



Marching band 'Dares to Soar'

Bulldog Stadium plays host to 11 bands in tournament

By Shayla Smith

It was one of the most challenging, hectic, and inspiring days for so many of Northern Lehigh's staff and students. On Sept. 22, and for the first time in five years, the Northern Lehigh Marching Band held its very own Tournament of Bands competition at Bulldog Stadium, hosting 11 incredibly talented bands from both Pennsylvania and New Jersey. Just after the break of dawn, all of the bands, including NL, began prepping for their time to perform at the competition for that historic but exhausting day.

"I am extremely proud of our group," said one of two NL

band drum majors, Charles Fleischmann. "We have been working for hundreds of hours since June on our show *Dare to Soar*.

We are at the top of our competing class once again, ready to defend our Regional Championship title this year at Northampton on Oct. 21."

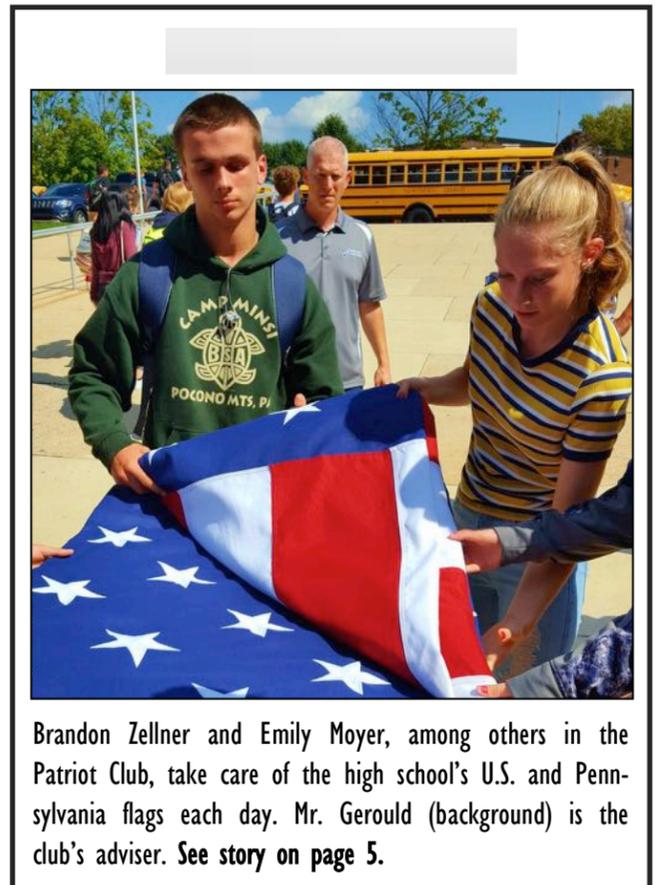
"Dare to Soar" is a metaphor for overcoming the mental, spiritual, and physical trials that all humans experience. The color guard is made up of 12 female students who take on the role of birds flying through the sky, truly bringing the pro-



gram to life. Of the 12, one is caged. The cage is symbolic for the hardships that she must release herself from. The show features spoken word,

which tells the story of how the caged bird learns that "In order to rise above, break barriers and push limits!" It's a message that anyone of any age who is undergoing any sort of challenge can connect to, making it a program that is easily adored and acclaimed.

And acclaimed the NL marching band certainly is!



Brandon Zellner and Emily Moyer, among others in the Patriot Club, take care of the high school's U.S. and Pennsylvania flags each day. Mr. Gerould (background) is the club's adviser. See story on page 5.

No scripts, no plans, no lines – no problem

By Courtney Trumbore

When most people think of theater, they think of memorizing lines and songs. Of course this occurs, but what happens when an actor forgets the line? They can't just stop because the audience is hanging on every word! Instead of freezing, they use improvisation, or improv.

Improv is coming up with something on the spot, and sometimes, it's used for more than just forgetting a line.

Improv is used as a comedic outlet for actors. All over the world, people participate in improv clubs and put their skills to the test. Actors don't always just walk on stage and start talking, they are



Scripts? Paige Craddock does not need a script. Improv Night invades NL's auditorium, Nov. 3.

involved in various games that pique the interest of the audience. Popular games include *The Dating Game*, *Confessions*, *Questions*, and many more. Sound interesting? Great! Northern Lehigh is having its very own improv night Nov. 3, at 6:30 p.m.

Northern Lehigh Theatre Troupe (NLTT) started incorporating Improv Nights in last year's fall theater season. Troupe members participate in hilarious games that are certain to make the audience laugh. One of the newest troupe members, Maggie Reitz, told *The Slate* why she is excited to take part in her first improv night and troupe activities.

"Being a new member of theater, I am excited to get closer to the cast and perform in front of oth-

Irrational, unique fears transcend All Hallows Eve

By Madison Hoffman

Heights, the dark, failure, and insects. What do you really have to be afraid of? Why are these considered normal fears to have? Why are these the fears that I can admit to someone I possess, but as soon as I say that I'm afraid of *potato eyes* I get weird reac-

tions? What if all fears are actually pretty much the same level of weirdness; we just normalized a select few that are a bit more common?

I also don't understand why some people are afraid to admit their fear. It shouldn't be embarrassing; we all have 'em. It is perfectly fine to be afraid of the dark at age 16...or at least

that's what I tell myself.

The nature of fears is also odd. Are you really afraid of heights or are you afraid of falling? Are you afraid of the dark or the unknown? Are you afraid of the insect or the bite? For some of these like the insect, the insect itself could just really creep you out and you don't like to look or feel

it because of its weird insect body.

Some fears get really deep into your psyche. I have never had a fear of heights but I have felt the fear when faced with falling. In fact, it wasn't so much the fall that would make me scared but the fear of dying. I would

NL High School 'Student Council Scoop'

Bulldog happenings from the President's Perspective, Issue One

By Jamie Knerr

Homecoming... The game, the fans. The dance, the music. All of the electricity traveling through Northern Lehigh the week we celebrate our homecoming is contagious. However, what you see is just the tip of the iceberg. Homecoming is months of planning and a lot of work within a small group of people. Our high school's Student Council members spend a majority of their summer and first months of school organizing school events like such. Homecoming week is arguably our biggest celebration of the school year.

The event is so large that our council divides the week into three committees: spirit week, the parade, and the dance. Each committee works hard to tie together all the bits and pieces that make up

each part of our celebration. Many council members have different reasons for wanting to help put on such an event.

Some do it because it means something more for our school and community, while others celebrate just because it brings Northern Lehigh together.

In no other time during the year does our school unite and show spirit more than the week of our homecoming. We support our football team, our seniors, and most importantly each other. Brianna Schuck, this year's chairperson of student council's homecoming dance, believes that, "the homecoming festivities create a positive, competitive, mood around the school." Schuck also says



Student Council Member/sophomore Katelyn Verba spent her remaining summer hours painting class signs at the end of August.



Charles Fleischmann

Cat Shelly

Northern Lehigh faculty and staff were welcomed back at the end of summer by the high school jazz band. Their soulful sounds were as sweet the doughnuts served.

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Embracing the strength that results from fears

love to skydive but I would not like to hit the ground if something went wrong.

