

THE SLATE

ALL YOUR BULLDOG NEWS... UNLEASHED!

@theslatenews theslatenews@nlsd.org

The Voice of Northern Lehigh High School

Volume 88. January 2025. Issue Three.

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Various spots of schoolin' until Bulldog Lane. [Page 3.](#)

They've got spirit, how 'bout you?

BY CAITLIN KIRK
STAFF WRITER

As you park your car and begin to walk towards the stadium on a Friday night, excited to watch the Northern Lehigh football team play, you can hear the chants and cheers of the crowd in the distance.

After turning in your ticket and walking into the lively stadium, you see the cheerleaders assembling in the home-side en-

dzone, preparing to cheer on the football team as they come out of the locker room, ready to play. Once you find your seat in the bleachers, you are greeted by the smiling faces of the cheerleaders on the sideline, ready to bring energy and spirit to the game.

With the cheer program growing this year, the energy on the sidelines of games

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Senior leaders of cheers, Jeweliana Andrews and Faith Zelenty.

Sparks Fly at LCTI



Photo by Kiley Kennedy for The Slate

Jackson Van Norman, junior, cuts metal at LCTI. Many of NL's students attend the Schnecksville trade institution to hone their skills. [More photos on page 14.](#)

Can't Kill Creativity



Art teacher Mr. Stephen Shuey helps students make something from nothing.

High school arts can never silence

BY SUSAN GILSBACH
ASSOCIATE EDITOR

The arts are everywhere. Fine arts, like mural in the stairwell by the library lobby or the paintings displayed outside of Mr. Shuey's room, have a strong presence at Northern Lehigh. But there is another art form that is being overlooked: performing arts. Music, theater, choir, and dance comprise the definition

of the performing arts, and none of them have a strong presence at Northern Lehigh during the school day.

The school has clubs that offer this to students, like the Northern Lehigh Little Theater and the various color guard and band programs, both of which are very successful. But there is very little art incorporated into the

See Arts, page 4

Old yearbooks rekindle new NL memories

BY MADDY MACK
STAFF WRITER

In its eighty-sixth year of production, the Northern Lehigh Reflections Yearbook will continue its legacy of being a place where lasting high school memories reside. Just like the previous eighty-five editions, it will contain a multitude of reasons to celebrate everyone's high school experience.

As this year's yearbook continues to be built, the yearbook staff gave others the chance to look back on their high school years. After noticing hundreds of past yearbooks in their possession, dating back to 1934, they realized they had an opportunity to let past Northern Lehigh graduates reflect on their high school careers. After hours of inventory, the staff put together a list of past yearbooks they were able to sell.

Almost immediately, advertising began on social media platforms, like Instagram, to try and sell as many yearbooks as possible. Each post of the remaining yearbooks for sale generated an overwhelming number of likes and comments from alumni seeking the chance to purchase one.



We're in business.

See Camera, page 4

BEING BIPOLAR

Making sense of shallow stereotypes and senseless stigmas

BY LACEY GROOVER
STAFF WRITER

Living with bipolar disorder, also known as manic-depressive disorder, is a very difficult challenge, especially with all of the judgment associated with this illness. There is an inaccurate stigma that looks at bipolar people like they are unpredictable, unstable, untrustworthy, unreliable, and unhinged. This condition is not just mood swings, and an adolescent dealing with it is not just an angry teenager dealing with an unreasonable temper. Bipolar disorder is very real for everyone that has to deal with it.

Most people do not take the time to research or learn about mental illnesses unless they are directly impacted by it.

Bipolar disorder is often mistaken with mood swings, which isn't 100% correct. This disorder causes depressive and manic episodes that can vary from being a little less than a week to months. People associate bipolar as people having angry mood swings, but there's more to it than that.

A common symptom of depression is excessive anger, so people experiencing a depressive episode will have depression symptoms. Same thing with manic episodes, due to the exorbitant thoughts going on internally for one that experiences manic episodes, one might become agitated. A person can display an outburst of anger or irritability caused by the feelings inside. Because of these frequent and extreme mood swings, irritability might seem to be part of a diagnosed person's personality, when in reality, it is just simply their condition.

Bipolar disorder is often confused with quick mood swings, but that really couldn't be further from the truth. Manic and depressive episodes in adults last from weeks to months.

Bipolar in teens, however, is a bit different. This disorder in teens is more rapid than in adults. Teenagers experience mania and depression in days, weeks, or months. Bipolar is more associated with mood swings having to do with other people, but it is more of an internal struggle. Medication changes can also cause excessive anger.

When people think of mania, they think of someone being elated beyond belief. Bipolar, however, still has the depression element in it, so suicide and self-harm is still a risk. There's an estimate that between 25% and 60% of individuals living with bipolar disorder will attempt suicide once in their lives.

Between 4% and 19% will succeed. Most bipolar people that self-harm do it to bring a sense of control back into their lives. During the switch between the restless state of mania and the depression components, people will go from feeling happy and sort of agitated to having a negative outlook on themselves and the

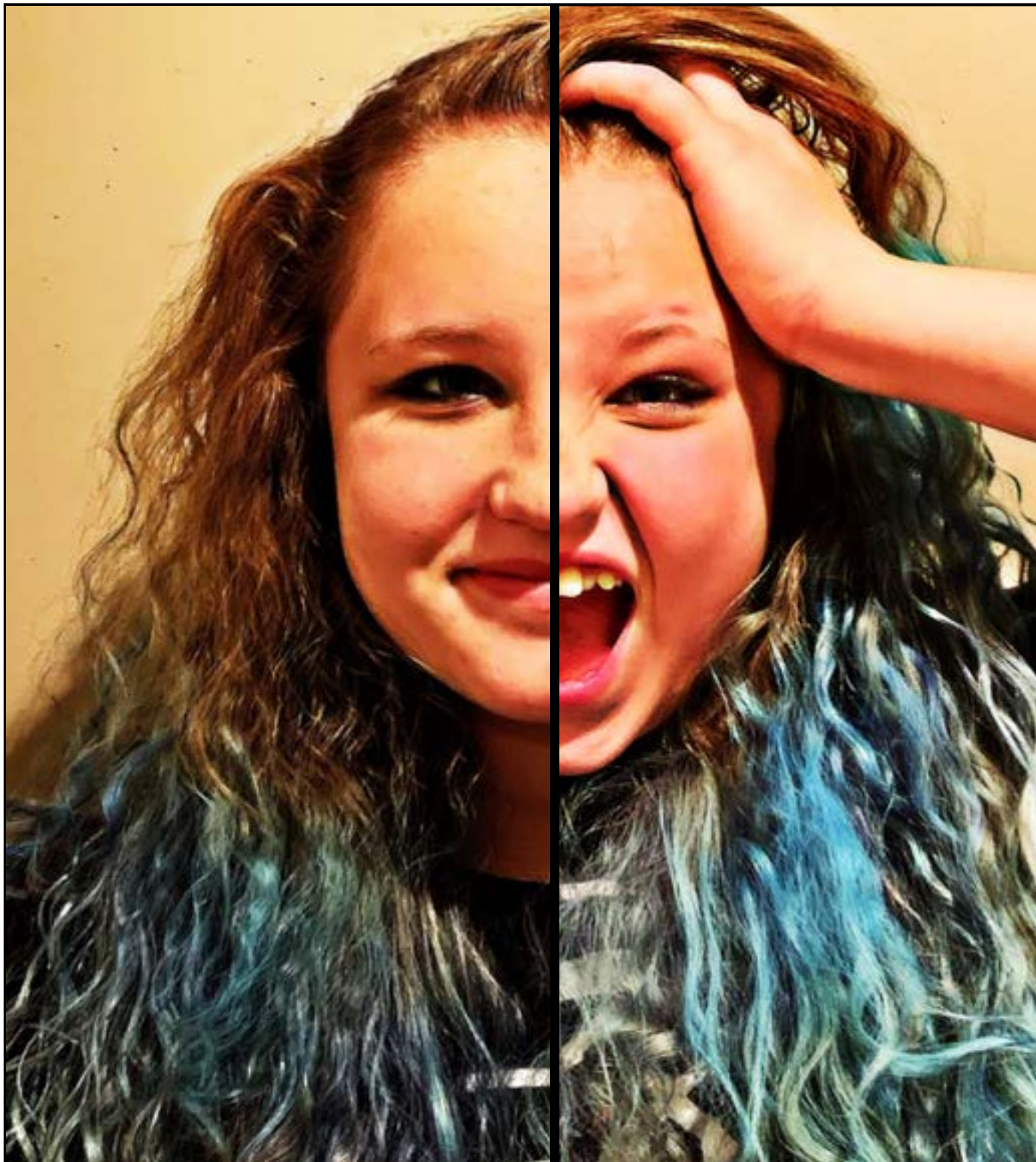
world around them with nowhere to release the energy and take control.

