useful in keeping kids on the right path and keeping them from doing something they might regret in the future."

Michael Martineau, a senior, said: "Many students in high school are dealing with ever-changing emotions and stressors, and some may not know how to handle these. I feel it would be most effective if implemented as an optional program, rather than a course. Early on in high school, I would've certainly benefited from such a program."

Ian Rigby, another senior: "Anger management is a very important life skill that I feel a lot of people simply do not learn. It would be helpful to kids to learn to manage their anger in a helpful, healthy, and non-destructive way, especially because not every kid is in the best home environment. It is important that this skill be taught in schools. It could be added as a unit to the curriculum of a mandatory course so that all students learn about it."

That may just be the best road to follow. I spent three days in a youth rehabilitation unit. I still can't believe how much I learned. Coping skills, social skills, and so much about cognitive distortions. I probably could have

Media connects, divides voices

By Kristen Guelcher
Staff Writer

On average, teenagers spend about nine hours on the internet per day. Yes, that is correct ~ about 38 percent of the day. Media takes a huge part of teenagers' lives today and not always for the better.

The social media today plays a huge part in our lives from social media to television. All these things have changed the way the world works and how people think in the past decade alone.

Media has made the jobs of people so much simpler in the past 10 years in terms of communication. Now with the touch of a screen, you can send a message to anyone across the globe in seconds. It's also significantly easier to spread the news through television and social media these days.

As long as you're connected to the internet, you're constantly getting informed with what is going on in the world whether it is relevant to you or not. The media helps people feel connected and more united with social media and the use of phones.

Along with the positive things that the media does for us, it brings a lot of negativity. Before all the media, society didn't have to deal with all the struggles cyberbullying. It has opened up a whole new world of things that our youth have to be informed about. Anyone can say whatever they want, whenever they want, and that can cause loads of controversy.

From the public to politics, there is always a big controversy happening in the media. It seems that every day someone says something new that makes everyone mad on social media. No one is ever happy in social media and someone is always mad at someone else.

To make matters worse, all this drama in the media causes people to be addicted to their phones. People are constantly refreshing their Twitters, seeing what "fake news" others are talking about now. Faces are glued to screens when a celebrity breaks up with their significant other or when any sort of inconvenient drama breaks out. Videos with overly dramatic titles always get the most views when videos that try to spread kindness are constantly overlooked. People even go as far as to create fake feuds with others and say false information just to get views and attention.

A majority of drama in the media is actually fake, just because people have the excessive need for attention. The media has more material than ever now. People are

Time to almost 'adult' with college applications

ply to, and the application formats they accept (a shared application versus a proprietary one), the workload may be heavy. Make sure to read schools' requirements for their applications, and the associated deadlines. The best way to tackle this is to work a little everyday, and give yourself time to review your work. Do not wait until the deadlines to submit the application! Also remember to give recommenders (teachers and other advisors) time to

complete what you ask of them, and be courteous along the way. Speaking from my own experience, this time in the college application process is the most stressful, but it is almost over. Hang in there, seniors.

What should seniors expect in the coming months? Unfortunately, it involves waiting and rejection. Most applications don't come back until March, so for two months seniors may be inclined to hang on the edge of their seats in anticipation.

Keep in mind, once you submit your applica-

tion, it is entirely out of your hands. Be prepared to receive some letters of rejection, but keep in mind that you did your best, and if you played your cards right, you will get in somewhere.

When you finally do get your application back, and you are fortunate enough to have some choices, you will have some time to decide. Leverage the resources that were previously mentioned, consult with your parents, and perhaps visit the schools you were accepted to. Best of luck!



POWDER PUFF 2018



Maddie Seier, Shaina Mazzocca — played hard for the sophomores.



Trevor Amorim and Rebekah McGeehan.
Photo courtesy of Brianna Schuck



Olivia Romig and Lexi Meckes.



Hailey Evans avoids the senior defense.



Katie Yesik (alongside Lexi Meckes) donned the gold pants but the juniors took home the bragging rights.

Photos by Gary Meckes (unless otherwise noted)

Stories lurk behind everyone's saddened eyes

may seem OK. They may laugh at the lunch table, read aloud in class, or even tell amazing stories about their life. But what people around them may not know is that they recently lost their home, they thought about harming themselves, they wished they had the courage and strength to commit suicide, their dog passed away, they lost a family member, or so many other tragic events that

could have changed things forever. Mental health is not something that should be taken lightly. From a personal aspect, I try to lend a helping hand to everyone, but not just an "I'm here if you need me" type of hand. I want everyone to feel accepted for who they truly are and who they want to be. I want people to know that even if it is just one person, I will be that one person that will always be there. No one should ever have to go through something

that serious alone. Fitting in and making new friends isn't always the easiest task. Instead of laughing at someone or putting someone down, be kind. Some people may be so traumatized that they are sensitive to tone of voice, and some people may even be so used to people being rude that even sarcasm hurts. If you are aware of that, you can comfort them in this type of situation, or maybe even try to avoid getting yourself into this

type of situation. Being aware of mental health is something very important. Everyone needs a friend or just someone they can turn to. I know I would not want to be alone, and I am forever fortunate for everyone who surrounds me with support, as I try to do the same. Next time you see someone you know or maybe don't know, just tell them you got their back, and think about joining Aevidium, too. *(More on Aevidium in a future Slate).*

DECEMBER CANNOT KILL HALLOWEEN FEVER!