I have actually wondered a lot about the psychology behind fears. Some are innate or conditioned to fear like if you are born into a family of racists you are probably going to be one too because of your environment. Most fears you can't control and you can't control when something may trigger it. Another thing you can't control is the way you will react to it. You could do the whole *fight or flight* thing, not be able to think clearly or be really negative to everything even if it's not your fear. In general, you have a lack of control over yourself.

You know how some fears actually have names for them like claustrophobia, the fear of small spaces, not of Santa Claus. This basically happens because so many people have this fear that a name is given to it. So if we were to consider these fears to be normal than what would we consider irrational? There are plenty of fears that are named that I even think are weird. I have a fear of the eyes or spuds of potatoes; it's a long story so I won't bore you with why

but there is no name for it.

I have told other people and they say that they can understand where I'm coming from. I looked it up to see if there is a name for it but there is only a name for the fear of potato products, which I think is even more ridiculous but who am I to judge?

Now I developed this fear because of a certain incident which is a pretty reasonable way to develop one. If you had a bad experience with a slide as a child and carried that into adulthood, that's totally acceptable because, guess what, that's normal ~ all fears are normal.

A real irrational fear is my cousin's fear of buttons. Not the ones on jeans but the ones on flannel and other button-up shirts. I asked her why and she just cannot explain because there is no reason behind it. She is even afraid of the word. She will refuse to touch you or look at you until you take off the buttons.

I know someone who is deathly afraid of snakes, which is considered a normal fear. I asked her why and she said it was because of the texture of the skin and the fact that it could strangle

her or bite her to death. I think that snakes get a bad rap because I have met some very friendly snakes and mostly the ones that people keep as pets, which are the ones she has encountered, aren't bad so she has nothing to fear. It's just that people associate snakes with negativity as well as other "normal" fears. She is more or less afraid of the idea of what snakes *could* do to her if she met an unfriendly one.

I do not think that whether you name a fear or not should determine its normality. All fears are really the same. They derive from somewhere and you have the same reaction to an irrational fear than if you were to have a "normal" fear. We should also stop putting a stigma on fears. Honestly, if you don't have any fears maybe you're the one who isn't normal. Fears are actually a good thing sometimes. Courage and fear go hand in hand, you have to be afraid to have courage, to be able to stand up against your fear.

If you are fearless than that means that you have nothing to overcome or stand up to and, therefore, you are not courageous or brave. Fears give you strength.

From the Student Council Prez

that homecoming “opens opportunities and allows everyone to get involved.”

We had a great amount of participation from the school in our spirit week. The night of our football game, the streets were lined as our annual homecoming parade made its way down Bulldog Lane. We had approximately 400 students in attendance at this year’s homecoming dance, reaching one of our largest dances ever held at Northern Lehigh.

Shortly after our homecoming festivities ended, student council quickly began organizing our fall blood drive. Partnering with Miller Keystone, we brought the blood donation center to our gymnasium on Oct. 18. This blood drive is open to the public as well, bringing the community into our school once again.

Students, faculty, and community members come together to donate a pint of blood to save thousands of lives, locally, or to need-based areas. The same day as the fall blood drive, student

council, along with other organizations at the high school, held our annual bonfire! This bonfire is held the Thursday night before the football game against our rivals, the Northwestern Tigers, to get our high school ready and in high spirits before the big game! The event held food, games, appearances of local businesses, and of course, the bonfire!

The holidays also bring a busy season to Northern Lehigh’s student council. We kick off our annual Toys for Tots campaign just after Thanksgiving break. Giving back to our local community, we begin our Adopt A Family campaign in early December, collecting donations and gifts to give to children in need in our area so they can enjoy a Christmas celebration.

Student council members work very hard all throughout the year to make sure our student body has continuous events to anticipate. For all of the newest information and updates on what’s going on in student council, check back with The Slate or around the school!

On-the-spot fun and laughter, Nov. 3

ers,” she said. “I want to let people see what I can do as an actress and a singer. I worked backstage last year and it was great, but I am excited to get an even bigger and better experience this year. I’m looking forward to a great season!”

One of our more experienced troupe members, Jack Ligenza, shared what the audience should expect during improv night.

“It is an action-packed night filled with humor and excitement. You never know what is going to happen! It’s really fun to be able to perform other styles of acting, and learn from it, too,” he said.

There you have it! Don’t miss out on this NLTT’s one and only improv night this year. The fun begins at 6:30 and all are welcome! It is sure to be a night filled with laughter and fun that audience members will never forget.



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Into the Wild Blue to plug in and recharge

Our ongoing series on NL teachers' methods of re-energizing over the summer

By Brianna Schuck

Over this past summer, a few of Northern Lehigh's finest needed to "recharge." Rather than reading a book or taking a trip, they travelled to the sky and then back - fast. Literally.

On the fine morning of Aug. 15, Mr. Graver, Ms. Case, and her husband were well on their way to one of the coolest experiences ever (and probably the highest, off-the-ground experience, too), Mr. Graver reflects. As the morning quickly turned to afternoon, it felt like only seconds had passed but the three were harnessed and ready to go, only a couple thousand feet in the air.

As Ms. Case prepared herself for her second trip plummeting from the friendly skies, Mr. Graver braced himself for his first long, two-and-a-half mile flight, or should I say, *jump*. This was not just an everyday, ordinary jump, however. They were about to take the largest leap of their lives: sky-diving.

Looking back, he says the scariest part was signing his life away. When he began to read about all of the things that could go wrong he realized just what he was getting himself into. However, nothing changed his mind. "I was doing it because I wanted to feel what it is like to truly *jump*," Mr.



Mr. Graver, many NL high-schoolers' OWC teacher in middle school, recharged this summer by plummeting to earth. It was his maiden sky-jump. It is unsure if it will be his last.

Graver said.

Ms. Case on the other hand believes the scariest part was sitting on the edge of the plane seeing how far up they were. She remembers saying to herself, "This is how we're going to go out." Now, she sits back and laughs at the fact that they really didn't read the waivers they initialed, they just signed it because they knew they had to in order to accomplish what they went there to do.

As they ascended, they discussed how surreal it was and how it truly didn't even seem as if it was actually happening. But there they were, ready to jump from 13,000 feet in the air and freefall down for just 50 seconds. It took only two and a half minutes to go down, but remembering what it was like when they fell, Mr Graver says, "When you fall, it doesn't even feel like you're falling. You just feel the wind, coming at you at 130 miles an hour."

Unlike Ms. Case, Mr. Graver kept his eyes open the entire time. He says that you are so high up that everything on the ground seems so tiny, as though you can't even see it. The only thing he could really see was the fog, but then he realized it wasn't just "foggy" - it was the clouds. They were

Overcoming the shortcomings together as a band

With a current score (as of Oct. 10) of 83.35, the group is in the top five of the Group 1 Open Class, a competitive class in which bands are not only judged on how well they perform, but also the level of difficulty of the show as a whole.

"Our marching band program is set up to be educational," said Mr. Carroll, the best band director ever, "but it also exists as an activity and as a varsity sport. We have been able to get the Northern Lehigh name out across multiple states. In the last seven years, we've been in the top 5 of the Atlantic coast, and that is something that I'm proud of."

