



Women athletes around the country are clawing for equality. What about here at NL? Page 10.



SPRING SPORTS ARE ALIVE AGAIN

SAFE! Just beating the throw is Arabella Heintzelman during a recent NL softball game against Jim Thorpe. More photos on pages 11 and 14, as well as on our Instagram page (@theslatenews).
Photo by EJH, a Slate sports contributor

‘Mr. Northern Lehigh’ to virtually strut into your hearts once again

COVID canceled the competition last year, but the boys are back in 2021

BY OWEN LEVAN-UHLER
SLATE STAFF WRITER

Like many community events in last spring, the famous “Gentlemen’s Competition,” Mr. Northern Lehigh, was cancelled because of the coronavirus pandemic.

However, now that the world, and Northern Lehigh are beginning to operate again, Student Council decided to hold a Mr. NL competition.

This year’s production will be slightly different though, and Student Council Secretary and Mr. NL Director, Kristen Guelcher, as well as Student Council adviser Mr. Sander offered to explain some of these differences.

Many freshmen and sophomores are likely uncertain what Mr. Northern Lehigh is. As Mr. Sander

explained, “Mr. NL is a talent show featuring up to 10 senior boys that is based upon a beauty pageant format. They will compete in talent, formalwear, and trivia seg-

sists of five young men: Brenton Krempasky, Kenneth Dyer, Caleb Hankee, Dylan Miller, and Caleb Richards.

The biggest difference in this year’s show is, of course, the fact that it will be streamed virtually instead of having a live audience. Rather than doing one whole performance, the production process is being split up to create a safer environment.

“First, the group dance number, swimwear, and talent portions will be filmed and edited. After those are all together, we will bring in our staff judges and show those portions to them,” Kristen said. “On the same day, we will film the formalwear and Kahoot quiz with the judges there to watch. Having now seen the whole show, the judges will vote on the boys and



Art by Mr. Kern

ments as well as the crowd favorite swimsuit segment. At the end of the show, our panel of judges will crown our 2021 Mr. Northern Lehigh.”

This year’s roster currently con-

See Mr. NL, page 2

COVID couldn’t close the curtain on NL’s spring musical

BY SUSAN GILSBACH
CONTRIBUTING WRITER

“Don’t worry, because the shows will eventually go on,” said freshman Abby Peartree, who played Sister Robert Anne in the 2021 Northern Lehigh musical, *Nunsense*. This year has certainly been hectic, and with the shutdown of last year’s production of *Urinetown*, people were not sure if there would even be a show this year. But, there was, and it was a hit! So, one question remains: how did we do it?



It came down to a lot of hard work and a whole lot of hope. As Jess Erking, who played Sister Mary Regina, said, “I feel the thing that got us through was how close we all were with each other and our amazing director, Mr. Christopher Hamm, who made us a priority in his life. I don’t think we could have done it without him.”

See Nunsense, page 3

April Artist of the Month: Haven Moore (That's me!)

BY HAVEN MOORE
SLATE STAFF WRITER

When people create something that is produced by sheer passion, dedication, and enjoyment, their work stands out and displays their pride in what they do. Not only does someone's technique, style, and skill show through their creations, but the essence of meaning and truth behind their work does as well. Artwork like these described, stand out among others in ways only that individual can perceive.

That is the beauty of authenticity. The Artist of The Month is a newly-formed concept. It is a fun way to encourage and highlight the artistic talent of the students at this school. This month's official winner of this contest is yours truly, Haven Moore! Yes, it does seem a bit odd that I would write an article about myself, but as a fellow artist and student at this school, I am passionate about what I create, and would like to share a few of my selected pieces, as well as my personality as an artist.

I am a freshman at Northern Lehigh. I love all of the arts but my specialties are drawing, sketching, and painting. For me, art is an outlet that allows me to express my thoughts, feelings, opinions, and emotions. Other than writing, art has always been one of those things that continually brings me both joy and comfort.

I have provided three of my original art pieces, featured below: As you can see, I have presented three different pictures that were created by me this past year. What I have made is a gradient drawing of a particular assortment of objects, a gradient drawing of half of a person's face, and an oil pastel picture of a hedgehog in a bush. To make my gradient drawing of the objects and the person's face, I used graphite pencils. First, I sketched out the images so I had a clear idea of what I had to do, and where I had to draw. I then



utilized a few graphite pencils of different values and shades, and just drew, and blended where I needed to fill in the sketch.

What inspired me to make the gradient of a person's face was a picture I saw of a monk in a magazine. I cut it in half, pasted it onto one side of the paper, and used the remaining half of the space to

line up the other half of the face to draw. I decided to use this image because it made me feel something. I can't exactly put my finger on it, but the emotion conveyed through the picture had to be recreated in drawing form, and it turned out to be a good idea.

My inspiration for the gradient drawing of the objects was a picture that I used

for a class project. I liked the placement and composition of all the objects and thought it would be a good challenge for me.

It displays the variance of values, shadows, and is a really interesting image to look at when it is not shown by photograph, but in a drawing. To make my oil pastel picture of a hedgehog in a bush, I used oil pastels and a tiny bit of oil. First, I sketched out the image so I had a clear idea of what I had to do.

Next, I utilized various colors of oil pastels to color and draw in parts of the image so they resembled my reference. I smoothed and blended rough marks by rubbing a dab of oil onto the surface of the pastel on the paper.

The inspiration behind this was an image I found on the internet, and I thought it was adorable. I saved it, and when I had the chance to get my hands on some oil pastels, I immediately thought of how cool the picture would look with all of the bright, vibrant colors next to one another. I liked how the contrast of the brownish-grey hedgehog jumped out against the colorfully pigmented surrounding the hedgehog. I thought it created a good focal point, and therefore, made it a nice simple picture to recreate.

Typically, the only art I do is either doodle in a notebook for fun, or create an elaborate picture that takes me a lot of effort. There is no in-between. However, the more effort and time I put into an art piece, the more pride and pleasure I experience when I step back from my artwork and take in what I have made. I put a lot of work into these three pieces and was happy with the final results.