Senior Dress-Up Day Participants: Madyson Sterner, Emma Schmoyer and Hailey Karpowich.



Josh Satterlee, Edge Kroll, Nate Keller, Jack Ligenza, Nick Stinson and Preston Kemery kept the school grounds safe.



Coincidentally, Anthony Bardelli didn't even know it was dress-up day.



Abby Merkle, Molly Wilk, Jamie Knerr and Katie Guelcher.



Moses (Mason McGowan) is hopefully praying for longer shorts on Officer CJ Davies.



Jackie Hollenbach and Dan Grayson brought Space Jam back.

Technology-filled stunts/effects become a distraction

the Special Editions of the original *Star Wars* trilogy. When the original *Star Wars* movies were released, George Lucas didn't get to make the films the way he imagined them looking, for the technology was not advanced enough for his vision. But with the rise of computer-animation in the late 90's, he went back to the original trilogy and started to weave CGI into it. At first, he was going back and fixing things that needed fixing, like the black and fuzzy lines around spaceships as a result of the green-screening at the time of filming the movies.

Then he started putting in additional creatures and taking others out and extending shots until it came to the point that he was changing the appearances of entire scenes. At the

end of *Return of the Jedi*, he even created a whole new scene with the help of CGI. Giving that it was only 1996-1997 at the time, the effects didn't look all that good, which took away from the experience that made those movies *original* in the first place. Lucas also applied this technology to his prequel trilogy, which started in 1999. By then, with a bigger budget and better developed technology, the CGI of those movies looked somewhat tolerable. But still, there was way too many digital effects and not enough practical ones (practical effects being effects that are real and not made digitally), which still took away from the experience of those movies.

That is what most movies come down to - *Is the story good enough?* Many movies that heavily use CGI are good, like *Rogue One*, which con-

tained an insane amount of CGI, from the aforementioned Tarkin facial editing to the enormous space/ground battle in the film's third act. This was combined, however, with Disney's authentic practical effects, a compelling plot, and good acting. And although many people thought the CGI used to bring Tarkin to life was distracting, I thought it blended very well with *Rogue One*'s aesthetic, and that none of the CGI in the film took away from the story, which is sadly what happens with other films.

So, is CGI a useful tool or just ultimately distracting and excessive? It can be either. CGI in movies will be portrayed the way people making the movie want to see it, or have to make it depending on budget sizes and time limitations. And CGI can be distracting when there isn't a good enough story or acting to keep the

movie together. But CGI is so useful, and ultimately, an artistic tool. Artists and designers use Computer-Generated Imagery to create whole movies that are often more interesting and beautiful than live-action films.

Medical professionals use CGI to help treat their patients. CGI is sometimes used to map out a part of a patient's body, or display a developing medical procedure or tool in ways that could help someone. CGI isn't just something that makes the Hulk a big green giant, or makes explosions look better. It is an amazing technology that can be used in so many ways. With the good it helps to cultivate on imagination, we can maybe forgive DC for not doing such a good job on Henry Cavill's moustache editing.

SPORTS



Page 10

Reagan Pender runs away with the competition

XC star finishes record-setting season with senior year still to come



Run, Reagan, Run! So she did.

By Katie Guelcher
Sports Editor

While entering her freshman-year cross country season, NL junior Reagan Pender knew that there was only room for improvement. A runner since seventh grade, Reagan, at the time, was suffering from an injury and had even considered not continuing to run cross country.

"I really just thought I would run and go on with my life. I did not see it as something that would give me success, just something to stay in shape and allow me to hang out with friends," Pender said. Looking back on her freshman season, Pender had run solid times, but it was nothing that would prepare her for what was about to come next.

Pender had all the more reason to continue with the sport at the end of her sophomore season — her outstanding breakout year, placing fifth out of 54 girls at the Colonial League Championships. She



The support system assembled! (Left to right) Volunteer assistant Ms. Case, head coach Mr. Oertner, Reagan, Athletic Director Mr. Geist and Assistant Coach Mrs. Lori-Beth Guelcher.

NL football loudly improves after silent season

By Brianna Schuck
Sports Editor

Going into the 2018 season, the NL Bulldogs football team had one goal in mind: improvement. After coming off an 0-10 season, few people on the outside believed they would bounce back. However, the players had something else in mind.