As a senior, section leader, and 5th-year color guard performer, Julia Thomason describes her experience and illustrates the effort she puts forth to the program. "Marching band/color guard has been a unique experience every year," she said. "This year, though, has presented me with a lot of new challenges and responsibilities. As a guard veteran, I have had to jump into a position of leadership and guidance toward our new members, and even though that has been challenging and a little chaotic at times, it has really enlightened me on what being a part of the program is all about - being there for

others and working together to create something really cool - and that has been really rewarding."

Similarly, Charles Fleischman adds: "After seeing NL's marching band for the first time in 2013, I was amazed at the level of performance high-schoolers were able to achieve. I was inspired to join in 2014 where I was overwhelmed during the first few days of practice. I was unsure that I could even participate in an activity with such fine attention to detail. However, I prevailed over my self-doubt. I am extremely proud of our group. Marching band has allowed me to become an effective collaborator and leader. I have developed qualities and traits that will prepare me for the rest of my life."

Rocking with irony, these words from highly experienced students perfectly correlate to the moral of *Dare to Soar*: overcoming the shortcomings. This is what NL's band does at every single rehearsal together. For the last two years, band has been

where I've met so many of the most amazing people I know. The friendships and memories will stay with me, and I wouldn't want it any other way.

Personally, my only regret is that I hadn't joined sooner. Mr. Carroll, Mr. Jonkman, Jim and Kim (our drill and color guard instructors), the marchers, the percussion, and myself: We can assure anyone who may question it that the answer is yes, it is worth it. Yes, the painful muscles, the sore lips, the aching shoulders and wrists. It is always worth it.



Band seniors Julia Thomason, Shayla Smith, Alyssa Snyder and Alyssa Hillegas.

Patriot Club teaches flag honor

High school club takes care of Old Glory daily

By Dylan Kuntz

The time is February 19, 1945. The location: a small volcanic island off the coast of the Japan mainland. This small chunk of land bears a name that struck fear into the hearts of more than 92,000 men, both American and Japanese.

Its name is Iwo Jima. One of the deadliest battles of World War II is raging. The United States Marines are fighting to secure this island in order to gain vital control in the Pacific war theatre.

Five days into this bloodshed, there was an order given from the commanding officers to hoist the American flag so that all could see. Six Marines carried out this order atop Mount Suribachi, with a flag brought 3,839 miles from Pearl Harbor.

It may not seem very important, but this sparked hope for the exhausted American troops to keep fighting. It signified that the fight was nearly finished, and victory was within reach. As the picture of this flag was published worldwide two days later, it became a beacon of our pride and patriotism like no other — one that will last for eternity.



The NLHS Patriot Club learns from adviser Mr. Gerould how to respect and fold the U.S. flag.

This is one of the countless defining battles in American history, alongside countless events around the world that allow us to be the great nation we are today. It was all achieved with many sacrifices, whether of time or of life.

Just think for a minute or two; think about what you can do every day, and what privileges you have as a U.S. citizen. Now imagine what it would be like to have these privileges taken, and

One person is still a strong voice in the voting process

By Michael Martineau

As high schoolers — all on the cusp of adulthood — we have certain duties and responsibilities that are rapidly approaching. Every one of us will be of voting age by the 2024 election cycle, and in the 2040 presidential election, you will all be voting for me. Yes, I just announced my candidacy for U.S. President 22 years early.

Nevermind the future, though. Even now, during the most contentious midterm-election cycle in recent memory, some students *can* vote. For the first time, these few students can let ‘The Man’ know just how they feel. Like never before, they can take a stand for what they believe in. There is a problem, however. Many new, would-be voters do not bother.

What if you don’t know enough about politics to vote? If you have ever been annoyed when receiving a paycheck that’s been sliced by taxes, you have a political opinion. If you have driven on a ‘35’ road, and thought it should be a ‘45,’ you have a political opinion.

Whether or not we wish to admit it, we all have political opinions. These opinions are all you need to vote.

We all have change we would like to see made, and voting is the driving force of change in a democratic society. These opinions we have are all it takes to vote. Sure, it’s responsible to be as informed as possible, but if you don’t watch the news that often, do not deny yourself the privilege to vote.

What if you don’t care about politics? Well, politics care about *you*. It is so easy to feel removed from the politics and rhetoric coming from Washington, especially in this era of divisiveness. Elections aren’t about this ugly debating. When you vote, you are voting for people who, at some point in their tenure, will decide on something that impacts you directly. Furthermore, often nestled in with candidates, are voter-decided referendums on county or state ordinances, which are equally important.

Unfortunately, the deadline to register to vote has passed. If you are 18 and have not registered, do not feel bad. There will always be more chances to vote. When those chances come around, do the responsible thing and vote. For the rest of us who are still too young, keep the next election in mind.

3, 2, 1 — JUMP!



Mr. Graver and Ms. Case — veteran NLSD teachers — were all smiles before climbing aboard an exciting adventure.

so high in the air that they exceeded the clouds.

As they assembled out of the plane one by one, they configured that as you fell 130 miles an hour, you were gone and out of sight. Mr. Graver jumped first, and Ms. Case says within seconds, he was gone. About four minutes later, they were reunited on the ground.

As we all know how the experience was going up, how was the landing? Presumably, it would be safe to assume the landing was nowhere near as smooth as the jump itself. However, both Ms. Case and Mr. Graver agreed that the landing was also very calming. They said that all you have to do is put your legs out in front like you’re sitting — like you’re going down a slide. As Mr. Graver stood and waited for Ms. Case to come falling out of the sky, he says he watched his cameraman dip his feet into the puddles of water that were on the landing-way.

Because they were considered “inexperienced” with skydiving, they had to be harnessed with a professional. “Really, I didn’t go skydiving; I just hung onto someone who went skydiving,” Mr. Graver said. And that experience was good enough for him! He decided that, although given the opportunity, he would let the professional pull the parachute, as he says that would be “too much of a responsibility.”

This entire phenomenon happened because of Ms. Case. She went skydiving last year, and of course, Mr. Graver needed to experience it himself.

“It was the most amazing thing ever, so yes,” Mr. Graver said, of recommending this to others. “If you can get over the fear of heights, it’s the most amazing thing. Gotta do it.” And he says out of a scale of 1 to 10, he would give it a 12. “It was over the top!”

As they both recharged themselves, they think it would be a great team-building experience. They are planning on getting the rest of the Northern Lehigh Middle School staff to consider jumping out of a plane.

Tune in next year!

Next Issue: Travel with Super Dave Oertner on an African safari.



Christian Staskowski and Dom Bandle show off their homecoming 'guns.'



Nick Stinson and, we are told, Edge Kroll wore their blue and white. Very, very tight blue and white.



Maddie Amorim, Maddison Cunfer, Madison Davis, Makenzie Hunsicker, Ali Handwerk and Madison Peters.



Brianna Schuck and Lexi Meckes, pre-pep rally.

Photos by Lexi Meckes



Paige Craddock and her buddy had a Bulldog Day.



Rachel Nonnemacher demanded a loud crowd at the pep-rally.



Noah Smith (right) helped Nate Keller sprint his way around the pep rally to find his homecoming date.



(Above) Aaron Rudolph helped in the Bulldogs' homecoming victory over Salisbury.