If anyone has any interest or questions about The Artist of The Month, please don't hesitate to contact Mr. Shuey via email, or visit him in the Art Room. 🐾

The boys are back in town (and onto your screens) this year

Mr. NL, from page 1

make a decision. Our team will then add the last part to the previously edited portions and it will be posted for public access.

"To reduce the number of people together at once, the boys will be filmed individually on different days for their talents. For the portions where all the boys have to be there at the same time, they will be socially distanced."

But just because the process of making Mr. NL will be different does not mean it will not be similar to shows of previous years: "My goal for this year's production is to make it as similar to previous shows as possible," Kristen said. "It

is important to me to give the boys the same exciting experience that they would get in any other normal production. I also want the audience to feel like they are watching it live even though it will be edited together."

If there is anything good coming out of a socially-distanced, virtual Mr. NL show, it is the ability to edit. "Being able to edit gives us flexibility. We can re-film and edit out mistakes and make it look exactly how we want,



which is impossible with a live audience," Kristen added.

In some ways, this virtual production will be better. Not having a live audience is unfortunate, especially since some hilarity comes from audience engagement. But viewers from home will get to see a polished product, free of errors that are possible in a live performance.

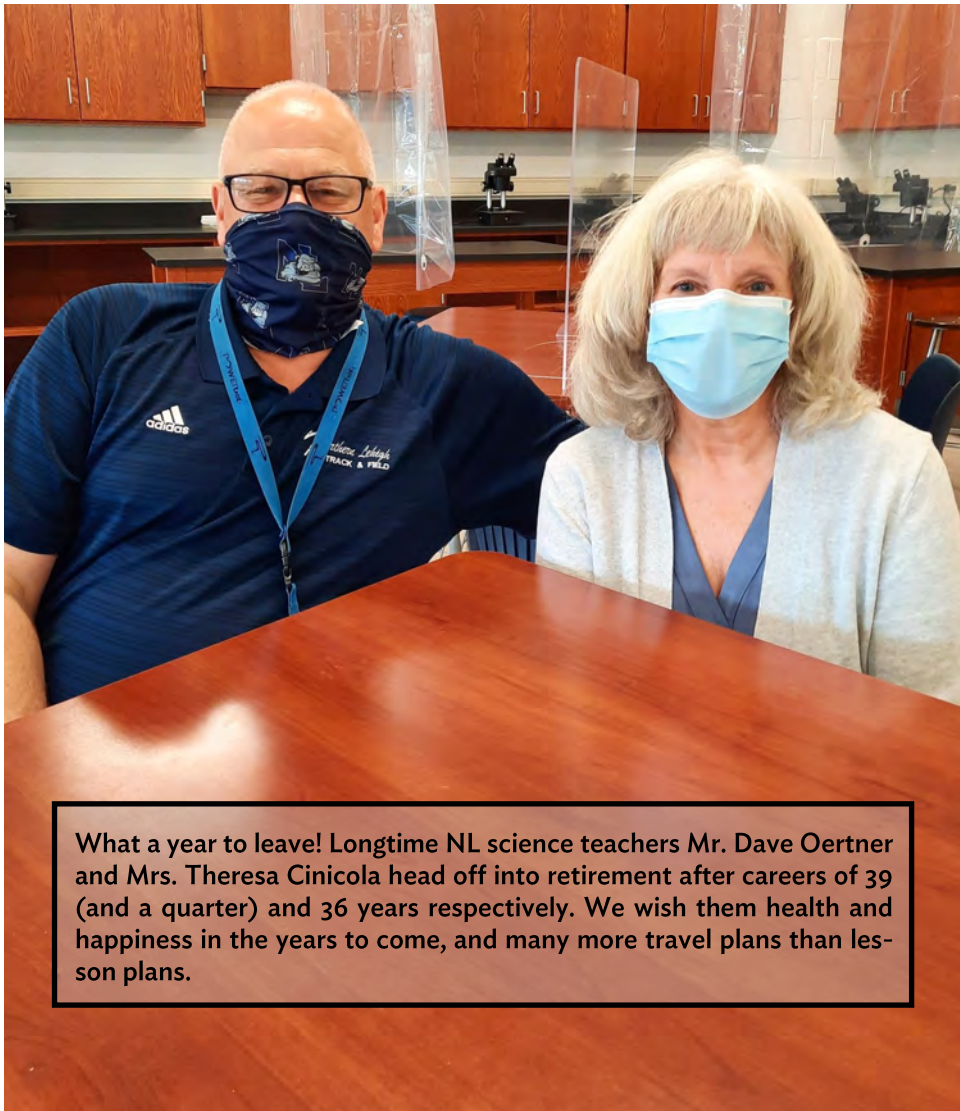
Having a virtual performance allows these senior boys to have a somewhat normal event in an abnormal and stressful

year, while keeping everyone involved safer.

"It's been two years since our last competition, since we had to cancel last year's show," Mr. Sander said. "In such an extraordinary year, students have had to sacrifice so many of the activities that make high school so memorable. We hoped that reviving the Mr. NL competition, even virtually, would give students a fond memory to mark the conclusion of the school year."

Mr. Northern Lehigh 2021 should be completed and published by the end of May. Look out for what is sure to be a fun and light-hearted production and send-off to the 2020-2021 school year! May the best dawg win. 🐾

Calling it a Career



What a year to leave! Longtime NL science teachers Mr. Dave Oertner and Mrs. Theresa Cinicola head off into retirement after careers of 39 (and a quarter) and 36 years respectively. We wish them health and happiness in the years to come, and many more travel plans than lesson plans.

‘Nunsense’ plays on through pandemic

Nunsense, from page 1

And that’s true. Throughout the rehearsal process, we developed a bond with each other that was truly special. I mean, when you voluntarily spend over 15 hours a week with each other, you truly do get to know each other pretty well. And with the help of the crew, the choreographer, and others, we made something truly amazing.

a lot of bad news recently,” Peartree said, about the importance of theater. With a lot of support from the school and the community, we were able to put on an amazing musical and have a lot of fun.

The last run of *Nunsense* went wonderfully, and by the end we knew that we had gotten the take we wanted. Although it was an amazing accomplishment, it was still bittersweet. We



As for being COVID-friendly, the cast members did that wonderfully, each masking up and social-distancing during rehearsals. Masks were worn for the recorded show and were socially distanced whenever possible. It was a bit of a change from what we were used to, but it was worth it to have live theater.