After they were tired of being known as the "losing school," the team knew they needed to work harder than previous years, and they knew winning was the mission. As the seniors often say, they wanted it more.

They instilled a work ethic to the underclassmen and made sure they gave it their all; that way, the underclassmen would pick up on that work ethic and would work just as hard.

Even though the Bulldogs went 0-10 last year, that coaching staff



does not believe the year was a waste. "Even at the end of last year, being 0-10, it never really felt like we had lost control," Coach Tout said. "We were so competitive in games. I give a lot of credit to our seniors last year."

Coach Tout believes that re-

gardless of the outcome, last year was one of building.

"We knew we had this year's seniors as juniors being a bigger class coming back. It was kind of the theme of the offseason. Obviously you're 0-10, there's not going to be a lot of expectations, but our goal wasn't to win a game or two; we wanted to see a pretty substantial turn around, and I thought that was a great job by not only our seniors but our entire team."

Not only did they win one game, which technically would have been an improvement, but they cut their deficit in half, and they proved that Bulldog football is more than just a record.

Last year, the Dawgs worked hard, but they moved in silence. They showed up, put in work, and left. This year, it was more than that. They were a family, and they had each other's backs regardless of the

outcome that night. Even for the coaches, they took the time to sit down and really evaluate things. Coach Tout said, "I told our kids at the end of the year and even before that. A lot of times as a coach, you measure when you know you have a decent amount of starters back like we did this year. Let's say a team is 4-6. If you are able to go from 4-6 to 7-3, if you are able to have just three more wins from one year to the next, that's a monumental increase. It's a great job. If you put it in that perspective, we went from not winning a game to winning half of our games. We were very proud and happy with that."

Of course, winning just one game would have been better than the previous season of none, but winning more than a few was the goal. If success and improvement was going to be an option, they

The roads to college are paved with signed intentions



Northern Lehigh senior athletes recently signed letters of intent to attend specific college programs in the fall. Clockwise from top left: Amber Cieri with parents Kelly and Mike Cieri (field hockey at Cedar Crest College); Calista Smoyer with parents Ryan and Alana Smoyer (rifle at West Virginia University); Olivia Romig with mom Lynette Romig (field hockey at Fairleigh Dickinson University); Madison Posivak with mom Michelle and dad Eric Walters (field hockey at Slippery Rock University); Luke Eitner with mom Heather (baseball at Wells College). Good luck, Bulldogs!



Record-setting season for the Reagan runnin' machine

then placed third out of 98 girls at the PIAA District XI Championships. Her third-place finish qualified her for the PIAA State Championship race in Hershey, where she was able to finish with the incredible place of 48th out of 227 girls.

"Between freshman and sophomore year, I was practicing a lot more. I was diligently waking up before the heat of the summer and making sure I got my workouts in," she said. "I also had a lot more motivation. The track season that I had freshman year really helped me. I was able to win my first race, and the feeling I had could not be compared to the normal feelings I had experienced after a race. I really wanted to keep that feeling for as long as I could."

It was the end of a phenomenal, yet unexpected sophomore year season.

After earning a variety of incredible achievements, she was excited for what opportunities her junior year would hold. Before the start of this year's season, the girls' team had been reclassified from AA to A. This was good news to Pender, giving her a better chance for more success.

At the first invitational race of this season, Pender earned a second-place finish while running her personal best for the season, 19:07. Her success only continued and increased



Proud parents Shelly and Richard Pender provided support from the sidelines.

throughout the rest of the season. During the second race of the season, she once again placed second out of 108 runners. She then continued to win race after race.

"I love that running cross country takes almost all of my stress away. I love being able to just run and not have to worry about anyone or anything for an hour," she said. "It's the best feeling in the world. A bad day can turn into a good day after a workout; that's what I love."

Last season, Pender crushed our own high school course record with a time of 20:33. This season she was able to beat her own time and once again set a new record. On Oct. 9, she set the record with a time of 19:54. That is not the only record she set this year. On Sept. 27, she set another new record while running the Palmerton High School course, located on Blue Mountain.

This year has been nothing but exciting for Pender. On Oct. 16, Pender placed first at the Colonial League Championship with a winning time of 19:57. She then went on to once again win the PIAA District XI Championship race on Oct. 24 with a winning time of 19:14. This meant that Pender would once again have the opportunity to run in the PIAA State Championship race.

"I had lots and lots of nerves. I think about all the outcomes that can happen if I mess up," said Reagan, when asked about what goes through her mind before the start of a race. "I also mentally prepare myself to race against the competition, how I can get ahead of them at certain points."

At the State Championships, Reagan ran a fantastic race and

placed sixth out of 216 girls. Pender is now tied for Northern Lehigh High School's best female finish at a state cross country race. This record was first set by Lisa Dorshimer back during the 1992-93 season. Reagan hopes to hold the new record next year.