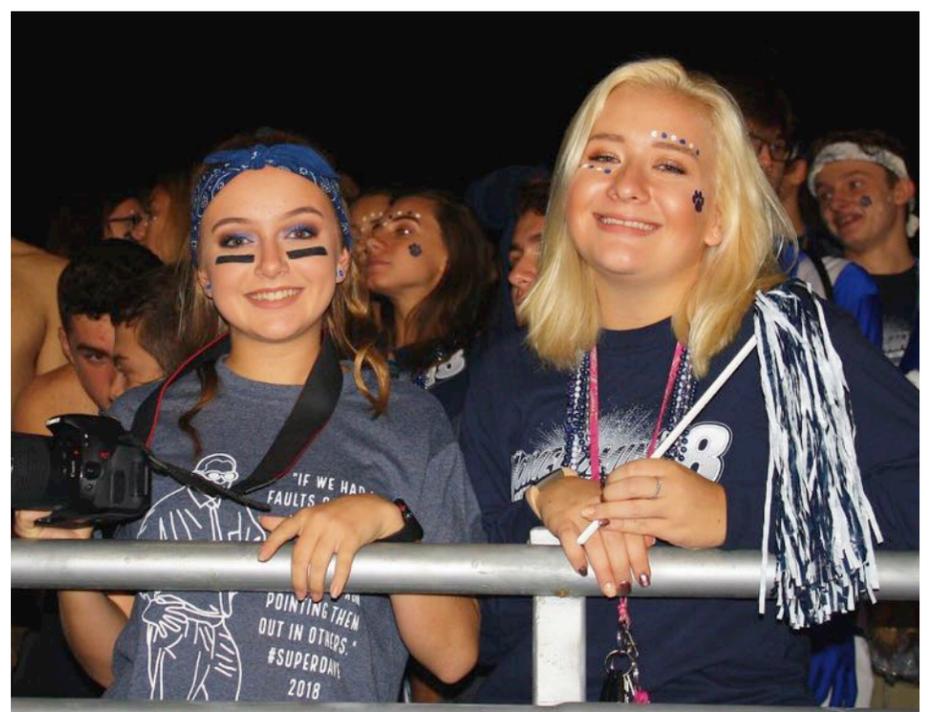
Katie Yesik and Lexi Meckes show Lauren Weiss some homecoming love.



(Right) Homecoming King Gage Hunsicker and Queen Lexi Meckes.



Josh Satterlee and Nick Seier distracted the Salisbury Falcons with those sculpted physiques.



(Below) Ali Lorah and Jamie Knerr.

California Drum Corps visits Bulldog Stadium

By Trent Herman

World Class Drum Corps *Santa Clara Vanguard* visited Northern Lehigh on Aug. 3 and 4. Drum Corps International is a competitive marching arena in which world-class marching ensembles square off in events during the summer across the country.

The goal of each corps, comprised of brass instruments, percussion and color guard, is perfection not out of narcissism, but out of a necessity to be great, much like the drive of an NFL team to become Super Bowl champs.

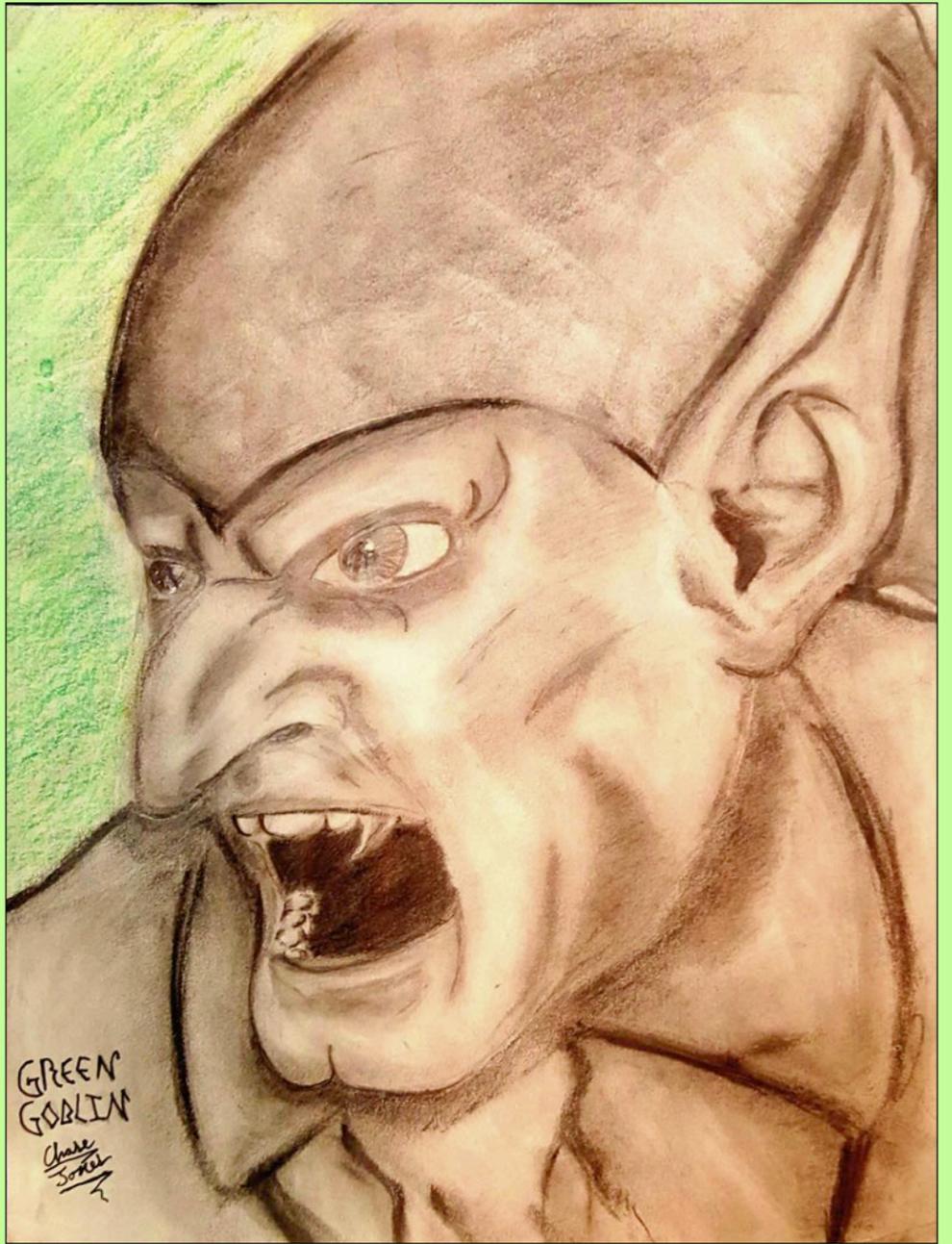
Each corps puts on a 10- to 13-minute "show," which is generally a display of musicianship and body movement judged by a cast of eight specialists who critique and score a specific caption, such as music, color guard, visual, or general effect. Each year a DCI show is held at J. Birney Crum stadium in Allentown. This means that all the drum corps perform at the show and compete for a number.

Since each Corp is huge and from different states, they must find places to rehearse and sleep. So, this past August, our school got the chance to host *Santa Clara Vanguard*. Vanguard comes all the way from great state of California.

It's amazing to think that world class performers would be in our own backyard. Vanguard slept on our gymnasium's floor and rehearsed all day in Bulldog Stadium. As a person who got to watch them rehearse, I can tell you that it is truly unlike anything you will ever witness in your life. When the corps plays the music, it's like you could lean into it and it would hold you up.