Medication can be seen as a vital treatment for bipolar disorder, and although it might be helpful, it's quite difficult to find the right medication. Trying different medications like Abilify, Lithium, and Latuda can be very straining on oneself with having on and off emotions, severe to little side effects, or even feeling

ous teachers. In this certain situation, I was talking about how the teacher would be nice one day then angry the next, and without any hesitation the person I was having a conversation with said "Bipolar. They're probably bipolar." I just brushed it off and kept the conversation rolling, but if I were someone uneducated about bipolar, I would completely agree and move on with that information as true.

cause of it, it could cause prejudice.

As a bipolar person myself, I have struggled with all of these things. My condition affects everyday of my life, and was often mistaken for other conditions until we found the right diagnosis. Constantly trying different medications, on and off emotions, happiness, sadness, numbness; it's very exhausting. If you're struggling with your mental health, I



(Left) Lacey Groover. (Right) Lacey Groover). Read on for further explanation.

no change at all. Mental health treatment is difficult due to everyone being different and bipolar disorder having unique symptoms in everyone, the right medication is difficult to find.

The biggest strengthener of these stigmas is people minimizing the struggles of people that are diagnosed with this disorder. I was having a conversation with an acquainted adult about one of my previ-

This incorrect information can lead to more serious things like discrimination and judgment. I have had people take a glance at the way that I look and on the way that I dress and present myself and assume that I probably struggle with a certain mental illness. Humans are quick to judge, which is alright to an extent, but if someone were to have these stigmas in their head and assume who I am be-

strongly recommend seeking out help.

I want everyone to think about how stigmas can affect someone, and to try and educate and understand anyone and everyone's problems.

It's difficult to comprehend what someone is going through without going through it yourself, but everyone can use a little more kindness every once in a while. 🍀

Fenstermakin' it happen for the community



Photo courtesy of Mr. Eric Heiney

Congratulations to senior Diego Fenstermaker for his Eagle Scout project where he built and placed three "food blessing" boxes in Slatington. The Rotary Club of Slatington will be supporting the box at Bechtel's Pharmacy. Caring Dam Hearts will support the boxes at Spring-side Sportsmen Club and Vigilant Fire Company.

Many faces of Slatington high schools

Before finding its current home on Bulldog Lane, local students attended 9th through 12th grades at various spots within the area

BY GABBY LONBERGER
CONTRIBUTING WRITER

If you were born in the Slatington area in the 2000s you must have thought that there has always been one high school in the Slatington area, that high school being the Northern Lehigh High School, but what if told you that's not true?

163 years ago the children of Lower Slatington attended a school a half mile north from the borough and the children of Upper Slatington attended the Friedensville School. The first school of Slatington was in the old stone mill in Lower Slatington in 1820 which was built by William Kern, but only operated for a year or two. The second school was then opened in 1858. At that time, a Welsh Church divided and the School Directors of Washington Township rented the stone church building located on West Church Street to the borough. This building was used until 1868 as another school in the Slatington area.

A school also operated for a time in the second story of the Lehigh Slate Company's store. From 1857 to 1866, a pastor of the Presbyterian congregation, maintained a private school in the church. It was taught for a part of the term by Solomon Berry of Maine. In the small town of Slatedale, on Main Street, you can still see this old school. It may not look like your everyday school, it looks like a small barn.

In 1868, most of them turned into public schools. In that year, the new school house was erected. It was a substantial structure measuring 47x50 square feet, two stories high and built at a cost of seven thousand dollars. On Sunday, Aug. 30, 1868, the schools were divided into four departments: primary, secondary, grammar and high school. There were only 200 students able to be enrolled into these schools in total. In 1875, Professor Frank J. Stettler, who directed the grammar school for two years, became the principal. He re-graded the schools, established a better classification, and introduced a regular course of study. At this time, the attendance increased and another primary school was opened in the McDowell Hall in Slatington. Higher studies were also introduced for advanced pupils in the high school.

In 1879, the number of students had increased and more room was necessary. An addition, two stories high and 25x45 square feet, was built for two thousand five hundred dollars. The rooms were furnished for one thousand dollars. The Slatington High School became popular and was attended by children from Northampton and Carbon Counties, as well as from joining districts in Lehigh County.

In 1883, the overcrowded conditions of the school demanded more room and another addition was built. In Septem-



Photos provided by Mr. David Hauser

The original high school on Main Street that burned down around 1916. The structure was rebuilt but torn down in 2001. The flagpole on-site is an original piece from the early 1900s.



Photos provided by Mr. David Hauser

Slatington High School from 1918-1960. Its current site houses Veterans Memorial Park.

ber, a total of eight schools were opened. Beginning in 1875, Professor Stettler conducted a Summer Normal Institute, which continued for thirteen years, during which time approximately 150 young men and women graduated as teachers. Most of them secured positions in Lehigh and the adjoining counties. Two night schools were conducted for several years, one attended by quarry and factory boys, the other by teachers and advanced pupils. In 1890, the school had again become so overcrowded that more room was absolutely necessary. During the summer of 1890, a two-story, four-room brick building, 50x50 square feet, was

erected on Fairview Avenue, in the southeastern part of the Borough.

In 1892, the School Board elected an assistant teacher in the high school. However, the primary school in the new building became so overcrowded, it was necessary to employ an assistant teacher making 14 teachers in all. In 1897, the school authorities decided to require the high school to cover a period of three years instead of the former two year courses. This act retained what they called the "C years" class in the high school for the years 1897 and 1898, and thus no graduation was held in the year 1897. In 1896 the school, overcrowded

for several years, reached its highest enrollment.

In the spring of 1897, the School Board broke ground for the erection of a new school building. The cornerstone was laid on the 31st day of July 1897 by the R.W. Grand Lodge of F. and A.M. of the Grand Jurisdiction of Pennsylvania. The current high school building was completed in 1981. An addition was added in 2000 for a new library and art room. The high school had been known as Slatington High School until the name was changed to Northern Lehigh High School in 1981, with the first class graduating in 1982. 🌟



Photos provided by Mr. David Hauser

The Class of 1929, likely photographed near the rear entrance on Kuntz Street. Once graduated, the bars prevented them from getting back in.

Without arts in school, there is no noise, color, or flavor

Arts, from page 1

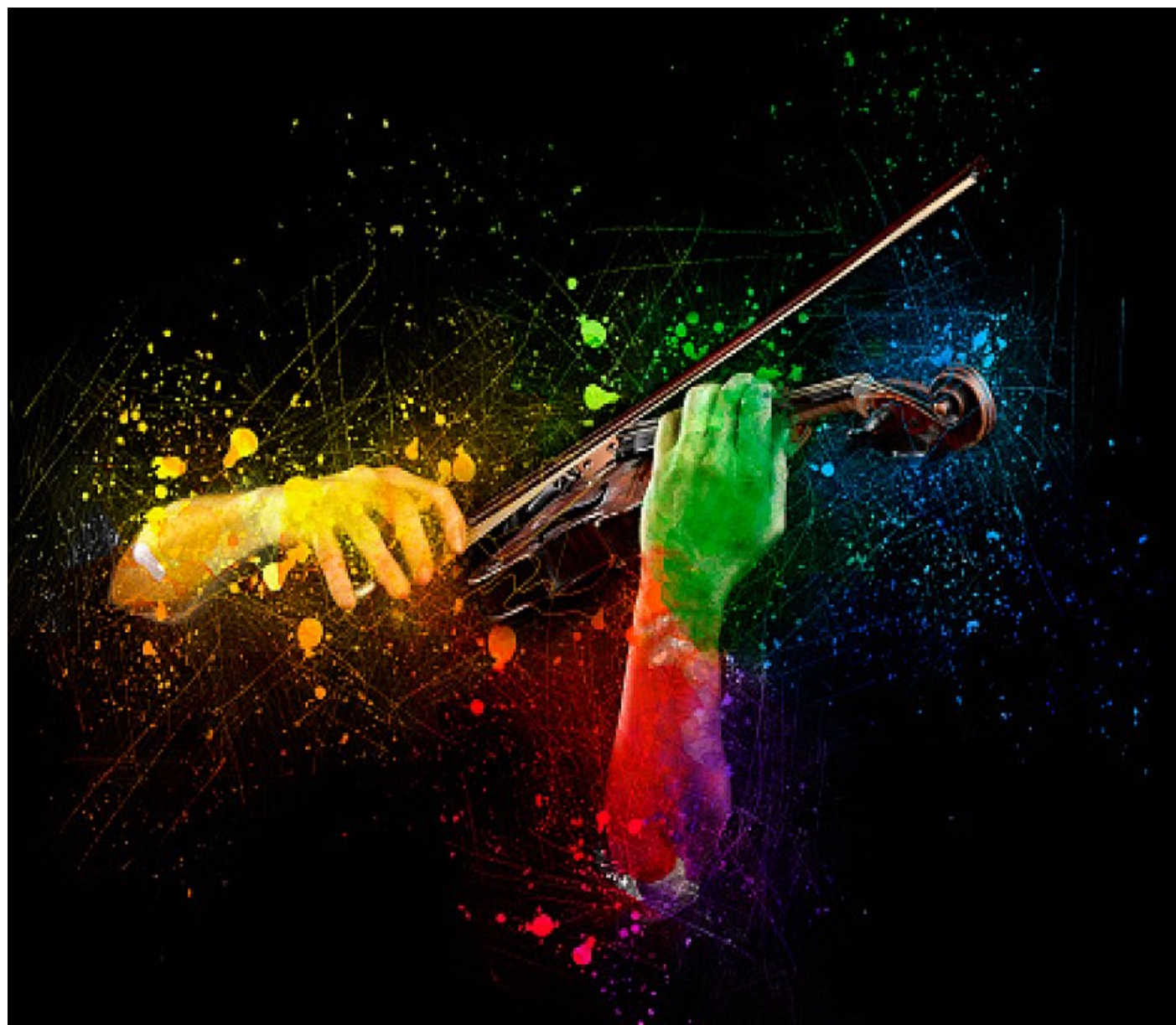
school day, which leaves many students without a creative outlet during the seven hour day.