Her greatest achievement thus far has been placing sixth in the State Championship Race. "It's so unbelievable that I still haven't wrapped my head around it. Being able to win the league and district titles are my close seconds though. All of the things I have been able to achieve during the league season are also so important to me," she said.

This season has been more than Pender could ever expect. It was obvious that all of her hard work, training, and dedication over the years has paid off after each race. Next year, Pender is looking forward to "the challenge of defending the league and district titles. I'm also looking forward to competing with some new competition, as well as some old."

Her goals for next year consist of placing in the top 5 at the State Championship race, even though she believes top 3 would be a dream. Pender is at the stage where she is nearing the end of her high school career. That being said, she would love to attend a school that prioritizes this sport. It is safe to say that she is in it for the long run.

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Lehigh Carbon
COMMUNITY COLLEGE

Patriot Club, Part 2: Unfolding the flag's meaning

By Dylan Kuntz
Community News Editor

The Northern Lehigh High School Patriot Club was founded for many reasons, but the most important of those reasons would be the caretaking of the high school's American and state flags. Before the club was created, certain Northern Lehigh staff members were tasked with caring for the flags.

However, giving a select few students this responsibility is a great way to get them more involved in both the school and the country. This also gives students an opportunity to learn about flag etiquette, meaning the proper way to fold, display and handle the Stars and Stripes.

"The Patriot Club was created to give students an opportunity to foster their patriotism as well as the opportunity to volunteer their service to the school and community," said club adviser Mr. Scott Gerould.



Dylan Kuntz, Luke Wackley and Ryan Lynch attended the recent Veterans Day ceremony downtown, speaking at 11:11 a.m. on November 11th — reminiscent of the Armistice that ended World War I.

There are many important aspects of the Patriot Club such as holding yourself accountable for your conduct, fostering leadership within yourself, seeking to take on more responsibility, performing flag duty

and the proper care of the flags and proper flag ceremony. Also, supporting the community and school through various events like food banks, appreciation dinners, and posting flags on gravestones of Veterans. It is good for [the students'] personal growth and development, appreciation and recognition for the freedom we have through the sacrifice of others, to gain more perspective about the larger things in life, learn to plan, work with and lead in tasks that support others."

Every feature on the U.S. flag symbolizes something important about our country ~ something that

makes America as great as it is. The colors of the flag are especially meaningful and symbolic. White symbolizes purity and innocence, red symbolizes valor and bravery, as well as blood, spilled on home and foreign lands, and blue symbolizes justice, vigilance, and perseverance. Along with the colors come the stars and stripes.

The stars symbolize Heaven above and the goals that humankind hopes to accomplish, as well as the American states. The stripes themselves are meant to symbolize rays of sunlight, and since there are 13, they represent the original 13 colonies that declared independence from England.

The folding of the flag itself is also very important. Every fold has a meaning behind it, and each fold must be precise.

The first fold is a symbol of life. The second fold is a symbol of our

Improvement was the goal and the mission was accomplished

weren't going to short themselves and be happy with a win or two. They were going to leave a mark, and that is exactly what happened.

Unfortunately, the outlook did not look so good this year. Coach said, "It was one of those years where football was just a bit of a crap shoot in the way the playoff season works. In some sports, it's mandatory if you have a .500 record that you're a playoff team, in which we would have met that requirement. There's some years with that not being a requirement that you don't need to have a winning record to get in either. I wish this group would have had some type of playoff berth available to them because I think the Eastern Conference would have been a good fit for our guys this year.

"Unfortunately, the way it works, the District Playoffs had eight teams last year and it looks like eight teams will get in next year; but this was the odd year when they switched it to four, and we would have been the sixth seed. It would have been nice for our guys to get in, but overall I think it was a really good turnaround for us."

Even though they didn't make it to the playoffs, breaking even was very rewarding.

When asked about placement and ending the season, Coach Tout had a lot to say, and a lot to be proud of, too.

"Especially coming back.. It was a good way to end the season. Realistically, our school enrollment is on a bit of a decline, and I think we are much more comparable to Palmerton right now, but we are playing a classification up. I think it was a good way to end the season against Palmerton, because that is kind of where we fit right now, as a 2A school. And to see Palmerton, who would have been in the 2A District Finals the last two years, to playing against a team that size that is comparable to us, I think that is not so much a statement, but I think that's where we would have had a chance, in the District final in 2A, had we fallen there, but we just a fell a few boys over the numbers."