It's very powerful and quite incredible. Each show tells a story and It's very interesting to see how they bring that story to life musically and visually. Finally, Vanguard ended up winning the World Championships in Indianapolis weeks later in their final show of the season.

Green Goblin by Chase Jones



Students get involved with school, country and patriotism

to live every day in fear of losing something as great as your life. We are extraordinarily lucky to be citizens in these United States, and we should embrace it with profound honor.

One thing that is very important to have in any nation is this reverence or honor, a loyalty to your country - **patriotism.**

The Northern Lehigh Patriot Club was founded to give students an opportunity to show, as well as promote, their patriotism and start doing things to serve our country, no matter how small.

Northern Lehigh's Mr. Gerould, founder of the Patriot Club, works alongside Mrs. Jones in teaching Wellness and Fitness, as well as Health to most students grades 9 to 11.

Mr. Gerould himself is quite patriotic, having served in the U.S. Army.

The idea behind this club was to promote patriotism throughout our school, and to teach students how important things like the American flag really are.

Members of the club are expected to carry out specific duties as well. One of the most important of these duties is raising and lowering the American and Pennsylvania flags on a daily basis, no matter the weather.

After lowering the flags, they are folded in a very specific pattern and stored until they are needed the next morning.

Furthermore, giving back to those who served our country is another equally important duty the club members have. An annual barbeque is held by the Patriot Club where all local veterans are invited to share a meal and comradery free of charge. Those that served for our country deserve as much respect as they can get, and this

is the least we can do for them.

In order to get some opinions on the true meaning of patriotism, who better to ask than some of the patriots themselves?

"To me, patriotism means being involved in your community and country in any means you can, whether it is for youth canvassing for candidates, or just reading the newspaper," said Club President/senior Mike Martineau.

This means that you do not need to have a grand gesture to show how patriotic you are. Everyday things, like keeping up with the news, are great ways to contribute.

Next, freshman Caelan Mack said, "Patriotism means that you honor your country and you're happy about it." If you are not happy about honoring your country, then you are not truly honoring your country.

Finally, junior Jason Check stated

"[Patriotism means] just being respectful for those who risked or lost their lives in wartime to protect our democracy. Everyone can have patriotism, but it's those that go the extra mile that make the difference."

Without the brave men and women who risk their lives on a daily basis, our country would cease to exist, so honoring them is one of the most important and patriotic acts a citizen can display.

No matter who you talk to, most people will agree that patriotism is vital to any country, and that showing it is part of a citizen's duty. Think about how patriotic you are. Do you know the reasons behind our flag's colors, or why it is to be folded exactly 13 times? If so, great! Maybe you would enjoy being in the Patriot Club. If not, don't worry. You can find out by asking one of the Patriot Club members.

SPORTS



'Super Dave' Oertner reaches 1,000th win

Girls soccer and field hockey end seasons; Reagan Pender smashes records

By Katie Guelcher

Cross Country — Big things are happening for this year's cross country team. Their season began back in August and will continue through the end of October. The team will compete in nine total meets this season plus an additional three invitational races. On Oct. 16, the team competed in the League Championship race which will be located at DeSales University.

Juniors Reagan Pender and Ali Lorah, along with seniors Katie Guelcher and Nate Keller, competed in the PIAA Foundation race located in Hershey. Reagan Pender earned a second-place finish out of 146 runners. To finish off the season, the team will be competing in the District 11 Championship race on Oct. 24. It has been an exciting season thus far with the girls team earning a current record of 12-12 in the league.

The boys team also holds of record of 4-20 in the league. Reagan Pender, has accomplished many great achievements this season. She has currently earned either a first-place or a second-place finish in every league meet this season. While racing at Palmyerton on Sept. 27, she set a new course record with

a time of 21:37. At the home meet on Oct. 9, she once again set a new course record with a time of 19:54. She is on track to place very well at the District Championship meet as well as qualifying for the State Championships.

On Oct. 3, Cross Country Coach Dave Oertner was able to celebrate an extremely recognizable accomplishment ~ his 1000th team win. His achievement took place at the cross country meet at Northwestern Lehigh on Oct. 3.

Coach Oertner has been coaching cross country at Northern Lehigh High School for 34 years. This is an amazing accomplishment that is not easy to do. If you see Coach Oertner, be sure to congratulate him on



Stay tuned for more on the 'Super' one in an upcoming issue of The Slate.

his great achievement!

Girls Soccer — The girls soccer team has been putting in hard work since the end of last school year. Their season began in August and will play a total of 18 games. Their current record is 2-10 in the Colonial League, and 3-14 overall. On Sept. 25, the girls earned their first win against Wilson with a score of 4-0. They earned their second win shortly after on Sept. 28 against Lehighon with a score of 5-0. Their Senior Night was held on Oct. 10. Following that, the last game of the season will take place at Tamaqua on October 15. They are hoping to close out the season with a win!

Throughout the entire sea-



NL's Cross Country team ran their hearts out this season. (Left to right) Kristen Guelcher, Natalie Keller, Emily Hunsicker, Stef Steckel, Ali Lorah, Katie Guelcher and Reagan Pender, who had quite the sensational season.

Football squad biting stronger than last year

By Brianna Schuck

Football — After going 0-10 during the 2017 season, the boys knew they had to work harder and smarter, and they knew something had to be done in order to get back on top. With low roster numbers this year, Coach Tout and the rest of the coaching staff realized what they had to work with, and they knew they needed to get the job done. So far, they are 4-3, defeating Wilson, Catasauqua, Pen Argyl, and Salisbury for a homecoming win! The Bulldogs look to keep their win streak rolling over the next few weeks! On Friday Oct. 26, the seniors will play their last home game for senior night.

Cheering — On the sidelines and track, the cheerleaders have also bounced back from years of low numbers. This year, they roster nearly 30 girls on both varsity and JV, and with the numbers, they will be competing in the Colonial League Cheering Competition as part of the Game-Day Division. The competition will take place on Wednesday, Nov. 7, and it will be in the Catasauqua High School. The girls' senior night will also be Oct. 26, under the lights!

Boys Soccer — The other boys of fall on the turf were also looking forward to a better season than the last. The boys soccer team, although win-

less, has had a much more successful season than last year. They are working harder day by day and are inching closer and closer. Hopefully, they can rebound and come back thriving next year. The boys are currently 0-15 overall and 0-11 in the league. They have one game left!

Band and color guard are on a rise! So far, they have not only dominated their halftime performances, but they are dominating in competitions as well! Their senior night will also be on Friday, October 26, under the Friday night lights!

Come out and support your 2018 fall sports teams while they fight to finish strong!

Fall Awards Night will be Thursday, Nov. 11!