The fine arts department has found a place during the school day. Mr. Shuey, the art teacher, provided some perspective on why he thinks that fine arts matter to students at Northern Lehigh, and students everywhere: "The point of art is expressing yourself, but someone has to see it. Artwork is collaborative, whether you're sharing it with other people or working with other people."

Collaboration is vital in the business world. No matter what field students go into, there is a very high chance that they are going to have to collaborate with others in order to do their jobs. The fine arts classes here at NL can really help students to find ways to collaborate with others and work together to understand each other. Alex Feifel, a senior and vice president of the art club, mentioned that art "gives an outlet for self expression. I think that so many of our classes are focused on getting it right so we kind of get stuff in a loop, so I feel that any type of art is important to work [the creative] part of your brain." Arts can really work the creative part of students' brains and give them an outlet to use when they are working through strong emotions or finding themselves.

The performing arts have been taken out of the school day. They are now clubs that require students to stay after school. The choir is now nonexistent, while the band and theater continue to thrive as clubs that occur outside of the school day. When asked why arts were important to students, theater director Miss Kayla Driscoll said that, "Performance classes not only practice basic skills like public speaking and critical thought processes, but it can also encourage individuals to advocate for themselves in rooms of people."

It is incredibly important for students to be able to advocate for themselves and be comfortable with public speaking, which are both things that are found through the performing arts. Students



who do not have access to theater and choir throughout the day and throughout high school are missing opportunities to form the crucial skill of being able to stand up in front of a room full of people and do something; in this case, perform. Not only can the performing arts increase students' likelihood to do well in the job market, it can also open students' eyes to things that they like and may want to pursue.

Mr. Carroll, the band director and middle school music teacher, said that the reason he wanted to teach music was because of "Contact with a number of

great teachers and directors during my life, as well as the value and importance that my school district placed on applied arts education; band, choir, and orchestra. I was a member of all three organizations at Hanover High School." Students have also found benefit from the music programs that happen outside of the school day. Olivia Handwerk, a junior with a role in this spring's musical, mentioned that theater has become important to her: "Theater gave me a place to develop my voice, the friends I have made helped me grow as a person and the community gives me people who I truly enjoy

spending my free time with." Theater and other performing arts programs allow students to find their voice and gather a metaphorical family.

The arts programs are vital to students who need a creative outlet to express themselves. Many students have benefitted from the fine arts programs at Northern Lehigh, and many students would benefit from the inclusion of a performing arts program. In the near future, Northern Lehigh should reexamine their course offerings, and offer more arts-based programs that cater to the interest of the student body. 🎨

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Phones were OK but now 'Reflections' is in business

Camera, from page 1

The sale of any past yearbook directly supported the purchase of a camera for the club, as it did not have any cameras of its own to use.

Many people came to Northern Lehigh High School's annual bonfire, which took place on Oct. 27. Numerous individuals came by to purchase old yearbooks for themselves and their loved ones. In addition, some people visited the table to leave a donation towards the purchase of a new camera.

Despite the cold temperature on the night of the bonfire, Nathan Knauss, a yearbook staff member, was happy that the yearbooks were being put to better use. "I like that we did it, and there are so many left to sell," he said. Many people told him that they were being purchased as gifts for their friends or family members. "I like that we were giving an opportunity to those who lost memories to get them back, and we were helping those who didn't get yearbooks previously get one now," Knauss said.

Kasia Dos Santos, another staff member, also helped give back old memories to the community at the yard sale. She was able to help those who did not have one revisit their memories. "A lot of people said that they lost theirs, their kids lost it, or they were never able to purchase one," she said. "A lot of people were really happy to see all their old friends in the yearbook, and it gave them a chance to look at all the old memories they had."

Caitlin Kirk, also a

yearbook staff member, helped prepare the yearbooks to be sold. "I am really glad we get to give this opportunity to the community," she said. "Some people were not able to get one when they were in high school, and they never thought they would get the chance to either. It was great to see the positive response we got from the whole community."

As the yearbook staff continues to work on the 2022-23 yearbook, titled "Roll the Credits," they are still doing their best to give memories back to alumni all over the country.

The outpour of community members hoping to be reunited with their old yearbooks shows how important it truly is to stay connected with the past, especially the memories that are made in high school. 📷



The NL Yearbook (and its sibling publication, The Slate) are now better equipped.

My brain is under the weather

BY LILY GROOVER
EDITOR IN CHIEF

Illnesses are taken very seriously in the medical world. If one is diagnosed with cancer, that person will receive the proper care and support they need. If someone notices that they have a cough, a stuffy nose, a sore throat, they too seek help from a medical professional. There are different levels of health. Of course, cancer is much more severe than a common cold and will need much longer care, but both patients are obviously in need of assistance in order to feel like their best self.

Mental illness is an illness of the mind. Yes, some people are diagnosed with depression, anxiety, etc. And like cancer, there are so many different types of depression, and types of anxiety. And like the cancer patient, those people need the proper care and treatment to feel stable in this world. Illnesses as drastic as those take longer to heal, and the journey toward healing is much more taxing on that person.

However, some people don't need to be diagnosed with a mental illness. They don't need medication, or treatment. All they might need is to rest, like the patient with the common cold. But, the common cold has physical symptoms, many can tell that they are 'under the weather.' When someone's mentality is 'under the

weather' they are still expected to function normally.

My brain has a cold right now. I am not diagnosed with any major mental health disorders, nor am I prescribed medication. But sometimes, life sucks, and it becomes hard to navigate through every twist and turn of simply existing. What has helped me navigate through my own hardships is regularly seeing a therapist.

Over the past few years, there has been a big push toward mental health awareness. More people are discussing their health problems, and are being transparent about what struggles they have gone through, instead of keeping it a secret, or being ashamed. However, there is still a very prominent stigma toward those who seek out help for their mental illness. Some people assume that poor mental health makes someone crazy and irrational, or a danger to others, when in reality that is far from the truth.

Therapy can become a great outlet for every single person on Earth. Therapy doesn't "fix" mental health, or magically cure whatever disorder a person has. Instead, it provides that person emotional support and guidance. Therapy offers different ways for people to cope with their emotions, whether that be anger, sadness, or simply being overwhelmed.

Sometimes, talking to your friends



and family isn't enough. It is hard to discuss deeper thoughts and feelings with people who you have known your whole life without feeling like you'll be judged. A therapist can be that extra person to lean on while going through hardships in life. In my own experience, my friends and family did not have a good understanding of what was going on in my life. It's hard to face the truth about your negative feelings when you are a relatively happy person. Seeking help from a therapist gave me the opportunity to fully express my concerns. I was finally able to release my built up emotions and feel more like myself again.

It may take a couple tries to find the right therapist that someone is comfortable opening up to. People have preferences on whether or not their therapist is male or female, whether therapy should be online or in-person, but once the right one is found, it opens up a whole new world of healing. Therapy is for everyone. Just because someone does not face harsh, traumatic events in life does not mean they are incapable of seeking help. The fear of opening up can be scary, and what one discovers about themselves may change their way of life, but those thoughts should not prevent them from seeking emotional help. 🌱

Do we need to keep saving the daylight?

BY HAVEN MOORE
STAFF WRITER

There always comes those two special times of the year when a person looks at their clock and thinks, "Hey, look at me, I'm early!" or "Oh no, I'm late!". Neither Of these assumptions are correct. The clock is one hour behind, or one hour ahead compared to the last time they cared to take a glance at it.

This of course is to no fault of their

own, but to the fault of the daylight savings that occur twice a year. For those who don't know what that is, this small explanation should solve all your timely-mannered problems. Daylight Saving Time (DST) is when the clocks are turned one hour ahead in the early spring (March) by an hour but are later turned back one hour in the early fall (November).

A little saying to remember this is "spring forward, fall back". This is of



need for time changes is not necessary. Many do not know of the consequences of these time changes. The majority of medical professionals warn against the effects of these time changes.

According to Northwestern Medicine.org, these changes can lead to depression, slowed metabolism, weight gain, and cluster headaches. The development of certain conditions and disorders has been related as well. Studies have shown that the risk for heart attacks is at 24% higher risk, and issues such as cardiovascular disease, car accidents, strokes, worsened mental health, and immune-related diseases become more apparent up to a week after the clocks change by an hour.