Of course, all of these wonderful accomplishments would not have been reached without a select few guys. Coach Tout feels as though many of the seniors work hard, yet their work ethic and accomplishments are often undermined and go unnoticed. "I felt a number of our guys were standout players that we are going to miss a lot. Guys that do not get enough recognition are Dominic Bandle and Caleb Wanamaker. They're the guys in the trenches; you

don't hear their names a whole lot, but we definitely relied on them a lot the last three years and we're definitely going to miss those guys. It is noticeable when you have a lot of three-year starters." Those guys did a great job protecting their quarterback, Gage Hunsicker, and Coach Tout had nothing but good words to speak on him. "Gage at quarterback, just being in that position for one year, he did a really good job. This was probably the best we've thrown the ball the last few years. We're really going to miss him, there and at cornerback."

Even though the Dawgs worked hard, not even the league wanted to recognize them for their accomplishments. But if there were to be one all-league recognition, Coach Tout surely knows who he would pick. "None of our guys made all league at any level, and I felt the biggest shame was Damion Rodriguez. He is a tight end and linebacker and I felt he had an awesome caliber year. Unfortunately, he did not make that team, but I thought he should have. I think he's one of the better players in our league."

Even though no one received any all-league awards, Coach Tout handed out a few of his own at the 2018 Fall Awards Night. Each player had their own strength and amazing

quality, so it was hard to decide who deserved what. But then, the word "outstanding" was thrown in the front, and it changed the name of the game.

This year, most awards were handed out to seniors. Dominic Bandle, senior, received Outstanding Offensive Lineman; Justin Paul, senior, received Outstanding Offensive Back; Caleb Wanamaker, senior, received Outstanding Defensive Linemen; and Zach Moyer, junior, received Outstanding Defensive Back.

When Coach Tout listed off the names of the captains this year, Zach surely made that list, too. Overall, the captains for the 2018 season were Gage Hunsicker, senior; Caleb Wanamaker, senior; Damion Rodriguez, senior; and Zach Moyer, junior.

What's ahead for NL football? With the seniors leaving this year, Coach Tout says, "I think we will be very comparable next year to this year. That's the expectation. We graduate a group of good guys; a lot of guys who played for us. We've got the junior class and sophomore class, and even the freshman class, we have a lot of guys, with our numbers, who had to play. I'd like to see us take the next goal, which is to get into the playoffs. I think that's a good expectation for next year."

'Bohemian Rhapsody' goes deeper than just hits

By **Ava Rosario**
Arts & Culture Editor

Whether a Queen fan or a simple movie-goer, *Bohemian Rhapsody* will be sure to rock you. The Queen craze never seems to disappear, and the recent release of *Bohemian Rhapsody* only catalyzed it.

Music enthusiasts, critics, and many in between waited eagerly for the biopic to hit the screens, and audiences were pleased. Rotten Tomatoes shows a surprising 62 percent from the critics and a well-deserved 91 percent from the fans. Why the nuance? The answer goes deeper than just the movie.

It's no wonder the movie had such an impact on the audiences. Sure, the cinematic synergy and well-known climax may have played a part (Mercury died of AIDS in 1991), but ultimately, the story of Queen and Freddie Mercury is what captivated viewers.

The movie gave a poignant overview of the struggles the band faced while conveying an inspirational mood that everyone could be touched by. Most importantly, the movie offered a peek into the journey of the legendary frontman.

Freddie's influence in the music industry is said to be unlike any other.

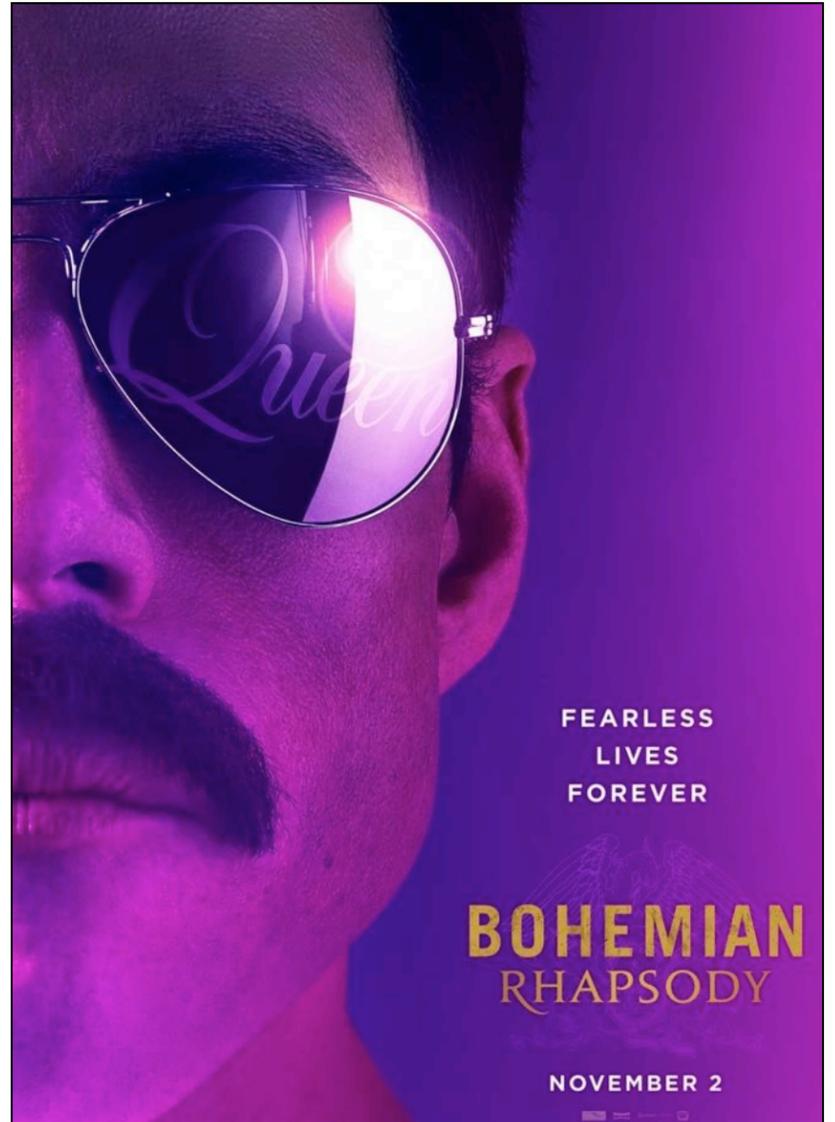
With famous hits like "We Are the Champions," "We Will Rock You," and many more, it's unlikely to find someone who can't sing along.