When asked what we need to do to get back to normal, Erkinger responded, “I think the key right now is staying positive and safe. Be kind to others and respect everyone’s opinions and needs.”

Theatergoers have been largely affected by the shutdown, with Broadway having been completely dark since March 12, 2020.

Finally, March 23rd arrived. As we were preparing to go to rehearsals, most of us on route, we got a devastating email. We were being shut down.

That Saturday, we had started recording, hoping to get a good take to put up in case we got shut down. But so far, we hadn’t gotten anything that was even remotely close to what we wanted. So, that day we weren’t even sure we could be in the theater, but we persevered anyway. As we got into costume, there were many teary eyes, and many “break a leg” compliments as we prepared for our final performance.

An important aspect of culture is theater, with about 11.66 million people attending shows on Broadway during the 2018-2019 season (according to statista.com). “I feel that theater is important right now because it makes people feel good inside and can lighten the mood since people have dealt with

had been working with each other constantly for 7.5 weeks, and all of a sudden, it was over. While we were excited to finally be showing our hard work to a waiting public, we were sad that it was over. We went home that night, and posted on our *Instagram* about the



Susan Gilsbach

musical, saying how proud we were to have worked with such amazing people.

The musical was truly an amazing experience, and I am so proud of everyone involved and all the hard work they put in. To put on a production is a big task, but doing a musical during a pandemic is an even larger one. While the musical is most likely going to be forgotten by many people, it will forever be remembered by the five girls that slipped into the habit for a little while to play a bunch of comedic nuns. 🐾



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JOIN US!

MONUMENTAL MOMENTS IN HISTORY

Battleship's gun barrel sits in our own backyard

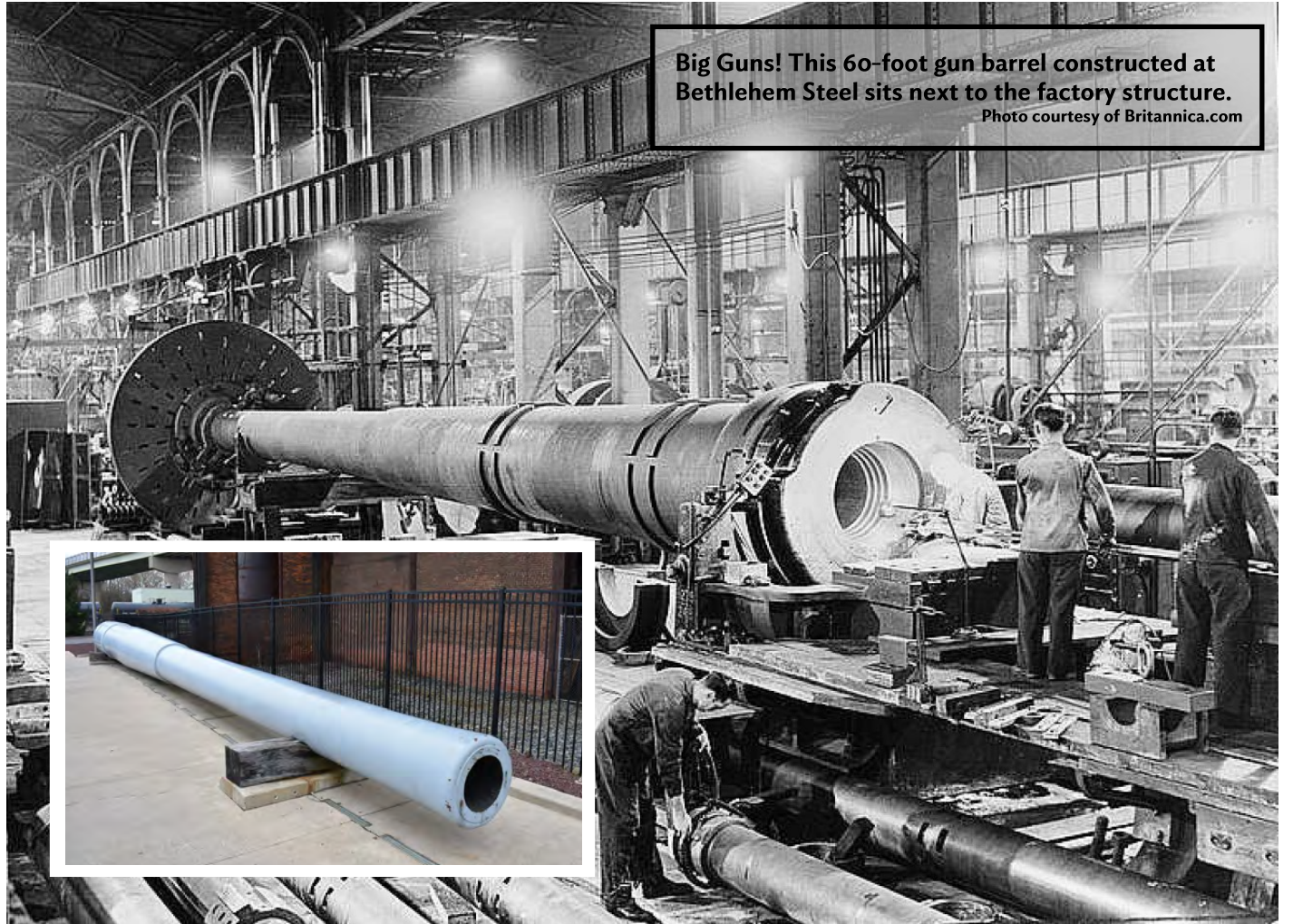
BY CALLUM BRYCE ZIMMERMAN
SLATE HISTORIAN

Located next to the old Bethlehem Steel High House is a 14-inch gun barrel. The gun barrel is 60-feet long and weighs 188,000 pounds. It could fire an 1,800 pound shell, each weighing about as much as a Volkswagen Beetle, hitting a target more than 20-miles away.

This gun barrel was produced here at the Bethlehem Steel Company in 1919 for the U.S.S. *Mississippi* (BB-41). The gun is being preserved in memory of the contributions of the engineers and workers who contributed their skills to the nation's defense while working for Bethlehem Steel in both World Wars and the Korean and Vietnam wars.