And to top it off with the most obvious consequence of them all, the challenge of sleep deprivation rears itself, causing poor cognitive responses and performance in school, work, and home.

Who would have thought an hour could make all the difference? That is

course the accurate condition for the United States. Other countries and time zones vary. Aside from that basic knowledge, many aspects of people's lives change to accommodate this. It was created to conserve electricity, save energy, and make better use of the light of day.

This was in the best interest of farmers working during the day hours, as well as the soldiers during World War I to conserve energy and resources. While these reasons may have been valid in the past, they no longer serve a purpose. The

See Daylight, page 7

Dennis George
Licensed Professional Counselor

125 South Walnut St.
Suite 260
Slatington, PA

484-347-4961
dennisgeorgelpc@gmail.com

Have the yearbooks started selling, Clarice?

northern lehigh / reflections / gearbook

the silence of the dawgs

from the terrifying best seller

Clarice: hannah/clarice, hannah/piper, whittier/bel, growler/daisy, zorro/bardo/castile, black/weddy, black/dave, leather/cally, reddy/olivia, frank/ace, haines/erik, beam/banerge, smith/mathew, brown/karla, dee/antonio, edwards/emma, wong/tyler, young/monet, cotto/vicior/klasheth, yost/matt, vishaler/terona, walley/robin, leather/kyrie, loon/sage, melendez/suzanna, jucha

Interim Lead Dawg fills role nicely

Should the search for our new principal begin here at home?

NL students are preached to about leadership all the time. Signs hang around the school, too, that promote its importance – in addition to performance, integrity, etc. It means something, therefore, to have it modeled.

Over the summer, it was announced that Mr. John Rushefski would become a temporary Bulldog administrator after Jim Thorpe's school board voted to decline an extension as superintendent.

Our school board voted unanimously in August to accept Mr. Rushefski as acting principal after the position was mysteriously vacated by Mr. Robert Vlasaty, NLHS principal since 2011.

At the time of the vote, superintendent Mr. Matthew Link said since his absence was a personnel matter, Mr. Vlasaty's privacy and confidentiality had to be respected.

To this day, neither students nor faculty/staff have been told any specifics about the abrupt departure so we shall assume it is not our place to



Acting principal Mr. John Rushefski's contract is only valid through the end of this school year. In his short time here, however, he has done well to become part of the Dawg family.

know. Whatever the circumstance, we do hope our former Big Dawg is doing well and finding happiness post-NL.

It would have been very easy for Mr. Rushefski to step in and take it easy as a per-diem salaried official, but since day one, he has jumped into the role with a serious, seasoned work ethic, and a genuine, affable presence. That vibe can be tough to

create as an outsider, especially so quickly, and certainly when the days are numbered.

"Upon arriving at NLHS, my priority-one goal was to restore the most normal and traditional high school experience possible," Mr. Rushefski said recently. "Now that the pandemic concerns are dissipating, I wanted both the students and staff to return to the high school experience where educators can teach, and truly interact with students, by getting back to traditional teaching practices, in-person assemblies, events, sports, and dances.

"As for my leadership approach, I wanted to build relationships with students and staff everyday through visibility by greeting Northern Lehigh with a friendly *hello* or *good morning* and to be present for students throughout the school day, and at the after-school events. Assistant Principal Mr. Strohl's leadership to end last school year set the tone for the 2022-2023 school year, and we both believe in a team model using a patient and persistent approach for every school day."

The search for a new, permanent leader will begin in the spring, which brings us to the second-in-command.

Working under Mr. Rushefski is Mr. Michael Strohl, an NL graduate and former elementary teacher. Last year, Mr. Strohl was unexpectedly thrown to the wolves and had to wear many NL hats as the sudden (temporary) top dawg, in addition to his normal gig as assistant middle school principal.

Not only was his energy and cooperative willingness felt in the hallways – where he could be found 3:1 over his office chair – but he took on the monstrous graduation ceremony responsibilities, and helped to organize our first career/college/job fair (another is planned for this spring). Both were huge successes.

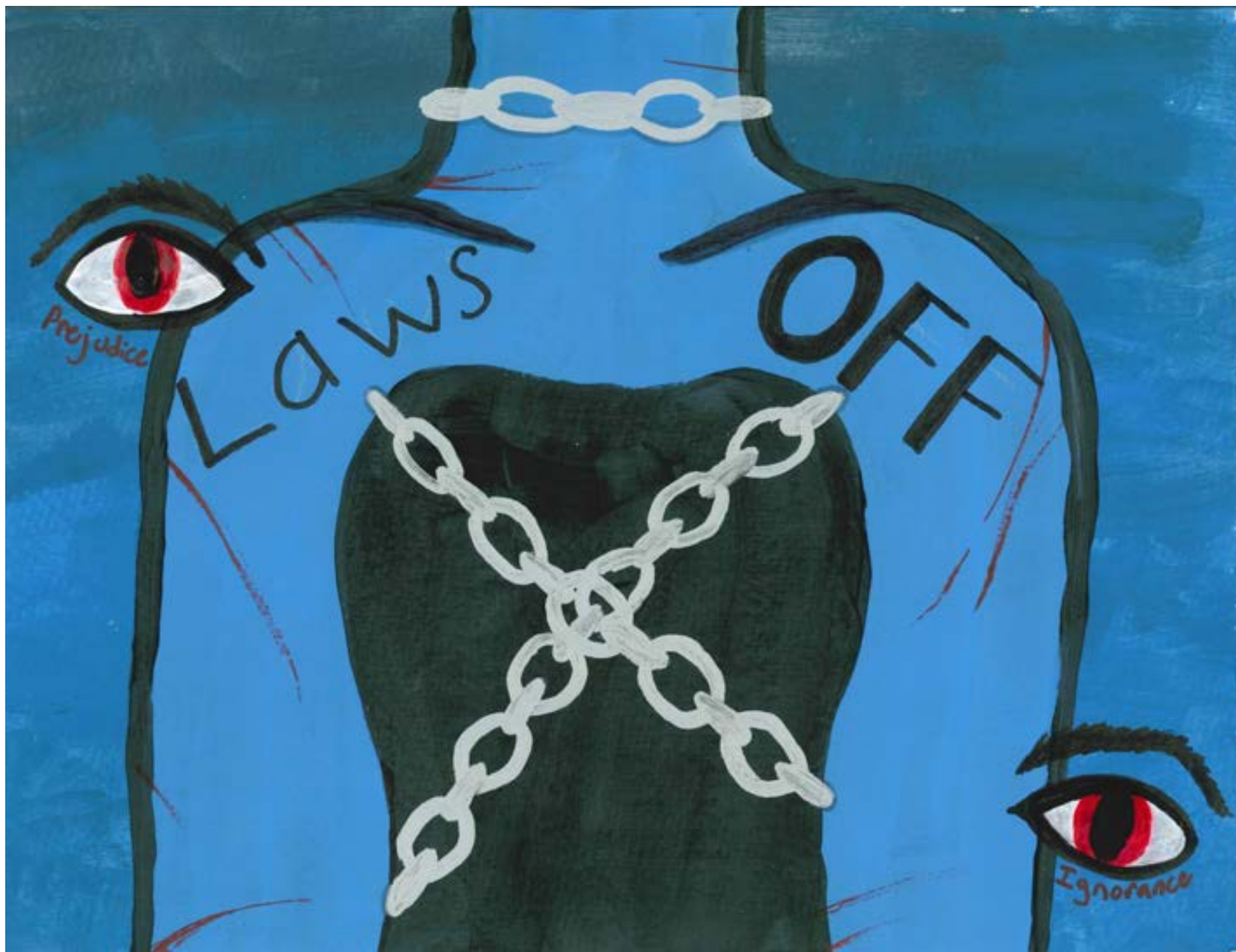
We are all approaching the winter season and the mid-year cross-over to new classes, new teachers, and the countdown to summer. (Too early?) It might be premature, but we thank Mr. Rushefski for his immersion into the Bulldog world and we hope his remaining months here are professionally profitable.

Perhaps in the spring when the search begins for a permanent principal, a viable candidate is already in-house and only needs to move one office over. 🐾

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Winds of Chains, Linked to Generations Ago

By Emily Mack



We have regressed 50 years in women's rights because of the shackles that laws put on our bodies, which are constantly subjected to crude judgement.

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Northern Lehigh High School
1 Bulldog Lane
Slatington, PA 18080
theslatenews@nlsd.org

NewsMedia
Foundation

The Slate, published six times a year, is the journalistic voice of Northern Lehigh High School. Support for a free press is provided by Northern Lehigh administration: Mr. Matthew Link (superintendent), Dr. Tania Stoker (assistant superintendent), Mr. John Rushefski (acting principal) and Mr. Michael Strohl (assistant principal).