Queen mixed genres and techniques that brought a new and unique sound to 70s arena rock. Freddie's music and personality had a diversity that is hard to imitate, making his impact even greater. He was a representative and role model for a variety of demographics.

Up until his last day, he expressed the energy and effort that he was known for. Even now, he is honored and admired for his craft - his inspiration seemingly endless.

Bohemian Rhapsody was able to take Freddie's presence in the world and turn it into an emotion-packed rollercoaster for the audience. With the struggle of labels accepting them, the creative processes of their many hits, and the ever-so-iconic Live Aid performance in 1985 that took place on two continents and was broadcast worldwide, the movie was a nostalgic experience for fans and an equally stirring one for everybody.

Freddie's title as a legend was enforced; his perseverance through everything, from judgment to sickness showed that he never held back. The movie is only a reminder that fearless truly lives forever.



Our country — right or wrong

belief in eternal life. The third fold is made in honor and remembrance of the veterans who gave a portion of life for the defense of our country.

The fourth fold represents our weaker nature. In trusting God, we turn to Him in times of peace, as well as in times of war for His guidance. The fifth fold is a tribute to our country.

Stephen Decatur once stated, "Our country, in dealing with other countries, may she always be right; but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. We use our heart to pledge allegiance to the flag. The seventh fold is a tribute to our Armed Forces. It is they who protect our country and our flag against any enemies. The eighth fold is a tribute to the one who entered into the valley of the shadow of death so that we might see the light of day. It is also to honor mothers, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood. Their faith, love, loyalty and devotion provide the character of the



men and women who have made this country great.

The tenth fold is a tribute to fathers. They have given their sons and daughters for the defense of our country.

The eleventh fold, for the Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies the God of Abraham, Isaac, and Jacob.

The twelfth fold, for the Christian citizens, represents an emblem of eternity and glorifies God the Father, the Son, and Holy Ghost.

When the flag is completely folded (the 13th fold) the stars are uppermost, reminding us of our national motto, "In God We Trust." There is a ton of importance linked to the American flag. It isn't just a symbol for our country, but a tribute to all those that served in order to make it as great as it is. The next time you see the flag, think about its significance and about those who gave everything to achieve that.

The future's uncertainty looms for all seniors

By **Madison Hoffman**
Staff Writer

At first, hearing the question *What do you want to be when you grow up?* wasn't that daunting. We said whatever it was that week and changed it daily. Now that we are almost fully grown, it's horrifying to hear that familiar question.

I think, as teenagers, there is a lot of pressure to figure out what we are doing for the rest of our lives. Some of us have known since we entered the world but, for most of us, it takes a while.

In fact, most of us still are respectfully clueless. I feel like this makes the "aha" moment of realizing what you want to do so much better. It took me a while but after all these years of changing from one thing to another, I think I got it.

But even when you do figure it all out, you are still faced with much uncertainty.

Will this be the right thing for me? Will I like doing this for a career and for the rest of my working life? Am I going to be able to make enough money to support myself?

The one big question to ask yourself is if you are happy doing what you are doing. Hopefully, you know a bunch about what you want to do so you know if you'll like what the job entails. If you enjoy your career or think you will, then it's definitely worth pursuing. But what if you think you'll like it and then later on down the road you realize the opposite. That's fine, too.