The *Mississippi* was among those ships that were at the Battle of Leyte Gulf during World War II. The *Mississippi* assisted in liberating the Philippines in the Battle of Leyte Gulf, shelling the east of Leyte on October 19, 1944.

On the night of the 24th, the *Mississippi* helped destroy a powerful Japanese task force at the Battle of Surigao Strait. As a result of the engagements at Leyte Gulf, the Japanese navy was no longer able to mount any serious offensive threat. The *Mississippi*



Big Guns! This 60-foot gun barrel constructed at Bethlehem Steel sits next to the factory structure. Photo courtesy of Britannica.com

See Big Guns, page 15



Photo By: Alyssa Andrew Photography

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The meaning of a healthy lifestyle is unique to everyone and composed of more than the foods they choose to eat. With a mission to create sustainable and effective links within the community, Empower Nutrition & Wellness seeks to improve access to valuable preventive and behavioral health care, where all individuals can find a sense of wholeness. Empower offers personalized guidance to overcome self-limiting beliefs that distort views of reality in a world flooded with skewed images of health.

Their comprehensive services, including the only integrated intensive outpatient program for eating disorders, help build self-awareness and self-confidence, implement self-care, maintain a genuine connection with food and cultivate body trust. The Empower team, led by Andrea Barnes, MSCN, RD, LDN, FAND, presents a unique approach to fully influence the mind-body connection, help prioritize goals and make a powerful impact on one's overall way of life.



"The level of consciousness gained will empower the creation of space for positive change, and fuel and nourish physical and emotional health."

-Andrea Barnes

These champs are a big dill



(Above) Molly Williams and Nate Walters.

Mr. Cunningham's Wellness classes recently held a "pickleball" tournament. Invented in 1965, Pickleball is a paddleball sport combining elements of badminton, table tennis, and tennis. Players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffle ball over a net. Champions pictured *relished* their victories.



(Right) Donovan Long and Jordyn Hemingway.



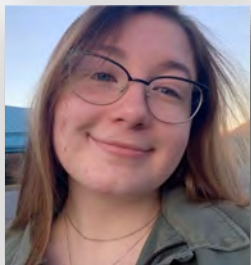
Brett Misera and Jonathan Zemlensky.

Photos by Mr. Cunningham



That One Memory...

Growing up, people have a lot of random memories that stick with them. Whether it's the most random thing or something really important, there is always that one thing that will be a memory you will never forget. Even in your 80s, what's that one memory that will always stick with you? For this Free Barking interview, I asked some other students, "What's one memory that you will never forget, no matter what it is?"

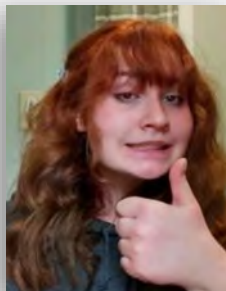


"The one memory I'll never forget is beating Palmerton at the last second in a football game my sophomore year."

MAKENZIE PECKHAM, 11TH GRADE

"A memory I'll never forget is when my friend drove me around town for the first time after she got her license. We had a blast singing along to the radio and laughing. It meant a lot to spend that time with her."

AVA SEGUR, 11TH GRADE

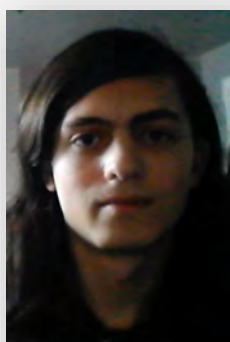


"One memory I will never forget is my team winning the district championship softball game. I love my team and that was one of the most exciting and proudest moments of my life."

KENDALL HEINEY, 11TH GRADE

"One memory I'll never forget was on Christmas Day when my sister shared with us that she was pregnant. I have always loved children and now I am overjoyed to be an uncle."

ZACK ADAMS, 11TH GRADE



"Over 4 years ago, I was given a card collectively from all the friends I had back then. I doubt I'll ever forget receiving it; it means a lot to me."

QUINN BRADLEY, 10TH GRADE

"I will never forget when I went to New York with the marching band my sophomore year. I hung out with Calvin Shelly and saw "Be More Chill," an amazing musical."

NATE WALTERS, 11TH GRADE



Want to park your prints in Free Barking?
Give Molly Williams a shout: mw4830@mynltd.org.

New Mississippi flag altered for a new wave of America

BY LILY GROOVER
SLATE STAFF WRITER

For Mississippians on November 12th, the results of an election created a state-wide breath of relief: a chance to sever ties with a deep-rooted symbol of racism representing a state no longer widely holding those past ideals.

Since 1894, the Mississippi flag had shown a Confederate image in favor of slavery and white supremacy. However, on November 12th, 2020, 73 percent of Mississippian voters called for the state flag to be removed.

Over the years, several protests have called for the Mississippi government to change the state's symbol. Many groups, such as the National Association for the Advancement of Colored People, or the NAACP, have advocated for that change. In 2001, Mississippi voters made a ballot initiative to change the flag, but it failed to get enough votes.

However, since last summer, following the death of George Floyd, a black man killed by Minneapolis police, protesters have made an even bigger movement to change the flag and remove those racist connotations. The debate was taken up by younger African Americans,

along with white supporters, to remove the ties between Mississippi and the confederacy. Amid the protests, Mississippi lawmakers, both Democrats and Republicans, called to replace the flag with a new design that "shall



honor the past while embracing the promise of the future." They supported their request by saying that a new flag will bring more business, new people, and many economic benefits.

Following the decision, there were more than 2,000 submissions of art commissions by the Mississippi people. Submissions were narrowed down to nine, then five, then to two by August 25th. State lawmakers ultimately chose Rocky Vaughan's "The New Magnolia" design as the new flag image because of the state's nickname, the "Magnolia State." Then, ballots included a simple "accept" or "deny" vote. Only 27 percent of voters denied the change.

Before the bill was ultimately signed by Tate Reeves, the Republican governor of Mississippi, he said, "This is not a political moment to me, but a solemn occasion to lead our Mississippi family to come together to be reconciled and to move on." The old flag flew for the last time on July 1st and was then officially retired and brought to the Mississippi Department of Archives and History. The changing of the flag was a symbolic step toward creating an equal environment for many minorities.