Lily Groover
EDITOR IN CHIEF

Susan Gilsbach
ASSOCIATE EDITOR

Avery Diaz
SENIOR CONTENT EDITOR

Alexis Traugher
SPORTS EDITOR

Mr. Christopher Barnes
MANAGING ADVISER

CORE STAFF WRITERS & ARTISTS

Keona Dyer, Maddy Mack, Caitlin Kirk, Abby Peartree, Haven Moore, Gabby Lonberger, Bailey Smith

CONTRIBUTING WRITERS & ARTISTS

Callum Zimmerman, Delaney Szwest, Olivia Handwerk, Ayden Scanlon, Kierra Katen, Cassidy Snyder, Kyndra Dougherty, Lacey Groover, Savannah Hall, Emily Mack, Patrick Conway

BILLING MANAGER

Mrs. Kathy Nowlin

f @theslatenews

The ageist-divide empowers young activists

By Patrick Conway
 Slate Columnist

Members of Generation Z, known as Zoomers, aren't well liked, generally speaking. Many older folks tend to show some disdain for us; whether for our terrible humor, technology addictions, or some of our trends. Of course, this doesn't mean *all* Millennials, Gen X'ers, or Baby Boomers, dislike Zoomers. It just seems that a large portion do.

It seems to be a mutual hatred, too. Many Zoomers show bad attitudes toward older people, for things like their humor, their complaints, and the fact many are just out of touch. This "generational divide" brings up both sorts of ageist stereotypes-- ones against the young, and ones against the old.

Society has a tendency to make up divides like this. Many people seem to want to be split up into smaller groups, based on their beliefs, or attributes-- similar to a clique. They, like cliques, also have a tendency to butt heads. This "zoomer-boomer divide" is a perfect example of the differences between the groups, likely because they are the most polarized.

The massive underlying difference hasn't been quite noticed yet. While the function of society, the destruction of the human attention span, and the inability to use a phone all take priority in these "boomer-zoomer" arguments, there is an aspect of life, and opinions, that hasn't been reached by very many people-- politics.

Politics make up the largest divide in this ageist divide. This divide is mainly seen implicitly, for its presence is primarily seen through other factors, such as those divides I've previously brought up. They are all driven, at least to some extent, by politics.

This is, for the most part, the fault of older people. While some of this is pointed to their population of political activists, the majority of the issue comes from their control over politics. These congresses and institutions are "of the elderly, by the elderly, and for the elderly." Congress comprises the elderly, is elected primarily by the elderly, and, for the most part, only has the goals of improving the lives of the elderly.

Consider that the average age of a congressman is around 60, and that there is only *one* federal congressman that is under 30. This leaves only *one* representative to represent the young, while there are over five hundred geared towards supporting the elderly. We have no options on the federal level, and local

levels are around the same. We, as young people, have almost no options.

Where we *do* beat our older counterparts, however, is our radicalism. A large percentage of us are a lot more polarized than boomers. There is no viable, moderate alternative, after all-- those who want real change will at the very least ride the wave with another group, regardless of their support for their ideas. This is why we see many young people flocking to third parties. Even though they have no federal representation, it does prove a point to see alternatives in polls and elections.

internet. Though these "gamer politicians" have seen some recent decline, most is due to drama and infighting, not subject.

Why is all this important? Well, it's because the internet is the only place we have the elderly beat. We have more people who want to move away from the establishment, and we know how to communicate it. We utilize the latest technology to the fullest extent to get the most word out, unlike the elderly who communicate through Facebook minion memes and newspapers. Of course, some of us use these mediums, but it is much

express those opinions. The development of conflict fuels participation, and brings more to come fight for their beliefs. It is a sort of cycle-- getting people upset, getting them interested, changing their minds, and then repeating the rest of the cycle. It is inevitable to opinion-sharing, but especially online.

It doesn't have to be online, it just has to be somewhere. It seems, in a way, like political fanaticism, but there is a difference. So long as it does not become a lifestyle, it is a healthy way of expressing views. It just matters you do something. Talk in a forum. Go out and de-



We also see politicians and activists utilizing the internet to make a statement. Many have become dissatisfied with the government, and a large portion have expressed themselves online. There are plenty of younger folks who speak their opinion publicly through social media-- whether it be conservatives like Ben Shapiro, or leftists like Alexandria Ocasio-Cortez. Many of these activists have large followings, including those who "stream." Gamers-turned-activists have become increasingly successful, as names like HasanAbi, Vaush, Sargon and Destiny become better-known across the

less frequent. This dissatisfaction found online is incredibly widespread, and it has become a very useful medium through which to exchange information. A large portion of it targets age, as well.

There are plenty of boomer memes online, as well as zoomer memes. This "zoomer-boomer divide" has now, after all this time, spread to the internet. It isn't as harmful as it may seem, though.

It is nuanced, in a way, but over time, it seems to create changes in views. As more dissatisfaction arises in the public, the more opportunities there are to

bate. Go to a protest. It doesn't matter how it's done or who does it, it just matters it's done. Different age groups have different views. Utilize this, and you will surely be able to change minds-- just remember to not make things too personal. It is morally acceptable to attack political interests. It is not moral to attack character. Even if these displays devolve into ad hominem attacks, it matters you stay persistent.

Otherwise, our viewpoints will never be expressed properly, and our voices will never be heard. 🗣️

Much nostalgia returns for 'Decades Day'



Decades Day shenanigans. Cameron Kuntz and Mr. Christopher Barnes, and Abby Peartree.

Is Daylight Saving Time worth saving?

Daylight, from page 5

why, after some significant time and research, people are ready to quit this outdated practice. Many believe that the U.S. should adopt standard time or daylight saving time year-round. So far, this is still being observed.

The only two states that have taken the opportunity to get rid of the time changes are Arizona and Hawaii. The Sunshine Protection Act was passed by the Senate on March 15, 2022, which encourages DST all year round.

This bill, however, is still stuck in Congress. Many hope that this bill does get passed. For all the effort and accommodation that is given towards this old and outdated practice that serves modern society no more, it is unnecessary to continue with the active transitions it enforces, and face the consequences it brings to the majority of individuals. 🗣️



Hey! You don't have to agree with us!
Students, community members, anyone — let us know!
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An Ode to: *The Lost Beauty of Books*

Books— one of the things many people like, but now with social media and online reading, not many people read books as much anymore, but are they still relevant?

Books have been around for a long time, by that I mean they're hundreds of years old, but even if we can just pull up a tab on our phone or computer, reading an actual book with the pages, cover, and words, is still needed.

Many people love to read books for different reasons, there are many reasons why, some are that the feeling of a book is more enjoyable than a online one, they're easier to transfer and don't have any sort of disruptions like online ads, and even just being able to hold this amazing writing in your own hands could sometimes be why people still read books.

Books have been used for learning for a very long time now, and even in modern times they're still used in schools, work spaces, etc, but let's say we entirely got rid of books, and now only books online can be read or bought, what I think would happen is some people

Elementary,
My Dear Readers



Kristiana Callaby

would be upset, because buying a book isn't as expensive as owning a phone or other device, but now they can't read until they save up enough money to buy a phone to read, libraries would be shut down and people would lose a job they might enjoy, and writers who put their

own time, sweat, and tears into a book would have done it for nothing, unless they had it be readable online.

Another reason is some little kids like to be read a bedtime story, but taking out your own device can make kids want to play on it because you took it out, and many people know that some children cry, pout, or get super fussy when denied what they want, which can cause problems for the child and the parent themselves, so reading a book is a better option than taking out your phone which many kids use their parent's device to watch or play games.

A slab of leather or wood and some letters isn't going to make a child get very excited, but some kids do get happy when reading bedtime stories. In school, teachers often read to kids, from kindergarten all the way to the last year of high school.

Some kids, even in high school, may have a hard time reading certain words, or have a disability that makes it hard to understand words, like dyslexia, which is why a teacher reading to a child is a very useful thing no matter the age or grade.

In school, textbooks are still very much used, for Science, Math, Algebra, Social Studies, biography, chemistry, ELA, English, and more. All involve some form of books, and that is because it saves both teachers and the students from doing more work on the computer and being stuck staring at a screen doing all their work by typing or dragging items from left to right.

It saves teachers lots of time and stress by using the textbook because it already comes with everything and it doesn't need an overload of submitting things, dealing with network problems, or having a computer that won't work right.

While books are easier to lose or break, computers have some sort of limit when it comes to things, and books don't take up much space except for in your desk, locker, or backpack.

Do you think we still need books in the present time? 🌟

Kristiana Callaby is a fifth-grader at Slatington Elementary School. She is a contributing writer for The Slate.

A hopeful farewell to the pandemic

By *Ayden Scanlon*
Slate Columnist

It's truly hard to believe that it has been nearly three years since the COVID-19 pandemic took the world by storm. Now it is almost 2023 and it leaves some room to reflect on the years past. Time really does slip away.

Looking back on spring of 2020, it is incredible at how much America, and Northern Lehigh, has changed. We have overcome so much as a community, and as a country. Lockdowns happened, wars

ryone is a little older, a little taller, and a little wiser (well, most of us). Needless to say, we have all changed in some way or another.