My mother is in her 40s and still has no idea. That is the great thing about life... You can change

Out with the drab and in with the Bardelli

Fashions come and go, disappear and re-emerge with the ever-evolving planet

By Anthony Bardelli
Staff Writer

As the gods are regal and beasts display extravagance, mankind has desired physical splendor.

Since the ascension of human culture, we have sought to adorn ourselves with the trappings of magnificence nature has. From the coloring of clothes to the bearing of precious earthen glamour, personal cultural expressions have always been a

race of vanity. However, as the need for expression marches on, a divide tears apart the world of fashion: old versus new.

It is a fact of life that things change and how people style themselves too shall change.

On one side there are those who prefer classical clothes (now considered formal) and those who prefer trendy eye-capturing looks. After thousands of years of evolution, the intermingling world of fashion has

become a melting pot with two striking senses on each end.

When one inspects the clothes of decades previous, a continual pattern emerges in dress; a uniformed individuality. It takes no significant amount of investigation to see how clothing has been, and always was, the same in different cultures with few changes for masculine and feminine figures over time. Dress was, at a base level, drab.

Much as a mold, clothing was

simple to make. What made each person distinct, the first development in personal style, was the detail they painstakingly wove. The choice of color signified your taste and rank in society. It was a fundamental hallmark of individuality to dress in the most extravagant clothes you could afford to stand out.

A worldwide competition had begun to see who could be the most

Happiness transcends monetary rewards

your mind. There is the fear that you end up getting a useless degree that ends with you wasting a bunch of money but that's OK, too. But what happens if you like what you do but choose something else just because it pays more money and then ultimately end up being miserable. These are some risks worth pondering.

Consider what's best for you and, overall, your happiness should come first. Not your family's, not your friends', not your dog's. It's all about what *you* feel is the best fit for you. If you are that worried about money then try to go into something that is similar to what you want that will still make you happy instead of something that will make you a lot of money but unhappy.

If you can find something that makes you both happy and rich, then good for you but not everyone will find success. You could be really passionate but still not make it as big in that field.

Or you could think that you'll like your career but you don't know if you'll

love it but you end up being so in love with it that you couldn't imagine your life without it. These are variables that you will never know the answer to until they happen. That's the other thing about life, though. It's unpredictable. You never know what's going to happen and that's the exciting part of it.

This isn't about pursuing your career ~ it's about pursuing happiness. It's about following your dreams. For the sake of this article, I am referring to a dream that involves your career because that can shape how the rest of your life goes, as well as everything that you do in high school and college.

It is also a big struggle for us during this time of our life. We need the encouragement now, not when we have already said no to our dream career. But by all means, if your dream is to see the world and explore, do so.

Nothing is stopping you except you. Your life can be so exciting and full of joy if you just follow your dreams and do what makes you happy.

A warm welcome



Student Council and Aevium members joined forces to greet students in the lobby recently with a "Good morning" and free hot chocolate. Paige Craddock and Katelyn Verba were popular greeters that morning.

Media limits could foster serenity

continually worried about numbers of views and likes and nothing but numbers which is not a good mindset to have.

If people limit the time they spend on their phones and on social media, I believe the world will be more peaceful. If people would just take their eyes off the screen for a few more minutes a day to appreciate the world and the people around them, there will be less drama and it will have less of a bad influence on the

youth of today.

Media has shaped the world we live in today. Without it, we wouldn't live in the same society as we do now. While media has its great advantages, it can be made even more useful with people spending less time focused on the drama and more people focused on actual problems in our society. The use of media will never diminish, but we can make the media more useful in years to come.

Adding 'Anger' would be advantageous

learned even more if my release wasn't so early, due to the conclusion that it wasn't actually necessary for me to be there. But that was all it took: Three days.

And notice, the three main focuses of my stay all go hand-in-hand with anger and emotion management. If added to the curriculum, anger management with a focus on those things could be an efficient and insightful experience, much more than so many students may assume. In a world where we are constantly learning things that get us down, being taught ways to combat the negativity might just be what students need. It could be the start of a positive change of the minds and perspectives of growing students, which is essentially a growing change of the future.

Hi, I'm Cody: Burying the *deadname* to feel alive

By **Cody Grabarits**
Contributing Writer

Names are important. There's no denying that. It's the easiest and best way to give people identification. As many know, I've changed my own name.

I have also had multiple people ask why I picked the name I did. No one had blatantly asked me, but no one has ever really understood why I had decided to change my name and why hearing my "deadname" is almost like a knife in my chest.

We were all called names in school. Names that maybe we didn't necessarily like. We could even have nicknames that our parents gave us that make us cringe every time we hear it.