Now, the new Mississippi flag features a magnolia flower as a symbol of hospitality, which is surrounded by 20 stars signifying Mississippi's status as the 20th state in the union. At the top, a gold, five-point star reflects Mississippi's indigenous Native American tribes. As a whole, the change in the flag can represent the stride toward creating a more equal place for all, one state at a time. 🐾

A Preventable Virus

By Camryn Torres



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Virtually bringing sexy back, and a whole lotta Nunsense

Do not drop the shields though; help us all get back to a normal fall

Please, let's go dark next year. No more computer lessons, no more live streams. Let's go a little old-school and just have some in-person discussions, maybe a Venn diagram drawn with an actual marker, and possibly an in-class debate that needs no Zoom.

But until then, these Bulldogs have been thriving and surviving with virtual replacements to the normal.

Credit goes to Mr. Christopher Hamm and Mr. Stephen Shuey, along with a bunch of sensible nuns and company, for still putting on a spring musical this year through the

magic of YouTube. "Nunsense," with a downsized cast and empty theater, still found a way to tell the story of five nuns who discover that their cook, Sister Julia, Child of God, accidentally killed the other 52 residents of the convent with her "tainted vichyssoise" while they were off playing bingo with a group of followers.

The performance featured Elizabeth Binder, Abigail Peartree, Jessica Erking, Susan Gilsbach, and Breanne Mitchell, among others, and was recorded for streaming, similar to the fall play.

While this was well-received and

good for the students to still have the necessary outlet of theater to perform, we can only hope that next year's selections will step back into the live spotlight. (Can we say to keep wearing a mask though?)

And look out, ladies and gents — Mr. Northern Lehigh is back and ready to do a little dance on the catwalk. Virtually, of course. Our story on page one tells the tale of resurrection after a brief hiatus due to COVID. The Bulldog boys of beauty will have a diminished competition, but with ultra-HD (one can only hope), all of the sassiness will still be

included.

Thank you (we think) to Mr. Sander and the rest of the NL Student Council for bringing sexy back. Right? (Another reminder that we are not out of the metaphorical woods yet, though).

Graduation, the prom, the junior picnic, spring sports, and everything in between — please know that the goal here and everywhere is to return to reality next year. But kindly remember to not disrespect a pandemic. It would be happier than ever to stay around unless we *all* show it the door. 🐾

Hate is the virus

Asians do not deserve the blame or violence for pandemic

BY BRITTNEY DIEHL
ASSOCIATE EDITOR

Anti-Asian hate has taken the country by a second wave, just as the pandemic appears to do the same. It is present in every dig people make, whether it is eye shape, intelligence, culinary choices, or even their names. This racism has taken the country by storm, creating a different kind of plague by rapidly infect the American people.

To the damaging of society, prejudice is in everyone — no matter how educated, how unbiased, how pure. Everyone is judging everyone, it is a critical part of our innate human nature. We define everyone based on their appearances and deem their entire lives based on a single glance. Darwin said it best — survival of the fittest. Ultimately, this is why there is racism in our world. We simply cannot help ourselves.

Many believe that it all started with the virus that began in Wuhan — the capital of Hubei Province in the People's Republic of China. The largest and most populous city, the deemed reason for our global downfall. However, the American prejudice against those of Asian descent did not start here but was rather always there — the match just needed to be struck in order for the world to be set on fire.

COVID-19, deemed by our past president as the "China virus," seemed to not only attack our immune systems but also our minds. Racism spread as the virus did and it seemed more rapid to those being attacked. However, racism is not only across the world but also evident in our hometown. Not many people see the fact

that I'm Asian — I am white-passing yet some of my features when pointed out are truly seen. But even I have experienced this intense hatred toward my race, yet the scary thing is, it was all before the pandemic began.

It all started with my eyes — they are smaller, have the distinguishable inner Asian corner, and were the first thing they attacked. Then, it was the fact that I was better at reading, writing, and English than I was at math and science. Then, it was the "C" slur. Everything got progressively worse and worse, but it all boils down to one thing — hate.

Hate is the fuel to this never-ending fire and we, as members of society, keep adding wood logs, burning cigarettes, gasoline, and lighter fluid. We are so inherently angry at one another that we take it out on those who are different but innocent. We lash out at the oppressed and the weak because we are weak *on the inside*.

So, what does that mean for us? We keep adding to our plaguing problem, yet take no sustainable steps to fix it. It seems that we need to take another step back, view the sprouting Anti-Asian hate riots as we did those concerning the Black Lives Matter movement. We must donate, stand up for what is truly right, and fight for everyone's future, not a select few.

Yet again, society is society's own problem. And from the many problems that we have faced this past year — down to the simplest inability to follow CDC mandates based on "American freedom" — I have an ominous feeling that we will not be able to solve it this time. 🐾



I hope you swim. Being here now is worth it

BY BREANNA HOPPES
EDITOR IN CHIEF

Mental health is a never-ending stream of emotions — torrentially flowing or peacefully trickling by. An in-between rarely ever exists. This stream can incapacitate oneself and leave a helpless feeling, as well as a longing for better days. The final outcome lies within us: will you sink, or will you continue to swim?

The whirlwind of mental health disorders, such as anxiety and depression, seems to be nearly insurmountable. When caught in a frightful storm of emotions, the only given option is to hold onto our umbrellas as we venture through the storm in hopes that we will make it out on the brighter side.

Sadly, for months leading up to this storm, there are many signs — hinting toward things like anxiety or depression. Most of the time, the visible and blatantly obvious indications of the early stages of these mental disorders tend to be neglected and go unnoticed by many. Unfortunately, in many scenarios, individuals only begin to care once the damage is already done and it is far too late.

Early on, many signs tie back to the horrifying disorder known as depression. In most cases, it begins with a lack of motivation for things one once had a strong desire to do, oversleeping, and isolating oneself from the individuals they



love. To some, the early signs may be taken as rudeness, disrespect, or a strong lack of motivation, when in reality, each of these signs is an early-on cry for help.

Over the course of the past year, I have come face-to-face with the detrimental effects of mental health after the loss of a family member. I have endured months that felt like years filled with heart-wrenching memories and times I

could never relive. During that period, each day appeared to be more difficult than the one prior.