Sometimes it might be hard to recognize considering a large majority of what was being talked about these previous years had to do with the pandemic. Well, that and politics; we can just blame the pandemic for the whole election mess too. We have been so distracted by the state of the world that we fail to look deep at what is happening around us; we don't see the bigger pic-

ture. Just take a step back and take a good look at what we have overcome in three years of chaos.

Now, there isn't a finish line or anything of the sort when it comes to a global pandemic. However, there are certain benchmarks that can be met to truly bring the pandemic to a close. The world already has a working vaccine, so that can be checked off. We have proper masking and isolation regulations for people who have contracted the virus; what else is there to do in order to fully put all this behind us?

Well, the last step is a lot more simple than a lot of people would think:

let's let go. This chapter of our lives is coming to an end, and it was one hell of a ride. But as crazy and hysterical as it may have been, it's time to move on. Now it seems a bit cliché, but it might be what everyone is missing.

So much mass hysteria and paranoia over something that is nearly three years old now. To put it into perspective, the internet normally clings onto internet memes for around three weeks after they stop being uploaded. We know a lot about coronavirus, and we know how to keep ourselves safe. So why are we all



Graphics by Caitlin Kirk

started, and the last presidential election sure was something. Just what was is that something? Well it's a bit hard to put your finger on.

But, that's neither here nor there. After nearly three years of hubbub, maybe it's time to move on. Maybe it's time to put this whole Covid thing behind us and just look towards the future. But to start looking at the future, we need to reexamine the past.

Since the pandemic started, nothing was really the same as it was before. Eve-

ture. Just take a step back and take a good look at what we have overcome in three years of chaos.

America, as well as the rest of the world, had to come to terms with a global pandemic. And it's safe to say that we handled it fairly well. Sure, there were a few hiccups here and there, but when all was said and done, we came out on top.

We triumphed over online schooling, it wasn't easy, but we did it. We wore masks everyday for hours on end, all so we could protect others from a

still so afraid? Well there are a lot of things to point fingers at, but this isn't the time to play the blame game.

Let's move on to the next big chapter in our lives. Let's put all this Covid craziness behind us and focus our attention on the next big thing.

There are plenty of controversial topics to focus on; more dirt comes out on celebrities and politicians every day. Why re-hash 2020 when 2023 is right around the corner. 🌟

'Twas quite the season



BY ALEXIS TRAUGHER
SPORTS EDITOR

"Together everyone achieves more (T.E.A.M.)," from a simple saying to so much more. From back-to-back District XI titles and pure domination, as a single A team, in a division of 3A teams, this group showed the school and the state of Pennsylvania who they really are. Coming off of an outstanding season last year, success became an expectation for this Northern Lehigh football team, and they went above and beyond to deliver.

Ending the season with 4,684 total yards, 1,173 passing yards, 34 sacks, 59 rushing touchdowns, and 11 turnovers among others, it is evident they put in the work and never looked back. Nicholas Frame, senior quarterback, led the team in passing with 1,243 yards and 12 touchdowns, and led in rushing with 1,105 yards, 142 carries, and 11 touchdowns. These stats resulted in Frame

making program history with 1,000 yards in both passing and rushing yards. Austin Smyth, senior tight and defensive end, led the team in receiving with a total of 508 yards, 24 catches, and 7 touchdowns. Finally, Alexander Jimenez-Wittong, senior running back and defensive end, led the defense this year with 89 total tackles and 10 sacks.

Overall, this team was able to produce, defend, and make sure they dominated all over the field. "Coach Tkach and Coach Hlushack would say the game is played in thirds, 1/3 Defense, 1/3 offense, and 1/3 Special Teams. As we coached we preached, we have to win all 3 phases of the game. If one of our units faltered, the other was there to help them out. Our defense would come up big when we needed stops, Our offense

would grind out drives when needed, and our special teams made plays when needed as well," said Mr. Derek Long, assistant coach.

As we coached, we preached. We have to win all three phases of the game.

Coach Derek Long

In addition, the defensive front became more and more threatening as the year went on. "I thought our defensive front was exceptional this year. Our Defensive Line- AJ Jimenez, Austin Smyth, Jayden Krem-pasky, and Sam Frame were extremely hard to run against and could put good pressure on the quarterback. Our linebackers were also excellent- Ethan Karpowich, Jack Tosh, and Bailey Smith were excellent run stoppers and forced teams to throw more than they wanted to this year," said head coach, Mr. Joseph Tout.

Moreover, development grew heavily on the defensive side this year. With having an already strong offensive line, im-

provements became constant on all fronts - individual or group. "Well, we thought our offensive line would be our strength this year. However, I would say that group is the best line we have had here in a number of years. They were excellent- Jackson Van Norman, Brody Dye, Landon Moll, Seth Adams, and Ben Reitz. I would also say our secondary really improved throughout the course of the season. Ayden Oswald, Grady Newhard, and John Abidelli were first year starters and improved all year," said Mr. Tout.

As the season progressed, contributions from all classes proved important. From a freshman leaving his mark on varsity, to the seniors leading by example. "The growth shown by the underclassmen over the years is incredible. As seniors, we always tried to lead more by example. So seeing the underclassmen take on that hard work-ethic that we tried to

See Football, page 12

Basketballin' seniors



(left to right) Devon Sosa, Ethan Kunkle, Bryce LoPinto.



Women are tough enough for Powderpuff

Is it time for a new name for women's football games?

BY EMILY MACK
CONTRIBUTING WRITER

Powder Puff is a one time opportunity for girls to play flag football that many schools participate in. Powder Puff is a girls flag football activity that many schools and organizations participate in. It is an opportunity for girls to play a sport where they don't usually compete. Northern Lehigh High School has held a Powder Puff game for at least 25 years.

The game is held between the classes. In the first round, the freshmen play the juniors and the sophomores play the seniors.

The winner of those two matches played each other to decide who was the champion of this year. The second round for this year was the juniors versus the sophomores. This year's champions were the sophomore class, the class of 2025.

Recently, some controversy surrounding the name "Powder Puff" has come up. The name was given to the activity because it would poke fun at the women who chose to participate in flag football with a full face of makeup. Hence the word "powder" and the "puff" refers to the brush used to apply the powder.

This has sparked debate amongst the nation. Some people think that this is misogynistic because it presumes that most women, like the participants, enjoy wearing makeup and are extremely feminine. Not all women embrace femininity as much as others. The alternative is that other people see no problem with the

name and that it is simply a game.

The debate has caused a few schools to change their way of naming "Powder Puff". One example is as simple as "Girls Flag Football." Another school had changed the name to honor a staff member. There are still no limitations for a girl joining a regular football team.

Powder Puff can also be seen as problematic considering the fact that boys can sign up to be "cheerleaders". The cheerleading is done for fun and to support the players. Again, there are no limitations for a boy to join a regular cheerleading team. It can be a different experience for everyone to come across something out of their gender norms. Spectators also find this very amusing.

People within the school were asked the question: "Does the name, "Powder Puff" name seem misogynistic and should it be given a new name?" The responses appeared to be of the same nature.

Freshman Powder Puff participant Kylee Snyder says, "No, it should probably not be changed. If it would be renamed "girls flag football" people might still think it's sexist. Nobody ever said girls can't play



Zoe Hathaway tears it up down field.

regular football." One freshman Powder Puff coach, Grady Newhard, said, "No, but it's been named that for a long time so it doesn't really need to be changed now."

Mrs. Schmidt, NL math teacher, says, "No, probably not. But if it offends other people maybe it should be changed." It is important to check what all opinions are when discussing a change like this.

Sophomore participant Sarah Hanzarik said, "It doesn't have a harmful intent, so no." This title has been longstanding and hasn't really needed change before so why should it be changed now.

Senior participant Aicha Salih said, "No, it could be seen both ways not many people know the background." This question has been answered by different women, but their responses are pretty similar to those of the opposite sex.

One sophomore coach Brody Rothrock says, "Personally it depends on if the girls think it needs to be changed, otherwise I think it's fine." One junior coach Bailey Smith says, "I don't think so just because it's not talking about a woman. Since it's "powder puff" it could mean anything." The general consensus is that people don't really mind the name.

Most people communicated that they do not think change is necessary. If change is needed it could continue to cause more controversy. Sticking with tradition also avoids communication errors. 🍌

Bulldog cheers all around



Senior cheerleaders, Jeweliana Andrews and Faith Zelenty.

Cheers, from page 1

increased. By including the fans in many cheers, the cheerleaders could effectively keep the energy high throughout the game. Zoe Edwards, a Junior cheerleader, comments on how the crowd is involved in the games: "We have several cheers that include the crowd calling back to us and it brings all the fans together. I think the energy of the cheerleaders brings a vibe to the games and something would be missing if we weren't there." Furthermore, Jeweliana Andrews, a Senior cheerleader, says, "We kept the energy by throwing spirit sticks, footballs, and t-shirts to the crowd to get them pumped

up." To keep the crowd engaged, the cheerleaders came up with creative ways to reward the most spirited football game attendees. Daisy Richards, a Junior cheerleader, says, "We reward the crowd for engaging in our chants with spirit sticks that we throw out to [them], which are filled with candy. In addition to that, we also have a special spirit stick, which is a water bottle filled with candy, that we hand out personally to people we see that are very engaged with the cheerleaders."