The Bulldogs' defense stopped Wilson early in the season. (Left) Dale Wanamaker keeps the sidelines cool. #Facts

Photos by Lexi Meckes

'Fhockey' finishes on the winning side

son, they have been playing in rough conditions and muddy fields due to lots of rain. With only 16 players on the team, all the girls have been practicing hard and putting in lots of effort during games. The team has constantly been battling through the pain of multiple injuries. Many girls are forced to have limited playing time due to the extent of their injuries, forcing others to play for the entire game. The girls have fought very hard this season and each night have given their all. (See photo on page 13)

Field Hockey — The field hockey team has had an excellent season thus far. After endless amounts of hard work put in over the summer, their season officially began in August. The team will play a total of 16 games this season, not including playoffs. The girls' constant effort and dedication this season has already paid off by securing them a spot in the District 11 playoffs. They are currently ranked fourth overall in the Colonial League with a record of 9-5. They have an overall record of 10-6. The girls are currently in second place in the Colonial League West Division behind Southern Lehigh. In September, senior midfielder Madison Posivak and junior forward Jada Mills were named players of the week by the Colonial League. Also in September, the team was ranked number 9 in the Lehigh Valley. Similar to other teams, the girls have been facing challenging playing conditions due to rough weather. The team's Senior Night was held on Oct. 10 against Palmerton. Good luck to the field hockey girls at the District 11 playoffs!

(As of The Slate's publication, the Field Hockey team finished its season with a record of 11-7).



Game Faces — Madison Posivak, Olivia Romig, Amber Cieri and Rachel Nonnemacher.

Behind the Hate, Part I: Compassion can conquer in the end

This is the first of a three-part series to analyze where the hate in our world originates and how it can, ultimately, be battled.

By Anthony Bardelli

No greater emotion is there than that of passion. It is what has driven ambition into modernity and what shall drive it into the future. Smoldering amongst these passions, however, is hate. It comes in many forms most vile, and is directed toward only one niche in society: *the different*.

For as long as humanity has had differences war has been waged. It is an innate instinct in humanity to fear and crusade the foreign. People may walk hand-in-hand into a progressive age, an age of acceptance and of harmony in mankind, but each stride takes a few steps to cross a bridge.

Even today the innocent are struck down in the streets and poisoned with slurs. One must ask why in this beautiful world there is such ugliness.

People fear each other like a killer in the crowd in the dead of night, waiting for the opportunity to cut deep at the heart and watch their wills bleed. It has become an epidemic. No voices want to speak out for fear of being heard by predators. Even in the search for minds to be spoken through the medium of print, few heeded the call for fear of being persecuted. Yet, two were strong enough to speak.

When inquired upon what qualities make themselves unique with confidence, Mikki Heintzelmann spoke with a vibrant voice that conveyed the brightness within. "My sense of humor and personality is what makes me unique. The Heintzelmann brand, man," she said. The brand apparent in further interviewing in the rhetoric and comedic tone of every word spoken, and every joke made to brighten the conversation. And with a smile and laughter, the lovely Shayla Smith said, "What makes me unique? My memes and my laughter...and the fact that I own over a hundred different bows. I lost count." Bows which she proudly



sports with a "spicy majesty," in her own words. The personality and talents and skills and expression of the brave few who dare to break cast the largest shadows. When people brandish their flaws and personal skills, they are an armoured knight unable to be slain by both sticks and stones and never by words.

Thus must one ponder: for what reason do the hunters of society seek out their engaging prey. Do they search for the different within the masses whose qualities signify them as a trophy most worthy? For the opportunity to belittle an individual whose prospects are bright? For the amusement of watching them sink into the morass of misery? Or gratification at rendering the banners of the proud tattered and torn, unable to be flown again? None can say, for even as they may be one wave in a tide of hate, each is their own person with virtue and vice.

Upon that note there is something to be said about the ostracized. It is their different Elysian beauties within that makes them a prize. Possession of traits within oneself that is enviously coveted with equal parts admiration manifesting as both disdain and adoration giving the world its menagerie. Discrimination is abundant in human society, everything from bigotry to petty trifles are ingrained in the human conscience from the moment of conception until the final exhalation. Marches have stomped oppression into the ground, and still trudge for-

ward to trample the growing weeds.

As a pair of marching feet, a supporter of liberation for all, and one who has bled and cried until my heart could not be siphoned anymore, I, too, have come to realize even as spiteful whispers deafen the love, there will always be hate in the world for as long as everybody is their own. I have existed on the tightrope of death pulled from my heartstrings, and nearly hung myself on a shallow note accompanied by a symphony

of strings and bloody bows. But with the compassion of others, by their love have I risen. By their love did I learn, and can all learn, what it means to be human.

I thank all my family for that, and love them every day. Coming to terms with oneself is an arduous journey fraught with mountains to ascend and demons to vanquish. One that shall create scars and open wounds so painful that death seems to call. **As long as there is hate, there will also be compassion.** It is the perseverance of every individual in the face of hate that keeps the world moving. Every soul has a uniqueness to it, a single identity seen nowhere else. The will to fight, the passion to be the greatest, defines humanity. There are others in their own wars, looking for the same love every human desires. You are not alone.

For those whom mock siblings-in-arms: look upon yourself. For those whom are mocked: reflect and uncover the potential you have buried beneath toxicity or lost from self-doubt. Look around you and see those who care for you and those you care for. Nothing is wealthier more than a life, and no life is worthless. Each and every individual is of his or her own grade, a diamond in the rough of Earth. Expression of the self is not a travesty, nay, it is a miracle. Life is a miracle. Be who you want to be and be loved for it.

Lives matter. Love wins.

It is time for the 'Dead' to stop 'Walking'



By Owen Levan-Uhler

"What!!!! What do you *mean* he's leaving?!" is what most people probably shouted at their phone screens when AMC announced that Andrew Lincoln would be leaving *The Walking Dead*. Lincoln himself said more than a couple times over the summer that he had plans to leave the show after this upcoming

season.

So, why exactly *is* he leaving? To answer that question and more, we need to dive into why *The Walking Dead* has lost much of its fan base and viewership, between critics and die-hard fans alike.

The Walking Dead aired its first episode on October 31, 2010, and it was met with very positive criticism and a high amount of viewership.

Every year it the show was renewed for another season, and met even more popularity - until season 7.

After the immense cliffhanger of the season six finale, *TWD* part 7 resulted in viewership to dwindle down to the series' lowest numbers, and most of every episodes' run-time was devoted to unnecessary dialogue

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Girls soccer finishes with a loss but has hope kickin' for the future



With only 16 players on the team, all the girls have been practicing hard and putting in lots of effort during games. The team has constantly been battling through the pain of multiple injuries. They ended the season 3-14.

Rick's final episode is imminent — So who's still watching

and expository material that went nowhere. And the quality of the show, in my opinion, went downhill from there. The series' decline only got worse with the addition of season 8, which was 2 times slower than its predecessor. Every episode seemed to drag on, and in my view, wasn't even that worthwhile to watch.

With season 9 coming soon, we are left to wonder why Andrew Lincoln is parting ways with the series that gained him such levels of popularity and fortune.

The Walking Dead is going on its ninth year on television now, and most of the characters from the first few seasons have been killed off or have left. This fuels the fact that actors and actresses beside Lincoln were upset with where the show was going story-wise, how long they had to be filming away from families, and contract issues.

According to collider.com, Lauren Cohen, who plays Maggie on the show, has been planning to leave the show for a while now, and it is rumored that her departure will happen late this coming season or next season, because of pay issues and difficult filming conditions and long filming hours. So, why the Lincoln departure?

Well according to forbes.com, he himself has explained this, saying, "I have two young children, and I live in a different country, and they become

less portable as they get older. It was that simple. It was time to come home." But just because he has confirmed that he is leaving doesn't mean that he will *die* in the show.