At times, the storm seemed to get the best of me, leaving me with a sense of lost hope. Days would pass, and suddenly months had passed, leading to nearly an entire year. Through the months of despair, my life changed its course in nearly a million different ways. Some for the better, and some for the worse. At the time, certain things seemed detrimental to me that, when looking back, seemed frivolous compared to the other things I've conquered.

For those months, anxiety and deep sadness consumed me, pulling me away from nearly all of the things I once loved to do. My grades declined and my motivation was absent. I knew something was wrong but had no desire to explore ways to fix it and better myself.

Although I appeared well and filled with happiness on the outside, a deep dive into my mind would reveal a never-ending abyss filled with trepidation and

sorrow that never quite seemed to end. For months, fear filled my mind every minute of every day, frightening me as to which of my loved ones I'd lose next. It took nearly a year of recovering from a loss to teach myself an important lesson. With depression and anxiety, it is crucial to understand what it truly means to "be here now." Move forward. Learn to let go of the past. Learn to not fear what the future holds, and instead be here in this very moment.

For some, being here now is a simple task, and for others, it is the most difficult thing they will ever face. There are days where I spend hours on end pondering the frightening events the future may hold, giving myself a reluctant feeling toward productivity and enjoying what the day could possibly bring.

Now, for the past few months, I've spent each day focusing on the good things life includes. Like the smell of my mother making pancakes on a Saturday morning. Or waking up to my dad mowing the lawn in the summer. Over the last year, I've learned that making it through the storm is beyond worth it and that the little things truly are the foundation of our lives.

As for myself, and hopefully you, too, whenever you're enduring a difficult time or day, I hope there's never a time when you choose sinking over swimming. Because being here now is incredibly worth it. 🐾

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SPORTS

Play like a girl, get repaid like a girl

Struggling with the injustices of the female athlete

BY ALEXIS TRAUGHER
STAFF SPORTS WRITER

As the muscles contract, the sweat pours out, and every last breath leaves the body; the hope drains away as well. After every cry for change and respect comes out from countless talented female athletes, they are too often dismissed and thrown away.

In colleges, high schools and in many other leagues, the pride from these girls is taken from them as their male peers gloat in their own. This is the truth of our lovely society, where the men hold the power and are cherished regardless of success or failure, while the women are criticized or short-engaged left and right. There is no excuse for these intolerant actions and mandates, yet they continue to flood through even our own school and community.

A few weeks ago, a viral TikTok video surfaced showing the truth behind female sports in the NCAA. The issue of inequality not only posts itself at the college level, but everywhere. I welcome you to my mind and not only Northern Lehigh, but female sports organizations throughout the country.

For five and a half years I was an athlete at NL. I saw what others did not do when it came to female sports. In my playing days, my team never had good jerseys. No one matched, some had holes and it was an eyesore. This angered many of us, as we looked to the beloved football team. They had different various jerseys for different nights. Black out, white out and any other special night, they got fancy jerseys, while my team suffered with hand-me-downs. Certain male teams flourished, while we, women, shriveled and burned.

Throughout the minds of many athletes, they have been forced into a double standard -- involving clothing that coexists in the hallways as well as on the field. If it is 85 degrees and a girl has just run a mile in the sun, she has to "suck it up" and risk a heat stroke- a heat illness resulting in the body temperature rising

greater than 104.5 degrees and confusion-while her male counterparts can go shirtless or in cut offs. This has confused many females since they were younger. Why do we have to struggle while the boys run around without a care in the world?

"As a female athlete of Northern Lehigh ever since kindergarten, the main form of discrimination I've faced is the double standard. Like when the football boys can practice without any shirts on but field hockey players are not allowed because of 'modesty' or 'distracting the

followed my every move. It was as if they tried to intimidate you into leaving.

Many females have to deal with terrifying stares everyday, but when it comes to a school related thing, aren't we supposed to feel safe and comfortable? "When trying to lift weights, the men take over," said Tiffani Traugher, a 2018 NL graduate.

On the other hand, the overall inequalities and concerns are not just one sided. Inequality affects both male and female sports, but more on the topic of

ered to be some of the nicest in the Lehigh Valley, while others haven't been updated for decades. Improvements, updates, and funds are continuously poured into the same sports (more specifically the ones that bring in money or have the ability to host events where profit is made)," continued the person previously quoted.

In regards to changing or improving this, that falls on the high levels of our school's athletic board. However, throughout the year and previous years, we have come to understand there are no reports, but if there were, they would be addressed. "We have not seen any inequalities in the reporting process... We review the report on an annual basis, and we look to improve any issues that may arise," said Mr. Bryan Geist, NL's Athletic Director.

Yet, a question still remains. If there is clear inequality and even young adults realize and see this, why haven't the adult board members addressed this? If this is clear, there should not be a reason to report, it should just be a serious issue to fix. For example, if young adults, ages 15 to 18 years old, can see this, why are adults, many years older, not recognizing it? Many people are nervous speaking out because they are afraid it will cause problems personally and with teammates. There should be no debate whether we can come forward, and there should not be fear placed on people to discuss something this serious. Especially in 2021.

Many questions still remain on the table (or the field, courts, and weight rooms), as well as many aggravated athletes.

So Northern Lehigh, ask yourself, when will it be enough, and when will we get past the old, stereotypical ways and instead evolve? Although this is impactful to our near 500 students, what does this mean to millions of female athletes now and in the future? How can we change society for women? 🐾



boys.' These are just excuses for male privilege, and they hold women up to a high standard compared to my male counterparts," said Lily Wanamaker, field hockey and track sophomore. The boys have this privilege that allows them to have whatever they want, while the girls get nothing and are expected to just live with it.

Another trouble area is the weight room similar to the previously-mentioned TikTok video. When I was playing I was consistently working out and pushing my body to its limit. The first visit was the scariest. Every male athlete in there stared at me and forced a strong feeling of unease. Their hungry, intimidating eyes

facilities, fundraising and other financing.

"The inequality differs greatly based on the sport and the revenue that it generates for the district. There are sports within our district that have much nicer facilities, more opportunity for fundraising, and access to financial means to support their sport. Some of the sports at our school that generate the most revenue are male sports," said someone directly involved with the NL athletic program who wished to remain anonymous due to possible repercussions.