The energy on the sidelines, formed by the cheerleaders and crowd, transfers to the energy on the field. The boys on the field thrive off of the energy and sup-

port given by their fans. Richards says, "I personally think that the team plays better when they have a community behind them. It is very important to have energy on the sidelines, without the energy, the game feels slow and the time drags on. Keeping up the spirits of the crowd, and cheering on the football team helps to boost morale."

Over the course of this year, the bonds that the girls built with one another aided in their excellent performances on the sidelines during critical games. The girls created lifelong friendships and memories during this season. Zoe Edwards comments on her favorite part of cheer this year: "My favorite part of

cheering this year was the new team we formed and the bond we all created. We had a good time no matter the circumstances." Additionally, Richards says, "I think my favorite part about cheering this year was being with all the girls and improving as a squad. We definitely had some failures, but we ended up figuring it out in the end."

When looking back on the season, the girls showed sportsmanship, spirit, and energy. The high energy at the games helped to improve the overall attitudes during this season's football games and keep everyone coming back for more. 🍌

Winning really isn't everything

BY DELANEY SZWAST
CONTRIBUTING WRITER

As Steve Maraboli, doctor and public speaker, once said, "The only thing that makes life unfair is the delusion that it should be fair." As a society, we have started to become more focused on making things "fair", and in doing so, many people have adopted an "everyone wins" mentality.

It is not uncommon to see people of various ages being rewarded solely for participation. The intent behind this is to boost an individual's self esteem, make them feel valued, and motivate them. While this may seem beneficial, it can have adverse effects.

If an individual is given the exact same recognition as their peers for doing something when they did not put the same amount of effort into it, their work ethic can suffer. Those that put in less effort than their peers will quickly learn that they are able to do the bare minimum and still be recognized, and in turn, they will likely minimize the amount of effort that they put into future tasks. Being rewarded for not working hard can also increase a person's sense of entitlement. They will begin to believe that they do not have to work hard to get what everyone else is getting. Instead, they will expect the same benefits automatically.

Those that put a lot of effort into things will notice if others that are not putting in as much effort are getting the same amount of credit for their work as they are. This can frustrate them and make them feel less inclined to put as much effort into future tasks. The value of hard work is lost when it is given the

same amount of recognition as mediocre work, and rewards will mean less to hard workers if everyone is getting them. When a person's hard work is not recognized, they can lose their motivation to excel. They may no longer see the point in putting so much effort into something if they will not receive anything different than those that put little effort into it, rationalizing that it is not worth the additional time and effort. Receiving a higher honor for putting more effort into something can encourage people to work harder.

When everyone "wins" people are not given the opportunity to experience failure. If only a select few truly "win," the remainder will be disappointed, but they will also be able to learn from their experience. They will be able to recognize things that they could have done better and consequently make new goals for themselves that reflect their experience. Failure teaches people to learn from their mistakes, and it helps them build the resilience that they need to overcome adversities in life. It is inevitable that at some point in life, a person will fail at something.

Minimizing opportunities to fail will not be helpful for them when they encounter failure because it will prevent them from gaining the skills necessary to rebound after failing.

The idea of rewarding everyone for everything seems like it would be an effective way to boost morale and increase motivation, but in reality, it can have the opposite effect. People must learn to embrace failure and disappointment in order to learn how to persevere. 🍀

Minimizing opportunities to fail will not be helpful when they encounter failure. It will prevent gaining necessary skills to rebound.



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Bulldog Girls Ballers 2022-23



(Top) Cadence Whalen, manager Mikayla Gordon, Leah Wentz, Kylee Snyder, Ella Tosh, Aubrey Pollard, Natalie Moffitt, manager Sarah Hanzarik, Emma Wensing. (Middle) Alondra Gonzalez, Jackie Richards, Katelynn Barthold, Dekota Barthold, Jalyn Velasco. (Bottom) Zoe Edwards, Ariana Williams, Aiyana Bosch, Cadence Peters, Naerobys Silverio Dawsey (no longer on the team), Madison Bandle.



Katelynn Barthold



Kylee Snyder



Aubrey Pollard



Senior Cadence Peters



Cadence Whalen



Aubrey Pollard



Coach Christopher Heery



Senior Aiyana Bosch

Successful season comes to a close

Football, from page 9

show them is amazing and I'm excited to see where it takes them," said Austin Smyth.

Subsequently, the football team went on to win the Colonial Red Division trophy, the Battle of Blue Mountain trophy, Mountain Road Rumble trophy, and the PIAA District XI Championship trophy. Two of those coming from winning against our rivals, Northwestern Lehigh and Palmerton.

Additionally, this success grew from the team having to overcome challenges

and create a mindset, resulting in a two loss season. "We took on a different identity this season compared to last year. This year we were a run heavy offense who liked to run goal line sets and a bunch of two tight end sets. We wanted to wear teams out this year by having a big physical offensive line and a strong defense... We had a different mindset offensively this year. I am proud that our team had a goal of winning the first back to back district championships in our football program's history. I believe they set a standard of excellence for our future teams to live up to," said Mr. Tout.

And this success and hard work has built a bond, through thick and thin, between these young athletes. "How much of a family we were, from the locker room to the weight room to the field, in and out of school, we had each other's backs," said Bailey Smith, junior line-backer.

However, the season ended in the state quarterfinal game against Steelton High School. Following the tough fought game, family truly proves strong. "Even though we came up short in our quarterfinal game against Steelton, that game brought us so much closer. There was so

much love and gratitude for one another in that locker room after the game, it's something I'll never forget," said Smyth.

Consequently, the future of NL football looks bright. The seniors have left their mark and now the juniors will follow suit. "Success breeds success. After being a part of the past 2 years of success. These seniors and juniors knew what dedication it took in the off-season to make the season be successful. Putting all the time and dedication into a sport is what allows for success," said Mr. Long. 🐾

Rough start for boys basketball; season shoots on



Coach Patrick Wanamaker, Nick Buskirk, Bryce LoPinto, Izaiah Ramos (no longer on the team), Austin Smyth (no longer on the team), Devon Sosa, Ethan Kunkle, Coach Jacob Waylen. (Middle) Christopher Taveras, Caleb Bosch, Isaiah Simmons, Connor Simms, Chayce LoPinto, Coy Daubert. (Bottom) Dregen Millroy, Zaid Salih, Brayden Buskirk, Alex Erdo, Kayden Novicki.



Chayce LoPinto



Dregen Millroy



Chayce LoPinto



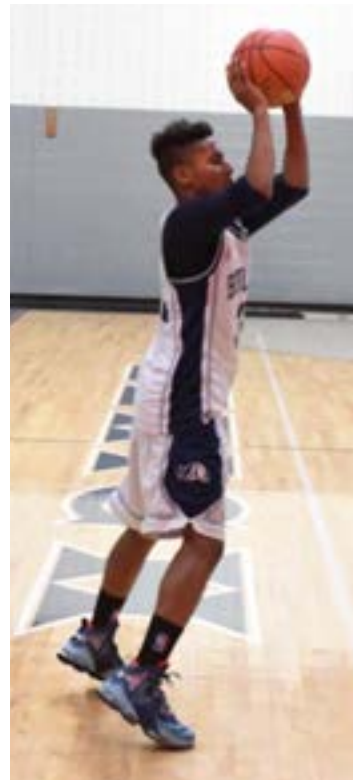
Nick Buskirk



Assistant coach Matt Egan



Kayden Novicki



Isaiah Simmons



Bryce LoPinto



Many NLHS students travel to LCTI in Schnecksville daily to practice and perfect their crafts and trades.

Photos by Kiley Kennedy



Brayden Tocci



Dayyn Hankee



Xavier Rosado



Damian Beard



Cali Heffner and Nevaeh Garrison



Ian Kerekes



Isabelle Jones

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MONUMENTAL MOMENTS IN HISTORY

On the 11th hour on the 11th day of the 11th month

BY CALLUM ZIMMERMAN
SLATE HISTORIAN

The first celebration referenced as "Veterans Day" occurred in Birmingham, Alabama, on November 11, 1947. Raymond Weeks, a World War II veteran, organized this event called "National Veterans Day." This day included a parade and other events to honor all veterans. The day of honoring we call "Veteran's Day" is actually an event which goes back to 1918 when the recognition of fallen veterans began with the initiation of Armistice Day.

On a hillside overlooking the Potomac River in Washington, D.C., an unknown World War I American soldier was put to rest in 1921 at Arlington National Cemetery. This site had become the focal point of honoring American veterans.

Additional ceremonies occurred earlier in England (at Westminster Abbey) and France (the Arc de Triomphe). All of these events happened on November 11th universally recognizing the ending of World War I fighting at 11am on November 11, 1918 - the 11th hour of the 11th day of the 11th month. This day became known as "Armistice Day."