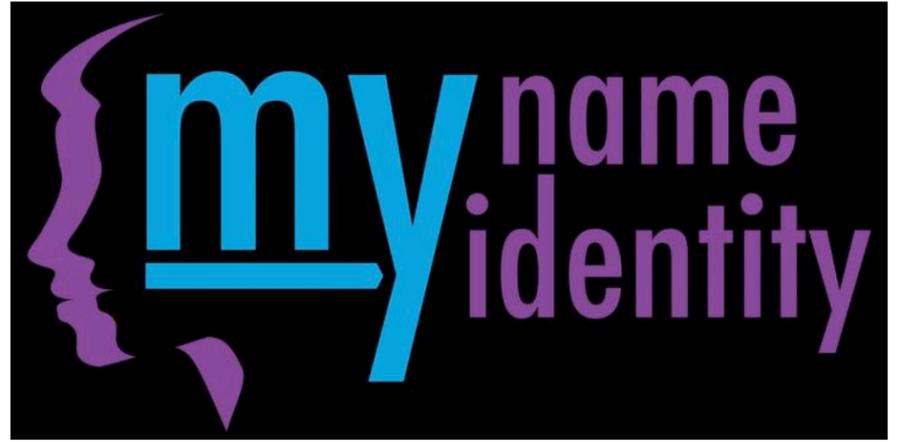
Hearing my deadname is worse than just cringing or being sad because someone called me a mean name. Hearing it makes me feel emp-

ty inside, like someone had just ripped my heart out of my chest. It feels like a stab wound in my body, a gaping hole in my body that's bleeding and draining me of life.

Each time I hear it, it's another stab wound. It makes me feel insignificant and small because someone didn't care enough to bother to respect me. It makes me feel like no one cares about what I feel like and what their words can and will do to me.

Hearing someone that knows that my name is *Cody* and still calls me by my *deadname*, and usually feminine pronouns without trying will ruin my day, no matter how good a day it was before. It can send me spiraling down into a whirl of dysphoria in a matter of seconds.

I changed my name so I don't have that as much. Hearing people call me *Cody* and masculine pronouns empowers me. That makes me



feel like I matter. It makes me feel like I actually have a place in the world, that people care how I feel, that people actually want to respect me.

My name makes me feel prouder of myself. My name is something I chose and it gave me control over an aspect of my life that I feel like I don't have much control over in the first place.

Some advice: if someone asks

you to call them something and/or they prefer certain pronouns, respect them. Respect what they ask. Maybe it doesn't seem like the biggest deal, but it will honestly make that person's life a whole lot easier.

It's not always the easiest change, but apologize and move on, trying your best for future instances that you talk to them or about them. It makes a bigger difference than you may think.

It is no longer unfashionable to be old-fashioned

elegant. The competition found new patterns, dyes, and sewing techniques making fashion even more distinct despite a uniform template.

Even the threading was unique, and what accessories you carried with you spoke volumes. Every detail must be perfect from color to fabric as well.

Old fashion, thus, has come to be the inner-self's luxurious expression through clothes no other possessed.

Then came a cultural reform that overswept the world. Simplicity suddenly dulled the world of fashion. The very same patterns people adored lost their luster. They became garish. Tacky. Miraculously, an explosive new age revived by the hidden want for glamour happened. The new age of fashion ~ high fashion ~ had begun. From the 1950s onward designers flooded the world with ideas. Clothes had a life to them again which countercultures and popular culture wore proudly and developed into unique styles. Though mass production made millions of outfits, new fashion had a completely different approach to individualism. Individual uniformity.

Brands became fluttering banners for youths to fly, and the colors they chose their own personal gold. New-age fashion belonged to the de-

signers and what innovations they made, not *how special* the clothes were. Only the latest from the greatest will suffice and lay the groundwork for styles to come. It is a culture of the masses where all can appreciate the same clothing and bask in the majesty of their peers' style choices. The trend still lives on today from head-to-toe as the newest creations are sought after.

Modern society has evolved into a mixture of old and new fashioned. Everyday we quest for unique designs, clothes that fit our tastes much like our ancestors traveled for and what designers wish to invent. Each and every one has favorite clothes they flaunt with pride. We diversify and conform to creators at the same time. Whether one is old or new fashioned, on some level everybody appreciates clothing.

It is said by old fashions that the newest fads are lesser, informal, and without any form of respectability. New fashions say the old are uptight, restrictive, and cold. Both are neither correct nor incorrect.

The eternal debate about which

is better has long since raged, but is at its height now after centuries of intermingling cultures and all human imagination can conjure. Old fashion is at its heart, timeless, from an

sense of fashion, by our perception, they too are people with unique aesthetics. The melting pot that fashion is blurs as old garments take on a new, chic design and progressive



age where to look one's best, one wore the most they could, resembling royals. New fashion too desires to look one's best, but within the simplicity of the clothe itself. Each has its time and place in society and what one wears should not be a point of judgement. We must all remember that even though some have little

styles venerate the old's detail.

What matters is what one wears and how he or she owns it. Work it. Fashion speaks who somebody is to the whole world. It has been the dream of humanity to look their best, and choice of clothing is just another way everybody tries to appear good.