And on the topic of equipment, the answers are both surprising yet heartbreaking. "Available equipment here and areas of play for some sports are consid-



Have an opinion on this topic? Or others? Have something to say?

Tell us! Email your thoughts to the editor: theslatenews@nlsd.org



SPORTS



Spring softball is alive and swingin’



Kendall Heiney



Arabella Heintzelman



Haylie Fenstermaker



Emma Smith



Haylie Fenstermaker

Photos generously contributed by EJH



Cadence Peters



Brianna Hess



Jordyn Hemingway



Hayley Thoder

Field hockey players hit big tourney over Easter weekend



Five Northern Lehigh varsity field hockey players participated in the Shooting Star Easter Tournament over the recent spring break. The tournament held in Dover, Dela., includes 50 different club teams from all over the U.S. but primarily the east coast. Games are played simultaneously over 11 fields from 8 am to 10 p.m. Not all tournaments are as big as Shooting Star which makes it special. More than 75 coaches from division 1, 2 and 3 colleges attend to scout and begin recruiting players. Juniors Olivia Horninger, Brooke Nonnemacher, sophomore Lily Wanamaker and freshmen Aricka Creyer and Delaney Szwest represented Marojoka Field Hockey Club, based out of Allentown. Aricka Creyer scored a goal in the first game of the tournament.

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The relaxed urgency for mindfulness in 2021

BY HAVEN MOORE
SLATE STAFF WRITER

It is no secret that the year 2021 has already been a struggle for many. People have faced out-of-the-ordinary situations, which have left them with an overwhelming sense of loss of control. Without a doubt, there are many reasons to feel a sense of uneasiness these days. However, it is important to keep in mind that there are always positive aspects to focus on. Sometimes it can be difficult to stay relaxed and optimistic when times are tough. One way to achieve an optimistic state of mind is through mindfulness.

What is mindfulness? Why is it so important?

According to Greater Good Magazine, "Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. It allows people to relax within a state of just-being, and release mental tension and anxiety, as well as regain clarity." Think of it as almost like taking a pause in life, and taking a time to ground yourself in retreat from the world's fast-paced, bustling and busy lifestyle. Wherever people are, they can practice mind-



fulness to achieve a happier state of mind, and live more freely.

Overall, mindfulness seems to be a really great technique and lifestyle to incorporate into your life. That is why mindfulness is known as a "practice." For some reference, according to Greater Good Magazine, studies have shown that

practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. Practicing mindfulness is healthy for people's minds and bodies, it changes how people's brains work, helps people focus, enhances relationships, changes the way people perceive themselves, and fosters

compassion and altruism. There is so much that mindfulness can do to enhance one's life, and is an altogether healthy habit to develop.

Throughout 2021, people have been forced to face all sorts of obstacles, which can be quite a strain on their minds. There is a strong sense of urgency to relax our minds and bodies. Where there is mindful thinking, there is peace, empathy, and acceptance. Mindfulness, if practiced, can be a sort of therapeutic retreat, an eye-opening experience, and provide realizations that bring long-term changes in one's lifestyle. This is a technique that is simple and can be done anywhere at any time.

Some people do it and are unaware of it. Mindfulness has a way of providing a peaceful state of being that makes the struggles and worries in day-to-day life much more manageable. Today more than ever,

both children and adults are experiencing the benefits of mindfulness. By engaging in daily mindfulness practices, one can cope with the everyday difficulties of 2021 with more ease. The relaxed urgency for mindfulness in 2021 is real, but will you be one to give it a try? 🐾



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Julia Wanamaker, senior, with the follow-through.
Photo generously contributed by EJJ.

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Sluggin' Seniors



A tough NL baseball season did not overshadow a few highlights, such as these seniors taking a few final memorable swings. (L to R) Grant Olewine, Ryan Hammond, and Chase Misera.

Photos generously contributed: EJH

Steel co. helped make big guns



Big Guns, from page 4

continued to support the operations at Leyte Gulf until November 16, 1944.

The *Mississippi* spent the last 10 years of her career carrying out investigations of gunnery problems and testing new weapons, while based at Norfolk. She helped launch the Navy into the age of the guided-missile warship when she successfully test fired the Terrier missile on January 28, 1953 off Cape Cod. She also assisted in the final evaluation of the Petrel, a radar-homing missile, in February 1946.

The *Mississippi* was decommissioned at Norfolk on September 17, 1956, and was sold for scrapping to the Bethlehem Steel Co., on November 28th of the same year.

The skills that a student in the LCTI Precision Machinery Technologies program have are the same skills that were used to make the *Mississippi's* gun- just on a much grander scale! According to Mr. Jacobs, instructor for the PMT program, the machinists and engineers would have had to build the machine to make the gun barrel. The building behind where the barrel is currently displayed is where the giant quenching tank is located. Quenching is when you cool the hot metal in order to set it. If this kind of work interests you, I'd encourage you to check out the Precision Machinery Technologies program. Who knows... Maybe one day you'll be building pieces for a ship! 🐾



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John Hughes: Every teen's unofficial guidance counselor

BY CHASE JONES
SLATE COMIC GUY

John Hughes in my mind is one of America's greatest filmmakers and most definitely a 1980s icon. Having written and directed films such as *The Breakfast Club*, *Ferris Bueller's Day Off*, *Weird Science*, and *Sixteen Candles*, Hughes has made his mark on American pop culture and the American teenager for all of time.

Hughes revolutionized the way that the teenage character was portrayed and was able to create works which teenagers today can still find solace in today. In doing so, he took on the role of every teenager's unofficial guidance counselor.

For many, including myself, identify with the struggles of Andie Walsh (Molly Ringwald, *Pretty in Pink*), or John Bender (Judd Nelson, *Breakfast Club*), and aspire to be Ferris Bueller, or Jake Ryan (Michael Schoeffling, *Sixteen Candles*).

Hughes was born on February 18, 1950 in Lansing, Michigan to parents John Hughes senior and Marion Crawford. His father worked in sales and his mother was a volunteer in charitable organizations.