President Wilson proclaimed the first Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

Originally, the purpose for the celebration was for the suspension of business for a two-minute period beginning at 11 A.M. and was marked by parades and public meetings.

Armistice Day was officially recognized in 1926 in America through a Congressional resolution. 12 years later, it became a national holiday by similar Congressional action. Had the hopes of a nation been realized that World War I was "the War to

end all wars," November 11 might still be called Armistice Day. However, a brief few years after the holiday was proclaimed, war again broke out in Europe. During World War II, 16.5 million Americans took part in the war, while Four hundred, seven thousand of them died in service, and more than 292,000 in battle.

On Memorial Day, 1958, two more unidentified American war dead were brought from overseas and buried in the plaza beside the unknown soldier of World War I. One of the soldiers was killed in World War II; the other was from the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains of the Vietnam veteran were exhumed May 14, 1998, and identified as Air Force 1st Lt. Michael Joseph Blassie.

He was removed for burial. To honor these men, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), symbolic of all Americans who have given their lives in battle, keeps day and night vigil.

The focal point for national ceremonies for Veterans Day continues to be at the Memorial Amphitheater which is around the Tomb of the Unknowns.

At 11 a.m. on November 11, a color guard representing all military services executes a "Present Arms" at the tomb. The nation's tribute to its war dead continues with the symbolic laying of a presidential wreath. The bugler plays "taps" and the ceremony moves into the amphitheater.

A law passed in 1968 changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became clear, though, that November 11 was a

date of historic significance to many Americans. So, in 1978 Congress returned the observance to its traditional date of November 11.

For his part in organizing the first Veterans Day, Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982. Weeks' local parade and ceremonies are now an annual event celebrated nationwide. 🇺🇸



Flags adorn headstones at Arlington National Cemetery in Washington, D.C.

Listening while learning can affect class output

BY SAVANNAH HALL
CONTRIBUTING WRITER

Some people think music is distracting. Others think it's helpful, but it's all about what helps the students the most. People have many different ways to stay focused. Playing some kind of music in their earbuds might help them, just like how complete silence may help others.

A lot of the schools say they will try and help students stay focused, but they take away one of the things that can help students focus. I mean, music helps me focus. It also helps my friends focus on their work too. They have stated multiple times that the phone rule was stupid because of the people and noises around them being annoying. The music is kind of a relaxing state of mind for them and keeps them relaxed enough to actually do the work they were assigned to do.

I wanted to figure out if the teachers at NL would let their students listen to music when working on their classwork. The results: 7 teachers said it depended on the work the students are doing, 1 teacher said yes, and 3 said no.

Some of their answers were influenced by the school phone rule, so I also asked if they would allow it if the rule was changed. 4 teachers said that if the rule was changed they would allow music in the classroom. Only one teacher said that they wouldn't allow it no matter if the rule was in place or not.

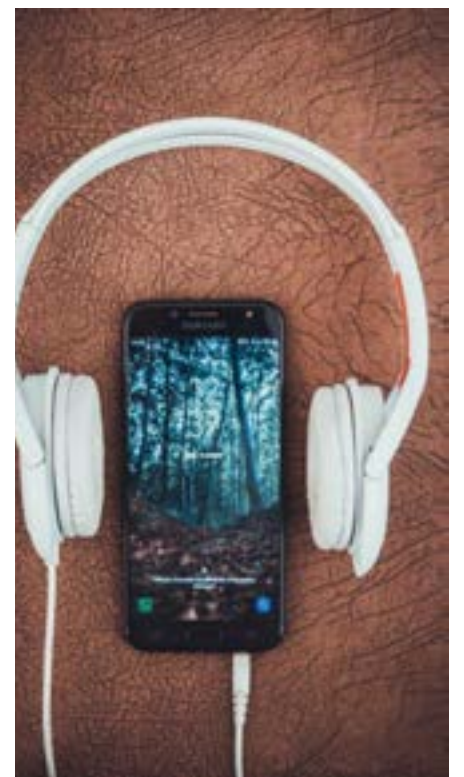
I also did some research and looked at what some professionals had to say. Seattle education says that it can be beneficial but it depends on what kind of music.

Music with lyrics has a language process in your mind making it not as beneficial, but can make it even harder to do work. They say instrumental music will help the most with staying focused if you choose the option of listening to music. Also they make a point that classical mu-

sic can help relax you and is less distracting than music with lyrics.

The other article I was scrolling through was saying that different types of music can help different types of people. They say this because the rate our brains comprehend either the lyrics or the actual work can differ from person to person. Some people have the comprehension of both the work and lyrics to be able to listen, read and understand.

Another article says that it just de-



pends on the person and their surroundings. So all of the articles that I have read say something different about music.

Well, in the very end I believe it just has to depend on the person. If music will help someone focus on the work, they should be able to listen to it. If it doesn't help them, they don't have to listen to it. 🇺🇸

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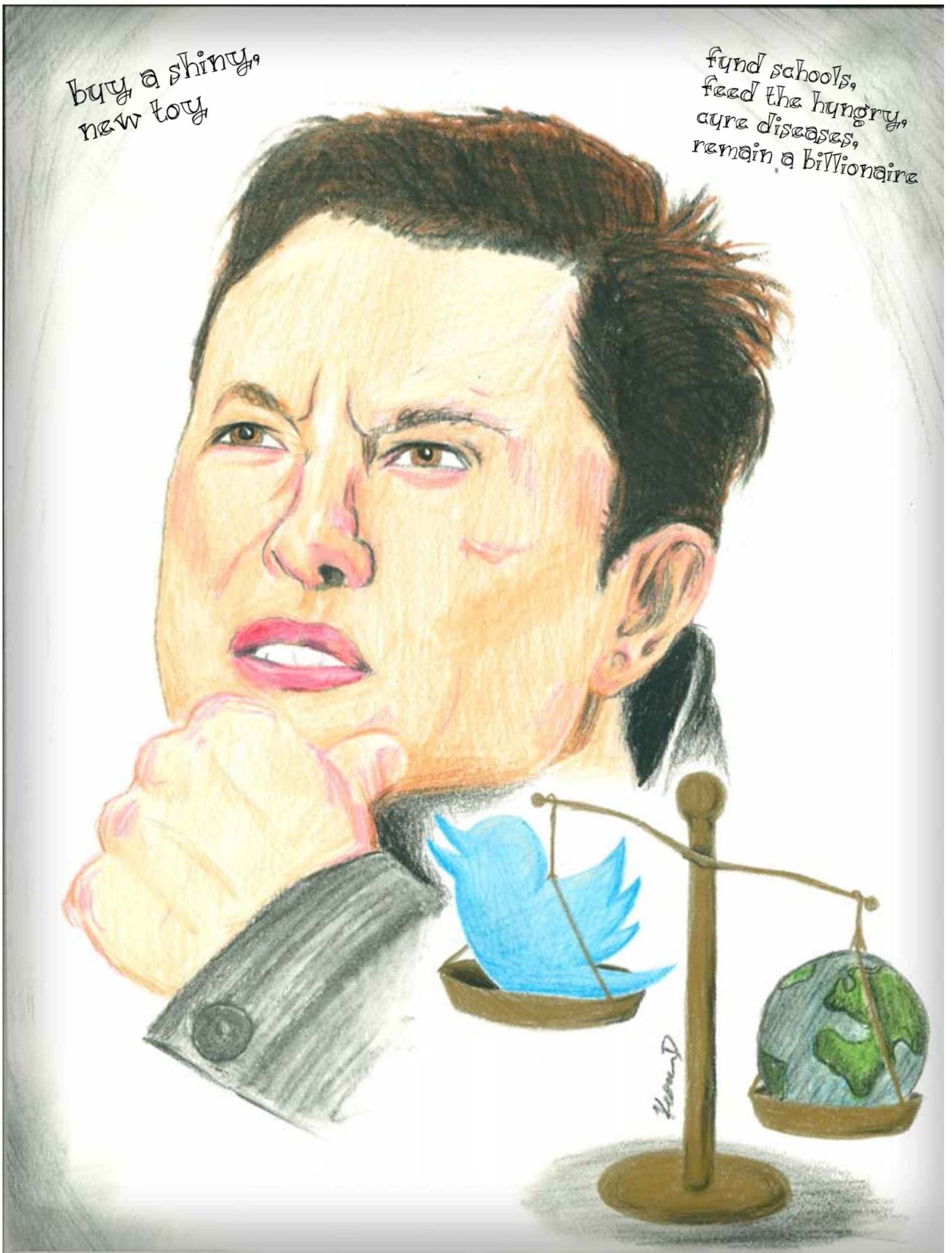

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Elon's To-Do List

By Keona Dyer



Spoiler: He bought the toy. By the time you read this, will he still own the toy or will it have been destroyed?



The annual Northern Lehigh Recreation Candy Cane Hunt was held on Saturday, Dec. 10, at Victory Park. There was a very large community turnout with 17 youth volunteers who worked with the Rotary Club to help make this event a success.

Photo courtesy of Mr. Eric Heiney