His departure from the show might have a satisfying ending, like Rick retiring somewhere secluded and away from the societies. It does not seem as likely to me that *the main character* will be killed off. I feel that if AMC killed him off, *The Walking Dead* might lose almost all the fans it has left. And, if he does meet his demise, I believe it would be meaningful, or that he would go out in blazing glory battling, say, *The Whisperers*. (Finally, the all-out-war we deserve?)

According to collider.com, AMC's CEO Josh Sapan has stated that the network has plans to continue the show for at least another decade, we, as fans, can start to wonder (if we haven't started already) where *The Walking Dead's* story will expand to after Lincoln's departure.

The show could focus on the remaining original characters like Michonne, Daryl, or Maggie, though the latter will likely be leaving within the



next few years as well. With AMC explaining there will be a time jump between the end of the eighth season and the start of the ninth, most likely being over a year or two of time, the show will be able to introduce many new characters and expand itself with their stories.

But, what we can hope is that if Rick does in fact die, his death will be meaningful, and will conclude his story in a way that will satisfy *TWD's* fans, and maybe even spread some hope that the show can reach its once high-level of greatness.



Officer Gnas awarded for school policing

By Aidan Williams

In September, Northern Lehigh School District Police Officer Frank Gnas was recognized for his services with a highly-esteemed award. At the school board meeting on Sept. 10, Superintendent Mr. Matthew Link announced Gnas's winning of the award, which was the National Association of School Resource Officers Regional Exceptional Service Award for Region 3.

The National Association of School Resource Officers (NASRO) is a non-profit organization based in Alabama that provides training to school resource officers across the country. They are the most prevalent school policing organization in the world.



Principal Vlasaty (right) with Officer Frank Gnas.

The NASRO Regional Exceptional Service Award for Region 3 is awarded to school resource officers who "do a tremendous job, and to those who carry out their job and work with the students to ensure they succeed. All of these qualities were certainly met by Officer Gnas.

Gnas was nominated by NL High School Principal

Robert Vlasaty, who added, "I firmly believe of all candidates in region 3, he stood out. I've worked here for eight years and I felt it necessary to hire him. He's very involved with the students here at Northern Lehigh."

When I asked why he felt Gnas won, he said, "He's very caring for the students and staff, and every day he helps to keep the schools safe. These qualities are why I think he won."

I also asked him what impacts he feels Gnas has in the district.

"We are safer, and everyone feels more comfortable. He gives kids a second chance and he helps students because he encourages them and cares for them. Gnas works for all students, current and future."

An interesting fact about Officer Gnas is he is a lifelong Northern Lehigh Bulldog. Some of his original teachers still work in the district. His former math teacher, Mr. Hluschak, had this to say. "Frank was great at Math 24 in fifth grade," Hluschak said. "We called him 'Fast Frankie.' Today he is much more patient."

"To win this award is a very humbling feeling," Officer Gnas said. "It brings me great joy to see that all of the hard work that is put in to help our students, staff and community does not go unnoticed. I can't thank everyone enough for their tremendous support."

He said "I feel that that it was awarded to me because of the exemplary letters of recommendation that our staff wrote about me." I finally asked him what he hopes to accomplish with his time at the district: "Moving forward, I hope to establish a professional and dedicated police force with the same goals and motives as myself."

Spotlight darkened on mental health after Mac Miller O.D.

By Ava Rosario

A little piece of his fans was sent down a spiral when the tragic news broke on Sept. 7.

Rapper and music artist Mac Miller was found dead in his California home only a month after his hit album *Swimming* dropped, confusing people everywhere.

Fans knew that his break-up with pop star Ariana Grande had sent him into an intensely-paced downward spiral, but the

"i'm so sorry i couldn't fix or take your pain away."

Mac Miller, 26, also known by the alias Larry Fisherman, was born on January 19, 1992. His career as a music artist began at the age of 14, forcing him to grow up under the constant watch of the media. The persistent scrutiny of society at a young age shaped him in a way that would benefit his character while ultimately helping to cause his downfall. He became unconcerned with the press's opinions and lived



album seemed to be a glimmer of hope for his mental health. Many of the songs deal with the breakup and his mental state in an optimistic light.

Understandably so, his death was a shock to the media; it has shaken music enthusiasts and artists alike. There have been many outpoured messages from fellow music artists, including Grande, who shared her condolences through a picture and captioned video stating (direct quote):

a life with a lack of care for public image; as long as he was true to himself, headlines did not matter.

Many think this dependency on self-discipline was detrimental to Miller's efforts toward sobriety. The struggle with addiction began almost immediately after his delving into the music industry and continued until his death. Though the loss continues to be mourned, the cause has

'The Meg' and our fascination with sharks

By Owen Levan-Uhler

You are in a packed theater, staring attentively at the silver screen, which is glowing with the projection of the newly released shark blockbuster, *The Meg*. You jump at startling moments and laugh at the humor (or when some of the characters die). Admittedly, it is sometimes entertaining to see someone meet their maker on film, especially when that person dies at the hands, or rather *fins*, of a 75-foot-long shark. This was the story for many people at the end of summer when *The Meg* splashed onto screens.

The Meg debuted in the U.S. on Aug. 10, and held the top spot its opening weekend at about \$45.5 million in North America, going on to hold a close second place, behind *Crazy Rich Asians*, its second and third weeks in theaters. As of the writing of this article, *The Meg* has made approximately \$520.5 million worldwide, which is considerable, especially for a film of its genre. With this in mind, the question arises - 'Why are people so drawn to sharks and shark movies?' What puts sharks above other animals in popularity and in cinema?

To answer this, I researched the subject and asked my friend, Aidan Casey, this question.

First off, sharks have been around for a long time, around 420-450 million years, to be specific. That's longer than the dinosaurs, and even before most plants ever existed. Sharks also have some amazing qualities. Many sharks have developed themselves to have layers upon layers of razor-sharp



teeth, more than five pairs of gills (most of the time), and many sharks even have the ability to smell one single drop of blood in the water from almost 400 yards away.

Since they have been around for so long, the collective shark classification has evolved into a total of 470 species, all ranging from the infamous great white shark to the mere 8-inch-long, bioluminescent dwarf lantern shark. With just those few reasons, it's no wonder why people love sharks as much as they do. The best way to know why someone likes something, however, is to ask them, which is why I talked to my friend Aidan, a personal shark-lover.

"The Meg was an entertaining concept, but very unlikely to be true," he said. "The fact that there was practically another world under the layer

of nitrogen in the Marianas Trench was my favorite part."

In *The Meg*, the pre-historic megalodon, along with other species, is discovered under this layer of nitrogen and other chemicals. Knowing already that Aidan was a huge shark fanatic, I asked him why he was so drawn to the animals. "The fact that we have only explored about 2 percent of the world's oceans, and how little species we discovered in them," which pertains to sharks as well. "Sharks haven't changed much at all from their prehistoric ancestors and from the millions of years that they have been around." I asked Aidan why he was attracted to shark movies, and *Shark Week* in particular. He ex-

Mental health takes many away

still seldom been acknowledged.

Many think it is beneficial to stray from the focus from Miller's overdose and solely focus on his legacy and the positive things. What I am finding with this mindset, having been used repeatedly over the years, is that it creates a pattern of ignorance. The media thinks that treating an overdose like nothing is the right way to honor the passing of a legend, but in reality, overlooking their mental health creates a great amount of disrespect. A google search of Mac is surprisingly void of articles directly discussing the factor of drugs in his death.