By the time Hughes had turned 13, he and his family had moved to Chicago, Illinois, which would heavily influence his films later in life. With *Ferris Bueller*, the *Breakfast Club*, *Sixteen Candles*, *Home Alone*, *Weird Science*, amongst others, notably being set in the suburbs of Chicago.

Eventually going off to college at the University of Arizona, Hughes would end up going back home before he even graduated. Once back in Chicago, he began to work as an advertising copywriter and would begin hanging around the offices of National Lampoon's Magazine, a brand for which he would begin to write comedic essays for.

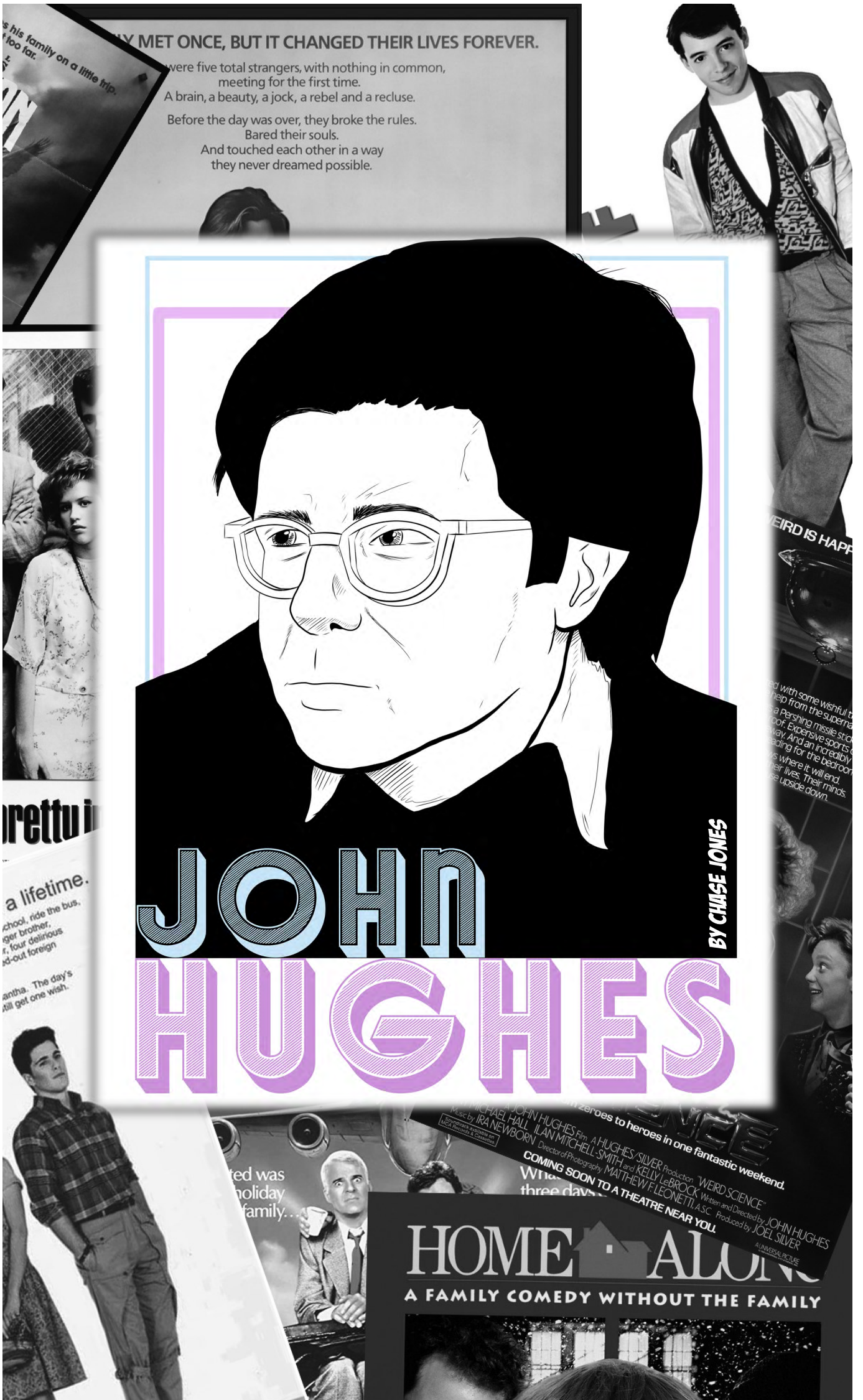
This led him to write and direct one of his first hits, National Lampoon's *Vacation* in 1983. Starring SNL legend Chevy Chase, Beverly D'Angelo, Randy Quaid, and introducing Anthony Michael Hall, the film became an instant classic and still holds up today. However, it's popularity would be easily surpassed by the sequel, National Lampoon's *Christmas Vacation*, which would also be written and directed by Hughes.

The very next year in 1984, Hughes would release *Sixteen Candles*, a film about a young girl who is turning sixteen and her entire family seemingly forgets. The cast list included Anthony Michael Hall as "The Geek", Michael Schoeffling as Jake Ryan, and Molly Ringwald as Samantha Baker.

The movie became a classic and made teenagers everywhere feel like they were not alone in the everyday struggles of adolescents. This feeling would only be strengthened by Hughes's 1985 smash hits, *Weird Science* and, of course, the *Breakfast Club*.

Hughes continued to dominate the teen genre through 1986 with *Ferris Bueller's Day Off* and *Pretty in Pink*, a film which he wrote and produced, but did not direct.

Though, his slew of adolescent comedies would come to a close in 1987 with *Some Kind of Wonderful*. But, this would not be the end of Hughes's career, as he would go on to create films such as, *Trains, Planes, and Automobiles*, which starred John Candy and Steve Martin. As well as, *Uncle Buck*, also starring John Candy, and *Home Alone*, which starred Ma-



caulay Culkin and Catherine O'Hara.

Tragically, on August 6, 2009 John Hughes died in Manhattan of a heart attack. He was walking through the park when suddenly, he collapsed. Even though Hughes is gone and has been for over ten years, the mark he left on our culture and the lives of young people is not.

His genius and impact left on the teen/comedy genre will never die, no matter how long he has been gone. He truly did take on the role of every teenager's unofficial guidance counselor and for that I thank him. 🐾