If an article happens to mention it, it is typically brief. People are moving on from death, and especially those that are self-inflicted, quicker now than ever. We want to start a revolution for a week but then the movement fades with the rest of the news. The cycle of mourning, calling to take action, and in the end, forgetting is the ultimate downfall to any efforts made toward this issue.

Statistics from 2018 show that

overdose is the leading cause of death in people under the age of 50. Miller is far from the first to fall victim to this epidemic. In fact, many other deceased music/acting legends shared the same problem, such as Prince, Lil Peep, Michael Jackson, Heath Ledger, and sadly, many more.

Whether accidental or intentional, the fact of the matter still stands: the lack of light shed on the drug problems in the music industry has had a negative impact on society, and the impact is still rapidly growing. The increase in ignorance toward the subject is only making the problem more prevalent.

If we were to talk about this epidemic openly and without judgment, many people with the same issue could find they relate to others and, therefore, find a sense of peace. It is important that we stop ignoring the problems that plague the music industry and beyond.

The attention span of society is diminishing, and it is our responsibility to restart the conversations that will end overdose—for Mac, and for many others.

Reagan's Runnin' Up the Records



Reagan Pender will be featured in an upcoming Slate to detail her celebratory year on NL's cross country team. Her parents will be proud. Stay tuned.



Cherish the sandwich and accept the compliment

By Cody Grabarits

Imagine you have gone over to somebody's house around dinnertime. You didn't say what you wanted so they come back to you with a sandwich. It isn't just *any* sandwich, it's a beautiful sandwich. You have never seen a sandwich more perfect. And if you say no to that sandwich, it would just be thrown away in the garbage. Would you reject that sandwich?

Nearly all of us would say "no" simply because the sandwich is so perfect or because that person made it for us or because we would not want to waste the food or because we are hungry and we want the sandwich, beautiful or not.

So why is accepting compliments so different? Everyone receives compliments, even if it doesn't seem like we always do. When we reject compliments, however, it's just like rejecting the glorious sandwich.

Most people are quick to deny and push back a compliment, pointing out what they didn't do or that someone else did better or that they weren't good enough. That just makes both parties feel bad. It makes the receiver feel bad because he or she does not believe it, only seeing the bad things. The giver doesn't feel much better because he or she was just

shot down due to senseless words. A compliment isn't intended to make anybody feel bad. It's meant to build both sides up because giving and receiving are both wonderful things.

Even if you don't want to hurt the other person's feelings and just accept the compliment, you may not feel good about it right away. Just like if you didn't like the kind of sandwich that was made for you, you'd accept it to take it home and throw away there.

That's what it'll feel like to start out with. Just accepting the compliment with a smile and a "thank you" will make the person that gave the compliment feel better. You may still feel bad and that may continue for a long time. Eventually, though, just like with all the bad things you've heard, you will eventually start to believe those kind words.

It won't be immediate and you won't think you're the absolute best at whatever it is you're being complimented on. It might take a long time, but



accepting the compliments you're given will start to make you second-guess how bad you think you are. "Well, maybe I'm not so bad at this." "I actually did good this time around." "Maybe I didn't get the best grade but I didn't fail the test."

It'll start off with small things and it'll just be stopping yourself, saying 'wait,' and then wondering who's actually right ~ your

thoughts or the compliment? The most important thing to accepting compliments is being patient with yourself and the most important thing about giving compliments is being patient with the person that seems reluctant to accept it.

Not everyone is out to get you. Not everyone is mocking you. There are people that genuinely enjoy the things you do and will tell you. If you have a poor self-esteem, accepting compliments is a sure way to slowly change it. Take it from me because my confidence has never been the best, but accepting compliments that were given to me made me realize I'm not so bad at everything I do. Accept the sandwiches people make for you. Accept compliments. Everyone will feel just slightly happier if you do.

AHS ends the world in 'Apocalypse'

By Kristen Guelcher

On Oct. 5, 2011, people all over the world tuned into the first episode of what is now a seven-year series of guts, gore, the supernatural, and just about everything in between. It was the beginning of the television series *American Horror Story*.

The show's first season, titled *AHS: Murder House*, was a hit right off the bat. It instantly picked up fans and the fan-base has been growing ever since. I am not one of those original fans, though I wish I was. Around Oct. 2017, I started watching the show and was instantly hooked.

The unique aspect of this show is that each of the seasons has a different theme with consistent actors and actresses, but they have completely differ-

ent plots and characters.

This year, *American Horror Story* is moving into its eighth season titled *AHS: Apocalypse*. The hype over this season was intense to say the least, and fans were going crazy when the title was first announced. With every new trailer or promo photo came new theories and more excitement for the release on Sept. 12, 2018. The previous season (titled *Cult* and revolving around the 2016 presidential election) set the standard insanely high for this upcoming season.

Fans had huge expectations for *Apocalypse*, and in my opinion, it is living up to those expectations so far. The new season started off with a bang, both literally and metaphorically. It opens up in Los Angeles where they get word there is a nuclear war imminent. People were scrambling in the streets of

L.A. trying to find a way to escape the bomb.

Only few were successful, but not by faults of their own. Those few people were taken to a place called Outpost, which was one of the few nuclear bomb shelters. Outpost is where the majority of the show has taken place so far.

Being that this season has only had a few episodes so far, I obviously can't share my opinions on how I feel about the whole thing. However, I do believe that this has potential to be one of the best seasons. The characters are complex, the plot is mysterious and unique, and all with that signature *AHS* touch of weirdness. Every Wednesday at 10 p.m., I'm always sitting on my couch with a giant bowl of popcorn, waiting to see what will happen next in the new addicting season of *American Horror Story*.

Sharks chomp through the misrepresentation

plained that he "liked learning new information about sharks."

He also said that he enjoyed "the suspense (in shark movies)", and that he finds it interesting that shark movies "apply new theories and behavioral concepts, as well as fictional and nonfictional concepts." He also stated that he finds shark films entertaining.

To end the conversation with Aidan, I asked if he thought sharks were misrepresented in today's culture, and he said with emphasis, "Yes. Most people are convinced that sharks are ruthless beasts out to kill us. But, most of what people call shark attacks

are simply sharks tasting us, and to see if we are worth eating." He explained that with certain sharks, even if they do not find us humans appetizing, they will still try to consume us, but that only applies to a few, more aggressive species like the bull shark. "Sharks are intelligent," he said, "but still not the smartest animals. Sharks are curious, but they don't really want to eat us. They can mistake us easily for other prey. They are beautiful and agile creatures."

Sharks are mostly misrepresented in today's society, so it is no surprise that so many movies are made about sharks attacking humans and killing them viciously without mercy. *The Meg* is one instance of this, along with the classic *Jaws* and *Deep*

Blue Sea, which is one of Aidan's favorite shark movies. With Aidan's input and the research I found about sharks, I believe people are attracted to these misunderstood monsters mostly because of their glorification and misrepresentation in today's society. Many people are drawn to the violence and gore contained in these films, but some people, like Aidan, are drawn to *The Meg* because of its true appreciation for sharks.

These films are, however incorrect they may be, actually somewhat of an important part in our society and particularly film history, with early shark thrillers like *Jaws* setting off cause for a phenomenon to come.